

# Chinese names for herbs

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Sichuan lovage rhizome	川芎	(chuanxiong)
Tall gastrodia tuber	天麻	(tianma)
Indian bread	茯苓	(fuling)
Dahurian angelica root	白芷	(baizhi)
Dried tangerine peel	陈皮	(chenpi)
Chinese date	大枣	(dazao)
Rosemary	迷迭香	(midie xiang)
Lavender	薰衣草	(xunyi cao)
Incised notopterygium rhizome	羌活	(qianghuo)
Chrysanthemum flowers	菊花	(juhua)
Chinese angelica	当归	(danggui)

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## Chinese name of acupoint

Fengchi 风池

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