

Qīng Rè Yào – Herbs that Clear Heat

Herbs that Drain Huǒ

Herb (yào)	Flavour (wèi)				Nature (qì)		Channel Entry (guī jīng)								
	acid	bitter	sweet	salt	cool	cold	G	X	F	S	D	W	SJ	PG	
Shí Gāo						+									
Zhī Mǔ															
Zhī Zǐ															
Xià Kū Cǎo															

Herbs that Clear Rè & Dry Shī

Herb (yào)	Flavour (wèi)				Nature (qì)		Channel Entry (guī jīng)								
	acid	bitter	sweet	salt	cool	cold	G	X	F	S	D	W	DC	PG	
Huáng Qín															
Huáng Lián															
Huáng Bǎi															
Lóng Dǎn Cǎo															

UB
MB
LB

Herbs that Cool Xuè

Herb (yào)	Flavour (wèi)				Nature (qì)		Channel Entry (guī jīng)								
	acid	bitter	sweet	salt	cool	cold	G	X	F	S	D	W	DC	PG	
Xī Jiǎo															
Shēng Dì Huáng															
Xuán Shēn															
Mǔ Dān Pí															

Herbs that clear Rè & relieve toxicity (Dú)

Herb (yào)	Flavour (wèi)				Nature (qì)		Channel Entry (guī jīng)								
	acid	bitter	sweet	salt	cool	cold	G	X	F	S	D	W	DC	PG	
Jīn Yín Huā															
Bài Jiàng Cǎo															
Yú Xīng Cǎo															
Shè Gān															



Qīng Rè Yào – Herbs that Clear Heat

Herbs that clear and relieve Summerheat

Herb (yào)	Flavour (wèi)				Nature (qì)		Channel Entry (guī jīng)							
	acid	bitter	sweet	salt	cool	cold	G	X	F	S	D	W	DC	PG
Qīng Hǎo														

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

