

Four Winds Natural Healing Center

Traditional Chinese Medicine

Bulk Dry Herb Dispensary

Chinese Pin Yin	Latin Name	Common Name
Ai Ye	Artemesia argyi leaf	Mugwort leaf, Artemesia leaf
Ba Ji Tian	Morinda officinalis	Morinda root
Bai He	Lilium lancifolium	Lily bulb
Bai He	Lilium lancifolium	Lily bulb
Bai Shao Yao	Paeonia lactiflora	Peony root, white
Bai Zhi	Angelica dahurica root	Angelica root
Bai Zhu	Atractylodes macrocephala	Atractylodes, white
Bai Zi Ren	Platycladus orientalis	Broda seed -- warning, tree nuts
Ban Lan Gen	Isatis root	Isatis, Indigo woad, Chinese woad
Bei Sha Shen	Glennia littoralis	Glehnia root
Bo He	Mentha haplocalyx herb	Mentha, Field mint
Bu Gu Zhi	Fructas psoroleae	Psoralea fruit
Cang Zhu	Atractylodes lancea	Atractylodes
Chai Hu	Bupleurum chinese	Bupleurum
Chen Pi	Citrus reticulata	Tangerine peel, aged
Chuan Xiang	Ligusticum wallichii	Sichuan lovage root, cnidum
Chuan Xin Lian	Angrographis paniculata	Andrographis
Da Huang	Rheum palmatum	Rhubarb root and rhizome
Da Zao	Zizyphus jujuba	Jujube dates
Dan Shen	Salvia miltiorrhiza	Red sage root
Dang Gui Tou	Angelica sinensis "toe"	
Dang Shen	Codonopsis pilosula root	Codonopsis root
Du Huo	Angelica pubescens root	Angelica root, pubescent
Du Zhong	Eucommia ulmoidis	Eucommia bark
Fang Feng	Ledebouriella divaricata	Siler
Fu Ling	Poria Cocus Fungus	Poria
Fu Shen	Spirit Poria	Poria root
Gan Cao	Glycyrrhiza uralensis	Licorice root
Gan Jiang / Sheng Jian	Zinziber	Ginger
Ge Gen	Radix puerariae	Kudzu root, Pueraria
Gou Qi Zi	Lycii barbarum	Lycii fruit, Goji berries

Gou Teng	<i>Uncaria rhynchophylla</i>	Uncaria vine, Gambir vine stems
Gu Sui Bu	<i>Drynaria</i>	<i>Drynaria</i> rhizome
Guang Huo Xiang	<i>Pogostemon</i> (agastache)	Patchouli, <i>Pogostemon</i>
Han Lian Cao	<i>Eclipta prostrata</i>	<i>Eclipta</i>
He Shou Wu	<i>Polygonatum multiflorum</i>	Fo Ti, Fleeceflower root, Floweryknotweed root
Hehuan hua	<i>Albizia julibrissin</i> flower	Albizza flower
Hong Hua	<i>Carthamus tinctorius</i>	Safflower flower, carthamus
Hong Teng	<i>Sargentodoxa cuneata</i> vine	<i>Sargentodoxa</i> vine
Hong Zao	<i>Zizyphus jujuba</i> (empty jar)	
Hou Po (true)	<i>Cortex magnoliae officinalis</i>	<i>Magnolia officinalis</i> bark
Huai Niu Xi	<i>Achyranthes bidentata</i>	<i>Achyranthes</i> root
Huang Bai	<i>Phellodendron amurense</i>	Amur cork tree bark, <i>Phellodendron</i> bark
Huang Jing	<i>Polygonatum sibiricum</i>	Solomon's seal
Huang Lian	<i>Coptis chinensis</i> rhizome	<i>Coptis</i> rhizome
Huang Qi	<i>Astragalus membranaceus</i>	<i>Astragalus</i>
Huang Qin	<i>Scutellariae radix</i>	<i>Scutellaria baicalensis georgi</i>
Jiao Gu Lan	<i>Herba gynostema</i>	
Jin Yin Hua	<i>Lonicera japonica</i> flower	Honeysuckle flower
Ju Hua	<i>Chrysanthemum morifolium</i>	<i>Chrysanthemum</i> flower
Lian Qiao	<i>Forsythia suspensa</i>	<i>Forsythia</i> fruit
Ling Zhi (Hong)	<i>Ganoderma lucidum</i>	Reishi
Long yan rou	<i>Dimocarpus longan</i> fruit	Longan fruit
Luo Han Gao	<i>Momordica grosvenori</i> fruit	<i>Momordica</i> fruit, Grosvenor's <i>Momordica</i> fruit
Ma Chin Xian	<i>Herba Portulacae Oleraceae</i> stem	
Mai Men Dong	<i>Ophiopogon</i>	<i>Ophiopogon</i> tuber
Mu Dan Pi	<i>Paeonia suffruticosa</i>	Peony root bark, tree
Mu Gua	<i>Chaenomelium lagenaria</i>	Quince fruit, Chinese
Mu xiang	<i>Aucklandia</i> root	<i>Costus</i> root, <i>Saussurea</i> , <i>Aucklandia</i>
Nu Zhen Zi	<i>Ligustrum lucidum</i>	<i>Ligustrum</i> , privet fruit
Qiang Huo	<i>Notopterygium</i>	<i>Notopterygium</i> root, Chiang-huo
Ren Shen Kirin Red	<i>Panax ginseng</i>	Ginseng - red
Rou Cong Rong	<i>Cistanche deserticola</i>	<i>Cistanche</i> , Fleshy stem of broomrape
Rou Gui Pi	<i>Cinnamomum cassia</i>	Cinnamon bark
Ru Xiang	<i>Boswellia serrata</i> Roxb.	Frankincense resin
San Zhu	<i>Craetagus pinnatifida</i>	Hawthorne Fruit

Shan Yao	<i>Dioscorea opposita</i>	Dioscorea, Chinese yam
Shan Zhu Yu	<i>Cornus officinalis</i>	Cornus, Asiatic cornelian cherry
Shen qu	<i>Massa fermentata</i>	Medicated leaven
Sheng Di Huang	<i>Rehmania glutinosa</i> - RAW	Raw rehmania root
Sheng Ma	<i>Cimicifuga foetida</i>	(black cohosh root)
Shi Chang Pu	<i>Acornus tatarinowii</i>	"Calamus of the orient"
Shu Di Huang	<i>Rehmania glutinosa</i>	processed rehmania
Suan Zao Ren	<i>Ziziphus jujube</i> seed	Jujube date seed
Suan Zao Ren (organic)	<i>iziphus jujube</i> seed	Jujube date seed
Suo Yang	<i>Herba Cynomori Songarici</i>	Cynomorium, fleshy stem
Tao Ren	<i>Semen persicae</i>	Peach kernel
Tian Hua Fen	<i>Trichosanthes kirilowii</i> root	Trichosanthes root
Tian Men Dong	<i>Asparagi cochinchinensis</i>	Asparagus root, Chinese
Tu Fu Ling	<i>Similax glabra</i>	Greenbriar rhizome, Similax
Wei Ling Xian	<i>Clematis chinensis</i>	Clematis root, Chinese
Wu Jia Pi	<i>Cortex Acanthopanax</i>	Eleutherococcus root bark, acanthopanax root bark
Wu Wei Zi	<i>Schisandra chinensis</i>	Schisandra berries
Xi Yang Shen	<i>Angelica sinensis</i>	
Xi Yang Shen	<i>Panax Quinquefolium</i>	Ginseng - American
Xian Mao	<i>Curculigo orchioides</i>	Golden eye-grass rhizome
Xiang Fu Zi	<i>Cyperus rotundus</i>	Cyperus, nut-grass rhizome
Xu Duan	<i>Dipsacus asperoides</i> root	Dipsacus root
Xuan Shen	<i>Radix scrophulariae</i>	Ningpo figwort root, Scrophularia
Yang Qi Shi	<i>Actinolitum</i>	Actinolite
Yi Yi Ren	<i>Coix lachryma</i>	Coix seeds, Job's tears
Yu Zhu	<i>Rhizoma polygonati odorati</i>	Solomon's seal, scented
Yuan Zhi	<i>Polygalae radix</i>	<i>Polygala tenuifolia</i>
Ze Lan	<i>Lycopus lucidus</i>	Bugleweed, Lycopus
Ze Xie	<i>Alisma orientalis</i>	Alisma root
Zhi Mu	<i>Anemarrhena asphodeloides</i>	Anemarrhena rhizome
Zhi Zi	<i>Gardenia jasminoides</i>	Gardenia