前　言 / Forward

随着人们生活水平的提高和养生保健意识的加强，作为自然疗法的中医药，越来越受到人们的欢迎和认可。汤剂作为中医药的传统剂型，因其具有疗效好、吸收快、针对性强、配方灵活等优点，故被广泛使用至今。汤剂的疗效涉及开药、抓药、煎药、服药四个环节。

开药　是疗效的根本。除了要选择医术好、医德高尚、临床经验丰富的大夫外，还要准确客观地向大夫描述你的病情，以得出正确的诊断和处方。


知识建议

请到正规中医院及口碑好的中医诊所就诊，避免受到医托及广告宣传的干扰，贻误病情。

As one of the naturopathies, Traditional Chinese Medicine（TCM）has won more and more reputation. To ensure good effect of decoction, one of the TCM therapies, 4 steps are involved including making prescription, getting right medicine, decocting and medicine use.

Making prescription is key point of healing effect. Proper diagnosis and prescription can only be available with experienced and professional doctors and accurate description of disease.


TIPS

Go to hospitals or clinics enjoying reputation. Turn deaf ears to advertisements and unprofessional advises.



名医李时珍，著有《本草纲目》
Li Shizhen, a famous ancient doctor who wrote the medical masterpiece *The Grand Compendium of Materia Medica (Běn Cǎo Gāng Mù)*

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抓药 是疗效的保证。中药讲究道地性，即何地种何药。比如说中国长白山出产的人参最好。另一方面，市面上的中药质量参差不齐，尤其是一些贵重滋补药，如人参、冬虫夏草、藏红花等，多有假药、劣药、以次充好等，这对于非专业人士很难鉴别。

Good medicine promises good effect. Chinese medicine is stressed the place it is from. For example, *rén shēn*（Radix et Rhizoma Ginseng）from Changbai Mountain is the best. What's more, quality of Chinese medicine in the market varies a lot. Unprofessional individuals are unlikely to tell good medicines from the bad.


知识建议

请到同仁堂这样的老字号药店或正规医疗机构的中药房抓药，质量才有保障。


TIPS

Go to pharmacies such as Tongrentang or official hospitals for medicines of good quality.





同仁堂老字号药店
Tongrentang pharmacy, an old-line business

煎药服药 是我们可以自我操控的唯一环节。千万不要小看这一环节，如果方法得当，会起到事半功倍的效果。这也是本书的主要内容。


知识建议

按照本书认真操作，感受其中的乐趣，给予自己良好的心理暗示，还可以吸收到更多的“药气”，何乐而不为？

本书通过患者抓药、煎药到喝药的整个过程再现，及细节描述、禁忌、知识建议等内容，使读者能够轻松掌握正确的中药煎服方法。我们采取图文并茂和通俗易懂的形式，旨在让更多的人能够接受此书，尝试我们的传统医药，并从中受益。

本书在编写过程中，得到很多老师、朋友的指导和帮助，特别是北京大北窑中医门诊部提供的支持，一并表示诚挚的谢意。书中如有不妥之处，烦请读者批评指正。

Medical decocting and use can be done by patients. Best effect would be achieved with proper ways. This book focuses on medicine decocting and taking.


TIPS

Follow the instructions and enjoy them to experience the miracles from TCM.

The book provides proper ways of medicine decocting and taking by the process with a lot of tips and notes. We hope more and more people get to know TCM and be benefited from it.

Thanks for the supports from professionals around, especially those teachers and friends from Dabeiyao TCM clinic of Beijing, More advices are welcomed.



中医药渊远流长。
TCM has a long history.

目　录 / Table of Contents

第一章　煎　药 …… 1

第一节　基本流程 …… 2
第二节　细节指导 …… 9
一、药方解读 …… 9
二、煎煮用具 …… 12
三、煎煮用水 …… 18
四、煎前泡药 …… 24
五、煎煮次数、火候与时间 …… 26
六、特殊煎煮法 …… 27
七、盛药器皿 …… 37

Chapter 1 Decocting 1

Section 1 Basic flow 2
Section 2 Instruction in detail 9
Prescription 9
Decocting appliances 12
Water for decocting 18
Medicine marinating before decocting 24
Level of attainment and time for decocting 26
Special decocting 27
Container for decoction 37



古代用来装药的药葫芦
Bottle gourd to contain medicine in ancient time

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第二章 服 药……39

一、服药方法 ……40
二、服药温度 ……43
三、服药时间 ……45
四、服药剂量 ……50
五、服药禁忌 ……50
六、服药观察 ……53
七、中药调服注意事项 ……55
八、中西药联用配伍宜忌 ……61



古代药碾
Medicine grinder in ancient time

Chapter 2 Medicine taking……39

Ways of medicine taking……40
Temperature for medicine taking……43
Time for medicine taking……45
Dosage……50
Contraindication……50
Observation on medicine use……53
Ways of medicine use and nursing……55
Preponderance and prohibition of integrated using of chinese medicine and western medicine……61

第一章 煎药

Chapter 1 Decocting



药王孙思邈曾亲自为母亲煎药和尝药。

Sun Simiao, who is regarded as the King of Medicine in ancient China, decocting and try medicine for his mother.

第一节　基本流程

如果你已经熟悉煎药的基本过程，可以略过这一部分，直接进入细节指导。

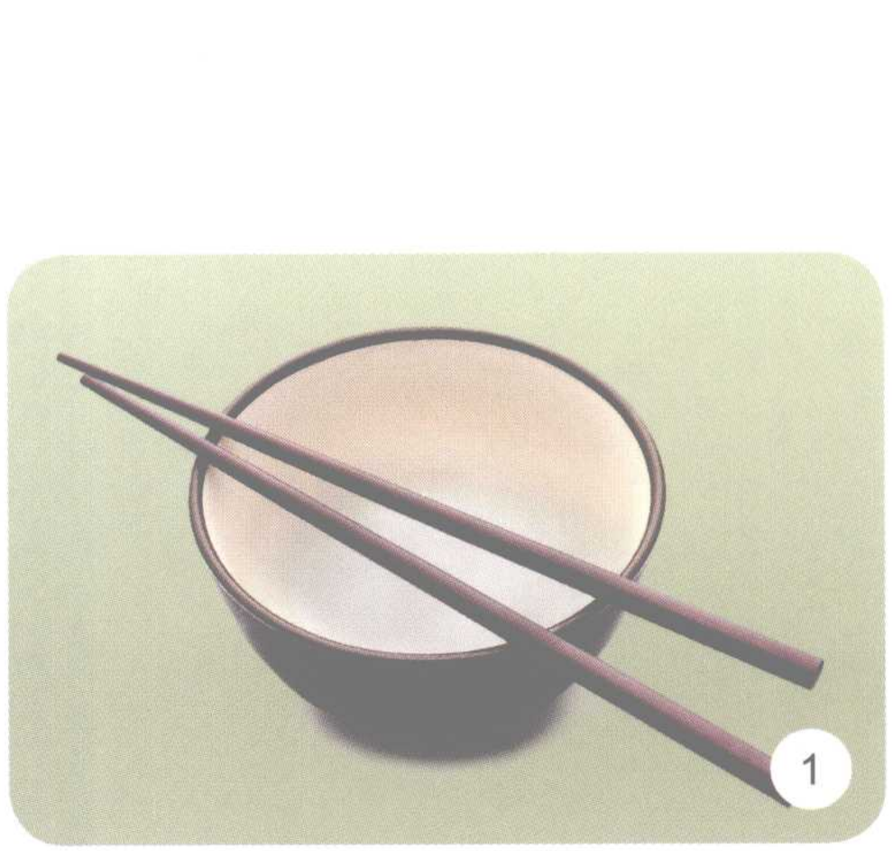
如果你是初学者，请仔细阅读这一部分，按图索骥。

Section 1　Basic flow

For those already familiar with decocting method, skip this part and go directly to the instructions in detail.

For those beginners, carefully read the instruction and illustrations of this section.





第①步　准备好用具：药包、药筛、砂锅、碗、筷子。将砂锅里外都清洗干净，擦干外表面。

Medicine pouch, medicine sieve, earthen pot, bowl and chopsticks are ready. Clean and dry earthen pot.



2

第②步：

打开一个药包，发现在药材中还有3个小药包，分别印有先煎、包煎和后煎字样。

Unpack medicine pouch, find 3 smaller pouches inside which are noted with decocted first, wrap-boiling, and decocted later respectively.

第③、④步：

打开印有“包煎”字样的小药包，将其中的药材放入随附的小布袋中，系紧。

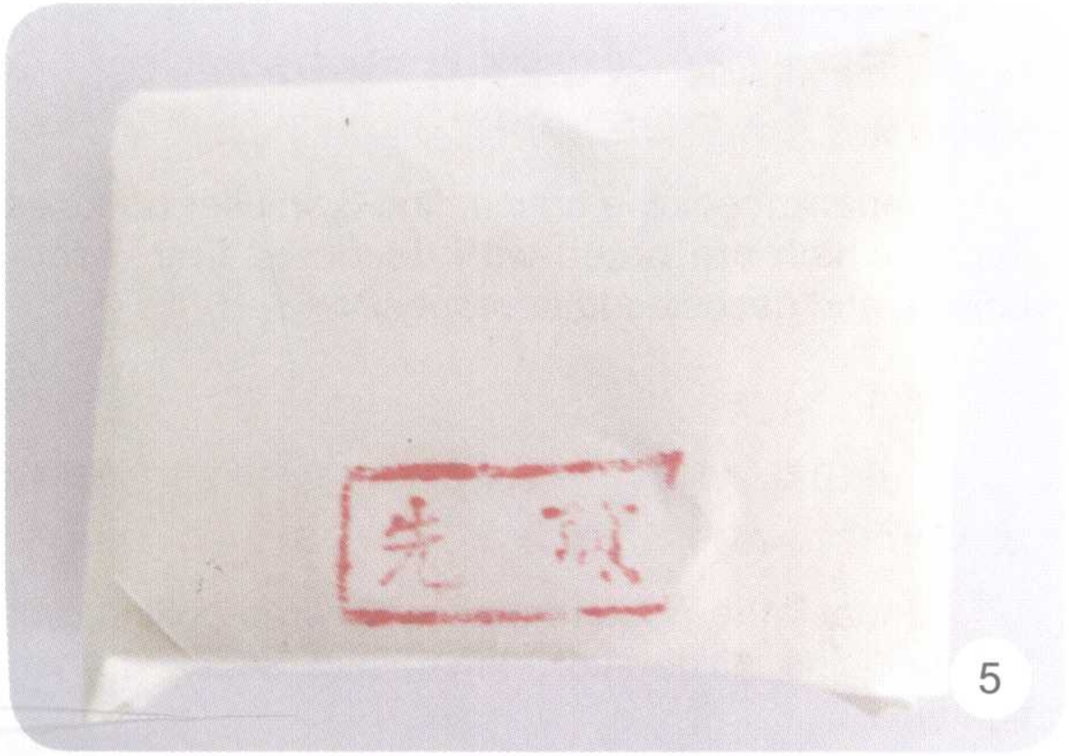
Unpack the pouch noted with wrap-boiling, put the medicine inside into a small sack attached, then tighten it.



3



4



5



7



6



8


9

第⑤、⑥步：

拿出印有“先煎”字样的小药包，将其中的药材倒入锅中。

Take out the pouch noted with decocted first. Put the medicine inside into pot.

第⑦步：

加适量水，较大火煮10分钟。

Decoct about 10 minutes with reasonable amount of water and big fire.

第⑧步：

放入除后煎药包外的其他药，并加入没过药面4cm的水，浸泡20分钟左右。

Put into pot all other medicines except for the one noted with decocted later, pour water into pot till its level 4cm above the medicines' level. Medicines should be marinated about 20 minutes.



10

第⑨步：

盖上盖子，用大火煮开。

Cover the pot. Decocted with big fire till boiling.

第⑩步：

煮开后，搅拌一下，小火再煮25分钟。

After boiling, stir and then decoct about 25 minutes with small fire.

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11

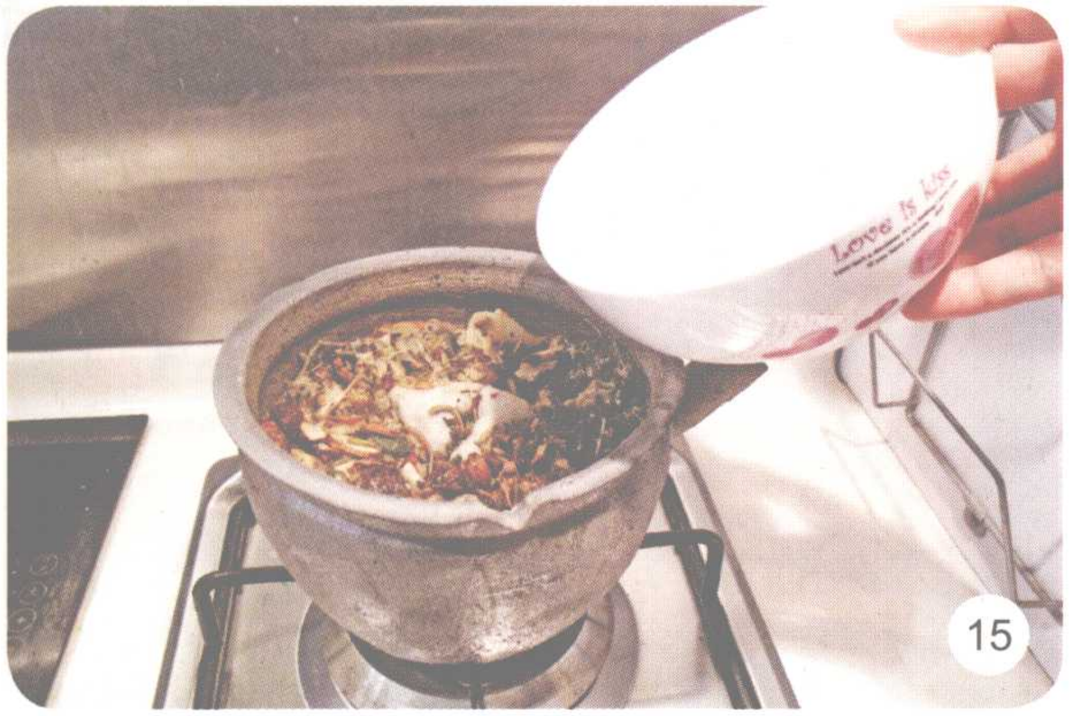


13



12


14



第⑪、⑫步：

将需要后煎的中药倒入锅中，小火再煮5分钟。

Put the medicine noted with decocted later into the pot, decoct 5 minutes with small fire.

第⑬步：

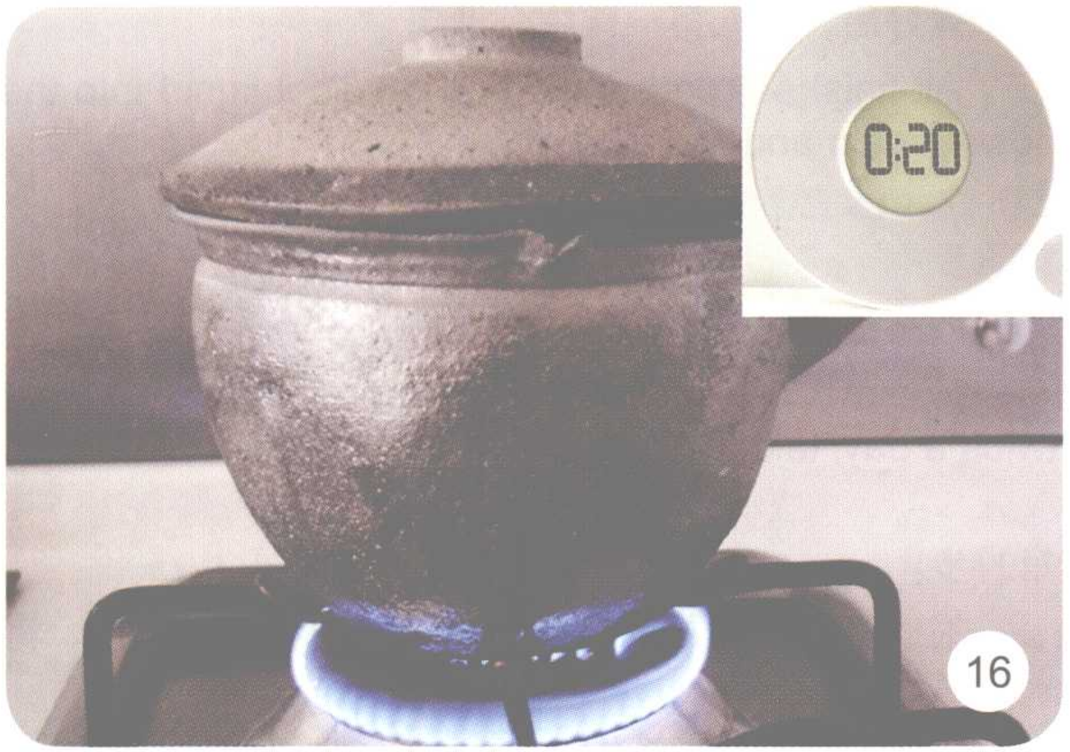
中间可加少量水一次，并不时用筷子搅拌锅底，以免粘锅。

Add reasonable amount of water once during decocting and stir with chopsticks frequently in order to avoid medicines sticking pot.

第⑭步：

将第一次熬好的药液经过药筛倒入碗中。

Pour the medical liquid done into a bowel through a sieve.



第⑮步：

加入没过药面3cm的水再煮，大火煮。

Add water 3cm above the medicines' level into pot and boil it with big fire.

第⑯步：

煮开后，搅拌一下，小火再煮20分钟。

Stir and decoct another 20 minutes with small fire after boiling.



17



19

第⑰步：

煮好后，倒入第一碗中，混匀。

All finished, pour the liquid medical liquid into the bowel again and mix them.



18

第⑱步：

如果是早晚分两次，则一次喝去一半。

For medicine taken in the morning and at night twice a day, take half each time.

第⑲步：

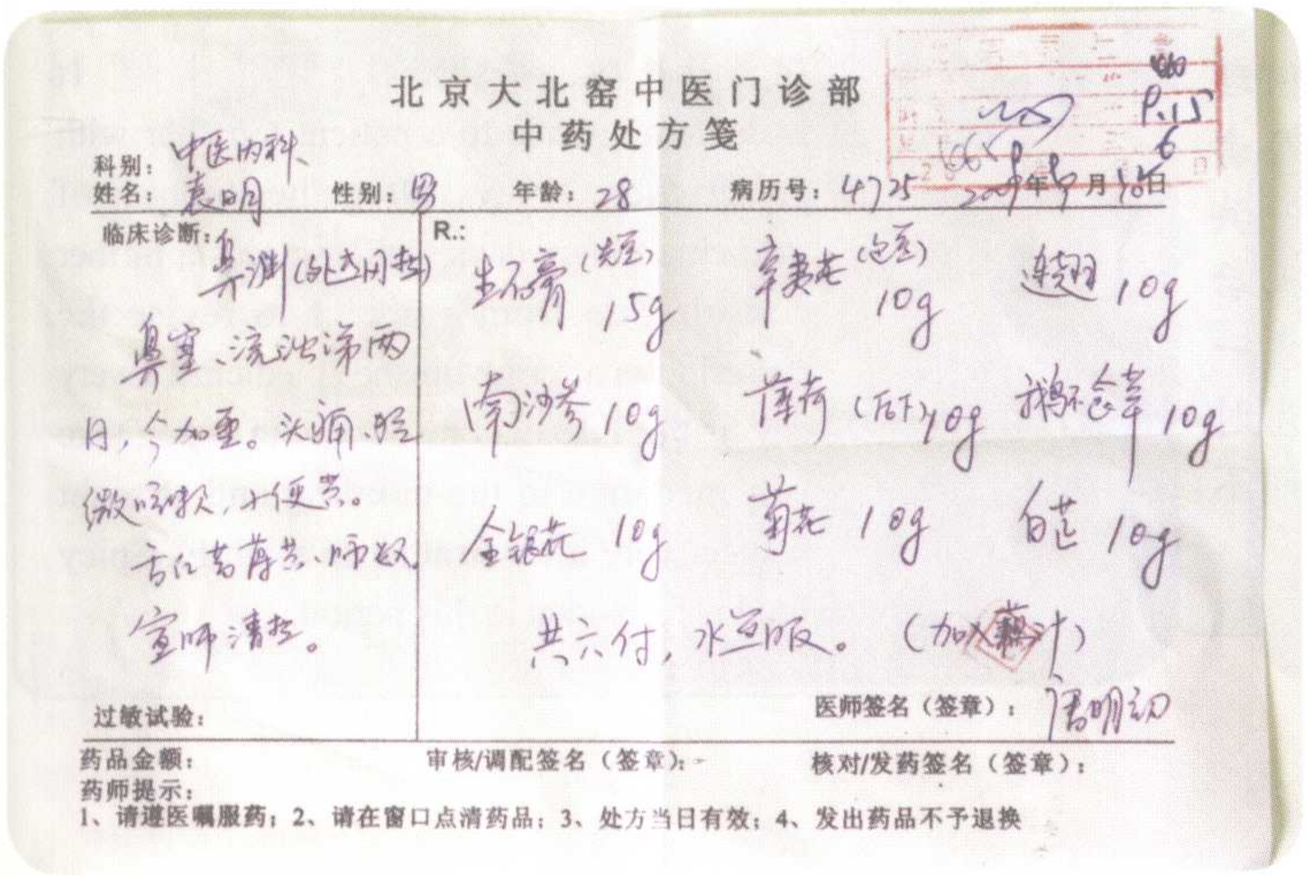
另一半药应当放入冰箱保存。注意再次服用时，需要加热，或按医嘱。

Other half should be kept in frige. Liquid medicine should be slightly heated up for next use or follow doctors' advice.

第二节 细节指导

一、药方解读

一个标准的处方（俗称药方）一般包括患者基本信息栏、病情及诊断栏、处方栏，还包括服用方法和医生签名。下面几张图是在上一节基本流程中用到的中处方和药。鼻渊是一个中医病名，相当于西医的过敏性鼻炎。根据药性的需要，方中生石膏需要先煎、辛夷花需要包煎、薄荷需要后下，所以在药包里会有三个小药包，分别印有先煎、包煎、后煎字样。（图2-1、2-2、2-3）


北京大北窑中医门诊部
中药处方笺

科别：中医内科
姓名：袁明　性别：男　年龄：28　病历号：4735　2009年9月16日

临床诊断：鼻渊（过敏用药）

R.:

鼻窒、流浊涕两日，今加重。头痛、轻微咽痛，大便黄。舌红苔薄黄、脉数宣肺清热。

生石膏（先煎）15g　辛夷花（包煎）10g　连翘10g
南沙参10g　薄荷（后下）10g　鹅不食草10g
金银花10g　菊花10g　甘草10g
共六付，水煎服。（加藕汁）

过敏试验：

医师签名（签章）：袁明

药品金额：　审核/调配签名（签章）：　核对/发药签名（签章）：

药师提示：
1、请遵医嘱服药；2、请在窗口点清药品；3、处方当日有效；4、发出药品不予退换

图2-1　注意：此处方纯属虚构，请勿按此方抓药。

It's just an assuming prescription for example.

Section 2 Instruction in detail

Prescription

A standard prescription generally includes basic information about patient, description of symptoms, diagnosis, prescription, way of medicine use and signature of doctor. The following pictures are prescriptions and medicines that are used in last section. Bi Yuan, a syndrome name of TCM, similar to sinusitis. In this prescription, *shí gāo*（Gypsum Fibrosum）needs to be decocted first; *xīn yí*（Flos Magnoliae）needs wrap boiling and *bò hé*（Herba Menthae）needs to be decocted later. So in medicine pouch 3 bags are noted respectively with decocted first, wrap boiling and decocted later.



图2-2



图2-3


知识建议

“共6付（剂），水煎服，日一剂，早晚温服。忌辛辣。”如何理解？这是医生开完药方后嘱咐给患者的话，名为医嘱。此医嘱是说：一共需要抓6付药，可以服用6天（6天后再来复诊调方）。每天用水煎煮一付，早晚各服用药液的一半。服用时要微微加热，不可冷服。服药期间不要吃辛辣刺激性食物。


TIPS

How to understand “共6付，水煎服，日一剂，早晚温服。忌辛辣。” It is doctors’ advice to a patient together with prescription. It says: altogether 6 doses of medicine for six days. Patient needs a further consultation from a doctor to revise the prescription after he finishes medicine. Every day he need decoct one dose with water; take half medicine in the morning and at night respectively after heated up slightly. Spicy food is forbidden in this period.



没有专业的中医药知识，请勿自己开方抓药。哪怕是滋补药，也不能乱开乱服。比如中医常说的肾虚又分为肾阴虚和肾阳虚，如果肾阴虚的病人，一味服用壮阳之药，就如同火上浇油，适得其反，治不好病。另外药都有毒性，中药也是一样。但医者可以通过配伍和炮制来制约其毒性。



Tonics could even be dangerous in some situations, so it's forbidden to make prescriptions without professional background. For instance, in TCM kidney deficiency are generally divided into Yin deficiency and Yang deficiency. Strengthening Yang medicine would be harmful to those Yin deficiency patients. Besides, all medicines including TCM are toxic. But doctors can decrease and remove toxicity by medicine concocting and compatibility.





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