Dispel Wind-Damp Herbs

Sub-Category 1: Relieve Cold
   (blue slides = 7)
Sub-Category 2: Relieve Heat
   (ochre slides = 7)
Sub-Category 3: Strengthen Bones & Tendons
   (green slides = 4)
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1. Dispels W-D-C (especially low back, C & D), alleviates pain (especially Shaoyin h.ache), releases exterior Note: often paired with Qiang Huo
Wei Ling Xian

1. Dispels W-D, unblocks channels, alleviates pain (esp W bi), 2. softens and transforms fish bones!
Mu Gua

1. Relaxes sinews, unblocks channels, (esp D & W-D bi),
2. harmonizes ST, vomit & diarrhea, transforms D, 3. reduces food yu
1. Expels W-C-D, alleviates pain (esp C bi), 2. reduces swelling, breaks up hardness. Note: Toxic, boil first for 60 mins.
Bai Hua She

1. Unblocks channels, dispels W, chronic W-D bi, any kind of rash, facial paralysis or hemiplegia d/t stroke, 2. Extinguishes W, stops tremors
Hai Feng Teng

1. Dispels W-D-C, LBP, stiff joints, sore knees, unblocks channels, trauma pain
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Qin Jiao

1. Dispels acute or chronic W-D, alleviates pain
2. clears xu H, steaming bone
3. clears D-H, relieves jaundice
1. Expels W-D-H, alleviates pain, red, swollen joints
2. promotes urination, reduces edema
1. Dispels W, unblocks channels, benefits joints, esp upper limbs, W-D bi either hot or cold, 2. promotes urination
Xi Xian Cao

1. Dispels W-D-H, unblocks channels, also used for stroke & paralysis 2. clears toxic H, 3. clears H, calms LV, esp. LV yang rising and HTN
Si Gua Luo

1. Expels W, invigorates collaterals, D-H, chest & flank soreness
2. benefits breasts (insuff. lactation), relives toxicity,
3. expels P, esp LU H
1. Expels W-D-H, hot, swollen, painful joints, 2. clears H, relieves toxicity (just like Jin Yin Hua)
Hai Tong Pi

1. Dispels W-D, unblocks channels, alleviates pain
2. treats itching skin lesions
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Wu Jia Pi

1. Dispels W-D, W-D-C with chronic LV & KI xu, strengthens bones & sinews, esp. in elderly or in childhood development delay
2. Promotes urination, reduces edema
Sang Ji Sheng

1. Expels W-D, tonifies LV & KI, strengthens bones & sinews  
2. nourishes xue, **calms fetus**,  
3. treats HTN
Gou Ji

1. Expels W-D, tonifies LV & KI, strengthens bones & sinews
2. stabilizes KI
Qian Nian Jian

1. Dispels W-D, strengthens bones & sinews, does not unblock channels
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