

Restoratives for reinforcing yang



This category of herbs is mostly sweet, salty or pun-gent in flavor, and warm or hot in nature, with the action of warming and nourishing yang of the body. As kidney-yang is the master of yang qi all over the body, the nourishing of the kidney-yang is to warm all other organs so as to get rid of or improve all syndromes of yang-deficiency all over the body simultaneously. In this way, they focus on nourishing and tonifying kidney-yang. They are fit for deficiency of kidney-yang manifested as cold extremities, backache, lack of sexual desire, impotence, emission, sterility, frequent micturition, or enuresis; and failure of the kidney to receive qi due to deficiency of kidney-yang manifested as chronic cough and dyspnea; and failure of the spleen to warm and transport due to deficiency of kidney-yang marked by cold abdominal pain and morning diarrhea; and deficiency of body essence due to deficiency of kidney-yang manifested as dizziness, tinnitus, early whitening of hair, flaccidity of extremities or maldevelopment, delayed walking, delayed teeth eruption and closure of fontanel in infants, etc..

They are mostly warm and dry in nature, which tends to flourish fire and hurt yin, so it's unfit for the case with hyperactive fire due to deficiency of yin.

Lurong Cornu Cervi Pantotrichum

The source is from the horn of male beast of *Cervus Nippon Temminck* or *C. elaphus* L. family Cerrridae. The producing areas are in Northeast, Northwest, Inner Mongolia, Xinjiang and mountainous areas of Southwest in China. The medicinal material is cut in summer and autumn, dried after being processed, and used in the form of slices or powder.

Medicinal Properties Sweet and salty in flavor, warm in nature, and attributive to the liver and kidney meridians.

Actions Nourish kidney-yang, promote the production of the essence and blood, strengthen tendons and bones.

Application

It is applied for deficiency of kidney-yang or deficiency of the essence and blood manifested as chill, cold limbs, impotence, emission, sterility due to uterine cold, frequent micturition, dizziness, tinnitus, or fatigue. It can be ground into powder and used alone, or used together with Renshen (Radix Ginseng), Shudihuang (Radix Rehmanniae Praeparata), etc., such as Shen Rong Guben Wan (Pill).

For deficiency of the liver and kidney manifested as flaccidity of extremities, or maldevelopment, delayed walking, delayed teeth eruption and delayed closure of fontanel in infants, it is often used with Shudihuang (Radix Rehmanniae Praeparata), Shanyao (Rhizoma Dioscoreae), and Shanzhuyu (Fructus Corni), etc., such as Jiawei Dihuang Wan (Pill).

It is applied for deficiency and coldness of thoroughfare and conception vessels in women manifested as metrorrhagia and metrostasis and leucorrhagia due to weakness of belt vessel. For the former, it is used with Ejiao (Colla Corii Asini), Wuzeigu (Os Sepiellae seu Sepiae), etc., such as Lurong San (Powder) ; for the latter, used with Gouji (Rhizoma Cibotii), Bailian (Herba Potygalae Japonica).

Besides, it is useful for treating unhealed skin lesions.

Usage and Dosage 1 - 3 g of its powder is for drinking; or in a pill or powder.

Notes Contraindicated in the case with deficiency of yin and hyperactivity of yang, blood-heat, hyperpyrexia of the stomach, cough due to phlegm-heat, or febrile disease due to exogenous pathogenic factors. The amount used in the course should start gradually from small to large.

Bajitian Radix Morindae Officinalis

The source is from the root of *Morinda officinalis* How, family Rubiceae. The medicinal material is mainly produced in Guangdong, Guangxi, and Fujian, etc., available all year round. The one after being dried, steamed, and its wood centre removed is named as Bajirou. It is cut into fragments and dried, used crudely or soaked in a salty solution.

Medicinal Properties Sweet and pungent in flavor, slightly warm in nature, and attributive to the kidney and liver meridians.

Actions Nourish kidney-yang, strengthen tendons and bones, and eliminate wind and dampness.

Application

It is applied for deficiency of kidney-yang manifested as impotence, sterility, irregular menstruation, or cold pain in lower abdomen. In the case of impotence and sterility, it

is used with Renshen (Radix Ginseng), Shanyao (Rhizoma Dioscoreae), and Roucongrong (Herba Cistanchis), etc.; for cold pain in lower abdomen or irregular menstruation, used with Gaoliangjiang (Rhizoma Alpiniae Officinarum) , Rougui (Cortex Cinnamomi), Wuzhuyu (Fructus Evodiae), etc., such as Baji Wan (Pill).

For deficiency of kidney-yang accompanied by lumbago or fatigue, it is used with Bixie (Rhizoma Dioscoreae), Duzhong (Cortex Eucommiae), etc., such as Jingang Wan (Pill).

Usage and Dosage 3 - 9 g is used in decoction.

Notes It is not suitable for the case with deficiency of yin causing hyperactivity of yang or for that with damp-heat.

Yinyanghuo Herba Epimedii

The source is from the branch and leaf of *Epimedium sagittatum* (Sieb. et Zucc.) Maxim. or *E. brevicornum* Maxim. , *Epimedium pubescens* Maxim., wushan *Epimedium*, and *Epimedium Koreanum* Nakai . family Berberidaceae. The medicinal material is mostly produced in Shaanxi, Sichuan, Hubei, Shanxi, and Guangxi, etc., harvested in spring and autumn in bloom, and dried after removal of stem and other undesired part. It is used crudely or roasted with sheep fat.

Medicinal Properties Pungent and sweet in flavor, warm in nature, and attributive to the liver and kidney meridians.

Actions Invigorate the kidney and strengthen yang, eliminate wind and dampness.

Application

For impotence due to deficiency of the kidney manifested as soreness of the waist and knees, frequent micturition, or sterility, it can be soaked alone in spirit for drinking, or used with Shudihuang (Radix Rehmanniae Praeparata) , Shanzhuyu (Fructus Corni), Xianmao (Rhizoma Curcutignis), and Gouqizi (Fructus Lycii) , etc..

For Bi-syndrome of wind-cold-dampness type with spasm and numbness of extremities, etc., it is used together with Weilingxian (Radix Clematidis), Cang'erzi (Fructus Xanthii) , etc., such as Xianlingpi San (Powder).

In addition, it is used with Xianmao (Rhizoma Curcutignis) , Bajitian (Radix Morindae Officinatis) , etc., named as Erxian Tang (Decoction) ; and is effective for climacteric hypertension; also applied for cough and asthma due to deficiency of yang in the combination with Buguzhi (Fructus Psoraleae), Hutaorou (Juglandis Regiae), and Wuweizi (Fructus Schisandrae), etc..

Usage and Dosage 3 - 9 g is used in decoction; or soaked in spirit for drinking; or decocted into extract or in pills and powder.

Roucongong Herba Cistanchis

The source is from the fleshy stem of *Cistauche deserticola* Y. C. Ma, family Orobanchaceae. The medicinal material is mostly produced in Inner Mongolia, Xinjiang, and Qinghai of China, etc., and is dug out in spring when there is no bud coming out, then cleaned and cut in-to thick pieces. It is used crudely or soaked in spirit.

Medicinal Properties Sweet and salty in flavor, warm in nature, and attributive to the kidney and large intestine meridians.

Actions Invigorate kidney-yang, supplement the essence and blood, moisten the intestine and relax bowels.

Application

It is applied for the deficiency of kidney-yang and insufficiency of the blood and essence manifested as impotence, sterility, soreness of waist and knees, or flaccidity of tendons and bones. For impotence, it is combined with Shudihuang (*Radix Rehmanniae Praeparata*), Tusizi (*Semen Cuscutae*), and Wuweizi (*Fructus Schisandrae*), etc., such as Roucongrou Wan (Pill); for sterility, usually with Lujiaojiao (*Colla Comus Cervi*), Danggui (*Radix Angelicae Sinensis*), Ziheche (*Placenta Hominis*), etc.; for soreness of waist and knees, or flaccidity of tendons and bones, with Bajitian (*Radix Morindae Officinalis*), Bixie (*Rhizoma Dioscoreae*), and Duzhong (*Cortex Eucommiae*), etc., such as Jingang Wan (Pill).

For constipation due to dryness of the intestine, particularly in the aged with deficiency of kidney-yang and insufficiency of the blood and essence, it is usually combined with Danggui (*Radix Angelicae Sinensis*), Zhike (*Fructus Aurantii*), etc., such as Jichuan Jian (Decoction).

Usage and Dosage 10 -15 g is used in decoction.

Notes Contraindicated in the case with hyperactive fire due to deficiency of yin, or loose stool and also in the case with damp-heat in the intestine or stomach.

Yizhiren Fructus Alpiniae Oxyphyllae

The source is from ripe fruit of *Alpinia oxyphylla* wliq., family Zingiberaceae. The medicinal material is mostly produced in Hainan, Guangdong, and Guangxi, etc., and harvested in autumn when the fruit turns reddish from green, and then dried and taken

out of the seeds. It is used crudely or stir-baked with a salty solution, and ground for use.

Medicinal Properties Pungent in flavor, warm in nature, and attributive to the kidney and spleen meridians.

Actions Warm the kidney to preserve the essence and decrease micturition, warm the spleen to stop diarrhea and check saliva.

Application

It is used for deficiency of kidney-yang manifested as nocturnal emission, spermatorrhea, enuresis or frequent micturition because of its actions of nourishing the kidney and invigorating yang, astringing and solidifying the essence, and stopping frequent micturition. For nocturnal emission, it is used with Buguzhi (Fructus Psoraleae), Longgu (Os Draconis), and Jinyingzi (Fructus Rosae Laevigatae), etc. ; for enuresis or nocturia, it is made in pills in combination with Shanyao (Rhizoma Dioscoreae), Wuyao (Radix Linderae), such as Suoquan Wan (Pill).

It is applied for diarrhea, cold pain in abdomen or salivation due to spleen-stomach cold deficiency. For diarrhea due to weakness and cold in the spleen and stomach, it is usually used together with Baizhu (Rhizoma Atractylodis Macrocephalae), Ganjiang (Rhizoma Zingiberis), etc. ; for salivation, used together with Dangshen (Radix Codonopsis), Baizhu (Rhizoma Atractylodis Macrocephalae), and Jupi (Pericarpium Citri Tangerinae) , etc..

Usage and Dosage 3 -10 g is used in decoction. Buguzhi Fructus Psoraleae

The source is from the fruits of Psoalea corylifolia L., family Leguminosae. The medicinal material is mainly produced in Henan, Sichuan, etc., harvested in autumn and dried for use. It is used crudely or stir-baked with a salty solution.

Medicinal Properties Pungent and bitter in flavor, warm in nature, and attributive to the kidney and spleen meridians.

Actions Invigorate the kidney and strengthen yang, arrest nocturnal seminal emission and reduce urination with astringent drugs, and warm the spleen and stop diarrhea.

Application

It is applied for deficiency of kidney-yang manifested as impotence, emission, cold pain of waist and knees, frequent micturition or enuresis. For cold pain of waist and knees, it is usually used together with Duzhong (Cortex Eucommiae), Hutaorou (Juglandis Regiae), such as Qing'e Wan (Pill); for emission and impotence, with

Tusizi (Semen Cuscutae), Hutaorou (Juglandis Regiae), etc., such as Buguzhi Wan (Pill); for frequent micturition and enuresis, with Xiaohuixiang (Fructus Foeniculi), such as Puoguzhi Wan (Pill), that is, Buguzhi Wan (Pill).

For deficiency of spleen-kidney-yang manifested as chronic diarrhea, it is used together with Roudoukou (Semen Myristicae), Wuweizi (Fructus Schisandrae), Wuzhuyu (Fructus Evodiae), such as Sishen Wan (Pill).

In addition, it can also be made into tincture for external application to treat vitiligo and alopecia areata.

Usage and Dosage 5 -10 g is used in decoction; or in pill or powder.

Notes Contraindicated for hyperactivity of fire due to deficiency of yin, or for constipation.

Tusizi Semen Cuscutae

The source is from the ripe seeds of *Cuscuta chinensis* Lam., family Convolvulaceae. The medicinal material is produced in most parts of China, collected in autumn when the fruits are ripe in autumn. The seeds are threshed after dried in the sun, the impurity being removed. It is used crudely or used by roasting with a salt solution.

Medicinal Properties Sweet in flavor, warm in nature, and attributive to the liver and kidney meridians.

Actions Invigorate the kidney and supplement the essence, nourish the liver and improve eyesight, stop diarrhea, soothe the fetus.

Application

It is applied for deficiency of the kidney manifested as lumbago, impotence, emission, enuresis, or leucorrhagia because of its action of nourishing both kidney-yin and kidney-yang and that of arresting seminal emission and reducing urination with astringent drugs and stopping leucorrhagia. For sore in waist and knees, it is usually used together with Duzhong (Cortex Eucommiae); for impotence or emission, with Gouqizi (Fructus Lycii), Wuweizi (Fructus Schisandrae), and Fupenzi (Fructus Rubi), etc., such as Wuzi Yanzong Wan (Pill); for frequent micturition, with Sangpiaoxiao (Ootheca Mantidis), Lurong (Cornu Cervi Pantotrichum), and Wuweizi (Fructus Schisandrae), etc.; for leucorrhagia, turbid urine, with Fuling (Poria), Lianzi (Semen Nelumbinis), and Qianshi (Semen Euryales), etc., such as Fuling Wan (Pill).

It is applied for insufficiency of the kidney and liver and malnutrition of eyes with manifestations of blurred vision and weakness of eyesight; usually used together with

Shudihuang (Radix Rehmanniae Praeparata), Gouqizi (Fructus Lycii), and Cheqianzi (Semen Plantaginis), etc., such as Zhujing Wan (Pill).

It is applied for diarrhea due to deficiency of both the spleen and kidney with its action of warming the kidney and nourishing the spleen to stop diarrhea, used together with Renshen (Radix Ginseng), Baizhu (Rhizoma Atractyloclis Macrocephalae), and Buguzhi (Fructus Psoraleae) , etc..

It is applied for insufficiency of the liver and kidney resulting in threatened abortion with its action of nourishing the liver and kidney to soothe the fetus, usually used together with Chuanxuduan (Radix Dipsaci), Sangjisheng (Herba Taxilli) and Ejiao (Colla Corii Asini), such as Shoutai Wan (Pill).

In addition, Tusizi (Semen Cuscutae) also has the action of treating diabetes due to deficiency of the kidney. It is ground singly into powder for oral use or used together with Tianhuafen (Radix Trichosanthis), Wuweizi (Fructus Schisandrae), and Lurong (Cornu Cervi Pantotrichum) , etc..

Usage and Dosage 6 -12 g is used in decoction.

Dongchongxiacao Cordyceps

The source is from the compound of the stroma formed by Cordyceps sinensis (Berk.) Sacc. Parasitized on the larva of Hepialus armoricanus Oberthru and the larva. The medicinal material is produced in Sichuan, Qinghai, and Tibet of China, etc., and dug out at early summer when the stroma has not dispersed yet. And it is processed by drying it in the sun to 60%- 70% dry, removing impurity, and then drying in the sun or drying in low temperature. It can be used crudely.

Medicinal Properties Sweet in flavor, slightly warm in nature, and attributive to the lung and kidney meridians.

Actions Invigorate the kidney and nourish the lung, strengthen yang and body essence, relive cough and dyspnea.

Application

It is applied for deficiency of kidney-yang with impotence or lumbago. With its unique feature of warm but not dry in nature, both invigorating the kidney and strengthening yang, and supplementing the essence, it is frequently adopted as medicinal herbs for supplementing deficiency. For deficiency of the kidney with impotence or emission, it is used together with Bajitian (Radix Morindae Officinalis) and Tusizi (Semen Cuscutae) ; for deficiency of the kidney with soreness in waist and knees, with Duzhong (Cortex Eucommiae), etc..

It is applied for deficiency of the lung or deficiency of both the lung and kidney with chronic cough, dyspnea, or cough with blood-tinged sputum. For chronic cough with blood-tinged sputum, it is used together with Shashen (Radix Adenophorae), Ejiao (Colla Corii Asini), and Chuanbeimu (Bulbus Fritillariae Cirrhosae), etc.; for dyspnea or palpitation, with Renshen (Radix Ginseng), Hutaorou (Juglandis Regiae), etc..

In addition, it is also used for weakness after disease, spontaneous sweating or chilliness, etc., and stewed with chicken, duck or pork, etc., which has a remarkable nutritious effect.

Usage and Dosage 5 -10 g is used in decoction; or in pills; or stewed with chicken, duck, or pork.

Notes Contraindicated in the case with pathogenic factors attacking the exterior.

Duzhong Cortex Eucommiae

The source is from the bark of *Eucommia ulmoides* Oliv., family Eucommiaceae. The medicinal material is produced in the areas of Sichuan, Yunnan, Guizhou, and Hubei, etc.. The tree is barked from April to May, and the bark is scraped and dried in the sun, then cut into segments and used crudely or stir-baked with a salt solution for medication.

Medicinal Properties Sweet in flavor, warm in nature and attributive to the liver and kidney meridians.

Actions Invigorate the liver and kidney, strengthen the tendons and bones, and soothe the fetus.

Application

It is indicated for deficiency of the liver and kidney manifested as cold sensation and soreness of the loins and knees, weakness of tendons and bones, and impotence and frequent micturition. For the former, it is usually used together with Buguzhi (Fructus Psoraleae), etc., such as Qing'e Wan (Bolus); for the latter, used together with Shanzhuyu (Fructus Corni), Tusizi (Semen Cuscutae), and Fupenzi (Fructus Rubi), etc..

For threatened abortion, vaginal bleeding or habitual miscarriage, it is usually combined with Xuduan (Radix Dipsaci) and Zaorou (Caro Jujube), such as Duzhong Wan (Bolus), or combined with others that invigorate the kidney to arrest excessive menstruation, such as Tusizi (Semen Cuscutae) and Ejiao (Colla Corii Asini).

In addition, it can be used for hypertension which is accompanied by deficiency of the kidney, it can be combined with Juhua (Flos Chrysanthemi), Niuxi (Radix Achyranthis Bidentatae), and Xiakucao (Spica Prunellae) , etc..

Usage and Dosage 10 -15 g is used in decoction for oral use. The one stir-baked with salt water is more effective than the raw.

Shayuanzi Semen Astragali Complanati

The source is from the ripe seed of the herbage *Astragalus complanatus* R. Br, family Leguminosae. The plants are mainly produced in the areas of Shanxi, Shaanxi, etc., cut and collected at the end of autumn and the early stage of winter, dried in the sun, and then threshed and the seeds are got in. The seeds can be used crudely or stir-baked with a salt solution for medication.

Medicinal Properties Sweet in flavor, warm in nature and attributive to the liver and kidney meridians.

Actions Invigorate the kidney to arrest spontaneous emission and nourish the liver to improve vision.

Application

It is indicated for deficiency of the kidney manifested as impotence, emission, premature ejaculation, dripping discharge of urine, excessive leucorrhea and soreness of loins since it can tonify kidney-yang, benefit kidney-yin, arrest spontaneous emission and decrease the frequency of micturition. In treating impotence, emission, frequent micturition and leucorrhea, it is usually used together with Longgu (Os Draconis), Lianxu (Stamen Nelumbinis), and Qianshi (Semen Euryales), etc., such as Jinsuo Gujing Wan (Bolus); in treating soreness of loins due to deficiency of the kidney, it can be pounded singly into powder for oral use, or also combined with Shudihuang (Radix Rehmanniae Praeparata) and Duzhong (Cortex Eucommiae).

It has the action of nourishing the liver and kidney to improve vision, so it can be used for insufficiency of the kidney manifested as dizziness and blurred vision, it is usually combined with Gouqizi (Fructus Lycii), Tusizi (Semen Cuscutae), and Juhua (Flos Chrysanthemi), etc..

Usage and Dosage 10 -15 g is used in decoction for oral use.

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