

HERBS THAT TONIFY YANG

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Sources:

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Herbs that Tonify Yang

Signs and Symptoms of Kidney yang deficiency:

- Low back and knee pain
- Urination problems
- Tinnitus
- Sexual problems and infertility problems
- OB/GYN and menstrual problems
- Watery, thin, early-morning diarrhea with undigested food
- Deep pulse
- Pale (blue) tongue, swollen, wet, teeth marks

These herbs are commonly combined with Herbs that Warm the Interior.

Many of these herbs tonify Kidney Yin as well.

Some of these herbs can treat respiratory problems by strengthening the Kidney so that it can grasp descending Lung qi.

Caution: These herbs are warm and acrid, and may cause heat signs if used longterm.

More Signs of Kidney Yang Deficiency:

- **Sinews and Bones:** lack of strength in sinews and bones, cold and aching low back and knees, feeble gait
- **Reproductive Function:** poor libido, impotence, infertility, leakage of essence (seminal emission, premature ejaculation)
- **Fluid Metabolism:** frequent urination, increased nighttime urination, enuresis and incontinence, water swelling, inhibited urination
- **Spleen:** When Kidney yang is deficient, it can fail to warm the Spleen, giving rise to loose stool or early-morning diarrhea
- **Insecurity of Ren and Chong:** flooding and spotting, clear thin vaginal discharge
- **Failure to Grasp Lung Qi:** asthma, wheezing, shortness of breath, exhaling more than inhaling
- **Kidney Essence:** delayed development in children (slowness to talk, slowness to teethe, delayed closing of fontanelles) or signs of premature aging in adults (greying of hair, deafness, tinnitus, flowery vision, wilting sinew and bones)

Herbs that Tonify Yang

Taste:	<ul style="list-style-type: none">• sweet
Temperature:	<ul style="list-style-type: none">• warm
Channels:	<ul style="list-style-type: none">• KI, SP, HT
Cautions & Contraindications:	<ul style="list-style-type: none">• These herbs are warm and acrid; they may cause heat signs if used longterm
Main Action:	<ul style="list-style-type: none">• Tonify Kidney, Spleen, Heart yang (mostly Kidney)
Other:	<ul style="list-style-type: none">• Often combined with <i>Herbs that Warm the Interior</i>

Herbs that Tonify Yang

- lù róng
- gé jiè
- dōng chóng xià cǎo
- ròu cōng róng
- suǒ yáng
- yín yáng huò
- bā jǐ tiān
- hú lú bā
- hé táo rén
- bǔ gǔ zhī
- yì zhì rén
- xiān máo
- dù zhòng
- gǒu jǐ
- xù duàn
- gǔ suì bǔ
- tù sī zǐ
- zǐ hé chē

lù róng	Tonifies Kidney yang	Most strongly tonifies yang, jing, blood; strengthens bones
dōng chóng xià cǎo	Tonify LU/KI to stop coughing and wheezing	Tonifies KI yang, nourishes LU yin
gé jiè		Stops wheezing
hé táo rén		Moistens LI to relieve constipation
ròu cōng róng	Tonify Kidney yang for reproductive disorders	Moistens LI to relieve constipation, tonifies jing and blood
suǒ yáng		Moistens LI to relieve constipation
bā jǐ tiān		Dispels wind-cold-damp (bi syndrome)
yín yáng huò		Dispels wind-cold-damp (bi syndrome), increases libido
xiān máo		Dispels wind-cold-damp (bi syndrome)
dù zhòng	Tonify Liver and Kidney to strengthen tendon and bones	Calms restless fetus, subdues LV yang rising
xù duàn		Calms restless fetus, connects tendons and bones
gǔ suì bǔ		Connects tendons and bones
gǒu jǐ		Dispels wind-damp, restrains leakage of fluids
hú lú bā		Treats hernia pain due to cold, dispels wind, cold, or damp
bǔ gǔ zhī	Warm SP/KI yang to treat diarrhea	Warms SP/KI yang, stops coughing and wheezing
yì zhì rén		Warms Spleen, retains fluids
tù sī zǐ	Tonify Kidney and Liver, consolidate essence	Brightens eyes, calms restless fetus, stops diarrhea
shā yuàn zǐ		Brightens eyes
zǐ hé chē		Tonifies jing and blood, tonifies LU qi

lù róng

cervi cornu pantotrichum

鹿茸

Temp: warm

Taste: sweet, salty

Channels: KI, LV

Dosage: 1-2 grams (pill or powder)

1. tonifies Kidney yang

- fatigue, cold extremities, weak low back and knees, copious urination, impotence
- stabilizes Ren and Chong; for uterine bleeding, vaginal discharge, infertility with cold womb

2. tonifies Kidney essence

- strengthens tendon and bone
 - for bi syndrome, wei (atrophy) syndrome, delayed development in children
- heals long-standing sores and wounds

Lu Rong is best taken in herbal wine, or swallowed as a pill or powder with decoction.

Overtaking Lu Rong can lead to heat signs, such as palpitations, headache, bloodshot eyes, and nosebleed.

lù jiǎo jiāo

cervi cornus colla

鹿角胶

Temp: warm

Taste: sweet, salty

Channels: KI, LV

Dosage: 6-12 grams (melt in at end)

1. tonifies Kidney yang

- not as strong as Lu Rong

2. tonifies essence and blood

3. stops bleeding

This is deer antler gelatin. It is not as strong as Lu Rong, but is less expensive.

gé jiè

gecko

Temp: neutral
Taste: salty
Channels: LU, KI
Dosage: 3-6 grams

蛤
蚧

1. tonifies Kidney yang to treat respiratory problems
 - for Kidney unable to grasp Lung qi
 - shortness of breath, wheezing, asthma
2. tonifies Kidney yang, essence, and blood
 - for impotence, early-morning diarrhea, frequent urination

Ge Jie should be taken as herbal wine or in pill or powder form - never decocted.
The tail of the gecko has the most medicinal value. One male and one female should be used together.

dōng chóng xià cǎo

cordyceps

Temp: warm
Taste: sweet
Channels: LU, KI
Dosage: 3-9 grams

冬
虫
夏
草

1. tonifies Kidney yang
 - for impotence, sore and weak low back
2. tonifies Lung yin
 - for chronic cough, wheezing, or cough with blood-streaked sputum

hé táo rén

juglandis semen

Temp: warm

Taste: sweet

Channels: KI, LU, LI

Dosage: 9-30 grams

1. tonifies Kidney yang
2. warms Lung
 - for respiratory problems due to Kidney unable to grasp Lung qi
3. moistens Large Intestine to relieve constipation

He Tao Ren is walnut and is only used in food therapy.
It is also called Hu Tao Ren.

胡
桃
仁

ròu cóng róng

cistanches herba

Temp: warm

Taste: sweet, salty

Channels: LI, KI

Dosage: 9-21 grams

1. tonifies Kidney yang, essence, and blood
 - for reproductive disorders: impotence, spermatorrhea, infertility
due to deficiency cold in women
2. moistens Large Intestine to relieve constipation

肉
苁
蓉

suǒ yáng

cynomorii herba

Temp: warm
Taste: sweet
Channels: LI, KI, LV
Dosage: 5-15 grams

锁
阳

1. tonifies Kidney yang
 - for Kidney yang deficiency related leakage, such seminal emission, miscarriage, incontinence, etc.
2. tonifies Liver and Kidney yin to strengthen tendon and bone
 - for atrophy disorder
3. moistens the Large Intestine to relieve constipation

Suo Yang means "locking yang" and is used to treat leakage due to Kidney yang deficiency.

bā jǐ tiān

morindae officinalis radix

Temp: slightly warm
Taste: acrid, sweet
Channels: KI
Dosage: 6-15 grams

巴
戟
天

1. tonifies Kidney yang
 - for impotence, infertility, premature ejaculation, frequent urination, irregular menses
2. dispels wind-cold-damp and strengthens tendon and bone to treat bi syndrome

Ba Ji Tian is special because it is only slightly warm, so it is less likely to cause heat signs or be overly drying.

yín yáng huò

epimedii herba

Temp: warm
Taste: acrid, sweet
Channels: KI, LV
Dosage: 3-9 grams

1. tonifies Kidney yang
 - for sexual problems, low libido, infertility
2. dispels wind-cold-damp to treat bi syndrome
3. lowers high blood pressure
 - especially during pregnancy

Yin Yang Huo is also called Xian Ling Pi (immortal spirit spleen).

Some books say that Yin Yang Huo treats yang-deficiency coughing and wheezing. Bensky specifically says that it does not.

淫
羊
藿

xiān máo

curculiginis rhizoma

Temp: hot
Taste: acrid, toxic
Channels: KI
Dosage: 3-9 grams

1. tonifies Kidney yang
 - for impotence, infertility, frequent urination, irregular menses
2. dispels wind-cold-damp and strengthens tendon and bone to treat bi syndrome
 - especially for low back and knee pain
3. lowers high blood pressure

Xian Mao and Yin Yang Huo (aka Xian Ling Pi) are used together in a formula called Er Xian Tang ("two immortals decoction"). Er Xian Tang lowers high blood pressure, especially during menopause.

仙
茅

dù zhòng

eucommiae cortex

杜
仲

Temp: warm
Taste: sweet, slightly acrid
Channels: KI, LV
Dosage: 9-15 grams

1. tonifies Kidney yang
2. tonifies Liver and Kidney to strengthen tendon and bone
 - esp. for low back pain and weakness
3. calms restless fetus to prevent miscarriage
4. lowers high blood pressure

xù duàn

dipsaci radix

续
断

Temp: slightly warm
Taste: bitter, sweet, acrid
Channels: KI, LV
Dosage: 9-18 grams

1. tonifies Liver and Kidney to strengthen tendon and bone
 - for sore and painful low back and knees, stiff joints, weak legs
 - for injury and trauma, bone fracture
2. moves blood, reduces swelling, alleviates pain, reconnects sinews and bones
 - for injury and trauma; can be taken internally or applied topically
3. calms restless fetus
 - for bleeding during pregnancy, restless fetus, threatened miscarriage

Xu Duan means "reconnect the broken."

gǔ suì bǔ

drynariae rhizoma

Temp: warm
Taste: bitter
Channels: KI, LV
Dosage: 9-21 grams

1. tonifies Kidney to strengthen bone
 - for weak low back and knees, diarrhea, tinnitus, loose teeth
2. invigorates blood and joins tendon and bone
 - for injury and trauma
3. stimulates hair growth
 - use topically as tincture
 - also for vitiligo

Gu Sui Bu means "bone fracture mender".

骨
碎
補

gǒu jǐ

cibotii rhizoma

Temp: warm
Taste: bitter, sweet
Channels: KI, LV
Dosage: 9-15 grams

1. tonifies Liver and Kidney to strengthen tendon and bone
2. expels wind-cold-damp to treat bi syndrome
3. warms Kidney yang to stop leakage
 - incontinence, vaginal discharge, spermatorrhea

Gou Ji means "dog spine." It will make your spine as strong as a dog's.

狗
脊

hú lú bā

trigonellae semen

Temp: warm

Taste: bitter

Channels: KI

Dosage: 3-9 grams

1. tonifies Kidney yang and disperses cold

- for accumulation of cold and stagnant qi
 - hernia pain (shan disorder), abdominal pain, flank pain

Hu Lu Ba is fenugreek seed (often used in Indian cooking)

胡
蘆
巴

bǔ gǔ zhī

psoraleae fructus

Temp: very warm

Taste: acrid, bitter

Channels: KI, SP

Dosage: 4.5-9 grams

1. tonifies Kidney and Spleen yang

- **tonifies Kidney yang:** for cold and painful low back and knees
- **warms Spleen yang:** for early-morning, watery diarrhea
- **secures Kidney essence:** for frequent urination, incontinence, premature ejaculation
- **helps Kidney grasp Lung qi:** for shortness of breath, wheezing, asthma

Bu Gu Zhi can also be used topically for vitiligo. Grind and soak in alcohol and apply as tincture.

补
骨
脂

yì zhì rén

alpiniae oxyphyllae fructus

Temp: warm

Taste: acrid

Channels: KI, SP

Dosage: 3-9 grams

1. tonifies Kidney yang

- secures essence and reduces urination; for frequent copious urination, incontinence, spermatorrhea

2. warms Spleen

- for diarrhea, vomiting, nausea, excessive saliva

益
智
仁

tù sī zǐ

cuscutae semen

Temp: neutral

Taste: sweet, acrid

Channels: KI, LV

Dosage: 6-15 grams

1. tonifies Kidney yang

- esp. for leakage (frequent urination, incontinence, seminal emission, premature ejaculation)

2. tonifies Liver and Kidney to brighten eyes

- for blurred vision, cloudy vision, loss of visual acuity

3. stops diarrhea

- for diarrhea due to SP/KI yang deficiency

4. calms restless fetus to prevents miscarriage

菟
丝
子

shā yuàn zǐ

astragali complanati semen

Temp: warm

Taste: sweet

Channels: KI, LV

Dosage: 9-18 grams

1. tonifies Kidney yang and secures essence

- esp for leakage: premature ejaculation, urinary frequency, vaginal discharge

2. brightens the eyes

- for blurred vision, diminished visual acuity due to Liver deficiency

Sha Yuan Za is the seed of Huang Qi

沙
苑
子

zǐ hé chē

hominis placenta

Temp: warm

Taste: sweet, salty

Channels: LV, LU, KI

Dosage: 2-3 grams

1. tonifies Kidney yang and Kidney essence

- for infertility, impotence, low libido, low back pain

2. tonifies Lung qi

- for respiratory problems due to Kidney not grasping Lung qi

3. tonifies qi and blood

- for emaciation, pallor, insufficient lactation

紫
河
車

lu rong <i>cervi cornu pantotrichum</i>	tonifies KI yang	<ul style="list-style-type: none"> • tonifies essence • soak in alcohol or swallow as powder
ge jie <i>gecko</i>	tonifies KI yang <ul style="list-style-type: none"> • KI grasp LU qi 	<ul style="list-style-type: none"> • tonifies essence • soak in alcohol
dong chong xia cao <i>cordyceps</i>	tonifies KI yang <ul style="list-style-type: none"> • cough and wheeze 	<ul style="list-style-type: none"> • \$\$\$\$
he tao ren <i>cynomorii herba</i>	tonifies KI yang <ul style="list-style-type: none"> • KI grasp LU qi 	<ul style="list-style-type: none"> • warms Lung • moistens LI • food therapy
rou cong rong <i>cistanches herba</i>	tonifies KI yang <ul style="list-style-type: none"> • reproduction 	<ul style="list-style-type: none"> • moistens Large Intestine
suo yang <i>cynomorii herba</i>	tonifies KI yang <ul style="list-style-type: none"> • stops leakage 	<ul style="list-style-type: none"> • strengthens tendon and bone • moistens Large Intestine
bai ji tian <i>morindae officinalis radix</i>	tonifies KI yang <ul style="list-style-type: none"> • reproduction 	<ul style="list-style-type: none"> • strengthens tendon and bone • treats bi syndrome
yin yang huo <i>epimedii herba</i>	tonifies KI yang <ul style="list-style-type: none"> • low libido 	<ul style="list-style-type: none"> • treats bi syndrome • lowers high blood pressure
xian mao <i>curculiginis rhizoma</i>	tonifies KI yang <ul style="list-style-type: none"> • reproduction 	<ul style="list-style-type: none"> • treats bi syndrome • lowers high blood pressure

du zhong <i>eucommiae cortex</i>	tonifies KI yang <ul style="list-style-type: none"> • low back pain 	<ul style="list-style-type: none"> • calms restless fetus • lowers high blood pressure
xu duan <i>dipsaci radix</i>	tonifies LV and KI to strengthen tendon and bone <ul style="list-style-type: none"> • injury and trauma 	<ul style="list-style-type: none"> • calms restless fetus
gu sui bu <i>trigonellae semen</i>	tonifies LV and KI to strengthen tendon and bone <ul style="list-style-type: none"> • injury and trauma 	<ul style="list-style-type: none"> • invigorates blood
gou ji <i>cistanches herba</i>	tonifies KI yang <ul style="list-style-type: none"> • stops leakage 	<ul style="list-style-type: none"> • tonifies Liver and Kidney to strengthen tendon and bone • treats bi syndrome
hu lu ba <i>trigonellae semen</i>	tonifies KI yang <ul style="list-style-type: none"> • shan disorder (hernia pain) 	
bu gu zhi <i>psoraleae fructus</i>	tonifies KI & SP yang <ul style="list-style-type: none"> • diarrhea 	<ul style="list-style-type: none"> • KI grasp LU qi
yi zhi ren <i>alpiniae oxyphyllae fructus</i>	tonifies KI & SP yang <ul style="list-style-type: none"> • stops leakage • excessive saliva 	
tu si zi <i>cuscutae semen</i>	tonifies KI yang <ul style="list-style-type: none"> • stops leakage 	<ul style="list-style-type: none"> • brightens eyes • calms restless fetus
sha yuan zi <i>astragalii complanati semen</i>	secures KI essence <ul style="list-style-type: none"> • stops leakage 	<ul style="list-style-type: none"> • brightens eyes
ze he che <i>hominis placenta</i>	tonifies everything	