

TCM Herbs with Their Therapeutic Functions

Individual Herbs and Their Therapeutic Functions	
<i>Achyranthes bidentata</i>	Activates blood circulation, strengthens bones and tendons, and alleviates symptoms of lower back and knee pain.
<i>Eucommia ulmoides</i>	Tonifies the liver and kidney, strengthens bones and tendons, and is effective for lower back pain and joint weakness.
<i>Corydalis yanhusuo</i>	Invigorates blood, alleviates pain, and is used for various pain syndromes, including abdominal and chest pain.
<i>Achyranthes bidentata</i>	Promotes blood circulation, alleviates pain, and guides blood downward to treat lower body conditions.
<i>Pueraria lobata</i>	Relieves muscle tension, promotes sweating, alleviates fever, and treats neck and upper back stiffness.
<i>Spatholobus suberectus</i>	Activates blood circulation, nourishes blood, and is used for irregular menstruation and joint pain.
<i>Litsea cubeba</i>	Expels wind-dampness, relaxes tendons, and is used for musculoskeletal pain and limited joint movement.
<i>Trichosanthes kirilowii</i>	Clears heat, generates body fluids, and resolves phlegm, commonly used for thirst and lung heat conditions.
<i>Wolfiporia extensa</i>	Promotes urination, drains dampness, strengthens the spleen, and calms the mind.
<i>Gastrodia elata</i>	Extinguishes wind, alleviates spasms, and is used for dizziness, headaches, and convulsions.
<i>Bupleurum chinense</i>	Harmonizes the exterior and interior, spreads liver qi, and relieves fever and chills.