

COMMON CHINESE HERBS

Chinese herbal ingredients may have daunting sounding names but as this chart shows many are also common to western and other herbal traditions.

Chinese	English	Uses
Dang Gui	Angelica root <i>Angelica sinensis</i>	Used for menstrual disorders and irregularities. Dang Gui is an estrogenic herb which is why it is sometimes included in menopause formulas.
Yi Zhi Ren	Black cardamom <i>Alpinia oxyphylla</i>	Also used in Ayurveda, this is a warming spice often found in spicy herb teas (and of course curries) used to treat digestive disorders.
Ma Huang	Ephedra <i>Ephedra sinica</i>	For colds and flu, fever, chills, headache, oedema, bronchial asthma, and aching joints and bones. Alkaloids of this herb are used in commercial cold and flu remedies in the UK but are now banned from commercial products in the US because use increases the risk of stroke.
Ren Shen	Ginseng <i>Panax ginseng</i>	As detailed in the herbal Medicine section this herb is used to provide short-term energy and reduce stress.
Wu Wei Zi	Schisandra fruit <i>Schisandra chinensis</i>	Popular additive to herbal fruit based drinks. In Chinese medicine it is used for coughs, wheezing and asthma. And to support the kidneys and lift the spirit.
Huan Qin	Skullcap root <i>Acutellaria biacalensis</i>	Skullcap is also used in western herbal medicine. It's primary function is to remove heat from the body and so it is used in any condition where fever is present
Gan Cao	Licorice root <i>Glycyrrhiza uralensis</i>	Used to boost energy, relieve bronchial conditions and aid digestion. See Herbal medicine for more.
Shan Zha	Hawthorn berry <i>Crataegus pinnatifida</i>	In the West this fruit is used to treat high blood pressure. In Chinese medicine it is a digestive, blood purifier and anti-diarrhetic.
Huo Ma Ren	Cannibis seeds/Hemp <i>Cannibis satvia</i>	Used for a variety of things in the west. Most recently the seeds (which can be used in cooking) have been found to be high in omega 3 fatty acids including. The Chinese believe it lubricates the intestines, eases constipation and helps rehydrate the body.
Gui Zhi	Cinnamon <i>Cinnamonum cassia</i>	Another warming spice often used to treat rheumatic conditions. Also used in Ayurveda
Chen Pi	Tangerine peel <i>Citrus reticulata</i>	Tonic used to rejuvenate the spleen and for abdominal bloating wind, nausea and vomiting. Candied citrus peel is used in western cooking.
Xing Ren	Apricot kernel <i>Prunus armenica</i>	Primarily used to treat coughing and wheezing. The Italians make sweet biscuits from ground apricot kernels
Da Huang	Rhubarb root and stalk <i>Rheum palmatum</i>	A purgative used in cases of jaundice, constipation and cystitis and some menstrual conditions. Also used in Western herbal medicine.