

"התבוננות אנרגטית בצמחי המרפא והתאמת פורמולה למטופל"

Dipl. Ac. & C.H | ירון סופר



אנרגטיקה של מזונות

לכל מזון/צמח/מזון יש טמפרטורה

חם מאוד

חם

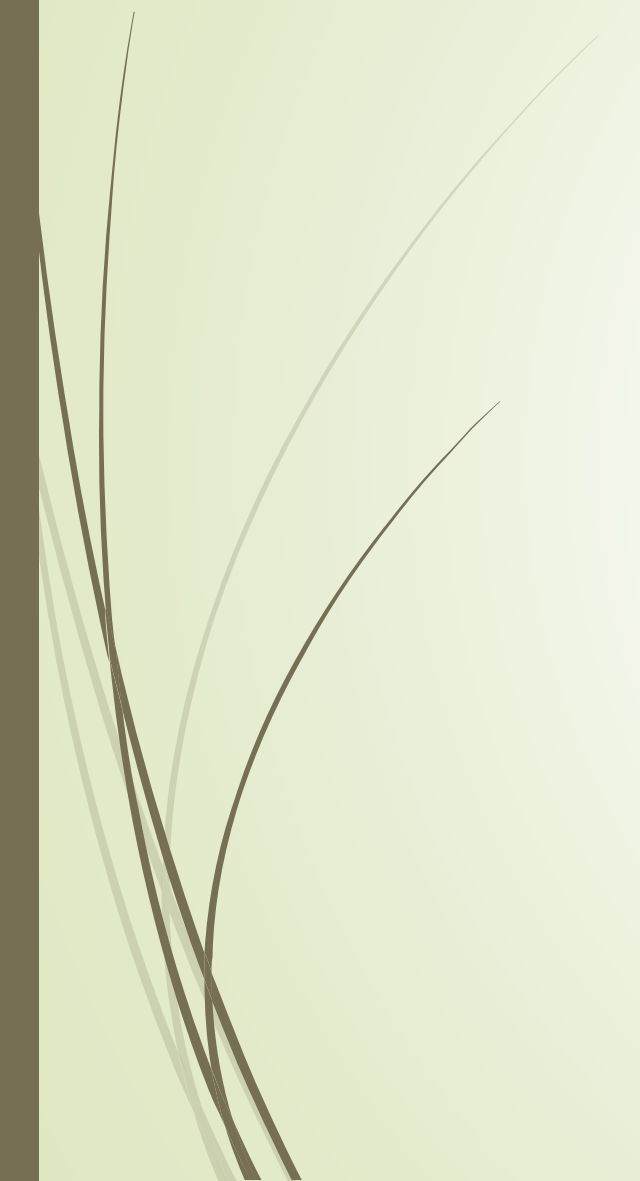
חמים


נטרלי

קריר

קר

קר מאוד





טעמים

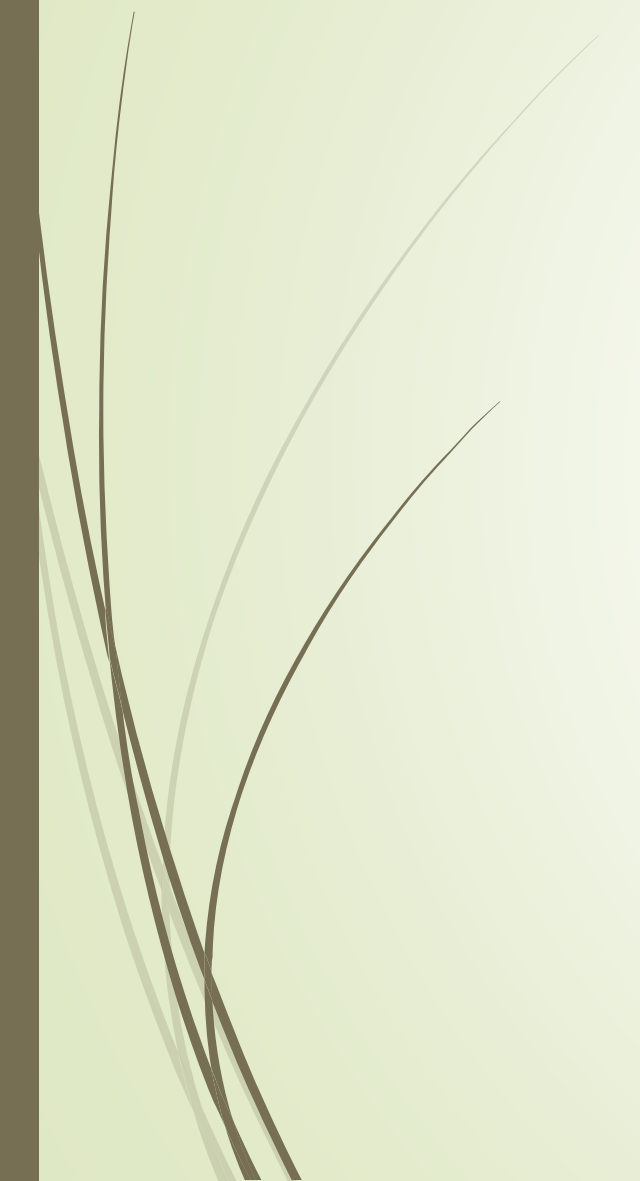
חמוץ- מכווץ/סופח

מר-מנקז

מתוק- מחזק


חריף- מפזר/מניע

מלוח-מרכך



הגוף שואף לאיזון





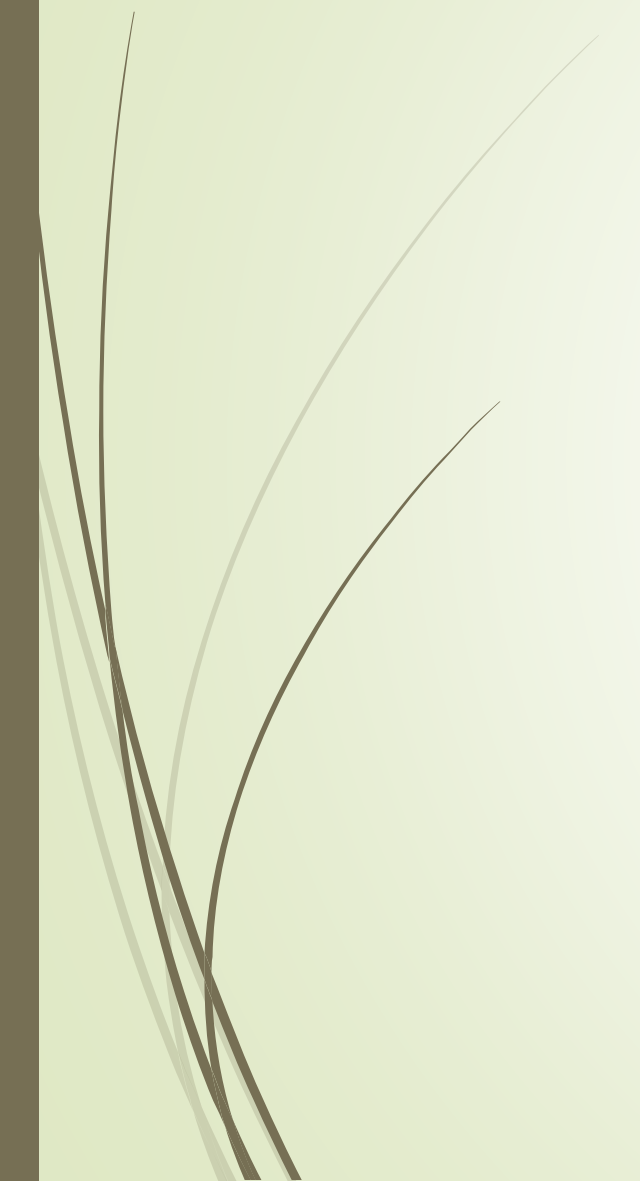
שילובים

חריף חם – ג'ינג'ר טרי, אנגליקה

חריף קר- מנטה,

חריף מתוק- קינמון

חריף מר- רוקט



צמחים שקובעים אנרגיה

Scutellaria Baicalensis-huang qin

Coptis Chinensis-huang lian

Phellodendron Amurense-huang bai

Gypsum- shi gao



צמחים חמימים/חמיסהווה



Schisandra Chinensis- wu wei zi

Cinnamomum Aromaticum- rou gui

Panax Ginseng- ren shen

Zingiber Officinale- gan jiang /sheng jiang

Angelica Sinensis-dang gui

ותחליפים

Pseudostellaria Heterophylla- tai zi shen

Codonopsis Pilosula- dang shen

Panax Ginseng- ren shen

צמחים קרירים

Rehmannia Glutinosa-sheng di huang

Rehmannia Glutinosa- shu di huang

Panax quinquefolius-xi yang shen

Anemarrhena Asphodeloides –zhi mu

Taraxacum Mongolicum- pu gong ying

Mentha Haplocalyx – bo he

Paeonia Lactiflora-bai shao


צמחים נטרלים

Zea Mays- yu mi xu

Wolfiporia Extensa- fu ling/shen

Lycium Barbarum- gou qi zi

Ganoderma Lucidum- ling zhi/ reishi



שליטה בטמפרטורה

מינונים:

יחס בין צמחים יכול לאזן טמפרטורה

ביטוי קליני של חום או קור צמחים יהיו בהתאמה.

חום: אודם, ריח, פיגמנטציה

קור: חיוור, ללא ריח, לבן/שקוף



Angelica Decoction to Tonify the Blood

Angelica Sinensis- dang gui -9 ▶

Astragalus Membranaceus huang qi- 30 ▶





Coptis Decoction to Relieve Toxicity"

Coptis Chinensis- huang lian -9 ▶

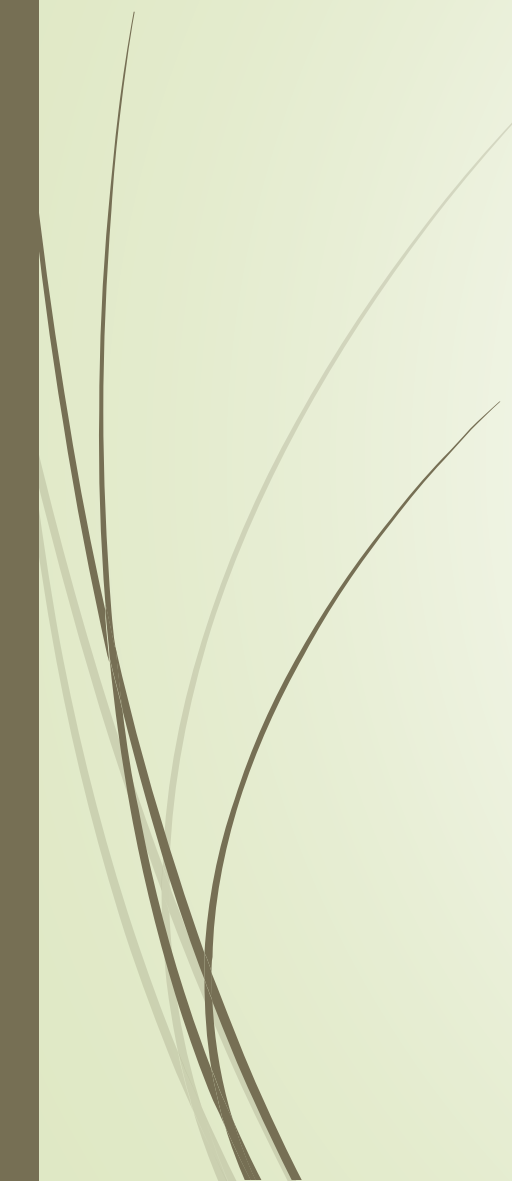
Scutellaria Baicalensis-huang qin-6 ▶

Phellodendron Amurense-huang bai-6 ▶

Gardenia Jasminoides- zhi zi-12 ▶



Citrus & Pinellia Decoction- 半夏橘皮湯

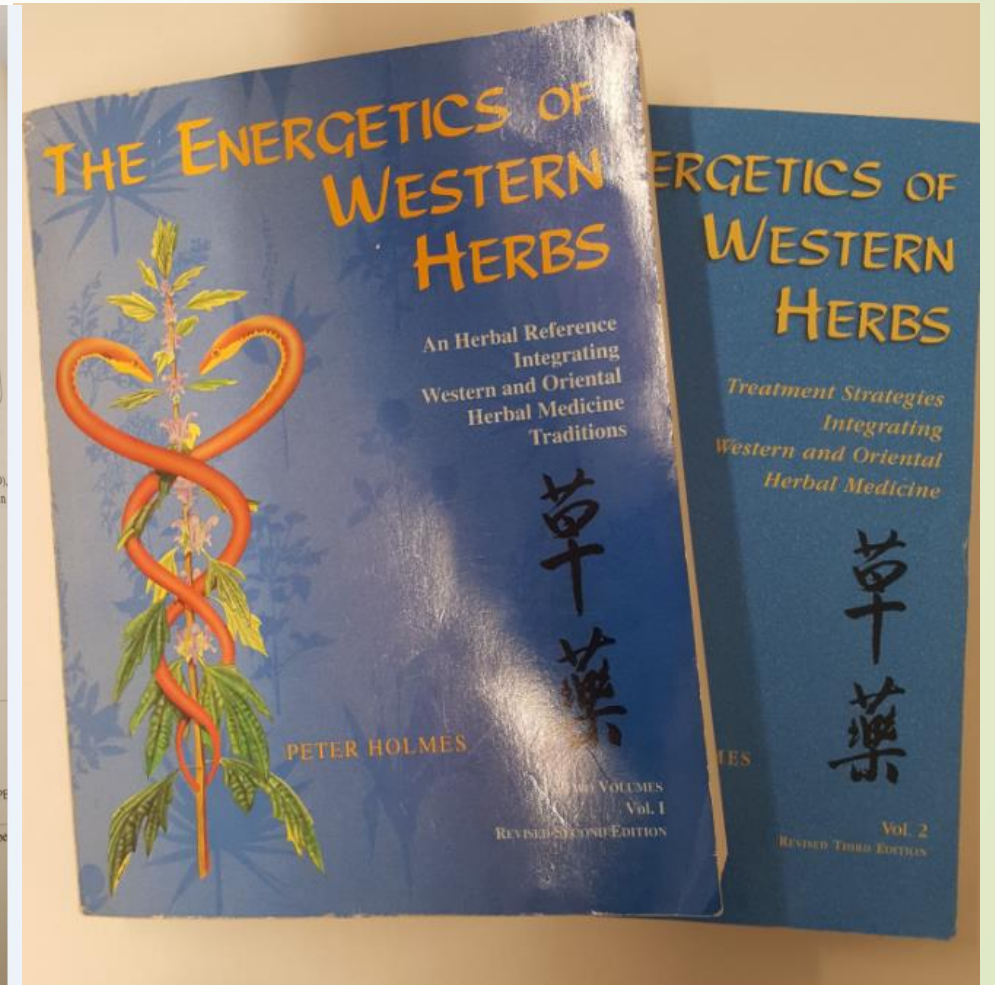
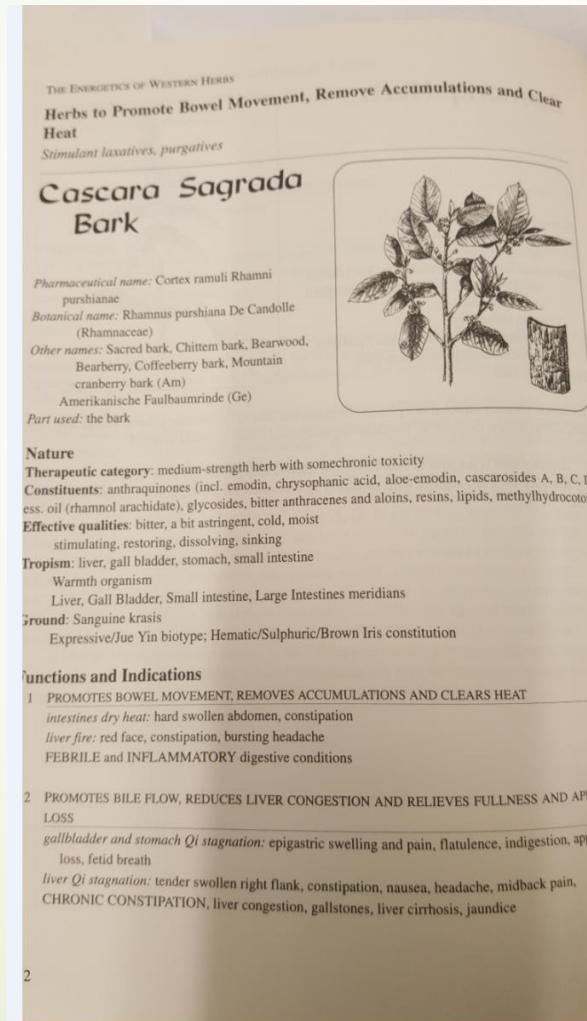


Pinellia Ternata-ban xia
Citrus Reticulata- chen pi
Wolfiporia Extensa-fu ling
Glycyrrhiza- gan cao

Citrus Aurantium-zhi shi
Phyllostachys- zhu ru

Warm the Gallbladder -wen dan tang

THE ENERGETIC OF WESTERN HERBS



YI FAN YANG

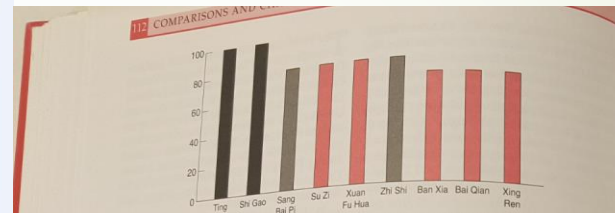
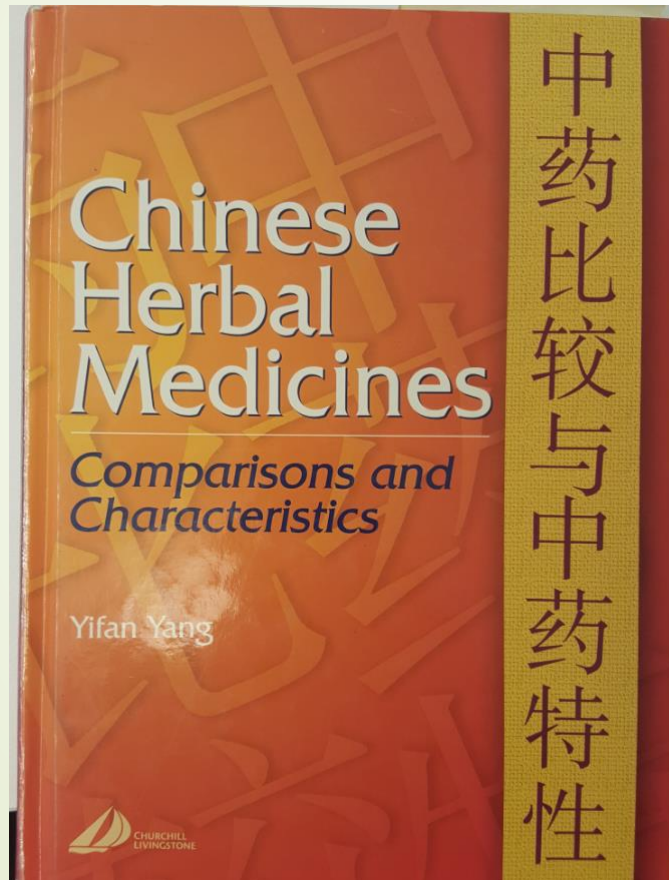


Fig. 8.2 Comparison of the herbs that direct the Lung-Qi to descend and relieve wheezing. Ting Li Zi = *Semen Descarrniae seu Lepidi*, Shi Gao = *Cystopteris Fibrosum*, Sang Bai Pi = *Cortex Mori Albar Radicis*, Su Zi = *Fructus Perillae Frutescentis*, Xuan Fu Hua = *Flos Inulae*, Zhi Shi = *Fructus Citri seu Ponciri Immaturus*, Ban Xia = *Rhizoma Pinelliae Ternatae*, Bai Qian = *Radix et Rhizoma Cynanchi Baiqian*, Xing Ren = *Semen Pruni Armeniaca*.



Fig. 8.3 Comparison of the herbs that dissolve Phlegm, relieve coughing and are warm in temperature. Bai Jie Zi = *Semen Sinapis Albae*, Xuan Fu Hua = *Flos Inulae*, Su Zi = *Fructus Perillae Frutescentis*, Tian Nan Xing = *Rhizoma Arisaematis*, Ban Xia = *Rhizoma Pinelliae Ternatae*, Ju Hong = *Pera Rubra Epicarpis Citri Erythrocarpa*, Bai Qian = *Radix et Rhizoma Cynanchi Baiqian*, Zi Yuan = *Radix Asters Tatarici*, Xing Ren = *Semen Pruni Armeniaca*.

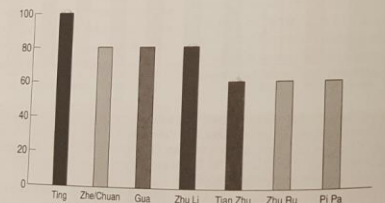


Fig. 8.4 Comparison of the herbs that dissolve Phlegm, relieve coughing and are cold in temperature. Ting Li Zi = *Semen Descarrniae seu Lepidi*, Chuan/Zhe Bei Mu = *Bulbus Fritillariae Cirrhosae/Thunbergii*, Gua Lou = *Fructus Trichosanthis*, Zhu Li = *Succus Bambusae*, Tian Zhu Huang = *Concretio Silica Bambusae Textillis*, Zhu Ru = *Caulis Bambusae in Taeris*, Pi Pa Ye = *Folium Eriobotryae Japonicae*.

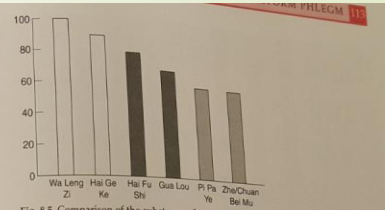


Fig. 8.5 Comparison of the substances that dissolve thick sputum. Wa Leng Zi = *Concha Arcae*, Hai Ge Ke = *Concha Cyclinae Sinensis*, Hai Fu Shi = *Pumice*, Gua Lou = *Fructus Trichosanthis*, Pi Pa Ye = *Folium Eriobotryae Japonicae*, Chuan/Zhe Bei Mu = *Bulbus Fritillariae Cirrhosae/Thunbergii*.

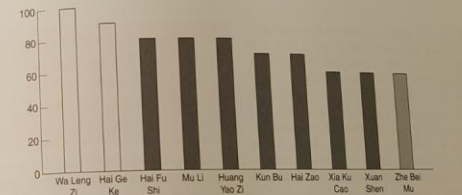


Fig. 8.6 Comparison of the substances that eliminate Phlegm and soften hardness. Wa Leng Zi = *Concha Arcae*, Hai Ge Ke = *Concha Cyclinae Sinensis*, Hai Fu Shi = *Pumice*, Mu Li = *Concha Ostreae*, Huang Yao Zi = *Tuber Dioscoreae Bulbiferae*, Kun Bu = *Tellus Algae*, Hai Zao = *Herba Sargassii*, Xia Ku Cao = *Spica Prunellae Vulgaris*, Xuan Shen = *Radix Scrophulariae Ningpoensis*, Zhe Bei Mu = *Bulbus Fritillariae Thunbergii*.

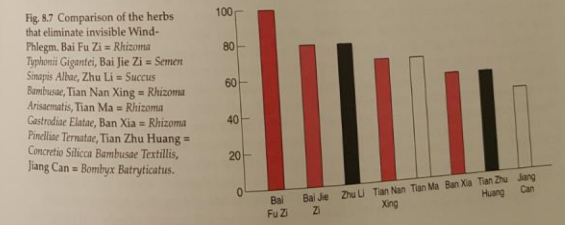


Fig. 8.7 Comparison of the herbs that eliminate invisible Wind-Phlegm. Bai Fu Zi = *Rhizoma Typhonii Gigantei*, Bai Jie Zi = *Semen Sinapis Albae*, Zhu Li = *Succus Bambusae*, Tian Nan Xing = *Rhizoma Arisaematis*, Tian Ma = *Rhizoma Geodiniae Elatae*, Ban Xia = *Rhizoma Pinelliae Ternatae*, Tian Zhu Huang = *Concretio Silica Bambusae Textillis*, Jiang Can = *Bombyx Batryticatus*.



תודה



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