

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