

PANTRY HERBS

<i>Herb</i>	<i>Supplementing</i>		<i>Action upon Qi, Moisture, Blood, or Adverse Climates</i>	<i>Supplementing</i>	
	<i>Flavor</i>	<i>Texture</i>		<i>Organ Network benefited</i>	<i>Effects</i>
<i>American ginseng rt. (ren shen)</i>	mildly sweet and bitter	dense, chewy	replenishes <i>Moisture</i> and <i>Qi</i>	<i>Lung</i> <i>Kidney</i> <i>Heart</i>	relieves weakness, fatigue, dryness; enhances libido, fertility, immunity
<i>astragalus rt. (huang qi)*</i>	mildly sweet	hard, fibrous	replenishes <i>Qi</i> , warms body, dispels <i>Dampness</i>	<i>Spleen</i> <i>Lung</i> <i>Kidney</i>	relieves weakness, fatigue, edema; enhances stamina and immunity; protects blood
<i>black date (da zao)</i>	sweet	soft, chewy, sticky	replenishes <i>Qi</i> , and <i>Blood</i>	<i>Spleen</i> <i>Liver</i>	relieves fatigue, anemia; regulates appetite and promotes growth
<i>codonopsis rt. (dang shen)</i>	sweet and slightly musty	chewy, starchy	replenishes <i>Qi</i>	<i>Spleen</i> <i>Lung</i>	relieves weakness, fatigue, enhances stamina and protects blood

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<i>cornus fr.</i> (<i>shan zhu yu</i>)	mildly sweet and tart	soft	replenishes <i>Blood</i> and <i>Essence</i>	<i>Kidney</i> <i>Liver</i>	regulates secretions and discharges; fortifies marrow and blood; strengthens bones and tendons; enhances libido and fertility
<i>dioscorea rt.</i> (<i>shan yao</i>)	bland	soft, starchy, chewy	replenishes <i>Qi</i> and <i>Essence</i>	<i>Spleen</i> <i>Lung</i> <i>Kidney</i>	relieves weakness, fatigue; generates tissue; promotes growth; enhances fertility
<i>glehnia rt.</i> (<i>bei sha shen</i>)	mildly sweet	chewy, starchy	replenishes <i>Moisture</i> and <i>Qi</i>	<i>Spleen</i> <i>Lung</i>	relieves fatigue, thirst, cough, constipation
<i>lotus sd.</i> (<i>lian zi</i>)	mildly sweet	soft, starchy	nourishes the body, promotes growth, consolidates <i>Qi</i> and <i>Essence</i> , calms <i>Spirit</i>	<i>Spleen</i> <i>Kidney</i> <i>Heart</i>	regulates appetite, relieves weakness and slackness, stops diarrhea, relaxes mind
<i>lycii fr.</i> (<i>gou qi zi</i>)	sweet and slightly tart	soft	replenishes <i>Blood</i> and <i>Essence</i>	<i>Kidney</i> <i>Liver</i> <i>Heart</i>	relieves dryness, anemia, fatigue; softens skin; improves vision; regulates blood sugar, enhances fertility
<i>longan fr.</i> (<i>long yan rou</i>)	sweet	soft, sticky	replenishes <i>Blood</i> , calms <i>Spirit</i>	<i>Liver</i> <i>Heart</i> <i>Spleen</i>	relieves weakness, dizziness, restlessness
<i>polygonatum rhz.</i> (<i>yu zhu</i>)	mildly sweet	sticky, chewy, starchy	replenishes <i>Moisture</i> and <i>Qi</i>	<i>Spleen</i> <i>Lung</i> <i>Heart</i>	relieves weakness, thirst, cough; increases pulmonary and cardiac capacity
<i>red date</i> (<i>hong zao</i>)	sweet	soft	replenishes <i>Qi</i> , <i>Blood</i> , <i>Moisture</i>	<i>Spleen</i> <i>Liver</i>	relieves fatigue, dryness, anemia, nausea; regulates appetite, growth
<i>rehmannia rt. (cooked)</i> (<i>shu di huang</i>)	sweet	sticky, gelatinous	replenishes <i>Blood</i> and <i>Essence</i>	<i>Kidney</i> <i>Liver</i> <i>Heart</i>	relieves weakness, dizziness, fatigue, anemia, dryness; strengthens tissue, marrow, and bones; enhances fertility

Supplementing and Decongesting

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Herb	Flavor	Texture	Action upon Qi, Moisture, Blood, or Adverse Climates	Organ Network benefited	Effects
<i>black fungus</i> (<i>hei mu erh</i>)	mildly sweet and salty, slightly musty	chewy, gelatinous	replenishes <i>Essence</i> , activates <i>Blood</i> , lubricates <i>Intestines</i>	Lung Kidney Liver	promotes circulation; lowers cholesterol; relieves constipation; enhances immunity
<i>black mushrooms</i> (<i>xiang gu</i>)	mildly sweet and salty	chewy, gelatinous	replenishes <i>Essence</i> and <i>Blood</i> , activates <i>Blood</i> , lubricates <i>Intestines</i>	Lung Kidney Liver	similar to black fungus, but better for enhancing immunity and not as good for lowering cholesterol
<i>lily bulb</i> (<i>bai he</i>)	mildly sweet and musty	soft, starchy	replenishes <i>Moisture</i> and eliminates phlegm	Lung Heart	relieves dryness, thirst, cough, and restlessness; lowers fever
<i>poria fn.</i> (<i>fu ling</i>)	bland	soft	replenishes <i>Qi</i> , distributes <i>Moisture</i> , eliminates <i>Dampness</i>	Spleen Lung Kidney Heart	relieves bloating, water retention, and edema; promotes absorption and assimilation; alleviates diarrhea
<i>pueraria rt.</i> (<i>ge gen</i>)	mildly sweet, a little sour	soft, starchy	dispels <i>Wind</i> , relaxes spasm, replenishes <i>Qi</i> and <i>Moisture</i>	Spleen Lung Liver	relieves chills, fever, muscle ache, thirst; promotes circulation, lowers blood pressure
<i>white peony rt.</i> (<i>bai shao yao</i>)	bland, a little sour	chewy, starchy	replenishes, consolidates, and distributes <i>Blood</i> , relaxes spasm, dispels <i>Wind</i>	Liver Spleen	relieves cramps, pain, tension, dizziness, headache; lowers blood pressure; regulates menses, controls uterine bleeding
<i>tangerine pl.</i> (<i>chen pi</i>)	a little sweet, spicy, and bitter	soft, gelatinous	supports and activates <i>Qi</i> , dispels <i>Dampness</i> and phlegm	Spleen Lung	promotes expectoration; relieves hiccup, nausea, and gas; stimulates appetite and promotes digestion

<i>Decongesting</i>			<i>Decongesting</i>		
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<i>chrysanthemum fl. (ju hua)*</i>	mildly sweet and bitter	soft, light	dispels <i>Heat</i> and <i>Wind</i> , counteracts toxins	<i>Liver</i> <i>Lung</i>	relieves fever, inflammation, headache; improves vision, brightens eyes; lowers blood pressure, aids in fat metabolism
<i>carthamus fl. (hong hua)*</i>	mildly spicy and bitter	soft, light	activates <i>Blood</i> , eliminates <i>Blood</i> stagnation	<i>Liver</i> <i>Heart</i>	promotes circulation, relieves bruising, swelling, pain
<i>corn silk (yu mi xu)*</i>	bland	soft, light	eliminates <i>Dampness</i> and <i>Damp Heat</i>	<i>Kidney</i> <i>Liver</i> <i>Heart</i>	relieves edema, jaundice; lowers blood pressure and blood sugar
<i>corydalis rhz. (yan hu suo)</i>	mildly spicy and bitter	soft, starchy	activates <i>Blood</i> and <i>Qi</i> , eliminates <i>Blood</i> stagnation	<i>Liver</i> <i>Heart</i> <i>Spleen</i>	relieves bruising, swelling, pain; promotes restful sleep; regulates menstruation
<i>ginger rhz. (fresh) (sheng jiang)</i>	spicy and mildly sweet	chewy, fibrous	stimulates circulation of <i>Qi</i> and <i>Blood</i> , eliminates <i>Wind</i> , <i>Cold</i> , phlegm	<i>Spleen</i> <i>Lung</i>	relieves chill, cough, indigestion; counteracts nausea, dizziness, diarrhea, abdominal pain
<i>honeysuckle fl. (jin yin hua)*</i>	sweet	soft, light	dispels <i>Heat</i> and <i>Wind</i> , counteracts toxins	<i>Lung</i> <i>Heart</i>	relieves swelling and inflammation and dispels pus; lowers fever and relieves thirst; lowers blood pressure and cholesterol
<i>ligusticum rhz. (chuan xiong)</i>	mildly spicy and sweet, slightly bitter	soft, chewy	activates <i>Blood</i> , <i>Qi</i> ; dispels <i>Wind</i>	<i>Heart</i> <i>Liver</i>	promotes cerebral and coronary circulation—ameliorates angina; relieves muscle and head pain; regulates menstruation and relieves cramps and seizures

*These herbs are suitable for cooking but inedible because of their fibrous, stringy, or leafy texture. Place these herbs in a bag or, in the case of astragalus which is a long flat root, tie with string and remove before serving.

*Decongesting**Decongesting**Action upon Qi,
Moisture, Blood, or
Adverse Climates**Organ Network
benefited**Effects**Herb**Flavor**Texture**platycodon rt.
(jie geng)*

sweet, slightly bitter

chewy, soft

*activates Qi, relaxes
chest, dispels phlegm**Lung*relaxes bronchi, relieves cough
and mucus congestion;
eliminates pus and reduces
inflammation*radish sd.
(lai fu zi)*spicy and a little
sweet

soft, chewy

*regulates and activates
Qi, dispels Wind and
phlegm**Lung
Spleen*relieves indigestion, cough, gas,
belching, and stomach acidity;
promotes expectoration*sweet almond sd.
(xing ren)*sweet and a little
bitter

crunchy, chewy

*lubricates Intestines,
dispels phlegm**Lung*promotes expectoration and
relaxes bronchi; relieves
constipation