



Si Qi Wu Wei

4 temperatures/5 tastes

Taste	Actions	Good for	Examples
Sweet	Tonify, reinforce, strengthen	Fatigue, deficiency	Cannabis seed, ginseng, jujube date
Pungent	Disperse, invigorate, promotes circulation; disperses pathogens from exterior of body; invigorates qi & blood; opens pores; promotes sweating	Influenza, common cold	Cannabis, ginger, mint
Salty	Softens + dissolves hardness; moistens + lubricates intestines; dissolves lumps, nodes, cysts, masses	Goiter, constipation	Seaweed, cuttlefish bone
Sour	Absorbs, consolidates, astringent. Stops abnormal discharge of body fluids	Excess sweating, diarrhea	Chinese sour plum, suan zao ren
Bitter	Dries dampness, disperses, clears heat	Edema, cough due to qi stagnation	Apricot kernels, artemisia