

Chinese names

Herb	
Golden thread	黄连 (huanglian)
Baical skullcap root	黄芩 (huangqin)
Medicinal changium root	党参 (dangshen)
Indian bread	茯苓 (fuling)
Pinellia tuber	半夏 (banxia)
Bamboo shavings	竹茹 (zhuru)
Bile arisaema	胆南星 (dannanxing)
Processed rehmannia root	熟地黄 (shudihuang)
White peony root	白芍 (baishao)
Spine date seed	酸枣仁 (suanzaoren)
Longan aril	龙眼肉 (longyanrou)
Nacre	珍珠母 (zhenzhumu)
Chinese arborvitac kernal	柏子仁 (baiziren)
Chinese gentian	龙胆 (longdan)
Cape jasmine fruit	栀子 (zhizi)
Common selfheal fruit-spike	夏枯草 (xiakucao)

Acupoints

- Baihui (百会)
- Taiyang (太阳)
- Fengchi (风池)
- Waiguan (外关)

NOTE: Consult your physician before consuming any herbs. Do not self-medicate.