

**Qi:** qi (che) [Chinese] chi or ch'i; one of the basic substances that according to traditional Chinese medicine pervade the body; a subtle influence or vital energy that is the cause of most physiologic processes and whose proper balance is necessary for maintaining health.

**Traditional Chinese medicine (TCM):** an ancient and still very vital holistic system of health and healing based on the notion of harmony and balance, and employing the ideas of moderation and prevention. TCM is a complete system of health care with its own unique theories of anatomy, health, and treatment. It emphasizes diet and prevention and using acupuncture, herbal medicine, massage, and exercise; and focuses on stimulating the body's natural curative powers.

### **23-Herb TCM Herbal Formula Glossary†** **[in order of formula prominence]**

**Platycoden Root:** Rids of phlegm, inhibits cough, treats bronchitis, rids of pus, for tonsillitis, and sore throat, anti-inflammatory.

**Peppermint:** Can relieve sinus congestion caused by allergy from pollens (possibly due to methone and menthol), promotes secretion and rid of the mucus that attaches to the membrane, anti-pyretic, anti-inflammatory.

**Schizonpeta Herba:** Anti-inflammatory can help swollen and painful throat, anti-pyretic.

**Poria Root:** Can help chronic sinusitis mucus production and headache, has a relaxing effect on smooth muscles.

**Ligusticum Wallichii:** Promotes circulation, improves blood flow to heart muscles.

**Bitter Orange:** Can relieve cough with abundance of phlegm.

**Bupleurum Root:** Can have an anti-inflammatory effect on immune system and effect on metabolism. Angelica Root reduces swelling, expels pus used in condition of blood stasis (circulation) improve circulation volume.

**Peucedanum Root:** Used for influenza with asthma, thick phlegm ( which is difficult to expel) and for wind heat type of cough with abundance of phlegm, also to relieve cough and resolve phlegm.

**Ginger:** Stops coughing with chronic lung disorders with phlegm, alleviates stuffy nose, anti-inflammatory, anti-allergy, promotes Qi.

**Siler Root:** Anti-pyretic, anti-inflammatory.

**Forsythia Fruit:** To help with pus forming in lungs.

**Asian Ginseng:** Regulates circulatory system and central nervous system.

***Notopterygium Rhizome:*** Improves volume of nutritional blood circulation (guiding herb).

***Chinese Licorice:*** Enhances Qi, anti-inflammatory, anti-allergy, rids of toxins, expels phlegm and stops cough, relieves tiredness and lack of strength.

***Pubescent Angelica:*** Expands blood vessels, replenishing the liver and kidney, anti-inflammatory.

***Dong Quai:*** Tonic for blood. Expels pus promotes production of red cells, anti-inflammatory, improves circulation.

***Chinese Cucumber:*** Clears lung heat, dissolves phlegm, used for cough with thick phlegm, rids of toxicity, expels pus and has effects on the immune system.

***Bai-Zhu Atractylodes:*** Improves immune system with abundance of phlegm.

***Sichuan Fritillary Bulb:*** Clears lung heat and rids of phlegm, used for hot cough due to yinxu with thick phlegm, suppresses cough and expels phlegm.

***Chinese Skullcap:*** Anti-histamine effect, anti-allergy effect.

***Chinese Rhubarb:*** Has an astringent effect on the mucous membrane of the mouth and the nasal cavity.

***Massa Medicata Fermentata:*** Reduces blood stasis (congestion), promotes circulation.

***Tangerine Peel:*** Used for excessive phlegm, expels phlegm, and helps with lack of Qi.

**†This information is for educational and informational purposes only. This is not intended as, and not to be interpreted as, medical advice. This supplement formula is intended for healthy individuals and is shown, via TCM principles, to support and maintain respiratory health.\* For serious conditions, please consult with your health care practitioner.**

**Sources:** The Chinese Herb Dictionary of the Complementary and Alternative Healing University, <http://alternativehealing.org> , The Free Dictionary, [www.medical-dictionary.thefreedictionary.com](http://www.medical-dictionary.thefreedictionary.com)

**\*This statement has not yet been evaluated by the Food and Drug Administration. This supplement formula is not intended to diagnose, treat, cure, or prevent any disease.**