



Lǐ Qì Yào – Herbs that Regulate the Qi

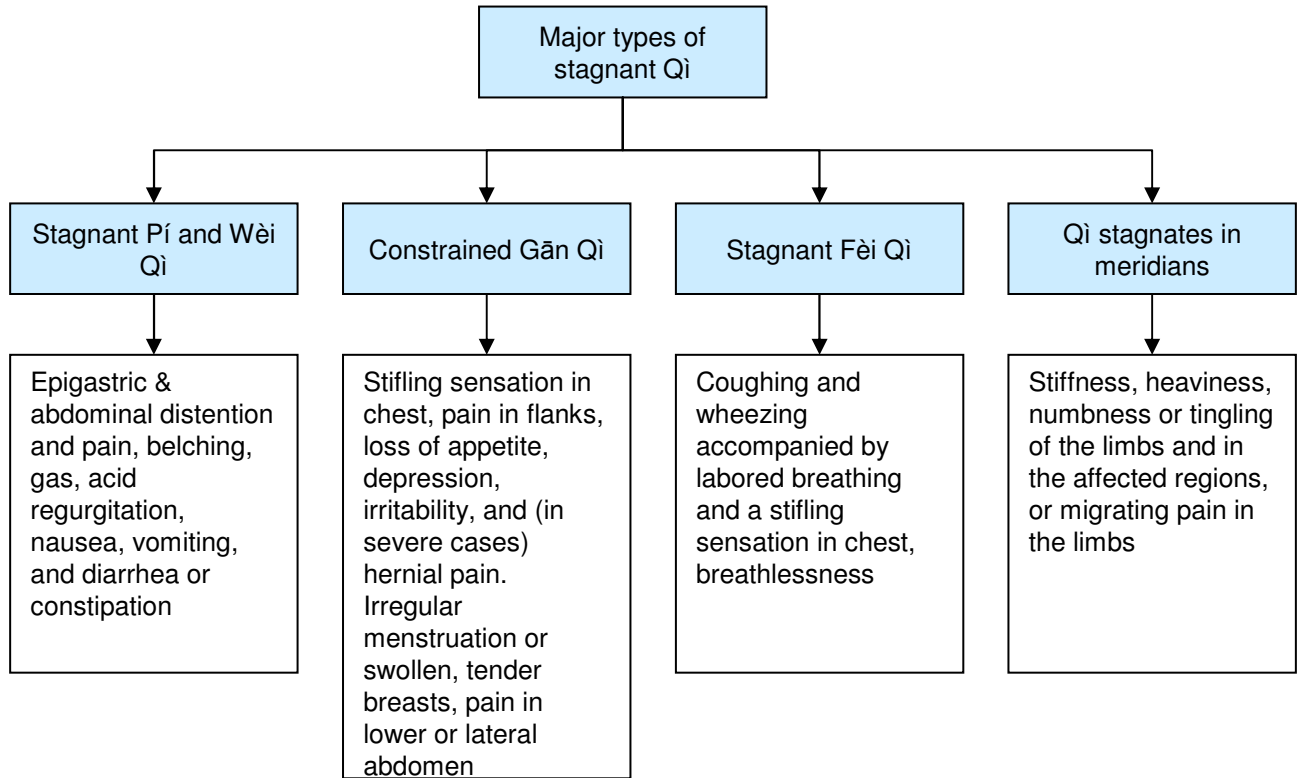
Herb (yào)	Flavour (wèi)			Nature (qì)				Channel Entry (guī jīng)										
	sweet	bitter	acid	warm	neut	cool	cold	F	P	G	W	D	DC	SJ	S	XC	PG	
Chén Pí																		
Qīng Pí																		
Zhǐ Shí																		
Mù Xiāng																		
Xiāng Fú	-	-																
Hòu Pò																		
Xiè Bái																		
Wū Yào																		
Dà Fù Pí																		
Chuān Liàn Zǐ 																		
Shì Dì																		

 = toxic

- = slightly
- F = Fèi – Lung
- P = Pí – Spleen
- G = Gān – Liver
- W = Wèi – Stomach
- D = Dǎn – Gallbladder
- DC = Dà Cháng – Large Intestine
- SJ = Sān Jiāo – Triple Warmer/Burner
- S = Shèn – Kidney
- XC = Xiǎo Cháng – Small Intestine
- PG = Páng Guāng – Bladder


Lǐ Qì Yào – Herbs that Regulate the Qì


Unblock stagnant Qì, especially in the Zàng Fǔ (脏腑).
Generally pain in chest or abdomen.



These herbs are combined with other herbs based upon the specific nature of the disorder. They can enhance the effects of other herbs. In the case of tonifying formulas the prevent stagnation due to the heavy and sticky herbs of the formula.

Many cases of stagnant Qì are due to dysfunction of the gastrointestinal system, which causes pain.

Most herbs are aromatic and dry in nature →  Long-term use may injure the Yīn

By definition they disperse the Qì →  Patients with Qì Xū (气虚)

