

# Chinese Herbology

Herbal Qualities...

## - Temperatures

Every Chinese medicinal has a certain temperature. The term 'medicinal' maybe substituted for the word 'herb'. This is because Chinese medicinals are minerals, animal parts, and herbs such as leaves, stems, roots and grasses. The knowledge of individual temperatures is essential in creating formulas for specific patterns. Chinese herbal medicine is allopathic not homeopathic. For example, you do not want to give a patient with yin deficiency (which is Heat from Vacuity) hot herbs. Generally warm patients receive cool herbs and cool patients receive warm herbs (complex patterns may differ).

## - Four Qi: Medicinal temperatures

- 1) Cold
- 2) Cool
- 3) Warm
- 4) Hot

Medicinals may also be Neutral in nature.

## - Five Flavors

Every medicinal has a flavor which relates to a specific organ and performs a specific function.

- 1) Bitter - Heart - Drains and Dries.
- 2) Sour - Liver - Contracts and Astringes.
- 3) Sweet - Spleen - Supplements and Relaxes.
- 4) Salty - Kidneys - Softens Hardness, and induces moist precipitation, sends moisture to bowels, moves stools.
- 5) Acrid - Lung - Dissipates and Moves.

- 1) Bland - Water disinhibiting, diuretic.
- 2) Aromatic - Transforms turbidity and opens orifices. Turbid-descends, Clear-ascends.
- 3) Astringent - Restraining body fluids.

## - Movements in the body:

- 1) Acrid - Up and out.
- 2) Sweet - Holds up
- 3) Sour - Holds down
- 4) Bitter - Down
- 5) Salty - Down, more internal
- 6) Flowers, leaves, grasses - Up
- 7) Seeds - Down

## - 8 Principles

- 1) Hot
- 2) Cold
- 3) Interior
- 4) Exterior
- 5) Vacuity
- 6) Repletion
- 7) Yin
- 8) Yang

