Drain Damp Herbs

Sub-Category 1: Promote urination, relieve edema
   (blue slides = 7)
Sub-Category 2: Promote urination, relieve PUD
   (blue & red slides = 12)
Sub-Category 3: Drain damp, relieve jaundice
   (yellow slides = 3)
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Fu Ling

1. Promotes urination, leaches damp, edema, PUD cold or hot & xu or shi, 2. Strengthens SP, harmonizes MJ, 3. calms HT & shen
Fu Shen

1. Same as Fu Ling, but stronger for calming shen
1. Promotes urination, leaches damp, damp yu, D-H PUD
Ze Xie

1. Promotes urination, leaches damp, esp D-H in LJ
2. Drains KI fire, yin xu heat
Yi Yi Ren


Note: Yi Zhi Ren also stops diarrhea but by tonifying SP yang = cold
Dong Gua Pi

1. Promotes urination, reduces edema, clears summer H
Chi Xiao Dou (Adsuki bean)

1. Promotes urination, reduces edema, 2. clears D-H, relieves jaundice 3. relieves toxicity, drains pus
Yu Mi Xu (Corn silk)

1. Promotes urination, reduces edema, unblocks PUD ep H or stony lin, 2. clears LV & GB D-H, relieves jaundice. **Note**: needs large dose; 15-30g
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Bian Xu

1. Promotes urination, clears BL D-H, 2. expels parasites (tape-hook- & pinworms) 3. stops skin itching
Qu Mai

1. Promotes urination, clears BL D-H, 2. invigorates xue, unblocks menses
Che Qian Zi

1. Promotes urination, clears BL D-H, 2. solidifies stool via urination, 3. LV or KI yin xu, clears LV H, benefits eyes, 4. clears LU, expels P
Mu Tong

1. Promotes urination, drains HT heat via SI (mouth sores d/t HT H), 2. promotes lactation, 3. unblocks vessels
1. Promotes urination, clears H,
2. promotes lactation
Hua Shi (Talc)

1. Promotes urination, clears BL D-H, 2. clears summer H, 3. absorbs skin D
Di Fu Zi

Bei Xie

1. Separates pure from turbid (D-H in LJ, *gao cloudy lin*)
2. expels W-D, unblocks channels
Hai Jin Sha (Japanese fern spores)

1. Promotes urination, dispels stones (stony lin), gao lin, xue lin, GB stones, 2. reduces edema through urination
Deng Xin Cao

Dong Kui Zi

1. Promotes urination, unblocks PUD, hot, *xue* or stony *lin*, 2. promotes lactation, 3. moistens intestines, unblocks bowel
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Jin Qian Cao

1. Clears LV & GB D-H,
2. promotes urination, unblocks PUD, 3. clears H, relieves toxicity
1. Clears D-H, **relieves jaundice**, 2. invigorates xue, dispels stasis, 3. clears H, relieves toxicity, 4. transforms P-H, **stops cough**
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