Clear Heat Herbs 1

Sub-Category 1: Drain Fire
(orange-red slides = 10)
Sub-Category 2: Dry Damp
(blue slides = 6)
Sub-Category 3: Cool Blood
(red-purple slides = 6)
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Shi Gao (Gypsum / Selenite)

1. Clears heat, drains fire, Yang Ming or qi level,
2. clears shi LU heat,
3. clears ST fire in ST organ: acid reflux, N&V, ST channel: toothache, headache.
4. generates flesh, treats sores
Zhi Mu

1. Clears heat, drains fire Yang Ming or qi level, 2. clears shi LU heat, 3. nourishes KI yin, clears xu heat 4. generates fluids, moistens dryness
1. Clears heat, generates fluids, 2. clears shi LU heat, 3. clears ST heat, stops vomit. 4. promotes urination, vents rashes
1. Clears heat, generates fluids, 2. clears shi LU heat, moistens LU dryness 3. relieves toxic H, expels pus

AKA: Gua Lou Gen
Dan Zhu Ye (Bamboo Leaf)

1. Clears heat, eliminates irritability, 2. promotes urination
1. Drains fire, eliminates irritability, insomnia, delirious speech
2. drains D-H (UJ D-H in GB/SJ, MJ D-H in GB, LJ D-H PUD),
3. cools xue, stops bleeding.
4. relieves swelling, reduces toxicity
Xia Ku Cao

1. Clears LV fire, brightens eyes
2. clears heat, dissipates P-fire nodules
Jue Ming Zi

1. Clears LV fire, benefits eyes
2. moistens intestines, unblocks bowel
3. subdues LV yang
Qing Xiang Zi

1. Clears LV fire, 2. clears visual obstructions (cataracts),
   3. modern use for HTN
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Huang Qin

1. Clears heat, dries damp, jaundice, 2. clears shi LU heat, 3. cools xue, stops bleeding. 4. clears toxic heat, 5. calms fetus, 6. clears LV & GB channel heat
Huang Lian

1. Clears heat, dries damp, jaundice, 2. clears HT fire, 3. drains ST fire. 4. clears toxic heat. 5. clears xue heat, stops bleeding (not as well as Huang Qin)
Huang Bai

Long Dan Cao

1. Drains D-H from LV & GB,
2. Drains LV & GB fire.
Ku Shen

Qin Pi

1. Dries D-H relieves toxicity, 2. drains LV fire, benefits eyes
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Xi Jiao

1. Cools xue, stops bleeding, H in ying & xue levels, reckless mvt of hot xue, 2. clears toxic heat, 3. calms shen, stops tremors

Now use: Shui Niu Jiao
Sheng Di Huang

1. Cools xue, stops bleeding, heat in Ying or xue level, 2. nourishes yin, generates fluids, xiao ke 3. clears HT heat
Xuan Shen

1. Cools xue, heat at Ying level, 2. nourishes yin, moistens dryness, LU yin xu, dry cough, 3. clears toxic heat, 4. softens hardness, dissipates nodules
Mu Dan Pi

1. Cools xue, heat in Ying or xue level
2. clears xu heat, steaming bone
3. clears LV fire
4. invigorates xue, dispels xue yu
Chi Shao

1. Cools xue, heat at Ying or xue level, stops reckless mvt of hot xue, 2. invigorates xue, dispels xue yu, 4. clears LV fire
Zi Cao

1. Cools xue, invigorates xue, vents rashes, 2. relieves toxic fire, clears D-H from skin
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