Resolve Phlegm; Relieve Cough & Wheezing Herbs

Sub-Category 1: Resolve Phlegm Cold
(blue slides = 7)

Sub-Category 2: Resolve Phlegm Heat
(red slides = 12)

Sub-Category 3: Cough & Wheezing
(green slides = 9)
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Ban Xia

Tian Nan Xing

1. Enters LU, SP & LV channels, Dries D, transforms P, 2. expels W-P in channels, stops spasms, 3. clears toxicity, reduces swelling. **Note:** Dan Nan Xing = TNX prepared in bile transforms P-H, extinguishes W, stops tremors.
Bai Fu Zi

1. Dries D, expels W-P, stops spasms, migraines, 2. wind-stroke, facial paralysis, 3. relieves toxicity, dissipates nodules

Note: Enters LV, SP & ST channels. Does not go to the LU
Bai Jie Zi

1. Descends LU qi, transforms P, 2. redirects ST qi downward, stops vomit. **Note**: Wrap in cheesecloth
1. Descends LU qi, expels P.
Jie Geng

1. Opens & disperses LU qi, expels P, can do W-H or W-C according to herb combinations,
2. benefits throat, 3. promotes pus discharge, 4. guide herb for upper body. Combine with Zhi Ke to regulate qi.

Note: CC: hemoptysis
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Qian Hu

1. Descends LU qi, expels P, can be used for P-C & P-H,
2. disperses exterior W-H.
1. Clears H & transforms P, moistens LU, stops chronic dry cough, especially due to yin xu, 2. clears H, dissipates P-fire nodules.
Zhe Bei Mu

Gua Lou Ren

1. Moistens intestines, 2. treats abscess, reduces swellings, dissipates clumps.
Zhu Ru

1. Clears LU H & transforms P,
2. clears ST H, stops vomit.
Hai Zao (Sargassum seaweed)

1. Dissolves P, softens hardness, esp neck and testicular nodules, 2. promotes urination, reduces edema.
Kun Bu (Kelp thallus)

1. Dissolves P, softens hardness, esp neck and testicular nodules, 2. promotes urination, reduces edema.

Hai Ge Ke (Cyclina)
1. Dissolves P, dissipates nodules,
2. invigorates xue, 3. absorbs acid, alleviates pain.
Hai Fu Shi (Pumice)

Pang Da Hai

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1. Moisten LU, relieves productive cough, acute or chronic, hot or cold, resolves P.
1. Moisten LU, stop cough, resolves P.
Su Zi

1. Descend LU qi, transforms P, stop cough & wheezing,
2. moistens intestines, unblocks bowel, constipation d/t dryness in LI.
Bai Bu

1. Moisten LU, stop cough, acute or chronic, hot or cold, shi or xu, 2. expel parasites, kills lice.
Pi Pa Ye

1. Clears LU H & transforms P, stops cough, moistens LU dryness, 2. harmonizes ST, redirects rebellious ST qi, N&V, hiccups due to ST H.
Sang Bai Pi

1. Drains LU H, stops cough & wheezing, 2. promotes urination, reduces edema.
1. Enters LU & BL channels, Drains LU H, dissolves P & calms shi-type wheezing, 2. promotes urination, reduces edema.
1. Enters LU & KI channels, Stabilizes LU qi, stops cough & wheezing d/t LU H, unproductive cough d/t LU dryness or LU & KI xu, 2. stops discharge, stabilizes urine. **Note:** leaf = *Yin Guo Ye* good for learning & memory.
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