

Herbs	Channels / Properties	Indications / Actions
<b>Ji Nei Jin</b> <i>(chi-nei-chin)</i>  food	SP, ST, UB, SI  sweet neutral	<ul style="list-style-type: none"> <li>• <b>Disperses food stagnation, fortifies the Spleen and Stomach:</b> Used to treat food stagnation with distention and fullness, vomiting, retching, stomach reflux, diarrhea and childhood nutritional impairment associated with food retention.</li> <li>• <b>Astringes the Essence:</b> Used to treat polyuria, nocturia, and bedwetting.</li> <li>• <b>Softens hardness and dissolves stones:</b> Used to treat stones in either the urinary or biliary tract.</li> </ul>
<b>Ji Xue Teng</b> <i>(chi-hsueh-teng)</i>  movexue	HT, SP, LIV  bitter sweet warm	<ul style="list-style-type: none"> <li>• <b>Activates the Blood, soothes the Sinews:</b> Used to treat lumbar and knee pain, numbness, paralysis, and menstrual irregularities.</li> </ul>
<b>Jiang Can</b> <i>(chiang-tsan)</i>  ewind	LIV, LU  salty pungent neutral	<ul style="list-style-type: none"> <li>• <b>Extinguishes Wind and relieves spasms:</b> Used to treat wind-stroke with loss of voice and facial paralysis and for childhood convulsions.</li> <li>• <b>Dispers Wind and stops pain:</b> Used to treat headache, red eyes, and sore throat.</li> <li>• <b>Transforms Phlegm:</b> Used to treat deviated mouth, hemiplegia, scrofula and phlegm nodules associated with phlegm obstruction of the orifice.</li> <li>• <b>Extinguishes wind and stops itching:</b> Used to treat skin rashes.</li> </ul>
<b>Jiang Huang</b> <i>(chiang-huang)</i>  movexue	SP, ST, LIV  acrid bitter warm	<ul style="list-style-type: none"> <li>• <b>Breaks up Blood stasis, moves Qi, frees menstruation, relieves pain:</b> Used to treat pain and fullness in the chest and abdomen, pain in the kidney, accumulations, amenorrhea, postpartum abdominal pain, and pain from trauma.</li> </ul>
<b>Jie Geng</b> <i>(chieh-keng)</i>  cold-phlegm	LU  bitter acrid neutral	<ul style="list-style-type: none"> <li>• <b>Diffuses the Lung Qi and expels Phlegm:</b> Used to treat cough, fullness and pain of the chest and hypochondrium associated with phlegm obstructing the qi of the chest.</li> <li>• <b>Expels pus:</b> Used to treat abscesses, coughing of blood and pus.</li> <li>• <b>Benefits the throat:</b> Used to treat sore throat associated with heat from excess or deficiency.</li> <li>• <b>Guides herbs upward.</b></li> </ul>
<b>Jin Qian Cao</b> <i>(chin-yin-tsau)</i>  edamp	UB, GB, KD, LIV  sweet bland neutral	<ul style="list-style-type: none"> <li>• <b>Clears Heat, unblocks urination, disperses swelling, and resolves toxins:</b> Used to treat jaundice, edema, dysuria, urinary calculus, cough, pulmonary abscesses, malaria, vaginal discharge, wind-damp painful obstruction, fright epilepsy, and eczema.</li> </ul>
<b>Jin Yin Hua</b> <i>(chin-yin-hua)</i>  clht-detox	LU, ST, LI  sweet cold	<ul style="list-style-type: none"> <li>• <b>Clears Heat, expels Wind and resolves toxins:</b> Used to treat initial-stage warm febrile disease with heat in the upper burner, for hot, painful sores and pain and swellings of the breast, throat, or eyes, and for intestinal abscess.</li> <li>• <b>Clears damp-heat:</b> Used to treat dysentery and blood in the stool and hematuria associated with damp-heat in the lower burner.</li> </ul>
<b>Jin Yin Zi</b> <i>(chin-yin-tzu)</i>  sab	KID, UB, LI  sour astringent neutral	<ul style="list-style-type: none"> <li>• <b>Secures the Essence:</b> Used to treat seminal emissions, enuresis, polyuria, and spontaneous sweating.</li> <li>• <b>Astringes the Intestines:</b> Used to treat chronic diarrhea.</li> </ul>
<b>Jing Da Ji</b> <i>(ching-ta-chieh)</i>  cath	KID, LI, LU  bitter acrid cold toxic	<ul style="list-style-type: none"> <li>• <b>Drains water downward:</b> Used to treat labored breathing with pain in the chest associated with accumulation of fluids in the chest and hypochondrium.</li> <li>• <b>Relieves inflammation:</b> Used topically for sores and inflammation.</li> </ul>