<table>
<thead>
<tr>
<th>Herb (yào)</th>
<th>Flavour (wèi)</th>
<th>Nature (qì)</th>
<th>Channel Entry (guī jīng)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chen Pí</td>
<td>sweet</td>
<td>warm</td>
<td>F</td>
</tr>
<tr>
<td>Qīng Pí</td>
<td>bitter</td>
<td>neut</td>
<td>P</td>
</tr>
<tr>
<td>Zhī Shí</td>
<td>acrid</td>
<td>cool</td>
<td>G</td>
</tr>
<tr>
<td>Mù Xiāng</td>
<td>-</td>
<td>cold</td>
<td>D</td>
</tr>
<tr>
<td>Xiāng Fú</td>
<td>-</td>
<td>-</td>
<td>DC</td>
</tr>
<tr>
<td>Hòu Pò</td>
<td></td>
<td></td>
<td>SJ</td>
</tr>
<tr>
<td>Xiè Bái</td>
<td></td>
<td></td>
<td>S</td>
</tr>
<tr>
<td>Wū Yào</td>
<td></td>
<td></td>
<td>XC</td>
</tr>
<tr>
<td>Dà Fù Pí</td>
<td></td>
<td></td>
<td>PG</td>
</tr>
<tr>
<td>Chuān Liàn Zì</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Shì Dì</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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

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

Major types of stagnant Qi

- Stagnant Pi and Wèi Qi
  - Epigastric & abdominal distention and pain, belching, gas, acid regurgitation, nausea, vomiting, and diarrhea or constipation

- Constrained Gān Qi
  - Stifling sensation in chest, pain in flanks, loss of appetite, depression, irritability, and (in severe cases) hernial pain. Irregular menstruation or swollen, tender breasts, pain in lower or lateral abdomen

- Stagnant Fèi Qi
  - Coughing and wheezing accompanied by labored breathing and a stifling sensation in chest, breathlessness

- Qi stagnates in meridians
  - Stiffness, heaviness, numbness or tingling of the limbs and in the affected regions, or migrating pain in the limbs

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 Qi 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 Yin

By definition they disperse the Qi

Patients with Qi Xū (氣虛)

Stiffness, heaviness, numbness or tingling

Emotional disturbance, accumulation of Lì Hán, Rè, Tán, water and food. It also occurs in trauma and stagnation of Xuè

Fullness exists in a mild case

Distention exists in an advanced stage

Pain occurs in a severe condition

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