

Herb properties

Botanical name	Temperature	Taste	Organs
Achillea millefolium	warm-cool	acrid, bitter	LU, SP, HT, UT
Aesculus hippocastanum	cool	bitter, sour	SP, LI
Agrimonia eupatoria	neutral	sour, sl. bitter	LU, IN, BL, UT
Agropyron repens	neutral	sour, sl. sweet	BL
Althaea officinalis	cool	sweet, sl. bitter	LU, ST, IN, BL
Anemone pulsatilla	cold	bitter	HT, KI
Angelica archangelica	warm	bitter, acrid, aromatic	LU, SP, ST, IN, HT
Angelica sinensis	warm	sweet, aromatic, bitter	HT, LR, SP, UT
Arctium lappa (root)	cool	sl. acrid, sl. bitter	LU, LI, KI, BL
Arctium lappa (seeds)	cool	acrid, sl. bitter	LU, LI, KI, BL
Arctostaphylos uva-ursi	cool	bitter, sour	KI, BL
Astragalus species	sl. warm	sweet	SP, LU
Artemisia abrotanum	warm-cool	aromatic, sl. bitter	LR, SP, UT
Artemisia absinthium	warm-cool	bitter, aromatic	LR, SP, UT
Artemisia vulgaris	warm-cool	aromatic, sl. bitter	LR, SP, UT
Asclepias tuberosa	cold	bitter	LU
Astragalus species	sl. warm	sweet	SP, LU
Avena sativa (endosperm)	neutral	sweet	SP, HT, KI

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Ballota nigra	neutral	bitter, sour	ST
Baptisia tinctoria	cold	bitter	LU
Berberis vulgaris	cool	bitter	LR, GB, SP, ST, LU, IN, BL, UT
Calendula officinalis	cool	bitter	ST, IN
Capsella bursa-pastoris	neutral	sour	UT, ST, IN, BL
Capsicum species	hot	acid	HT, SP, ST, IN, LU
Caulophyllum thalictroides	neutral	bitter	UT
Centaurium erythraea	neutral-cool	bitter	SP, ST, SI, LR, GB
Chamaelirium luteum	neutral	bitter, sour	UT
Chelidonium majus	cool	bitter, sl. acid	LR, GB, IN
Chrysanthemum morifolium	cool	sweet, sl. bitter	LU, LR
Cimicifuga racemosa	cool	acid, sl. bitter, sl. sweet	KI, LR, UT
Cinchona species	cool	bitter	HT, SP
Cinnamomum cassia (bark)	hot	acid, sweet, aromatic	SP, ST, IN, LU, HT, KI, UT
Cinnamomum cassia (twigs)	warm	acid, sweet, aromatic	HT, LU, BL
Citrus aurantium (ripe peel)	warm	acid, aromatic, bitter	LU, SP, ST, IN
Commiphora molmol	warm	bitter, acid	HT, ST, IN, LU, UT
Convallaria majalis	neutral	bitter, sl. sweet	HT, KI, BL
Crataegus species	sl. warm	sour, sweet	HT
Curcuma longa (rhizome)	cool	acid, bitter	LR, GB, HT
Echinacea species	cool	acid, bitter, sl. sweet	LU, BL
Elettaria cardamomum	warm	aromatic, acid	ST, IN
Ephedra sinica	warm	acid, sl. bitter	LU, HT
Equisetum arvense	cool	sl. bitter, sl. sweet	BL
Eupatorium perfoliatum	warm	bitter, acid, aromatic	LU
Euphorbia hirta	cool	bitter, acid	LU
Euphrasia officinalis	neutral-cool	acid, sour, bitter	LU
Filipendula ulmaria	cool	sour, bitter	ST, IN, BL
Foeniculum vulgare	sl. warm	aromatic, sl. acid	ST, IN, KI, LR
Gentiana lutea	neutral-cool	bitter	SP, ST, SI, LR, GB

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Geranium maculatum	neutral	sour	ST, IN, UT
Glechoma hederacea	neutral	sour, bitter	LU
Glycyrrhiza glabra	neutral-cool	sweet	ST, IN, LU, KI, HT
Hamamelis virginiana	neutral-cool	sour, sl. bitter	SP, IN
Harpagophytum procumbens	cool	bitter	SP, ST
Humulus lupulus	cold	bitter	HT, LR, IN
Hydrangea arborescens	neutral	bitter, sour	BL
Hydrastis canadensis	cool	bitter	LR, GB, ST, IN, LU, BL, SP, UT
Hypericum perforatum	neutral	sour, sl. sweet	HT, KI, LR
Hyssopus officinalis	warm-cool	acrid, aromatic	LU, HT
Iris versicolor	cool	bitter	LR, GB, IN
Juniperus communis	sl. warm	aromatic, sl. sour, sl. acrid	KI, BL, SP, IN, LU, LR
Lavandula angustifolia	sl. warm	aromatic, bitter, sl. acrid	HT, LR, IN
Leonurus cardiaca	neutral	sour, sl. bitter	HT, UT
Lobelia inflata	warm-cool	acrid	LU, IN, HT, UT
Lycium chinense	neutral	sweet	LR, KI
Mahonia aquifolium	cool	bitter	LR, GB, IN
Marrubium vulgare	neutral	bitter	LU, SP
Matricaria recutita	cool	sl. bitter, sl. aromatic	ST, IN, HT
Mentha piperita	warm-cool	acrid, aromatic	LU, ST, IN, LR
Mentha pulegium	warm	aromatic	HT, IN, UT
Mitchella repens	neutral	sl. sour	UT
Molasses (black)	neutral	sweet, sl. bitter	SP
Myrica cerifera	warm	acrid, sour, bitter	ST, IN, LR, GB, HT, LU
Nepeta cataria	cool	aromatic, acrid	LU, IN, HT
Ophiopogon japonicus	cool	sweet, sl. bitter	HT, LU, ST
Panax ginseng	sl. warm	sweet, sl. bitter	KI, HT, SP, LU
Panax quinquefolium	neutral	sweet, sl. bitter	LU, ST, KI
Parietaria diffusa	neutral	bitter	KI, BL
Passiflora incarnata	neutral	sl. bitter	HT, LR

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Petroselinum crispum (root)	sl. warm	aromatic, sl. acrid	KI, BL, IN, UT
Phytolacca americana	cool	acrid	LU
Piscidia erythrina	cold	bitter	HT, LR
Plantago lanceolata (leaves)	cool	sour, sl. bitter	LU, IN
Polygonum bistorta	cool	sour, sl. bitter	LU, IN
Populus tremuloides	neutral-cool	bitter, sour	SP, ST, IN, LR, BL
Potentilla erecta	neutral-cool	sour, bitter	IN
Prunus serotina	neutral	bitter, aromatic	LU, HT
Pseudostellaria heterophylla	neutral	sweet, sl. bitter	SP, LU, HT
Pulsatilla chinensis	cold	bitter	LU, ST, LR
Quercus robur	neutral	sour, bitter	IN
Rhamnus purshiana	cool	bitter	LI, ST, LR
Rheum palmatum	cool-cold	bitter, sour	LI, ST, LR, HT
Rosmarinus officinalis	warm	aromatic, bitter, acrid	HT, LR, SP, ST, IN
Rubus idaeus	neutral	bitter, sour	UT, IN
Rumex crispus	cool	bitter, sl. sour	LR, IN
Ruta graveolens	warm-cool	bitter, aromatic	KI, LR, HT, UT, SP, IN
Salvia miltiorrhiza	cool	bitter	HT, LR, UT
Salvia officinalis	warm-cool	aromatic, acrid	LU, HT, LR, UT
Sambucus nigra	cool	acrid, sl. bitter	LU
Sanguinaria canadensis	warm	bitter, acrid	LU, HT, LR
Sanguisorba officinalis	cool	sour, bitter	LI, UT
Sarothamnus scoparius	neutral	bitter	HT, KI, BL
Schisandra chinensis	warm	sour	HT, KI, LU, LR
Scrofularia nodosa	cool	sl. bitter	LU
Serenoa serrulata	neutral	sweet, sl. sour	KI, BL, SP
Smilax species	cool	sl. bitter	LR, KI, BL
Symplocarpus foetidus	warm	acrid	LU, LR
Tanacetum parthenium	cool	bitter	LR
Taraxacum officinale	cool-cold	bitter	KI, BL, LR, GB, ST, IN

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Thuja occidentalis	warm-cool	acid, aromatic, bitter	LU, HT, BL, UT
Thymus vulgaris	warm-cool	aromatic	LU, KI, BL, HT, SP, IN, UT
Trigonella foenum-graecum	sl. warm	bitter, sl. sweet, sl. acid	SP, IN, LU
Turnera diffusa	warm	bitter, aromatic, acid	KI, SP, LI
Urtica dioica	neutral	acid	LU, IN, BL, UT
Valeriana officinalis	cool	bitter, sweet	HT, LR, ST, IN
Viburnum prunifolium	neutral	sl. bitter, sl. sour	UT
Vinca minor	neutral	sour	BL, UT
Viola odorata	cool	sour, sweet, bitter	LU, BL
Viola tricolor	cool	sour, sweet, bitter	LU, BL
Vitex agnus castus	neutral	bitter, sl. acid	LR, UT
Zanthoxylum species (bark)	hot	acid, aromatic, bitter	HT, SP, ST, IN
Zanthoxylum species (berries)	hot	acid, aromatic, bitter	HT, SP, ST, IN
Zea mays	neutral	sweet	BL
Zingiber officinale (dried)	hot	acid, aromatic	LU, SP, ST, IN, HT, UT
Zingiber officinale (fresh)	hot	acid, aromatic	LU, SP, ST, IN, UT
Ziziphus jujube	neutral	sweet	SP, ST

The properties and organ systems given for some of the Chinese herbs in this list are different from those listed in Bensky and Gamble. The explanations of these differences are given in the chapter each of these herbs under the heading *Organs* in the *Traditional sources* section.