

## Fundamental Knowledge of Chinese Herbal Medicine

Herbal Medicine has been practiced in China for more than 2,000 years. It has made great contributions to the health care in the history.

Herbal medicine is the most important part of traditional Chinese Medicine. As early as 2,000 years ago, Shen Nong (the God Farmer) already tasted and tried the herbs, hence there is the book ***Shen Nong's Herbal Classic***.

Through thousands of years clinical experience, a theoretical system was laid down for the uses of herbs. It takes the human body as an organic whole and treats the patients according to their patterns (or syndromes).

Herbs have different taste, such as sour taste is for astringents, consolidating; bitter taste is for clearing heat and dry the dampness; sweet taste is for strength the body energy; pungent taste is for dispersing or moving the qi and blood in the body; salty taste is for softening the hardness and dispersing the lumps, and tasteless is for draining the dampness and eliminating stagnant water in the body by promoting urination.

Herbs are of different temperatures including cold, hot, warm and cool. They are used for different conditions to balance body temperature.

Herbs are moved in different directions when they are taken into the body, some are ascending, some descending, some are dispersing and holding or moving inward.

Heavy minerals, stones or shells are moving downward; flowers and leaves are moving upward; pungent warm or pungent cool leaves, flowers, or stems are dispersing; and sour flavored herbs are to hold the qi or body fluid.

Herbs are natural to the body, so they usually have less side-effects. The herbs should be used with the recommended dosage. Before you chose any herbal supplements, be sure to consult the corresponding specialist about your condition. An improper long term use of some herbs may cause bad effect for you. Why?

Because most of Chinese herbs are not food, they have special properties to fix your conditions. Some herbs are cold, some are hot, some are for qi, some are for blood, etc. They should be used properly to get the expected

results.

Once again, be sure to consult an specialist before use of herbs, especially Chinese herbs.

Over 20,000 herbs are used in China. But only 200-400 of them are used frequently. The herbs can be used singly, but most of the times they are used in combination.

These combination of herbs are called herbal formulas. There are fixed formulas used in the past, about 400 formulas are common in practice.

**Jing Fang**, or classical formulas are the formulas used in the ancient times. They are from the books Shang Han Lun, Jin Gui Yao Lue, Neijing, etc. There are about 200-300 of them.

**Shi Fang**, or modern formulas are the formulas developed in the Ming and Qing dynasties, including formulas for different diseases, such as exogenous febrile diseases, skin diseases, internal miscellaneous diseases, sense organ diseases, etc. There are large number of such formulas.

**Xian Dai Fang**, or present formulas are the formulas used by people in present time, especially the formulas formed after presence of western medicine. They used the traditional theories as well as modern science and technology. These formulas become more and more popular now.

Traditional Chinese medicine now is still the important method for health care in China. It is not considered alternative medicine because it can be used so widely and can supplement so much to western medicine. The combination of western medicine and traditional medicine is surely a good choice for health care.

Herbal medicine may be still new to many of us, but it will be recognized by more and more people, and with its good effect, it will become more and more popular in the near future.

**There are a few formulas are used very often in the USA:**

1. **Xiao Yao San** (free easy wander, or relax wander) is used for liver qi stagnation with digestive problems, irregular menses etc. Common manifestations are: depression, anxiety, frustration, sadness, low energy, poor appetite, deep sigh, chest fullness and distension, irregular menses, etc.

2. **Suan Zao Ren Tang** is used for insomnia, feverish sensation, night sweating.

3. **Tian Wang Bu Xin Dan** is used for long term insomnia, including the following symptoms: insomnia, night sweating, hot flushes, dizziness, nightmare, dry mouth, thirsty, especially used in menopause, or aged people.

4. **Liu Wei Di Huang Wang** is a common formula for menopause with symptoms like hot flushes, night sweating, palm and sole fever or sweat, dry mouth, thirsty, low back pain or soreness, weak knee, leg or ankle, dizziness, tinnitus, etc.

4. **Tian Ma Gou Teng Yin** is a common formula for dizziness and tinnitus, especially for ones of high blood pressure. Used for middle-aged to aged patients.

5. **Yin Qiao San** is a formula for common cold or flu with symptoms like: sore throat, headache, sneezing, slight cough, feverish and chills, etc.

6. **Xiao Feng San** is a formula used for skin allergies, such as hives, skin rashes, exzema, dermatitis, etc.

7. **Gui Pi Tang** is used for improve energy, blood and immunity. They are used for people who overthinks. Other symptoms include: low energy, insomnia, poor appetite, anemia, dizziness, sensitive to cold, loose stool, palor, etc.

Other similar formulas are Shi Quan Da Bu Tang, Ren Shen Yang Rong Tang, Ba Zhen Tang, etc.

8. **Qing Qi Hua Tan Wan** is a formula for phlegm heat. It is used for cold with cough, yellow stick phlegm, fever or no fever, constipation, etc.

The pill forms of all above mentioned formulas are available. If you have a condition, please send me the detailed information and a corresponding formula will be recommended for free.