

Full List of 163 Herbal Ingredient and Food Medicine Homology (FMH) Ingredients

NO.	Chinese Name	English Name	Latin Name	Health Maintenance	Recommended Dosage Form	Origin
1	阿胶	Donkey Hide Gelatin	Colla Corii Asini	Nourish blood, stop bleeding, nourish Yin	Capsule, Paste, Oral Liquid	Dong'e, Shandong
2	八角	Star Anise	Illicium verum	Warm Yang, dispel cold, regulate Qi and relieve pain	Powder, Capsule, Seasoning	Guangxi, Yunnan
3	白扁豆	White Hyacinth Bean	Lablab purpureus	Invigorate spleen, eliminate dampness, harmonize middle energizer	Capsule, Powder, Tea	Yunnan, Anhui
4	白扁豆花	White Hyacinth Bean Flower	Lablab purpureus Flos	Invigorate spleen, harmonize stomach, relieve summer-heat and dampness	Tea, Capsule	Yunnan, Sichuan
5	白果	Ginkgo Nut	Ginkgo biloba Semen	Astringe lung, relieve asthma, stabilize leucorrhea and reduce urination	Capsule, Tablet	Jiangsu, Shandong, Zhejiang
6	白芷	Angelica Dahurica	Angelica dahurica	Relieve exterior, dispel wind, alleviate pain and dry dampness	Capsule, Powder	Sichuan, Zhejiang, Anhui
7	百合	Lily Bulb	Lilium brownii	Nourish Yin, moisten lung, clear heart and calm mind	Capsule, Tea, Soup	Hunan, Sichuan, Zhejiang
8	薄荷	Peppermint	Mentha haplocalyx	Disperse wind-heat, clear head and eyes, soothe throat	Tea, Capsule, Essential Oil	Jiangsu, Anhui, Jiangxi
9	荜茇	Long Pepper	Piper longum	Warm middle energizer, dispel cold, direct Qi downward and relieve pain	Capsule, Powder	Yunnan, Guangxi, Guangdong
10	草果	Tsaoko Amomum	Amomum tsao-ko	Dry dampness, warm middle, eliminate malaria and phlegm	Capsule, Powder, Seasoning	Yunnan, Guangxi
11	赤小豆	Red Bean	Vigna umbellata	Promote diuresis, reduce swelling, remove toxicity and discharge pus	Capsule, Tea, Powder	Heilongjiang, Hebei, Henan
12	代代花	Daidai Flower	Citrus aurantium var. daidai	Soothe liver, harmonize stomach, regulate Qi	Tea, Capsule	Zhejiang, Jiangsu
13	淡豆豉	Fermented Soybean	Semen Sojæ Preparatum	Relieve exterior, diffuse stagnated heat	Capsule, Oral Liquid	Yongchuan, Sichuan
14	淡竹叶	Lophatherum Herb	Lophatherum gracile	Clear heat, purge fire, relieve restlessness and promote diuresis	Tea, Capsule	Sichuan, Guangxi, Hunan
15	当归	Angelica Sinensis	Angelica sinensis	Enrich blood, activate blood, regulate menstruation and moisten bowel	Capsule, Extract, Tablet	Gansu, Yunnan, Sichuan
16	党参	Codonopsis Root	Codonopsis pilosula	Invigorate spleen, benefit lung, nourish blood and promote fluid	Capsule, Powder, Tea	Shanxi, Gansu, Sichuan
17	刀豆	Sword Bean	Canavalia gladiata	Warm middle, direct Qi downward, stop hiccup	Capsule, Powder	Hubei, Sichuan, Jiangsu, Anhui

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18	地黄	Rehmannia Root	Rehmannia glutinosa	Clear heat, cool blood, nourish Yin and generate fluid	Capsule, Extract	Henan, Zhejiang, Shandong
19	丁香	Clove	Syzygium aromaticum	Warm middle, direct rebellious Qi downward, warm kidney and assist Yang	Capsule, Powder, Essential Oil	Yunnan, Guangdong, Guangxi, Hainan
20	杜仲叶	Eucommia Leaf	Eucommia ulmoides Folium	Tonify liver and kidney, strengthen tendons and bones	Tea, Capsule	Shaanxi, Hunan, Guizhou
21	榧子	Chinese Torreya Seed	Torreya grandis	Kill parasites, eliminate accumulation, moisten lung and bowel	Capsule, Powder	Zhejiang, Anhui, Fujian
22	蜂蜜	Honey	Apis cerana	Replenish middle, moisten dryness, relieve pain and detoxify	Oral Syrup, Paste	Qinling, Xinjiang, Yunnan
23	佛手	Fingered Citron	Citrus medica var. sarcodactylis	Soothe liver, regulate Qi, harmonize stomach and resolve phlegm	Tea, Capsule	Guangdong, Guangxi, Yunnan
24	茯苓	Poria Cocos	Wolfiporia cocos	Promote diuresis, drain dampness, invigorate spleen and calm mind	Capsule, Powder, Tablet	Yuexi, Anhui, Hubei
25	蝮蛇	Pallas Pit Viper	Agkistrodon halys	Dispel wind, attack toxicity	Capsule, Extract	Liaoning, Jilin, Heilongjiang
26	覆盆子	Raspberry	Rubus idaeus	Benefit kidney, consolidate essence, reduce urination, nourish liver	Capsule, Tea	Zhejiang, Jiangsu, Anhui
27	甘草	Licorice Root	Glycyrrhiza uralensis	Invigorate spleen, clear heat, relieve cough and harmonize herbs	Capsule, Powder, Tea	Inner Mongolia, Gansu, Ningxia
28	高良姜	Galangal	Alpinia officinarum	Warm stomach, stop vomiting, dispel cold and relieve pain	Capsule, Powder	Guangdong, Hainan, Guangxi
29	葛根	Kudzu Root	Pueraria lobata	Relieve muscle, promote fluid, relieve thirst and stop diarrhea	Capsule, Powder, Tea	Hubei, Sichuan, Anhui
30	枸杞	Goji Berry	Lycium barbarum	Nourish liver and kidney, benefit essence and improve eyesight	Capsule, Tea, Tablet	Ningxia, Gansu, Qinghai
31	荷叶	Lotus Leaf	Nelumbo nucifera Folium	Clear summer-heat, dispel dampness, cool blood and stop bleeding	Tea, Capsule, Powder	Hubei, Hunan, Jiangxi
32	黑胡椒	Black Pepper	Piper nigrum	Warm middle, dispel cold, direct Qi downward and resolve phlegm	Powder, Capsule, Seasoning	Hainan, Yunnan, Guangxi
33	黑芝麻	Black Sesame	Sesamum indicum	Tonify liver and kidney, benefit essence and blood, moisten bowel	Capsule, Oil, Powder	Henan, Hubei, Anhui
34	花椒	Zanthoxylum	Zanthoxylum bungeanum	Warm middle, relieve pain, kill parasites and relieve itching	Powder, Capsule, Seasoning	Sichuan, Gansu, Shaanxi
35	化橘红	Exocarpium Citri Grandis	Citrus grandis 'Tomentosa'	Regulate Qi, expand chest, dry dampness and resolve phlegm	Tea, Capsule	Huazhou, Guangdong

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36	槐花	Sophora Flower	Sophora japonica Flos	Cool blood, stop bleeding, clear liver and purge fire	Tea, Capsule	Shaanxi, Shanxi, Henan
37	槐米	Sophora Flower Bud	Sophora japonica Gemma	Benefit liver and kidney, nourish blood, moisten bowel	Tea, Capsule	Hunan, Henan, Hebei
38	黄芥子	Yellow Mustard Seed	Brassica juncea	Warm lung, dissipate phlegm, dissipate nodule and collaterals	Capsule, Powder	Shanxi, Qinghai, Henan
39	黄精	Polygonatum	Polygonatum sibiricum	Replenish Qi and Yin, invigorate spleen, moisten lung and kidney	Capsule, Extract, Powder	Jiuhua Mountain, Anhui
40	黄芪	Astragalus	Astragalus membranaceus	Replenish Qi, elevate Yang, consolidate exterior and diuresis	Capsule, Powder, Extract	Gansu, Shanxi, Inner Mongolia
41	火麻仁	Hemp Seed	Cannabis sativa	Moisten bowel and relieve constipation	Capsule, Oil, Powder	Henan, Heilongjiang, Liaoning
42	藿香	Patchouli	Pogostemon cablin	Resolve dampness, harmonize stomach, relieve vomiting and exterior	Tea, Capsule, Oral Liquid	Zhaoqing, Guangdong
43	鸡内金	Chicken Gizzard Membrane	Endothelium corneum gigeriae galli	Promote digestion, consolidate essence, relieve stranguria	Capsule, Powder, Tablet	Yunnan, Henan, Shandong
44	姜	Ginger	Zingiber officinale	Relieve exterior, warm middle, stop vomiting, resolve phlegm	Capsule, Tea, Paste	Anhui, Shandong, Sichuan
45	姜黄	Turmeric	Curcuma longa	Activate blood, move Qi, unblock meridians and relieve pain	Capsule, Powder, Extract	Sichuan, Yunnan, Guangxi
46	金银花	Honeysuckle	Lonicera japonica	Clear heat, detoxify, dispel wind-heat	Tea, Capsule, Oral Liquid	Shandong, Henan, Hebei
47	桔梗	Platycodon Root	Platycodon grandiflorus	Diffuse lung, soothe throat, eliminate phlegm and discharge pus	Capsule, Tea, Powder	Anhui, Henan, Hubei
48	桔红	Red Tangerine Peel	Citrus reticulata Rubra	Regulate Qi, expand chest, dry dampness and resolve phlegm	Tea, Capsule	Guangdong, Guangxi
49	菊花	Chrysanthemum	Chrysanthemum morifolium	Dispel wind-heat, calm liver, improve eyesight, detoxify	Tea, Capsule	Anhui, Zhejiang, Henan
50	菊苣	Chicory	Cichorium intybus	Clear liver, promote gallbladder, invigorate stomach and diuresis	Tea, Capsule, Powder	Changbai Mountain, Xinjiang
51	橘皮	Tangerine Peel	Citrus reticulata	Regulate Qi, invigorate spleen, dry dampness and resolve phlegm	Tea, Capsule, Powder	Xinhui, Guangdong
52	决明子	Cassia Seed	Cassia obtusifolia	Clear liver, improve eyesight, moisten bowel and laxative	Tea, Capsule	Anhui, Guangxi, Sichuan
53	昆布	Kelp	Laminaria japonica	Resolve phlegm, soften mass, promote diuresis and reduce swelling	Capsule, Tablet, Powder	Shandong, Liaoning, Fujian

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54	莱菔子	Radish Seed	Raphanus sativus	Promote digestion, relieve distension, direct Qi downward and resolve phlegm	Capsule, Powder	Jiangsu, Henan, Hebei
55	莲子	Lotus Seed	Nelumbo nucifera Semen	Invigorates spleen, stops diarrhea, nourishes heart and calms mind	Capsule, Powder, Porridge	Jiangxi, Hunan, Fujian
56	灵芝	Ganoderma Lucidum	Ganoderma lucidum	Replenish Qi, calm mind, relieve cough and asthma	Capsule, Powder, Extract	Zhejiang, Anhui, Jilin
57	龙眼肉	Longan Aril	Dimocarpus longan	Invigorates heart and spleen, nourishes blood and calms mind	Capsule, Paste, Tea	Guangxi, Guangdong, Fujian
58	罗汉果	Monk Fruit	Siraitia grosvenorii	Moistens lung, clears heat, soothes throat and moistens bowel	Tea, Capsule, Syrup	Guangxi, Guangdong
59	马齿苋	Purslane	Portulaca oleracea	Clears heat, detoxifies, cools blood and stops dysentery	Capsule, Tea, Powder	National wide
60	麦冬	Ophiopogon Root	Ophiopogon japonicus	Nourishes Yin, generates fluid, moistens lung and clears heart	Capsule, Tea, Extract	Sichuan, Zhejiang, Hunan
61	麦芽	Malt	Hordeum vulgare	Promotes digestion, invigorates spleen, stops lactation and relieves distension	Capsule, Powder, Tea	Henan, Hebei, Shandong
62	牡蛎	Oyster Shell	Ostrea gigas	Subdues Yang, nourishes Yin, calms mind and softens mass	Capsule, Tablet, Powder	Shandong, Fujian, Guangdong
63	木瓜	Chaenomeles	Chaenomeles speciosa	Relaxes muscles, activates collaterals, harmonizes stomach and resolves dampness	Capsule, Tea	Anhui, Hubei, Sichuan
64	胖大海	Boat-fruited Sterculia Seed	Sterculia lychnophora	Moistens lung, clears heat, soothes throat and moistens bowel	Tea, Capsule	Southeast Asia, Yunnan
65	蒲公英	Dandelion	Taraxacum mongolicum	Clears heat, detoxifies, reduces swelling and promotes diuresis	Tea, Capsule, Powder	Changbai Mountain, Northeast China
66	芡实	Euryale Seed	Euryale ferox	Benefits kidney, consolidates essence, invigorates spleen and stops diarrhea	Capsule, Powder, Porridge	Suzhou, Jiangsu, Anhui
67	青果	Chinese White Olive	Canarium album	Clears heat, detoxifies, soothes throat and promotes fluid	Tea, Capsule	Fujian, Guangdong, Guangxi
68	肉苁蓉	Cistanche	Cistanche deserticola	Tonifies kidney Yang, benefits essence and blood, moistens bowel	Capsule, Extract, Powder	Inner Mongolia, Gansu, Xinjiang
69	肉豆蔻	Nutmeg	Myristica fragrans	Astringes intestine, stops diarrhea, warms middle and regulates Qi	Capsule, Powder	Yunnan, Guangdong, Hainan
70	肉桂	Cinnamon	Cinnamomum cassia	Supplements fire, assists Yang, dispels cold and unblocks meridians	Capsule, Powder, Seasoning	Guangxi, Guangdong, Yunnan

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71	桑椹	Mulberry	Morus alba Fructus	Nourish Yin, enrich blood, promote fluid and moisten dryness	Capsule, Juice, Powder	Shandong, Xinjiang, Shanxi
72	桑叶	Mulberry Leaf	Morus alba Folium	Dispel wind-heat, moisten lung, clear liver and improve eyesight	Tea, Capsule, Powder	Shandong, Xinjiang, Anhui
73	沙棘	Seabuckthorn	Hippophae rhamnoides	Invigorate spleen, promote digestion, eliminate phlegm and blood stasis	Capsule, Oil, Juice	Xinjiang, Shanxi, Inner Mongolia
74	砂仁	Amomum	Amomum villosum	Resolve dampness, invigorate stomach, warm spleen and stop diarrhea	Capsule, Powder	Guangdong, Guangxi, Yunnan
75	山柰	Kaempferia	Kaempferia galanga	Promote Qi, warm middle, promote digestion and relieve pain	Capsule, Powder	Guangdong, Guangxi, Yunnan
76	山药	Chinese Yam	Dioscorea opposita	Invigorate spleen, nourish lung, tonify kidney and consolidate essence	Capsule, Powder, Tablet	Henan, Shanxi, Hebei
77	山楂	Hawthorn Berry	Crataegus pinnatifida	Promote digestion, remove blood stasis, reduce lipid	Capsule, Tea, Tablet	Shandong, Shanxi, Hebei
78	山茱萸	Dogwood Fruit	Cornus officinalis	Benefit liver and kidney, astringe and consolidate collapse	Capsule, Extract	Shaanxi, Henan, Shanxi
79	酸枣仁	Spine Date Seed	Ziziphus jujuba var. spinosa	Nourish heart, calm mind, arrest sweating and promote fluid	Capsule, Extract, Powder	Xingtai, Hebei, Shanxi
80	桃仁	Peach Seed	Prunus persica	Activate blood, remove stasis, moisten bowel and relieve asthma	Capsule, Extract	Shandong, Shaanxi, Hebei
81	天冬	Asparagus Root	Asparagus cochinchinensis	Nourish Yin, moisten dryness, clear lung and generate fluid	Capsule, Tea, Extract	Guizhou, Sichuan, Guangxi
82	天麻	Gastrodia Elata	Gastrodia elata	Calm wind, stop spasm, calm liver and unblock collaterals	Capsule, Tablet, Powder	Guizhou, Yunnan, Sichuan
83	铁皮石斛	Dendrobium Officinale	Dendrobium officinale	Benefit stomach, generate fluid, nourish Yin and clear heat	Capsule, Powder, Extract	Zhejiang, Yunnan, Anhui
84	乌梅	Dark Plum	Prunus mume	Astringe lung, astringe intestine, promote fluid and calm ascariasis	Capsule, Oral Liquid	Sichuan, Zhejiang, Fujian
85	乌梢蛇	Black Snake	Zaocys dhumnades	Dispel wind, unblock collaterals, stop spasm	Capsule, Extract	Sichuan, Anhui, Hubei, Hunan
86	西红花	Saffron	Crocus sativus	Activate blood, resolve stasis, cool blood and detoxify	Capsule, Extract, Tea	Xizang, Shanghai, Chongming
87	西洋参	American Ginseng	Panax quinquefolius	Replenish Qi, nourish Yin, clear heat and promote fluid	Capsule, Powder, Extract	Jilin, Shandong, Liaoning
88	鲜白茅根	Fresh Imperata Rhizome	Imperata cylindrica	Cool blood, stop bleeding, clear heat and promote diuresis	Tea, Oral Liquid	Sichuan, Yunnan, Guizhou

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89	鲜芦根	Fresh Reed Rhizome	Phragmites australis	Clear heat, purge fire, promote fluid, relieve vomiting and diuresis	Tea, Oral Liquid	Hubei, Anhui, Jiangsu
90	香薷	Mosla Herb	Mosla chinensis	Release exterior, resolve dampness, harmonize middle energizer	Tea, Capsule	Jiangxi, Anhui, Hubei
91	香橼	Citron	Citrus medica	Soothe liver, regulate Qi, expand chest and resolve phlegm	Tea, Capsule	Yunnan, Guangdong, Guangxi
92	小茴香	Fennel	Foeniculum vulgare	Dispel cold, relieve pain, regulate Qi and harmonize stomach	Powder, Capsule, Seasoning	Ningxia, Gansu, Inner Mongolia
93	小蓟	Field Thistle	Cirsium setosum	Cool blood, stop bleeding, dissipate stasis and detoxify	Tea, Capsule	Shandong, Jiangsu, Sichuan, Gansu
94	薤白	Chinese Chive Bulb	Allium macrostemon	Unblock Yang, dissipate nodule, promote Qi and guide stagnation	Capsule, Powder	Jiangsu, Zhejiang, Anhui
95	杏仁	Apricot Kernel	Prunus armeniaca	Direct Qi downward, relieve cough and moisten bowel	Capsule, Oil, Powder	Gansu, Hebei, Shanxi
96	益智仁	Alpinia Oxyphylla	Alpinia oxyphylla	Warm kidney, consolidate essence, reduce urination, warm spleen	Capsule, Powder	Guangdong, Hainan, Guangxi
97	薏苡仁	Coix Seed	Coix lacryma-jobi	Promote diuresis, drain dampness, invigorate spleen and eliminate arthralgia	Capsule, Powder, Porridge	Guizhou, Guangxi, Fujian
98	余甘子	Phyllanthus	Phyllanthus emblica	Clear heat, cool blood, invigorate stomach and promote fluid	Capsule, Tea, Powder	Yunnan, Sichuan, Guangxi
99	鱼腥草	Houttuynia	Houttuynia cordata	Clear heat, detoxify, eliminate carbuncle and promote diuresis	Tea, Capsule, Oral Liquid	Shaanxi, Gansu, Sichuan
100	玉竹	Solomon's Seal	Polygonatum odoratum	Nourish Yin, moisten dryness, promote fluid and relieve thirst	Capsule, Tea, Powder	Shandong, Hunan, Zhejiang
101	郁李仁	Chinese Bushcherry Seed	Prunus japonica	Moisten bowel, laxative, direct Qi downward and diuresis	Capsule, Powder	Shandong, Liaoning, Hebei
102	枣	Jujube	Ziziphus jujuba	Replenish Qi, nourish blood, calm mind and harmonize herbs	Capsule, Tea, Paste	Shandong, Xinjiang, Shanxi
103	栀子	Gardenia Fruit	Gardenia jasminoides	Purge fire, relieve restlessness, clear dampness and cool blood	Capsule, Powder, Tea	Jiangxi, Hunan, Hubei
104	枳椇子	Hovenia Seed	Hovenia dulcis	Promote diuresis, relieve swelling, relieve alcohol and thirst	Tea, Capsule	Shaanxi, Guangdong, Hubei
105	紫苏叶	Perilla Leaf	Perilla frutescens	Relieve exterior, dispel cold, promote Qi and harmonize stomach	Tea, Capsule	Jiangsu, Zhejiang, Anhui

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106	紫苏子	Perilla Seed	Perilla frutescens Semen	Direct Qi downward, resolve phlegm, relieve cough and moisten bowel	Capsule, Oil, Powder	Jiangsu, Zhejiang, Anhui
107	人参	Ginseng	Panax ginseng	Replenish primordial Qi, improve vitality and relieve fatigue	Capsule, Extract, Powder	Jilin, Liaoning, Heilongjiang
108	人参叶	Ginseng Leaf	Panax ginseng Folium	Clear deficiency-heat, promote fluid and relieve thirst	Tea, Capsule	Jilin, Liaoning
109	人参果	Ginseng Fruit	Panax ginseng Fructus	Replenish Qi, nourish Yin, enhance immunity	Capsule, Juice	Jilin, Liaoning
110	土茯苓	Glabrous Greenbrier Rhizome	Smilax glabra	Eliminate dampness, detoxify, ease joint pain	Capsule, Powder, Tea	Guangdong, Guangxi, Hunan
111	大蓟	Japanese Thistle	Cirsium japonicum	Cool blood, stop bleeding, dissipate stasis and detoxify	Capsule, Tea	Anhui, Jiangsu, Zhejiang
112	川牛膝	Cyathula Root	Cyathula officinalis	Activate blood, unblock meridians, benefit joints	Capsule, Extract	Sichuan, Yunnan
113	川贝母	Tendrilled Fritillary	Fritillaria cirrhosa	Moisten lung, resolve phlegm, relieve cough and asthma	Capsule, Powder, Extract	Sichuan, Xizang, Qinghai
114	川芎	Sichuan Lovage	Ligusticum chuanxiong	Activate blood, move Qi, relieve pain and unblock meridians	Capsule, Extract, Powder	Sichuan, Chongqing
115	马鹿胎	Red Deer Placenta	Cervus elaphus Placenta	Warm kidney, nourish blood, regulate endocrine	Capsule, Extract	Jilin, Heilongjiang, Inner Mongolia
116	马鹿茸	Red Deer Antler	Cervus elaphus Cornu	Warm kidney Yang, benefit essence and blood, strengthen bones	Capsule, Powder, Extract	Jilin, Heilongjiang, Xinjiang
117	马鹿骨	Red Deer Bone	Cervus elaphus Os	Strengthen tendons and bones, dispel wind-dampness	Capsule, Powder	Jilin, Heilongjiang
118	五加皮	Acanthopanax Bark	Acanthopanax gracilistylus	Dispel wind-dampness, strengthen tendons and bones	Capsule, Tea	Hubei, Hunan, Anhui
119	木贼	Common Horsetail	Equisetum arvense	Dispel wind-heat, improve eyesight, remove nebula	Tea, Capsule	Shanxi, Hebei, Inner Mongolia
120	车前草	Plantain Herb	Plantago asiatica	Clear heat, promote diuresis, eliminate dampness and relieve stranguria	Tea, Capsule	Hebei, Shandong, Anhui
121	北沙参	Coastal Glehnia Root	Glehnia littoralis	Nourish Yin, moisten lung, benefit stomach and generate fluid	Capsule, Tea, Extract	Shandong, Hebei, Liaoning
122	生地黄	Raw Rehmannia	Rehmannia glutinosa	Clear heat, cool blood, nourish Yin and generate fluid	Capsule, Extract	Henan, Shanxi, Shandong
123	白及	Bletilla	Bletilla striata	Astringe to stop bleeding, reduce swelling and promote tissue	Capsule, Powder	Guizhou, Sichuan, Yunnan
124	白豆蔻	Round Cardamom	Amomum kravanh	Resolve dampness, promote appetite, warm middle and harmonize stomach	Capsule, Powder	Guangdong, Yunnan, Hainan

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125	石决明	Abalone Shell	Haliotis diversicolor	Subdue liver Yang, clear liver and improve eyesight	Capsule, Powder, Tablet	Shandong, Fujian, Liaoning
126	地骨皮	Wolfberry Root Bark	Lycium chinensis Cortex	Clear deficiency-heat, cool blood and stop night sweat	Capsule, Tea	Ningxia, Gansu, Qinghai
127	竹茹	Bamboo Shavings	Bambusa tuldoides	Clear heat, resolve phlegm, relieve restlessness and stop vomiting	Tea, Capsule	Guangdong, Guangxi, Sichuan
128	红景天	Rhodiola	Rhodiola rosea	Resist hypoxia, relieve fatigue, enhance immunity	Capsule, Powder, Extract	Xizang, Sichuan, Qinghai
129	吴茱萸	Evodia	Evodia rutaecarpa	Warm middle, dispel cold, direct Qi downward and relieve pain	Capsule, Powder	Guizhou, Guangxi, Hunan
130	沙苑子	Flatstem Milkvetch Seed	Astragalus complanatus	Benefit liver and kidney, consolidate essence and improve eyesight	Capsule, Powder	Shaanxi, Shanxi, Henan
131	牡丹皮	Tree Peony Bark	Paeonia suffruticosa	Clear heat, cool blood, activate blood and resolve stasis	Capsule, Extract, Powder	Anhui, Shandong, Sichuan
132	芦荟	Aloe	Aloe vera	Moisten bowel, purge fire, detoxify and beautify skin	Capsule, Gel, Powder	Yunnan, Guangdong, Hainan
133	苍术	Atractylodes Lancea	Atractylodes lancea	Dry dampness, invigorate spleen, dispel wind and cold	Capsule, Powder	Jiangsu, Anhui, Hubei
134	诃子	Chebula	Terminalia chebula	Astringe lung, stop cough, astringe intestine and stop diarrhea	Capsule, Powder	Yunnan, Guangxi, Xizang
135	赤芍	Red Peony	Paeonia lactiflora	Clear heat, cool blood, dispel stasis and relieve pain	Capsule, Extract, Powder	Sichuan, Shanxi, Hebei
136	玫瑰茄	Roselle	Hibiscus sabdariffa	Clear heat, promote fluid, reduce lipid and protect liver	Tea, Capsule, Juice	Yunnan, Guangdong, Fujian
137	知母	Anemarrhena	Anemarrhena asphodeloides	Clear heat, purge fire, nourish Yin and moisten dryness	Capsule, Powder, Tea	Hebei, Shanxi, Inner Mongolia
138	罗布麻	Kendir Leaf	Apocynum venetum	Calm liver, lower pressure, clear heat and promote diuresis	Tea, Capsule	Xinjiang, Gansu, Qinghai
139	苦丁茶	Broadleaf Holly	Ilex latifolia	Clear heat, improve eyesight, promote fluid and relieve thirst	Tea, Capsule	Zhejiang, Jiangxi, Fujian
140	金荞麦	Wild Buckwheat	Fagopyrum dibotrys	Clear heat, detoxify, eliminate carbuncle and dissipate mass	Capsule, Powder, Tea	Sichuan, Yunnan, Guizhou
141	厚朴	Houpu Magnolia	Magnolia officinalis	Promote Qi movement, eliminate dampness, relieve fullness	Capsule, Powder	Sichuan, Hubei, Zhejiang
142	枳壳	Bitter Orange Peel	Citrus aurantium	Regulate Qi, relieve distension, promote digestion	Capsule, Powder	Jiangxi, Sichuan, Hunan
143	韭子	Chinese Chive Seed	Allium tuberosum Semen	Warm kidney, assist Yang, consolidate essence and reduce urination	Capsule, Powder	Hebei, Shandong, Henan

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144	首乌藤	Tuber Fleeceflower Stem	Polygonum multiflorum Caulis	Nourish blood, calm mind, dispel wind and unblock collaterals	Capsule, Tea	Henan, Hubei, Guangxi
145	浙贝母	Thunberg Fritillary	Fritillaria thunbergii	Clear heat, resolve phlegm, dissipate mass and relieve cough	Capsule, Powder, Extract	Zhejiang, Jiangsu
146	益母草	Leonurus Herb	Leonurus japonicus	Activate blood, regulate menstruation, induce diuresis and reduce swelling	Capsule, Tea, Extract	Anhui, Guangxi, Jiangxi
147	积雪草	Centella	Centella asiatica	Clear heat, promote diuresis, detoxify and reduce swelling	Capsule, Extract, Powder	Yunnan, Guangxi, Guangdong
148	淫羊藿	Epimedium	Epimedium brevicornu	Warm kidney Yang, strengthen tendons and bones, dispel wind-dampness	Capsule, Powder, Extract	Shaanxi, Gansu, Sichuan
149	菟丝子	Dodder Seed	Cuscuta chinensis	Benefit liver and kidney, consolidate essence, improve eyesight	Capsule, Powder	Shandong, Henan, Hebei
150	野菊花	Wild Chrysanthemum	Chrysanthemum indicum	Clear heat, detoxify, dispel wind-heat and calm liver	Tea, Capsule	Anhui, Jiangsu, Zhejiang
151	银杏叶	Ginkgo Leaf	Ginkgo biloba Folium	Promote blood circulation, remove stasis, improve blood supply	Capsule, Extract, Tablet	Jiangsu, Shandong, Zhejiang
152	湖北贝母	Hubei Fritillary	Fritillaria hupehensis	Clear heat, resolve phlegm, relieve cough and dissipate mass	Capsule, Powder	Hubei, Hunan, Chongqing
153	番泻叶	Senna Leaf	Cassia angustifolia	Purge heat, moisten bowel, relieve constipation	Tea, Capsule	Yunnan, Guangdong, Imported
154	蛤蚧	Gecko	Gekko gekko	Benefit lung and kidney, assist Qi, relieve asthma	Capsule, Extract, Powder	Guangxi, Yunnan, Guangdong
155	越橘	Bilberry	Vaccinium vitis-idaea	Protect eyesight, improve microcirculation, anti-oxidation	Capsule, Extract, Tablet	Heilongjiang, Jilin, Xinjiang
156	槐实	Sophora Fruit	Sophora japonica Fructus	Clear heat, purge fire, cool blood and stop bleeding	Capsule, Tea	Henan, Shaanxi, Shandong
157	蒲黄	Cattail Pollen	Typha angustifolia	Stop bleeding, resolve stasis, promote diuresis and relieve stranguria	Capsule, Powder	Jiangsu, Zhejiang, Anhui
158	蒺藜	Puncturevine Caltrop	Tribulus terrestris	Calm liver, improve eyesight, activate blood and relieve itching	Capsule, Powder	Henan, Hebei, Shandong
159	蜂胶	Propolis	Propolis	Enhance immunity, anti-oxidation, anti-bacterial and anti-inflammatory	Capsule, Extract, Liquid	Shandong, Henan, Liaoning
160	墨旱莲	Eclipta	Eclipta prostrata	Nourish Yin, benefit kidney, cool blood and stop bleeding	Capsule, Tea, Powder	Jiangsu, Zhejiang, Jiangxi
161	熟大黄	Prepared Rhubarb	Rheum officinale Preparata	Purge heat, resolve stasis, cool blood and detoxify	Capsule, Powder	Gansu, Qinghai, Sichuan

NO.	Chinese Name	English Name	Latin Name	Health Maintenance	Recommended Dosage Form	Origin
162	熟地黄	Prepared Rehmannia	Rehmannia glutinosa Preparata	Nourish blood, benefit Yin, tonify liver and kidney	Capsule, Extract, Pill	Henan, Zhejiang, Shanxi
163	鳖甲	Turtle Shell	Trionyx sinensis	Nourish Yin, subdue Yang, clear deficiency-heat	Capsule, Extract, Powder	Anhui, Hubei, Hunan