

现代中医临床备要丛书

Clinical Essentials of Contemporary Series Chinese Medicine

Chinese Herbal Medicine

中药学

Editor-in-chief Liu Gongwang

Translator-in-chief Cao liya



Hua Xia Publishing House

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吳咸中

九九年十一月

Congratulations on the publication of the book *Clinical Essentials of Contemporary Chinese Medicine*! This book has an extensive collection of TCM essence. It is an integration of Chinese Medicine and Western Medicine and may be rated as a fine clinical piece of modern Chinese Medicine!

Wu Xianzhong
Nov. 1999

(Inscription by Prof. Wu Xianzhong, Academician of Academy of Engineering of China, chairman of the Chinese Association of the Integration of Traditional and Western Medicine)

祝《现代中医临床要》

一书成为教学及临床新的

食粮和甘露。

石学敏

2000年2月

I wish that the book *Clinical Essentials of Contemporary Chinese Medicine* will be a new nourishment and sweet essence for teaching and clinical treatment!

Shi Xuemin
Feb. 2000

(Inscription by Prof. Shi Xuemin, Academician of Academy of Engineering of China, member of the Council of China Acupuncture Association). President of the First Hospital Affiliated to Tianjin College of TCM.)

Preface & Acknowledgement

The material for this book came from my lectures on Chinese Pharmacology prepared for Gero Missoni, an Austrian physician, in 1989. The material was enhanced during the next two years when I lectured at the Toulouse University in France. It became especially valuable when we began to work with the Goto College of Medical Arts and Sciences postgraduate students in a master's degree course in TCM in 1996. It has been continually revised based on my annual lectures in Japan. These efforts resulted in this book, which lists about 500 Chinese herbs and has translated into Japanese and English.

Today, significant progress has been made through research in Chinese pharmacology. This has rendered considerable advancements in clinical application. Conversely, the traditional pharmacological theories such as flavor, tropism, action directions, etc. still serve as major principles in organizing prescriptions. Drugs that are classified in nature as warm, cold, reinforcing or reducing benefit related syndromes such as cold, heat, deficiency and excess respectively. Therefore, the drugs in this book are categorized as reinforcing and reducing, cold and warm, qi and blood, for consciousness, cough and asthma, phlegm and dampness, food retention and external use. Further division depends upon functions of the herbs.

My lectures abroad were given primarily to medical doctors and acupuncturists, including pharmacologists. They emphasized the application of Chinese herbs and their compatibility. This is of critical importance for their application and constitutes a special entry in this book.

Special notations are attached to emphasize similar herbs when they are compared. Precautions are provided particularly on their use in clinical application. In order to give a comprehensive description, the notations cite materials from an extensive list of ancient and modern documents.

Dosage is quite complicated since it varies in different syndromes, physicians and compatibility. Consequently, routine dosage is only suggested.

Readers will find five references that present a classification of herbs, modern research, and herb selection according to symptoms, syndromes and diseases.

Before publication, parts of this book were used by many practitioners during the last ten years. With the encourage and support from Professor Dai Ximeng, the President of Tianjin College of TCM, and Dr. Shuji Goto, the President of Goto College of Medical Arts and Science, I was determined to have it published in order to share it with more people. Acknowledgment should also be presented to Professor Hiromitsi Yasui and Akira Hyodo from Japan, and Professor Li Qinghe and Professor Wang Yuxing for their concerned assistance and constant hard work. Through their efforts, it became possible to publish the book after the original material had been revised several times.

In the course of translation, help from Dr. Donald P. Lauda and Dr. Jeffrey L. Carnett were sought to ensure the accuracy of the English translation.

During ancient times, the property of herbs was called 'herb character' suggesting that herbs, like people, also have variable characters. How can we understand them when there is a lack of behavior or words to show their characters? The only pathway consists of understanding concerns and clinical practice. Chinese Pharmacology seems to be easy to learn at first glance, but it is difficult to master or understand. I am looking forward to your reactions to my writing and appreciate any advice you can provide to help in improving upon this book.

At the time of publication, I am greatly indebted to Dr. Shuji Goto (Ph. D.), the President of Goto College of Medical Arts and Sciences, Tokyo Japan, for his help in completing this book. It is an exhilarating coincidence that May 1st, 2000 is his 51st birthday. I have the honor to take this opportunity to extend my congratulations to him.

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Common Floweringquince Fruit(木瓜, Mugua)	(279)
Chinese Starjasmine Stem(络石藤, Luoshiteng)	(280)
Mulberry Twig(桑枝, Sangzhi)	(280)
Chinese Taxillus Twig(桑寄生, Sangjisheng)	(281)
Slenderstyle Acanthopanax Root-bark(五加皮, Wujiapi)	(282)
Agkistrodon Acutus(白花蛇, Baihuashe)	(284)

Common Clubmoss Herb(伸筋草, Shenjincao)	(285)
Add: Other Drugs for Expelling Wind-dampness	(285)
Chapter 9 Drugs For Resolving Dampness With Fragrant Taste	(288)
Swordlike Atractylodes Rhizome(苍术, Cangzhu)	(288)
Officinal Magnolia Bark(厚朴, Houpo)	(289)
Wrinkled Gianthyssop Herb(藿香, Huoxiang)	(291)
Foutune Eupatorium Herb(佩兰, Peilan)	(292)
Villous Amomum Fruit(砂仁, Sharen)	(293)
Round Cardamom Seed(白豆蔻, Baidoukou)	(294)
Caoguo(草果, Caoguo)	(295)
Chapter 10 Drugs For Inducing Diuresis and Excreting Dampness	(296)
Tuckahoe(茯苓, Fuling)	(297)
Umbellate Pore Fungus(猪苓, Zhuling)	(298)
Oriental Waterplantain Rhizome(泽泻, Zexie)	(299)
Coix Seed(薏苡仁, Yiyiren)	(301)
Plantain Seed(车前子, Cheqianzi)	(302)
Talc(滑石, Huashi)	(304)
Akebia Stem(木通, Mutong)	(305)
Ricepaperplant Pith(通草, Tongcao)	(306)
Christina Loosetrife Herb(金钱草, Jinqiancao)	(307)
Japanese Climbing Fern Spores(海金沙, Haijinsha)	(308)
Japanese Felt Fern Leaf(石韦, Shiwei)	(309)
Common Knotgrass Herb(篇蓄, Bianxu)	(310)
Lilac Pink Herb(瞿麦, Qumai)	(311)
Sevenlobed Yam Rhizome(草薢, Bixie)	(312)
Capillary Wormwood Herb(茵陈蒿, Yinchenhao)	(312)
Rice Bean(赤小豆, Chixiaodou)	(314)
Add: Other Drugs for Inducing Diuresis and Excreting Dampness	(315)
PARTV Drugs for Treating Phlegm, Coughing and Asthma	(316)
Chapter 11 Drugs for Removing Phlegm	(316)
Pinellia Rhizome(半夏, Banxia)	(317)
Jackinthepulpit Tuber(天南星, Tiannanxing)	(319)
Giant Typhonium Rhizome(白附子, Baifuzi)	(320)
White Mustard Seed(白芥子, Baijiezi)	(322)
Balloonflower Root(桔梗, Jiegeng)	(323)
Inula Flower(旋覆花, Xuanfuhua)	(324)
Willowleaf Swallowwort Rhizome(白前, Baiqian)	(325)
Whiteflower Hogfenel Root(前胡, Qianhu)	(327)