

Xīn Liáng Jiě Biǎo Yào – Acrid, Cool Herbs that Release the Exterior

Herb (yào)	Flavour (wèi)				Nature (qì)		Channel Entry (guī jīng)									
	acrid	sweet	bitter	salty	cold	cool	Fèi	Pí	Gān	Dǎn	Wèi	XB	SJ	PG	DC	
Bó Hé																
Sāng Yè																
Jú Huā			-													
Gé Gēn																
Chái Hú																
Níu Bàng Zǐ																
Chán Tuì																
Màn Jīng Zǐ																
Shēng Má																

- = slightly

XB = Xīn Bāo

SJ = Sān Jiāo

PG = Páng Guāng

DC = Dà Cháng



Xīn Wēn Jiě Biǎo Yào – Acrid, Warm Herbs that Release the Exterior

Herb (yào)	Flavour (wèi)			Nature (qì)		Channel Entry (guī jīng)						
	acid	sweet	bitter	warm		Fèi	Pí	Xīn	Shèn	Wèi	Gān	PG
Má Huáng			-									
Guì Zhī												
Jīng Jiè (Suì)				-								
Fáng Fēng				-								
Qiāng Huó												
Bái Zhǐ												
Zǐ Sū Yè												
Xì Xīn												
Shēng Jiāng				-								
Xīn Yí Huā												

- = slightly

PG = Páng Guāng

