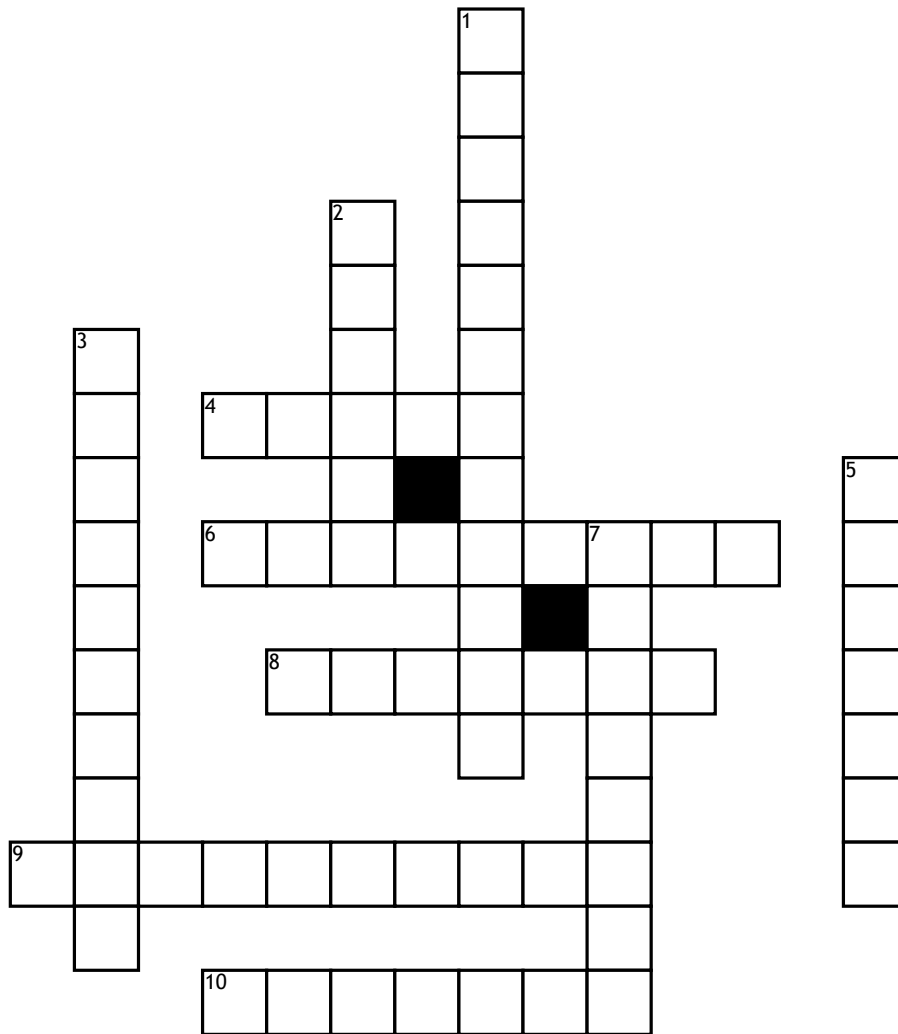


Herbs 2 Cumulative Review



Across

- 4. A valuable root, known as Notoginseng, can stop bleeding due to blood stasis *AND* at the same time can invigorate the blood. Product for exportation is often darkened with soot to help it stop bleeding, and to distinguish it from the roots that will be sold in mainland China.
- 6. Tonify Qi herb well known for treating children and the elderly because it has mild and gentle effects on the Qi and Yin.
- 8. Herb used by Cleopatra and is known for healing the skin (for ulcers & to beautify the skin)? It also sedates the heart and settles tremors (for palpitations and convulsions especially due to high fever) and clears the liver and eyes (for pterygium).
- 9. This calming herb called 'Zizyphus' prevents abnormal sweating, nourishes HT & LV and calms the spirit (for symptoms of insomnia, anxiety, flustered emotions & timidity).
- 10. Nicknamed "overturned pan seed" because it is also helpful for urinary incontinence. It is also is good for treating the eyes.

Down

- 1. An important and tasty cooking spice well known for treating hernia and lactation issues due to its ability to regulate the liver qi. This herb also warms the middle jiao and relieves abdominal pain and indigestion.
- 2. A patient has a diagnosis of middle jiao qi stagnation with a tendency toward spleen qi deficiency. The patient's symptoms include abdominal distention and bloating, nausea and occasional spitting up of clear mucus or phlegm, especially after waking up in the morning. Which herb best matches this case and would be easy to begin with as a simple tea or even zesting into food?
- 3. Known as 'Goat Weed' and can boost the libido, increase sperm count and density (all part of its ability to 'Tonify Yang'). Its dry nature can expel wind-damp.
- 5. Best for treating leukorrhea because it tonifies kidneys stabilize and astringe discharge. It is a food and can be cooked when fresh or when dried. It can also be powdered and used in baking.
- 7. 'Happy bark' herb calms the spirit, relieves constraint especially for depression and unhappiness, invigorates blood, alleviates pain and swelling.

Word Bank

- | | | | |
|-------------|------------|----------------|--------------|
| Shan Yao | Fu Pen Zi | Xiao Hui Xiang | Yin Yang Huo |
| Tai Zi Shen | He Huan Pi | Zhen Zhu | Suan Zao Ren |
| Chen Pi | San Qi | | |