Comments:

*Xiao Hui Xiang* (Foeniculum) is commonly used to treat Cold Stagnation in the Liver Channel causing hernia or sharp localized pain in the lower abdomen. To treat Cold in the Stomach associated with vomiting and reduced appetite, *Xiao Hui Xiang* (Foeniculum) is often combined with *Sheng Jiang* (Zingiberis) and *Hou Po* (Magnolia) or *Mu Xiang* (Saussurea). Through regulating peristalsis of the gastrointestinal tract, the herb also shortens gastric emptying time and increases the passage of gas. *Xiao Hui Xiang* (Foeniculum) induces milk secretion in cows and mares and is sometimes used for infertility. Use with caution if there is False Heat present due to *Yin* Deficiency.

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