

**FIVE CHINESE HERBS FOR GOOD HEALTH**

**1. Huang qi**



Latin: *Astragalus membranaceus*  
Common: Astragalus root, milk-vetch root  
Properties: Sweet, Slightly Warm  
Channels entered: Lung, Spleen  
Category: Herbs that Tonify Qi

Key characteristics:

- Raises the yang qi
- Tonifies the spleen and lung qi
- Stops sweating
- Facilitates urination
- Promotes the discharge of pus
- Generates flesh

Indications:

- Postpartum fever
- Severe loss of blood
- Lack of appetite
- Fatigue
- Diarrhea
- Spontaneous sweating
- Frequent colds
- Shortness of breath
- Edema

**2. Gou Qi Zi**



Latin: *Fructus Lycii Chinensis*  
Common: Goji berries, Wolfberries  
Properties: Sweet, Neutral  
Channels entered: Liver, Lung, Kidney  
Category: Herbs that Tonify Blood

Key characteristics:

- Enriches the yin of the kidneys and lungs
- Nourishes liver blood
- Mildly tonifies the kidney yang

Indications:

- Low back pain
- Impotence
- Nocturnal emissions
- Floaters, blurred vision
- diminished visual acuity
- consumptive cough

**3. Dang gui**



Latin: *Radix Angelicae Sinensis*  
Common: Chinese Angelica Root, Tangkuei  
Properties: Sweet, Spicy, Bitter, Warm  
Channels entered: Heart, Liver, Spleen  
Category: Herbs that Tonify Blood

Key Characteristics:

- Tonifies the blood

Indications:

- Pale complex

Pharmaca Event: Chinese Medicine 101, 8/9/09

- Invigorates the blood
- Regulates menstruation
- Alleviates pain
- Lusterless nails
- Tinnitus
- Blurred vision
- Palpitations
- Irregular menses
- amenorrhea/dysmenorrhea
- Postpartum
- Abdominal pain
- Trauma

4. **Ju hua**



Latin: *Chrysanthemi Flos*  
Common: chrysanthemum flower  
Properties: sweet, bitter, slightly cold  
Channels entered: Lung, Liver  
Category: Herbs that Release the Exterior

Key Characteristics:

- Cooling
- Aromatic and light
- Can ascend or descend
- Drain or tonify
- Brightens eyes
- Resolves toxicity

Indications:

- Cold
- Fever and headache
- Red/swollen/dry eyes
- Blurry vision
- Dizziness
- Headache
- Toxic sores
- Swellings

5. **Da zao**



Latin: *Ziziphus jujuba*  
Common: jujube, Chinese date  
Properties: Sweet, warm  
Channels entered: Spleen Stomach  
Category: Herbs that Tonify Qi

Key Characteristics:

- Tonifies the qi and blood
- Generates fluid
- Harmonizes the spleen
- Moderates the toxic effects of other herbs

Indications:

- Weakness
- Reduced appetite
- Loose stools
- Irritability
- Emotional lability

References:

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Dehli, T. (2001) *Sacred Lotus Arts Chinese Herbs*. Retrieved August 8, 2009 from Sacred Lotus Arts Traditional Chinese Medicine website: <http://www.sacredlotus.com/herbs.index.cfm>.

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