

## Herbs Covered by Health Insurance in Japan

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Herbal medicines have been used for more than 1500 years in Japan. Despite the decision of the new government in the Meiji era to adopt Western medicine, the sale of herbal medicines at drug stores throughout Japan has continued, and these drugs are in popular use. Pharmacologists have studied these herbs and achieved noteworthy results, including identification of the medicinal properties and the active ingredients. For example, Chokichi Nagai isolated ephedrine from the herb called Mao (Ephedra). Japanese investigators have also been playing a leading role in research in this field. Many research findings have been reported in various journals, such as the *Journal of Traditional Medicines and Natural Medicines*.

When the National Health Insurance (NHI) system was started in Japan, some medicinal herbs were listed on NHI drug price tariff, besides a number of Western medicines, so that they could be used for “prescriptions based on Kampo (Traditional Chinese Medicine: TCM) theories”. In 1965, 43 herbal medicines were covered by insurance. This was very favorable for the subsequent progress of TCM in Japan, and served as a base for later authorization of some of the herb preparations for overall medical use under the NHI system. At present, about 200 herbal medicinal preparations are covered by the NHI in Japan.

### Types and trend of use of herbal medicines covered by insurance

At present, about 200 herbal medicines are covered by the NHI in Japan. Some tendencies related to traditions of Japan can be recognized in the types of herbs that were covered by insurance. As described in the section on History, the prescriptions recommended in the classical monographs “Shang han lun” and “Jingui Yaolue” began to be used frequently in TCM in Japan, as early as in the 18th century. As a result, the herbs needed for these prescriptions began to be used widely in Japan and they started to become freely available in the market. This tendency to attach importance to classical monographs continued even

through the 1930s, when use of TCM was revived in Japan. Adoption of herbs listed on the NHI drug price tariff was also affected by this tendency. At present, all herbs used for TCM preparations for medical use, except for Shinkiku (Medicated leaven), are covered by the NHI. Of course, a large number of herbs not covered by insurance, are also available in the market for clinical use, even if the cost needs to be borne completely by the patient. Most of the prescriptions used in China at present can also be administered in Japan. Thus, there are no problems relating to the clinical use of such prescriptions in Japan.

### Herbal medicines unique to Japan

More than 90% of the herbs consumed in Japan are imported from foreign countries. Such dependence on imported herbs has continued ever since TCM was first introduced in Japan from the Korean Peninsula and China. During this period, Japanese investigators sought similar herbs in Japan, and in fact, discovered several that can be used in place of the imported herbs. About 300 years ago, during the Tokugawa Shogunate era, cultivation and collection of Japanese herbs were recommended within the framework of the economic policy. As a result, some herbs unique to Japan began to be marketed, including Boi (Oriente Stem), Toki (Japanese Angelica Root), Oren (Coptis Rhizoma), Saiko (Bupleurum Root) and Byakujutsu (Atractylodes Rhizoma). Ninjin (Ginseng) had been entirely imported until that time, and was, therefore, very expensive (various anecdotes have been documented relating to this herb).

Through the efforts of government officials, cultivation of several herbs was conducted successfully in Fukushima, Nagano and Shimane prefectures. Early in the 18th century, these herbs began to be exported to foreign countries. (The current situation on these herbs is slightly complex, since large amounts of these herbs are now imported, and some amounts are exported.)

For the reasons mentioned above, several herbs with different origins from those used in China are now used in Japan. These herbs are also included in the official compendium (e.g., Japanese Pharmacopoeia) prepared by the Ministry of Health, Labour and Welfare. Examples are cited in the next page.

Boi: In China, this is referred to as *Stephania tetrandra*. In the Japanese Pharmacopoeia, it is described as *Sinomenium acutum* (in China, *Sinomenium acutum* refers to another herb called Seihuto). However, it has been shown through data from many clinical cases, that Japanese Boi can be used as Chinese Hun-boi.

Toki (Japanese angelica root): In China, this is referred to as *Angelica sinensis*. In Japan, it is more often referred to as *Angelica acutiloba* or *var. sugiyama*. It is grown in diverse areas, including Hokkaido and the Honshu region (the main island of Japan).

Oren (*Coptis rhizoma*): In China, this is referred to as *Coptis chinensis*. In Japan, it is generally referred to as *C. japonica*. Oren grown in Japan is a vivid yellow and was exported to China for some time as high-quality Oren.

Senkyu (*Cnidium rhizoma*): In China, this is referred to as *Ligusticum chuanxiong*. In Japan, it is referred to as *Cnidium officinale*, belonging to the umbelliferous family. It is widely grown in Hokkaido and some other districts.

Byakujutsu (*Atractylodes rhizoma*): In China, this is referred to as *Atractylodes ovata*; in Japan, it is generally referred to as *A. japonica*. *A. japonica* contains large amounts of essential oil. *A. japonica* is superior to *A. ovata* in terms of its composition.

For some herbal medicinal plants, the part of the plant used as medicine is unique in Japan. For example, “Keishi“ makes use of the bark of *Cinnamomum Cassia*, but doesn’t use the fresh branches. The bark of *Cinnamomum Cassia* is called “Keihi“. The term Saishin (Asiasarum Root) is used when only the root, after the parts above the ground are discarded. The part of Saishin above the ground contains aristolochic acid, which has strong nephrotoxicity. In Japan, not only the parts of Saishin above the ground, but also other herbs containing aristolochic acid (Koboi: *Aristolochia fangchi*, Kanmokutsu: Stem of *Aristolochia manshuriensis*, etc.) are banned from the market.

### Herb testing standards

The Japanese Pharmacopoeia (JP) stipulates standards for herbs, including identification, purity, ash content, loss on drying, composition, etc. Standards on contamination by agrochemicals, heavy metals, bacteria, etc. are stipulated for some herbs in the JP. However, herb manufacturers in Japan conduct tests on their herb preparations for these contaminants, even when no standards are stipulated in the JP. In Japan although a large proportion is still imported from foreign countries, only herb products that have passed stringent tests of quality, are distributed in the market.

*The herbal medicines covered by the NHI in Japan are listed in the table on the next page.*

## Chinese Herbs Covered by Medical Insurance

ENGLISH NAME	BOTANICAL NAME	CHINESE NAME	JAPANESE NAME	TASTE	CHARACTER
Akebia Stem	Akebia quinata or A. trifoliata	Bai Mu tong (白木通)	Mokutsu	Bitter	Cold
Aloes	Aloe ferox	Lu hai (芦荟)	Aroe matsu	Bitter	Cold
Amomum Seed	Amomum xanthioides	Sha ren (砂仁)	Syukusya	Sour	Warm
Amomum Seed powder	Amomum xanthioides	Sha ren fen (砂仁粉)	Syukusya matsu	Sour	Warm
Anemarrhena Rhizoma	Anemarrhena aschodeloides	Zhi mu (知母)	Chimo	Bitter, sweet	Cold
Angelica Dahurica Root	Angelica dahurica	Bai zhi (白芷)	Byakushi	Pungent	Warm
Apricot Seed	Prunus armeniaca or P. armeniaca var. ansu	Xing ren (杏仁)	Kyonin	Bitter	Slightly warm, slightly poisonous
Areca Seed	Areca catechu	Bing lang (檳榔)	Binroji	Pungent, bitter	Warm
Areca Seed powder	Areca catechu	Bing lang fen (檳榔粉)	Binroji matsu	Pungent, bitter	Warm
Areca Peel	Areca catechu etc	Da fu pi (大腹皮)	Daihukuh	Bitter	Slightly warm
Argy Womwood Leaf	Artemisia princeps, A. montana	Ai ye (艾葉)	Gaiyo	Bitter, pungent	Warm
Arisma Rhizoma	Alisma orientale	Ze xie (沢瀉)	Takusya	Sweet, tasteless	Cold
Arisma Rhizoma powder	Alisma orientale	Ze xie fen (沢瀉粉)	Takusya matsu	Sweet, tasteless	Cold
Artemisia Capillaris Flower	Artemisia capillaris	Yin chen hao (茵陳蒿)	Intinko	Bitter	Slightly cold
Asiasarum Root	Asiasarum heterotropoides var. mandshuricum	Xi xin (細辛)	Saishin	Pungent	Warm
Asiatic Cornelian Cherry Fruit	Cornus officinalis	Shan zhu yu (山茱萸)	Sansyuyu	Sour	Slightly warm
Ass Hide Glue	Ass	E jiao (阿膠)	Akyo	Sweet	Mild (Natural)
Astragalus Root	Astragalus mongholicus	Huang qi (黃耆)	Ogi	Sweet	Slightly warm
Astragalus Root powder	Astragalus mongholicus	huang qi fen (黃耆粉)	Ogi matsu	Sweet	Slightly warm
Atractylodes Lancea Rhizoma	Atractylodes lancea	Cang zhu (蒼朮)	Sojutsu	Sour, bitter	Warm
Atractylodes Lancea Rhizoma powder	Atractylodes lancea	Cang zhu fen (蒼朮粉)	Sojutsu matsu	Sour, bitter	Warm
Atractylodes Ovatae Rhizoma	Atractylodes ovata	Bai zhu (白朮)	Byakujutsu	Bitter, sweet	Warm
Atractylodes Ovatae Rhizoma powder	Atractylodes ovata	Bai zhu fen (白朮粉)	Byakujutsu matsu	Bitter, sweet	Warm
Atractylodes Rhizoma	Atractylodes japonica or Atractylodes ovata	Bai zhu (白朮)	Byakujutsu	Bitter, sweet	Warm
Atractylodes Rhizoma powder	Atractylodes japonica	Bai zhu fen (白朮粉)	Byakujutsu matsu	Bitter, sweet	Warm
Balloonflower Root	Platycodon grandiflorum	Jie geng (桔梗)	Kikyo	Bitter, sour	Mild (Natural)
Balloonflower Root powder	Platycodon grandiflorum	Jie geng fen (桔梗粉)	Kikyo matsu	Bitter, sour	Mild (Natural)
Bambusae caulis in taeniis	Bambusa tuldoides	Zhu ru (竹茹)	Chikujo	Sweet	Slightly cold
Barbary Wolfberry Fruit	Lycium barbarum	Gou qi zi (枸杞子)	Kukosi	Sweet	Mild (Natural)
Bark of Mulberry Root	Morus alba	Sang bai pi (桑白皮)	Sohakuhi	Sweet	Cold
Biond Magnolia Flower-bud	Magnolia biondii etc	Xin yi (辛夷)	Shin'i	Pungent	Warm
Black Sesame	Sesamum indicum	Hei zhi ma (黑芝麻)	Goma	Sweet	Mild (Natural)
Bunge Pricklyash	Zanthoxylum bungeanum	Hua jiao (花椒)	Kasyo	Pungent	Hot, slightly poisonous
Bupleurum Root	Bupleurum falcatum	Chai hu (柴胡)	Saiko	Pungent, bitter	Slightly cold
Cape Jasmine Fruit	Gardenia jasminoides	Zhi zi (梔子)	Sanshishi	Bitter	Cold
Cape Jasmine Fruit powder	Gardenia jasminoides	Zhi zi fen (梔子粉)	Sanshishi matsu	Bitter	Cold
Cardamon	Amomum cardamomum	Xiao dou cou (小豆蔻)	Shozuku	Pungent	Warm
Cardamon powder	Amomum cardamomum	Xiao dou cou fen (小豆蔻粉)	Shozuku matsu	Pungent	Warm
Cassia Bark (Cinnamon Bark)	Cinnamomum Cassia	Rou gui (肉桂)	Keihi	Pungent, sweet	Hot
Cassia Bark (Cinnamon Twig)	Cinnamomum Cassia	Gui zhi (桂枝)	Keishi	Pungent, sweet	Warm
Cassia Bark powder	Cinnamomum Cassia	Rou gui fen (肉桂粉)	Keihi matsu	Pungent, sweet	Hot
Cassia Seed	Cassia obtusifolia or C. tora	Jue ming zi (決明子)	Keitsumeishi	Sweet, bitter, salty	Slightly cold
Chinese Clematis Root	Clematis chinensis	Wei ling xian (威靈仙)	Ireisen	Sour, salty	Warm
Chinese Gentian	Gentiana scabra	Long dan cao (龍胆草)	Ryutan	Bitter	Cold
Chinese Gentian powder	Gentiana scabra	Long dan cao fen (龍胆草粉)	Ryutan matsu	Bitter	Cold
Chinese Ligusticum Rhizoma	Ligusticum sinense etc	Gao ben (藜蘆)	Kohon	Pungent	Warm
Chinese Waxgourd Seed	Benincasa cerifera or B. cerifera forma emarginata	Dong gua zi (冬瓜子)	Togashi	Sweet	Cold
Chrysanthemum Flower	Chrysanthemum morifolium	Ju hua (菊花)	Kikuka	Sweet, slightly bitter	Slightly cold
Cicada Slough	Cryototypana atrata(pustulata) etc	Chan tui (蟬蛻)	Sentai	Sweet	Cold
Cimicifuga Rhizoma	Cimicifuga dahurica and C. heracleifolia	Sheng ma (升麻)	Shoma	Pungent, sweet	Slightly cold
Clove	Syzygium aromaticum	Ding xiang (丁香)	Cyogi	Pungent	Warm
Clove powder	Syzygium aromaticum	Ding xiang fen (丁香粉)	Choji matsu	Pungent	Warm
Cnidium Rhizoma	Cnidium officinale	Chuan xiong (川芎)	Senkyu	Pungent	Warm
Cnidium Rhizoma powder	Cnidium officinale	Chuan xiong fen (川芎粉)	Senkyu matsu	Pungent	Warm
Coastal Glehnia Root	Glehnia littoralis	※2	Hamabohu	Slightly sweet	Slightly cold
Cochinchinese Asparagus Root	Asparagus cochinchinensis	Tian men dong (天門冬)	Tenmondo	Sweet, bitter	Extremely cold
Coix Seed	Coix lachryma-jobi var. mayuen	Yi yi ren (薏苡仁)	Yokuinin	Sweet, tasteless	Slightly cold
Coix Seed powder	Coix lachryma-jobi var. mayuen	Yi yi ren fen (薏苡仁粉)	Yokuinin matsu	Sweet, tasteless	Slightly cold
Combined Spicebush Root	Lindera strychnifolia	Wu yao (烏藥)	Uyaku	Pungent	Warm
Common Cnidium Fruit	Cnidium monnieri	She chuang zi (蛇床子)	Jyasyoushi	Pungent, bitter	Warm
Common Floweringquince Fruit	Chaenomeles lagenaria	Mu gua (木瓜)	Syuhimokka	Sour	Warm
Common Selfheal Fruit-spike	Prunella vulgaris	Xia ku cao (夏枯草)	Kagoso	Bitter, pungent	Cold
Coptis Rhizoma	Coptis chinensis	Huang lian (黃連)	Oren	Bitter	Cold
Coptis Rhizoma powder	Coptis chinensis	Huang lian fen (黃連粉)	Oren matsu	Bitter	Cold
Crataegus	Crataegus cuneata	Shan zha zi (山楂子)	Sanzashi	Sour, sweet	Slightly warm
Dioscorea Rhizoma	Dioscorea batatas	Shan yao (山藥)	Sanyaku	Sweet	Mild (Natural)
Divaricate saposchnikovia Root	Aposhnikovia divaricate	Fang feng (防風)	Bohu	Pungent, sweet	Cold
Double-teeth Pulbescent Angelica Root	Angelica pubeacens or A. pubeacens Form biserrata etc	Du huo (獨活)	Todokukatsu	Sour, bitter	Warm
Dragon's bone	Big fossil animal bone	Long gu (龍骨)	Ryukotsu	Sweet, astringent	Slightly cold
Dried Bitter-Orange Peel	Citrus aurantium	Chen pi (橙皮)	Tohi	Pungent, slightly bitter	Warm
Dried Ginger	Zingiber officinale	Gan jiang (干姜)	Syokyo	Pungent	Hot
Dried Ginger powder	Zingiber officinale	Gan jiang fen (干姜粉)	Shokyo matsu	Pungent	Hot
Dried Rehmannia Root	Rehmannia glutinosa var. hueichingensis	Shen di huang (生地黃)	Jio	Sweet, bitter	Cold
Ephedra	Ephedra sinica	Ma huang (麻黃)	Mao	Pungent, slightly bitter	Warm

ENGLISH NAME	BOTANICAL NAME	CHINESE NAME	JAPANESE NAME	TASTE	CHARACTER
Eucommia Bark	Eucommia ulmoides	Du zhong(杜仲)	Totyu	Sweet	Warm
Evodia Fruit	Evodia rutaecarpa or E. officinalis	Wu zhu yu(吳茱萸)	Gosyuyu	Pungent	Hot, bitter, poisonous
Fennel	Foeniculum vulgare	Xiao hui xiang(小茴香)	Uikyo	Pungent	Warm
Figwort Root	Scrophularia ningpoensis or S. buergeriana	Xuan shen(玄參)	Genjin	Bitter, sweet, salty	Cold
Fineleaf Schizomepeta herb	Schizonepeta tenuifolia	Jing jie(荆芥)	Keigai	Pungent	Slightly warm
Forsythia Capsule	Forsythia suspensa	Lian qiao(連翹)	Rengyo	Bitter	Slightly cold
Fourleaf Ladybell Root	Adenophora tetraphylla or A. axilliflora	Nan sha shen(南沙參)	Syajin	Sweet	Slightly cold
Fourstamen Stephania Root	Stephania tetrandora	Fang yi(防己)	Hun boi	Bitter, sour	Cold
Fresh Ginger	Zingiber officinale	Sheng jiang(生姜)	Sensyokyo	Pungent	Slightly warm
Fresh Rehmannia Root	Rehmannia glutinosa var hueichingensis	Xian di huang(鮮地黃)	Jio	Sweet, bitter	Cold
Galangal Rhizoma	Alpinia officinarum	Gao liang jiang(高良姜)	Ryokyo	Pungent	Hot
Gambir powder	Acacia catechu	Hai er cha(孩兒茶)	Asen'yaku matsu	Bitter, astringent	Mild (Natural)
Gambirplant Hooked Stem and Branch	Uncaria rhynchophylla or U. sinensis	Gou teng(鉤藤)	Chotoko	Sweet	Slightly cold
Gentian Root	Gentiana lutea	European herb, No Chinese	Gentiana	Sweet, bitter	
Geranium Herb	Geranium thunbergii	Lao guan cao(老鸛草)	Gennosyokyo	Bitter, slightly pungent	Mild (Natural)
Geranium Herb powder	Geranium thunbergii	Lao guan cao fen(老鸛草粉)	Gennosyokyo matsu	Bitter, slightly pungent	Mild (Natural)
Ginseng	Panax ginseng	Ren shen(人參)	Ninjin	Sweet, slightly bitter	Mild (Natural)
Great Burdock Achene	Arctium lappa	Niu ban zi(牛蒡子)	Goboshi	Pungent, bitter	Cold
Gypsum (Calcium Sulphate Dihydrate)	CaSO4·2H2O	Shi gao(石膏)	Sekko	Pungent, sweet	Extremely cold
Hawthorn Fruit	Crataegus pinnatifida var. major	Shan zha rou(山楂肉)	Sanzashi	Sour, sweet	Slightly warm
Hemp Seed	Cannabis sativa	Huo ma ren(火麻仁)	Mashinin	Sweet	Mild (Natural)
Honey		Feng mi(蜂蜜)	Hatimitsu	Sweet	Mild (Natural)
Honeysuckle Stem	Lonicera japonica	Ren dong teng(忍冬藤)	Nindo	Sweet	Cold
Houttuynia Herb	Houttuynia cordata	Yu xing cao(魚腥草)	Juyaku	Pungent	Slightly cold
Immature Bitter Orange	Citrus aurantium	Zhi qiao(枳殼)	Kijitsu(Kikoku)	Bitter, pungent	Slightly cold
Indian Bread Exodermis	Poria cocos	Fu shen(茯神)	Bukuryo	Sweet, tasteless	Mild (Natural)
Jackintheulpit Tuber	Arisaema consanguineum etc	Tian nan xing(天南星)	Tennansyo	Bitter, sour	Warm, poisonous
Japanese Angelica Root	Angelica acutiloba or var. sugiyamae	Dang gui(當歸)	Toki	Sweet, pungent	Warm
Japanese Angelica Root powder	Angelica acutiloba or var. sugiyamae	Dang gui fen(當歸粉)	Toki matsu	Sweet, pungent	Warm
Japanese Dwarf Quince	Chaenomeles sinensis	Ming zha(檳榔)	Mokka	Sour	Warm
Japanese Pagodatree Flower-bud	Sophora japonica	Huai mi(槐米)	Kaika	Slightly cold	Slightly cold
Juiube (Chinese Date)	Zizyphus juiuba var. inermis	Da zao(大棗)	Taiso	Sweet	Warm
Kaolinum	Hydrated halloysite (Al2O3·2SiO2·2H2O·4H2O)	Hua shi(軟滑石)	Kasseki	Sweet, tasteless	Cold
Lalang Grass Rhizoma	Imperata cylindrica	Mao gen(茅根)	Bokon	Sweet	Cold
Licorice Root	Glycyrrhiza uralensis	Gan cao(甘草)	Kanzo	Sweet	Mild (Natural)
Licorice Root powder	Glycyrrhiza uralensis	Gan cao fen(甘草粉)	Kanzo matsu	Sweet	Mild (Natural)
Lightyellow Shora Root	Sophora flavescens	Ku shen(苦參)	Kujin	Bitter	Cold
Lightyellow Shora Root powder	Sophora flavescens	KU shen fen(苦參粉)	Kujin matsu	Bitter	Cold
Lily Bulb	Lilium lancifolium, L. brownii var. colchesteri etc	Bai he(百合)	Byakugo	Sweet, slightly bitter	Mild (Natural)
Lithospermum Root	Lithospermum erythrorhizon	Zi cao(紫草)	Shikon	Sweet	Cold
Lobed Kudzuvine Root	Pueraria lobata	Ge gen(葛根)	Kakkon	Sweet, pungent	Cool
Longan Ari (Longan Fruit)	Euphoria longana	Long yan rou(龍眼肉)	Ryuganniku	Sweet	Slightly warm
Lonicerae Fros	Lonicera japonica	Jin yin hua(金銀花)	Kinginka	Sweet	Cold
Loquat Leaf	Eriobotrya japonica	Pi pa ye(枇杷葉)	Biwavo	Bitter	Cold
Lotus Seed	Nelumbo nucifera	Lian zi(蓮子)	Renniku	Sweet, astringent	Mild (Natural)
Lycium Bark	Lycium chinense	Di gu pi(地骨皮)	Jikoppi	Sweet, tasteless	Slightly warm
Magnesium sulfate	MgSO4·7H2O	※2	MgSO4·7H2O	Salty, bitter	Extremely Cold
Magnolia Bark	Magnolia obovata, M. officinalis or M. officinalis var. biloba	Hou po(厚朴)	Koboku	Bitter, sour	Warm
Magnolia Bark powder	Magnolia obovata, M. officinalis or M. officinalis var. biloba	Hou po fen(厚朴粉)	Koboku matsu	Bitter, sour	Warm
Malt	Hordeum vulgare	Mai ya(麥芽)	Bakuga	Sweet	Mild (Natural)
Malt Sugar	Rice & Malt	Yi tang(飴糖)	Ame(Koi)	Sweet	Warm
Mandarin Orange Peel	Citrus reticulata	Chen pi(陳皮)	Chinpi	Bitter, sour	Warm
Mandarine Orange Peel	Citrus reticulata	Chen pi(陳皮)	Kippi	Bitter, sour	Warm
Mirabilite	Nature Na2SO4·10H2O	Mang xiao(芒硝)	Na2SO4·10H2O	Salty, bitter	Extremely Cold
Mud Tortoise Carapace	Amyda japonica or A. sinensis	Bie jia(龜甲)	Dobekko	Salty	Cold
Myrobalan	Terminalia chebula	He zi(訶子)	Kasi	Bitter, sour, astringent	Mild (Natural)
Nandinae Fructus	Nandina domestica and forma leucocarpa	Nan tian zhu zi(南天竹子)	Nantenjisu	Sour, sweet	Mild (Natural)
Nature Chrysanthemum Flower	Chrysanthemum indicum	Ye ju hua(野菊花)	Kikuka	Bitter, pungent	Slightly cold
Non-prepared Aconiti tuber	Aconitum carmichaeli	Wu tou(烏頭)	Uzu	Pungent, bitter	Extremely hot, great poisonous
Nuphar Rhizoma	Nuphar japonicum	None in China	Senkotsu	Slightly bitter	Slightly cold
Nutgrass Galingale Rhizoma	Cyperus rotundus	Xiang fu(香附)	Kobushi	Pungent	Slightly bitter
Nutgrass Galingale Rhizoma powder	Cyperus rotundus	Xiang fu fen(香附粉)	Kobushi matsu	Pungent	Slightly bitter
Nutmeg Seed	Myristica fragrans	Rou dou kou(肉豆蔻)	Nikuzuku	Pungent	Warm
Ophiopogon Tuber (Dwarf Lilyturf Root)	Ophiopogon japonicus	Mai dong(麥冬)	Bakumondo	Sweet, slightly bitter	Slightly cold
Oriente Stem	Sinomenium acutum	Qing feng teng(青風藤)	Boi	Bitter	Mild (Natural)
Oyster Shell	Oatrea gigas	Mu li(牡蛎)	Borei	Salty, astringent	Slightly cold
Oyster Shell powder	Oatrea gigas	Mu li fen(牡蛎粉)	Borei matsu	Salty, astringent	Slightly cold
Panax Japonicum Rhizoma	Panax japonica	Zhu jie shen(竹節參)	Chikusetsuninin	Sweet, slightly bitter	Slightly warm
Peach Seed (Peach Kernel)	Purunus persica or var. davidiana	Tao ren(桃仁)	Tonin	Bitter	Mild (Natural)
Perilla Herb (Perilla Leaf)	Perilla frutescens etc	Zi su cao(紫蘇葉)	Soyo	Pungent	Warm
Perilla Fructus	Perilla frutescens etc	Su zi(蘇子)	Shisoshi	Sour	Warm
Persimmon Calyx	Diospyos kaki	Shi di(柿蒂)	Shitei	Bitter astringent	Mild (Natural)
Peucedanum praeruptorum (Peucedanum decurisivum)	Peucedanum praeruptorum	Qian hu(前胡)	Zenko	Bitter, sour	Slightly cold
Pharbitis Seed	Pharbitis nil or P. purpurea	Qian niu zi(牽牛子)	Kengoshi	Bitter	Cold, poisonous
Phellodendron Bark	Phellodendron amurense	Huang bai(黃柏)	Obaku	Bitter	Cold

ENGLISH NAME	BOTANICAL NAME	CHINESE	JAPANESE NAME	TASTE	CHARACTER
Phellodendron Bark powder	Phellodendron amurense	Huang bai fen(黄柏粉)	Obaku matsu	Bitter	Cold
Pinellia Tuber	Pinellia ternata	Bab xia(半夏)	Hange	Sour	Warm,poisonous
Plantago Herb	Plantago asiatica	Che qian(車前)	Syazenso	Sweet	Cold
Plantago Seed	Plantago asiatica	Che qian zi(車前子)	Syazenshi	Sweet	Cold
Polyporus Sclerotium	Polyporus umbellatus	Zhu ling(猪苓)	Chorei	Sweet, tasteless	Mild (Natural)
Prepared Aconiti Daughter Tuber	Aconitum carmichaeli	Fuzi(附子)	Busi	Pungent	Hot, poisonous
Prepared Aconiti Tuber	Aconitum carmichaeli	Fuzi(附子)	Hobushi	Pungent	Hot, poisonous
Prepared Coastal Glehnia Root	Glehnia littoralis	Sha shen(沙参:北沙参)	Hokusyajin※	Sweet	Slightly cold
Prepared Dried Ginger	Zingiber officinale	Chi gan jiang(赤干姜)	Karkyo	Pungent	Hot
Prepared Rehmannia Root	Rehmannia glutinosa var hueichingensis	Shou di huang(熟地黄)	Jio(juku)	Sweet	Slightly warm
Pruni Cortex	Pururus jamasakura	Japanese herb.(桜皮)※2	Ohi	Slightly	Mild (Natural)
Puncturevine Citrop Fruit	Triburus terrestris	Ji li(蒺藜)	Shiturishi	Bitter, pungent	Mild (Natural)
Quercus Bark	Quercus acutissima etc	Hu pi(槲皮)	Bokusoku	Bitter	Mild (Natural)
Red Ginseng	Panax ginseng	Hong shen(紅参)	Kojin	Sweet, slightly bitter	Warm
Red Ginseng powder	Panax ginseng	Hong shen fen(紅参粉)	Kojin matsu	Sweet, slightly bitter	Warm
Red Peony Root	Peonia lactiflora	Chi shao(赤芍)	Sekisyaku※	Bitter	Slightly cold
Rhizoma and Root Forbes Notopterygium	Notopterygium incisum or N. forbesii	Qiang huo(羌活)	Kyokatsu	Pungent, bitter	Warm
Rhubarb	Rheum palmatum and R.tanguticum	Da huang(大黄)	Daio	Bitter	Cold
Rhubarb powder	Rheum palmatum and R.tanguticum	Da huang fen(大黄粉)	Daio matsu	Bitter	Cold
Rice (Oryza Seed)	Oryza sativa	Jing mi(粳米)	Kobei	Sweet	Mild (Natural)
Rose fruit	Rosa multiflora	Ying shi(营实)	Ejitu	Sour	Slightly cool
Rose fruit powder	Rosa multiflora	Ying shi fen(营实粉)	Ejitu matsu	Sour	Slightly cold
Safflower	Carthamus tinctorius	Hohg hua(红花)	Koka	Pungent	Warm
Saffron	Crocus sativus	Xi hong huo(西红花)	Sahuran	Sweet	Cold
Sappan Wood	Caesalpinia sappan	Su mu(蘇木)	Soboku	Sweet, salty, pungent	Mild (Natural)
Saussurea Root powder	Saussurea lappa	Mu xiang fen(木香粉)	Mokko matsu	Pungent, bitter	Warm
Saussurea Root (Aucklandia Root)	Saussurea lappa	Mu xiang(木香)	Mokko	Pungent, bitter	Warm
Schisandra Fruit (Chinese Monkshood)	Schisandra chinensis	Wu mei zi(五味子)	Gomishi	Sour	Warm
Scutellaria Root	Scutellaria baicalensis	Huang qin(黄芩)	Ogon	Bitter	Cold
Scutellaria Root powder	Scutellaria baicalensis	Huang qin fen(黄芩粉)	Ogon matsu	Bitter	Cold
Senega Root	Polygala senega or var. latifolia	※2	Senega	Sweet, slightly bitter	
Senega Root powder	Polygala senega or var. latifolia	None in China	Senega matsu	Sweet, slightly bitter	
Senna Leaf	Cassia acutifolia and C. angustifolia	Fan xie ye(番泻葉)	Senna	Sweet, bitter	Extremely cold
Senna Leaf powder	Cassia acutifolia and C. angustifolia	Fan xie ye fen(番泻葉粉)	Senna matsu	Sweet, bitter	Extremely cold
Sharpleaf Galangal Fruit(Bitter Cardamon)	Alpinia oxyphylla	Yi zhi ren(益智仁)	Yakuchi	Pungent	Warm
Shrub Chastetree Fruit	Vitex rotundifolia or V. trifolia	Man jing zi(万荆子)	Mankeishi	Pungent, bitter	Cool
Siberian Motherwort Herb	Leonurus sibiricus	Yi mu cao(益母草)	Yakumoso	Pungent, bitter	Slightly cold
Smilax Rhizoma	Smilax glabra	Tu Fu ling(土茯苓)	Sankirai	Sweet, tasteless	Mild (Natural)
Smilax Rhizoma powder	Smilax glabra	Tu Fu ling fen(土茯苓粉)	Sankirai matsu	Sweet, tasteless	Mild (Natural)
Smoked Plum	Prunus mume Siebold	Mu mei(烏梅)	Ubai	Sour	Mild (Natural)
Tall Gastrodia Rhizoma	Gastrodia elata	Tian ma(天麻)	Tenma	Sweet	Mild (Natural)
Tall Gastrodia Rhizoma powder	Gastrodia elata	Tian ma fen(天麻粉)	Tenma matsu	Sweet	Mild (Natural)
Tatarian Aster Root	Aster tataricus	Zi yuan(紫苑)	Shion	Bitter, sweet	Slightly warm
Tea Leaf	Camellia sinensis	Cha ye(茶葉)	Cyayo	Bitter, sweet	Slightly cold
Thinleaf Milkwort Root	Polygala tenuifolia	Yuan zhi(遠志)	Onji	Bitter, sour	Slightly warm
Thinleaf Milkwort Root powder	Polygala tenuifolia powder	Yuan zhi fen(遠志粉)	Onji mastu	Bitter, sour	Slightly warm
Tonkin Sophora Root	Sophora subprostrata	Shan dou gen(山豆根)	Sanzukon	Bitter	Cold
Tortoise Plastron Glue	Tortoise	Gui ban jiao(龜板膠)	Akyo(Kibankyo)	Sweet, slightly sour	Mild (Natural) slightly cold
Trapae Fructus	Trapa japonica	Ling(菱)	Hisinomi	Sweet	Slightly cold
Tree Peony Bark	Paeonia suffruticosa	Mu dan pi(牡丹皮)	Botanpi	Bitter, pungent	Slightly cold
Tree Peony Bark powder	Paeonia suffruticosa	Mu dan pi fen(牡丹皮粉)	Botanpi matsu	Bitter, pungent	Slightly cold
Trichosanthes Root	Trichosanthes kirilowii	Tian hua fen(天花粉)	Karokon	Bitter, slightly sweet, sour	Cold
Trichosanthes Semen	Trichosanthes kirilowii	Gua lou ren(栝楼仁)	Karonin	Sweet	Cold
Tuber Fleecflower Root	Polygonum multiflorum	He shou wu(何首烏)	Kasyuu	Bitter, sweet, astringent	Slightly warm
Tuckahoe(Poria Sclerotium)	Poria cocos	Fu ling(茯苓)	Bukuryo	Sweet	Mild (Natural)
Tuckahoe(Poria Sclerotium) powder	Poria cocos	Fu ling fen(茯苓粉)	Bukuryo matsu	Sweet	Mild (Natural)
Turmeric Rhizoma	Curcuma longa	Jiang huang(姜黃)	Ukon	Pungent, bitter	Warm
Turmeric Root-tuber	Curcuma longa	Yu jin(鬱金)	Sennyokukin※3	Pungent, bitter	Cold
Twotooth Achyrantes Root	Achyrantes bidentata	Niu xi(牛膝:川牛膝)	Goshitsu	Bitter, sour	Mild (Natural)
uva-ursi leaves	Arctostaphylos uva-ursi	European herb. No Chinese	Uwaurusi	Slightly	
Valerian Root	Valeriana fauriei	Xie cao(纈草)※1	Kanokoso	Pungent, bitter	Warm
Valerian Root powder	Valeriana fauriei	Xia cao fen(纈草粉)	Kanokoso matsu	Pungent, bitter	Warm
Wheat Fruit	Triticum aestivum	Xiao mai(小麥)	Shobaku	Sweet	Slightly cold
White Peony Root	Peonia lactiflora	Bai shao(白芍)	Shakuyaku	Sour, bitter	Slightly cold
White Peony Root powder	Peonia lactiflora	Bai shao fen(白芍粉)	Shakuyaku matsu	Sour, bitter	Slightly cold
Wild Mint	Mentha arvensis var. piperascens	Bo he(薄荷)	Hakka	Pungent	Cool
Wrinkled Gianthysop Herb	Pogostemon cablin	Hou xiang(藿香)	Kakkou	Sour	Slightly warm
Yanhusuo	Corydalis turtschaninovii Besser forma yanhusuo	Yan hu suo(延胡索)	Engosaku	Pungent, bitter	Warm
Younger Immature Bitter Orange	Citrus aurantium	Zhi shi(枳实)	K'ijitsu	Bitter, pungent	Slightly cold
Zanthoxylum Fruit	Zanthoxylum piperitum	Shan jiao(山椒)	Sansyo	Pungent	Hot, Slightly poisonous
Zanthoxylum Fruit powder	Zanthoxylum piperitum	Shan jiao fen(山椒粉)	Sansyo matsu	Pungent	Hot, Slightly poisonous
Zedoary	Curcuma kwangsiensis	E zhu(莪朮)	Gajutsu	Pungent, bitter	Warm
Zedoary powder	Curcuma kwangsiensis	E zhu fen(莪朮粉)	Gajutsu matsu	Pungent, bitter	Warm
Zhejiang Tendrilleaf Fritillary Bulb	Fritillaria verticillata var. thubergii	Zhe bei mu(浙貝母)	Baimo	Bitter, sweet	Slightly cold
Zizyphus Seed	Zizyphus jujuba	Suan zao ren(酸棗仁)	Sansonin	Sweet, sour	Mild (Natural)

References: Chinese Herbal Medicine  
Japanese Pharmacopoeia

1 Xie cao(纈草): V.officinalis

2 not use in China

3 not in Medical Insurance