

Si Wu Tang (Four Substance Decoction)

Formula to tonify the Qi

Contains 4 plants

[Shu Di Huang](#) (Chinese Foxglove Root) Rehmannia



innerpath.com.au

Channels: LIV, KI, (HT)

Property: Sweet, Slightly Warm

Hardiness zones: 7 - 11 (They can't tolerate a freeze so mulch heavily when cold weather sets in)

Growing: They can be grown from seed planted in the spring or fall. They are drought tolerant once established, especially with light shade. In order to prevent the roots from rotting, make sure the soil is well draining. Once established it spreads by underground runners.

Part used: Root

Prepared: steamed and dried, or soaked in red wine and dried The processing method is to steam along with auxiliary materials of wine, Amomum, and orange peel, dry them in the sun, repeat the above-mentioned steps until they become totally black, oily, soft and sticky.

Quantity: 9-21 grams

Bai Shao (White Peony Root) *Radix Albus Paeoniae Lactiflorae*



plants.westonnurseries.com

Channels: LV, SP

Property: Bitter, Sour, Cool

Hardiness zones:5-9

Growing: Plant bare root cuttings in late summer or early fall. Peonies need deep, fertile soil that is well-drained but stays moist. If the soil is dry, sandy, or hard clay, amend the soil with manure or compost before planting. To do this, spread the organic matter 1 to 2 inches thick across the soil and then work it in to a depth of 12 inches.

Part used: Root

Preparation: Wash, remove head and tail and smaller roots, cook in boiling water, remove skin or peel, dry.

Quantity:3 - 12 grams

Dang Gui (Chinese Angelica Root) *Radix Angelicae Sinensis*, Female Ginseng



Channels: HT, LV, SP

Property: Sweet, Spicy, Bitter, Warm

Hardiness Zones: 5-9

Growing: Sow seeds directly in the garden (it has a long tap root and hard to transplant) in the spring or fall. It likes moist, well drained soil with full sun or part shade. It takes 3 years to reach maturity. The leaves have a celery flavor and can be added to salads and the stem has a licorice flavor.

Part used: Root

Preparation: It can be used raw or cooked. To eat it raw, steam the root for a few minutes to soften it, and slice it into pieces. Allow the pieces to dry on a scaffolding vertically in a warm dry place (avoid direct sunlight) for around 24 hours, then put the pieces in a dark jar to store. To cook, after drying for 10 days the outer surface should be a gold color, use moist fava bean branches/twigs, fresh green grass as fuel, and let it smoke with no flame.

Quantity: 9-12 gm

CC: don't take if you are on blood thinning medications like warfarin (coumadin) or pregnant. Don't take in high concentrations by heart or cancer patients or during menstruation.

Dong Quai Herbs: Growing Chinese Angelica Plants In The Garden. (2018, April 4)., Gardening Know How website: <https://www.gardeningknowhow.com/edible/herbs/angelica/growing-chinese-angelica-plants.htm>

Chuan Xiong (Szechuan Lovage Root) *Rhizoma Ligustici Chuanxiong*



Channels: LV, GB, PC

Property: Spicy, Warm

Hardiness Zones: to zone 3

Growing: Start seeds indoors and set out after last freeze, It can live in light (sandy), medium (loamy) and heavy (clay) soils and prefers well-drained soil with lots of sun and late afternoon shade. It takes 3 years to reach maturity and the plant will die back after a freeze. The leaves have a celery flavor and can be eaten raw.

Part used: Rhizome

Preparation: Pull the root in May and remove the mud, dry them in the sun, and cut off the fibrous roots. Slice them and use unprocessed or fried with wine.

Quantity:3-6 gm

Lovage Grow Guide. (2019). GrowVeg website: <https://www.growveg.com/plants/us-and-canada/how-to-grow-lovage/>

TCM Reference:

Si Wu Tang (Four Substance Decoction) | Chinese Medicine Formula. (2019). Retrieved May 16, 2019, from Sacredlotus.com website: <http://www.sacredlotus.com/go/chinese-formulas/medicine/si-wu-tang>

Mugwort (Ai Ye)



Ai Ye, *Artemisia Vulgaris*, Moxa

Part Used: Leaf

Channels: SP, LV, KD, LU

Properties: Bitter, acrid, (aromatic), warm

Hardiness Zones:4-10

Growing: This plant is very easy to grow and is drought and heat tolerant, just don't let the roots get too wet. It can handle full sun or light shade. The roots spread by underground stems so it may creep a bit.

CC: topically may cause redness, internally may increase appetite.

Part Used: Leaf

Preparation: When the plant is in flower during the summer, collect the top $\frac{1}{3}$. Remove any impurities, bundle, and hang upside down. To make moxa: once the herb is completely dry, remove stems, and grind to a powder. A coffee grinder works well for this.

Quantity:3-10 gm

Artemisia | Central Texas Gardener. (2019).Centraltexasgardener.org website: <https://www.centraltexasgardener.org/resource/artemisia/>

MOXA: THE BURNING HERB THAT HEALS - Fabriq Spa | Organic Facials, Massage, & Acupuncture in Philadelphia. (2018, June 12). Fabriq Spa | Organic Facials, Massage, & Acupuncture in Philadelphia website: <http://www.fabriqspa.com/the-burning-herb-that-heals/>

Perilla Plant (Zi Su)



alibaba.com

Zi Su Ye(leaf), Zi Su Zi(seed) *Perillae Folium*

Channels: LU, SP

Properties: Spicy, Aromatic, Warm

Hardiness Zones: 9-11 (Not freeze tolerant- can be grown in a container and brought in or left to reseed itself)

Growing: Perilla grows well in hot, humid weather. Plant seeds directly in the moist but well drained soil in early spring in sun or partial shade. The plant should be pinched back during the summer for a bushier plant. It will self-pollinate and storing seeds should be done at a lower temperature and humidity.

Part used: Leaf, seed, stem

Preparation: Seed- stir fried and crushed Leaf and stem- A tea can be made by steeping the leaf, add at the end of the decoction to preserve the oil.

Quantity: leaf and seed- 3-12gm

Note: Member of the mint family

CC: considered safe but may cause rash on skin

[http://www.gardeniPerilla Leaf, Seed, and Stem. \(2010\). Itmonline.org website:](http://www.gardeniPerilla Leaf, Seed, and Stem. (2010). Itmonline.org website:)

<http://www.itmonline.org/articles/perilla/perilla.htm>

Perilla Shiso Care – How To Grow Perilla Shiso Mint. (2018, April 5). Retrieved May 15, 2019, from Gardening Know How website: ngknowhow.com/edible/herbs/mint/growing-perilla-shiso-mint.htm

Ginger(Sheng Jiang)



Indiamart.com

Sheng Jiang(fresh), Gan Jiang(dried), *Rhizoma Zingiberis Recens*

Channels: LU, SP, ST

Properties: warm, acrid

Hardiness Zones:9-12

Growing: Ginger can be grown with roots from the grocery store, just cut into pieces with 2-3 buds, let it dry a few hours, and plant in early spring. It can be grown in a pot or in the ground. Choose a spot with partial shade and morning sun and well-draining soil. If in the ground, dig up and bring inside before first frost and after the foliage dies back.

Part Used: rhizome

Preparation: For gan jiang, after it has sprouted twice and grown for three years, harvest in the winter, wash clean, slice into pieces, dry in the sun or dry beside or over a fire. Sheng Jiang is used raw.

Quantity:3-9gm

CC: use caution with hypertension, use it with care during pregnancy

Planting Zones for Ginger Root. (2013). Sfgate.com website:

<https://homeguides.sfgate.com/planting-zones-ginger-root-65239.html>

admin (2013). *Dried Ginger Root (Gan Jiang) | Chinese Herbs Healing*. [online]

Chineseherbshealing.com. Available at: <http://www.chineseherbshealing.com/dried-ginger-root/>

Licorice (Gan Cao)



Gan Cao, *Radix Glycyrrhizae*

Channels: All 12 but primarily LU. HT, SP, ST

Properties: Sweet, Neutral

Hardiness Zones:6-11

Growing: Licorice can be grown from seeds, cuttings, or divisions planted in the spring or summer. If using seeds, soak in warm water for 24 hours then plant in a planting mixture. Seeds take 2 weeks to germinate. Plant in sandy soil in a sunny location with late afternoon shade. It needs regular deep watering during the growing season. Harvest 2 year old licorice roots in the fall, returning the main root to the soil. It grows well with marjoram, rosemary, and marigold but avoid alliums and cruciferous vegetables.

Part Used: root

Preparation: wash, soak in water, cut thick slices, dry the root, it can then be stored for several months.

Quantity:2-12 gm

Note: This is a legume.

CC: Do not use on anyone with hypertension, liver disorders, edema, severe kidney insufficiency, low blood potassium, or heart disease or on digoxin or corticosteroids. Caution with pregnancy.

How to Grow Licorice (Mulethi) | Growing Medicinal Herbs. (2018, October 4). Balcony Garden Web website: <https://balconygardenweb.com/growing-licorice-mulethi-licorice-plant-care/>

Liquorice in Chinese herbalism. (2018).Meandqi.com website: <https://www.meandqi.com/herb-database/liquorice>

Self Heal (Xia Ku Cao)



Xia Ku Cao, *Prunella Vulgaris*, All Heal

Channels: LV, GB

Properties: Acrid, Bitter, Cold

Hardiness Zones: to zone 3

Growing: Seeds can be started in the spring or it can be propagated from a root division. It is said to do best in damp areas with partial shade but can handle full sun. It self-propagates and can take over the garden.

CC: Don't use with a poor constitution. Don't take high doses.

Part Used: stems, leaves, flowers, seeds, and ears

Preparation: Can be used fresh or dried. To dry, bundle together and hang upside down with a paper bag around it. To make a tea, pour boiling water over it, wait 5 minutes, strain and use.

Quantity: fresh- $\frac{1}{4}$ cup, dried- 6-18 gm

admin. (2014, August 13). *Prunella Vulgaris* (Xia Ku Cao) | Chinese Herbs Healing.

Chineseherbshealing.com website: <http://www.chineseherbshealing.com/prunella-vulgaris/>

All-Heal, Heart of the Earth. (2012, March 22). Garden.org website:

<http://garden.org/ideas/view/wildflowers/189/All-Heal-Heart-of-the-Earth/>

Loofah (Si Gua Luo)



gardensall.com

Si Gua Luo, *Fructus Luffae Retinervis*, Net of String Melon

Quantity:6-12 gm

Channels: Lu, ST, LV

Properties: Sweet, Neutral

Hardiness Zones:7-12

Growing: Loofah can be directly seeded in the spring. It needs 4 months of frost free weather to produce the melon so start early. This is a huge vine getting over 25 feet so it requires a trellis or something that can support it. Plant in full sun in a good soil but without too much nitrogen.

Note: Young melons (under 6 inches) can be cooked and eaten like a squash.

Part Used: Melon

Preparation: Let the fruit stay on the vine until it turns brown and dries out. To loosen the skin soak it in a bucket of clean water for about 15 minutes. Once it's soaked, the skin peels off easily.

Quantity:6-12 gm

Note: Young melons(under 6 inches) can be cooked and eaten like a squash, safe in food amounts.

Mother Earth Living. (2014). Luffa: Grow Your Own Supply of Sponges - Gardening - Mother Earth Living. Retrieved May 28, 2019, from Mother Earth Living website: <https://www.motherearthliving.com/gardening/growing-luffa-sponges-zm0z18mazols>