

Lù Jiǎo 鹿 角
(Lu-chueh)

Common Name: Antler; Deerhorn; Cervus horn

Zoological Name: *Cervus nippon* Temminck
Cervus elaphus L.

Pharm. Name: *Cornu Cervi*

Family: Cervidae

Used Part: Ossified horn of the male deer or stag

Taste and Property: Salty and warm

Therapeutic Meridian: Liver and kidney

Action: 1. To invigorate the circulation of blood and remove blood stasis
2. To reinforce the kidney *Yang* (vital function)
3. To strengthen the bones and muscles

Indication: 1. Traumatic wounds
2. Impotence, loss of strength, spontaneous seminal emission, intolerance of cold.

Contra-indication: For a person with symptoms of Yin deficiency

Chemical Component: Gelatin, CaPO₄, CaCO₃, protein

Recommended Dosage: 3-9 gm. (1-1.5 gm. in powder form)

Prescription:

Lu Jiao Wan 鹿角丸

Lu Jiao Qiu Shi Wan 鹿角秋石丸

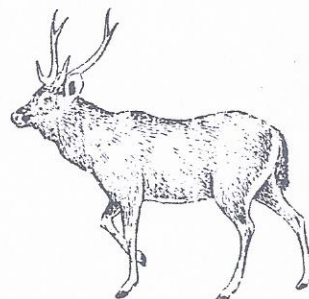
Preparation:

Antler glue, see Lu Jiao Jiao 鹿角膠

Deglued Antler powder, see Lu Jiao Shuang 鹿角霜

Comment:

The action of Lu Jiao (鹿角 Deerhorn) is similar as Lu Rong (鹿茸 Pilose deerhorn), but is less active.



Dōng Chóng Xià Cǎo 冬蟲夏草
(Tung-chung-hsia-tsao)

Common Name: Cordyceps; Chinese caterpillar fungus;
Summer-grass-winter-worm

Botanical Name: *Cordyceps sinensis* (Berk.) Sacc.

Pharm. Name: *Cordyceps*

Used Part: Fungus growing on the larva of caterpillar of
Hepialus varians Staudinger



Taste and Property: Sweet and warm

Therapeutic Meridian: Lung and kidney

Action: 1. To replenish the lung and kidney
2. Antitussive and anti-asthmatic

Indication: 1. Impotence, lumbago, night sweat, nocturnal emission
2. Tuberculosis, chronic cough with hemoptysis

Contra-indication: For a person with external pathogenic symptoms

Chemical Component:

Cordycepic acid, fat, protein, cellulose, starch, saturated and unsaturated fatty acid,
vitamin B₁₂

Recommended Dosage: 6–15 gm. * Please note this means RAW!!

Prescription:

May be used singly or combined with other herbs; generally cooked with duck to
increase its virtue.

Pharm. Action:

1. Increase the action of adrenal gland – can significantly dilate the bronchi of guinea pig in vitro.
2. Inhibitory action on the intestines of rabbit in vitro.
3. Inhibitory action on the smooth muscle of the uterus of guinea pig in vitro.
4. Hypnotic and tranquilizing
5. Anti-bacterial – inhibit the growth of *Bacillus tuberculosis*, pneumococci and streptococci.
6. Increase the phagocytosis of the macrophages, and the action of the adrenal gland.

Líng Zhī 靈芝 (灵芝)
(Ling-chih)

Common Name: Lucid Ganoderma

Botanical Name: *Ganoderma lucidum* (Leyss. ex Fr.) Karst.
Ganoderma japonicum (Fr.) Lloyd

Pharm. Name: *Ganoderma Lucidum*

Family: Polyporaceae

Used Part: Dried fructification of the fungus

Taste and Property: Sweet, slightly warm

* **Therapeutic Meridian:** Lung, heart, spleen, liver, kidney

* **Action:** 1. Sedative and tranquilizer
2. To tonify blood and vital energy
3. Antitussive and anti-asthmatic

Indication: 1. Insomnia, palpitation, dizziness, forgetfulness due to neurasthenia and hypertension
2. Asthma, chronic bronchitis
3. General body weakness or debility

Contra-indication: For a person with no weakness or deficiency symptoms

Chemical Component:

Sugars, amino acid, albumin, protein, essential oil, fat, saponin, ergosterol, enzymes, mannitol, vitamins

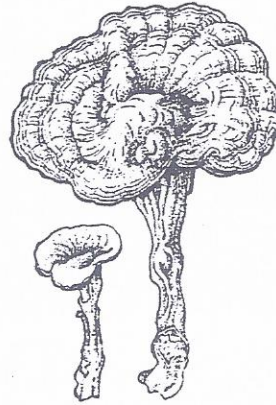
Recommended Dosage: 3–15 gm.

Prescription:

Generally used singly in prepared forms (slices, syrup, tincture or injection fluids).

Pharm Action:

- * 1. Action on the CNS – inhibitory.
 - a. The activity is reduced, muscles are relaxed, and the sleeping time is prolonged.
 - b. Counteract the electric convulsions
 - c. Analgesic
- * 2. Cardiotonic:
 - a. Improve the blood circulation to the coronary artery and to the cardiac muscles.
 - b. Decrease the consumption of oxygen and glucose in the cardiac muscle.
 - c. Increase the tolerance of anaerobic condition in the cardiac muscle and the organism



- ✱ 3. Lower blood pressure – by increasing the output of urine.
- ✱ 4. Lower blood cholesterol
5. Antitussive, expectorant – but not anti-asthmatic
6. Protection of mice from hepatitis from CCl_4 poisoning.
7. Anti-bacterial – inhibit the growth of pneumococci, streptococci (type A), staphylococci, E. coli, B. dysenteriae, proteus, pseudomonas, etc.
8. Anti-allergenic
9. Increase the white blood cell and lymphocytes in the peripheral blood, the formation of E-rosette, and increase the immunity of the organism.
- ✱ 10. Improve the function of the adrenal cortex and prevent the radiological damage to the tissues.