

# CHINESE NAMES OF HERBS

## Dried lily flower

金针菜 (jinzhencai)

## Coix seeds

薏苡仁 (yiyiren)

## Loofah

丝瓜 (sigua)

## Red beans

赤小豆 (chixiaodou)

## Pinellia tuber

半夏 (banxia)

## Poria

茯苓 (fuling)

## Chinese angelica root

当归 (danggui)

## Chinese thorowax root

柴胡 (chaihu)

## Herba dendrobii

石斛 (shihu)

## Chrysanthemum flower

菊花 (juhua)

## Cassia twig

桂枝 (guizhi)

## Figwort root

玄参 (xuanshen)

## Common anemarrhena rhizome

知母 (zhimu)

## Dwarf lilyturf tuber

麦冬 (maidong)

## Black fungus

黑木耳 (heimuer)

## White fungus

白木耳 (baimuer)

## Eclipta

墨旱莲 (mohanlian)

## Red peony root

赤芍 (chishao)

Consult your physician before consuming any herbs. Do not self-medicate.