

# Mash Daddy<sup>™</sup>

Traditional Chinese Medicine (TCM) uses a mortar and pestle to grind, crush, and blend herbs for teas, pastes, pills, and decoctions. Here are 50 of the most popular herbal recipes and uses:

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## 1. Herbal Teas & Decoctions (汤剂, Tang Ji)

These are brewed by boiling herbs in water to extract their medicinal properties.

1. **Ba Zhen Tang (Eight Treasures Decoction, 八珍汤)** – Tonifies blood and Qi with ginseng, angelica root, and poria.
  2. **Liu Wei Di Huang Tang (Six-Ingredient Rehmannia Decoction, 六味地黄汤)** – Kidney Yin tonic with rehmannia, cornelian cherry, and Chinese yam.
  3. **Jin Gui Shen Qi Wan (Golden Cabinet Kidney Qi Pills, 金匮肾气丸)** – Kidney Yang tonic with cinnamon bark and aconite.
  4. **Xiao Yao San (Free and Easy Wanderer, 逍遥散)** – Regulates liver Qi with bupleurum, peony root, and licorice.
  5. **Gui Pi Tang (Restore the Spleen Decoction, 归脾汤)** – Boosts blood and Qi, often used for anemia or insomnia.
  6. **Si Wu Tang (Four Substances Decoction, 四物汤)** – Blood-nourishing formula with angelica, peony, ligusticum, and rehmannia.
  7. **Long Dan Xie Gan Tang (Gentiana Liver Drain Decoction, 龙胆泻肝汤)** – Clears liver fire, used for migraines and red eyes.
  8. **Ban Xia Hou Po Tang (Pinellia and Magnolia Bark Decoction, 半夏厚朴汤)** – Treats throat obstruction ("plum pit Qi").
  9. **Zuo Gui Wan (Left Restoring Kidney Pill, 左归丸)** – Nourishes kidney Yin, often for night sweats.
  10. **You Gui Wan (Right Restoring Kidney Pill, 右归丸)** – Warms kidney Yang with cinnamon and aconite.
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## 2. Herbal Pastes & Ointments (膏方, Gao Fang)

Ground herbs mixed with honey, sesame oil, or vinegar to make pastes.

11. **Yunnan Baiyao (云南白药)** – Famous wound-healing powder for injuries.
12. **Huang Lian Gao (黄连膏)** – Antibacterial ointment with coptis root.
13. **Zi Cao Gao (紫草膏)** – Purple gromwell salve for burns and eczema.
14. **Ma Ying Long Hemorrhoid Ointment (马应龙痔疮膏)** – Soothing ointment for hemorrhoids.
15. **Fu Zi Li Zhong Gao (附子理中膏)** – Warming paste for digestive issues.
16. **Sheng Ma Gao (升麻膏)** – Paste for skin rashes and sunburns.

- 17.**Er Cha Gao (儿茶膏)** – Astringent paste for sores and ulcers.
  - 18.**San Huang Gao (三黄膏)** – Anti-inflammatory salve with rhubarb, coptis, and phellodendron.
  - 19.**Jin Huang Gao (金黄膏)** – Turmeric-based paste for swelling and infections.
  - 20.**Dang Gui Gao (当归膏)** – Angelica root paste for blood circulation.
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### 3. Herbal Powders (散剂, San Ji)

Ground herbs for direct consumption, capsules, or mixing into water.

- 21.**Bai Zi Yang Xin San (柏子养心散)** – Calms the mind, often used for anxiety.
  - 22.**Xiang Sha Liu Jun Zi San (香砂六君子散)** – Digestive aid for bloating.
  - 23.**Wu Wei Zi San (五味子散)** – Schisandra berry powder for lung health.
  - 24.**Shi Quan Da Bu San (十全大补散)** – General tonic for energy and strength.
  - 25.**Chuan Bei Mu Powder (川贝母粉)** – Fritillaria bulb for chronic coughs.
  - 26.**Ping Wei San (平胃散)** – Drains dampness for stomach issues.
  - 27.**Zhi Bai Di Huang San (知柏地黄散)** – Clears heat, used for menopause symptoms.
  - 28.**Ge Gen San (葛根散)** – Kudzu root powder for colds and neck tension.
  - 29.**Bu Zhong Yi Qi San (补中益气散)** – Raises Qi, good for fatigue.
  - 30.**Shen Ling Bai Zhu San (参苓白术散)** – Strengthens digestion and stops diarrhea.
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### 4. Pills & Boluses (丸剂, Wan Ji)

Ground herbs mixed with honey or water to form small pills.

- 31.**An Shen Bu Xin Wan (安神补心丸)** – Calms the heart and mind.
  - 32.**Tian Wang Bu Xin Dan (天王补心丹)** – Nourishes heart blood for insomnia.
  - 33.**Xiao Feng Wan (消风丸)** – Treats skin itching and eczema.
  - 34.**Chai Hu Shu Gan Wan (柴胡疏肝丸)** – Soothes liver Qi stagnation.
  - 35.**Shou Wu Wan (首乌丸)** – Polygonum multiflorum formula for hair growth.
  - 36.**Zhen Zhu An Chuang Wan (珍珠暗疮丸)** – Pearl powder for acne.
  - 37.**Shen Nong Bai Ren Wan (神农百仁丸)** – Longevity tonic.
  - 38.**Du Huo Ji Sheng Wan (独活寄生丸)** – Treats arthritis and joint pain.
  - 39.**Wu Zi Yan Zong Wan (五子衍宗丸)** – Male fertility tonic.
  - 40.**Er Chen Wan (二陈丸)** – Dissolves phlegm, used for chronic cough.
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### 5. Topical & External Applications (外用方, Wai Yong Fang)

Ground herbs applied externally for healing.

- 41.**Ginger Compress (姜敷)** – Crushed ginger applied for pain relief.
- 42.**Moxa Powder (艾粉)** – Dried mugwort ground for moxibustion therapy.

- 43.**Coptis Root Paste (黄连糊)** – For mouth ulcers and infections.
- 44.**Bai Bu Powder (百部粉)** – Treats lice and scabies.
- 45.**She Chuang Zi Paste (蛇床子膏)** – Treats fungal infections.
- 46.**Crushed Honeysuckle (金银花糊)** – Applied for heat rashes.
- 47.**Cinnamon & Clove Poultice (肉桂丁香敷贴)** – Warms and relieves muscle aches.
- 48.**Salt & Sichuan Pepper Foot Soak (盐花椒泡脚)** – Warms the body and relieves pain.
- 49.**Crushed Lotus Seed Paste (莲子膏)** – Applied for skin hydration.
- 50.**Realgar & Sulfur Powder (雄黄硫磺粉)** – Used in TCM insect repellents.