

ABC of Chinese Materia Medica

Lara Deasy

BSc (Hons) TCM, B.M. (Beijing) TCM, MRCHM.



中藥速記手冊



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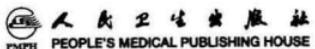
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ABC of Chinese Materia Medica

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After qualifying in Business Studies (Recreation and Leisure), Lara worked in adventure centre management, and then taught in various disciplines. As an R.Y.A. Yachtmaster Lara travelled extensively while working in the yachting industry. She then went on to study at Middlesex University, on one of the most prestigious Chinese medicine courses in Europe, for five years. The course was designed in line with the Beijing University of TCM's course and a joint degree was conferred. To support her studies she worked in the university library, which gave her great insights into what different TCM students needed from their learning resources.

She is currently a project manager and editor at the People's Medical Publishing House, where she has worked for the past three years. Through her work there she has endeavoured to find ways to present Chinese medicine to westerners in a way that they can easily read, understand and remember. She has been a contributing or final editor on *The Clinical Practice of Medicine Vitiligo, Applications of Chinese Herbal Compatibility, Applications of Chinese Formula Compatibility, Zhang Zhong-jing's Clinical Application of 50 Medicinals, The Clinical Applications of the Shang Han Lun and Acupuncture Case Studies*, among others.

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Lara Deasy
May 2010

ABC of Chinese Materia Medica

Introduction

The *ABC of Chinese Materia Medica* was compiled after consulting several of the larger TCM schools in various countries and cross-referencing the specific *materia medica* they use in order for this book to cover the most widely taught *materia medica*. This provided the choice of the 305 medicinals this book contains. This book is aimed at those who are just starting out on the long fascinating, but often difficult to get to grips with, path of *materia medica* study and comprehension.

The layout is designed for quick reference in the student clinic, to be used to jog the memory, more than a study tool per se. For this reason it was decided to list the material *medica* alphabetically so students can find the medicinal they require quickly and easily, with minimum thought as to what category etc it should be under, or having to check indexes and trawl through the book to find the page required.

The medicinals have information on names (hanzi, pin yin, pharmaceutical, English), properties, channels, dosage, source text, actions and indications, cautions and contraindications.

To insure the information was correct it was compiled from consulting and again cross-referencing many international textbooks, including Bensky's *Materia Medica* (3rd ed.), Chen & Chen's *Materia Medica*, *The Chinese Pharmacopoeia* (Edition 2010, by Chinese Pharmacopoeia Commission), *Chinese Medicine Study Guide - Materia Medica*, but ultimately the main reference text was the textbook that is used for teaching in China: *The Chinese Materia Medica* (by Yan Zheng-hua).

We hope this book will facilitate new students learning and will encourage them to continue to pursue the subject more indepth. If there are any recommendations you might make for a second edition please do not hesitate to contact us via the publishing house.

Lara Deasy
May 2010

Sample Page

Category	
Han Zi	<input checked="" type="checkbox"/> Actions & Indications
Pin Yin	
Latin	
English	
Dosage	
Channels Entered	
Properties	

Spaces for Notes

Cautions & Contraindications

The first classical text documenting the medicinal

Key to abbreviations used in the book:

<i>Channels Entered</i>	<i>Properties</i>
Ht.....Heart	Hot.....Hot
Lv.....Liver	WrmWarm
Sp.....Spleen	NtlNeutral
Lu.....Lung	Col.....Cool
Ki.....Kidney	Cld.....Cold
SJ.....Sanjiao	Sur.....Sour
SI.....Small intestine	BtrBitter
Gb.....Gallbladder	SwtSweet
St.....Stomach	PntPungent
LI.....Large intestine	SltSalty
UB.....Bladder	Bld.....Bland
Pc.....Pericardium	Ast.....Astringent
	AroAromatic

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