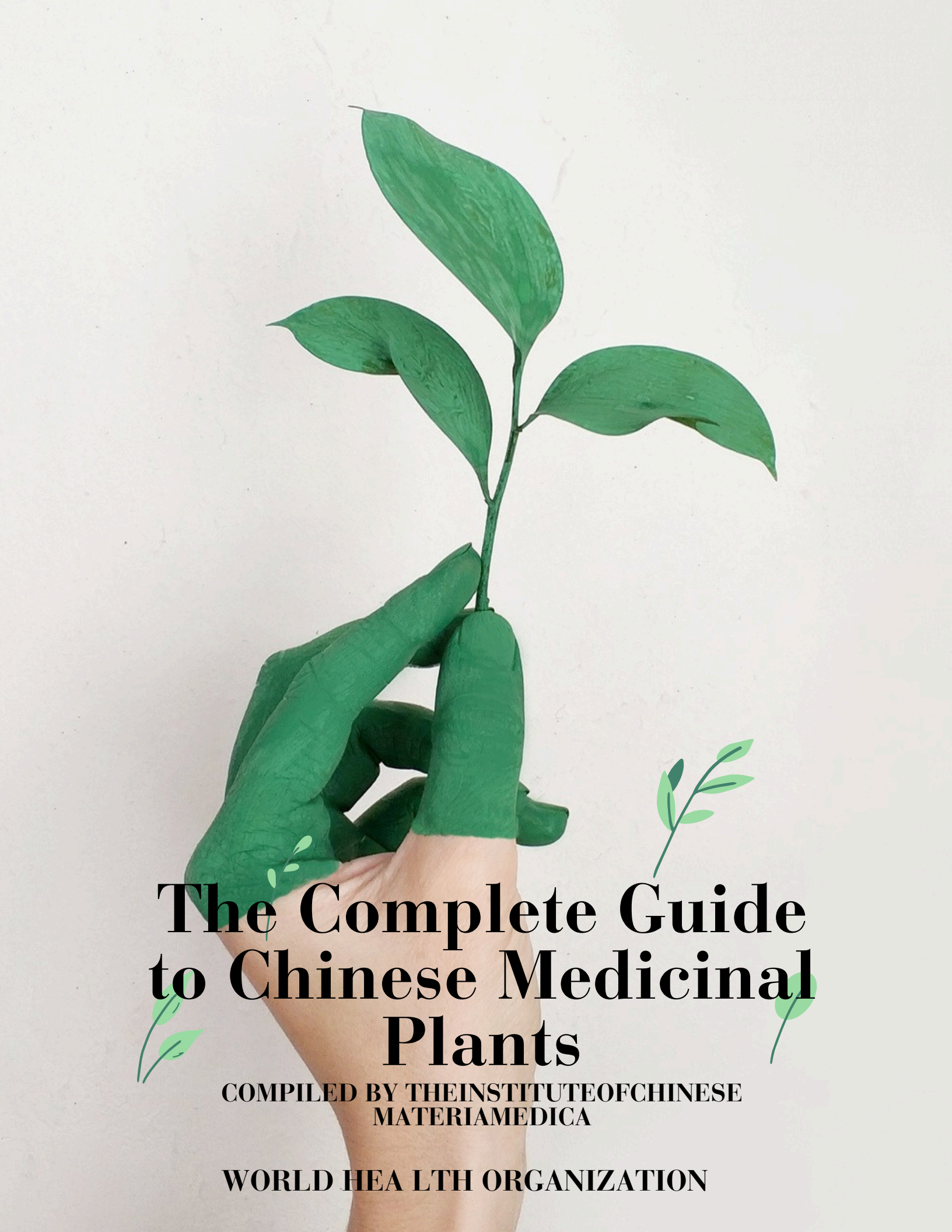

The Complete Guide to Chinese Medicinal Plants

COMPILED BY THEINSTITUTEOFCHINESE MATERIAMEDICA

WORLD HEA LTH ORGANIZATION

The Complete Guide to Chinese Medicinal Plants

150 Essential Herbs for Natural Healing

Based on WHO Regional Publications - Western Pacific Series No.2

Table of Contents

1. Preface
2. Introduction
3. How to Use This Guide
4. Chapter 1: Top 20 Essential Medicinal Plants
5. Chapter 2: Plants Organized by Health Conditions
6. Chapter 3: Understanding Plant Families
7. Chapter 4: Safety Guidelines & Precautions
8. Chapter 5: Quick Reference Tables
9. Conclusion
10. Appendix: Plant Indexes

Preface

Traditional Chinese Medicine (TCM) has served humanity for thousands of years, offering natural solutions for health and wellness. This comprehensive guide presents 150 of the most commonly used medicinal plants in China, as documented by the World Health Organization (WHO) Regional Office for the Western Pacific.

About This Publication

This guide is based on the original WHO publication "Medicinal Plants in China" (1989), compiled by the Institute of Chinese Materia Medica, China Academy of Traditional Chinese Medicine. The information has been adapted for modern readers seeking to understand and benefit from traditional herbal medicine.

Why This Matters

- **Proven Effectiveness**: These plants have been used for centuries with documented results
- **Natural Healing**: Fewer side effects compared to synthetic medicines
- **Accessible**: Many of these plants are available worldwide
- **Cost-Effective**: Natural remedies for common health conditions
- **WHO Endorsed**: Validated by international health standards

Introduction

The Value of Medicinal Plants Today

Throughout the world, especially in developing countries, people recognize the value of medicinal plants in treating and preventing common diseases. There are four main reasons for this widespread acceptance:

1. **Historical Reliability**: Medicinal plants have been in use for centuries and have proven effective in treating and preventing disease.
2. **Safety Profile**: Most medicinal plants are non-toxic and produce fewer side effects than chemically synthesized medicines.
3. **Accessibility**: People in rural and mountainous areas have easy access to local medicinal plants, making them economically beneficial.

4. **Source of New Drugs**: Medicinal plants serve as an important source of practical and inexpensive new drugs for people worldwide.

Chinese Traditional Medicine

According to preliminary investigations, there are over 7,000 species of medicinal plants in China. China is famous for its unique system of traditional medicine, and medicinal plants are an important means of treating and preventing disease throughout the country.

The theories governing the prescription of medicinal plants are based on traditional Chinese pharmacology, developed through long centuries of clinical observation and practice.

How to Use This Guide

Understanding Plant Entries

Each medicinal plant in this guide includes:

- **Botanical Name**: Scientific Latin name for accurate identification
- **Chinese Name**: Pinyin romanization and Chinese characters
- **English Common Name**: Familiar names in English
- **Parts Used**: Which portion of the plant is medicinal (root, leaf, flower, etc.)
- **Description**: Physical characteristics of the plant
- **Habitat**: Where the plant naturally grows
- **Distribution**: Geographic locations where found
- **Indications**: Health conditions treated
- **Dosage**: Recommended amounts for use

Important Preparation Methods

Decoction (Most Common)

- Boil dried plant material in water
- Typical ratio: herb to water varies by plant
- Simmer for 20-30 minutes

- Strain and drink the liquid

Fresh Application

- Some plants are more effective when fresh
- Can be crushed and applied topically
- Or consumed fresh when specified

Powder Form

- Dried plant ground into fine powder
- Can be encapsulated or mixed with water
- Easier to measure precise dosages

Critical Safety Information

IMPORTANT WARNINGS

- **Self-treatment can be dangerous** - Always consult qualified health practitioners
- **Some plants are POISONOUS** - Marked clearly in this guide
- **Dosage is critical** - Never exceed recommended amounts
- **Pregnancy/Children** - Many herbs contraindicated
- **Drug Interactions** - Herbs can interact with medications
- **Allergic Reactions** - Start with small amounts to test tolerance

Chapter 1: Top 20 Essential Medicinal Plants

This chapter highlights the 20 most important and commonly used medicinal plants from the collection. These represent the foundation of Chinese herbal medicine and have the broadest applications.

1. Ginseng (Panax ginseng)

Chinese Name: Renshen (人参)

Description: A perennial herb with a distinctive human-shaped root that can reach 2m in length. The root is the medicinal part, appearing as bifurcate roots or cylindrical fusiform pieces, 3-15 cm long, greyish-white to amber-yellow.

Key Uses:

- General weakness, palpitations, amnesia
- Thirst and excessive sweating
- Poor appetite
- Chronic diseases
- Post-hemorrhagic shock
- Collapse

Dosage: 5-10 g

Special Notes: One of the most valued medicinal plants in Chinese medicine. The taste is sweetish at first with a somewhat bitter aftertaste. Used as a powerful tonic and restorative.

2. Licorice (Glycyrrhiza uralensis)

Chinese Name: Gancao (甘草)

Description: A perennial glandular herb, 30-100 cm high with sweet-tasting roots. The root is cylindrical, fibrous, flexible, 20-22 cm long and 15 mm in diameter, with or without corks.

Key Uses:

- Sore throat, cough
- Gastric ulcers
- Hysteria
- Skin inflammation and boils
- Drug and food poisoning

Dosage: 1.5-9 g

Special Notes: Known as the "great harmonizer," licorice is included in many herbal formulas to enhance effectiveness and reduce toxicity of other herbs. The taste is distinctly sweet.

3. Ginger (Zingiber officinale)

Chinese Name: Shengjiang (生姜)

Description: An irregularly branched tuber, laterally compressed. Fresh rhizome is greyish-white with several light-brownish rings. The texture is brittle with a fibrous fracture surface.

Key Uses:

- Common cold
- Vomiting
- Productive cough
- Stomach cold (dried form)

Dosage: 3-9 g fresh

Special Notes: The odor is agreeable and aromatic; the taste is pleasantly pungent. One of the most commonly used herbs in Chinese cooking and medicine. Both fresh and dried forms are medicinal.

4. Chinese Angelica (Angelica dahurica)

Chinese Name: Baizhi (白芷)

Description: A large perennial herb, 2-2.5 m high with dark, soft, wrinkled spindle-shaped roots 10-25 cm long. The odor is aromatic, the taste pungent and slightly bitter.

Key Uses:

- Common cold with headache
- Sinusitis, toothache
- Hemorrhoids complicated by anal fistula
- Skin inflammation and boils
- Burns

Dosage: 3-9 g

Special Notes: Particularly effective for conditions affecting the head and face. The aromatic properties help clear nasal passages.

5. Rehmannia (Rehmannia glutinosa)

Chinese Name: Dihuang (地黄)

Description: A perennial herb with thick orange tuberous roots, about 3-6 cm in diameter. Prepared in three forms: fresh (shengdihuang), dried (gandihuang), and processed (shudihuang).

Key Uses:

- **Fresh**: High fever, thirst, bleeding conditions
- **Dried**: Nosebleeds, uterine hemorrhage, constipation
- **Processed**: Anemia, weakness, kidney deficiency, night sweats

Dosage: 10-30 g

Special Notes: Different preparation methods yield different therapeutic effects. One of the most versatile herbs in Chinese medicine.

6. Astragalus (Astragalus mongholicus)

Chinese Name: Huangqi (黄芪)

Description: A perennial herb with flexible, long roots covered with tough, wrinkled, yellowish-brown epidermis. The woody interior is yellowish-white. Taste is faintly sweetish.

Key Uses:

- Perspiration from weakness or unknown cause
- Chronic diarrhea
- Prolapse of rectum

Dosage: 10-20 g

Special Notes: A powerful immune system booster and adaptogen. Helps the body resist stress and disease. Commonly used in tonifying formulas.

7. Goji Berry / Lycium (Lycium barbarum)

Chinese Name: Gouqi (枸杞)

Description: A spiny shrub up to 3 m high. The fruit is a bright red berry, 1-2 cm long. Seeds are embedded in soft glutinous pulp. The fruit tastes sweet.

Key Uses:

- Seminal emissions
- Sores on lower body due to kidney deficiency
- Vertigo, poor vision

Root Bark Uses:

- Low fever due to tuberculosis
- Cough

Dosage: Fruit 6-12 g; Root bark 9-15 g

Special Notes: The berries are commonly consumed as food and tea. Rich in antioxidants and vitamins. Modern research confirms eye health benefits.

8. Chinese Date / Jujube (Ziziphus jujuba)

Chinese Name: Dazao (大枣)

Description: A spiny deciduous shrub or small tree. The drupe is 1.5-5 cm long, ovate to oblong, dark reddish-brown when ripe. The fruit tastes sweet.

Key Uses:

- Poor appetite
- General fatigue, loose bowels
- Palpitations, insomnia, night sweats
- Hysteria

Dosage: 6-15 g

Special Notes: Often used in herbal formulas to harmonize other ingredients and improve taste. Nutritious and gentle, suitable for long-term use.

9. Peony Root (Paeonia lactiflora)

Chinese Name: Baishao (白芍)

Description: A perennial herb with stout branched roots. The crude drug consists of hard, heavy pieces, tapered, 12-18 cm long, pinkish-white outside, whitish or brownish and translucent inside. Tastes bitterish and sour.

Key Uses:

- Anemic condition
- Irregular menstruation, excessive bleeding
- Diarrhea
- Perspiration from no apparent cause, night sweats

Dosage: 5-10 g

Special Notes: Particularly important in women's health formulas. Nourishes blood and regulates menstruation.

10. Scutellaria (Scutellaria baicalensis)

Chinese Name: Huangqin (黄芩)

Description: A spreading perennial herb, 20-60 cm high. The crude drug is conical, twisted, 8-25 cm long and 1-3 cm in diameter. Surface brownish-yellow or deep-yellow. The root tastes bitter.

Key Uses:

- High fever, common cold
- Conjunctivitis
- Bleeding conditions
- General fatigue
- Jaundice
- Headache due to hypertension
- Enteritis, dysentery

- Skin inflammation, burns

Dosage: 3-9 g

Special Notes: One of the most important anti-inflammatory and antibacterial herbs in Chinese medicine. Clears "heat" and toxins.

11. Cinnamon Bark (Cinnamomum cassia)

Chinese Name: Rougui (肉桂)

Description: An evergreen tree bark occurring in channeled pieces or quills, 30-40 cm long, 3-10 cm wide, 0.2-0.8 cm thick. The odour is delicate, fragrant and aromatic. Taste is warm, sweet and pungent.

Key Uses:

- Stomach-ache, diarrhea
- Shock: cold, clammy extremities
- Cough and wheezing
- Dysmenorrhea, amenorrhea
- Low blood pressure, frostbite

Dosage: 1-3 g

Special Notes: Contraindicated in fever and pregnancy. Warming herb, excellent for cold conditions. Commonly used in cooking as a spice.

12. Chrysanthemum Flower (Chrysanthemum morifolium)

Chinese Name: Juhua (菊花)

Description: A perennial herb with small flower heads, 5 cm in diameter, yellow-white in color. Flowers are hermaphrodite and all fertile.

Key Uses:

- Vertigo
- Eye inflammation with swelling and pain
- Headache with fever

Dosage: 10-15 g

Special Notes: Commonly consumed as a pleasant-tasting tea. Excellent for eye health and cooling inflammation. Safe for long-term use.

13. Honeysuckle Flower (Lonicera japonica)

Chinese Name: Jinyinhua (金银花)

Description: An evergreen climbing shrub, 5 m tall. Flowers are fragrant, first white then turning yellow, 3-4 cm long. Fruit is a shiny black fleshy berry.

Key Uses:

- Influenza, upper respiratory tract infection
- Tonsillitis, acute conjunctivitis
- Enteritis
- Skin infections, wound infections
- Cervical erosion

Dosage: 10-60 g

Special Notes: One of the most important antibacterial herbs. Safe and effective for infections. Can be used in large doses. Makes a pleasant tea.

14. Ephedra (Ephedra sinica)

Chinese Name: Mahuang (麻黄)

Description: An erect or prostrate undershrub, 20-40 cm high. Branches erect, short, glaucous green, flattened, 1.0-1.5 mm thick. The stem tastes bitter and astringent.

Key Uses:

- Common cold with fever and no sweating
- Cough and dyspnea
- Edema

Dosage: 1.5-6 g

Special Notes: Contains ephedrine alkaloids. Powerful herb for opening airways and promoting sweating. Should be used with caution and proper guidance.

15. Chinese Salvia (Salvia miltiorrhiza)

Chinese Name: Danshen (丹参)

Description: A perennial herb with forked, brick-red, slender, wrinkled roots. The taste is bitter and astringent.

Key Uses:

- Irregular menstruation, dysmenorrhea, amenorrhea
- Abdominal pain due to postpartum blood stasis
- Irritability and insomnia, neurasthenia
- Palpitations
- Skin infections and ulcerous disease

Dosage: 9-15 g

Special Notes: Called "Dan Shen" or "red sage." Excellent for cardiovascular health and blood circulation. Modern research confirms heart-protective effects.

16. Bupleurum (Bupleurum chinense)

Chinese Name: Chaihu (柴胡)

Description: A perennial herb with conical, branching roots, 6-15 cm long, 0.3-0.8 cm in diameter, blackish-brown or pale-brown surface. The root tastes slightly bitter.

Key Uses:

- Common cold
- Fever
- Cholecystitis
- Irregular menstruation

Dosage: 3-10 g

Special Notes: One of the most important herbs for treating fever and harmonizing the body. Frequently used in formulas for liver health.

17. Poria / Fu Ling (Wolfiporia extensa)

Note: While not in the detailed entries of the document, Poria is one of the most commonly mentioned and used herbs in TCM formulas.

Key Uses:

- Water retention
- Insomnia
- Poor appetite
- General weakness

Special Notes: A mushroom that grows on pine tree roots. Very safe and commonly used in many formulas. Helps regulate fluids in the body.

18. Gardenia Fruit (Gardenia jasminoides)

Chinese Name: Zhizi (梔子)

Description: An evergreen shrub up to 2 m high. Fruit is ovoid or ellipsoidal, 2.5-4.5 cm long, yellow or orange, 5-8 ribbed. The taste of the fruit is bitter.

Key Uses:

- Icteric infectious hepatitis
- Colds, fever, insomnia
- Conjunctivitis, mouth ulcers, toothache
- Bleeding conditions
- Sprains and pain from blood stasis (external use)

Dosage: 3-10 g

Special Notes: Excellent for clearing heat and cooling blood. Commonly used for jaundice and liver conditions.

19. White Atractylodes (Atractylodes macrocephala)

Chinese Name: Baizhu (白术)

Description: A perennial herb with rhizomes shaped irregularly, 3-13 cm high and 1.5-7 cm in diameter, greyish-yellow or greyish-brown. The smell is somewhat aromatic and the taste sweet and pungent.

Key Uses:

- Excessive urination, difficult urination
- Stagnant water in the stomach
- Watery diarrhea
- Edema, night sweats
- Vomiting in pregnancy, unstable fetus

Dosage: 5-15 g

Special Notes: A major digestive tonic and spleen strengthener. Helps dry dampness and resolve phlegm.

20. Forsythia Fruit (Forsythia suspensa)

Chinese Name: Lianqiao (连翘)

Description: A deciduous shrub, 2-3 m high with bright yellow flowers blooming in early spring. Fruit is an ovoid capsule, pointed, with a hard pericarp. The taste of the fruit is bitter and astringent.

Key Uses:

- Common cold
- Swelling and pain in the throat
- Skin inflammation

Dosage: 3-15 g

Special Notes: One of the primary herbs for clearing heat and detoxifying. Especially effective for throat conditions and skin infections.

Chapter 2: Plants Organized by Health Conditions

This chapter groups the 150 medicinal plants by their primary therapeutic applications, making it easy to find natural remedies for specific health concerns.

Respiratory System Conditions

Common Cold & Flu

- **Ephedra (Mahuang)**: Fever without sweating
- **Honeysuckle (Jinyinhua)**: Upper respiratory infections
- **Forsythia (Lianqiao)**: Sore throat
- **Bupleurum (Chaihu)**: Fever and chills
- **Ginger (Shengjiang)**: Early stage cold
- **Chinese Angelica (Baizhi)**: Cold with headache
- **Perilla Leaf (Zisu)**: Cold with digestive symptoms

Cough & Bronchitis

- **Apricot Seed (Xingren)**: Cough, constipation
- **Balloon Flower (Jiegeng)**: Productive cough, sore throat
- **Loquat Leaf (Pipaye)**: Cough, vomiting
- **Schisandra (Wuweizi)**: Chronic cough with weakness
- **Lily Bulb**: Dry cough

Asthma & Wheezing

- **Ephedra (Mahuang)**: Acute asthma attack
- **Ginkgo Nut**: Chronic asthma
- **Perilla Seed (Zisu)**: Wheezing with phlegm

Digestive System Conditions

Poor Appetite & Indigestion

- **White Atractylodes (Baizhu)**: Digestive weakness
- **Chinese Date (Dazao)**: Poor appetite, fatigue
- **Citrus Peel (Chenpi)**: Bloating, poor appetite
- **Cardamom (Baidoukou)**: Nausea, loss of appetite

Nausea & Vomiting

- **Ginger (Shengjiang)**: Nausea, motion sickness
- **Bamboo Shavings**: Vomiting with heat
- **Pinellia (Banxia)**: Productive vomiting with phlegm

Diarrhea & Dysentery

- **White Peony (Baishao)**: Diarrhea with cramping
- **Chinese Yam (Shanyao)**: Chronic diarrhea
- **Andrographis (Chuanxinlian)**: Acute dysentery
- **Pulsatilla (Baitouweng)**: Amoebic dysentery
- **Sophora Root (Kushen)**: Diarrhea with pain

Constipation

- **Apricot Seed (Xingren)**: Dry constipation
- **Peach Kernel (Taoren)**: Constipation with blood stasis
- **Hemp Seed**: Constipation in elderly

Stomach Pain & Ulcers

- **Licorice (Gancao)**: Gastric ulcers, gastritis
- **Cuttlefish Bone**: Gastric acid, ulcers
- **Corydalis (Yanhusuo)**: Severe stomach pain

Cardiovascular & Blood Conditions

Hypertension

- **Chrysanthemum (Juhua)**: High blood pressure with dizziness
- **Uncaria (Gouteng)**: Hypertension with headache
- **Scutellaria (Huangqin)**: Hypertension headache
- **Cassia Seed (Juemingzi)**: Hypertension with eye issues

Heart Palpitations

- **Biota Seed (Baiziren)**: Palpitations with insomnia
- **Schisandra (Wuweizi)**: Palpitations with weakness
- **Poria (Fuling)**: Palpitations with water retention

Poor Circulation & Blood Stasis

- **Chinese Salvia (Danshen)**: Blood circulation, heart health
- **Safflower (Honghua)**: Menstrual blood stasis, injuries
- **Peach Kernel (Taoren)**: Blood stasis, bruises
- **Ligusticum (Chuanxiong)**: Headache, menstrual issues

Anemia

- **Prepared Rehmannia (Shudihuang)**: Blood deficiency
- **White Peony (Baishao)**: Anemia with menstrual issues
- **Angelica (Danggui)**: Women's anemia

Urinary & Kidney Conditions

Urinary Tract Infections

- **Plantain Seed (Cheqiancao)**: UTI, painful urination
- **Lysimachia (Jinqiancao)**: Urinary stones, infection
- **Dianthus (Qumai)**: Urinary infection with bleeding

Kidney Stones

- **Lysimachia (Jinqiancao)**: Dissolves stones

- **Desmodium**: Kidney and gallstones
- **Plantain (Cheqiancao)**: Small stones with infection

Edema & Water Retention

- **Poria (Fuling)**: Mild edema, water retention
- **Alisma (Zexie)**: Edema, oliguria
- **White Atractylodes (Baizhu)**: Digestive edema

Kidney Deficiency Symptoms

- **Prepared Rehmannia (Shudihuang)**: Kidney weakness
- **Eucommia (Duzhong)**: Lower back weakness
- **Morinda (Bajitian)**: Impotence, weakness
- **Cistanche**: Kidney yang deficiency

Women's Health Conditions

Menstrual Irregularities

- **Chinese Angelica (Danggui)**: Irregular cycles
- **White Peony (Baishao)**: Painful menstruation
- **Chinese Salvia (Danshen)**: Blood stasis, amenorrhea
- **Motherwort (Yimucao)**: Menstrual disorders

Dysmenorrhea (Painful Periods)

- **Corydalis (Yanhusuo)**: Severe menstrual cramps
- **Cyperus (Xiangfu)**: Irregular painful periods
- **Cinnamon (Rougui)**: Cold-type dysmenorrhea

Excessive Menstrual Bleeding

- **Agrimony (Xianhecao)**: Heavy bleeding
- **Artemisia Leaf (Aiye)**: Uterine bleeding
- **Eclipta (Mohanlian)**: Excessive bleeding

Leucorrhea (Vaginal Discharge)

- **Pulsatilla (Baitouweng)**: Excessive discharge
- **Phellodendron (Huangbai)**: Leucorrhea with heat
- **Dioscorea (Shanyao)**: Chronic leucorrhea

Pregnancy Support

- **White Atractylodes (Baizhu)**: Unstable fetus
- **Perilla Stem (Zisugen)**: Fetal restlessness
- **Mulberry Mistletoe**: Prevent miscarriage

Lactation Issues

- **Tetrapanax (Tongcao)**: Insufficient milk
- **Vaccaria Seed**: Blocked milk ducts
- **Rice Paper Plant**: Promote lactation

Skin Conditions & External Use

Skin Inflammation & Boils

- **Honeysuckle (Jinyinhua)**: Infections, abscesses
- **Dandelion (Pugongying)**: Boils, mastitis
- **Viola (Zihuadiding)**: Skin inflammation
- **Scutellaria (Huangqin)**: Infected skin

Burns & Scalds

- **Phellodendron (Huangbai)**: Burns, scalds
- **Gardenia (Zhizi)**: Burns (external)
- **Bletilla (Baiji)**: Wound bleeding, burns

Eczema & Itching

- **Dictamnus (Baixianpi)**: Chronic eczema
- **Sophora (Kushen)**: Itching, eczema

- **Kochia (Difuzi)**: Skin itching

Wounds & Injuries

- **Pseudo-ginseng (Sanqi)**: Bleeding, trauma
- **Drynaria (Gusuibu)**: Bone fractures
- **Myrrh (Moyao)**: Pain from injuries

Neurological & Mental Health

Insomnia

- **Biota Seed (Baiziren)**: Insomnia with anxiety
- **Ziziphus Seed (Suanzaoren)**: Restless sleep
- **Schisandra (Wuweizi)**: Insomnia with fatigue
- **Polygala (Yuanzhi)**: Insomnia with palpitations

Anxiety & Stress

- **Albizzia (Hehuanpi)**: Anxiety, restlessness
- **Dragon Bone (Longgu)**: Severe anxiety
- **Oyster Shell (Muli)**: Anxiety with sweating

Memory & Concentration

- **Ginseng (Renshen)**: Memory loss, fatigue
- **Polygala (Yuanzhi)**: Poor memory
- **Acorus (Shichangpu)**: Mental clarity

Dizziness & Vertigo

- **Gastrodia (Tianma)**: Dizziness, headache
- **Chrysanthemum (Juhua)**: Dizziness from hypertension
- **Uncaria (Gouteng)**: Vertigo with hypertension

Pain Management

Headache

- **Ligusticum (Chuanxiong)**: Vascular headache
- **White Angelica (Baizhi)**: Frontal headache
- **Gastrodia (Tianma)**: Dizziness with headache
- **Vitex (Manjingzi)**: Migraine

Joint & Muscle Pain

- **Clematis (Weilingxian)**: Rheumatic pain
- **Gentiana (Qinjiao)**: Joint inflammation
- **Achyranthes (Niuxi)**: Lower body pain
- **Eucommia (Duzhong)**: Lower back pain

Abdominal Pain

- **Corydalis (Yanhusuo)**: Severe abdominal pain
- **White Peony (Baishao)**: Cramping pain
- **Cyperus (Xiangfu)**: Pain with menstruation

Eye Conditions

Conjunctivitis & Red Eyes

- **Chrysanthemum (Juhua)**: Red, painful eyes
- **Scutellaria (Huangqin)**: Eye inflammation
- **Celosia Seed (Qingxiangzi)**: Acute conjunctivitis

Poor Vision & Eye Fatigue

- **Lycium Fruit (Gouqi)**: Blurred vision
- **Cassia Seed (Juemingzi)**: Eye fatigue
- **Dendrobium (Shihu)**: Dry eyes

Liver & Gallbladder Conditions

Hepatitis & Jaundice

- **Capillaris (Yinchenhao)**: Jaundice, hepatitis
- **Gardenia (Zhizi)**: Icteric hepatitis
- **Bupleurum (Chaihu)**: Hepatitis support

Cholecystitis

- **Bupleurum (Chaihu)**: Gallbladder inflammation
- **Lysimachia (Jinqiancao)**: Gallstones
- **Curcuma (Yujin)**: Gallbladder pain

Fever & Infections

High Fever

- **Rehmannia (Shengdihuang)**: High fever, thirst
- **Scutellaria (Huangqin)**: Fever with infection
- **Gypsum (Shigao)**: Very high fever
- **Anemarrhena (Zhimu)**: Fever with sweating

Low-Grade Fever

- **Sweet Wormwood (Qinghao)**: Afternoon fever
- **White Peony (Baishao)**: Fever with weakness
- **Stellaria (Yinchaihu)**: Child malnutrition fever

Chapter 3: Understanding Plant Families

Chinese medicinal plants belong to various botanical families. Understanding these families helps in identifying plants and recognizing patterns of use.

Major Plant Families

Compositae (Daisy Family)

Examples: Chrysanthemum, Dandelion, Atractylodes, Burdock

Common Properties:

- Often anti-inflammatory
- Many used for infections
- Frequently used for liver and eye conditions
- Generally safe for long-term use

Notable Members:

- Chrysanthemum (Juhua): Eye health, hypertension
- Dandelion (Pugongying): Infections, liver support
- Atractylodes (Baizhu/Cangzhu): Digestive tonic

Leguminosae (Pea Family)

Examples: Astragalus, Licorice, Sophora, Pueraria

Common Properties:

- Many are tonics and adaptogens
- Immune system support
- Root is usually the part used
- Important nutritive herbs

Notable Members:

- Astragalus (Huangqi): Immune booster
- Licorice (Gancao): Harmonizing herb
- Kudzu (Gegen): Fever, muscle tension

Umbelliferae (Carrot/Parsley Family)

Examples: Angelica, Ligusticum, Bupleurum, Foeniculum

Common Properties:

- Aromatic and warming
- Often used for pain relief
- Many affect circulation
- Good for digestive issues

Notable Members:

- Angelica (Baizhi): Headache, pain relief
- Ligusticum (Chuanxiong): Blood circulation
- Bupleurum (Chaihu): Fever, liver support

Labiatae (Mint Family)

Examples: Scutellaria, Salvia, Mentha, Leonurus

Common Properties:

- Many are aromatic
- Often cooling and clearing
- Good for circulation
- Frequently used for women's health

Notable Members:

- Scutellaria (Huangqin): Heat-clearing, anti-inflammatory
- Salvia (Danshen): Heart health, circulation
- Mentha (Bohe): Common cold, headache

Ranunculaceae (Buttercup Family)

Examples: Coptis, Paeonia, Aconitum, Pulsatilla

Common Properties:

- Many are very potent
- Some are highly toxic (Aconitum)

- Often used for pain and inflammation
- Require careful dosing

Notable Members:

- Coptis (Huanglian): Powerful antibacterial
- Peony (Baishao): Women's health, pain
- Pulsatilla (Baitouweng): Dysentery

Liliaceae (Lily Family)

Examples: Ophiopogon, Polygonatum, Anemarrhena, Asparagus

Common Properties:

- Nourishing and moistening
- Often used for yin deficiency
- Good for lungs and kidneys
- Generally gentle and safe

Notable Members:

- Ophiopogon (Maidong): Dry cough, thirst
- Polygonatum (Huangjing): Tonic, longevity
- Anemarrhena (Zhimu): Fever, dry conditions

Araliaceae (Ginseng Family)

Examples: Panax, Acanthopanax, Eleutherococcus

Common Properties:

- Powerful adaptogens
- Enhance energy and vitality
- Support immune system
- Generally used as tonics

Notable Members:

- Ginseng (Renshen): The king of tonics
- Eleuthero: Siberian ginseng, adaptogen

Chapter 4: Safety Guidelines & Precautions

Critical Safety Information

General Warnings

NEVER Self-Diagnose or Self-Treat Serious Conditions

While medicinal plants offer many benefits, they are not substitutes for professional medical care. Always consult qualified healthcare providers for:

- Serious or worsening symptoms
- Chronic conditions
- Any condition requiring diagnosis
- Pregnancy or breastfeeding
- Children under 12 years
- Elderly patients with multiple conditions

Toxic and Poisonous Plants

Several plants in this guide are POISONOUS and must be used with extreme caution:

Highly Toxic Plants

Aconitum (Caowu) - Monkshood

- VERY POISONOUS
- Must be specially prepared before use
- Can cause heart arrhythmia and death
- Only use under expert supervision
- Dosage: 1.5-4.5 g (prepared form only)

Croton Seed (Badou)

- POISONOUS
- Powerful purgative
- Can cause severe diarrhea and dehydration
- Dosage: 0.1-0.3 g only
- Not for long-term use

Datura (Yangjinhua)

- POISONOUS
- Contains tropane alkaloids
- Can cause hallucinations, coma
- Used as surgical anesthetic in TCM
- Dosage: 0.3-0.6 g only

Brucea (Yadanzi)

- Slightly poisonous
- Bitter taste, intestinal irritant
- Not suitable for pregnant women or young children
- Dosage: 0.5-2 g or 10-15 seeds maximum

Pinellia (Banxia)

- Toxic when raw
- Must be processed before use
- Can irritate mucous membranes
- Always use prepared form

Contraindications

Pregnancy Contraindications

NEVER Use During Pregnancy:

- Croton Seed (Badou): Causes abortion
- Aconitum (Caowu): Toxic to fetus
- Pinellia (Banxia): May harm fetus
- Peach Kernel (Taoren): Blood-moving, may cause miscarriage
- Safflower (Honghua): Strong blood activator
- Poke Root (Shanglu): Toxic
- Achyranthes (Niuxi): Downward-moving

Use Only With Caution During Pregnancy:

- Cinnamon (Rougui): Warming, may overstimulate
- Rhubarb (Dahuang): Strong purgative
- Senna: Laxative effects

Generally Safe During Pregnancy (with proper guidance):

- Ginger (Shengjiang): For morning sickness
- White Atractylodes (Baizhu): Supports pregnancy
- Chinese Date (Dazao): Nutritive
- Perilla Stem: Calms fetus

Children's Use

Not Suitable for Children:

- All highly toxic herbs
- Strong purgatives
- Herbs affecting hormones
- Bitter cold herbs in large doses

Reduce Dosage for Children:

- Under 1 year: 1/10 adult dose
- 1-3 years: 1/6 adult dose

- 3-7 years: 1/4 adult dose
- 7-12 years: 1/2 adult dose
- Over 12: Adult dose

Generally Safe for Children:

- Chinese Date (Dazao)
- Poria (Fuling)
- Licorice (Gancao) in small amounts
- Chrysanthemum (Juhua)

Drug Interactions

Medicinal plants can interact with pharmaceutical medications:

Blood Thinners (Warfarin, Aspirin)

Caution With:

- Chinese Salvia (Danshen): Enhances blood thinning
- Peach Kernel (Taoren): Increases bleeding risk
- Safflower (Honghua): Blood-moving effects

Diabetes Medications

Caution With:

- Ginseng (Renshen): May lower blood sugar
- Ophiopogon (Maidong): Affects blood sugar
- Rehmannia (Dihuang): Can lower glucose

Blood Pressure Medications

Caution With:

- Ginseng (Renshen): May raise blood pressure
- Ephedra (Mahuang): Stimulant, raises BP
- Licorice (Gancao): Long-term use raises BP

Immunosuppressants

Caution With:

- Astragalus (Huangqi): Immune stimulant
- Ginseng (Renshen): May counteract immunosuppression

Proper Storage

Storage Guidelines:

1. **Keep Dry**: Store in cool, dry place protected from light
2. **Prevent Contamination**: Use clean, airtight containers
3. **Check for Mold**: Inspect regularly, discard if moldy
4. **Label Clearly**: Include name, date, dosage information
5. **Keep Away from Children**: Store in secure location

Shelf Life:

- Roots and bark: 2-3 years if stored properly
- Leaves and flowers: 1-2 years
- Seeds and fruits: 1-2 years
- Prepared decoctions: Use within 24 hours, refrigerate

Signs of Adverse Reactions

Stop Use Immediately and Seek Medical Help If:

- Severe nausea or vomiting
- Diarrhea lasting more than 24 hours
- Dizziness, fainting, or confusion
- Rapid or irregular heartbeat
- Difficulty breathing
- Skin rash or hives

- Severe headache
- Signs of allergic reaction (swelling, itching)

Quality and Authenticity

Ensure Quality:

- Purchase from reputable suppliers
- Verify botanical name (Latin name)
- Check for proper identification
- Avoid artificially colored herbs
- Ensure proper processing when required
- Be aware of endangered species (avoid purchasing)

Chapter 5: Quick Reference Tables

Table 1: Herbs by Primary Action

Primary Action	Key Herbs	Page Ref
Tonifying/Strengthening		
Qi Tonic	Ginseng, Astragalus, White Atractylodes, Chinese Date	1, 6, 19, 8
Blood Tonic	Prepared Rehmannia, Angelica, White Peony	5, 16, 9
Yin Tonic	Ophiopogon, Polygonatum, Dendrobium	95, 111, 52
Yang Tonic	Eucommia, Morinda, Epimedium	63, 93, 61
Clearing Heat		
Clear Heat & Toxins	Honeysuckle, Forsythia, Dandelion, Scutellaria	13, 20, 139, 10
Clear Heat from Blood	Rehmannia (fresh), Peony Root	5, 9

Primary Action	Key Herbs	Page Ref
Clear Deficiency Heat	Stellaria, Artemisia	138, 21
Warming		
Warm Interior	Ginger (dried), Cinnamon, Galangal	148, 11, 10
Warm Meridians	Cinnamon, Evodia	11, 65
Regulating Qi		
Move Qi	Citrus Peel, Cyperus, Aquilaria	40, -, 17
Descend Qi	Pinellia, Inula	105, -
Regulating Blood		
Invigorate Blood	Salvia, Ligusticum, Safflower, Peach Kernel	15, 77, 31, 117
Stop Bleeding	Agrimony, Eclipta, Sanguisorba	6, 59, 127
Draining Downward		
Purgatives	Rhubarb, Croton	-, 47
Moist Laxatives	Apricot Seed, Hemp Seed	116, -
Dispelling Wind-Damp		
Wind-Damp	Clematis, Gentiana, Achyranthes	41, -, 1
Transforming Phlegm		
Warm Phlegm	Pinellia, Arisaema	105, -
Cool Phlegm	Trichosanthes, Fritillaria	-, -
Relieving Cough		
Stop Cough	Apricot Seed, Loquat Leaf, Aster	116, 62, -
Calming Spirit		

Primary Action	Key Herbs	Page Ref
Nourish Heart	Biota Seed, Ziziphus Seed	-, 150
Settle Spirit	Dragon Bone, Oyster Shell	-, -
Opening Orifices		
Aromatic Opening	Acorus, Borneol	3, -
Extinguishing Wind		
Calm Liver Wind	Gastrodia, Uncaria	69, 144

Table 2: Common Dosage Ranges

Herb Type	Typical Dosage Range	Notes
Light Flowers & Leaves	3-10 g	Chrysanthemum, Mint
Medium Roots & Herbs	6-15 g	Most common herbs
Heavy Tonics	10-30 g	Astragalus, Rehmannia
Potent Herbs	1-5 g	Cinnamon, Ephedra
Toxic Herbs	0.3-3 g	Aconitum, Croton
Seeds & Nuts	6-12 g	Various seeds
Fresh Herbs	15-60 g	Double dried amount

Note: These are general guidelines. Always follow specific dosing instructions for each herb.

Table 3: Preparation Methods

Method	Description	Typical Ratio	Time
Decoction	Boil in water, strain	1:10 (herb:water)	20-40 min

Method	Description	Typical Ratio	Time
Infusion	Steep in hot water	1:20	10-15 min
Powder	Grind to fine powder, swallow	As directed	N/A
Tincture	Alcohol extraction	1:5 (herb:alcohol)	2-4 weeks
External Wash	Strong decoction for washing	1:5	30 min
Paste/Poultice	Crush fresh herb, apply	As needed	Apply fresh

Table 4: Herbs for Common Conditions

Condition	First Choice	Alternatives	Dosage
Common Cold	Honeysuckle + Forsythia	Mint, Bupleurum	10-15g each
Cough (dry)	Ophiopogon + Lily Bulb	Apricot Seed	10-15g
Cough (phlegm)	Pinellia + Citrus Peel	Balloon Flower	6-10g
Insomnia	Ziziphus Seed	Biota Seed, Schisandra	10-15g
Poor Appetite	White Atractylodes + Poria	Chinese Date	10-15g
Diarrhea	White Atractylodes + Poria	Chinese Yam	10-15g
Constipation	Apricot Seed	Hemp Seed	6-10g
Headache	Ligusticum	White Angelica	6-10g
Hypertension	Chrysanthemum + Uncaria	Gastrodia	10-15g
Menstrual Pain	Corydalis + White Peony	Cyperus	6-10g
UTI	Plantain + Dianthus	Lysimachia	15-30g
Sore Throat	Honeysuckle + Scutellaria	Forsythia	10-15g

Table 5: Flavor and Properties

Understanding traditional Chinese medicine theory:

Taste	Therapeutic Action	Examples
Sweet	Tonifies, harmonizes	Ginseng, Licorice, Chinese Date
Pungent	Disperses, moves	Ginger, Cinnamon, Mint
Sour	Astringes, prevents leakage	Schisandra, Dogwood Fruit
Bitter	Clears heat, dries damp	Scutellaria, Coptis, Gentian
Salty	Softens hardness	Seaweed, Oyster Shell

Temperature	Effect	Examples
Hot	Strongly warming	Aconitum (toxic), Dried Ginger
Warm	Gently warming	Cinnamon, Fresh Ginger
Neutral	Balanced	Licorice, Poria
Cool	Gently cooling	Chrysanthemum, Mint
Cold	Strongly cooling	Coptis, Scutellaria, Rehmannia

Conclusion

The Wisdom of Traditional Chinese Medicine

The 150 medicinal plants presented in this guide represent thousands of years of accumulated knowledge and clinical experience. Traditional Chinese Medicine offers a sophisticated system of diagnosis and treatment that has served billions of people throughout history and continues to provide valuable healthcare solutions today.

Key Takeaways

1. Safety First Always prioritize safety when using medicinal plants. Consult qualified practitioners, respect dosage guidelines, and be aware of contraindications. While these herbs have stood the test of time, they are not without risks when used improperly.

2. Holistic Approach Chinese medicine views health holistically, considering not just symptoms but the whole person—body, mind, and spirit. Medicinal plants work best when used as part of a comprehensive approach to health that includes proper diet, exercise, and lifestyle.

3. Prevention and Treatment Many of these herbs excel at both preventing disease and treating existing conditions. The Chinese medical philosophy emphasizes maintaining health and preventing illness rather than only treating disease after it occurs.

4. Individual Variation What works for one person may not work for another. Traditional Chinese Medicine recognizes constitutional differences and tailors treatments accordingly. Work with knowledgeable practitioners to find the best herbs for your individual needs.

5. Quality Matters The effectiveness of herbal medicine depends greatly on the quality of the herbs used. Source your herbs from reputable suppliers who can verify authenticity and purity.

Integrating Chinese Herbs Into Modern Life

Start Simple

- Begin with gentle, safe herbs like Ginger, Chrysanthemum, or Chinese Date
- Use herbs for prevention and minor ailments
- Keep a few key herbs on hand for common conditions

Build Knowledge Gradually

- Learn about herbs one at a time
- Understand both benefits and risks
- Study the theory behind Chinese medicine
- Take courses or workshops when available

Work With Professionals

- Find a qualified TCM practitioner
- Get proper diagnoses before treating
- Discuss herbs with your regular doctor
- Report any adverse effects immediately

Respect the Medicine

- Honor the ancient wisdom
- Use herbs responsibly
- Don't share prescription herbs
- Continue learning and studying

The Future of Herbal Medicine

As modern research validates many traditional uses of medicinal plants, interest in natural medicine continues to grow. Chinese medicinal plants offer:

- **Evidence-Based Options**: Scientific studies increasingly support traditional uses
- **Sustainable Healthcare**: Plant-based medicine can be more sustainable and affordable
- **Complementary Treatment**: Herbs can work alongside modern medicine
- **Preventive Care**: Emphasis on maintaining health rather than only treating disease

Final Thoughts

This guide provides a foundation for understanding Chinese medicinal plants, but it is only a beginning. The full richness of Traditional Chinese Medicine encompasses not just herbs but also acupuncture, dietary therapy, exercise (Qigong, Tai Chi), and lifestyle practices.

As you explore these ancient remedies, remember that they are part of a living tradition that continues to evolve. Approach them with respect, curiosity, and caution. Used wisely, these 150 plants can support your journey toward better health and vitality.

May these herbs serve your health and wellbeing.

Appendix: Plant Indexes

Index by Botanical Name

Entries in format: Botanical Name - Chinese Name - Page Reference

- Achyranthes bidentata - Niuxi (牛膝) - Entry 1
- Aconitum kusnezoffii - Caowu (草乌) - Entry 2
- Acorus gramineus - Shichangpu (石菖蒲) - Entry 3

- Agastache rugosa - Huoxiang (藿香) - Entry 5
- Agrimonia pilosa - Xianhecao (仙鹤草) - Entry 6
- Alisma orientalis - Zexie (泽泻) - Entry 9
- Alpinia officinarum - Gaoliangjiang (高良姜) - Entry 10
- Angelica dahurica - Baizhi (白芷) - Entry 16
- Artemisia annua - Qinghao (青蒿) - Entry 21
- Asparagus cochinchinensis - Tiandong (天冬) - Entry 22
- Astragalus mongholicus - Huangqi (黄芪) - Entry 23
- Atractylodes lancea - Cangzhu (苍术) - Entry 24
- Atractylodes macrocephala - Baizhu (白术) - Entry 25
- Bupleurum chinense - Chaihu (柴胡) - Entry 30
- Chrysanthemum morifolium - Juhua (菊花) - Entry 37
- Cimicifuga foetida - Shengma (升麻) - Entry 38
- Cinnamomum cassia - Rougui (肉桂) - Entry 39
- Citrus reticulata - Chenpi (陈皮) - Entry 40
- Clematis hexapetala - Weilingxian (威灵仙) - Entry 41
- Codonopsis pilosula - Dangshen (党参) - Entry 42
- Coptis chinensis - Huanglian (黄连) - Entry 44
- Cornus officinalis - Shanzhuyu (山茱萸) - Entry 45
- Corydalis yanhusuo - Yanhusuo (延胡索) - Entry 46
- Curcuma longa - Jianghuang (姜黄) - Entry 48
- Dendrobium nobile - Shihu (石斛) - Entry 52
- Ephedra sinica - Mahuang (麻黄) - Entry 60

- Epimedium sagittatum - Yinyanghuo (淫羊藿) - Entry 61
- Eucommia ulmoides - Duzhong (杜仲) - Entry 63
- Forsythia suspensa - Lianqiao (连翘) - Entry 67
- Gardenia jasminoides - Zhizi (栀子) - Entry 68
- Gastrodia elata - Tianma (天麻) - Entry 69
- Glycyrrhiza uralensis - Gancao (甘草) - Entry 71
- Ligusticum chuanxiong - Chuanxiong (川芎) - Entry 77
- Lonicera japonica - Jinyinhua (金银花) - Entry 82
- Lycium barbarum - Gouqi (枸杞) - Entry 84
- Ophiopogon japonicus - Maidong (麦冬) - Entry 95
- Paeonia lactiflora - Baishao (白芍) - Entry 96
- Panax ginseng - Renshen (人参) - Entry 97
- Platycodon grandiflorum - Jiegeng (桔梗) - Entry 109
- Prunella vulgaris - Xiakucao (夏枯草) - Entry 115
- Prunus armeniaca - Xingren (杏仁) - Entry 116
- Prunus persica - Taoren (桃仁) - Entry 117
- Rehmannia glutinosa - Dihuang (地黄) - Entry 123
- Salvia miltiorrhiza - Danshen (丹参) - Entry 126
- Schisandra chinensis - Wuweizi (五味子) - Entry 129
- Scutellaria baicalensis - Huangqin (黄芩) - Entry 132
- Zingiber officinale - Shengjiang (生姜) - Entry 148
- Ziziphus jujuba - Dazao (大枣) - Entry 149
- Ziziphus spinosa - Suanzaoren (酸枣仁) - Entry 150

Index by Common English Name

- Apricot (Prunus armeniaca) - Entry 116
- Balloon Flower (Platycodon grandiflorum) - Entry 109
- Chinese Angelica (Angelica dahurica) - Entry 16
- Chinese Date (Ziziphus jujuba) - Entry 149
- Chrysanthemum (Chrysanthemum morifolium) - Entry 37
- Cinnamon (Cinnamomum cassia) - Entry 39
- Ginger (Zingiber officinale) - Entry 148
- Ginseng (Panax ginseng) - Entry 97
- Goji Berry (Lycium barbarum) - Entry 84
- Honeysuckle (Lonicera japonica) - Entry 82
- Licorice (Glycyrrhiza uralensis) - Entry 71
- Peony Root (Paeonia lactiflora) - Entry 96
- Rehmannia (Rehmannia glutinosa) - Entry 123
- Salvia (Salvia miltiorrhiza) - Entry 126
- Scutellaria (Scutellaria baicalensis) - Entry 132

Health Conditions Quick Finder

A

- Amenorrhea: Entries 31, 46, 74, 126
- Anemia: Entries 77, 96, 123
- Anxiety: Entry 8
- Asthma: Entries 60, 106

B

- Bleeding: Entries 6, 28, 59, 68, 127
- Bronchitis: Entries 4, 22, 44, 62, 70, 106

C

- Common Cold: Entries 5, 14, 16, 18, 60, 67, 82, 99, 148

- Constipation: Entries 15, 116, 117
- Cough: Entries 4, 21, 22, 44, 62, 70, 109, 115, 116

D

- Diarrhea: Entries 25, 56, 57, 96, 113, 136
- Dizziness: Entries 37, 69, 78, 84, 144
- Dysmenorrhea: Entries 31, 46, 126

E

- Edema: Entries 9, 25, 60, 80, 101

F

- Fever: Entries 21, 38, 44, 67, 68, 82, 132

H

- Headache: Entries 5, 16, 37, 38, 41, 77, 99, 144
- Hypertension: Entries 1, 33, 37, 63, 69, 132, 144

I

- Indigestion: Entries 10, 40, 88
- Insomnia: Entries 8, 96, 115, 129, 150

M

- Menstrual disorders: Entries 31, 46, 75, 96, 126

P

- Pain (abdominal): Entries 46, 65, 92, 136
- Pain (joint): Entries 1, 41, 79, 135
- Palpitations: Entries 97, 126, 149

S

- Sore throat: Entries 1, 14, 67, 71, 82, 109

U

- UTI: Entries 9, 53, 72, 89, 107

Recommended Resources

For Further Study:

- Chinese Herbal Medicine: Materia Medica by Bensky & Gamble
- The Practice of Chinese Medicine by Giovanni Maciocia
- Chinese Medical Herbology and Pharmacology by Chen & Chen

Finding Qualified Practitioners:

- National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)
- American Association of Acupuncture and Oriental Medicine (AAAOM)
- Local Chinese medicine colleges and teaching clinics

Herb Suppliers: *Note: Always verify quality and authenticity*

- Consult local licensed TCM practitioners for recommendations
- Look for GMP (Good Manufacturing Practice) certified suppliers
- Consider organic and sustainably sourced options

Glossary of TCM Terms

Qi (Chi): Vital energy that flows through the body **Yin**: The cool, moist, passive aspect **Yang**: The warm, dry, active aspect **Meridian**: Energy channels in the body **Tonify**: To strengthen and nourish **Disperse**: To scatter and eliminate **Descend**: To bring energy downward **Ascend**: To raise energy upward **Clear Heat**: To reduce inflammation and fever **Drain Damp**: To eliminate excess fluid **Transform Phlegm**: To resolve mucus **Invigorate Blood**: To improve circulation **Nourish Blood**: To build blood quality

Source & Attributio

Original Publication

This eBook is based on and adapted from:

"Medicinal Plants in China: A Selection of 150 Commonly Used Species"

Compiled by:

- The Institute of Chinese Materia Medica
- China Academy of Traditional Chinese Medicine

Published by:

- World Health Organization
- Regional Office for the Western Pacific
- Manila, 1989

Original Publication Details:

- WHO Regional Publications, Western Pacific Series No. 2
- ISBN 92 9061 102 2
- © World Health Organization 1989

Copyright & Usage Notice

Original Copyright: © World Health Organization 1989

Publications of the World Health Organization enjoy copyright protection in accordance with the provisions of Protocol 2 of the Universal Copyright Convention.

This Adaptation: This eBook is an educational adaptation and summary of the original WHO publication. All information is attributed to the original source. This guide is provided for educational and informational purposes only.

Usage Rights:

- Free distribution for educational purposes
- Not for commercial sale without permission
- Must maintain attribution to WHO and original compilers
- Medical advice disclaimer must be included

For Official WHO Publications: Contact: World Health Organization, Regional Office for the Western Pacific, Manila, Philippines Website: www.who.int

Acknowledgments

We gratefully acknowledge:

- The World Health Organization for compiling and publishing the original comprehensive guide
- The Institute of Chinese Materia Medica and China Academy of Traditional Chinese Medicine for their extensive research and documentation
- The traditional Chinese medicine practitioners whose centuries of clinical experience form the foundation of this knowledge
- The WHO Regional Office for the Western Pacific for making this information available to support health for all

Important Medical Disclaimer

READ CAREFULLY:

This eBook is for **educational and informational purposes only**. It is NOT a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of qualified health providers with any questions regarding medical conditions or before using herbal medicines.

Never disregard professional medical advice or delay in seeking it because of information in this book.

Self-treatment can be dangerous. Some herbs mentioned are toxic and require expert preparation and supervision.

Special Populations: Pregnant women, nursing mothers, children, elderly, and those with chronic conditions must consult healthcare providers before using any herbal medicine.

Drug Interactions: Herbs can interact with pharmaceutical medications. Inform your doctor about all herbs you use.

Emergency Situations: If you experience severe symptoms or adverse reactions, seek immediate medical attention.

The author, publisher, and distributors of this eBook assume no liability for any injury, damage, or loss incurred from the use of information contained herein.