

五 加 皮

Acanthopanax root bark Wǔ Jiā Pí

Cortex Acanthopanax Radicis

Araliaceae family. The bark of the root is dried before use. There are 2 varieties of Acanthopanax the northern and the southern areas in China. The northern variety is from the root bark of another plant.

The flavour is Pungent and Bitter, the property warm. It will dispel Wind and Dampness and strengthen muscles and bones.

It is used to treat pain and numbness due to Wind Cold and Dampness, oedema and contractions of the muscles and bones.

Examples

Acanthopanax Root Bark Wine (Dregs Method)

Cautions

Yīn Xū (deficiency) with excess Fire.

懷 牛 膝

Achyranthes root Huái Níu Xí