

现代中医临床备要丛书

Clinical Essentials of Contemporary Series Chinese Medicine

Development of Formulas of Chinese Medicine

# 方剂学发挥

Editor-in-chief      Liu Gongwang

Translator-in-chief      Liu Changlin

English editor      Donald.P.Lauda

Translation Reviser      Shuji Goto

Liu Gongwang



Huaxia Publishing House

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# A Guide to the Reader

1. This book is intended mainly for the physicians and dedicated medical students who need to design a formula in terms of the principles of determination for treatment based on differentiation of syndromes in the clinic. Thus, the dosages of all selected formulas in this book, exclusive of those not fit for decoction, are only for decoction use.

2. The dosages marked in each formula in this book are the common dosages. In the clinic, they may be modified appropriately according to the patient's condition and physician's experience.

3. Since the components, dosages and processing methods of the proprietary Chinese medicines relate to special techniques of modern processing industry of Chinese medicinal herbs, they are left out in this book. The emphasis is laid on their composition, action and application.

4. Since some banned drugs such as rhinoceros horn and tiger bone are included in certain ancient prescriptions, they are replaced with other drugs in this book. For instance, rhinoceros horn is substituted with water buffalo horn and tiger bone with antler.

5. As for the dosages and administration of the proprietary Chinese medicines, since they are varied owing to the different manufacturers, they are not marked in this book. When these medicines are administered, the patients may refer to the manufacturer's drug specification or the doctor's advice.

6. In this book, each formula follows an image that illustrates the indicated syndromes of the formula. Of the images, most are made by ourselves but some are referred to those recorded in the Japanese book "Illustrated Survey of Abdominal Syndromes" published by Public House of Japanese Medical Way, for which we are greatly indebted.

7. The item of "Applied Syndrome" listed in each formula refers to the differentiation or diagnosis of TCM syndromes. The "Indications" refer to the diagnosis of a disease by means of western medicine. In the clinic, they should be referred to with each other by combining disease differentiation with syndrome differentiation.

8. The item of "Points in Constitution" listed in each formula is the essence in drug composition and core in designing a formula.

9. The prescriptions listed in "Associated Formulas" for each formula have the characteristic of being similar in components or in effects. The purpose of doing so is to help widen the train of thoughts and explore its source, which will surely benefit us in differentiating the syndrome and designing a formula.

# Preface

The basic content of this "*Clinical Essentials of Contemporary Series Chinese Medicine*" initially came from my lecture notes on Traditional Chinese Medicine prepared for Gero Missoni, an Austrian physician, and other doctors in 1989. The notes were supplemented during the next two years when I lectured at the Toulouse University in France. Later, this material was enhanced and became especially valuable when I began to work with the Goto College of Medical Arts and Sciences in Japan in 1996 to train postgraduate students in a master's degree course in TCM. Since then, the material has been continually revised in my annual lectures in Japan and has gradually been put into book form and translated into Japanese and English.

This series consists of three books: *Chinese Herbal Medicine*, *Fundamentals of Formulas of Chinese Medicine* and *Clinical Chinese Medicine*. They are not alike the basic textbooks of TCM nor the general books of clinical treatment. The aim of compiling this series is to integrate the knowledge of the ancient and the present, emphasize the main points, use succinct language and retain the essence and depth of TCM simply and easily. When reading, the readers may move from one subject to the other and from the rudimentary to the advanced to guide their clinical practice. This series is designed mainly for clinical physicians and foreign scholars who have some understanding of TCM.

The book *Fundamentals of Formulas of Chinese Medicine* includes two volumes. Volume One is mainly comprised of representative or classic prescriptions and those that are of guiding significance in the establishment of therapy and designing of formulas. Volume Two mainly consists of the famous prescriptions handed down from physicians in the successive dynasties. Besides, it also includes the *kanpo* created by the Japanese physicians. Thus, Volume One may be regarded as the basis of formula-ology of Traditional Chinese Medicine and Volume Two as the elaboration of it.

There are ten chapters altogether in Volume One, which includes the formulas for six channel syndromes of exogenous febrile disease and those for syndromes of Weifen, Qifen, Yingfen and Xuefen in epidemic febrile diseases. These are placed first as the formulas for six channel syndromes of exogenous febrile diseases designed by Zhang Zhongjing, a famous physician in the Han Dynasty who was honored by later physicians as "the father of classic formulas". When they are integrated with the formulas for syndrome of Weifen, Qifen, Yingfen and Xuefen in epidemic diseases, a general idea can be easily given in the treatment of febrile diseases. The other formulas are sorted out according to the theory of five zang-organs of the heart, liver, spleen, lung and kidney. In addition, formulas for women diseases, external diseases and other diseases are also embodied in it. By doing so, it is hoped that readers can gain a thorough understanding of the prescriptions through mastery of basic theory and therapy of TCM. The contents of these ten chapters are indispensable knowledge in learning the formulas of TCM.

Volume Two contains 14 chapters. They are classified, based on modern medical systems, as formulas for the respiratory, circulatory, digestive, urinary and reproductive and metabolic system, for gynecological, pediatric, surgical, orthopedic and dermatologic disease as well as for diseases of five sense organs, disease of eyes, tumors and external use so as to be applied easily in treating patients. When this volume is used with reference to Volume One, it is easy to understand the source of formula-designing and principle of formula-modifying, gaining the effect of bringing out the best in each other.

In this book each formula is described in terms of its source, composition, action, applied syndrome, application, caution and associated formulas with the view of comprehensively introducing the formula to have the learners master well the application of the formulas in the clinic. In order to make it easy to understand, analyze and memorize the formulas, an analytic illustration is given for each formula. For those that are not expounded, extra notes are included to make a further explanation.

Following the way in which the Japanese medical book "*Brief Survey of Abdominal Syndromes*" is written, each formula listed in Volume One has a diagram and image designed to leave a deep impression on the reader so as to memorize the formula easily.

During the last ten years, parts of it were used by many practitioners. With the encouragement and support of Dai Ximeng, the president of Tianjin College of TCM and Dr. Shuji Goto, the president of Japanese Goto College of Medical Arts and Sciences, I was determined to have it published to share it with more people. Acknowledgement should be presented to Professor Hiromitsi Yasui and Akira Hyodo from Japan and my colleagues from China for their concerned assistance and constant hard work. Through their efforts it has become possible to publish this book after several revisions of the original materials.

Chinese Medical Formula-ology is the pivot of the four processes of the basic theory, establishment of therapy, prescription of formulas and choice of herbs in the diagnosis and treatment based on differentiation of syndromes. Formulas consisting of herbs equally depend on the therapy selected. They are the sign of ancient people's valuable experience and the precious jewel of TCM. Ancient physicians often said that "imitating teacher's designing of formulas but never the formula itself", which means that most of the ancient therapies were embodied in the formula, especially in Zhang Zhongjing's formulas. That is also the essential reason why Zhang Zhongjing is known as "father of Classic formulas".

Just like the Chinese saying of "waiting by the stump of a tree for the appearance of hares rather than hunting for them", using a fixed formula to treat varied diseases is the characteristic of treatment in TCM. There are countless prescriptions, but Chinese medical therapies can be established in number. In this volume the author, by improving and developing Cheng's eight therapeutic methods, subdivides the eight therapies into 64 methods and places them firstly in the General Introduction of the book with the purpose of dominating the variety of formulas from the angle of the establishment of therapy.

In ancient times there was a saying that "it is easy to find 1,000 formulas but hard to find a single satisfactory solution". This has often encouraged me to make very careful observations in my

clinical practice. During my 30 years teaching and practicing, I have explored the great mystery of Traditional Chinese Medicine and have tried to perfect my practice. But I very much approves of the wisdom found within the book "*Posthumous Works of Various Physicians*" which points out that frequent practical use of one's knowledge and scrupulous diagnostic practice can give rise to creative new clinical applications. I also think this is the way forward for the development of TCM formulas in the future.

Professor Liu Gongwang

June 6, 2002



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