Regulate Qi Herbs
Chen Pi

1. Regulates SP & ST qi, 2. dries D, transforms P. 3. Turbid D MJ, qi yu, epigastric & abd fullness, bloating, N&V
Qing Pi

1. Spreads LV qi, breaks qi yu, esp chest, breast, hypochondriac & hernia pain, 2. dissipates clumps reduces yu, including food yu causing pain, distention, and masses when qi yu moves to xue yu 3. modern use for hypotension intravenously.
Ju He

1. Moves LV qi, 2. alleviates pain & swelling.
Zhi Shi

1. **Breaks qi yu**, reduces accumulations, 2. transforms P, reduces focal distention, constipation d/t accumulation & qi yu, 3. treats sinking SP qi incl rectal & UT prolapse. 4. Indigestion, abdominal pain, dysentery, D-H diarrhea.
Zhi Ke

1. Moves qi, reduces distention & bloating.  
**Note:** Esp in xu or weak patients
Mu Xiang

1. Moves qi especially ST & SP, alleviates pain, 2. regulates intestinal qi, esp diarrhea, tenesmus, 3. regulates LV & GB qi incl jaundice, gall stones, hernia pain.
Xiang Fu

1. Regulates LV qi,
2. regulates menses, alleviates pain, esp qi & xue yu assoc w gyn issues.

NOTE: Xiang Fu is the best xue invigorator amongst the qi movers, whereas Chuan Xiong is the best qi mover amongst the xue herbs.
1. Moves qi, alleviates pain due to LV qi yu, 2. **kills parasites** (tapeworms, roundworms, topical for tinea), stops pain, esp PMS, breast, hernia, abd, flank or LV> ST pain w H.
1. Moves qi, alleviates pain especially cold and qi yu pain in U, M & LJ, 2. Warms KI, KI yang xu, frequent urination. 3. KI & LV cold hernia
Da Fu Pi

1. Moves qi downward, reduces qi yu, incl food yu, acid reflux, constipation
2. promotes urination, reduces edema.
Chen Xiang

1. Moves qi, alleviates pain
2. Warms middle, stops vomit, d/t ST & SP C xu
3. Aids KI to grasp qi, soothes asthma.
Fo Shou

1. Spreads & regulates LV qi
2. harmonizes ST, regulates MJ
3. dries D, transforms P.

Note: Very mild
Xie Bai

1. Unblocks yang qi, disperses C-P, especially C-D chest bi, & xue yu in HT channel, 2. moves qi, reduces yu, especially in LI.
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