

Reduce Food Stagnation

Ji Nei Jin

SP, ST, UB, SI neutral, sweet

strengthen SP, reduce stagnation

bind essence, restrain leakage

calculi of urinary/biliary tracts

Gu Ya

SP, ST neutral, sweet

relieve food stagnation, harmonize middle

SP, ST neutral, sweet

Reduce food stagnation, strengthen SP, ST

stop breast feeding, large dose

Mai Ya

Shan Zha

~warm, sour, sweet SP, ST, LR

relieve food stag, resolve accumulations (meat/grease)

invigorate blood, dispel stasis

hypertension, heart disease / hyperlipidema

Lai Fu Zi

neutral, acrid, sweet SP, ST, LU

relieve food stag, resolve accumulations

descend flow of qi and transform phlegm

Shen Qu

warm, sweet, acrid SP, ST

relieve food stagnation, harmonize ST

excipient to bind other ingredients in to pills