

Flavour	Sour	Bitter	Sweet	Acrid	Salty
Organ	LV - GB	HT - SI	SP - ST	LU - LI	KI - BL
Main Effect	<u>Descending.</u> Astringes, esp xu-related fluid discharge	<u>Descending.</u> Cools, clears heat, drains fire, dries damp, sedates, calms shen, redirects rebellious qi	<u>Ascending.</u> Harmonizes, tonifies, moistens, can relieve pain	<u>Dispersing.</u> Moves, invigorates, expels pathogens, promotes qi & xue circulation	<u>Descending.</u> Drains downward, purges, softens hardness, strengthens bones
Side Effect	Increases Phlegm	Injures SP & Yin	Increases Damp	Injures Yin	Injures Fluids
Avoid	Chronic pain, SP	Bone dz, LU	Muscle weakness KI	Qi xu, LV	Xue xu, HT