

Nao Qing Tea (腦清茶)

Ingredients:

炒決明子 Chao Jue Ming Zi, parched Cassia Seed (Semen Cassiae) 250g
甘菊 GanJu, Chrysanthemum (Flos Chrysanthemi) 30g
夏枯草 XiaKuCao, Common Selfheal Fruit-Spike (Spica Prunellae) 20g
橘餅 JuBing, Prepared Tangerine (Fructus Citri Praeparata) 30g
首烏 ShouWu, Fleece Flower Root (Radix Polygoni Multiflori) 30g
五味子 WuWeiZi, Chinese Magnoliavine Fruit (Fructus Schisandrae) 30g
麥冬 MaiDong, Dwarf Lilyturf Tuber (Radix Ophiopogonis) 60g
枸杞子 Gou JiZi, Barbary Wolfberry Fruit (Fructus Lycii) 60g
桂圓肉 GuiYuanRou, Longan Aril (Arillus Longan) 60g
桑椹 SangShen, Mulberry Fruit (Fructus Mori) 120g

Directions:

Pestle into coarse powder. Use 15g each time, make as tea with boiling water. Take two times a day.

Functions:

To clear liver fire, promote vision, nourish the brain and refresh the mind.

Indications:

Insomnia and neurasthenia due to yin deficiency of the heart, liver and kidney and hyperactivity of fire.