

# U Anxiety

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## Plant

*Achyranthes bidentata* ( Niu Hsi, Niu Hsi Chiu, Soei in soei in taloen, Too-Inokozuti )

*Lophatherum gracile* ( Rumput kelurut (Chancre grass), Sasa-Kusa, Tan Chu )

*Poria cocos*(fungus) ( )

*Prunella vulgaris* ( Adi Erikotu, Consolida Minor, Consuelda Menor, Healall, Hsia Ku Ts' Ao, Selfheal, Sicklewort, Xia Ku Cao )

*Scrophularia marilandica* ( Figwort, Maryland Figroot )

*Scrophularia ningpoensis* ( Genzin, Xuan Shen )

*Trichosanthes kirilowii* ( Karo(To-Karasu-Uri), Kua Lou, T'Ien Kua )

*Trichosanthes multiloba* ( Kua Lou, Kuo Lou, Pai Yao, Qua Lau, T'Ien Hua Fen )

*Ziziphus jujuba* ( Azufaifo, Bedara china, Dara, Hong Zao, Jujube, Kola, Nabug, Natume, Pomme Malcadi, Sanebuto-Natume, Suan Tsao, Unnab, Unnap Agaci, Widara )