THE ENGLISH-CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE

Higher Education Press
Beijing, China

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INTERNAL MEDICINE
內科學

英漢實用中醫藥大全

趙樸初題

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The English-Chinese
Encyclopedia of Practical TCM
Chief Editor Xu Xiangcai

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English Chief Editor Xu Xiangcai
Chinese Chief Editor Zhou Ciqing

英汉实用中医药大全

主编 徐象才

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内 科 学

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Preface

I am delighted to learn that THE ENGLISH–CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE will soon come into the world.

TCM has experienced many vicissitudes of times but has remained evergreen. It has made great contributions not only to the power and prosperity of our Chinese nation but to the enrichment and improvement of world medicine. Unfortunately, differences in nations, states and languages have slowed down its spreading and flowing outside China. At present, however, an upsurge in learning, researching and applying Traditional Chinese Medicine (TCM) is unfolding. In order to maximize the effect of this upsurge and to lead TCM, one of the brilliant cultural heritages of the Chinese nation, to the world for it to expand and bring benefit to the people of all nations, Mr. Xu Xiangcai called intellectuals of noble aspirations and high intelligence together from Shandong and many other provinces in China and took charge of the work of both compilation and translation of THE ENGLISH–CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE. With great pleasure, the medical staff both at home and abroad will hail the appearance of this encyclopedia.

I believe that the day when the world's medicine is fully

developed will be the day when TCM has spread throughout the world.

I am pleased to give it my preface.

Prof. Dr. Hu Ximing

Deputy Ministerof the Ministry of Public Health of the People's Republic of China,

Director General of the State Administrative Bureau of Traditional Chinese Medicine and Pharmacology,

President of the World Federation of Acupuncture-Moxibustion Societies,

Member of China Association of Science & Technology,

Deputy President of All-China Association of Traditional Chinese Medicine,

President of China Acupuncture & Moxibustion Society.

December, 1989

Preface

The Chinese nation has been through a long, arduous course of struggling against diseases and has developed its own traditional medicine–Traditional Chinese Medicine and Pharmacology (TCMP). TCMP has a unique, comprehensive, scientific system including both theories and clinical practice. Some thousand years since ito–beginnings, not only has it been well preserved but also continuously developed. It has special advantages, such as remarkable curative effects and few side effects. Hence it is an effective means by which people prevent and treat diseases and keep themselves strong and healthy.

All achievements attained by any nation in the development of medicine are the public wealth of all mankind. They should not be confined within a single country. What is more, the need to set them free to flow throughout the world as quickly and precisely as possible is greater than that of any other kind of science. During my more than thirty years of being engaged in Traditional Chinese Medicine(TCM), I have been looking forward to the day when TCMP will have spread all over the world and made its contributions to the elimination of diseases of all mankind. However it is to be deeply regretted that the pace of TCMP in extending outside China has been unsatisfactory due to the major difficulties in expressing its concepts in foreign languages.

Mr. Xu Xiangcai, a teacher of Shandong College of TCM, has sponsored and taken charge of the work of compilation and

translation of The English–Chinese Encyclopedia of Practical Traditional Chinese Medicine–an extensive series. This work is a great project, a large–scale scientific research, a courageous effort and a novel creation. I deeply esteem Mr. Xu Xiangcai and his compilers and translators, who have been working day and night for such a long time, for their hard labor and for their firm and indomitable will displayed in overcoming one difficulty after another, and for their great success achieved in this way. As a leader in the circles of TCM, I am duty–bound to do my best to support them.

I believe this encyclopedia will be certain to find its position both in the history of Chinese medicine and in the history of world science and technology.

Mr. Zhang Qiwen
Member of the Standing Committee of
All–China Association of TCM,
Deputy Head of the Health Department
of Shandong Province.
March, 1990

Notes

This book is the tenth volume of The English–Chinese Encyclopedia of Practical Traditional Chinese Medicine.

This volume consists of nine chapters: Diseases of the Respitatory System, Diseases of the Cardio–cerebro–vascular System, Diseases of the Digestive System, Diseases of the Urinary System, Diseases of the Blood System, Diseases of the Endocrine System, Collagen Diseases, Infectious Diseases and Common Tumors, and introduces in detail the diagnoses and treatments of 63 common internal diseases. It is a novel book in which the theory and practice have been integrated and the clinical treatments stressed.

· some of the materials of traditional Chinese medicine reperred to in this vdume come from rare animals which are near extinction and of which trapping and killing has been prohibited by law. So, they have lost their sources. But they have their substitutes with the same effects in both hospitals and pharmaceutical factories. Why we deal with these materials in this volume is just to the academic conwenience.

Mr. Zhang Zhe and Yan Jingbo, together with Miss Cuo Jing, went all out to help do the translation work.

Academician Prof.Chen Keji from China Academy of Traditional Chinese Medicine examined and approved both the English and Chinese versions of this volume.

The Editors

Publisher's Preface

Traditional Chinese Medicine(TCM) is one of China's great cultural heritages. Since the founding of the People's Republic of China in 1949, guided by the farsighted TCM policy of the Chinese Communist Party and the Chinese government, the treasure house of the theories of TCM has been continuously explored and the plentiful literature researched and compiled. As a result, great success has been achieved. Today there has appeared a world-wide upsurge in the studying and researching of TCM. To promote even more vigorous development of this trend in order that TCM may better serve all mankind, efforts are required to further it throughout the world. To bring this about, the language barriers must be overcome as soon as possible in order that TCM can be accurately expressed in foreign languages.

Thus the compilation and translation of a series of English-Chinese books of basic knowledge of TCM has become of great urgency to serve the needs of medical and educational circles both inside and outside China.

In recent years, at the request of the health departments, satisfactory achievements have been made in researching the expression of TCM in English. Based on the investigation into the history and current state of the research work mentioned above, the English-Chinese Encyclopedia of Practical TCM has been published to meet the needs of extending the knowledge of TCM around the world.

The encyclopedia consists of twenty–one volumes, each dealing with a particular branch of TCM. In the process of compilation, the distinguishing features of TCM have been given close attention and great efforts have been made to ensure that the content is scientific, practical, comprehensive and concise. The chief writers of the Chinese manuscripts include professors or associate professors with at least twenty years of practical clinical and / or teaching experience in TCM. The Chinese manuscript of each volume has been checked and approved by a specialist of the relevant branch of TCM. The team of the translators and revisers of the English versions consists of TCM specialists with a good command of English professional medical translators, and teachers of English from TCM colleges or universities. At a symposium to standardize the English versions, scholars from twenty–two colleges or universities, research institutes of TCM or other health institutes probed the question of how to express TCM in English more comprehensively, systematically and accurately, and discussed and deliberated in detail the English versions of some volumes in order to upgrade the English versions of the whole series. The English version of each volume has been re–examined and then given a final checking.

Obviously this encyclopedia will provide extensive reading material of TCM English for senior students in colleges of TCM in China and will also greatly benefit foreigners studying TCM.

The assiduous efforts of compiling and translating this encyclopedia have been supported by the responsible leaders of the State Education Commission of the People's Republic of China, the State Administrative Bureau of TCM and Pharmacy, and the Education Commission and Health Department of Shandong

Province. Under the direction of the Higher Education Department of the State Education Commission, the leading board of compilation and translation of this encyclopedia was set up. The leaders of many colleges of TCM and pharmaceutical factories of TCM have also given assistance.

We hope that this encyclopedia will bring about a good effect on enhancing the teaching of TCM English at the colleges of TCM in China, on cultivating skills in medical circles in exchanging ideas of TCM with patients in English, and on giving an impetus to the study of TCM outside China.

Higher Education Press
March, 1990

Foreword

The English–Chinese Encyclopedia of Practical Traditional Chinese Medicine is an extensive series of twenty–one volumes. Based on the fundamental theories of traditional Chinese medicine(TCM) and with emphasis on the clinical practice of TCM, it is a semi–advanced English–Chinese academic works which is quite comprehensive, systematic, concise, practical and easy to read. It caters mainly to the following readers: senior students of colleges of TCM, young and middle–aged teachers of colleges of TCM, young and middle–aged physicians of hospitals of TCM, personnel of scientific research institutions of TCM, teachers giving correspondence courses in TCM to foreigners, TCM personnel going abroad in the capacity of lecturers or physicians, those trained in Western medicine but wishing to study TCM, and foreigners coming to China to learn TCM or to take refresher courses in TCM.

Because Traditional Chinese Medicine and Pharmacology is unique to our Chinese nation, putting TCM into English has been the crux of the compilation and translation of this encyclopedia. Owing to the fact that no one can be proficient both in the theories of Traditional Chinese Medicine and Pharmacology and the clinical practice of every branch of TCM, as well as in English, to ensure that the English versions express accurately the inherent meanings of TCM, collective translation measures have been taken. That is, teachers of English familiar with TCM, pro-

fessional medical translators, teachers or physicians of TCM and even teachers of palaeography with a strong command of English were all invited together to co-translate the Chinese manuscripts and, then, to co-deliberate and discuss the English versions. Finally English-speaking foreigners studying TCM or teaching English in China were asked to polish the English versions. In this way, the skills of the above translators and foreigners were merged to ensure the quality of the English versions. However, even using this method, the uncertainty that the English versions will be wholly accepted still remains. As for the Chinese manuscripts, they do reflect the essence, and give a general picture, of traditional Chinese medicine and pharmacology. It is not asserted, though, that they are perfect, I whole-heartedly look forward to any criticisms or opinions from readers in order to make improvements to future editions.

More than 200 people have taken part in the activities of compiling, translating and revising this encyclopedia. They come from twenty-eight institutions in all parts of China. Among these institutions, there are fifteen colleges of TCM:Shandong, Beijing, Shanghai, Tianjin, Nanjing, Zhejiang, Anhui, Henan, Hubei, Guangxi, Guiyang, Gansu, Chengdu, Shanxi and Changchun, and scientific research centers of TCM such as China Academy of TCM and Shandong Scientific Research Institute of TCM.

The Education Commission of Shandong province has included the compilation and translation of this encyclopedia in its scientific research projects and allocated funds accordingly. The Health Department of Shandong Province has also given financial aid together with a number of pharmaceutical factories of TCM. The subsidization from Jinan Pharmaceutical Factory of

TCM provided the impetus for the work of compilation and translation to get under way.

The success of compiling and translating this encyclopedia is not only the fruit of the collective labor of all the compilers, translators and revisers but also the result of the support of the responsible leaders of the relevant leading institutions. As the encyclopedia is going to be published, I express my heartfelt thanks to all the compilers. translators and revisers for their sincere cooperation, and to the specialists, professors, leaders at all levels and pharmaceutical factories of TCM for their warm support.

It is my most profound wish that the publication of this encyclopedia will take its role in cultivating talented persons of TCM having a very good command of TCM English and in extending, rapidly, comprehensive knowledge of TCM to all corners of the globe.

Chief Editor Xu Xiangcai

Shandong College of TCM

March, 1990

Contents

Notes 1

1 Diseases of the Respiratory System 1

1.1 Cold 1

1.2 Bronchitis 9

1.3 Bronchial Asthma 18

1.4 Lobar Pneumonia 26

1.5 Pulmonary Abscess 32

1.6 Obstructive Emphysema 39

1.7 Bronchiectasis 48

2 Diseases of the Cardio-cerebro-vascular System 55

2.1 Rheumatic Heart Disease 55

2.2 Coronary Arteriosclerotic Cardiopathy 60

2.3 Myocardosis 66

2.4 Arrhythmia 70

2.5 Chronic Pulmonary Heart Disease 83

2.6 Congestive Heartfailure 90

2.7 Hypertension 94

2.8 Hyperlipemia 99

2.9 Cerebrovascular Accident 104

3 Diseases of the Digestive System 116

3.1 Acute / Chronic Gastritis 116

3.2 Gastroduodenal Ulcer 120

3.3 Non-specific Chronic Ulcerative Colitis 126

3.4 Cirrhosis 129

3.5 Pancreatitis 135
3.6 Cholelithiasis 139
4 Diseases of the Urinary System 144
4.1 Acute Glomerulon Ephritis 144
4.2 Chronic Glomerulon Ephritis 148
4.3 Urinary Infection 157
4.4 Calculus of the Urinary System 162
4.5 Chyluria 165
4.6 Enuresis 170
5 Diseases of the Blood System 174
5.1 Iron-deficiency Anemia 174
5.2 Aplastic Anemia 178
5.3 Primary Thrombocytopenic Purpura 183
5.4 Leukocytopenia 188
5.5 Leukemia 191
6 Diseases of the Endocrine System 199
6.1 Hyperthyroidism 199
6.2 Hypothyroidism 203
6.3 Diabetes 206
7 Collagen Diseases 213
7.1 Rheumatic Arthritis 213
7.2 Rheumatoid Arthritis 222
7.3 Scleroderma 228
7.4 Sciatica 233
8 Infectious Diseases 240
8.1 Pulmonary Tuberculosis 240
8.2 Tuberculous Pleurisy 247
8.3 Tuberculous Peritonitis 251
8.4 Intestinal Tuberculosis 254

8.5 Bacillary Dysentery 257
8.6 Typhoid Fever and Paratyphoid Fever 264
8.7 Amebosis 268
8.8 Virus Hepatitis 272
8.9 Epidemic Hemorrhagic Fever 278
8.10 Malaria 287
8.11 Undulant Fever 294
8.12 Leptospirosis 299
8.13 Schistosomiasis 304
8.14 Hookworm Disease 312
8.15 Filariasis 315
8.16 Cestodiasis and Cysticercosis 321
8.17 Acquired Immunodeficiency Syndrome 327
9 Common Tumors 333
9.1 Mammary Cancer 333
9.2 ,Bronchopulmonary Carcinoma 338
9.3 Carcinoma of Esophagus 344
9.4 Carcinoma of Stomach 349
9.5 Primary Liver Cancer 356
9.6 Carcinoma of Colon 360
Index of Prescriptions 368
The English–Chinese Encyclopedia of Practical TCM (Booklist) 655

1 Diseases of the Respiratory System

1.1 Cold

Cold here refers to both influenza and common cold. The former is an acute respiratory infectious disease caused by influenza virus, the latter is due to infection of virus or bacteria in the nasal cavity, throat and trachea, both manifested clinically as fever, aversion to cold, headache, pantalgia, sneezing, nasal discharge and cough. In TCM, cold is included in the category of "seasonal cold","cold","winter–warm syndrome", "wind–warm syndrome", etc., popularly called as "attack by wind" or "minor affection by cold".

Etiology and Pathogenesis

When the body resistance is weakened or when the striae of the skin are loosened up and the superficial–*Qi* fails to protect the body against diseases due to irregular daily life, improper exposure to cold or hotness, or overstrain, the six pathogenic factors in nature, wind, cold, summer–heat, dampness, dryness and fire, will invade the body and cause the disease.

Type and Treatment

1. Wind–cold Type

Symptoms: Severe chills, mild fever, headache, no sweating, soreness of the limbs, sneezing, watery nasal discharge, mild cough with little thin sputum, itching of the throat, thin whitish moist tongue coating, and floating pulse.

Therapeutic Method: Expelling wind–cold, relieving exterior syndrome by means of promoting the dispersing function of the

lung.

Prescription: Modified *Jingfang Baidu San* (Antiphlogistic Powder of Schizonipeta and Ledebouriella).

Ingredients:

Jingjie Herba Schizonepetae	9 g
Fangfeng Radix Saposhinkoviae	9 g
Qianghuo Rhizoma seu Radix Notopterygii	9 g
Duhuo Radix Angelicae Pubescentis	9 g
Chaihu Radix Bupleuri	9 g
Qianhu Radix Peucedani	9 g
Jiegeng Radix Platycodi	9 g
Zhiqiao Fructus Aurantii	9 g
Yunling Poria	9 g
Chuanxiong Rhizoma Chuanxiong	6 g
Gancao Radix Glycyrrhizae	4.5 g
Shengjiang Rhizoma Zingiberis Recens	3 spieces

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of aversion to wind and spontaneous sweating, the drug omitted is *Qianhu* Radix Peucedani, the drugs added are *Guizhi* Ramulus Cinnamomi 9 g , *Baishao* Radix Paeoniae Alba 12 g.

In case of stuffy nose and plenty of watery nasal discharge, the drug added is *Xixin* Herba Asari 3 g.

In case of severe cough, the drugs added are *Xingren* Semen Armeniacae Amarum 9 g and *Donghua* Flos Farfarae 12 g.

In case of stiff neck, the drug added is *Gegen* Radix Puerariae 15 g.

2. Wind–heat Type

Symptoms: More remarkable fever; slight aversion to

wind–cold, hypohidrosis, distending pain in the head, thirst, itching and pain in the throat, sneezing, stuffy nose with turbid discharge, cough with yellowish sputum, reddened tongue margin and tip, thin whitish slightly yellowish tongue coating, and floating rapid pulse.

Therapeutic Method: Dispersing wind–heat, detoxicating to relieve sore throat.

Prescription: Modified *Yinqiao San* (Powder of Lonicera and Forsythia)

Ingredients:

Yinhua Flos Lonicerae	30 g
Lianqiao Fructus Forsythiae	9 g
Jingjie Herba Schizonepetae	9 g
Bohe Herba Menthae	9 g
Douchi Semen Sojae Preparatum	9 g
Jiegeng Radix Platycodi	9 g
Niubangzi Fructus Arctii	9 g
Zhuye Herba Lophatheri	9 g
Lugen Rhizoma Phragmitis	30 g
Gancao Radix Glycyrrhizae	4.5 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of high fever, severe thirst, hyperhidrosis and full pulse, the drugs added are *Shigao* Gypsum Fibrosum (30g) and *Zhimu* Rhizoma Anemarrhenae 12 g.

In case of alternate attacks of fever and chills, bitter taste, yellow tongue coating and taut pulse, the drugs added are *Chaihu* Radix Bupleuri (15 g) and *Huangqin* Radix Scutellariae 9 g.

In case of persistent high fever, the drug added is *Xijiao* Cornu Rhinocerotis (taken after being infused in water) (1.5

g).

In case of swelling and burning–pain of the tonsillitis, the drug omitted is *Jingjie* Herba Schizonepetae, the drugs added are *Banlangen* Radix Isatidis (30 g), *Shegan* Rhizoma Belamcandae (12 g) and *Pangdahai* Semen Sterculiae Lychnophorae (9 g).

In case of severe cough, the drugs added are *Xingren* Semen Armeniacae Amarum (9 g), *Zhebei* Bulbus Fritillariae Thunbergii (9 g) and *Qianhu* Radix Peucedani (9 g).

Chinese Patent Medicine 1:

Fufang Daqingye Heji (Composite Mixture of Isatis Leaf).

Administration: Taken orally, 10 ml each time, 3 times daily.

Chinese Patent Medicine 2:

Ganmao Chongji (Granule for Treating Cold).

Administration: Taken orally after being infused in water, 15 g each time, 3 times daily.

3. Summer–heat and Dampness Type

Symptoms: Onset in mid–summer, fever, aversion to cold, dizziness, distending pain in the head, asthenia, anhidrosis, vexation, thirst, fullness in the stomach, nausea, poor appetite, scanty and dark–colored urine, reddened tongue with yellowish greasy coating, and soft rapid pulse.

Therapeutic Method: Clearing away summer–heat to relieve exterior syndrome, removing dampness by means of aromatics.

Prescription: Modified *Xinjia Xiangru Yin* (Decoction of Elsholtzia with Supplements) and *Liu Yi San* (Six to One Powder).

Ingredients:

Xiangru Herba Elsholtziae 9 g

Houpo Cortex Magnoliae Officinalis	9 g
Qinghao Herba Artemisiae Annuae	9 g
Lianqiao Fructus Forsythiae	9 g
Yinhua Flos Lonicerae	30 g
Huashi Talcum	30 g
Lugen Rhizoma Phragmitis	30 g
Gancao Radix Glycyrrhizae	3 g
Baibiandouhua Flos Lablab Album	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of retention of fever after perspiration, the drug omitted is *Xiangru* Herba Elsholtziae, the drug added is *Huoxiang* Herba Pogostemonis 12 g.

In case of more severe summer-heat, hyperhidrosis and thirst, the drugs added are *Xiguacuiyi* Exocarpium Citrulli (30 g) *Shengshigao* Gypsum Fibrosum (30 g)and, *Zhimu* Rhizoma Anemarrhenae (12 g).

In case of fullness in the chest and epigastrium and nausea, the drugs added are *Peilan* Herba Eupatorii (6–12 g), *Heye* Folium Nelumbinis (6–12 g) and *Shichangpu* Rhizoma Acori Tatarinowii (6–12 g).

In case of primordial-*Qi* injured by summer-heat, listleness, languor, low voice, feeble breathing, dyspnea, shortness of breath, palpitation and hyperhidrosis, the drugs added are *Xiyangshen* Radix Panacis Quiquefolii (3 g), *Maidong* Radix Ophiopogonis (15 g) and *Wuweizi* Fructus Schisandrae (6 g).

Chinese Patent Medicine: *Huoxing Zhengqi Shui* (Decoction of Agastache for Restoring Health).

Administration: Taken orally, 10 ml each time, twice daily.

Indications: Cold due to summer-dampness with

cold–symptoms.

4. General–deficiency Type

Symptoms: General deficiency, or infirmity with age, repeated affection of cold hard to cure; deficiency of *Qi* marked by lassitude, shortness of breath, asthenia, spontaneous perspiration, pale enlarged tongue, and weak floating pulse; deficiency of *Yang* marked by aversion to cold, cold limbs, loose stools, whitish slippery tongue coating, and deep slow pulse; deficiency of blood marked by pale face, lips and nails, dizziness, palpitation, insomnia, pale tongue, and hollow pulse; deficiency of *Yin* marked by dysphoria, feverish sensation in the chest, palms and soles, tidal fever, night sweating, flushed zygomatic region, reddened tongue with little coating, and thready rapid pulse.

Therapeutic Method: Strengthening the body resistance to relieve exterior syndrome

Prescription 1 for cold due to deficiency of *Qi* and affection of exopathogenic wind–cold: Modified *Shen Su Yin* (Ginseng and Perilla Decoction).

Ingredients:

Renshen Radix Ginseng	3 g
Yunling Poria	12 g
Jingjie Herba Schizonepetae	9 g
Suye Folium Perillae	9 g
Qianhu Radix Peucedani	9 g
Banxia Rhizoma Pinelliae	9 g
Juhong Exocarpium Citri Rubrum	9 g
Zhiqiao Fructus Aurantii	9 g
Jiegeng Radix Platycodi	9 g
Gegen Radix Puerariae	15 g

Muxiang Radix Aucklandiae 6 g
Chenpi Pericarpium Citri Reticulatae 6 g
Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Prescription 2 for cold due to deficiency of *Yang* and affection of exopathogenic wind–cold

Modified *Zaizao San* (Rehabilitation Powder).

Ingredients:

Shufuzi Radix Aconiti Lateralis Preparata 6 g
Guizhi Ramulus Cinnamomi 9 g
Dangshen Radix Codonopsis 12 g
Huangqi Radix Astragali 12 g
Qianghuo Radix seu Rhizoma Notopterygii 9 g
Fangfeng Radix Saposhinkoviae 9 g
Chuanxiong Rhizoma Ligusticii Chuanxiong 9 g
Xixin Herba Asari 3 g
Gancao Radix Glycyrrhizae 3 g
Shengjiang Rhizoma Zingiberis Recens 3 pieces
Dazao Fructus Jujubae 3 dates

Administration: Decocted in water for oral use, 1 dose daily.

Prescription 3 for cold due to deficiency of *Yin* and affection of exopathogenic factors

Jiajian Weirei Tang (Modified Decoction of Fragrant Solomonseal)

Ingredients:

Yuzhu Rhizoma Polygonati Odorati 9 g
Baiwei Radix Cynanchi Atrati 9 g
Bohe Herba Menthae 9 g
Jiegeng Radix Platycodi 9 g

Douchi Semen Sojae Preparatum 9 g

Congbai Caulis Allii Fistulosi 6 g

Administration: Decocted in water for oral dose, 1 dose daily.

Prescription 4 for cold due to deficiency of blood and exopathogenic factors

Congbai Qiwei San (Powder of Seven Drugs Including Chinese Green Onion Stalk)

Ingredients:

Lianxucongbai Caulis Allii Fistulosi 3 pieces

Gegen Radix Puerariae 15 g

Shengdi Radix Rehmanniae 12 g

Danggui Radix Angelicae Sinensis 9 g

Maidong Radix Ophiopogonis 9 g

Douchi Semen Sojae Preparatum 9 g

Jiegeng Radix Platycodi 9 g

Shengjiang Rhizoma Zingiberis Recens 3 pieces

Dazao Fructus Jujubae 3 dates

Administration: Decocted in water for oral use, 1 dose daily.

Prevention

Those susceptible to cold should try to do the following:

1. Wash the face with cold water, go swimming in winter if possible, etc. so as to strengthen the ability to tolerate cold.

2. Strike a proper balance between work and rest so as to build up the constitution.

3. Change clothes promptly following the sudden change of weather so as to avoid affection of cold.

4. Keep off rain.

5. Give up smoking.

6. Wear gauze mask during the epidemic of cold.

7. Take *Yupingfeng San* (Jade–screen Powder) regularly.

1.2 Bronchitis

Bronchitis, acute or chronic, is clinically characterized by cough, expectoration, or dyspnea. In TCM, it is included in the category of "cough ","syndrome of dyspnea ","phlegm retention "and "consumptive lung disease ". Acute bronchitis is an acute inflammation due to infection of bacteria and virus or due to physical or chemical irritation. After it is cured, the affected bronchi may return to normal completely. If the acute inflammation has not been treated timely, it will become protracted and recurrent, which is apt to lead to chronic inflammation of the bronchial mucosa and the peripheral tissues.

Etiology and Pathgenesis

This diseases is caused by both exopathogenic and endopathogenic factors.

1. Exopathogenic factors

The six exopathogens invade the body and stay in the lung, preventing the lung–*Qi* from flowing freely. Over–intake of liquor and food pungent in flavor and hot in nature or over–smoking will heat the fluid into sputum, blocking the respiratory tract.

2. Endopathogenic factors

Zang and *Fu* organs fail to function normally. When the lung is weakened, it can do its duty neither in strengthening *Weiqi* so as to keep off exopathogens nor in performing its ascending and descending function. When the spleen is weakened, the fluid will not flow freely, phlegm resulting and staying in the interior. When the kidney is weakened, it will fail to do its duty in receiving air, resulting in dyspnea.

The exopathogenic and endopathogenic factors both work to bring about intermittent cough, dyspnea and expectoration, which are protracted and hard to cure.

Type and Treatment

1. In the stage of acute attack

(1) Type of Wind–cold Attacking the Lung

Symptoms: Intermittent cough, dyspnea, shortness of breath, thin sputum, itching throat, hoarseness, stuffy nose, watery nasal discharge; all of which are often accompanied by exterior symptoms due to wind–cold such as chills, fever, headache, and ache and weakness of the bones; thin and whitish tongue coating, and floating forceful pulse.

Therapeutic Method: Relieving exterior syndrome with drugs pungent in flavor and warm in nature, facilitating the flow of the lung–*Qi* to relieve cough.

Prescription: Modified *Huagai San* (Canopy Powder)

Ingredients:

Zhimahuang Herba Ephedrae Preparata	9 g
Xingren Semen Armeniacae Amarum	9 g
Juhong Exocarpium Citri Rubrum	9 g
Sangpi Cortex Mori	9 g
Suzi Fructus Perillae	9 g
Yunling Poria	9 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: When exterior syndrome due to wind–cold is remarkable, the drugs added accordingly are *Guizhi* Ramulus Cinnamomi (9 g), *Jingjie* Herba Schizonepetae (9 g) and *Gegen* Radix Puerariae (12 g).

When severe cough occurs repeatedly in the day and night, the drugs added are *Zhebeimu* Bulbus Fritillariae Thunbergii (9 g), *Donghua* Flos Farfarae (12 g), *Ziwan* Radix Asteris (12 g).

When there exist sneezing, stuffy nose, profuse nasal discharge and plenty of sputum, the drugs added are *Xixin* Herba Asari (3 g), *Banxia* Rhizoma Pinelliae (9 g) and *Ganjiang* Rhizoma Zingiberis (9 g).

Chinese Patent Medicine: *Tongxuan Lifei Wan* (Bolus for Ventilating and Facilitating the Flow of the Lung–*Qi*).

Administration: Taken orally, 6–12 g each time, twice daily.

(2) Type of Wind–heat Attacking the Lung

Symptoms: Severe and frequent cough, dyspnea, restlessness, yellowish sticky sputum difficult to spit out, swollen and sore throat, hoarseness, stuffy nose, yellowish turbid nasal discharge, sweating, thirst; all of which are often accompanied by other exterior symptoms due to wind–heat such as fever, headache, and soreness and weakness of the limbs; reddened tongue with thin yellowish coating, and floating rapid pulse.

Therapeutic Method: Relieving exterior syndrome with drugs pungent in flavor and cold in nature, clearing away heat from the lung to alleviate cough.

Prescription: Modified *Ma Xing Shi Gan Tang* (Decoction of Ephedra, Apricot Kernel, Gypsum and Licorice).

Ingredients:

Yinhua Flos Lonicerae	30 g
Zhimahuang Herba Ephedrae Preparata	9 g
Zhebei Bulbus Fritillariae Thunbergii	9 g
Lianqiao Fructus Forsythiae	9 g
Shengshigao Gypsum Fibrosum	30 g

Xingren Semen Armeniacae Amarum 9 g

Qianhu Radix Peucedani 9 g

Gancao Radix Glycyrrhizae 3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: When there appear high fever, flushed face and thirst, the drugs added are *Yuxingcao* Herba Houttuyniae 30 g, *Pugongying* Herba Taraxaci 30 g, *Daqingye* Folium Isatidis 30 g.

When the throat is reddened and swollen, the drugs added are *Mabo* Lasiophaera seu Calvatia (9 g), *Niuzi* Fructus Arctii (9 g) and *Jiangcan* Bombyx Batryticatus (9 g).

When summer-heat is involved in summer, the drugs added are *Xianheye* Herba Nelumbinis (30 g), *Xiguacuiyi* Exocarpium Citrulli (30 g) and *Huoxiang* Herba Pogostemonis (12 g).

Chinese Patent Medicine 1:

Zhisou Qingguo Wan (Cough-relieving Pill Including Chinese White Olive).

Administration: Taken orally, 9 g each time, twice daily.

Chinese Patent Medicine 2:

Shedan Chuanbei Ye (Mixture of Snake Bile and Sichuan Fritillary Bulb).

Administration: Taken orally, 10 ml each time, twice daily.

(3) Type of Phlegm-heat Gathering in the Lung

Symptoms: Intermittent cough, rapid raucous breathing, rale in the throat due to profuse thick and yellowish sputum, flushed face, fever, bitter taste, thirst, distending pain in the front part of the chest, reddened tongue with yellowish thick coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat in the lung to dis-

solve phlegm, checking upward adverse flow of *Qi* to relieve cough.

Prescription: Modified *Sanghaipi Tang* (Decoction of Mulberry Bark) and *Qingjin Huatan Tang* (Decoction for Removing Lung-heat and Phlegm)

Ingredients:

Huangqin Radix Scutellariae	9 g
Huanglian Rhizoma Coptidis	9 g
Shanzhi Fructus Gardeniae	9 g
Jiegeng Radix Platycodi	9 g
Zhebei Bulbus Fritillariae Thunbergii	9 g
Juhong Exocarpium Citri Rubrum	9 g
Suzi Tructus Perillae	9 g
Banxia Rhizoma Pinelliae	9 g
Xingren Semen Armeniacae Amarum	9 g
Sanghaipi Cortex Mori	12 g
Zhimu Rhizoma Anemarrhenae	12 g
Maidong Radix Ophiopogonis	12 g
Gualou Fructus Trichosanthis	12 g
Yunling Poria	12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: When fever is severe, the drugs added accordingly are *Yuxingcao* Herba Houttuyniae (30 g), *Baijiangcao* Herba Patriniae (30 g) and *Zaoxiu* Rhizoma Paridis (30 g).

When cough and dyspnea are both severe, the drugs added are *Baibu* Radix Stemonae (12 g), *Donghua* Flos Farfarae (12 g), *Tinglizi* Semen Lepidii seu Descurainiae (15 g).

When the nose is stuffy and yellowish nasal mucus with pus

is being discharged, the drugs added are *Xinyi* Flos Magnoliae (12 g), *Dongguaren* Semen Benincasae (30 g) and *Taoren* Semen Persicae (9 g).

When there is pain in the chest, the drugs added are *Yujin* Radix Curcumae (12 g) and *Honghua* Flos Carthami (9 g).

(4) Type of Dry-heat Impairing the Lung

Symptoms: Often seen in dry fall, uninterrupted cough, dry and itching throat, dry lips and nose, no sputum or little sticky sputum even with blood, or fever, slight aversion to cold, headache, stuffy nose, reddened tongue tip, thin yellowish and dry tongue coating, and floating and a bit rapid pulse.

Therapeutic Method: Dispelling wind and clearing away heat, moistening the lung and arresting cough

Prescription: Modified *Sang Xing Tang* (Decoction of Mulberry Leaf and Apricot Kernel).

Ingredients:

Sangye Folium Mori	9 g
Xingren Semen Armeniacae Amarum	9 g
Zhebei Bulbus Fritillariae Thunbergii	9 g
Douchi Semen Sojae Preparatum	9 g
Shanzhi Fructus Gardeniae	9 g
Shashen Radix Glehniae	12 g
Lipi Exocarpium Pyrus	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If the fluid has been impaired more severely, the drugs added are *Maidong* Radix Ophiopogonis (15 g), *Xianshihu* Herba Dendrobii (30 g).

If the sputum is blood-stained and epistaxis has appeared, the drugs added are *Baimaogen* Rhizoma Imperatae (30 g),

Oujie Nodus Nelumbinis Rhizomatis (30 g), *Shengdi* Radix Rehmanniae (15 g).

If the fever is high, the drugs added are *Shengshigao* Gypsum Fibrosum (30 g), *Zhimu* Rhizoma Anemarrhenae (12 g).

2. In the chronic and persisting stage

(1) Type of Phlegm Stagnated in the Interior

Symptoms: Intermittent and remittent cough and asthma, profuse whitish sticky sputum expectorated after getting up in the morning followed by relieved cough and asthma, or anorexia, having no appetite for greasy food, fullness in the chest and epigastrium, nausea, whitish greasy tongue coating, and soft slow pulse.

Therapeutic Method: Drying dampness and removing phlegm, relieving cough and arresting asthma.

Prescription: Modified *Erchen Tang* (Decoction of Two Old Drugs) and *Sanzi Yangqin Tang* (Decoction of Three Kinds of Seeds for the Aged).

Ingredients:

Chenpi Pericarpium Citri Reticulatae	9 g
Banxia Rhizoma Pinelliae	9 g
Suzi Fructus Perillae	9 g
Baijiezi Semen Sinapis Alba	9 g
Xingren Semen Armeniacae Amarum	9 g
Yunling Poria	12 g
Laifuzi Semen Raphani	12 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For more serious cold–symptoms, remarkable aversion to cold and frothy sputum, the drugs added are *Ganjiang*

Baizhu Rhizoma Atractylodis Macrocephalae 15 g
Yunling Poria 15 g
Gancao Radix Glycyrrhizae 3 g
Shufuzi Radix Aconiti Lateralis Preparata 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of the onset due to attack of cold which worsens the cough and dyspnea, the drug omitted is *Renshen* Radix Ginseng, the drugs added are *Zhimahuang* Herba Ephedrae Preparata 9 g *Guizhi* Ramulus Cinnamomi 9 g *Baishao* Radix Paeoniae Alba 9 g.

Chinese Patent Medicine 1:

Mujingyou Jiaowan (Capsulae Olei Viticis Negundo)

Administration: Used for chronic bronchitis, taken orally, 1–2 boluses each time, 3 times daily.

Chinese Patent Medicine 2

Laiyangli Zhike Tangjiang (Laiyang Pear Syrup for Arresting Cough).

Administration: Used for acute or chronic bronchitis, taken orally, 10 ml each time, 4 times daily.

3. In the clinical remission stage

Symptoms: Lassitude, frequent spontaneous perspiration, being prone to be affected by exopathogens, protracted cough and dyspnea, pale tongue with thin whitish coating, and deep feeble pulse.

Therapeutic Method: Invigorating the spleen to benifit the lung, supplementing *Qi* to consolidate superficial resistance.

Prescription: Modified *Si Junzi Tang* (Decoction of Four Noble Drugs) and *Yupingfeng San* (Jade–screen Powder).

Ingredients:

Renshen Radix Ginseng	3 g
Huangqi Raidx Astragali	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	9 g
Yunling Poria	12 g
Fangfeng Radix Saposhinkoviae	6 g
Gancao Radix Glycyrrhizae	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of more severe cough and dyspnea, the drugs added are *Ziwan* Radix Asteris (9 g), *Donghua* Flos Farfarae (9 g), *Xingren* Semen Armeniacae Amarum (9 g) and *Chuanbei* Bulbus Fritillariae Cirrhosae (9 g).

In case of aversion to cold and profuse sweat, the drugs added considerably are *Guizhi* Ramulus Cinnamomi (9 g), *Baishao* Radix Paeoniae Alba (12 g) and *Fuxiaomai* Fructus Tritici Levis (30 g).

Prevention

The patients should do the following:

1. Build up the constitution and strengthen body resistance through taking part in physical training and doing manual labour regularly.

2. Keep strengthening the ability to tolerate cold so as to protect themselves from catching cold.

3. Try their best to give up smoking.

In addition to all the above, the living surroundings should be improved, air pollution must be eliminated.

1.3 Bronchial Asthma

Bronchial asthma is an allergic disease due to paroxysmal spasm, mucous hyperemia, myxedema and increase of secretion,

characterized by dyspnea, stridor and expectoration. It is included in the category of "wheeze syndrome" in TCM.

Etiology and Pathogenesis

This disease is caused by dysfunction of the lung, spleen and kidney, abnormal metabolism of body fluid, retention of phlegm in the lung (these being the original cause); affection of the six exopathogens, improper intake of food, emotional stimulation, internal injury due to overstrain, ascending of phlegm with the flowing of *Qi*, stagnation of *Qi* due to the ascending phlegm, and block of the respiratory tract by the stagnated phlegm and *Qi* (thus resulting in "wheeze ").

Type and Treatment

1. In the stage of attack

(1) Type of Cold–wheezing

Symptoms: Shortness of breath, rale in the throat, fullness in chest, dark complexion, mild cough, small amount of whitish frothy sputum, relapse due to cold weather or affection of cold, no thirst, or accompanied by exterior syndrome of wind–cold type, thin whitish and moist tongue coating, and floating tense or taut tense pulse.

Therapeutic Method: Warming the lung to dispel cold, resolving phlegm to relieve asthma.

Prescription: *Xiao Qinglong Tang* (Minor Decoction of Green Dragon).

Ingredients:

Zhimahuang Herba Ephedrae Preparata	9 g
Guizhi Ramulus Cinnamomi	9 g
Baishao Radix Paeoniae Alba	9 g
Ganjiang Rhizoma Zingiberis	9 g

Banxia Rhizoma Pinelliae 9 g
Wuweizi Fructus Schisandrae 6 g
Xixin Herba Asari 3 g
Gancao Radix Glycyrrhizae 3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If the exterior syndrome marked by chills, fever and general pain is remarkable, the drugs added are *Chaihu* Radix Bupleuri (12 g), *Gegen* Radix Puerariae (15 g), *Jingjie* Herba Schizonepetae (9 g).

If the phlegm pathogen has developed heat, the drug added is *Shengshigao* Gypsum Fibrosum.

Chinese Patent Medicine: *Hanchuan Wan* (Pill for Treating Cold–wheezing).

Administration: Taken orally, 3–6 pills each time, twice daily.

(2) Type of Heat–wheezing

Symptoms: Dyspnea relieved when sitting, longer time of expiration, distention and fullness in the chest, intermittent cough, sawing noise in the throat, yellow and white thick sticky sputum, difficulty in expectorating, dysphoria, flushed face, fever, thirst, or other exterior syndrome due to wind–heat, reddened tongue with yellowish greasy coating, and taut slippery or slippery rapid pulse.

Therapeutic Method: Clearing away heat in the lung, checking upward adverse flow of *Qi*, resolving phlegm and relieving asthma.

Prescription: *Dingchuan Tang* (Decoction for Relieving Asthma).

Ingredients:

Zhimahuang Herba Ephedrae Preparata	9 g
Xingren Semen Armeniacae Amarum	9 g
Suzi Fructus Perillae	9 g
Sangbaipi Cortex Mori	9 g
Huangqin Radix Scutellariae	9 g
Donghua Flos Farfarae	9 g
Banxia Rhizoma Pinelliae	9 g
Baiguo Semen Ginkgo	6 g
Gancao Radix Glycyrrhizae	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of stagnation of exterior cold, the drugs added are *Guizhi* Ramulus Cinnamomi (9 g), *Jingjie* Herba Schizonepetae (9 g), *Shengjiang* Rhizoma Zingiberis Recens (9 g).

In case of excessive internal heat, the drugs added are *Yinhua* Flos Lonicerae (30 g), *Yuxingcao* Herba Houttuyniae (30 g) and *Zaoxiu* Rhizoma Paridis (30 g).

In case of rale in the throat, severe dyspnea which makes lying down impossible, dysuria and constipation, the drugs added are *Fangji* Radix Stephaniae Tetrandrae (9 g), *Jiaomu* Semen Zanthoxyli (12 g), *Tinglizi* Semen Lepidii seu Descurainiae (15 g) and *Dahuang* Radix et Rhizoma Rhei (6 g).

(3) Type of Excess in the Upper and Deficiency in the Lower.

Symptoms: Frequent relapse of asthma which is even protracted, rale like snore in the throat, profuse sputum, fullness in the chest, weakness in coughing, pale or even livid complexion, sweating, cold limbs, purplish dark tongue with whitish greasy coating, and deep thready pulse.

Therapeutic Method: Checking upward adverse flow of *Qi*

to relieve asthma, warming the kidney to improve inspiration.

Prescription: *Suzi Jiangqi Tang* (Decoction of Perilla Seed for Descending *Qi*).

Ingredients:

Suzi Fructus Perillae	9 g
Houpo Cortex Magnoliae Officinalis	9 g
Qianhu Radix Peucedani	9 g
Banxia Rhizoma Pinelliae	9 g
Danggui Radix Angelicae Sinensis	9 g
Chenpi Pericarpium Citri Reticulatae	9 g
Rougui Cortex Cinnamomi	4.5 g
Gancao Radix Glycyrrhizae	4.5 g
Shengjiang Rhizoma Zingiberis Recens	3 pieces

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of asthma which is severe in the posture of lying down, and edema of the face and limbs, the drugs added are *Tinglizi* Semen Lepidii seu Descurainiae (15 g), *Sangpi* Cortex Mori (12 g), *Cheqianzi* Semen Plantaginis (15 g).

(*Cheqianzi* is wrapped in cloth and then decocted in water).

In case of deficiency of *Qi*, the drugs added are *Dangshen* Radix Codonopsis (15 g), *Wuweizi* Fructus Schisandrae (6 g).

In case of deficiency of *Yang*, the drugs added are *Shufuzi* Radix Aconiti Lateralis Preparata (9 g) and *Hutaorou* Semen Juglandis (15 g).

2. In the remission stage

(1) Type of Deficiency of the Lung

Symptoms: Spontaneous sweating, aversion to cold, shortness of breath, low voice, catching cold now and then due to the

change of weather, sneezing and itching in the nose and throat before the onset of cold, thin and whitish tongue coating, and floating weak pulse.

Therapeutic Method: Invigorating *Qi* and strengthening superficial resistance

Prescription: Modified *Bufei Tang* (Decoction for Tonifying the Lung).

Ingredients:

Renshen Radix Ginseng	3 g
Wuweizi Fructus Schisandrae	6 g
Huangqi Radix Astragali	30 g
Shudi Radix Rehmanniae Preparata	12 g
Sangpi Cortex Mori	9 g
Ziwan Radix Asteris	9 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For chills and cold limbs, the drugs added are *Guizhi* Ramulus Cinnamomi (9 g), *Shufuzi* Radix Aconiti Lateralis Preparata (6 g).

For deficiency of both *Qi* and *Yin*, and reddened tongue with little coating, the drug omitted is *Shudi* Radix Rehmanniae Preparata, the drugs added are *Maidong* Radix Ophiopogonis (15 g), *Shengdi* Radix Rehmanniae (12 g).

(2) Type of Deficiency of the Spleen

Symptoms: Asthma due to improper diet and overstrain, shortness of breath, gloom, poor appetite, fullness in the epigastrium and chest, profuse sputum, abdominal distention, loose stools, thin whitish or whitish greasy tongue coating, and deep slow weak pulse.

Therapeutic Method: Strengthening the spleen to resolve

phlegm

Prescription: *Liu Junzi Tang* (Decoction of Six Ingredients).

Ingredients:

Renshen Radix Ginseng	4.5 g
Fuling Poria	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	9 g
Chenpi Pericarpium Citri Reticulatae	9 g
Banxia Rhizoma Pinelliae	9 g
Zhigancao Radix Glycyrrhizae Preparata	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of inactive spleen—*Yang*, chills, cold limbs and loose stools, the drugs added are *Shufuzi* Radix Aconiti Lateralis Preparata (6 g), *Ganjiang* Rhizoma Zingiberis (9 g)

In case of fullness in the epigastrium and abdomen, and belching, the drugs added are *Muxiang* Radix Aucklandiae (9 g), *Sharen* Fructus Amomi (9 g) and *Laifuzi* Semen Raphani (9 g).

(3) Type of Deficiency of the Kidney

Symptoms: Being out of breath due to shortness of breath and difficulty in inhalation both of which are evoked by light work and become severe when moving or exercising, palpitation, dizziness, tinnitus, soreness and weakness of the loins and kness; *Yang* deficiency of the kidney marked by pale complexion, chills, cold limbs, spontaneous sweating, flabby tongue with tender thin whitish coating; *Yin* deficiency of the kidney marked by flushing of the zygomatic region, fever sensation in the chest, palms and soles, night sweating, reddened tongue with little coating, and thready rapid pulse.

Therapeutic Method: Reinforcing the kidney to improve in-

spiration and relieve asthma

Prescription: Modified *Shen Jie San* (Powder of Ginseng and Gecko).

Ingredients:

Renshen Radix Ginseng	3 g
Wuweizi Fructus Schisandrae	6 g
Gejie Gecko	6 g
Shudi Radix Rehmanniae Preparata	9 g
Chenxiang Lignum Aquilariae Resinatum	1.5 g

Administration: All the ingredients are ground into fine powder. 3–4.5 g of the powder is taken each time, 3 times daily.

Modification: In case of *Yang* deficiency of the kidney, the drugs added are *Buguzhi* Fructus Psoraleae (9 g), *Xianlingpi* Herba Epimedii (9 g), *Zhongrushi* Stalactitum (9 g) and *Shufuzi* Radix Aconiti Lateralis Preparata (6 g).

In case of *Yin* deficiency of the kidney, the drugs added are *Maidong* Radix Ophiopogonis (9 g), *Danggui* Radix Angelicae Sinensis (9 g) and *Gouqizi* Fructus Lycii (9 g).

Chinese Patent Medicine 1

Heixi Dan (Black Tin Pill).

Indications: Failure of the kidney to command inspiration due to insufficiency of the kidney–*Yang*.

Administration: Taken orally, 2–3 g each time, 1–2 times daily.

Caution: Prolonged–use or over–use is avoided lest plumbism should occur.

Chinese Patent Medicine 2

Qiwei Douqi Wan (All Converging Pill of Seven Ingredients).

Indications: Failure to hold inspiration due to insufficiency

of the kidney—*Yin*.

Administration: Taken orally, 9 g each time, twice daily.

Prevention

Go all over to find out the anaphylactogen and do the best to avoid inhaling, touching or taking it again. Conditions permitting, desensitization treatment may be performed with the extract of anaphylactogen. In daily life, strike a proper balance between work and rest, prevent the infection of the upper respiratory tract, give up smoking and limit alcohol drinking, and keep off emotional stimulation. In the remission stage, the treatment should be kept in strengthening the body resistance and / or restoring normal functioning of the body to consolidate the constitution.

1.4 Lobar Pneumonia

Lobar pneumonia is included in the category of "wind—warm", "lung—heat disease", "asthma and cough due to inflammation of the lung" and "chest pain" in TCM. In most cases, it is caused by Diplococcus pneumoniae with exudative inflammation or consolidation seen in the lobes of the lung, and charaterized clinically by sudden shiver, high fever, dyspnea, chest pain and bloody sputum.

Etiology and Pathogenesis

Irregular daily life or sudden change of the weather makes the superficial defensive *Qi* fail to adjust its defending function; overstrain impairs the function of the spleen and kidney; affection of the six exopathogens or seasonal pathogens leads to stagnation of *Qi* and lung—heat, which heats the fluid into phlegm; combination of phlegm and heat impairs pulmonary vessels. The above

factors get together to form the cause of this disease. When the vital *Qi* is strong and the pathogens have been driven away, the phlegm–heat will accordingly vanish. If the fever is high, the vital *Qi* will be exhausted.

Type and Treatment

1. Type of Pathogens Invading the Lung

Symptoms: Fever, aversion to cold, difficulty in coughing, fullness and oppressed feeling in the chest, or vague pain in the chest, little white sticky sputum, no or little sweat, thirst, or headache, general discomfort, sore throat, stuffy nose, reddened tongue tip and margin, thin whitish or thin yellowish tongue coating, and floating rapid pulse.

Therapeutic Method

Relieving exterior syndrome with drugs pungent in flavor and cool in nature, facilitating the flow of the lung–*Qi*.

Prescription: Modified *Yin Qiao San* (Powder of Lonicera and Forsythia) and *Sang Ju Yin* (Decoction of Mulberry Leaf and Chrysanthemum).

Ingredients:

Yinhua Flos Lonicerae	30 g
Lugen Rhizoma Phragmitis	30 g
Lianqiao Fructus Forsythiae	15 g
Sangye Folium Mori	9 g
Xingren Semen Armenicae Amarum	9 g
Jiegeng Radix Platycodi	9 g
Qianhu Radix Peucedani	9 g
Zhebei Bulbus Fritillariae Thunbergii	9 g
Niubangzi Fructus Arctii	9 g
Gancao Radix Glycyrrhizae	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For severe chills and anhidrosis, the drugs added are *Mahuang* Herba Ephedrae (9 g), *Suye* Folium Perillae (9 g).

For high fever, profuse sweat and thirst, the drugs added are *Shengshigao* Gypsum Fibrosum (30 g), *Zhimu* Rhizoma Anemarrhenae (12 g).

For headache and general aching, the drugs added are *Juhua* Flos Chrysanthemi (9 g), *Manjingzi* Fructus Viticis (9 g)and, *Gegen* Radix Puerariae (15 g).

Chinese Paten Medicine: *Fangfeng Tongsheng Wan* (Miraculous Pill of Ledebouriella).

Indication: Aversion to cold, high fever, constipation and deep–colored urine in the early stage of pneumonia.

Administration: Taken orally, 6 g each time, twice daily.

Caution: It should be cautiously used for pregnant women.

2. Type of Phlegm–heat Retained in the Lung

Symptoms: Persistent high fever, frequent cough, yellow sticky or rusty or bloody sputum which is in moderate amount, raucous breathing, flaring of nares, aggravated chest pain, restlessness, thirst with desire for more drinking, flushed face, reddened tongue with yellowish dry coating, and full slippery pulse.

Therapeutic Method: Clearing away heat in the lung to relieve asthma, arresting cough and resolving phlegm.

Prescription: Modified *Wuwei Xiaodu Yin* (Antiphlogistic Decoction of Five Drugs), *Xiao Xianxiong Tang* (Minor Decoction for Relieving Stuffiness in the Chest) and *Tingli Dazao Xiefei Tang* (Decoction of Lepidium Seed and Jujube for

Removing Phlegm in the Lung).

Ingredients:

Yinhua Flos Lonicerae	30 g
Gongying Herba Taraxaci	30 g
Yejuhua Flos Chrysanthemi Indici	15 g
Diding Herba Violae	15 g
Gualou Fructus Trichosanthis	15 g
Tiankuizi Radix Semiaquilegiae	15 g
Huanglian Rhizoma Coptidis	9 g
Banxia Rhizoma Pinelliae	9 g
Dongguaren Semen Benincasae	15 g
Xingren Semen Armenicae Amarum	9 g
Zhebei Bulbus Fritillariae Thunbergii	9 g
Tinglizi Semen Lepidii seu Descurainiae	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of bloody sputum, the drugs added are *Xiaoji* Herba Cirsii (30 g), *Baimaogen* Rhizoma Imperatae (30 g)and, *Oujie* Nodus Nelumbinis Rhizomatis (30 g).

In case of severe cough and dyspnea, the drugs added are *Zhimahuang* Herba Ephedrae Preparata (9 g), *Suzi* Fructus Perillae (9 g).

In case of stabbing pain in the chest and cyanotic lips, the drugs added are *Taoren* Semen Persicae (9 g), *Chishao* Radix Paconiae Rubra (15 g) and *Danshen* Radix Salviae Miltiorrhizae (15 g).

Chinese Patent Medicine

Name:

Lingyang Qingfei Wan (Antelope's Horn Pill for Removing Heat from the Lung).

Indications: High fever, yellow sputum, shortness of breath, chest pain, dark urine and dry stools.

Administration: Taken orally, 6 g each time, 3 times daily.

Caution: Used cautiously for pregnant women.

3. Type of Invasion of Heat into the Heart—*Ying*

Symptoms: High fever which is severe in the night, cough, shortness of breath, rale in the throat, yellowish thick or bloody sputum, chest pain, thirst without desire for drinking, even unconsciousness, dysphoria, delirium, involuntary movement of the hands and feet, dark reddened dry tongue with dry and yellow coating, and deep thready rapid pulse.

Therapeutic Method: Clearing up the *Ying*—system, detoxicating, inducing resuscitation and calming the endopathic wind.

Prescription: Modified *Qingying Tang* (Decoction for Clearing away Heat in the *Ying*—system).

Ingredients:

Xijiao Fen Cornu Rhinocerotis (in the form of powder taken after being infused in water)	1.5 g
Yinhua Flos Lonicerae	30 g
Lianqiao Fructus Forsythiae	15 g
Shengdi Radix Rehmanniae	12 g
Yuanshen Radix Scrophulariae	12 g
Cundong Radix Ophiopogonis	12 g
Danshen Radix Salviae Miltiorrhizae	12 g
Zhuye Herba Lophatheri	9 g
Huanglian Rhizoma Coptidis	9 g

Tianzhuhuang Concretio Silicea Bambusae 9 g

Danxing Arisaema cum Bile 9 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there is abundant heat in the *Ying*–blood system and blood spots on the skin, the drugs added are *Daqingye* Folium Isatidis (30 g), *Zicao* Radix Arnebiae seu Lithospermi (15 g), *Chishao* Radix Paeoniae Rubra (15 g).

If there is convulsion due to excessive endopathogenic wind, the drugs added are *Lingyangjiao Fen* Cornu Saigae Tataricae (3 g), (in the form of powder taken after being infused in water)

Quanxie Fen Scorpio in the form of powder (3 g).

(taken after being infused in water)

if there is rale in the throat, dyspnea, and phlegm–accumulation due to stagnancy of the lung–*Qi*, the drugs added are *Houzao* Calculus Macacae (0.6 g), *Xianzhuli Shui* Succus Bambosae (20 ml) (The above two drugs are taken after being infused in water).

if there is coma and delirium, the drugs added are *Yujin* Radix Curcumae (12 g), *Shichangpu* Rhizoma Acori Tatarinowii (12 g).

Chinese Patent Medicine: *Wanshi Niuhuang Qingxin Wan* (Bezoar Sedative Bolus of Wan's) .

Indications: High fever and convulsion.

Administration: Taken orally, 3 g each time, 2–3 times daily.

4. Type of Exhausting Vital–*Qi*

Symptoms: Sudden drop of the body temperature, hyperhidrosis of the head, cold limbs, weak breathing, feeble cough, noise like snore in the throat, cyanosis of the lips and

nails, unconsciousness, or dysphoria, pale complexion, or flushing of the zygomatic region, dry mouth, dark red tongue with little dry coating, and feeble thready pulse.

Therapeutic Method: Supplementing *Qi* to nourish *Yin*, recuperating depleted *Yang* to hold back the exhaustion of vital–*Qi*.

Prescription: *Shengmai San* (Pulse–activating Powder) and *Shen Fu Long Mu Tang* (Decoction of Ginseng, Prepared Aconite, Dragon's Bone and Oyster Shell).

Ingredients:

Renshen Radix Ginseng	3–6 g
Maidong Radix Ophiopogonis	15 g
Wuweizi Fructus Schisandrae	6 g
Shufuzi Radix Aconiti Lateralis Preparata	6–9 g
Shenglonggu Os Draconis Fossilia	15 g
Shengmuli Concha Ostreae	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If the main symptom is *Yin* depletion, the drugs added are *Beishashen* Radix Glehniae (12 g) and *Shanyurou* Fructus Corni (12 g).

If the main symptom is *Yang* exhaustion, the drugs added are *Ganjiang* Rhizoma Zingiberis (9 g) and *Rougui* Cortex Cinnamomi (6 g).

Prevention

Take an active part in physical training regularly and try the best to prevent cold and bronchitis.

1.5 Pulmonary Abscess

Pulmonary abscess is included in the category of the

syndrome of "lung carbuncle" in TCM. It is a kind of abscess developed due to pyogenic infection, necrosis and liquefaction in the lung, all of which are caused by various kinds of pathogenic bacteria such as staphylococcus, streptococcus, diplococcus pneumoniae, fusiform bacillus, spirochete, etc. Clinically, it is characterized by high fever, cough and expectoration of profuse stink pyoid sputum.

Etiology and Pathogenesis

This disease is resulted in due to deficiency of vital–*Qi*, retention of phlegm–heat in the interior, affection of wind–cold which lasts long and produces heat, or attack by wind–heat pathogen. In the early stage, the pathogens have just started to attack the lung. Following that, heat–accumulation and blood stasis result. The combination of phlegm and blood stasis leads to the formation of carbuncle which develops into abscess when blood and flesh have been impaired into pus by the excessive noxious–heat. Timely and adequate treatment will cause the abscess to be festered, the noxious–heat to be released out of the body, the vital–*Qi* to be restored, and the disease to be cured gradually. In the convalescence, *Yin*–injury, *Qi*–exhaustion and lingering noxious–heat may remain to different extent.

Type and Treatment

1. In the early stage

Symptoms: Fever, chills, intermittent cough, white sticky or yellow sputum whose amount increases progressively, chest pain which becomes severe when coughing, fullness in the chest, dyspnea, dry burning sensation in the nasal cavity, reddened tongue margin and tip, thin whitish or thin yellowish tongue coating, and floating rapid slippery pulse.

Therapeutic Method: Clearing away heat in the lung to resolve phlegm, relieving exterior syndrome to arrest cough.

Prescription: Modified *Qingfei Jiedu Tang* (Decoction for Removing Heat from the Lung and Detoxicating) and *Beimu Gualou San* (Powder of Fritillary Bulb and Snakegourd Fruit).

Ingredients:

Guanzhong Rhizoma Dryoperis Crassirhizomae	30 g
Daqingye Folium Isatidis	15 g
Zicaogen Radix Arnebiae seu Lithospermi	15 g
Gualou Fructus Trichosanthis	12 g
Caoheche Rhizoma Bistortae	15 g
Jiegeng Radix Platycodi	9 g
Baibu Radix Stemonae	9 g
Zhebeimu Bulbus Fritillariae Thunbergii	9 g
Huafen Radix Trichosanthis	9 g
Juhong Exocarpium Citri Rubrum	9 g
Yunling Poria	9 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of headache and general pain, the drugs added are *Sangye* Folium Mori (9 g), *Gegen* Radix Puerariae (15 g).

In case of severe chest pain, the drugs added are *Danshen* Radix Salviae Miltiorrhizae (12 g) and *Yujin* Radix Curcumae (12 g)and *Moyao* Myrrha (6 g).

In case of fullness in the chest and dyspnea, the drugs added are *Zhimahuang* Herba Ephedrae Preparata (9 g), *Xingren* Semen Armeniacae Amarum (9 g).

2. In the stage of Abscess-forming

Symptoms: High fever, shiver, dysphoria, sweating, cough,

shortness of breath, fullness and pain in the chest, difficulty in twisting the body, yellow pyoid foul sputum, reddened tongue with yellowish thick greasy coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat in the lung, detoxicating, removing blood stasis and subduing abscess.

Prescription: Modified "*Qian jin*" *Weijing Tang* (Reed Stem Decoction) and *Rujin Jiedu San* (Detoxicating Powder worth Gold).

Ingredients:

Weijing Rhizoma Phragmitis	30 g
Yimi Semen Coicis	30 g
Dongguaren Semen Benincasae	30 g
Hongteng Caulis Sargentodoxae	15 g
Taoren Semen Persicae	12 g
Jiegeng Radix Platycodi	12 g
Huangbai Cortex Phellodendri	9 g
Huangqin Radix Scutellariae	9 g
Huanglian Rhizoma Coptidis	9 g
Shanzhi Fructus Gardeniae	9 g
Gancao Radix Glycyrrhizae	4.5 g
Yuxingcao Herba Houttuyniae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If phlegm has checked the flow of the lung–*Qi* and lying down is impossible due to dyspnea, the drugs added are *Tinglizi* Semen Lepidii seu Descurainiae (30 g), *Sangpi* Cortex Mori (30 g).

If there is stabbing–pain in the chest, the drugs added are *Danggui* Radix Angelicae Sinensis (12 g), *Danshen* Radix Salviae Miltiorrhizae (24 g), *Ruxiang* Olibanum (6 g) and

Moyao Myrrha (6 g).

If there exists constipation, the drugs added are *Dahuang* Radix et Rhizoma Rhei (9 g), *Mangxiao* Natrii Sulfas (9 g).

If the cough is severe, the drugs added are *Xingren* Semen Armeniacae Amarum (9 g). *Zhebei* Bulbus Fritillariae Thunbergii (9 g).

Chinese Patent Medicine: *Xi Huang Wan* (Pill of Rhinoceros Horn and Cow-bezoar).

Administration: Taken orally, 3-6 g each time, 1-2 times daily.

Caution: Contraindicated for pregnant women.

3. In the diabrotic stage

Symptoms: Profuse extremely-foul sputum with blood and pus or like rice-gruel, even hemoptysis, distention and fullness and pain in the chest, cough and dyspnea which make lying down impossible, fever, flushed face, restlessness, thirst with desire for drinking, reddened tongue with yellow greasy coating, and deep repid forceful pulse.

Therapeutic Method: Detoxicating, removing blood stasis and eliminating pus retention.

Prescription: Modified *Jiawei Jiegeng Tang* (Drug-added Decoction of Platycodon Root).

Ingredients:

Jiegeng Radix Platycodi	15-30 g
Yimi Semen Coicis	30 g
Shuanghua Flos Lonicerae	30 g
Zhebei Bulbus Fritillariae Thunbergii	9 g
Juhong Exocarpium Citri Rubrum	9 g
Baiji Rhizoma Bletillae	9 g

Tinglizi Semen Lepidii seu Descurainiae 15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of difficulty in draining pus, the drugs added are *Shanjia* Squama Manitis (9 g), *Zaoci* Spina Gleditsiae (9 g).

In case of hemoptysis, the drugs added are *Baimaogen* Rhizoma Imperatae (30 g), *Oujie* Nodus Nelumbinis Rhizomatis (30 g), *Shengdi* Radix Rehmanniae (15 g)and *Danpi* Cortex Moutan (15 g).

In case of distention and fullness in the chest, dyspnea which prevents the patient from lying down, and constipation, the drug added is *Jiegeng Baisan* (White Powder of Tree Drugs), which is taken orally after being infused in water, 0.5 g each time.

In case of inability to expel the pus due to *Qi* deficiency, the drug added is *Huangqi* Radix Astragali (30 g).

Chinese Patent Medicine 1: *Yunnan Baiyao* (Miraculous White Powder Produced in Yunnan Province of China).

Indications: Those with the symptom of hemoptysis.

Administration: Taken orally, 0.5 g each time, twice daily.

Chinese Patent Medicine 2: *Sanqi Pian* (Pill of Notoginseng).

Indications: Those with the symptom of hemoptysis.

Administration: Taken orally, 1.5–3 g each time, 1–2 times daily.

4. In the convalescence

Symptoms: Fever gradually subsiding, cough and dyspnea gradually relieved, less and less expectoration of pus and blood with less and less foul smell, replacement of yellow sputum with white one whose amount is reduced day by day, vague pain in the

chest, all accompanied by shortness of breath, lassitude, spontaneous sweating, night sweating, tidal fever after noon, dry mouth, reddened tongue with little coating, and thready rapid pulse.

Therapeutic Method: Nourishing *Yin* to tonify the lung and dispelling lingering toxins

Prescription: Modified *Shashen Qingfei Tang* (Glehnia Root Decoction for Removing Heat from the Lung).

Ingredients:

Shenghuangqi Radix Astragali	30 g
Taizishen Radix Pseudostellariae	15 g
Dongguaren Semen Benincasae	15 g
Yimi Semen Coicis	15 g
Hehuanpi Cortex Albiziae	15 g
Beishashen Radix Glehniae	9 g
Baiji Rhizoma Bletillae	9 g
Jiegeng Radix Platycodi	9 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of tidal fever after noon, the drugs added are *Digupi* Cortex Lycii (15 g), *Baiwei* Radix Cynanchi Atrati (9 g), *Qinghao* Herba Artemisiae Annuae (9 g).

in case of prolonged expectoration of foul thick turbid sputum, the drugs omitted are *Beishashen* Radix Glehniae, *Baiji* Rhizoma Bletillae,the drugs added are *Yeqiaomaigen* Rhizoma Fagopyri Cymosi (30 g), *Yuxingcao* Herba Houttuyniae (30 g), *Hongteng* Caulis Sargentodoxae (30 g).

Chinese Patent Medicine: *Fufang Yuxingcao Pian* (Composite Pill of Houttuynia).

Administration: Taken orally, 4–6 tablets each time, 3 times daily.

Prevention

Prevent actively acute or chronic inflammation in the mouth cavity or the upper respiratory tract, cavernous pulmonary tuberculosis, bronchiectasis complicated by infection, and aspiration pulmonary abscess; treat actively skin abrasion and infection, furuncle and carbuncle so as to prevent hematogenous lung abscess; nurse carefully the patients with coma and general anesthesia so as to prevent infection of the lung.

1.6 Obstructive Emphysema

In TCM, obstructive emphysema is included in the category of "lung distention ",which is clinically characterized by asthma and distending sensation in the chest. Suppose intermittent attack of chronic bronchitis, bronchial asthma, extensive bronchiectasis and chronic fibro–cavitative pulmonary tuberculosis is A; obstruction of bronchiole is B; over–distention and over–filling of the termina lends of bronchiole is C; elasticity decline of lung tissue and volume increase of the lung is D. A leads to B; B causes C; C results in D; thus bringing about this disease.

Etiology and Pathogenesis

Protracted and improperly–treated chronic disorders of the pulmonary system such as cold, cough, dyspnea, astlima, pulmonary abscess and lung atrophy cause deficiency of all the lung, spleen and kidney, and disturbance of *Qi*, blood and body fluids in transportation and distribution, which brings about retention of phlegm, stasis of blood, block of the respiratory tract, and , in turn, inflation of the lung–*Qi* failing to astringe and descend, exhaustion of the *Qi* of the lower–*Jiao*, and failure of the kidney to hold inspiration. Repeated attack of the six

exopathogens at this time will evoke the acute onset of cough, dyspnea, asthma, etc.

Type and Treatment

1. Exterior syndrome of excess type

(1) Type of Exterior Cold and Interior Heat

Symptoms: Severe chills, mild fever, stuffy nose with watery discharge, anhidrosis, asthma with hoarse breathing, yellow sticky thick sputum, reddened tongue with yellowish coating, and slippery rapid pulse.

Therapeutic Method

Relieving exterior syndrome and clearing away internal heat

Prescription: Modified *Daqinglong Tang* (Major Green Dragon Decoction).

Ingredients:

Zhimahuang Herba Ephedrae Preparata	9 g
Guizhi Ramulus Cinnamomi	9 g
Xingren Semen Armeniacae Amarum	9 g
Zhebei Bulbus Fritillariae Thunbergii	9 g
Gualou Fructus Trichosanthis	15 g
Shengshigao Gypsum Fibrosum	30 g
Gancao Radix Glycyrrhizae	4.5 g

Administration:

Decocted in water for oral use, 1 dose daily.

Modification: If external–cold symptoms are severe, the drugs added are *Suye* Folium Perillae (9 g), *Qianghuo* Rhizoma seu Radix Notopterygii (9 g).

if yellow sputum is in large amount, sticky and difficult to expectorate, the drugs added are *Dongguaren* Semen Benincasae (30 g), *Haifushi* Os Costaziae (30 g), *Yimi* Semen

Coicis (30 g).

if cough and asthma are severe, the drugs added are *Baibu* Radix Stemonae (12 g), *Suzi* Fructus Perillae (12 g), *Sangpi* Cortex Mori (12 g).

Chinese Patent Medicine: *Qingwen Jiedu Wan* (Antipyretic and Antitoxic Pill).

Administration: Taken orally, 9 g each time, 3 times daily.

(2) Type of Cold-phlegm Accumulated in the Lung

Symptoms: Frequent expectoration of white frothy sputum, chills, cold limbs, protracted cough and asthma which are evoked whenever cold is affected, whitish slippery tongue coating, and taut slippery slow pulse.

Therapeutic Method: Warming and resolving cold-phlegm

Prescription: Modified *Houpo Mahuang Tang* (Decoction of Magnolia Bark and Ephedra).

Ingredients:

Houpo Cortex Magnoliae Officinalis	9 g
Zhimahuang Herba Ephedrae Preparata	9 g
Xingren Semen Armeniacae Amarum	9 g
Banxia Rhizoma Pinelliae	9 g
Ganjiang Rhizoma Zingiberis	9 g
Wuweizi Fructus Schisandrae	6 g
Xixin Herba Asari	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of profuse sputum, the drug added is *Yunling* Poria (30 g).

In case of aversion to cold, fever and absence of sweat, the drugs added are *Guizhi* Ramulus Cinnamomi (9 g), *Jingjie* Herba Schizonepetae (9 g).

In case of cough and asthma which make lying down impossible, the drugs added are *Suzi* Fructus Perillae (12 g), *Ziwan* Radix Asteris (9 g) and *Donghua* Flos Farfarae (9 g).

In case of chills and cold limbs, the drug added is *Shufuzi* Radix Aconiti Lateralis Preparata (6 g).

Chinese Patent Medicine: *Mahuang Zhisou Wan* (Ephedra Pill for Arresting Cough).

Administration: Taken orally, 6 g each time, 2–3 times daily.

(3) Type of Phlegm–heat Retained in the Lung

Symptoms

White sticky or yellow thick profuse sputum, distending full and oppressed sensation in the chest, cough, asthma, or fever, flushed face, thirst, dark urine, dry stools, reddened tongue with yellow thick coating, and full slippery pulse.

Therapeutic Method: Clearing away the lung–heat, resolving phlegm, checking upward adverse flow of *Qi* and relieving asthma.

Prescription: Modified *Xuanbai Chengqi Tang* (Decoction for Ventilating the Lung and Activating *Qi*) and *Qingqi Huatan Wan* (Bolus for Clearing away Lung–heat to Resolve Phlegm).

Ingredients:

Shengshigao Gypsum Fibrosum	30 g
Gualouren Semen Trichosanthis	24 g
Huangqin Radix Scutellariae	9 g
Xingren Semen Armeniacae Amarum	9 g
Chenpi Pericarpium Citri Reticulatae	9 g
Banxia Rhizoma Pinelliae	9 g
Yunling Poria	9 g
Danxing Arisaema cum Bile	9 g

Zhishi Fructus Aurantii Immaturus 9 g

Dahuang Radix et Rhizoma Rhei 4.5 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of difficulty in expectoration, the drugs added are *Haige Fen* Concha Meretricis seu Cyclinae (in the form of powder) (15 g), *Haifushi* Os Costaziae (15 g), *Fenghua Xiao* Natrii Sulfas Exsiccatus (9 g).

In case of asthma with rale in the throat and incapability of lying flat when sleeping, the drugs added are *Dilong* Lumbricus (12 g), *Houpo* Cortex Magnoliae Officinalis (9 g).

In case of body-fluid impaired by phlegm-heat and dry mouth and throat, the drugs added are *Huafen* Radix Trichosanthis (12 g), *Zhimu* Rhizoma Anemarrhenae (12 g) and *Lugen* Rhizoma Phragmitis (24 g).

Chinese Patent Medicine 1: *Qingfei Yihuo Wan* (Pill for Clearing away Heat in the Lung and Controlling Fire).

Administration: Taken orally, 6 g each time, 2 times daily.

Caution: Contraindicated for pregnant women.

Chinese Patent Medicine 2: *Houzao San* (Monkey Bezoar Powder).

Indications: Those with blocked orifices due to phlegm-heat, unconsciousness and stridor.

Administration: Taken orally, 0.3–0.6 g each time, 1–2 times daily.

(4) Type of Blood Retained in the Lung

Symptoms: Asthma, shortness of breath, flaring of nares, cyanosis of face, distending and oppressed sensation and dull pain in the chest, dark red tongue with ecchymosis, sublingual varices, thin white tongue coating, and sunken choppy pulse.

Therapeutic Method: Activating blood-flow to remove blood stasis

Prescription: Modified *Taohong Siwu Tang* (Four Ingredient Decoction with Peach Seed and Safflower).

Ingredients:

Shengdi Radix Rehmanniae	12 g
Chishao Radix Paeoniae Rubra	12 g
Danggui Radix Angelicae Sinensis	12 g
Taoren Semen Persicae	9 g
Honghua Flos Carthami	9 g
Chuanxiong Rhizoma Chuanxiong	9 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of fever, flushed face, restlessness, and thirst, the drugs added are *Yinhua* Flos Lonicerae (24 g), *Yuxingcao* Herba Houttuyniae (24 g), *Lianqiao* Fructus Forsythiae (12 g).

In case of accumulation of profuse phlegm, the drugs added are *Juhong* Exocarpium Citri Rubrum (9 g), *Banxia* Rhizoma Pinelliae (9 g), *Qianhu* Radix Peucedani (9 g), *Yunling* Poria (12 g) and *Gualouren* Semen Trichosanthis (12 g).

In case of shortness of breath and palpitation which are aggravated when moving, the drugs added are *Huangqi* Radix Astragali (30 g), *Taishen* Radix Codonopsis (30 g).

In case of remarkable cough and asthma, the drugs added are *Xingren* Semen Armeniacae Amarum (9 g), *Chuanbei* Bulbus Fritillariae Cirrhosae (9 g), *Ziwan* Radix Asteris (12 g) and *Donghua* Flos Farfarae (12 g).

2. Interior syndrome of deficiency type

(1) Type of *Qi*-deficiency of the Lung and Kidney

Symptoms: Shortness of breath with the mouth opened and the shoulders shrugged when the patient is still, cough with low noise, chills, spontaneous sweating, being susceptible to cold, etc.

Therapeutic Method: Tonifying the lung and nourishing the kidney

Prescription: Modified *Baoyuan Tang* (Drug–added Decoction for Maintaining Primordial *Qi*).

Ingredients:

Renshen Radix Ginseng (taken after being stewed in water)	3 g
Huangqi Radix Astragali	30 g
Rougui Cortex Cinnamomi	1.5 g
Eguanshi cobblestone	15 g
Wuweizi Fructus Schisandrae	6 g
Zhigancao Radix Glycyrrhizae Preparata	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For profuse sweating, the drugs added are

Fuxiaomai Fructus Tritici Levis	30 g
Shengmuli Concha Ostreae	30 g
Mahuanggen Radix Ephedrae	9 g

Chinese Patent Medicine: *Lingzhi Pian* (Lucid Ganoderma Tablet).

Administration: Taken orally, 3 tablets each time, 3 times daily.

(2) Type of Deficiency of Both *Qi* and *Yin*

Symptoms: Lassitude, languor, shortness of soft breath, flushed zygomatic region, dry mouth, restlessness, fever, night sweating, feverish sensation in the palms and soles, enlarged tender reddish tongue with exfoliative fur, and weak rapid pulse.

Therapeutic Method: Tonifying both *Qi* and *Yin*

Prescription: *Shengmai San* (Pulse–activating Powder) and *Da Buyuan Jian* (Decoction for Invigorating *Qi*).

Ingredients:

Xiyangshen Radix Panacis Quinquefolii (taken after being stewed in water)	3 g
Maidong Radix Ophiopogonis	15 g
Wuweizi Fructus Schisandrae	6 g
Shengdi Radix Rehmanniae	12 g
Shanyao Rhizoma Dioscoreae	12 g
Shanyurou Fructus Corni	12 g
Gouqizi Fructus Lycii	12 g
Duzhong Cortex Eucommiae	9 g
Danggui Radix Angelicae Sinensis	9 g
Zhigancao Radix Glycyrrhizae Preparata	4.5 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of flushed zygomatic region, and feverish sensation in the chest, palms and soles, the drugs added are *Yuanshen* Radix Scrophulariae (12 g), *Danpi* Cortex Moutan (12 g), *Digupi* Cortex Lycii (15 g), *Baiwei* Radix Cynanchi Atrati (15 g).

Chinese Patent Medicine: *Baxian Changshou Wan* (Eight–immortal Longevity Bolus).

Indications: *Yin*–deficiency of the lung and Kidney.

Administration: Taken orally, 9 g each time, twice daily.

(3) Type of *Yang*–deficiency of the Spleen and Kidney

Symptoms: Prolonged asthma, dyspnea, chills, cold limbs, poor appetite, loose stools, edema of the face and lower limbs, pale and enlarged tongue with white splippery coating, and deep

thready pulse.

Therapeutic Method: Warming and tonifying the spleen and kidney

Prescription: Modified *Renshen Hutao Tang* (Decoction of Ginseng and Walnut Kernel) and *Yougui Yin* (Kidney–*Yang* Reinforcing Decoction).

Ingredients:

Renshen Radix Ginseng (taken after being stewed in water)	3 g
Hutaorou Semen Juglandis	30 g
Shudi Radix Rehmanniae Preparata	15 g
Shanyao Rhizoma Dioscoreae	12 g
Gouqizi Fructus Lycii	12 g
Duzhong Cortex Eucommiae	9 g
Shanyurou Fructus Corni	12 g
Wuweizi Fructus Schisandrae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of shortness of breath and dyspnea, the drugs added are *Huangqi* Radix Astragali (30 g), *Chenxiang* Lignum Aquilariae Resinatum (taken after being infused in water) (1.5 g).

In case of edema, the drugs added are *Cheqianzi* Semen Plantaginis (decocted after being wrapped in a piece of cloth) (30 g), *Huashi* Talcum (30 g) and *Dongguapi* Exocarpium Benincasae (30 g).

Chinese Patent Medicine 1: *Ciwujia Pian* (Acanthopanax Root Tablet).

Administration:

Taken orally, 3 tablets each time, 3 times daily.

Chinese Patent Medicine 2 *Gejie Dingchuan Wan* (Gecko Pill for Arresting Asthma).

Administration: Taken orally, 1.5 g each time, 2–3 times daily.

Prevention

Prevent and cure with the above–stated methods the following primary diseases: cold, bronchitis, bronchial asthma, bronchiectasis and pulmonary tuberculosis.

Doing *Qigong*, abdominal–breathing and breathing–exercise plays a very important part in preventing the onset and development of this disease.

1.7 Bronchiectasis

In TCM, bronchiectasis is included in the category of "cough", "phlegm","lung abscess" and "hemoptysis". Its main symptoms are chronic cough, profuse pyoid sputum and intermittent hemoptysis.

Bronchiectasis means dilatation and deformation of the bronchi due to damage of the bronchus walls caused by inflammation of the bronchi and their peripheral tissues. Usually, it is followed by infection of the bronchi and lung, and common in children and youth.

Etiology and Pathogenesis

Weakened constitution, repeated catching of cold, prolonged cough and pulmonary tuberculosis lead to deficiency of vital–*Qi*, which tends to provide the chance for exopathogens to attack. Dysfunction of the *Zang–fu* organs leads to formation of phlegm in the interior, providing endopathogen. Exopathogen and endopathogen get together to result in protracted cough and expectoration. The disease is thus developed. In a part of the pa-

tients, it is caused by the affection of noxious–heat, or by the attack of cold–pathogen prolonged retention of which brings about stasis of blood, accumulation of phlegm and even damage of the lung vessels. In this case, it is manifested as pyoid sputum and hemoptysis. If the noxious–heat is excessive and lingering, *Qi* will be exhausted and *Yin* damaged, which is, in turn, marked by syndrome of deficiency complicated by excess.

Type and Treatment

1. Type of Phlegm Obstructing the Lung

Symptoms: Protracted cough, spitting out after getting up in the morning or going to bed at night profuse sputum which may be seperated into three layers after standing still for several hours, distention and fullness in the chest and even nausea and vomiting when there is difficulty in expectoration, the cough and asthma relieved after the sputum has been spitted up, white greasy tongue coating, and taut slippery pulse.

Therapeutic Method: Eliminating dampness and phlegm, regulating the flow of *Qi* to relieve depression in the chest.

Prescription: Modified *Daotan Tang* (Decoction for Expelling Phlegm).

Ingredients:

Chenpi Pericarpium Citri Reticulatae	9 g
Banxia Rhizoma Pinelliae	9 g
Yunling Poria	12 g
Zhishi Fructus Aurantii Immaturus	9 g
Danxing Arisaema cum Bile	9 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there is severe cough, the drugs added are

Xingren Semen Armeniacae Amarum (9 g), *Zhebei* Bulbus Fritillariae Thunbergii (9 g), *Houpo* Cortex Magnoliae Officinalis (9 g).

if there are nausea and vomiting, the drug added is *Zhuru* Caulis Bambusae in Taeniam (12 g).

if there are cold-natured symptoms, the drugs added are *Ganjiang* Rhizoma Zingiberis (9 g), *Xixin* Herba Asari (3 g), *Baijiezi* Semen Sinapis Alba (9 g).

if there is trouble with expectoration, the drugs added are *Xian Zhulishui* Succus Bambosae (20–30 ml), *Gualouren* Semen Trichosanthis (24 g).

Chinese Patent Medicine 1: *Juhong Wan* (Red Tangerine Peel Pill).

Administration: Taken orally, 12 g each time, twice daily.

Chinese Patent Medicine 2: *Fufang Jiegeng Pian* (Composite Tablet of Platycodon Root).

Administration: Taken orally, 3–4 tablets each time, 3 times daily.

2. Type of Retention of Noxious-heat and Phlegm

Symptoms: Profuse yellowish-green sputum sometimes with foul odour, high fever, oppressed sensation in the chest, rapid breathing, reddened tongue with yellow greasy coating, and slippery rapid forceful pulse.

Therapeutic Method: Clearing away heat in the lung, detoxicating and removing retained phlegm.

Prescription: Modified *Huanglian Jiedu Tang* (Antidotal Decoction of Coptis), " *Qianjin* " *Weijing Tang* (Reed Stem Decoction) and *Jiegeng Tang* (Decoction of Platycodon).

Ingredients:

Huanglian Rhizoma Coptidis	9 g
Huangqin Radix Scutellariae	9 g
Huangbai Cortex Phellodendri	6 g
Shanzhi Fructus Gardeniae	9 g
Weijing Rhizoma Phragmitis	30 g
Taoren Semen Persicae	9 g
Shengyimi Semen Coicis	30 g
Dongguaren Semen Benincasae	30 g
Jiegeng Radix Platycodi	15 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of cough and dyspnea which make the patient only sit with the back supported rather than lie down, the drugs added are *Xingren* Semen Armeniacae Amarum (9 g), *Tinglizi* Semen Lepidii seu Descurainiae (24 g) and *Sangbaipi* Cortex Mori (24 g).

In case of high fever, the drugs added are *Yuxingcao* Herba Houttuyniae (30 g) *Shuanghua* Flos Lonicerae (30 g)and, *Yejuhua* Flos Chrysanthemi Indici (30 g).

In case of constipation, the drugs added are *Dahuang* Radix et Rhizoma Rhei (9 g), *Mangxiao* Natrii Sulfas (9 g).

3. Type of the Lung–vessels Injuried by Heat

Symptoms: Sputum with blood, even repeated spitting of bright red blood in large quantity, reddened tongue with yellow coating, and deep rapid pulse.

Therapeutic Method: Clearing away lung–heat, cooling blood and stopping bleeding.

Prescription: Modified *Xijiao Dihuang Tang* (Decoction of Rhinoceros Horn and Rehmannia).

Ingredients:

Xijiao Fen Cornu Rhinocerotis (taken after being infused in water)	1.5 g
Shengdi Radix Rehmanniae	30 g
Danpi Cortex Moutan	9 g
Baishao Radix Paeoniae Alba	9 g
Baimaogen Rhizoma Imperatae	30 g
Oujie Nodus Nelumbinis Rhizomatis	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of blood spitted out in large quantity, the drugs considerably added are *Xianhecao* Herba Agrimoniae (30 g), *Cebaiye* Cacumen Platycladi (30 g) and *Baiji Fen* Rhizoma Bletillae (in the form of powder and taken after being infused in water) (9 g).

In case of sputum with pus, the drugs added are *Jinqiaomai Gen* Rhizoma Fagopyri Cymosi (30 g), *Lianqiao* Fructus Forsythiae (15 g), *Baijiangcao* Herba Patriniae (30 g), *Jiegeng* Radix Platycodi (9 g) and *Shengyimi* Semen Coicis (30 g).

Chinese Patent Medicine: *Dai Ge San* (Powder of Natural Indigo and Clam Shell)

Administration: Taken orally, 1.5–3 g each time, 1–2 times daily.

4. Type of *Yin*–impairment and *Qi*–exhaustion

Symptoms: Protracted cough often with pyoid or bloody sputum, emaciation, lassitude, tidal fever after noon, feverish sensation in the palms and soles, enlarged tender tongue with exfoliative fur, and thready rapid weak pulse.

Therapeutic Method: Invigorating *Qi* and nourishing *Yin*, Clearing away lung–heat and eliminating phlegm.

Prescription: Modified *Shengmai San* (Pulse-activating Powder) and *Yangyin Qingfei Tang* (Decoction for Nourishing *Yin* and Clearing Lung-heat).

Ingredients:

Renshen Radix Ginseng	3 g
Cundong Radix Ophiopogonis	15 g
Wuweizi Fructus Schisandrae	6 g
Shengdi Radix Rehmanniae	15 g
Yuanshen Radix Scrophulariae	15 g
Beimu Bulbus Fritillariae Thunbergii	9 g
Danpi Cortex Moutan	12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For tidal fever, the drugs added are *Digupi* Cortex Lycii (30 g), *Baiwei* Radix Cynanchi Atrati (9 g), *Zhimu* Rhizoma Anemarrhenae (12 g).

For hemoptysis, the drugs added are *Hanliancao* Herba Ecliptae (9 g), *Xiaoji* Herba Cirsii (30 g), *Qiancaogen* Radix Rubiae (12 g).

For cough, the drugs added are *Xingren* Semen Armeniacae Amarum (9 g), *Baibu* Radix Stemonae (12 g), *Baihe* Bulbus Lilii (30 g).

For pyoid sputum, the drugs added are *Gongying* Herba Taraxaci (30 g), *Diding* Herba Violae (30 g).

For severe deficiency of *Qi*, the drug added is *Huangqi* Radix Astragali (24 g).

Prevention

Keep regular life and change clothes according to the variation of weather so as to keep off exopathogens. Avoid over-intake of food greasy, sweet, pungent, sour salty, raw or cold so as

to prevent the development of phlegm. Attach importance to physical training so as to build up health and consolidate the vital origin.

2 Diseases of the Cardio-cerebro-vascular System

2.1 Rheumatic Heart Disease

Stenosis of valve orifice or valvular incompetence or the both caused by chronic lesion of the cardiac valves due to rheumatic disease lead to the changes of hemodynamics followed by cardiac insufficiency and congestive cardiac failure, bringing about rheumatic heart disease clinically manifested mainly as palpitation, dyspnea, hemoptysis, mitral facies, etc. In TCM, it is included in the syndromes of "palpitation ","severe palpitation ", "obstruction of the heart-*Qi* "and "edema ".

Etiology and Pathogenesis

TCM believes that this disease is due to protracted attack of wind-cold-dampness pathogens or due to intermittent affection of exopathogens which involve the heart by way of the joints, muscles and blood vessels.

Type and Treatment

1. Type of Obstruction of Heart Channels

Symptoms: Dizziness, lassitude, severe palpitation, cough, even hemoptysis, or precordial pain, purplish red zygomatic region, livid lips and nails, dark blue tongue or tongue with occhymosis, and uneven or knotted intermittent pulse.

Therapeutic Method: Promoting blood circulation to remove blood stasis.

Prescription: *Taohong Siwu Tang* (Four Ingredient Decoction with Peach-seed and Safflower).

Ingredients:

heart–*Yang* and inducing diuresis

Prescription: *Ling Gui Zhu Gan Tang* (Decoction of Poria, Bighead Atractylodes, Cinnamom and Licorice).

Ingredients:

Fuling Poria	30 g
Guizhi Ramulus Cinnamomi	10 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For severe chills, the drug added is *Zhifuzi* Rhizoma Aconiti Lateralis Preparata (10 g).

For severe palpitation, the drug added is *Chaozaoren* parched Semen Ziziphi Spinosae (30 g).

For cough and hemoptysis , the drugs added are *Chaoxingren* parched Semen Armeniacae Amarum (10 g), *Sanqi Fen* Radix Notoginseng (in the form of powder) (3 g).

For severe edema, the drugs added are *Zexie* Rhizoma Alismatis (15 g), *Cheqianzi* Semen Plantaginis (30 g).

Proven Prescription:

Ingredients:

Fulingpi Extra Poriae	30 g
Dongguazi Semen Benincasae	15 g
Dongguapi Pericarpium Benincasae	15 g
Fangji Radix Stephaniae Tetrandrae	10 g
Fangfeng Radix Saposhinkoviae	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine: *Baizi Yangxin Wan* (Mindeasing Tonic Bolus with Arborvitae Seed).

Administration: Taken with warm boiled water, 1 bolus each

time, twice daily.

3. Type of Deficiency of Both the Heart and Spleen

Symptoms: Palpitation more severe when moving, shortness of breath, sweating, pale or sallow complexion, vertigo, disturbed sleep, or edema of the lower limbs, pale enlarged tongue with teeth-prints, and thready or soft weak pulse.

Therapeutic Method: Tonifying the heart and spleen.

Prescription: *Guipi Tang* (Decoction for Invigorating the Spleen and Nourishing the Heart).

Ingredients:

Dangshen Radix Codonopsis	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Huangqi Radix Astragali	30 g
Danggui Radix Angelicae Sinensis	12 g
Fushen Poria cum Ligno Hospite	12 g
Yuanzhi Radix Polygalae	10 g
Chaozaoren parched Semen Ziziphi Spinosae	15 g
Muxiang Radix Aucklandiae	10 g
Longyanrou Arillus Longan	12 g
Dazao Fructus Jujubae	5 dates
Shengjiang Rhizoma Zingiberis Recens	3 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine: *Renshen Guipi Wan* (Ginseng Bolus for Invigorating the Spleen and Nourishing the Heart).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

4. Type of *Yang*-deficiency of the Heart and Kidney

Symptoms: Palpitation, asthma, dyspnea relieved when sit-

ting but aggravated when lying down, dizziness, oppressed sensation in the chest, oliguria, general edema, chills, cold limbs, pale enlarged tongue with teeth-prints, and deep thready or knotted intermittent pulse.

Therapeutic Method: Warming up *Yang* to induce diuresis

Prescription: *Zhenwu Tang* (Decoction for Strengthening the Spleen-*Yang*).

Ingredients:

Zhifuzi Radix Aconiti Lateralis Preparata	12 g
Fuling Poria	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Baishao Radix Paeoniae Alba	12 g
Shengjiang Rhizoma Zingiberis Recens	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe edema, the drugs added are *Shenghuangqi* Radix Astragali (30 g), *Zexie* Rhizoma Alismatis (15 g), *Cheqianzi* Semen Plantaginis (30 g).

In case of profuse sweat, cold limbs, oliguria and severe edema, 3 g of *Heixi Dan* (Black Tin Pill) may be taken with *Shen Fu Tang* (Decoction of Ginseng and Prepared Aconite) for first aid.

Chinese Patent Medicine: *Jisheng Shenqi Wan* (Life Preserving Bolus by Replenishing the Kidney-*Qi*).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Prevention

Pay attention to individual hygiene, keep warm to prevent affection of cold, avoid long living in a wet place, take an active part in physical training to build up health, be on guard against

infection of Streptococci, timely treat tonsillitis, angina, scarlet fever, erysipelas, etc. due to infection of Streptococci, do the best to control active rheumatism so that the heart is protected from being attacked.

2.2 Coronary Arteriosclerotic Cardiopathy

Stenosis or occlusion of the lumen due to coronary atherosclerosis leads to myocardial ischemia and anoxia, thus resulting in this disease clinically manifested mainly as angina pectoris, myocardial infarction, arrhythmia and heart failure. Electrocardiogram shows myocardial ischemia and the corresponding changes.

Coronary arteriosclerotic cardiopathy is included, in TCM, in the syndromes of "obstruction of *Qi* in the chest ","precordial pain ","angina pectoris ","precordial pain with cold limbs ",etc.

Etiology and Pathogenesis

TCM believes that this disease is due to the following factors:

1. Insufficiency of the kidney–*Qi* due to infirmity with age

This disease is common in those at the age of more than 40 when the kidney–*Qi* starts to become weakened. The kidney is the origin of *Qi* and linked to the heart. When the kidney–*Qi* is deficient and weak, the heart–*Qi* is accordingly insufficient. When the heart–*Qi* is insufficient, there will be no driving force to promote blood circulation, Blood stasis is thus formed in the heart. This is one of the causes of this disease.

2 Stagnation of *Qi* and blood due to impairment of the seven emotions

Mental impairment is prone to cause stagnation of *Qi*. *Qi*

works as if it were the commander of blood. When it is stagnated, *Qi* will lose the power to enssure the normal flowing of blood. Blood stasis is thus formed in the heart vessels. This is another cause of this disease.

3. Impairment of the spleen and stomach due to improper diet

Impairment of the spleen and stomach or weakness of the spleen–*Qi* or stagnation of the *Qi* of the middle–*Jiao* or abundant dampness and phlegm due to over–intake of rich, fatty, sweet or heavy food may all lead to dysfunction of the heart and spleen *Qi*, inhibited flowing of *Qi* and blood, and stagnation of *Qi* and blood, which results in cardialgia.

4. Blockage in the heart channel due to attack of cold pathogen

Cold–natured stagnancy due to attack of cold exopathogen inhibits the movement of *Qi* and blood, which causes pain.

In general, this disease is principally due to weakness of the heart, spleen and kidney, secondarily due to stagnancy of *Qi*, blood stasis, phlegm–dampness and cold–natured stagnancy.

Type and Treatment

1. Type of Obstruction of *Yang* in the Chest

Symptoms: Oppressed feeling in the chest, dyspnea, paroxysmal cardialgia, palpitation, shortness of breath, chills, and cold limbs, all of which appear after being attacked by cold; pale tongue with white moist or greasy coating, and taut slippery pulse.

Therapeutic Method: Promoting flowing of *Yang* and removing stagnancy

Prescription: *Gualou Xiebai Guizhi Tang* (Decoction of

Trichosanthes, Allium and Cinnamom Twig) and *Erchen Tang* (Decoction of Two Old Drugs).

Ingredients:

Gualou Fructus Trichosanthis	30 g
Xiebai Bulbus Allii Macrostemi	10 g
Guizhi Ramulus Cinnamomi	10 g
Banxia Rhizoma Pinelliae	10 g
Chenpi Pericarpium Citri Reticulatae	10 g
Fuling Poria	15 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily

2. Type of Stagnation of *Qi* and Blood

Symptoms: Paroxysmal stabbing pain in the heart and chest, distending pain in the hypochondriac region which refers to the shoulders and back, oppressed feeling in the chest, shortness of breath, dark tongue or tongue with petechiae and ecchymosis, and taut or uneven pulse.

Therapeutic Method: Promoting blood circulation to remove blood stasis

Prescription: *Xuefu Zhuyu Tang* (Decoction for Removing Blood Stasis in the Chest).

Ingredients:

Taoren Semen Persicae	10 g
Honghua Flos Carthami	10 g
Danggui Radix Angelicae Sinensis	10 g
Shengdi Radix Rehmanniae	12 g
Zhiqiao Fructus Aurantii	10 g
Chishao Radix Paeoniae Rubra	15 g
Chaihu Radix Bupleuri	12 g

Gancao Radix Glycyrrhizae 10 g
Jiegeng Radix Platycodi 6 g
Chuanxiong Rhizoma Chuanxiong 10 g
Niuxi Radix Achyranthis Bidentatae 10 g

Administration: Decocted in water for oral use, 1 dose daily.

3. Type of Accumulation of Phlegm–dampness in the Interior

Symptoms: Oppressed feeling or pain in the chest, obesity, heaviness of the body, acratia, or cough, expectoration, thick greasy or dirty tongue coating, and taut pulse.

Therapeutic Method: Resolving phlegm and removing dampness

Prescription: *Gualou Xiebai Banxia Tang* (Decoction of Trichosanthis, Allium and Pinellia) and *Wendan Tang* (Decoction for Clearing away Gallbladder–heat).

Ingredients:

Gualou Fructus Trichosanthis 30 g
Xiebai Bulbus Allii Macrostemi 10 g
Banxia Rhizoma Pinelliae 10 g
Zhishi Fructus Aurantii Immaturus 10 g
Chenpi Pericarpium Citri Reticulatae 10 g
Fuling Poria 15 g
Zhuru Caulis Bambusae in Taeniam 10 g
Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of deficiency of the spleen and abundant phlegm, the drugs added are *Dangshen* Radix Codonopsis (30 g), *Baizhu* Rhizoma Atractylodis Macrocephalae (10 g).

in case of phlegm–heat, the drug added is *Huanglian* Rhizoma Coptidis (6 g).

4. Type of *Qi* Deficiency and Blood Stasis

Symptoms: Oppressed feeling and pain in the chest which are aggravated due to moving, shortness of breath, acratia, dizziness, tinnitus, or palpitation and insomnia, pale tongue with thin whitish coating, and deep weak pulse.

Therapeutic Method: Invigorating *Qi* and promoting blood circulation

Prescription: *Buyang Huanwu Tang* (Decoction Invigorating *Yang* for Recuperation). modified.

Ingredients:

Huangqi Radix Astragali	30 g
Dangshen Radix Codonopsis	30 g
Danggui Radix Angelicae Sinensis	10 g
Chuanxiong Rhizoma Chuanxiong	10 g
Honghua Flos Carthami	10 g
Chishao Radix Paeoniae Rubra	10 g
Gegen Radix Puerariae	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For poor appetite, the drug added is *Shanzha* Fructus Crataegi (15 g).

For palpitation and insomnia, the drugs added are *Chaozaoren* parched Semen Ziziphi Spinosae (30 g), *Baiziren* Semen Platycladi (15 g).

For edema of the lower limbs, the drugs added are *Zexie* Rhizoma Alismatis (15 g), *Cheqianzi* Semen Plantaginis (30 g).

5. Type of Deficiency of Both *Qi* and *Yin*

Symptoms: Oppressed feeling and pain in the chest, short-

ness of breath, palpitation, spontaneous sweating, dry mouth, restlessness, insomnia, reddened tongue with little coating, and deep thready or knotted intermittent pulse.

Therapeutic Method: Invigorating *Qi* and Nourishing *Yin*.

Prescription: Modified *Shengmai San* (Pulse–activating Powder).

Ingredients:

Dangshen Radix Codonopsis	30 g
Maidong Radix Ophiopogonis	30 g
Wuweizi Fructus Schisandrae	10 g
Danshen Radix Salviae Miltiorrhizae	15 g
Gegen Radix Puerariae	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of dizziness, tinnitus, restlessness and irritability, the drugs added are *Shengdi* Radix Rehmanniae (30 g), *Zhizi* Fructus Gardeniae (10 g).

6. Type of Prostration due to *Yang* Insufficiency

Symptoms: Precordial pain, shortness of breath, profuse sweat, cold limbs, pale complexion, even syncope, pale tongue with white coating, and faint pulse.

Therapeutic Method: Recuperating depleted *Yang* to treat prostration syndrome

Prescription: *Shen Fu Long Mu Tang* (Decoction of Ginseng, Prepared Aconite, Dragon's Bone and Oyster Shell).

Ingredients:

Renshen Radix Ginseng	12 g
Fuzi Radix Aconiti Lateralis Preparata	12 g
Longgu Os Draconis Fossilia	30 g
Muli Concha Ostreae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of livid complexion, cough and asthma relieved when sitting but aggravated when lying down, and hemoptysis, the drugs added are *Chenxiang* Lignum Aquilariae Resinatum (10 g), *Sanqi Fen* Radix Notoginseng (in the form of powder) (3 g).

Chinese Patent Medicine 1: *Fufang Danshen Pian* (Composite Tablet of Red Sage Root).

Administration: Taken with warm boiled water, 3 tablets each time, 3 times daily.

Chinese Patent Medicine 2: *Guanxin Suhe Wan* (Storax Bolus for Treating Coronary Heart Disease).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Chinese Patent Medicine 3: *Xinling Wan* (Miraculous Bolus for Treating Heart Disease).

Administration: Chewed or sucked sublingually, 2 boluses each time, twice daily.

Prevention

1. Be on a diet, do the best to eat food containing animal fat and high cholesterol as less as possible. Administer hypo–blood–lipid agent properly for patients with hyperlipenia.

2. Keep blood pressure nearly at the normal level for patients with hypertension.

2.3 Myocardosis

Myocardosis refers to all kinds of myocardial damage caused by infection, drug intoxication, general disease or inexplicable cause, and it is clinically manifested as cardiectasis, arrhythmia

and cardiac deficiency which are not accompanied by other evidence of heart disease. This section mainly deals with primary myocardosis and myocardosis due to infection. In TCM, this disease is included in the syndromes of "palpitation due to fright", "severe palpitation", "beriberi", "edema" and "dyspnea". "Cardiac beriberi" recorded in TCM is similar to myocardosis due to deficiency of vitamin B.

Etiology and Pathogenesis

TCM believes that this disease is caused by weakened body constitution complicated by attack of exopathogens on the heart.

1. Attack of exopathogens

Among exopathogens, noxious-heat takes the leading role in causing this disease. Various epidemic diseases such as measles, chickenpox, rheumatism and disorders due to dampness in summer may be all complicated by this disease. In clinical practice, this disease, if ever, is usually found to follow influenza.

2. Overstrain

Overstrain, improper exposure to cold or warmth or irregular daily life after the invasion of exopathogens into the body may all impair *Qi* and blood, and result in malnutrition of the heart and palpitation.

3. Weakened constitution

Weakened constitution is the internal cause due to which this disease occurs. Patients with *Qi* deficiency are more susceptible to this disease. Deficiency of *Yin*-blood may be also the cause of this disease, which is common in those with postpartum hemorrhage due to *Qi* deficiency.

This disease attacks the heart but its onset involves both the spleen and kidney.

Type and Treatment

1. Type of Deficiency of Both *Qi* and *Yin*

Symptoms: Severe palpitation, listlessness, acratia, oppressed feeling in the chest, shortness of breath, dry mouth, reddened and dry tongue, and thready rapid or knotted intermittent pulse.

Therapeutic Method: Invigorating *Qi* and nourishing *Yin*

Prescription: Modified *Shengmai San* (Pulse–activating Powder).

Ingredients:

Dangshen Radix Codonopsis	30 g
Maidong Radix Ophiopogonis	30 g
Wuweizi Fructus Schisandrae	10 g
Shengdi Radix Rehmanniae	30 g
Danggui Radix Angelicae Sinensis	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For chest pain, the drugs added are *Danshen* Radix Salviae Miltiorrhizae (15 g), *Chishao* Radix Paeoniae Rubra (10 g).

For convulsion of the extremities, the drugs added are *Muli* Concha Ostreae (30 g) and *Guiban* Carapax et Plastrum Testudinis (10 g).

Chinese Patent Medicine: *Buxin Dan* (Cardiotonic Bolus)

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

2. Type of Edema due to *Yang* Insufficiency

Symptoms : Palpitation, spontaneous sweating, chills, cold limbs, listlessness, oliguria, edema of the lower limbs, or hydrothorax, ascites, pale tongue with thin white coating, and deep thready pulse.

Therapeutic Method: Warming *Yang* to induce diuresis

Prescription: *Zhenwu Tang* (Decoction for Strengthening the Spleen–*Yang*).

Ingredients:

Zhifuzi Radix Aconiti Lateralis Preparata	12 g
Fuling Poria	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Baishao Radix Paeoniae Alba	12 g
Shengjiang Rhizoma Zingiberis Recens	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of hydrothorax and ascites, the drugs added are *Guizhi* Ramulus Cinnamomi (10 g), *Tinglizi* Semen Lepidii seu Descurainiae (12 g), *Zhuling* Polyporus (10 g).

In case of distending pain in the hypochondriac region, the drugs added are *Danshen* Radix Salviae Miltiorrhizae (30 g), *Sanleng* Rhizoma Sparganii (10 g), *Ezhu* Rhizoma Curcumae (10 g).

In case of severe edema, the drugs added are *Shenghuangqi* Radix Astragali (30 g), *Cheqianzi* Semen Plantaginis (30 g).

Chinese Patent Medicine: *Jisheng Shenqi Wan* (Life–preserving Bolus by Replenishing the Kidney–*Qi*).

Administration: Taken with warm boiled water, 1 bolus each time,twice daily.

3. Type of Prostration due to *Yang* Insufficiency

Symptoms: Palpitation, dyspnea, being unable to life flat, dripping sweat, cold extremities, pale tongue with thin whitish coating, and faint pulse.

Therapeutic Method: Recuperating depleted *Yang* to treat prostration syndrome

Prescription: *Shen Fu Long Mu Tang* (Decoction of Ginseng, Prepared Aconite, Dragon's Bone and Oyster Shell).

Ingredients:

Renshen Radix Ginseng	12 g
Fuzi Radix Aconiti Lateralis Preparata	12 g
Longgu Os Draconis Fossilia	30 g
Muli Concha Ostreae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there are oppressed feeling and pain in the chest or there appears something like colic, the drugs added are *Danshen* Radix Salviae Miltiorrhizae (30 g), *Tanxiang* Lignum Santali Album (6–10 g).

If syncope occurs suddenly, aromatics with the action of inducing resuscitation added are: those cold in nature such as *Zhibao Dan* (Treasured Bolus), *Zixue Dan* (Snow–purple Pill), and those warm in nature such as *Suhexiang Wan* (Storax Pill).

Simple Prescription: *Renshen* Radix Ginseng 30 g

Administration: Decocted in water for the decoction, which is taken at once or given by nasal feeding.

2.4 Arrhythmia

Arrhythmia refers to irregular rhythm of heart activity due to abnormal formation and conduction of intracardiac impulses. No matter what it is caused by, its clinical manifestations include palpitation, dizziness, and even syncope. In TCM, arrhythmia is included in the syndromes of "palpitation ", "severe palpitation ", "vertigo " and "syncope ".

Etiology and Pathogenesis

The etiology and pathogenesis are more complicated. To

sum up, they are included in the two aspects: deficiency and excess.

1. Exopathogenic attack and mental impairment

Invasion of noxious-heat or cold-damp pathogen, or mental impairment due to terror, fear, anger, anxiety, etc., will result in stagnancy of *Qi*, stasis of blood, accumulation of phlegm-dampness, etc., which may all lead to irregular activity of the heart and vessels.

2. Deficiency of *Zang* and *Fu* organs

The heart is believed to govern the blood and vessels. Therefore, deficiency of the heart *Yin, Yang, Qi* and blood or transmission of the impairment of other organs to the heart is also followed by irregular activity of the heart and vessels.

In short, the disease site is in the heart, the pathology is composed of two aspects: deficiency and excess. By deficiency we mean deficiency of *Qi*, blood, *Yin* and *Yang*, or *Yin* or *Yang* deficiency of both the heart and kidney. By excess is meant stagnancy of *Qi*, stasis of blood and accumulation of phlegm-dampness. The deficiency and the excess are mixed together so that the pathological changes are made complicated.

Type and Treatment

1. Treatment according to symptoms

(1) Type of Irritability

Symptoms: Palpitation, tending to be frighted, dreamfulness, broken sleep, dysphoria, pale tongue with white coating, and rapid or feeble taut pulse.

Therapeutic Method: Calming the mind

Prescription: Modified *Guizhi Gancao Longgu Muli Tang* (Decoction of Cinnamom Twig, Liquorice, Dragon's Bone

and Oyster Shell).

Ingredients:

Guizhi Ramulus Cinnamomi	10 g
Gancao Radix Glycyrrhizae	10 g
Longgu Os Draconis Fossilia	30 g
Muli Concha Ostreae	30 g
Chaozaoren parched Semen Ziziphi Spinosae	30 g
Danggui Radix Angelicae Sinensis	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of restlessness, bitter taste and reddened tongue with yellow coating, the drugs added are *Huanglian* Rhizoma Coptidis (10 g), *Shengdi* Radix Rehmanniae (30 g), *Zhenzhumu* Concha Margaritifera Usta (30 g).

Chinese Patent Medicine 1: *Zhusha Anshen Wan* (Sedative Bolus with Cinnabar).

Administration: Taken with warm boiled water, 6 g each time , 3 times daily.

Chinese Patent Medicine 2: *Cizhu Wan* (Magnetite and Cinnabar Pill).

Administration: Taken with warm boiled water, 6 g each time, 3 times daily.

(2) Type of Insufficiency of the Heart–blood

Symptoms: Palpitation, upset, sallow complexion, listlessness, lassitude, vertigo, shortness of breath, spontaneous sweating, pale tongue with thin white coating, and thready weak pulse.

Therapeutic Method: Invigorating the spleen–*Qi* to nourish the heart–blood

Prescription: *Guipi Tang* (Decoction for Invigorating the

Spleen and Nourishing the Heart).

Ingredients:

Dangshen Radix Codonopsis	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Huangqi Radix Astragali	15 g
Danggui Radix Angelicae Sinensis	10 g
Fushen Poria cum Ligno Hospite	12 g
Yuanzhi Radix Polygalae	10 g
Chaozaoren parched Semen Ziziphi Spinosae	18 g
Longyanrou Arillus Longan	12 g
Muxiang Radix Aucklandiae	10 g
Zhigancao Radix Glycyrrhizae Preparata	10 g
Shengjiang Rhizoma Zingiberis Recens	3 g
Dazao Fructus Jujubae	7 dates

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine 1:

Guipi Wan (Bolus for Invigorating the Spleen and Nourishing the Heart).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Chinese Patent Medicine 2:

Baizi Yangxin Wan (Mindeasing Tonic Bolus with Arborvitae Seed).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

(3) Type of Insufficiency of the Heart–*Yin*

Symptoms: Palpitation and calmlessness, fidgets of deficiency type and broken sleep, irritability, dizziness and blurred vision, tinnitus and insomnia, dry mouth and constipation, reddened

tongue with little coating, and thready rapid pulse.

Therapeutic Method: Nourishing *Yin* to calm the mind.

Prescription: *Buxin Dan* (Cardiotonic Bolus)

Ingredients:

Shengdi Radix Rehmanniae	30 g
Wuweizi Fructus Schisandrae	10 g
Danggui Radix Angelicae Sinensis	10 g
Tiandong Radix Asparagi	15 g
Maidong Radix Ophiopogonis	30 g
Baiziren Semen Platycladi	12 g
Suanzaoren Semen Ziziphi Spinosae	30 g
Dangshen Radix Codonopsis	10 g
Xuanshen Radix Scrophulariae	12 g
Danshen Radix Salviae Miltiorrhizae	12 g
Fuling Poria	10 g
Yuanzhi Radix Polygalae	10 g
Jiegeng Radix Platycodi	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine *Buxin Dan* (Cardiotonic Bolus)

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

(4) Type of Deficiency and Weakness of the Heart–*Yang*

Symptoms: Palpitation, shortness of breath, asthma, edema, cold limbs, oliguria, oppressed feeling and pain in the chest, pale or dark–purple tongue with white coating, and running or knotted intermittent or weak slow pulse.

Therapeutic Method: Warming and reinforcing the heart–*Yang*

Prescription: Modified *Guizhi Gancao Tang* (Decoction of

Cinnamom Twig and Liquorice).

Ingredients:

Guizhi Ramulus Cinnamomi	12 g
Gancao Radix Glycyrrhizae	10 g
Zhifuzi Radix Aconiti Lateralis Preparata	10 g
Wuweizi Fructus Schisandrae	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For severe chest pain, the drugs added are

Danshen Radix Salviae Miltiorrhizae	15 g
Chuanxiong Rhizoma Chuanxiong	10 g

for severe edema, the drugs added are

Cheqianzi Semen Plantaginis	15 g
Shenghuangqi Radix Astragalis	18 g

(5) Type of Phlegm Retention Disturbing the Heart

Symptoms: Palpitation, dizziness, fullness in the chest and epigastrium, thirst without desire for drinking, oliguria, edema, enlarged tongue with tooth-prints, and taut slippery or deep slow pulse.

Therapeutic Method: Warming and resolving phlegm

Prescription: Modified *Ling Gui Zhu Gan Tang* (Decoction of Poria, Bighead Atractylodes, Cinnamom and Licorice).

Ingredients:

Fuling Poria	30 g
Guizhi Ramulus Cinnamomi	10 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Gancao Radix Glycyrrhizae	10 g
Zexie Rhizoma Alismatis	15 g
Banxia Rhizoma Pinelliae	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of chest pain, the drugs added are *Danshen* Radix Salviae Miltiorrhizae (18 g), *Chuanxiong* Rhizoma Chuanxiong (10 g).

In case of cough with sputum, the drugs added are *Tinglizi* Semen Lepidii and Descurainiae (12 g), *Chaoxingren* parched Semen Armeniacae Amarum (10 g).

In case of cold limbs, the drug added is *Zhifuzi* Radix Aconiti Lateralis Preparata (10 g).

(6) Type of Stagnation of *Qi* and Blood

Symptoms: Palpitation, shortness of breath, fullness in the chest, discomfort, paroxysmal precordial pain, impatience, irritability, pale or dark-purplish tongue with whitish coating, and taut knotted intermittent pulse.

Therapeutic Method: Regulating the flow of *Qi* and promoting the circulation of blood

Prescription: *Chaihu Shugan San* (Bupleurum Powder for Relieving Liver-*Qi*).

Ingredients:

Chaihu Radix Bupleuri	12 g
Hangshao Radix Paeoniae Alba	12 g
Zhiqiao Fructus Aurantii	12 g
Chuanxiong Rhizoma Chuanxiong	10 g
Xiangfu Rhizoma Cyperi	12 g
Chenpi Pericarpium Citri Reticulatae	10 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine: *Fufang Danshen Pian* (Composite Tablet of Red Sage Root).

Administration: Taken with warm boiled water, 3 tablets

each time, 3 times daily.

2. Treatment according to disease

(1) Premature heart–beat

A. Type of Deficiency of Both *Qi* and *Yin*

Symptoms: Palpitation and shortness of breath which are aggravated after moving, listlessness, profuse sweat, insomnia, dreamfulness, dim complexion, pale tongue with reddish thin whitish coating, and thready rapid knotted intermittent or taut thready knotted intermittent pulse.

Therapeutic Method: Invigorating *Qi* and nourishing *Yin*

Prescription: Modified *Shengmai San* (Pulse–activating Powder).

Ingredients:

Dangshen Radix Codonopsis	30 g
Maidong Radix Ophiopogonis	30 g
Wuweizi Fructus Schisandrae	10 g
Shengdi Radix Rehmanniae	30 g
Danggui Radix Angelicae Sinensis	12 g
Chaozaoren parched Semen Ziziphi Spinosae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of aversion to cold and cold limbs, the drug added is *Guizhi* Ramulus Cinnamomi (10 g).

In case of fullness and pain in the chest, the drugs added are *Gualou* Fructus Trichosanthis (30 g), *Danshen* Radix Salviae Miltiorrhizae (15 g).

B. Type of Stagnation of *Qi* and Blood

Symptoms: Palpitation, fullness and pain in the chest, impatience, irritability, distention in the hypochondrium, dark–purplish tongue or tongue with ecchymosis, and taut knot-

ted intermittent pulse.

Therapeutic Method: Regulating the flow of *Qi* and promoting the circulation of blood

Prescription: *Chaihu Shugan San* (Bupleurum Powder for Relieving the Liver–*Qi*).

Ingredients:

Chaihu Radix Bupleuri	12 g
Hangshao Radix Paeoniae Alba	10 g
Zhiqiao Fructus Aurantii	12 g
Chuanxiong Rhizoma Chuanxiong	10 g
Xiangfu Rhizoma Cyperi	12 g
Chenpi Pericarpium Citri Reticulatae	10 g
Gancao Radix Glycyrrhizae	10 g

Administration: Decocted in water for oral use, 1 dose daily.

C. Type of Accumulation of Phlegm and Heat

Symptoms: Palpitation, fullness in the chest, poor appetite, abdominal distention, greasy mouth, nausea, restlessness, bitter taste, reddened tongue with yellow or yellow greasy coating, and taut slippery knotted intermittent or taut rapid knotted intermittent pulse.

Therapeutic Method: Clearing away heat and resolving phlegm

Prescription: *Xiao Xianxiong Tang* (Minor Decoction for Relieving Stuffiness in the Chest) and *Wendan Tang* (Decoction for Clearing away Gallbladder–heat).

Ingredients:

Gualou Fructus Trichosanthis	30 g
Banxia Rhizoma Pinelliae	10 g
Huanglian Rhizoma Coptidis	6 g

Zhishi Fructus Aurantii Immaturus 10 g
Zhuru Caulis Bambusae in Taeniam 10 g
Fuling Poria 12 g
Chenpi Pericarpium Citri Reticulatae 10 g
Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

(2) Atrial fibrillation

A. Type of Deficiency of Both *Qi* and Blood

Symptoms: Severe palpitation, fullness and discomfort in the chest which are aggravated after moving, shortness of breath, acratia, insomnia, pale tongue with thin white coating, and running pulse.

Therapeutic Method: Invigorating *Qi* and nourishing blood

Prescription: *Zhigancao Tang* (Decoction of Prepared Licorice).

Ingredients:

Zhigancao Radix Glycyrrhizae Preparata 12 g
Dangshen Radix Codonopsis 12 g
Guizhi Ramulus Cinnamomi 10 g
Shengdi Radix Rehmanniae 30 g
Ejiao Colla Corii Asini (taken after being melted with boiling water) 12 g
Maidong Radix Ophiopogonis 30 g
Huomaren Fructus Cannabis 15 g
Dazao Fructus Jujubae 7 dates
Shengjiang Rhizoma Zingiberis Recens 3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For chest pain, the drug added is *Danshen* Radix Salviae Miltiorrhizae (15 g).

For edema, the drugs added are *Zexie* Rhizoma Alismatis (15 g), *Cheqianzi* Semen Plantaginis (15 g).

For severe palpitation due to fright, the drugs added are *Chaozaoren* parched Semen Ziziphi Spinosae (30 g), *Shenglonggu* Os Draconis Fossilia (15 g)and *Shengmuli* Concha Ostreae (15 g).

Chinese Patent Medicine: *Guipi Wan* (Bolus for Invigorating the Spleen and Nourishing the Heart).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

B. Type of *Yang*–deficiency of the Heart and Kidney

Symptoms: Severe palpitation, chills cold limbs, edema of the limbs, or dyspnea which is relieved when sitting but aggravated when lying down, pale or dark–purplish tongue with white slippery coating, and running pulse.

Therapeutic Method: Warming and reinforcing the heart and kidney

Prescription: Modified *Zhenwu Tang* (Decoction for Strengthening the Spleen–*Yang*).

Ingredients:

Zhifuzi Radix Aconiti Lateralis Preparata	10 g
Fuling Poria	15 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Baishao Radix Paeoniae Alba	15 g
Guizhi Ramulus Cinnamomi	10 g
Chaozaoren parched Semen Ziziphi Spinosae	18 g
Zexie Rhizoma Alismatis	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe pain in the chest and

hypochondrium, the drugs added are

Danshen Radix Salviae Miltiorrhizae	15 g
Chuanxiong Rhizoma Chuanxiong	10 g

(3) Sick sinus syndrome

A. Type of Cold–accumulation due to *Yang* Insufficiency

Symptoms: Palpitation, dizziness, or intermittent syncope, cold limbs, chills, listlessness, acratia, shortness of breath, less talk, pale tongue with white coating, and slow pulse.

Therapeutic Method: Invigorating *Qi*, warming up *Yang* and dispersing cold.

Prescription: *Buzhong Yiqi Tang* (Decoction for Reinforcing the Middle–*Jiao* and Replenishing *Qi*) and *Mahuang Fuzi Xixin Tang* (Decoction of Ephedra, Aconite and Asarum).

Ingredients:

Huangqi Radix Astragali	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Chenpi Pericarpium Citri Reticulatae	10 g
Shengma Rhizoma Cimicifugae	6 g
Chaihu Radix Bupleuri	6 g
Dangshen Radix Codonopsis	30 g
Danggui Radix Angelicae Sinensis	15 g
Mahuang Herba Ephedrae	10 g
Fuzi Radix Aconiti Lateralis Preparata	10 g
Xixin Herba Asari	3 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine: *Buzhong Yiqi Wan* (Bolus for Reinforcing the Middle–*Jiao* and Replenishing *Qi*).

Administration: Taken with warm boiled water, 1 bolus each

time, twice daily.

B. Type of Stagnation of *Qi* and Blood

Symptoms: Severe palpitation, fullness and pain in the chest, fidgets, irritability, dark-purplish tongue or tongue with ecchymosis, and deep slow pulse.

Therapeutic Method: Regulating the flow of *Qi* and promoting the circulation of blood

Prescription: *Xuefu Zhuyu Tang* (Decoction for Removing Blood Stasis in the Chest).

Ingredients:

Taoren Semen Persicae	10 g
Honghua Flos Carthami	10 g
Shengdi Radix Rehmanniae	15 g
Danggui Radix Angelicae Sinensis	10 g
Chuanxiong Rhizoma Chuanxiong	10 g
Chishao Radix Paeoniae Rubra	10 g
Chaihu Radix Bupleuri	12 g
Zhiqiao Fructus Aurantii	12 g
Jiegeng Radix Platycodi	6 g
Niuxi Radix Achyranthis Bidentatae	10 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine: *Fufang Danshen Pian* (Composite Tablet of Red Sage Root).

Administration: Taken with warm boiled water, 3 tablets each time, 3 times daily.

C. Type of the Channels Obstructed by Phlegm

Symptoms: Palpitation, oppressed feeling in the chest, profuse expectoration, shortness of breath, abdominal distention,

poor appetite, vomiting, nausea, pale tongue with white greasy coating, and taut slow pulse.

Therapeutic Method: Removing phlegm from the channels

Prescription: Modified *Gualou Xiebai Banxia Tang* (Decoction of Trichosanthes, Allium and Pinellia).

Ingredients:

Gualou Fructus Trichosanthis	30 g
Xiebai Bulbus Allii Macrostemi	10 g
Banxia Rhizoma Pinelliae	10 g
Chenpi Pericarpium Citri Reticulatae	10 g
Dannanxing Arisaema cum Bile	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For chills and cold limbs, the drugs added are *Mahuang* Herba Ephedrae (10 g), *Xixin* Herba Asari (3 g).

For yellowish tongue coating and thirst, the drug added is *Huanglian* Rhizoma Coptidis (10 g).

For chest pain, the drugs added are *Danshen* Radix Salviae Miltiorrhizae (15 g), *Yujin* Radix Curcumae (10 g).

Prevention

1. Be optimistic and avoid irritability and overstrain.

2. Try the best to treat various kinds of heart disorder so as to eliminate whatever causes arrhythmia.

2.5 Chronic Pulmonary Heart Disease

Pachynsis and dilatation of the right ventricle, even incompensation of the right ventricle and respiratory failure due to pulmonary hypertension resulting from functional or structural change caused by chronic pathologic change in the lung, chest or pulmonary artery are refered to as chronic pulmonary heart

disease which is clinically manifested mainly as palpitation, asthma, cough and edema, and included, in TCM, in the syndromes of "palpitation","asthma","cough","phlegm retention" and "edema".

Etiology and Pathogenesis

This disease is mainly due to the attack of excessive fluid on the heart and lung.

The lung is situated over the other organs just like a canopy over an imperial carriage. It is related to the skin and hair in the superficial and in charge of the purifying and descending function in the interior. Prolonged disturbance of exopathogens in the lung will impair the lung–*Qi* so that the lung fails to perform its function and drain excessive fluid away through water passages, the excessive fluid being thus retained in the interior. Excessive fluid retained below the heart will attack the heart and lung. The lung, spleen and kidney work together to take charge of *Qi*–transformation of the tri–*Jiao*. Therefore, the lung attacked by the excessive fluid will involve the spleen and kidney. If it is weak, the spleen will fail to transport fluid normally. If it is deficient, the kidney will not transform fluid adequately. As a result, excessive fluid will retain in the heart and lung.

This disease is maily located in the lung, but closely related to the spleen and kidney, and, in turn, to the heart. It is complicated and changeable.

Type and Treatment

1. Type of Attack of Wind–cold on the Exterior and Retention of Excessive Fluid in the Heart and Lung

Symptoms: Cough and dyspnea relieved when sitting but aggravated when lying down, palpitation, profuse white watery

sputum, general pain and heaviness, edema severe in the face, fever, chills, pale tongue with white coating, and taut tight pulse.

Therapeutic Method: Relieving exterior syndrome to dispel cold, warming and eliminating excessive fluid.

Prescription: *Xiao Qinglong Tang* (Minor Decoction of Green Dragon).

Ingredients:

Mahuang Herba Ephedrae	10 g
Baishao Radix Paeoniae Alba	10 g
Guizhi Ramulus Cinnamomi	10 g
Gancao Radix Glycyrrhizae	10 g
Ganjiang Rhizoma Zingiberis	3 g
Xixin Herba Asari	3 g
Banxia Rhizoma Pinelliae	12 g
Wuweizi Fructus Schisandrae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If the exterior syndrome is not evident and there is dyspnea and cough with abundant sputum, the drugs added are *Tinglizi* Semen Lepidii seu Descurainiae (12 g), *Suzi* Fructus Perillae (12 g).

If excessive fluid retained long has transformed into heat pathogen and there exists restlessness, the drug added is *Shengshigao* Gypsum Fibrosum (30 g).

2. Type of Abundant Cold–phlegm

Symptoms: Cough, profuse white watery sputum, shortness of breath, dyspnea, aversion to wind, being liable to sweat, pale tongue, and deep thready pulse.

Therapeutic Method: Warming the lung to dissolve phlegm, descending *Qi* to relieve asthma.

Prescription: *Sanzi Yangqin Tang* (Decoction of Three Kinds of Seeds for the Aged) and *Erchen Tang* (Decoction of Two Old Drugs).

Ingredients:

Suzi Fructus Perillae	12 g
Laifuzi Semen Raphani	12 g
Baijiezi Semen Sinapis Alba	10 g
Banxia Rhizoma Pinelliae	12 g
Chenpi Pericarpium Citri Reticulatae	10 g
Fuling Poria	12 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe cough, the drugs added are *Ziwan* Radix Asteris (12 g), *Donghua* Flos Farfarae (12 g).

In case of soreness of the loins and cold limbs, the drug added is *Rougui* Cortex Cinnamomi (6 g).

Chinese Patent Medicine 1: *Juhong Wan* (Red Tangerine Peel Bolus).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Chinese Patent Medicine 2: *Suzi Jiangqi Wan* (Perilla Seed Pill for Descending *Qi*).

Administration: Taken with warm boiled water on an empty stomach, 10 g each time, 3 times daily.

3. Type of Phlegm–heat Accumulated in the Lung

Symptoms: Cough and dyspnea which make lying flat impossible, yellow or white sticky sputum which is difficult to spit out, or fever, thirst, dry stool, reddened tongue with yellow or greasy coating, and slippery rapid or taut pulse.

Therapeutic Method: Clearing away heat to resolve phlegm.

Prescription: Modified *Ma Xing Shi Gan Tang* (Decoction of Ephedra, Apricot Kernel, Gypsum and Licorice).

Ingredients:

Mahuang Herba Ephedrae	10 g
Chaoxingren parched Semen Armeniacae Amarum	10 g
Shengshigao Gypsum Fibrosum	30 g
Gancao Radix Glycyrrhizae	10 g
Gualou Fructus Trichosanthis	30 g
Banxia Rhizoma Pinelliae	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For fever and yellow sputum, the drugs added are *Yinhua* Flos Lonicerae (30 g), *Huangqin* Radix Scutellariae (10 g).

For severe constipation, the drug added is *Dahuang* Radix et Rhizoma Rhei (10 g).

Chinese Patent Medicine: *Zhisou Dingchuan Wan* (Pill for Arresting Cough and Asthma).

Administration: Taken with warm boiled water, 10 g each time, 3 times daily.

4. Type of Abundant Phlegm–dampness due to *Qi* Deficiency of the Lung and Kidney

Symptoms: Chills, acratia, shortness of breath, spontaneous sweating, cough and asthma which are aggravated by movement, profuse watery sputum, soreness and weakness of the loins and legs, pale or dark–purplish tongue with white slippery coating, and deep thready or taut slippery pulse.

Therapeutic Method: Warming the kidney to improve inspiration, resolving phlegm to relieve asthma.

Prescription: *Jinkui Shenqi Wan* (Pill for Invigorating the Kidney–*Qi*) and *Sanzi Yangqin Tang* (Decoction of Three Kind of Seeds for the Aged).

Ingredients:

Shudi Radix Rehmanniae Preparata	15 g
Shanzhuyu Fructus Corni	10 g
Shanyao Rhizoma Dioscoreae	12 g
Danpi Cortex Moutan	10 g
Zexie Rhizoma Alismatis	10 g
Fuling Poria	10 g
Fuzi Radix Aconiti Lateralis Preparata	10 g
Rougui Cortex Cinnamomi	6 g
Baijiezi Semen Sinapis Alba	10 g
Suzi Fructus Perillae	12 g
Laifuzi Semen Raphani	12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there doesn't exist aversion to cold, acratia, shortness of breath and spontaneous sweating, the drugs omitted are *Fuzi* Radix Aconiti Lateralis Preparata, *Rougui* Cortex Cinnamomi.

If there is the index of *Yin*–deficiency of the lung and kidney, the drugs omitted are *Fuzi* Radix Aconiti Lateralis Preparata, *Rougui* Cortex Cinnamomi.

The drugs added are *Ejiao* Colla Corii Asini (taken after being melted in boiling water) (12 g), *Shashen* Radix Glehniae (15 g).

Chinese Patent Medicine 1: *Jinkui Shenqi Wan* (Bolus for Invigorating the Kidney–*Qi*).

Administration: Taken with warm boiled water, 1 bolus each

time, twice daily.

Chinese Patent Medicine 2: *Suzi Jiangqi Wan* (Perilla Seed Pill for Descending *Qi*).

Administration: Taken with warm boiled water on an empty stomach, 10 g each time, 3 times daily.

5. Type of Excessive Fluid due to *Yang*–deficiency of the Spleen and Kidney

Symptoms: Palpitation, asthma, being impossible to lie flat, blue complexion, cold limbs, edema of the lower limbs, pale and enlarged tongue with white slippery coating, and deep thready or knotted intermittent pulse.

Therapeutic Method: Warming *Yang* to induce diuresis, strengthening the spleen to dissolve phlegm.

Prescription: *Zhenwu Tang* (Decoction for Strengthening the Spleen–*Yang*) and *Liu Junzi Tang* (Decoction of Six Ingredients).

Ingredients:

Fuzi Radix Aconiti Lateralis Preparata	10 g
Fuling Poria	18 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Baishao Radix Paeoniae Alba	12 g
Dangshen Radix Codonopsis	15 g
Chenpi Pericarpium Citri Reticulatae	10 g
Banxia Rhizoma Pinelliae	10 g
Shengjiang Rhizoma Zingiberis Recens	3 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of cyanotic lips and fullness and pain in the hypochondriac region, the drugs added are *Danshen* Radix

Salviae Miltiorrhizae (30 g), *Sanleng* Rhizoma Sparganii (10 g)and *Ezhu* Rhizoma Curcumae (10 g).

In case of severe edema, the drugs added are *Zexie* Rhizoma Alismatis (15 g), *Cheqianzi* Semen Plantaginis (30 g).

Prevention

1. Try the best to prevent and treat obstructive emphysema and respiratory tract infection.

2. Give up smoking thoroughly.

2.6 Congestive Heartfailure

In TCM, this disease is included in the category of the following syndromes: "Palpitation due to fright ","severe palpitation ","asthma " "phlegm retention ", and "edema ". It refers to chronic cardiac heart insufficiency due to left heart failure, right heart failure and whole heart failure with such main clinical manifestations as dyspnea, palpitation and edema.

Etiology and Pathogenesis

1. Attack of Exopathogens

Attack of exopathogens on blood and vessels tends to involve the heart and disturb blood circulation, resulting in stagnation of blood in the vessels, for the heart is believed to govern blood and vessels.

2. Attack of retained fluid on the heart and lung

When the lung is attacked by retained fluid, asthma and cough will result, for, at the moment, the lung falls to fulfil its function of purifying and descending and the *Qi* will go upward adversely. When the heart is attacked, there will appear palpitation and even severe palpitation.

3. Overstrain

Overstrain weakens the heart–*Qi*. The weakened heart–*Qi* will fail to give an impetus to blood circulation so that the heart can not be nourished. Then, there will result palpitation which is too severe to be stood by the patient when he / she is lying down. In addition, overstrain may also make the kidney–*Qi* impaired and the kidney fail to control inspiration, causing shortness of breath.

In general, at the early stage, what is involved is mainly the heart and lung. As the disease goes by, the spleen and kidney will be involved, too. When the heart and lung are involved, the disease is mild with the symptoms of cough and palpitation commonly seen. When the spleen and kidney are also involved, the disease is severe whose usual symptoms are edema and dyspnea, the latter occurring whenever the patient moves.

Type and Treatment

1. Type of Deficiency of Both *Qi* and *Yin*

Symptoms: Palpitation and dyspnea which become more severe after movement, fatigue, acratia, dizziness, insomnia, profuse sweat, restlessness, reddened tongue with little coating, and thready rapid or knotted intermittent pulse.

Therapeutic Method: Invigorating *Qi* and nourishing *Yin*

Prescription: Modified *Shengmai San* (Pulse–activating Powder).

Ingredients:

Dangshen Radix Codonopsis	30 g
Maidong Radix Ophiopogonis	15 g
Wuweizi Fructus Schisandrae	10 g
Huangqi Radix Astragali	30 g
Danggui Radix Angelicae Sinensis	12 g

Chaozaoren Semen Ziziphi Spinosae Preparata 18 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe palpitation and knotted intermittent pulse, the drugs added are *Shengdi* Radix Rehmanniae (30 g), *Guizhi* Ramulus Cinnamomi (10 g) and *Zhigancao* Radix Glycyrrhizae Preparata (12 g).

In case of cough and expectoration, the drugs added are *Jiegeng* Radix Platycodi (10 g), *Chuanbei* Bulbus Fritillariae Cirrhosae (10 g).

2. Type of Stagnation of Blood and Fluid

Symptoms: Severe palpitation, cyanotic lips, dark red zygomatic region which is more evident when the patient is out of breath or moving, edema of the lower limbs, dark tongue or tongue with ecchymosis, white slippery or white greasy tongue coating, and uneven or knotted intermittent pulse.

Therapeutic Method: Removing blood stasis to promote diuresis

Prescription: *Xuefu Zhuyu Tang* (Decoction for Removing Blood Stasis in the Chest) and *Wuling San* (Powder of Five Drugs with Poria).

Ingredients:

Taoren Semen Persicae	10 g
Honghua Flos Carthami	10 g
Shengdi Radix Rehmanniae	18 g
Chishao Radix Paeoniae Rubra	10 g
Danggui Radix Angelicae Sinensis	10 g
Chuanxiong Rhizoma Chuanxiong	10 g
Chaihu Radix Bupleuri	12 g
Zhiqiao Fructus Aurantii	10 g

Jiegeng Radix Platycodi	10 g
Niuxi Radix Achyranthis Bidentatae	10 g
Gancao Radix Glycyrrhizae	6 g
Zexie Rhizoma Alismatis	15 g
Guizhi Ramulus Cinnamomi	10 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Zhuling Polyporus	12 g
Fuling Poria	15 g

Administration: Decocted in water for oral use, 1 dose daily.

3. Type of Edema due to *Yang* Deficiency

Symptoms: Palpitation, dyspnea, chills, cold limbs, soreness of the loins, oliguria, pale or dark—purplish complexion, general edema, pale tongue with white coating, and deep thready or knotted intermittent pulse.

Therapeutic Method: Warming up *Yang* to induce diuresis

Prescription: *Zhenwu Tang* (Decoction for Strengthening the Spleen—*Yang*) and *Wuling San* (Powder of Five Drugs with Poria).

Ingredients:

Fuzi Radix Aconiti Lateralis Preparata	10 g
Fuling Poria	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Hangshao Radix Paeoniae Alba	12 g
Zexie Rhizoma Alismatis	18 g
Guizhi Ramulus Cinnamomi	10 g
Zhuling Polyporus	12 g
Shengjiang Rhizoma Zingiberis Recens	3 g

Administration: Decocted in water for oral use, 1 dose daily.

4. Type of Prostration due to *Yang* Insufficiency

Symptoms: Severe palpitation and dyspnea, fidgets, dripping sweat, cold limbs, oliguria, edema, pale tongue with white coating, and faint pulse.

Therapeutic Method: Recuperating depleted–*Yang* and treating prostration

Prescription: *Shen Fu Long Mu Tang* (Decoction of Ginseng, Prepared Aconite, Dragon's Bone and Oyster Shell).

Ingredients:

Renshen Radix Ginseng	12 g
Fuzi Radix Aconiti Lateralis Preparata	12 g
Longgu Os Draconis Fossialia	30 g
Muli Concha Ostreae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

2.7 Hypertension

Also called as essential hypertension, this disease is a general chronic vascular disorder characterized by arterial hypertension and persistent high diastolic pressure, and mainly marked by headache and dizziness. Other clinical manifestations due to different damage of the heart, kidney and brain may appear in the advanced stage. In TCM, this disease is included in the category of the following syndromes: "headache "and "dizziness ".

Etiology and Pathogenesis

This disease is due to the following factors: emotional imbalance, consumption resulting from internal impairment, and improper diet.

Prolonged mental stress and vexation, anger, anxiety and over–thinking lead to stagnation of the liver–*Qi*, the prolonged stagnation leads to stagnated fire, and up–flaring fire leads to

up–stirring or wind–*Yang*.

Insufficiency of the kidney–*Yin* due to internal impairment or kidney–deficiency with age leads to malnutrition of the liver and failure of *Yin* to keep *Yang* well, causing hyperactivity of the liver–*Yang*. In addition, prolonged deficiency of *Yin* may involve *Yang*, resulting in insufficiency of both *Yin* and *Yang*.

Over–intake of fat and sweet food or over–drinking impairs the spleen and stomach and leads to dysfunction of the spleen in transformation and transportation, producing dampness. Prolonged retention of dampness gives rise to fire and the fire burns fluid into phlegm. The phlegm retained in the interior goes up along with the liver–wind to disturb the head.

Type and Treatment

1. Type of Hyperactivity of the Liver–*Yang*

Symptoms: Headache, vertigo, flushed face, conjunctival congestion, dysphoria, irritability, reddened tongue with thin white or yellow coating, and taut pulse.

Therapeutic Method: Calming the liver to supress the hyperactive *Yang*

Prescription: *Tianma Gouteng Yin* (Decoction of Gastrodia and Uncaria).

Ingredients:

Tianma Rhizoma Gastrodiae	10 g
Gouteng Ramulus Uncariae cum Uncis	30 g
Zhizi Fructus Gardeniae	10 g
Huangqin Radix Scutellariae	10 g
Niuxi Radix Achyranthis Bidentatae	10 g
Yimucao Herba Leonuri	15 g
Jisheng Herba Taxilli	12 g

Fushen Poria cum Ligno Hospite 10 g
Duzhong Cortex Eucommiae 10 g
Shijueming Concha Haliotidis 30 g
Yejiaoteng Caulis Polygoni Multiflori 30 g

Administration: Decocted in water for oral use, 1 dose daily.

2. Type of *Yang*–hyperactivity due to *Yin*–deficiency

Symptoms: Vertigo, headache, soreness and weakness of the loins and knees, tinnitus, amnesia, feverish sensation in the chest, palms and soles, palpitation, insomnia, numbness of the limbs, reddened tongue with thin white or thin yellow coating, and taut thready pulse.

Therapeutic Method: Nourishing *Yin*, suppressing hyperactive *Yang* and calming wind.

Prescription: *Zhengan Xifeng Tang* (Tranquilizing Liver–wind Decoction).

Ingredients:

Longgu Os Draconis Fossilia 30 g
Muli Concha Ostreae 30 g
Tiandong Radix Asparagi 15 g
Hangshao Radix Paeoniae Alba 15 g
Yuanshen Radix Scrophulariae 15 g
Daizheshi Ochra Haematitum 30 g
Yinchen Herba Artemisiae Scopariae 15 g
Niuxi Radix Achyran this Bidentatae 15 g
Chaomaiya parched Fructus Hordei Germinatus 15 g
Chuanlianzi Fructus Toosendan 10 g
Guiban Carapax et Plastrum Testudinis 12 g
Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

3. Type of Stagnation of Phlegm–dampness in the Middle–*Jiao*

Symptoms: Headache, vertigo, oppressed feeling in the chest, heavy feeling in the head, nausea, vomiting, palpitation, poor appetite, pale tongue with white greasy coating, and taut slippery pulse.

Therapeutic Method: Removing dampness and phlegm

Prescription: *Banxia Baizhu Tianma Tang* (Decoction of Pinellia, Bighead Atractylodes and Gastrodia).

Ingredients:

Banxia Rhizoma Pinelliae	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Tianma Radix Gastrodiae	10 g
Fuling Poria	15 g
Chenpi Pericarpium Citri Reticulatae	10 g
Gancao Radix Glycyrrhizae	6 g
Manjingzi Fructus Viticis	10 g
Shengjiang Rhizoma Zingiberis Recens	3 g
Dazao Fructus Jujubae	5 dates

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For deficiency of the spleen, the drug added is *Dangshen* Radix Codonopsis (15 g).

For restlessness, insomnia and yellow tongue coating, the drugs added are *Huanglian* Rhizoma Coptidis (6 g), *Zhizi* Fructus Gardeniae (10 g).

4. Type of Imbalance between *Yin* and *Yang*

Symptoms: Vertigo, headache, palpitation, tinnitus, intermittent fever, spontaneous sweating, aversion to cold, soreness and weakness of the loins and legs, dysphoria, insomnia, or edema,

pale or reddened tongue with white coating, and taut thready pulse.

Therapeutic Method: Regulating *Yin* and *Yang*

Prescription: *Erxian Tang* (Decoction with Epimedium and Curculigo).

Ingredients:

Xianlingpi Herba Epimedii	15 g
Xianmao Rhizoma Curculiginis	10 g
Zhimu Rhizoma Anemarrhenae	10 g
Huangbai Cortex Phellodendri	10 g
Danggui Radix Angelicae Sinensis	10 g
Bajitian Radix Morindae Officinalis	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there is no the symptom of chills, the drugs omitted are *Xianmao* Rhizoma Curculiginis, *Bajitian* Radix Morindae Officinalis.

In case of feverish sensation in the palms and soles, and reddened tongue with little coating, the drugs added are *Maidong* Radix Ophiopogonis (15 g), *Guiban* Carapax et Plastrum Testudinis (12 g) and *Gouqizi* Fructus Lycii (12 g).

Simple Prescription: *Juhua* Flos Chrysanthemi 60 g

Administration: Decocted in water for the decoction which is drunk as tea, 1 dose daily.

Proven Prescription

Ingredients:

Xiakucao Spica Prunellae	30 g
Kuding Cha Kuding herbal tea	15 g
Juhua Flos Chrysanthemi	15 g
Caojueming Semen Cassiae	12 g

Administration: Decocted in water for the decoction which is drunk as tea, 1 dose daily.

Chinese Patent Medicine 1: *Qi Ju Dihuang Wan* (Bolus with Wolfberry, Chrysanthemum and Rehmannia).

Administration: Taken with warm boiled water, 1 bolus each time, 3 times daily.

Chinese Patent Medicine 2: *Fufang Luobuma Pian* (Composite Tablet of Dogbane Leaf).

Administration: Taken with warm boiled water, 2 tablets each time, 3 times daily.

2.8 Hyperlipemia

Hyperlipemia is included in the category of the following syndromes of TCM: "phlegm–dampness ","blood stasis ",etc.

Etiology and Pathogenesis

This disease is closely related to the liver, spleen and kidney.

Dysfunction in transportation and transformation of the spleen due to insufficiency or over–intake of rich fatty food tends to cause accumulation of excessive heat in the middle–*Jiao* and production of phlegm–dampness in the interior. Hyperactivity of the liver–*Yang* due to much dampness resulting from obesity or due to *Yin*–deficiency of the liver and kidney will affect the functioning of the spleen and stomach in transporting and transforming nutrients, leading to accumulation of heat in the spleen and stomach and production of phlegm–heat in the interior. Abnormal transportation and distribution of food–stuff and food essence due to stagnation of the liver–*Qi* may also result in retention of phlegm–dampness in the interior. Meanwhile, stagnation of *Qi* is followed by stasis of blood.

"Phlegm","dampness" and "blood stasis" are responsible for this disease.

Type and Treatment

1. Type of *Yin*–deficiency of the Liver and Kidney

Symptoms: High blood–lipid level, fatigue, acratia, soreness and weakness of the loins and legs, infirmity with age, tinnitus, blurred vision, reddened tongue with thin white coating, and deep thready pulse.

Therapeutic Method: Nourishing the liver and kidney

Prescription: *Yiguan Jian* (An Ever Effective Decoction for Nourishing the Liver and Kidney) and *Liuwei Dihuang Tang* (Six–drug Decoction with Rehmannia).

Ingredients:

Shudi Radix Rehmanniae Preparata	30 g
Beishashen Radix Glehniae	15 g
Gouqi Fructus Lycii	12 g
Maidong Radix Ophiopogonis	15 g
Danggui Radix Angelicae Sinensis	10 g
Chuanlianzi Fructus Toosendan	10 g
Shanzhuyu Fructus Corni	10 g
Shanyao Rhizoma Dioscoreae	15 g
Danpi Cortex Moutan	10 g
Zexie Rhizoma Alismatis	15 g
Fuling Poria	12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of headache and vertigo due to hyperactivity of the liver–*Yang*, the drugs added are *Tianma* Rhizoma Gastrodiae (10 g), *Gouteng* Ramulus Uncariae cum Uncis (30 g).

In case of constipation, the drugs added are *Caojueming* Semen Cassiae (30 g) and *Shengshouwu* Radix Polygoni Multiflori (15 g).

Chinese Patent Medicine: *Qi Ju Dihuang Wan* (Bolus with Wolfberry, Chrysanthemum and Rehmannia).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

2. Type of Phlegm–dampness due to Deficiency of the Spleen

Symptoms: High blood–lipid level, lassitude of the limbs, abdominal distention, poor appetite, cough, expectoration, loose stools, white greasy tongue coating, and slippery pulse.

Therapeutic Method: Strengthening the spleen to remove phlegm and dampness

Prescription: *Liujunzi Tang* (Decoction of Six Drugs).

Ingredients:

Dangshen Radix Codonopsis	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	15 g
Fuling Poria	30 g
Chenpi Pericarpium Citri Reticulatae	10 g
Banxia Rhizoma Pinelliae	10 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine: *Liujunzi Wan* (Pill of Six Drugs).

Administration: Taken with warm boiled water, 10 g each time, twice daily.

3. Type of Accumulation of Phlegm–heat in the Interior

Symptoms: High blood–lipid level, obesity, flushed face, conjunctival congestion, dry mouth and tongue, constipation,

abdominal distention, yellow greasy tongue coating, and taut slippery forceful pulse.

Therapeutic Method: Clearing away phlegme–heat

Prescription: *Wendan Tang* (Decoction for Clearing away Heat from the Gallbladder) and *Xiao Xianxiong Tang* (Minor Decoction for Relieving Stuffiness in the Chest).

Ingredients:

Banxia Rhizoma Pinelliae	10 g
Chenpi Pericarpium Citri Reticulatae	10 g
Fuling Poria	12 g
Zhishi Fructus Aurantii Immaturus	12 g
Zhuru Caulis Bambusae in Taeniam	10 g
Huanglian Rhizoma Coptidis	10 g
Gualou Fructus Trichosanthis	30 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

4. Type of Stagnation of Blood in the Channels

Symptoms: High blood–lipid level, fixed precordial pain due to obstruction of *Qi* in the chest, or numbness of the limbs, dark–purplish tongue or tongue with ecchymosis, thin white tongue coating, and taut pulse.

Therapeutic Method: Promoting blood circulation to remove obstruction in the channels

Prescription: *Danshen Yin* (Red Sage Decoction) and *Shixiao San* (Wonderful Powder for Relieving Blood Stagnation).

Ingredients:

Danshen Radix Salviae Miltiorrhizae	30 g
Tanxiang Lignum Santali	10 g
Sharen Fructus Amomi	10 g

Wulingzhi Faeces Trogopterorum 10 g

Shengpuhuang Pollen Typhae 10 g

Administration: Decocted in water for oral use, 1 dose daily.

Simple Prescription: *Caojueming* Semen Cassiae 30 g

Administration: Decocted in water for the decoction which is drunk as tea, 1 dose daily.

Chinese Patent Medicine 1: *Shanzha Pian* (Tablets of Hawthorn Fruit).

Administration: Taken with warm boiled water, 10 tablets each time, 3 times daily.

Chinese Patent Medicine 2: *Jiangzhi Chongji* (Granule for Lowering Blood-lipid).

Administration: Taken with warm boiled water, half in one sack each time, twice daily.

Chinese Patent Medicine 3: *Liuwei Dihuang Wan* (Bolus of Six Drugs Including Rehmannia).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Prevention

1. Be on a diet with less animal fat and more light food.

2. Take an active part in physical training and proper physical labour.

3. Treat actively the relevant primary diseases such as diabetes, hepatic disease, etc.

4. Take regularly any of the following Chinese herbal medicines such as

Heshouwu Radix Polygoni Multiflori

Shanzha Fructus Crataegi

Zexie Rhizoma Alismatis

Juemingzi Semen Cassiae,

for they have the action of preventing and treating this disease.

2.9 Cerebrovascular Accident

This disease is a focal nervous damage due to acute nontraumatic local disturbance of blood supply, clinically characterized by sudden onset, disorder of consciousness, aphasis and hemiparalysis. It falls into two kinds: hemorrhagic and ischemic. The former includes cerebral hemorrhage and subarachnoid hemorrhage; the latter, cerebral thrombosis and cerebral embolism. Cerebral thrombosis is the most common.

TCM includes this disease in the syndromes of "stroke", "apoplectic stroke","aphasia and paralysis",etc. "Apoplexy involving *Zang* and *Fu*" in TCM is similar to cerebral hemorrhage; "apoplexy involving the channels" is similar to cerebral thrombosis; "up-stirring of wind-phlegm" is similar to subarachnoid hemorrhage.

Etiology and Pathogenesis

Deficiency and impairment of *Qi* and blood of *Zang* and *Fu* organs, imbalance between *Yin* and *Yang* of the heart, liver, kidney and spleen, affection of exopathgens, worry and anger, over-intake of liquor or food, or intemperance in sexual life are all the pathogenic factors of this disease.

TCM believes that "stroke" is due to deficiency of *Yin* and *Qi*, fire of the liver and heart, wind-pathogen, wind-phlegm and damp-phlegm, adverse flowing of *Qi* and blood stasis. Under certain conditions, the six factors infect, and interact, on each other to lead to the sudden onset.

Type and Treatment

1. Cerebral hemorrhage

(1) Excess Syndrome of Stroke

Symptoms: Sudden faint, unconsciousness, trismus and clenched fists.

A. Excessive-syndrome of Coma Accompanied by Heat Syndrome

Symptoms: Flushed face, raucous breathing, difficulty in urination and defecation, sawing noise in the throat, yellow greasy tongue coating, and taut slippery rapid pulse.

B. Excessive-syndrome of Coma Accompanied by Cold Manifestations

Symptoms: Pale face, purplish lips, abundant sputum, cold limbs, white slippery greasy tongue coating, and deep slippery pulse.

Therapeutic Method: Inducing resuscitation and calming wind

Prescription for Excessive-syndrome of Coma Accompanied by Heat Syndrome:

A. *Zhibao Dan* (Treasured Bolus)

Administration: 1 bolus is first given orally or by nasal feeding.

B. *Lingyangjiao Tang* (Antelope's Horn Decoction).

Ingredients:

Lingyangjiao Fen Cornu Saigae Tataricae (in the form of powder and taken after being infused in water)	1.5 g
Guiban Carapax et Plastrum Testudinis	10 g
Shengdi Radix Rehmanniae	30 g

Danpi Cortex Moutan	10 g
Baishao Radix Paeoniae Alba	12 g
Chaihu Radix Bupleuri	10 g
Bohe Herba Menthae	10 g
Chanyi Periostracum Cicadae	6 g
Juhua Flos Chrysanthemi	10 g
Xiakucao Spica Prunellae	12 g
Shijueming Concha Haliotidis	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Prescription for Excessive–syndrome of Coma Accompanied by Cold Manifestations:

A. *Suhexiang Wan* (Storax Pill).

Administration:

1 pill is first given orally or by nasal feeding.

B. *Ditan Tang* (Phlegm–removing Decoction).

Ingredients:

Banxia Rhizoma Pinelliae	12 g
Fuling Poria	12 g
Zhinanxing Rhizoma Arisaema Preparata	10 g
Chenpi Pericarpium Citri Reticulatae	10 g
Zhishi Fructus Aurantii Immaturus	10 g
Dangshen Radix Codonopsis	15 g
Shichangpu Rhizoma Acori Tatarinowii	10 g
Zhuru Caulis Bambusae in Taeniam	10 g
Gancao Radix Glycyrrhizae	10 g
Shengjiang Rhizoma Zingiberis Recens	3 g

Administration: Decocted in water for oral use, 1 dose daily.

(2) Prostration Syndrome

Symptoms: Sudden faint, unconsciousness, opened mouth

and closed eyes, noise like snore in the throat, feeble breathing, relaxed hands, cold limbs, profuse sweating, urinary and fecal incontinence, acroparalysis, flaccid tongue, and faint and indistinct pulse.

Therapeutic Method: Supplementing *Qi*, restoring *Yang* and strengthening the body resistance to treat prostration syndrome.

Prescription: *Shen Fu Tang* (Decoction of Ginseng and Prepared Aconite).

Ingredients:

Renshen Radix Ginseng	15 g
Zhifuzi Radix Aconiti Lateralis Preparata	12 g

Administration:

Decocted in water for oral use, 1 dose daily.

(3) Sequel

A. Hemiplegia

a. Type of Obstruction of the Channels due to *Qi* Deficiency and Blood Stasis

Symptoms: Hemiplegia, weakness of the body, sallow complexion, or numbness of the limbs, pale tongue or tongue with ecchymosis, and weak or thready uneven pulse.

Therapeutic Method: Invigorating *Qi*, promoting blood circulation and removing obstruction from the channels.

Prescription: *Buyang Huanwu Tang* (Decoction Invigorating–*Yang* for Recuperation).

Ingredients:

Huangqi Radix Astragali	45 g
Danggui Radix Angelicae Sinensis	10 g
Chuanxiong Rhizoma Chuanxiong	10 g
Taoren Semen Persicae	10 g

Honghua Flos Carthami 10 g
Chishao Radix Paeoniae Rubra 10 g
Dilong Lumbricus 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of dysphasia, the drugs added are *Shichangpu* Rhizoma Acori Tatarinowii (10 g), *Yuanzhi* Radix Polygalae (10 g).

In case of distortion of the face, the drugs added are *Baifuzi* Rhizoma Typhonii (10 g), *Quanxie* Scorpio (10 g).

In case of vertigo and tinnitus, the drugs added are *Gegen* Radix Puerariae (30 g) and *Gouteng* Ramulus Uncariae cum Uncis (15 g).

Chinese Patent Medicine 1: *Xiaoshuan Tongluo Pian* (Tablet for Removing Blood Stasis in the Channels).

Administration: Taken with warm boiled water, 5 tablets each time, 3 times daily.

Chinese Patent Medicine 2: *Xiaohuoluo Dan* (Bolus for Activating Energy Flow in the Channels and Collaterals).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

b. Type of Obstruction of the Channels due to Hyperactivity of the Liver–*Yang*

Symptoms: Hemiplegia, rigidity and spasm on the affected side, headache, dizziness, flushed face, tinnitus, reddened tongue with yellow coating, and taut forceful pulse.

Therapeutic Method: Calming the liver, suppressing hyperactive *Yang*, stopping the wind and removing obstruction in the channels.

Prescription: *Zhengan Xifeng Tang* (Tranquilizing

Liver–wind Decoction).

Ingredients:

Niuxi Radix Achyranthis Bidentatae	15 g
Longgu Os Draconis Fossilia	30 g
Muli Concha Ostreae	30 g
Baishao Radix Paeoniae Alba	15 g
Tiandong Radix Asparagi	12 g
Maiya Fructus Hordei Germinatus	12 g
Daizheshi Ochra Haematitum	30 g
Xuanshen Radix Scrophulariae	12 g
Chuanlianzi Fructus Toosendan	10 g
Yinchen Herba Artemisiae Scopariae	12 g
Guiban Carapax et Plastrum Testudinis	10 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine: *Tianma Wan* (Gastrodia Pill).

Administration: Taken with warm boiled water, 3 pills each time, 3 times daily.

B. Dysphasia

a. Type of Obstruction of Wind–phlegm in the Channels

Symptoms: Stiff tongue, uneven speech, numbness of the limbs, pale tongue with greasy coating, and taut shippery pulse.

Therapeutic Method: Expelling wind and phlegm, inducing resuscitation and removing obstruction in the channels.

Prescription: *Jieyu Dan* (Bolus for Treating Dysphasia).

Ingredients:

Baifuzi Rhizoma Typhonii	10 g
Shichangpu Rhizoma Acori Tatarinowii	12 g
Yuanzhi Radix Polygalae	10 g

Tianma Rhizoma Gastrodiae 10 g
Quanxie Scorpio 10 g
Qianghuo Rhizoma seu Radix Notopterygii 10 g
Nanxing Rhizoma Arisaematis 10 g
Muxiang Radix Aucklandiae 10 g
Gancao Radix Glycyrrhizae 10 g

Administration: Decocted in water for oral use, 1 dose daily.

b. Type of Insufficiency of Essence due to Deficiency of the Kidney

Symptoms: Stiff tongue, uneven speech, palpitation, shortness of breath, soreness and weakness of the loins and knees, pale tongue with white coating, and weak pulse.

Therapeutic Method: Nourishing *Yin*, reinforcing the kidney and inducing resuscitation.

Prescription: *Dihuang Yinzi* (Rehmannia Decoction).

Ingredients:

Shengdi Radix Rehmanniae 30 g
Bajitian Radix Morindae Officinalis 10 g
Shanyurou Fructus Corni 12 g
Shihu Herba Dendrobii 12 g
Roucongrong Herba Cistanches 10 g
Wuweizi Fructus Schisandrae 10 g
Rougui Cortex Cinnamomi 6 g
Fuling Poria 12 g
Maidong Radix Ophiopogonis 15 g
Fuzi Radix Aconiti Lateralis Preparata 10 g
Shichangpu Rhizoma Acori Tatarinowii 12 g
Yuanzhi Radix Polygalae 10 g
Bohe Herba Menthae 10 g

Shengjiang Rhizoma Zingiberis Recens 3 g

Dazao Fructus Jujubae 5 dates

Administration: Decocted in water for oral use, 1 dose daily.

C. Distortion of the Face

Symptoms: Distortion of the face not accompanied by distinct general symptoms.

Therapeutic Method: Expelling wind and phlegm and removing obstruction in the channels.

Prescription: *Qianzheng San* (Powder for Treating Wry-mouth).

Ingredients:

Baifuzi Rhizoma Typhonii 10 g

Quanxie Scorpio 10 g

Jiangcan Bombyx Batryticatus 10 g

Administration: Decocted in water for oral use, 1 dose daily.

2. Cerebral thrombosis and cerebral embolism

(1) Type of Invasion of Wind-pathogen into Weaken Channels

Symptoms: Numbness of the extremities, muscles and skin, or sudden facial hemiparalysis, dysphasia, involuntary drooling, even hemiplegia, or chills, fever, spasm of the limbs, arthralgia, pale tongue with white coating, and floating taut or taut thready pulse.

Therapeutic Method: Dispelling wind, removing obstruction in the channels, nourishing blood and regulating *Ying*.

Prescription: *Da Qinjiao Tang* (Major Gentian Decoction).

Ingredients:

Qinjiao Radix Gentianae Macrophyllae 15 g

Danggui Radix Angelicae Sinensis 10 g

Gancao Radix Glycyrrhizae	10 g
Qianghuo Rhizoma seu Radix Notopterygii	10 g
Fangfeng Radix Saposhinkoviae	10 g
Baizhi Radix Angelicae Dahuricae	10 g
Shudi Radix Rehmanniae Preparata	15 g
Fuling Poria	12 g
Shigao Gypsum Fibrosum	18 g
Chuanxiong Rhizoma Chuanxiong	12 g
Baishao Radix Paeoniae Alba	12 g
Duhuo Radix Angelicae Pubescentis	10 g
Huangqin Radix Scutellariae	10 g
Shengdi Radix Rehmanniae	15 g
Baizhu Radix Atractylodis Macrocephalae	10 g
Xixin Herba Asari	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there exists exterior syndrome of wind-heat, the drugs omitted are *Fangfeng* Radix Saposhinkoviae, *Danggui* Radix Angelicae Sinensis, *Shengdi* Radix Rehmanniae, *Shudi* Radix Rehmanniae Preparata, the drugs added are *Bohe* Herba Menthae (10 g), *Juhua* Flos Chrysanthemi (10 g).

In case of nausea, vomiting and white greasy tongue coating, the drugs omitted are *Shengdi* Radix Rehmanniae, *Danggui* Radix Angelicae Sinensis, *Shudi* Radix Rehmanniae Preparata, the drugs added are *Banxia* Rhizoma Pinelliae (10 g), *Chenpi* Pericarpium Citri Reticulatae (10 g) and *Baijiezi* Semen Sinapis Albae (10 g).

In case of stiff neck, the drugs added are *Gegen* Radix Puerariae (15 g)and *Guizhi* Ramulus Cinnamomi (10 g).

(2) Type of Up–stirring of Wind–*Yang* due to *Yin*–deficiency of the Liver and Kidney

Symptoms: Dizziness, headache, tinnitus, blurred vision, sudden facial hemiparalysis, stiff tongue, uneven speech, hemiplegia, reddened tongue with white or yellow coating, and taut slippery or taut rapis pulse.

Therapeutic Method: Nourishing *Yin*, suppressing *Yang*, tranquilizing the liver and calming the wind.

Prescription: *Zhengan Xifeng Tang* (Tranquilizing Liver–wind Decoction).

Ingredients:

Niuxi Radix Achyranthis Bidentatae	15 g
Baishao Radix Paeoniae Alba	18 g
Tiandong Radix Asparagi	15 g
Yuanshen Radix Scrophulariae	15 g
Longgu Os Draconis Fossilia	30 g
Muli Concha Ostreae	30 g
Daizheshi Ochra Haematitum	30 g
Yinchen Herba Artemisiae Scopariae	12 g
Guiban Carapax et Plastrum Testudinis	10 g
Maiya Fructus Hordei Germinatus	12 g
Chuanlianzi Fructus Toosendan	10 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For severe phlegm–heat, the drugs added are *Danxing* Arisaema cum Bile (10 g)and *Zhuru* Caulis Bambusae in Taeniam (10 g).

In case of dysphoria and burning sensation in the chest, the drug added is *Zhizi* Fructus Gardeniae (10 g).

3. Subarachnoid Hemorrhage

Symptoms: Headache, vertigo, tinnitus, vague vision, sudden onset of facial hemiparalysis, stiff tongue, uneven speech, stiff neck, heaviness of the extremities, hemiplegia, reddened tongue, and taut slippery rapid pulse.

Therapeutic Method: Nourishing *Yin*, cooling blood, suppressing *Yang* and calming wind.

Prescription: *Lingyang Gouteng Tang* (Decoction of Antelope's Horn and Uncaria Stem).

Ingredients:

Lingyangjiao Fen Cornu Saigae Tataricae (in the form of powder and taken after being infused in water)	1.5 g
Sangye Folium Mori	10 g
Chuanbei Bulbus Fritillariae Cirrhosae	10 g
Shengdi Radix Rehmanniae	30 g
Gouteng Ramulus Uncariae cum Uncis	30 g
Juhua Flos Chrysanthemi	10 g
Baishao Radix Paeoniae Alba	15 g
Zhuru Caulis Bambusae in Taeniam	10 g
Fushen Poria cum Ligno Hospite	10 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe headache, the drug added is *Shijueming* Concha Haliotidis (30 g).

In case of vomiting, the drugs added are *Banxia* Rhizoma Pinelliae (10 g), *Daizheshi* Ochra Haematitum (30 g).

In case of coma and stiff neck due to up-stirring of

phlegm–heat and orifice–occlusion resulting from strong wind, 1 bolus of *Zhibao Dan* or *Zixue Dan* is immediately given orally or by nasal feeding.

Prevention

Top–heaviness, vertigo, numbness of the extremities and uneven speech are the premonitory sign of stroke. Whenever they have appeared, treatment and prevention is urgently needed. Any of the following herbal medicines may be decocted in water for the thick decoction, which is to be taken regularly:

Sangye Folium Mori
Juhua Flos Chrysanthemi
Huaihua Flos Sophorae
Baijili Fructus Tribuli
Tianma Rhizoma Gastrodiae
Gouteng Ramulus Uncariae cum Uncis .

3 Diseases of the Digestive System

3.1 Acute / Chronic Gastritis

Acute / chronic gastritis is acute / chronic gastropathy with non-specific chronic inflammation of gastric mucosa as the main pathological change, and with acute / chronic abdominal pain and dyspepsia as the clinical feature. TCM includes this disease in the syndromes of "stomach-ache" or "epigastralgia".

Etiology and Pathogenesis

This disease is related to diet and emotion.

Over-intake of raw and cold food or food pungent in flavor, liquor, or food and drink at one meal damages the spleen and stomach, leading to incoordination between the spleen and the stomach and failure of the stomach-*Qi* to descend. This causes stomachache.

Stagnation of *Qi* due to anxiety, over-thinking and anger impairs the liver, leading to failure of the liver to fulfil the function in dispersing, transverse invasion of the hyperactive liver-*Qi* into the stomach, obstruction of flowing of *Qi*, failure of descending of the stomach-*Qi*. This also causes stomachache.

Type and Treatment

1. Type of *Qi*-stagnation of the Liver and Stomach

Symptoms: Unfixed distending pain in the epigastrium which refers to the hypochondriac region and becomes severe when emotional disturbance occurs, fullness and discomfort in the stomach which becomes severe after intake of food, frequent belching, comfort following farting, or nausea, vomiting, acid regurgitation, thin white tongue coating, and deep taut pulse.

Therapeutic Method: Soothing the liver to normalize the function of the stomach.

Prescription: *Sini San* (Powder for Treating Cold Limbs) and *Jinlingzi San* (Sichuan Chinaberry Powder).

Ingredients:

Chaihu Radix Bupleuri	10 g
Baishao Radix Paeoniae Alba	10 g
Zhiqiao Fructus Aurantii	10 g
Gancao Radix Glycyrrhizae	6 g
Chuanlianzi Fructus Toosendan	10 g
Yanhusuo Rhizoma Corydalis	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe acid regurgitation, the drugs added are *Wuzeigu* Os Sepiae (15–30 g), *Walengzi* Concha Arcae (15–30 g), or the Chinese patent medicine *Zuojin Wan* (Bolus of Coptis and Evodia Root) is added instead.

In case of retention of food, the drugs added are *Shenqu* Massa Medicata Fermentata (9–12 g), *Shanzha* Fructus Crataegi (12–15 g) and *Maiya* Fructus Hordei Germinatus (12–15 g).

In case of hematemesis, hemafecia and dark tongue with ecchymosis and choppy pulse, the prescription added is *Shixiao San* (Wonderful Powder for Relieving Blood Stagnation) composed of *Wulingzhi* Faeces Trogopterori (9 g) and *Shengpuhuang* Pollen Typhae (9 g).

2. Type of Stomach–heat due to Deficiency of *Yin*

Symptoms: Pain with burning sensation in the epigastrium and at any time which is more severe in the afternoon or when the stomach is empty and relieved after food is received, dry mouth,

bitter taste, restlessness, irritability, flushed zygomatic region, poor appetite, or hematemesis, reddened tongue with yellow dry coating and taut thready rapid pulse.

Therapeutic Method: Soothing the liver to remove heat, nourishing *Yin* to clear away heat in the stomach.

Prescription: *Huagan Jian* (Decoction for Soothing the Liver) and *Yuniu Jian* (Gypsum Decoction).

Ingredients:

Zhizi Fructus Gardeniae	10 g
Danpi Cortex Moutan	10 g
Qingpi Pericarpium Citri Reticulatae Viride	10 g
Chenpi Pericarpium Citri Reticulatae	10 g
Zexie Rhizoma Alismatis	12 g
Chuanbeimu Bulbus Fritillariae Cirrhosae	10 g
Shengshigao Gypsum Fibrosum	25 g
Zhimu Rhizoma Anemarrhenae	10 g
Maidong Radix Ophiopogonis	10 g
Shudi Radix Rehmanniae Preparata	12 g
Niuxi Radix Achyranthis Bedentatae	12 g
Baishao Radix Paeoniae Alba	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of hemoptysis, the drugs added are *Xijiao* Cornu Rhinocerotis (9 g), *Diyutan* Radix Sanguisorbae Carmonisatis (9–15 g).

3. Type of Weakness of the Spleen and Stomach

Symptoms: Dull pain in the epigastrium which is relieved by hot drink and pressing, poor appetite, fullness after intake of food, or vomiting of watery fluid, pale complexion, listlessness, acratia, cold limbs, pale tongue with white coating, and thready

weak pulse.

Therapeutic Method: Strengthening the spleen and invigorating *Qi*, warming the middle-*Jiao* and regulating the stomach.

Prescription: *Xiangsha Liujunzi Tang* (Decoction of Cyperus and Amomum with Six Noble Ingredients).

Ingredients:

Dangshen Radix Codonopsis	10 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Fuling Poria	10 g
Banxia Rhizoma Pinelliae	10 g
Chenpi Pericarpium Citri Reticulatae	10 g
Sharen Fructus Amomi	6 g
Xiangfu Rhizoma Cyperi	10 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of poor appetite, and distending and full sensation in the stomach after meal, the drugs added are *Jineijin* Endothelium Corneum Gigeriae Galli (9 g), *Maiya* Fructus Hordei Germinatus (9–15 g), *Guya* Fructus Setariae Germinatus (9–15 g), *Caodoukou* Semen Alpiniae Katsumadai (6–9 g).

In case of pale face, lips and tongue, the drugs added are *Danggui* Radix Angelicae Sinensis (9–12 g), *Ejiao* Colla Corii Asini (9–12 g) *Baishao* Radix Paeoniae Alba (9–12 g) and *Chuanxiong* Rhizoma Chuanxiong (6–9 g).

Chinese Patent Medicine 1: *Liang Fu Wan* (Galangal and Cyperus Pill).

Administration: Taken with boiled water, 6 g each time, 1–2 times daily.

Chinese Patent Medicine 2: *Lizhong Wan* (Pill for Regulating the Function of the Middle-*Jiao*).

Administration: Taken with boiled water, 9 g each time, 2–3 times daily.

Chinese Patent Medicine 3: *Xiang Sha Zhi Zhu Wan* (Pill of Cyperus, Amomum, Immature Bittle Orange and Bighead Atractylodes).

Administration: Taken with boiled water, 6–9 g each time, 2–3 times daily.

Prevention

1. Do the best to treat acute gastritis and chronic infection of the oral cavity and throat.

2. Pay attention to dietetic hygiene and avoid irritating food, irregular meal and excessive food and drink at one meal.

3. Avoid mental stress and overstrain.

4. Avoid taking drugs irritant to gastric mucosa.

3.2 Gastroduodenal Ulcer

Gastroduodenal ulcer is characterized by chronic periodic attack and rythmic epigastralgia and sometimes complicated by massive hemorrhage, gastric perforation or pylorochesis. It is included, in TCM, the category of such syndromes as "stomach-ache ","epigastralgia "or "epigastric pain ".

Etiology and Pathogenesis

Prolonged anxiety, over-thinking, worry or anger bring about disorder of the liver-*Qi*, which, in turn, lead to transverse invasion of the hyperactive liver-*Qi* into the stomach, failure of the stomach-*Qi* to descend and stomachache. Prolonged stagnation of the liver-*Qi* not only produces fire and damages

Yin but also causes stasis of blood in the interior, which renders the disease aggravated and protracted. Or irregular meals or excessive food and drink at one meal impairs the spleen and stomach, which gives rise to stagnation of *Qi* and stomachache.

Type and Treatment

1. Type of Stagnation of the Liver–*Qi*

Symptoms: Distending pain in the epigastrium and fullness in the hypochondriac region both of which are aggravated due to emotional disorder, belching, acid regurgitation, irritability, sigh, poor appetite, thin white tongue coating, and taut pulse.

Therapeutic Method: Soothing the liver to improve the flow of *Qi*, regulating the stomach to alleviate pain.

Prescription: *Chaihu Shugan San* (Bupleurum Powder for Relieving the Liver–Qi).

Ingredients:

Chaihu Radix Bupleuri	10 g
Xiangfu Rhizoma Cyperi	10 g
Baishao Radix Paeoniae Alba	15 g
Zhiqiao Fructus Aurantii	10 g
Chuanxiong Rhizoma Chuanxiong	6 g
Yuanhu Rhizoma Corydalis	10 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of cold–stomach relieved by hot drink, the drugs added are *Ganjiang* Rhizoma Zingiberis (6–9 g), *Wuyu* Fructus Euodiae (3–9 g).

In case of burning sensation in the stomach, and yellow tongue coating, the drugs added are *Huanglian* Rhizoma Coptidis (9 g), *Zhizi* Fructus Gardeniae (9 g).

In case of foul belching and thick greasy tongue coating, the drugs added are *Shenqu* Massa Medicata Fermentata (9–12 g), *Maiya* Fructus Hordei Germinatus (9–15 g), *Shanzha* Fructus Crataegi (9–15 g), *Jineijin* Endothelium Corneum Gigeriae Galli (6–9 g).

2. Type of Accumulation of Heat in the Liver and Stomach

Symptoms: Pain and burning sensation in the epigastrium which can not be relieved obviously after intake of food, preference for cold drink, dry mouth, bitter taste, acid regurgitation, gastric discomfort, restlessness, irritability, constipation, dark urine, reddened tongue with yellow greasy coating, and taut or rapid pulse.

Therapeutic Method: Removing heat to normalize the function of the stomach

Prescription: Modified *Huagan Jian* (Decoction for Soothing the Liver)

Ingredients:

Zhizi Fructus Gardeniae	10 g
Danpi Cortex Moutan	10 g
Baishao Radix Paeoniae Alba	10 g
Chenpi Pericarpium Citri Reticulatae	10 g
Qingpi Pericarpium Citri Reticulatae Viride	10 g
Zexie Rhizoma Alismatis	12 g
Chuanbeimu Bulbus Fritillariae Cirrhosae	10 g
Huanglian Rhizoma Coptidis	10 g

Administration: Decocted in water for oral use, 1 dose daily.

3. Type of Insufficiency of the Stomach–*Yin*

Symptoms

Dull or burning pain in the epigastrium which becomes se-

vere after noon, gastric discomfort, restlessness and fever in the chest, dry mouth, aphthous stomatitis, feverish sensation in the palms and soles, emaciation, constipation, reddened tongue with yellow dry coating, and taut thready pulse.

Therapeutic Method: Nourishing the Stomach—*Yin* and removing heat of deficiency type

Prescription: Modified *Yiguan Jian* (An ever Effective Decoction for Nourishing the Liver and Kidney).

Ingredients:

Nanshashen Radix Adenophorae	15 g
Maidong Radix Ophiopogonis	15 g
Shengdi Radix Rehmanniae	15 g
Gouqi Fructus Lycii	12 g
Chuanlianzi Fructus Toosendan	6 g
Danggui Radix Angelicae Sinensis	15 g
Zhizi Fructus Gardeniae	10 g
Yuzhu Rhizoma Polygonati Odorati	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there exist acid regurgitation and gastric discomfort, the drugs added are *Huanglian* Rhizoma Coptidis (9 g), *Wuyu* Fructus Euodiae (3–6 g).

If the palms and soles are feverish and there is constipation, the drug added is *Xuanshen* Radix Scrophulariae (9–12 g).

4. Type of Insufficiency of the Spleen—*Yang*

Symptoms: Vague pain in the epigastrium which is alleviated when heated or pressed but severe due to cold, onset usually after exposure to cold and overstrain, sallow complexion, cold limbs, lassitude, vomiting of watery fluid, loose stools, pale tongue, and deep thready pulse.

Therapeutic Method: Strengthening the spleen and regulating the stomach, warming the middle–*Jiao* and dispersing cold.

Prescription: *Lizhong Wan* (Pill for Regulating the Function of the Middle–*Jiao*) and *Huangqi Jianzhong Tang* (Decoction of Astragalus for Tonifying the Middle–*Jiao*).

Ingredients:

Dangshen Radix Codonopsis	15 g
Huangqi Radix Astragali	15 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Baishao Radix Paeoniae Alba	15 g
Guizhi Ramulus Cinnamomi	10 g
Paojiang Rhizoma Zingiberis Preparata	10 g
Gancao Radix Glycyrrhizae	6 g
Dazao Fructus Jujubae	5 dates
Yitang Saccharum Granorum	small amount

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of distention and fullness in the epigastrium and abdomen, and poor appetite, the drugs added are *Zhiqiao* Fructus Aurantii (9 g), *Sharen* Fructus Amomi (6–9 g).

In case of acid regurgitation, the drugs added are *Haipiaoxiao* Os Sepiae (15–30 g) and *Duanwaleng* forged Concha Arcae (15–30 g).

In case of watery regurgitation, the drugs added are *Wuyu* Fructus Euodiae (3–6 g), *Banxia* Rhizoma Pinelliae (9 g).

5. Type of Retention of Blood–stasis

Symptoms: Fixed stabbing or lancinating pain in the epigastrium which is severe when pressed, cold limbs, sweating, pain throughout the chest and back, or intermittent hemoptysis,

hemafecia, dark purplish tongue or tongue with ecchymosis, and taut or thready taut pulse.

Therapeutic Method: Promoting blood circulation to remove blood stasis, regulating the flow of *Qi* to normalize the function of the stomach.

Prescription: *Gexia Zhuyu Tang* (Decoction for Dissipating Blood–stasis under the Diaphragm).

Ingredients:

Taoren Semen Persicae	10 g
Honghua Flos Carthami	5 g
Danggui Radix Angelicae Sinensis	10 g
Chuanxiong Rhizoma Chuanxiong	10 g
Chishao Radix Paeoniae Rubra	10 g
Wulingzhi Faeces Trogopterori	10 g
Danpi Cortex Moutan	10 g
Yuanhu Rhizoma Corydalis	10 g
Xiangfu Rhizoma Cyperi	10 g
Wuyao Radix Linderae	6 g
Zhiqiao Fructus Aurantii	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For hemoptysis and hemafecia, the drugs omitted are *Taoren* Semen Persicae, *Honghua* Flos Carthami, the drugs added are *Sanqi Fen* Radix Notoginseng (6–9 g).

(in the form of powder)

Baiji Rhizoma Bletillae (9 g), *Chaopuhuang* parched Pollen Typhae (9 g).

Chinese Patent Medicine: The same as those used to treat acute / chronic gastitis.

Prevention

1. Eliminate mental stress and anxiety and do physical exercise to build up health and improve the body resistance against disease.

2. Pay attention to alimentary hygiene, avoid raw, cold or irritant food, give up smoking and drinking, and overcome unhealthy dietary habit.

3. Take cautiously such drugs as Cortisone, Aspirin, Butazolidin, Reserpine, Caffeine and Adrenocortical steroid, for they have much to do with the occurrence, development and deterioration of ulcerative diseases. They might be taken after meal or in combination with alkaline drugs if indispensable.

3.3 Non-specific Chronic Ulcerative Colitis

This disease is a kind of chronic colitis, the cause is unknown, the main change is ulcer which is mainly located in the mucous membrane and submucous layer of the rectum and sigmoid colon or throughout the whole colon. The main clinical manifestations are mild or severe, chronic and intermittent diarrhea, abdominal pain and mucous bloody stools. TCM includes this disease in the syndromes of "diarrhea" and "dysentery".

Etiology and Pathogenesis

Damp-heat due to hypofunction of the spleen and accumulation of dampness in the interior or damp-heat due to affection of exopathogens and impairment of the spleen and stomach may both lead to retention of damp-heat in the colon, dysfunction of the *Fu-Qi*, stagnation of *Qi* and blood, and formation of pus, resulting in this disease.

Type and Treatment

1. Type of Down-ward Flow of Damp-heat

Symptoms: Fever, abdominal pain, diarrhea or rectal tenesmus, sticky mucous bloody stools, yellow greasy tongue coating, and slippery rapid pulse.

Therapeutic Method: Eliminating dampness and heat.

Prescription: *Baitouweng Tang* (Pulsatilla Decoction).

Ingredients:

Baitouweng Radix Pulsatillae	15–30 g
Qinpi Cortex Fraxini	10 g
Huanglian Rhizoma Coptidis	10 g
Huangbai Cortex Phellodendri	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For more heat, the drugs added are

Huangqin Radix Scutellariae	9–12 g
Jinyinhua Flos Lonicerae	12–15 g

for more dampness, the drugs added are

Houpo Cortex Magnoliae Officinalis	9 g
Cangzhu Rhizoma Atractylodis	9 g

2. Type of Hyperactive Liver and Weak Spleen

Symptoms: Diarrhea usually after mental stress or excitement and following abdominal pain which is relieved after the diarrhea, distending pain in the chest and hypochondriac region, fullness in the epigastrium, poor appetite, thin white tongue coating, and taut thready pulse.

Therapeutic Method: Suppressing the hyperactivity of the liver and strengthening the function of the spleen.

Prescription: Modified *Tongxie Yaofang* (Prescription of Importance for Diarrhea with Pain).

Ingredients:

Fangfeng Radix Saposhinkoviae	10 g

Baizhu Rhizoma Atractylodis Macrocephalae 10 g
Baishao Radix Paeoniae Alba 10 g
Chenpi Pericarpium Citri Reticulatae 5 g
Yiren-Semen Coicis 15 g

Administration: Decocted in water for oral use, 1 dose daily.

3. Type of Weakness of the Spleen and Stomach

Symptoms: Borborygmus, diarrhea with undigested food, poor appetite, fullness in the chest, lassitude, acratia, intermittent recurrence, pale tongue with white coating, and soft slow pulse.

Therapeutic Method: Reinforcing the spleen and strengthening the stomach.

Prescription:

Shenling Baizhu San (Powder of Ginseng, Poria and Bighead Atratylodes).

Ingredients:

Dangshen Radix Codonopsis 12 g
Baizhu Rhizoma Atratylodis Macrocephalae 10 g
Baibiandou Semen Lablab Album 10 g
Shanyao Rhizoma Dioscoreae 15 g
Sharen Fructus Amomi 6 g
Fuling Poria 15 g
Jiegeng Radix Platycodi 10 g
Yiren Semen Coicis 15 g
Lianzirou Plumula Nelumbinis 15 g
Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there is lingering fever, the drug added is *Huanglian* Rhizoma Coptidis (9 g).

4. Type of Weakness of the Kidney–*Yang*

Symptoms: Chills, pale complexion, soreness of the loins, cold kness, borborygmus and diarrhea occurring often before dawn, deep thready weak pulse, all of which are common when the disease is protracted.

Therapeutic Method: Warming the kidney and arresting discharge.

Prescription: *Sishen Wan* (Pill of Four Miraculous Drugs).

Ingredients:

Roudoukou Semen Myristicae	10 g
Wuweizi Fructus Schisandrae	5 g
Buguzhi Fructus Psoraleae	10 g
Wuzhuyu Fructus Corni	10 g
Shengjiang Rhizoma Zingiberis Recens	6 g
Dazao Fructus Jujubae	5 dates

Administration: Decocted in water for oral use, 1 dose daily.

3.4 Cirrhosis

Cirrhosis is a chronic disease due to degeneration, necrosis and regeneration of the liver cells, proliferation of the fibrous tissue, and distortion and cirrhosis of the liver. Its main clinical manifestations are a series of symptoms and signs resulting from hypofunction of the liver and portal hypertension. TCM includes it in the syndromes of " inflation of abdomen " ," abdominal distension "and "mass and retention ".

Etiology and Pathogenesis

Failure of the liver to regulate the flowing of *Qi*, of the spleen to transport and transform nutrients, and of the kidney to warm up the organs due to prolonged jaundice, affection of noxious agents produced by various parasites, improper diet or appe-

tite for liquor cause stagnation of *Qi* and blood and retention of fluids, resulting in this disease.

Type and Treatment

1. Type of Stagnation of the Liver–*Qi* and Insufficiency of the Spleen–*Qi*

Symptoms: Poor appetite, fullness and distention in the chest and abdomen, eructation and discomfort, distending pain in the hypochondriac region, or nausea and vomiting, loose stools, acratia, white slippery tongue coating, and taut pulse.

Therapeutic Method: Relieving the stagnation of the liver–*Qi* and promoting the function of the spleen.

Prescription: *Chaihu Shugan San* (Bupleurum Powder for Relieving the Liver–*Qi*) and *Si Junzi Tang* (Decoction of Four Noble Drugs).

Ingredients:

Chaihu Radix Bupleuri	10 g
Zhiqiao Fructus Aurantii	10 g
Baishao Radix Paeoniae Alba	10 g
Fuling Poria	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Dangshen Radix Codonopsis	12 g
Chuanxiong Rhizoma Chuanxiong	6 g
Xiangfu Rhizoma Cyperi	10 g
Gancao Radix Glycyrrhizae	5 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: When fullness and distention in the chest and abdomen are severe, and the tongue coating is thick and greasy, the drugs added are *Cangzhu* Rhizoma Atractylodis (9 g), *Houpo* Cortex Magnoliae Officinalis (9 g), *Shanzha* Fructus

Crataegi (12–15 g), *Jineijin* Endothelium Corneum Gigeriae Galli (9 g).

2. Type of Stagnation of *Qi* and Blood

Symptoms: Distention and fullness in the epigastrium and stomach, poor appetite, distending pain in the hypochondriac region, palpation of masses, vascular spiders in the face, neck, chest and back, liver palms, reddened tongue with thin coating, or ecchymosis on the margin of the tongue, and taut thready pulse.

Therapeutic Method: Promoting the flow of *Qi* and blood, removing blood stasis in the channels.

Prescription: *Huayu Tang* (Decoction for Removing Blood Stasis).

Ingredients:

Danggui Radix Angelicae Sinensis	12 g
Danshen Radix Salviae Miltiorrhizae	12 g
Taoren Semen Persicae	10 g
Honghua Flos Carthami	6 g
Danpi Cortex Moutan	9 g
Shanjia Squama Manitis	15 g
Qingpi Pericarpium Citri Reticulatae Viride	6 g
Muli Concha Ostreae	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Chishao Radix Paeoniae Rubra	10 g
Zexie Rhizoma Alismatis	15 g
Biejia Jian Wan Pill of Decocted Turtle Shell (decocted after being wrapped in a piece of cloth)	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For deficiency of *Qi*, the drugs added are

Dangshen Radix Codonopsis (15 g), *Huangqi* Radix Astragali (15 g).

For *Yin* deficiency and bright purplish tongue, the drugs added are *Shengdi* Radix Rehmanniae (15 g) and *Shihu* Herba Dendrobii (15 g).

3. Type of Retention of Fluid in the Interior

Symptoms: Distended abdomen like a drum which feels hard and full, fullness in the epigastrium, poor appetite, nausea, vomiting, dribbing and less urine, reddened tongue with thin coating, and taut thready and taut tight pulse.

Therapeutic Method: Activating the function of the spleen to remove dampness, promoting the flow of *Qi* to induce diuresis.

Prescription:

Weiling Tang (Stomach Decoction with Poria).

Ingredients:

Cangzhu Rhizoma Atractylodis	10 g
Houpo Cortex Magnoliae Officinalis	6 g
Chenpi Pericarpium Citri Reticulatae	6 g
Fuling Poria	15 g
Zexie Rhizoma Alismatis	15 g
Guizhi Ramulus Cinnamomi	6 g
Baizhu Rhizoma Atractylodis Macrocephalae	9 g
Gancao Radix Glycyrrhizae	6 g
Shengjiang Rhizoma Zingiberis Recens	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For patients with strong constitution but severe ascites, the medicines added are

Qianniuzi Fen Semen Pharbitidis (in the form of powder)	9 g

Yu Gong San (Powder for Treating Fluid–retention Syndrome)	9 g
Gansui Mo Radix Kansui (in the form of powder)	0.3 g

4. Type of *Yang* Deficiency of the Spleen and Kidney

Symptoms: Symptoms: due to fluid–retention in the interior, sallow or pale complexion, chills, cold limbs, listlessness, loose stools, pale and enlarged tongue, and deep thready weal pulse.

Therapeutic Method: Strengthening the spleen and warming up the kidney, improving transformation of *Qi* of the bladder to induce diuresis.

Prescription: *Fuzi Lizhong Tang* (Aconite Decoction for Regulating the Function of the Middle–*Jiao*) and *Wuling San* (Powder of Five Drugs with Poria).

Ingredients:

Fuzi Radix Aconiti Lateralis Preparata	10 g
Dangshen Radix Codonopsis	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Ganjiang Rhizoma Zingiberis	5 g
Rougui Cortex Cinnamomi	3 g
Guizhi Ramulus Cinnamomi	6 g
Fuling Poria	15 g
Zhuling Polyporus	12 g
Zexie Rhizoma Alismatis	15 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

5. Type of *Yin*–deficiency of the Liver and Kidney

Symptoms: Symptoms due to fluid–retention in the interior, dark complexion, dry lips and mouth, epstaxis and gingival atro-

phy, dark red tongue or tongue with little coating, and thready rapid pulse.

Therapeutic Method: Supplementing the liver and kidney, enhancing *Yin* and inducing diuresis.

Prescription: *Yiguan Jian* (An Ever Effective Decoction for Nourishing the Liver and Kidney) and *Zhuling Tang* (Umbellate Pore Decoction).

Ingredients:

Beishashen Radix Glehniae	10 g
Maidong Radix Ophiopogonis	10 g
Shengdi Radix Rehmanniae	15 g
Chuanlianzi Fructus Toosendan	6 g
Danggui Radix Angelicae Sinensis	10 g
Gouqi Fructus Lycii	10 g
Zexie Rhizoma Alismatis	15 g
Zhuling Polyporus	15 g
Huashi Talcum	12 g
Fuling Poria	15 g
Ejiao Colla Corii Asini (taken after being melted in boiling water)	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of insanity, the drugs added are *Shichangpu* Rhizoma Acori Tatarinowii (12 g) *Yujin* Radix Curcumae (12 g).

In case of coma, the medicine added is *Angong Niuhuang Wan* (Bezoar Bolus for Resurrection), 1 bolus each time, once daily.

In case of severe haematemesis, the drugs immediately added are those in the prescription *Xijiao Dihuang Tang* (Decoction of

Rhinoceros Horn and Rehmanniae)

Sanqi Fen Radix Notoginseng 3 g

(in the form of powder and taken after being infused in water)

Baiji Fen Rhizoma Bletillae 9 g

(in the form of powder and taken after being infused in water)

in case of exhaustion of *Qi* due to hemorrhage, the prescription added immediately is *Du Shen Tang* (Ginseng Decoction).

Prevention

1. Pay attention to dietetic hygiene and try to prevent and treat infectious and chronic hepatitis.

2. Control drink and be on a diet with less fat.

3.5 Pancreatitis

Pancreatitis, acute or chronic, is included in the TCM syndromes of " pain in the spleen and heart " ," pain in the epigastrium "and "accumulation of pathogens in the chest ".

Etiology and Pathogenesis

1. Failure of the spleen–*Qi* to ascend and the stomach–*Qi* to descend

"Failure of the spleen–*Qi* to ascend and the stomach–*Qi* to descend "is due to "transverse attack on the spleen and stomach " ." Transverse attack on the spleen and stomach " is due to "stagnation of the liver–*Qi* " ." Stagnation of the liver–*Qi* "is due to "emotional disorders ".So, "emotional disorders "is the source.

2. Combination of heat pathogen and undigested food

"Combination of heat pathogen and undigested food "is due to " heat from dampness " ." Heat from dampness " is due to

"impairment of the spleen and stomach". "Impairment of the spleen and stomach" is due to "improper diet such as over-intake of fatty and sweet food and liquor". So, "Improper diet" is the source.

3. Obstruction in the pancreas

"Obstruction in the pancreas" is due to "ascarides in the biliary tract".

Acute pancreatitis is mainly due to "stagnation of the liver-*Qi*", "accumulation of damp-heat in the liver and gall-bladder", "excessive heat in the spleen and stomach" and "retention of excessive heat in the chest". Chronic pancreatitis is due to weakness of the spleen-*Qi* resulting from prolonged disease course.

Type and Treatment

1. Type of Retention of Food due to Stagnation of *Qi*

Symptoms: Distending pain in the epigastrium and hypochondriac region, frequent belching or retching, even constipation, feeling comfortable after breaking wind, thin tongue coating, and taut pulse.

Therapeutic Method: Regulating the flow of *Qi* to soothe the liver, removing heat to relax the bowels.

Prescription: Modified *Qingyi Tang* (Decoction for Clearing away Heat in the Pancreas).

Ingredients:

Chaihu Radix Bupleuri	15 g
Huangqin Radix Scutellariae	10 g
Huhuanglian Rhizoma Picrorhizae	10 g
Baishao Radix Paeoniae Alba	15 g
Muxiang Radix Aucklandiae	10 g

Yuanhu Rhizoma Corydalis 10 g
Dahuang Radix et Rhizoma Rhei
(decocted later) 15 g
Mangxiao Natrii Sulfas (taken after
being infused in water) 10 g

Administration: Decocted in water for oral use, 1 dose daily.

2. Type of Excessive Heat in the Spleen and Stomach

Symptoms: Distention, fullness and pain which is severe when pressed, constipation, dry mouth, yellow thick greasy of dry tongue coating, and slippery rapid pulse.

Therapeutic Method: Removing pathogens in the interior and inducing purgation.

Prescription: *Qingyi Tang* (Decoction for Clearing away Heat in the Pancreas) and *Da Chengqi Tang* (Potent Purgative Decoction).

Ingredients:

Dahuang Radix et Rhizoma Rhei
(added later) 15 g
Mangxiao Natrii Sulfas (taken after
being infused in water) 10 g
Houpo Cortex Magnoliae Officinalis 15 g
Zhiqiao Fructus Aurantii 10 g
Yinhua Flos Lonicerae 30 g
Chaihu Radix Bupleuri 10 g
Huangqin Radix Scutellariae 10 g
Huhuanglian Rhizoma Picrorhizae 10 g
Baishao Radix Paeoniae Alba 15 g
Muxiang Radix Aucklandiae 6 g
Yuanhu Rhizoma Corydalis 10 g

Administration: Decocted in water for oral use,. I dose daily.

Modification: In case of fullness in the upper abdomen and severe vomiting, the drug added is *Gansui Mo* Radix Kansui (in the form of powder) (0.3 g).

In case of fullness and masses in the upper abdomen, and dark tongue with ecchymosis, the drugs added are *Chuanshanjia* Squama Manitis (9 g), *Zaoci* Spina Gleditsiae (9 g), *Sanleng* Rhizoma Sparganii (9 g) and *Ezhu* Rhizoma Curcumae (9 g).

3. Type of Damp–heat in the Liver and Gall–bladder

Symptoms: Pain in the epigastrium and hypochondriac region, fever, jaundice, heavy sensation, through the body, lassitude, yellow greasy tongue coating, and taut slippery or rapid pulse.

Therapeutic Method: Clearing away damp–heat in the liver and gall–bladder.

Prescription: *Qingyi Tang* (Decoction for Clearing away Heat in the Pancreas) and *Longdan Xiegan Tang* (Decoction of Gentiana for Purging the Liver–fire).

Ingredients:

Longdancao Radix Gentianae	10 g
Yinchen Herba Artemisiae Scopariae	30 g
Zhizi Fructus Gardeniae	10 g
Mutong Caulis Clematidis Armandii	6 g
Chaihu Radix Bupleuri	15 g
Huangqin Radix Scutellariae	12 g
Huhuanglian Rhizoma Picrorhizae	10 g
Baishao Radix Paeoniae Alba	15 g
Muxiang Radix Aucklandiae	6 g
Yuanhu Rhizoma Corydalis	10 g

Dahuang Radix et Rhizoma Rhei
(added later) 15 g
Mangxiao Natrii Sulfas (taken after being infused in water) 10 g

Administration: Decocted in water for oral use, 1 dose daily.

Prevention

1. Control diet to prevent over-intake of food and drink at one time.

2. Try to prevent and treat ascariasis.

3. Cure cholecystitis and cholelithiasis as early as possible.

4. More meals, less amount of food at each meal, less heavy food and giving up drinking are recommended for patients with acute pancreatitis.

3.6 Cholelithiasis

Formation of stone in any part of the biliary system is called as cholelithiasis, whose clinical manifestations are based on whether infection of biliary tract or obstruction of bile tract is evoked as well as on the position and degree of the obstruction. In TCM, it is included in the category of " pain in the hypochondrium ".

Etiology and Pathogenesis

Long-term disorder of bile excretion due to stagnation of the liver-*Qi* or due to retention of ova in the biliary tract resulting from the up-stirring of roundworms leads to the formation of stone. When the spleen-*Qi* is deficient, or when dampness is produced because of deficiency of the spleen due to transverse attack of the hyperactive *Qi* of the liver on the spleen, and when the hyperactive *Qi* of the liver is transformed into fire,

dampness–heat and bile are accumulated in the gall–bladder and combined into stone.

Type and Treatment

1. Type of Damp–heat in the Liver and Gall–bladder

Symptoms: Alternate attacks of fever and chills, fullness and discomfort in the chest and hypochondrium, or pain in the hypochondrium which refers to the back, no appetite for greasy food, dark yellow urine or jaundice, abdominal distension, constipation, yellow greasy tongue coating, and taut slippery pulse.

Therapeutic Method: Soothing the liver to regulate the gall–bladder, clearing *Fu* to purge heat.

Prescription: Modified *Da Chaihu Tang* (Major Decoction of Bupleurum Root).

Ingredients:

Chaihu Radix Bupleuri	12 g
Baishao Radix Paeoniae Alba	15 g
Zhishi Fructus Aurantii Immaturus	12 g
Dahuang Radix et Rhizoma Rhei	9 g
Banxia Rhizoma Pinelliae	9 g
Jinqiancao Herba Lysimachiae	30 g
Haijinsha Spora Lygodii	30 g
Jineijin Endothelium Corneum Gigeriae Galli	9 g
Shengjiang Rhizoma Zingiberis Recens	6 g
Dazao Fructus Jujubae	5 dates

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For low fever, the drugs added are *Baijiangcao* Herba Patriniae (15–30 g), *Huanglian* Rhizoma Coptidis (9 g), *Xiakucao* Spica Prunellae (9 g).

For sever pain in the right hypochondrium, the drugs added

are *Taoren* Semen Persicae (9 g), *Honghua* Flos Carthami (9 g), *Chuanxiong* Rhizoma Chuanxiong (9 g) and *Weilingxian* Radix Clematidis (9–12 g).

For stone larger than 1.5 cm, the drugs added are *Fenghua Xiao* Natrii Sulfas Exsissatus (6–9 g), *Shancigu* Pseudobulbus Cremastrae seu Pleiones (9 g) and *Zaoci* Spina Gleditsiae (9 g).

2. Type of Stagnation of the Liver–*Qi* and Weakness of the Spleen

Symptoms: Poor appetite, abdominal distension, vague pain in the hypochondrium, lassitude, acratia, thin and loose stools, enlarged and light-red tongue with tooth-prints on the margin, and deep slow pulse.

Therapeutic Method: Invigorating the spleen–*Qi*, soothing the liver and regulating the gall-bladder.

Prescription: Modified *Chai Shao Liujun Tang* (Six Noble Ingredient Decoction with Bupleurum and Paeony-root).

Ingredients:

Chaihu Radix Bupleuri	12 g
Baishao Radix Paeoniae Alba	15 g
Dangshen Radix Codonopsis	15 g
Baizhu Rhizoma Atractylodis Macrocephalae	9 g
Fuling Poria	15 g
Banxia Rhizoma Pinelliae	9 g
Chenpi Pericarpium Citri Reticulatae	9 g
Jinqiancao Herba Lysimachiae	30 g
Jineijin Endothelium Corneum Gigeriae Galli	9 g
Haijinsha Spora Lygodii	30 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

3. Type of Stagnation of *Qi* of *Shaoyang*

Symptoms: Alternate attacks of fever and chills or low fever after noon, pain and distension in the hypochondrium, bitter taste, dry throat, no appetite for heavy food, tending to vomit, thin white or slightly yellowish tongue coating, and taut pulse.

Therapeutic Method: Mediating *Shaoyang*, regulating the gall-bladder and discharging stone.

Prescription: Modified *Xiao Chaihu Tang* (Minor Decoction of Bupleurum).

Ingredients:

Chaihu Radix Bupleuri	12 g
Dangshen Radix Codonopsis	12 g
Huangqin Radix Scutellariae	9 g
Banxia Rhizoma Pinelliae	6 g
Jineijin Endothelium Corneum Gigeriae Galli	9 g
Haijinsha Spora Lygodii	30 g
Jinqiancao Herba Lysimachiae	30 g
Shengjiang Rhizoma Zingiberis Recens	6 g
Gancao Radix Glycyrrhizae	6 g
Dazao Fructus Jujubae	5 dates

Administration: Decocted in water for oral use, 1 dose daily.

Simple Prescription: *Wangbuliuxing* Semen Vaccariae

Administration: Taped tightly to auricular points and pressed, 3 days on one ear and another 3 days on the other.

Acupoints to be selected:

Liver, Gall-bladder, Pancreas, Duodenum, Abdomen, endocrine, etc.

Chinese Patent Medicine: *Lidan Paishi Pian* (Tablet for

Normalizing the Function of the Gall–bladder and Removing Stone).

Administration: 16–20 tablets, twice daily.

Prevention

Treat intestinal parasitic diseases in their stage and infection of intestinal canal as early as possible.



4 Diseases of the Urinary System

4.1 Acute Glomerulon Ephritis

Acute glomerulonephritis, called acute nephritis for short,is an allergic disease due to infection of beta hemolytic Streptococcus. It is common in children and mainly marked by edema, oliguria, hematuria, high blood pressure, nausea, vomiting or fever, and even hydrothorax, ascites and hydropericardium. Acute glomerulon ephritis with evident edemais included in the category of "edema" (*Yang* edema) of TCM.

Etiology and Pathogen esis

Attack of exogen ous wind, cold and dampness, improper diet and daily life or internal in jury due to overstrain lead to dysfunction of the lung in clearing and regulating, of the spleen in transporting, of the kiendy in opening and closing, of the urinary bladder in transforming *Qi*, and of the tri–*Jiao* in clearing water passage, and cause retention of water in the muscles and abdomen, resulting in edema.

Type and Treatment

1. Type of Wind–water

Symptoms: Palpebral edema followed by general edema which develops rapidly, often accompanied by chills, fever, soreness of the limbs and joints, oliguria, thin white tongue coating, floating pulse or deep pulse seen if edema is severe.

Therapeutic Method: Dispelling wind, clearing away heat, and ventilating the lung to promote the flow of fluid.

Prescription: Modified *Yuebi Jiazhu Tang* (Decoction for Relieving Edema with Bighead Atractylodes Added).

Ingredients:

Mahuang Herba Ephedrae	9 g
Shengshigao Gypsum Fibrosum	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	9 g
Sangbaipi Cortex Mori	9 g
Gancao Radix Glycyrrhizae	6 g
Fulingpi Extra Poria	15 g
Fuping Herba Spirodelae	12 g
Shengjiang Rhizoma Zingiberis Recens	3 g
Dazao Fructus Jujubae	5 dates

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For sore throat, the drugs added are *Banlangen* Radix Isatidis 15g, *Lianqiao* Fructus Forsythiae 12g, *Niubangzi* Fructus Arcii 12g.

2.Type of Noxious--dampness

Symptoms: Skin and external disease, palpebral edema followed by general edema, oliguria, fever, aversion to cold, reddened tongue with thin yellow coating, and floating rapid or slippery rapid pulse.

Therapeutic Method: Detoxicating, inducing diuresis and subduing swelling.

Prescription: Modified *Wuwei Xiaodu Yin* (Antiphlogistic Decoction of Five Drugs).

Ingredients:

Yinhua Flos Lonicerae	30 g
Yejuhua Flos Chrysanthemi Indici	15 g
Pugongying Herba Taraxaci	30 g
Diding Herba Violae	30 g
Zibeitiankui Herba Semiaquilegiae	15 g

Lianqiao Fructus Forsythiae 15 g
Chixiaodou Semen Phaseoli 30 g
Xingren Semen Armeniacae Amarum 9 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of erosion of skin due to abundant dampness, the drugs added are *Kushen* Radix Sophorae Flavescentis 15g, *Tufuling* Rhizoma Smilacis Glabrae 15g.

3.Type of Retention of Water

Symptoms: General edema which is sometimes so severe that there appear pits on the body surface when pressed, oliguria, heavy sensation of the body, choking sensation in the chest, anorexia, nausea, abdominal distension, white thick greasy tongue coating, and deep slow pulse.

Therapeutic Method: Strengthening the spleen to eliminate dampness, activating *Yang* to promote diuresis.

Prescription: *Wuling San* (Powder of Five Drugs with Poria) and *Wupi Yin* (Five Peel Decoction).

Ingredients:

Fuling Poria 9 g
Baizhu Rhizoma Atractylodis Macrocephalae 9 g
Zhuling Polyporus 9 g
Zexie Rhizoma Alismatis 15 g
Guizhi Ramulus Cinnamomi 6 g
Sangbaipi Cortex Mori 9 g
Dafupi Pericarpium Arecae 9 g
Shengjiangpi Cortex Zingiberis Recens 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe edema, the drugs added are *Cheqianzi* Semen Plantaginis (30 g)

(decocted after being wrapped in a piece of cloth) *Baimaogen* Rhizoma Imperatae (30 g) and *Qianniuzi* Fructus Pharbitidis (9 g).

In case of edema and dyspnea, the drugs added are *Mahuang* Herba Ephedrae (9 g), *Xingren* Semen Armeniacae Amarum (9 g), *Tinglizi* Semen Lepidii seu Descurainiae (12 g).

In case of heat due to dampness marked by fever, thirst, scanty dark urine, constipation, yellow greasy tongue coating and rapid pulse, the drugs added are *Mutong* Caulis Clematidis Armandii (9 g), *Chixiaodou* Semen Phaseoli (30 g), *Jiaomu* Semen Zanthoxyli (9 g), *Qinjiao* Radix Gentianae Macrophyllae (12 g), *Lianqiao* Fructus Forsythiae (15 g) and *Zhizi* Fructus Gardeniae (9 g).

In case of in jure of *Yin* due to dryness from heat, the drug added is *Ejiao* Colla Corii Asini (12 g).

(taken after being melted in water by heat)

Simple Prescription 1:

Baimaogen Tang (Decoction of Rhizome of Lalang Grass).

Baimaogen Rhizoma Imperatae (500 g).

Decocted with gentle heat in 2 bowls of water for the decoction, which is divided into 7–8 portions. 1 portion is taken each time, 7–8 times in one day and night. The same is done until the edema disappears, and the proteinuria, erythrocyturia and cylindruria become negative.

Simple Prescription 2:

Yimucao Herba Leonuri, the fresher the better 150g

Decocted in water for the decoction which is taken 4 tirnes, 1time every 4 hours. The amount is reduced for children.

Simple Prescription 3:

Xiaoye Shiwei Folium Pyrrosiae 15–30g

Decocted in water for the decoction which is taken instead of tea.

Chinese Patent Medicine: *Shenyan Pian* (Tablet for Treating Nephritis).

Administration: Taken with warm boiled water, 2–3 tablets each time, 3 times daily.

Prevention

1. Keep the Skin clean lest it be infected.

2. Try to prevent and timely treat infection of the upper respiratory tract.

3. Try to avoid attack by cold and overstrain.

4.2 Chronic Glomerulon Ephritis

Chronic glomerulon ephritis, called chronic nephritis for short, is mainly due to the immunological and infective reaction of the body and especially the glomerulus to certain pathogens. The pathologic change is inflammatory damage to glomerulus. Chronic nephritis is common in male and those young and robust and marked by edema, proteinuria, hematuria, cylindruria, high blood pressure and decreased renal function in different levels. TCM includes it in the category of "edema", (*Yin* edema), "consumptive disease"and "pain in the loins".

Etiology and Pathogenesis

Attack of exopathogens, weakness of the spleen and kidney, and disturbance in both distribution of body fluid and in functioning of *Qi* lead to edema. Long–term edema results in insufficiency of the liver, spleen and kidney, weakness of the spleen in the function of transportation and transformation,

inability of the kidney to separate the clear from the turbid, and gradual failure of the whole body to perform its *Qi* function. In this case, symptoms due to weakened body resistance and prevailing pathogens will result.

Type and Treatment

1.Type of Weakness of the Spleen—*Yang* and Retention of Water.

Symptoms: Pale or sallow complexion, fatigue, lack of strength, chills, aversion to cold, edema of the face and limbs, poor appetite, nausea, choking sensation in the chest, abdominal distension, loose stools, pale tongue with thin greasy coating, and soft thready pulse.

Therapeutic Method: Invigorating *Qi*, strengthening the spleen and inducing diuresis.

Prescription: *Shipi Yin* (Decoction for Reinforcing the Spleen).

Ingredients:

Zhifuzi Radix Aconiti Lateralis Preparata	9 g
Ganjiang Rhizoma Zingiberis	6 g
Caoguo Fructus Tsaoko	9 g
Fuling Poria	15 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Mugua Fructus Chaenomelis	9 g
Dafupi Pericarpium Arecae	9 g
Chuanpo Cortex Magnoliae Officinalis	9 g
Muxiang Radix Aucklandiae	9 g
Zhigancao Radix Glycyrrhizae Preparata	6 g
Dazao Fructus Jujubae	5 dates
Shengjiang Rhizoma Zingiberis Recens	3 pieces

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of shortness of breath, acratia and severe deficiency of *Qi*, the drugs added are *Renshen* Radix Ginseng (6–9 g), *Huangqi* Radix Astragali (15 g).

In case of severe edema, the drugs added are *Zexie* Rhizoma Alismatis (30 g), *Chixiaodou* Semen Phaseoli (30 g) and *Cheqianzi* Semen Plantaginis (30 g).

2. Type of *Yang*–deficiency of the Spleen and Kidney and Rampant Water and Dampness

Symptoms: Severe general edema which is possibly accompanied by hydrothorax, ascites, oliguria, abdominal distension, vomiting, nausea, even cough and dyspnea making lying flat impossible, pale complexion, chills, cold limbs, pale tongue with white greasy coating, and deep thready weak pulse.

Therapeutic Method: Warming up *Yang*, promoting the flow of *Qi* and inducing diuresis.

Prescription: *Jisheng Shenqi Wan* (Life–preserving pill for Replenishing the Kidney–*Qi*) and *Zhenwu Tang* (Decoction for Strengthening the Spleen–*Yang*).

Ingredients:

Shengdi Radix Rehmanniae	15 g
Shanyao Rhizoma Dioscoreae	12 g
Shanyurou Fructus Corni	9 g
Fuling Poria	15 g
Zexie Rhizoma Alismatis	15 g
Danpi Cortex Moutan	9 g
Niuxi Radix Achyranthis Bidentatae	9 g
Cheqianzi Semen Plantaginis (decocted after being wrapped in a piece of cloth)	15–30 g

Zhifuzi Radix Aconiti Lateralis Preparata 12 g
Baizhu Rhizoma Atractylodis Macrocephalae 12 g
Baishao Radix Paeoniae Alba 9 g
Shengjiang Rhizoma Zingiberis Recens 3 g
Gancao Radix Glycyrrhizae 3 g

Administration: Decocted in water for oral use, 1dose daily.

Modification: For palpitation and dark purple lips, the drugs added are *Guizhi* Ramulus Cinnamomi (9–12 g), *Danshen* Radix Salviae Miltiorrhizae (15–30 g).

For dyspnea and sweating, the drugs added are *Renshen* Radix Ginseng (6–9 g), *Gejie* Gecko (12 g).

3. Type of Deficiency of Both the Spleen and Kidney and Insufficiency of *Qi* and Blood

Symptoms: Pale complexion, acratia of the limbs, general edema, fatigue, less sleep, poor appetite, dizziness, tinnitus, soreness and weakness of the loins and knees, pale tongue with thin white coating, and deep weak pulse.

Therapeutic Method

Strengthening the spleen, benefiting the kidney and tonifying both *Qi* and blood.

Prescription: *Dabuyuan Jian* (Miraculous Decoction for Invigorating Primordial *Qi*) and *Guipi Tang* (Decoction for Invigorating the Spleen and Nourishing the Heart).

Ingredients:

Dangshen Radix Codonopsis 15 g
Huangqi Radix Astragali 15 g
Baizhu Rhizoma Atractylodis Macrocephalae 10 g
Fuling Poria 10 g
Gouqi Fructus Lycii 15 g

Danggui Radix Angelicae Sinensis	15 g
Shudi Radix Rehmanniae Preparata	15 g
Duzhong Cortex Eucommiae	12 g
Yuanrou Arillus Longan	9 g
Guangmuxiang Radix Aucklandiae	6 g
Zhigancao Radix Glycyrrhizae Preparata	6 g
Dazao Fructus Jujubae	5 dates

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For poor appetite and abdominal distension, the drugs added are Jiaosanxian Fructus Hordei Germinatus (12 g), Fructus Crataegi (12 g), Massa Medicata Fermentata (12 g), *Chenpi* Pericarpium Citri Reticulatae (6 g), *Sharen* Fructus Amomi (6 g).

4. Type of *Yin*—insufficiency of the Liver and Kidney and Hyperactivity of the Liver—*Yang*

Symptoms: Soreness and weakness of the loins and knees, emission, less sleep, palpitation, vertigo, headache, flushed face, tidal fever, feverish sensation in the palms and soles, edema, emaciation, reddened tongue with little coating, and taut thready rapid pulse.

Therapeutic Method: Nourishing the liver and kidney, calming the liver to suppress the hyperactive *Yang*.

Prescription: *Qi Ju Dihuang Wan* (Bolus of Six Drugs with Wolfberry, Chrysan themum and Rehmannia in).

Ingredients:

Shengdi Radix Rehmanniae	15 g
Shanyao Rhizoma Dioscoreae	12 g
Shanyurou Fructus Corni	9 g
Danpi Cortex Moutan	9 g

Zexie Rhizoma Alismatis 9 g
Gouqi Fructus Lycii 15 g
Fuling Poria 9 g
Juhua Flos Chrysan themi 12 g

Administration: Decocted in water for oral use, 1dose daily.

Modification: In case of severe emission, the drugs added are *Jinyingzi* Fructus Rosae Laevigatae (9 g), *Qianshi* Semen Euryalae (12 g).

In case of more severe headache and vertigo, the drugs added are *Guiban* Carapax et Plastrum Testudinis (15 g),

(decocted first) *Shi jueming* Concha Haliotidis (30 g).

(decocted first)

5. Type of Deficiency of the Spleen and Kidney and Upward–going of Turbid *Yin*

Symptoms: Dim complexion with edema, listlessness, emaciation, choking and distending sensation in the chest and abdomen, anorexia, nausea, vomiting, even urinary odour in the mouth, diarrhea or constipation, oliguria, palpitation, shortness of breath, even restlessness, coma, convulsion, pale and enlarged tongue with white greasy or greyish yellow and greasy coating, and deep thready or taut thready pulse.

Therapeutic Method: Strengthening body resistance, detoxicating and descending the turbid.

Prescription: *Wenpi Tang* (Decoction for Warming up the Spleen) and *Liujunzi Tang* (Decoction of Six Ingredients).

Ingredients:

Zhifuzi Radix Aconiti Lateralis Preparata 12 g
Renshen Radix Ginseng 10 g
Ganjiang Rhizoma Zingiberis 6 g

Shengdahuang Radix et Rhizoma Rhei	5–10 g
Banxia Rhizoma Pinelliae	10 g
Jupi Pericarpium Citri Reticulatae	9 g
Fuling Poria	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	9 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For fever, dysphoria and yellow greasy tongue coating, the drugs added are *Huanglian* Rhizoma Coptidis (9 g), *Zhizi* Fructus Gardeniae (9 g).

For convulsion, the drug added is *Shengmuli* Concha Ostreae (30 g).

6. Treatment of several main symptoms

(1) Proteinuria

A. For proteinuria with fever, sore throat and yellow tongue coating

Ingredients:

Shuanghua Flos Lonicerae	30 g
Lianqiao Fructus Forsythiae	15 g
Shengma Rhizoma Cimicifugae	9 g
Chanyi Periostracum Cicadae	9 g
Baihuasheshecao Herba Hedyotis Diffusae	15 g
Shiwei Folium Pyrrosiae	30 g
Baimaogen Rhizoma Imperatae	30 g
Danzhuye Herba Lophatheri	9 g
Kuncao Herba Leonuri	12 g
Jiegeng Radix Platycodi	9 g
Shegan Rhizoma Belamcandae	9 g
Yuanshen Radix Scrophulariae	15 g

Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

B. For proteinuria with symptoms of deficiency of the spleen and kidney and pale tongue with white coating

Ingredients:

Gouqizi Fructus Lycii 15 g

Fupenzi Fructus Rubi 12 g

Tusizi Semen Cuscutae 15 g

Wuweizi Fructus Schisandrae 9 g

Cheqianzi Semen Plan taginis (decocted after being wrapped in a piece of cloth) 15 g

Jinyingzi Fructus Rosae Laevigatae 9 g

Qian shi Semen Euryales 15 g

Huangqi Radix Astragali 15 g

Shiwei Folium Pyrrosiae 15 g

Baimaogen Rhizoma Imperatae 30 g

Administration: Decocted in water for oral use, 1 dose daily.

(2) High concentration of urea nitrogen in blood

A. Treatment conducted according to what is stated in Type of Deficiency of the Spleen and Kidney and Upward–going of Turbid *Yin*

B. Retention–enema

Ingredients:

Shengdahuang Radix et Rhizoma Rhei 9 g

Diyu Radix Sanguisorbae 30 g

Fuzi Radix Aconiti Lateralis Preparata 12 g

Shengmuli Concha Ostreae 60 g

Administration: Decocted in water to get 200 ml of the decoction for retention–enema, once daily.

(3) Hematuria

A.Treatment based on what is introduced in " Type and Treatment"

B.Drugs considerably added are

Xiaoji Herba Cirsii	30 g
Kuncao Herba Leonuri	12 g
Baimaogen Rhizoma Imperatae	30 g
Shengdi Radix Rehmanniae	15 g
Danpi Cortex Moutan	15 g
Oujie Nodus Nelumbinis Rhizomatis	9 g

C.*Guipi Tang* (Decoction for Invigorating the Spleen and Nourishing the Heart) is suggested if hematuria is accompanied by symptoms due to deficiency of the spleen–*Qi* such as shortness of breath, acratia, poor appetite, emaciation, pale and enlarged tongue, weak pulse, etc.

Simple prescriptions for treating edema

Prescription 1

Ganyumixu Stigma Maydis	60 g

Decocted in water for the decoction which is taken at 3 times in 1 day.

Prescription 2

Heidou Semen Sojae Nigrum	30 g
Chixiaodou Semen Phaseoli	30 g

Decocted in water. The decoction is taken and the dregs is eaten.

Chinese Patent Medicine 1: *Shenyanning Pian* (Tablet for Relieving Nephritis).

Administration: Taken with warm boiled water, 8 tablets each time, 3 times daily.

Chinese Patent Medicine 2: *Jinkui Shenqi Wan* (Bolus for Replenishing the Kidney–*Qi*).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Prevention

Try to prevent and treat infection of the upper respiratory tract and avoid overstrain.

4.3 Urinary Infection

Urinary infection is the total name of pyelonephritis, cystitis and urethritis. It is due to bacteria and common in female and especially in pregnant women. Its main clinical symptoms are fever, lumbago, frequent micturition, urgent urination, urodynia, etc. According to the symptoms, urinary infection falls into two kinds: acute and chronic. Most of the acute one may be cured but a small number of it will become protracted and recurrent and finally develop into chronic ones due to various causes. In the end, renal function may be made decreased. TCM includes urinary infection in the category of "stranguria" and "lumbago". As for chronic urinary infection, it has more complex pathogenesis and different clinical manifestations. The one with remarkable symptoms due to deficiency such as edema, acratia and emaciation should be included in the syndromes of "edema" and "consumptive disease" of TCM.

Etiology and Pathogenesis

Because too much food pungent and sweet in flavor and hot and fatty in nature or too much drink is taken in, damp–heat is led to flow downward into the urinary bladder; because the low orifices are unclean, dirty and turbid pathogens seize the oppor-

tunity to invade the urinary bladder so that damp–heat is formed; because damp–heat is accumulated in the lower–*Jiao*, the *Qi* of the urinary bladder fails to perform its function normally. In this case, there will appear urgent urination, frequent micturition and urodynia. If the disease is protracted, both the spleen and kidney will become weakened, and, in turn, syndromes due to both deficiency and excess will be brought about.

Type and Treatment

1.Type of Damp–heat in the Urinary Bladder (usually seen in acute urinary infection)

Symptoms: Fever, aversion to cold, frequent micturition, urgent urination, urodynia, distending pain in the low abdomen, lumbago, yellow greasy tongue coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat, removing toxic material and inducing diuresis to treat stranguria.

Prescription: *Shiwei Tonglin Fang* (Pyrrosia Leaf Recipe for Treating Stranguria).

Ingredients:

Shiwei Folium Pyrrosiae	30 g
Bianxu Herba Polygoni Avicularis	12 g
Qumai Herba Dian thi	9 g
Dahuang Radix et Rhizoma Rhei	6 g
Danzhuye Herba Lophatheri	9 g
Baimaogen Rhizoma Imperatae	30 g
Cheqianzi Semen Plantaginis (decocted after being wrapped in a piece of cloth)	15 g
Huashi Talcum	30 g
Kuncao Herba Leonuri	15 g
Gancao Radix Glycyrrhizae	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of more severe chills and fever, bitter taste, nausea and vomiting, the drugs added are *Chaihu* Radix Bupleuri (15 g), *Banxia* Rhizoma Pinelliae (9 g) and *Huangqin* Radix Scutellariae (12 g).

If the number of pus cells fails to be reduced and the tongue coating is yellow and greasy, the drugs added are *Pugongying* Herba Taraxaci (30 g), *Tufuling* Rhizoma Smilacis Glabrae (12 g).

In case of hematuria, the drugs added are *Xiaoji* Herba Cirii (30 g), *Shengdi* Radix Rehmanniae (30 g) and *Oujie* Nodus Nelumbinis Rhizomatis (12 g).

Simple Prescription 1

Pugongying Herba Taraxaci 60 g

Decocted in water for oral use.

Simple Prescription 2

Xianshiweigen Radix Pyrrosiae 120 g

Cleaned, pounded and then decocted in water to get thick decoction for oral use.

Proven Prescription 1

Ingredients:

Diding Herba Violae 60 g

Cheqianzi Semen Plantaginis 60 g

Administration: Decocted in water for oral use.

Proven Prescription 2

Ingredients

Shuanghua Flos Lonicerae 30 g

Maogen Rhizoma Imperatae 30 g

Kuncao Herba Lonicerae 30 g

Cheqiancao Herba Plantaginis 30 g
Zhuye Herba Lophatheri 12 g

Administration:Decocted in water for oral use.

2. Type of Retention of Damp–heat due to Insufficiency of the Kidney–*Yin* (usually seen in chronic urinary infection)

Symptoms: Dizziness, tinnitus, soreness and weakness of the loins and knees, dry throat and lips, low fever, mild or severe frequent and urgent urination and urodynia, reddish tongue with thin coating, and taut thready rapid pulse.

Therapeutic Method: Nourishing *Yin*, invigorating the kidney, clearing away heat and descending fire.

Prescription: Modified *Zhi Bai Dihuang Tang* (Decoction of Anemarrhena, Phellodendron and Rehmannia).

Ingredients:

Shengdi Radix Rehmanniae 15 g
Shanyao Rhizoma Dioscoreae 10 g
Shanyurou Fructus Corni 9 g
Danpi Cortex Moutan 12 g
Fuling Poria 9 g
Zexie Rhizoma Alismatis 15 g
Zhimu Rhizoma Anemarrhenae 12 g
Huangbai Cortex Phellodendri 9 g
Shiwei Herba Pyrrosiae 15 g
Danzhuye Herba Lophatheri 9 g

Administration:Decocted in water for oral use, 1 dose daily.

3.Type of Deficiency of Both the Spleen and Kidney, and Weakened Body Resistance and Retention of Pathogens (usually seen in chronic pyelonephritis)

Symptoms: Edema of the face and feet, listlessness, acratia,

soreness and weakness of the loins and knees, dizziness, tinnitus, anorexia, distension of the abdomen, loose stools, frequent and dribbing urination, pale tongue with thin white coating, and deep thready weak pulse.

Therapeutic Method: Strengthening the spleen, invigorating the kidney, clearing away heat and inducing diuresis.

Prescription: *Wubi Shanyao Wan* (Incomparable Pill of Chinese Yam).

Ingredients:

Shanyao Rhizoma Dioscoreae	12 g
Fuling Poria	12 g
Zexie Rhizoma Alismatis	15 g
Shudi Radix Rehmanniae Preparata	15 g
Shanyurou Fructus Corni	9 g
Bajitian Radix Morindae Officinalis	12 g
Tusizi Semen Cuscutae	15 g
Duzhong Cortex Eucommiae	12 g
Niuxi Radix Achyran this Bidentatae	12 g
Wuweizi Fructus Schisandrae	9 g
Roucongrong Herba Cistanches	12 g
Chishizhi Halloysitum Rubrum	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Prevention

1.Keep the progenital area clean, change undershorts regularly and pay attention to menstrual and gravidic hygiene.

2.Treat focal purulent disease change timely to avoid hematogenous spread and take the important measure of removing the inducing faetors such as urinary obstruction.

4.4 Calculus of the Urinary System

Including kidney stone, ureteral calculus and vesical calculus, calculus of the urinary system is mainly marked by lumbago or renal colic, hematuria and discharge of stone. TCM includes it in the syndromes of "stranguria caused by the passage of urinary stone", "stranguria from urolithiasis" and "lumbago".

Etiology and Pathogenesis

Damp–heat is accumulated due to over–intake of food pungent and sweet in flavor and hot and fatty in nature or due to taking in too much drink. Urine is heated by the damp–heat day by day so that the impurities in the urine is developed into stone. Finally, stranguria is caused by the passage of urinary stone. Prolonged stranguria will lead to insufficiency of *Qi* and blood and impairment of *Yin*–fluid. If so, there will appear syndromes of "deficiency in origin and excess in superficiality" and "co–existence of deficiency and excess".

Type and Treatment

1.Type of Damp–heat

Symptoms: Urine sometimes with sand and stone, difficulty in urination or sudden stop of urination, stabbing pain in the urethra, rigidity of the lower abdomen or intolerable colicky pain in the loins and abdomen, even hematuria, reddish tongue with thin yellow coating, and slightly rapid pulse.

Therapeutic Method: Clearing away heat, inducing diuresis, and treating stranguria through removing urinary calculus.

Prescription: *Sijin Paishi Tang* (Decoction of Lysimachia, Climbing Fern Sporn, Chicken's Gizzard—skin and Curcuma Root).

Ingredients:

Jinqiancao Herba Lysimachiae	45 g
Haijinsha Spora Lygodii	15 g
Jineijin Encothelium Corneum Gigeriae Galli	15 g
Yujin Radix Curcumae	18 g
Hangshao Radix Paeoniae Alba	30 g
Huashi Talcum	30 g
Qumai Herba Dianthi	9 g
Dongkuizi Semen Malvae	15 g
Dahuang Radix et Rhizoma Rhei	6 g
Guangmuxiang Radix Aucklandiae	6 g
Niuxi Radix Achyranthis Bidentatae	30 g
Gancao Radix Glycyrrhizae	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For hematuria, the drugs added are *Xiaoji* Herba Cirsii (30 g), *Shengdi* Radix Rehmanniae (30 g), *Oujie* Nodus Nelumbinis Rhizomatis (15 g).

For fever, the drugs added are *Pugongying* Herba Taraxaci (30 g), *Huangqin* Radix Scutellariae (12 g).

For severe colicky pain in the kidney, the drugs added are *Zhiruxiang* Olibanum Preparata (6 g), *Zhimoyao* Myrrha Preparata (6 g). in addition, the following two kinds of powder are mixed evenly and taken after being infused in water.

Sanqi Fen Radix Notoginseng (in the form of powder) 3g.

Chenxiang Fen Lignum Aquilariae Resinatum (1 g).

(in the form of powder)

2.Type of Insufficiency of *Qi* and *Yin*

Symptoms: Stone formed long ago, difficulty in urination, urodynia, ache of the loins and abdomen, hematuria, shortness of

breath, acratia, emaciation or edema, dry mouth, pale tongue with white coating, and deep weak pulse.

Therapeutic Method: Invigorating *Qi*, nourishing *Yin*, and clearing the channels to discharge urinary calculus.

Prescription: *Renshen Paishi Tang* (Ginseng Decoction for Removing Urinary Calculus).

Ingredients:

Xiyangshen Radix Panacis Quinquefolii (decocted first of all) 6 g

Shengmuli Concha Ostreae (decocted first) 30 g

Chuanshanjia Squama Manitis (decocted first) 9 g

Shihu Herba Dendrobii 15 g

Qumai Herba Dianthi 12 g

Dongkuizi Semen Malvae 9 g

Xueyutan Crinis Carbonisatus 6 g

Chuanlianzi Fructus Toosendan 9 g

Fuling Poria 12 g

Zexie Rhizoma Alismatis 15 g

Shiwei Folium Pyrrosiae 15 g

Jinqiancao Herba Lysimachiae 15 g

Jineijin Endothelium Corneum Gigeriae Galli 9 g

Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in 1500 ml of water until 500 ml of decoction can be got. The decoction is divided into two portions, one portion is taken each time, twice daily. One dose is used every other day.

Proven Prescription 1

Ingredients: (in same amount)

Huashi Talcum

FenghuaXiao Natrii Sulfas Exsiccatus

Zhijineijin Endothelium Corneum Gigeriae Galli Preparata

Administration: Ground into powder. 3 g of the powder is taken each time, 3 times daily.

proven Prescription 2

Ingredients:

Hutaoren Semen Juglandis	125 g
Bingtang Crystal sugar	125 g
Xiangyou Oleum Sesami	125 g

Administration: *Hutaoren* is fried in *Xiangyou* until crisp and pounded together with *Bingtang*. The whole dose is eaten up within 2 days.

Chinese Patent Medicine 1: *Shilintong Pian* (Tablet for Treating Stranguria due to Stone).

Administration: Taken with warm boiled water, 5 tablets each time, 3 times daily.

Chinese Patent Medicine 2: *Fufang Shilintong Pian* (Composite Tablet for Treating Stranguria due to Stone).

Administration: Taken with warm boiled water, 6 tablets each times, 3 times daily.

4.5 Chyluria

Chyluria is usually due to bancroftosis but occasionally due to tuberculosis of urinary system or tumors. Its main clinical manifestations are intermittent recurrence of cream white urine, hematuria in most patients, swelling of testicle, hydrocele of tunica vaginalis of scrotum, elephantiasis crus, etc., and microfilaria of blood filaria possibly found in blood examination done in the night. TCM names it as "turbid urine" according to

the color of urine.

Etiology and Pathogenesis

This disease is caused by downward flow of damp–heat due to over–intake of fatty and sweet food or by downward flow of refined nutritious substances due to exhaustion of *Qi* and blood resulting from deficiency of the spleen and due to failure to astringe resulting from deficiency of the kidney.

Type and Treatment

In the early stage, this disease is mainly due to downward flow of damp–heat. So, the treatment should be conducted mainly by clearing away heat and inducing diuresis. When it becomes protracted and recurrent, the spleen and kidney have been made weak. At this time, the treatment should be, accordingly, concentrated on invigorating the spleen–*Qi* and reinforcing the kidney. Simultaneously, the symptoms and cause should be treated together.

1.Type of Downward Flow of Damp–heat

Symptoms: Turbid and cream white urine sometimes with coagula which becomes evident whenever fish or meat is eaten, no pain during urinating, full and choking sensation in the chest and epigastrium, thirst without desire for drinking, yellow thick greasy tongue coating, and soft rapid pulse.

Therapeutic Method: Eliminating damp–heat as the main means.

Prescription: *Ruminiao Tang* (Decoction for Treating Chyluria).

Ingredients:

Bixie Rhizoma Dioscoreae Hypoglaucae	30 g
Haijinsha Spora Lygodii	30 g

Shiwei Folium Pyrrosiae	30 g
Fuling Poria	12 g
Shengdi Radix Rehmanniae	15 g
Bianxu Herba Polygoni Avicularis	15 g
Nüzhengzi Semen Ligustri Lucidi	12 g
Honghua Flos Carthami	9 g
Huangbai Cortex Phellodendri	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of lassitude, poor appetite and edema, the drugs added are *Dangshen* Radix Codonopsis (15 g), *Baizhu* Rhizoma Atractylodis Macrocephalae (15 g), *Qianshi* Semen Euryales (30 g).

In case of hematuria, the drugs added are *Maogen* Rhizoma Imperatae (30 g), *Yimucao* Herba Leonuri (30 g), *Xianhecao* Herba Agrimoniae (15 g) and *Zonglütan* Petiolus Trachycarpi Carbonisatus (9 g).

In case of slow disappearance of protein, the drugs added are *Shilianzi* Semen Nelumbinis (30 g), *Jinyingzi* Fructus Rosae Laevigatae (15 g), *Baizhu* Rhizoma Atractylodis Macrocephalae (15 g) and *Tusizi* Semen Cuscutae (15 g).

In case of lumbago, the drugs added are *Sangjisheng* Herba Taxilli (30 g), *Gouji* Rhizoma Cibotii (15 g) and *Chuanduan* Radix Dipsaci (15 g).

2. Type of Failure of the Deficient Kidney to Perform Its Astringing Function

Symptoms: Turbid urine, restlessness, fever, thirst, soreness and weakness of the loins and knees, fatigue, acratia, dizziness, blurred vision, reddened tongue with little coating, and deep thready or thready rapid pulse.

Therapeutic Method: Reinforcing the kidney for consolidation.

Prescription: Modified *Liuwei Dihuang Tang* (Decoction of Six Ingredients with Rehmannia) and *Tusizi Wan* (Pill of Dodder Seed).

Ingredients:

Shudi Radix Rehmanniae Preparata	30 g
Shanyurou Fructus Corni	12 g
Shanyao Rhizoma Dioscoreae	15 g
Tusizi Semen Cuscutae	24 g
Gouqi Fructus Lycii	15 g
Lianzirou Semen Nelumbinis	12 g
Shengqianshi Semen Euryales	15 g
Duanlonggu Forged Os Draconis Fossilia	30 g
Duanmuli forged Concha Ostreae	30 g
Wuweizi Fructus Schisandrae	9 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe lumbago, the drugs added are *Chuanduan* Radix Dipsaci (15 g), *Duzhong* Cortex Eucommiae (15 g), *Gouji* Rhizoma Cibotii (12 g).

In case of remarkable deficiency of the spleen, the drugs added are *Dangshen* Radix Codonopsis (15 g), *Baizhu* Rhizoma Atractylodis Macrocephalae (12 g) and *Huangqi* Radix Astragali (15 g)

In case of deficiency and weakness of the kidney—*Yang* marked by cold limbs, loose stools, pale tongue with white coating, and deep weak pulse, the drugs are *Lurong* Cornu Cervi Pantotrichum (9 g), *Buguzhi* Fructus Psoraleae (12 g), *Zhifuzi* Radix Aconiti Lateralis Preparata (9 g) and *Rougui* Cortex

Cinnamomi (6 g).

3.Type of Downward Flow of the Spleen–*Qi*

Symptoms: Turbid urine which becomes more evident due to overstrain, sallow complexion, lassitude, weakness, pale tongue with thin white coating, and weak pulse.

Therapeutic Method

Supplementing *Qi* to send up the lucid *Yang*

Prescription: *Buzhong Yiqi Tang* (Decoction for Reinforcing the Middle–*Jiao* and Replenishing *Qi*).

Ingredients:

Huangqi Radix Astragali	15 g
Dangshen Radix Codonopsis	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Danggui Radix Angelicae Sinensis	9 g
Chenpi Pericarpium Citri Reticulatae	9 g
Shengma Rhizoma Cimicifugae	6 g
Chaihu Radix Bupleuri	6 g
Zhigancao Radix Glycyrrhizae Preparata	6 g
Dazao Fructus Jujubae	5 dates

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of poor appetite, abdominal distension, emaciation and insufficiency of *Qi* of the middle–*Jiao*, the drugs added are *Shanyao* Rhizoma Dioscoreae (15 g), *Qianshi* Semen Euryales (12 g), *Baiguo* Fructus Ginkgo (9 g).

Prevention

1.Patients with chyluria should avoid overstrain and heavy food.

2.Cure bancroftosis.

4.6 Enuresis

Syndromes due to uncontrollable and spontaneous urination are all known as enuresis. Cinically, it falls into two kinds. One refers to frequent spontaneous urination with dribbing urine, the other spontaneous urination during sleep. The former is common in the aged, the latter in children.

Etiology and Pathogenesis

Insufficiency and weakness of *Qi* of the lung, spleen and kidney weaken the function of the urinary bladder in storing urine so that urination can not be controlled and enuresis results.

Type and Treatment

1. Urinary incontinence

(1) Type of Deficiency of the Spleen and Lung

Symptoms: Frequent urination with less amount of urine, often spontaneous urination, usually accompanied by tenesmus and distension in the lower abdomen, shortness of breath, acratia, poor appetite, emaciation, pale tongue with thin white coating, and weak pulse.

Therapeutic Method: Supplementing *Qi* to prevent the sinking of it.

Prescription: Modified *Buzhong Yiqi Tang* (Decoction for Reinforcing the Middle–*Jiao* and Replenishing *Qi*).

Ingredients:

Huangqi Radix Astragali	15 g
Dangshen Radix Codonopsis	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Danggui Radix Angelicae Sinensis	12 g
Chenpi Pericarpium Citri Reticulatae	9 g

Chaihu Radix Bupleuri	9 g
Shengma Rhizoma Cimicifugae	6 g
Yizhiren Fructus Alpiniae Oxyphyllae	9 g
Wuweizi Fructus Schisandrae	9 g
Buguzhi Fructus Psoraleae	12 g
Sangpiaoxiao Ootheca Mantidis	15 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification:

In case of abundant cold due to deficiency of *Yang* and slow pulse, the drugs added are *Rougui* Radix Cinnamomi (6 g), *Fuzi* Radix Aconiti Lateralis Preparata (9 g).

If remarkable effects can not be achieved in treating protracted urinary incontinence, modified *Gu Pao Tang* may be used instead. The following is the detail.

Ingredients:

Sangpiaoxiao Oothëca Mantidis	20–30 g
Huangqi Radix Astragali	30 g
Shayuanzi Semen Astragali Complanati	15 g
Shanyurou Fructus Corni	15 g
Danggui Radix Angelicae Sinensis	12 g
Fupenzi Fructus Rubi	15 g
Baishao Radix Paeoniae Alba	9 g
Yizhiren Fructus Alpiniae Oxyphyllae	12 g
Wuweizi Fructus Schisandrae	9 g
Shengma Rhizoma Cimicifugae	9 g
YangPao urinary bladder of a sheep	one

Administration: Decocted in the water in which *Yang Pao* has been boiled to get the decoction. The decoction is divided into

2 portions, 1 portion is taken each time, twice daily.

(2) Type of Deficiency of the Kidney–*Qi*

Symptoms: Frequent urination or dribbing urine, general debilitation, listlessness, aversion to cold, dizziness, soreness of the loins, weakness of the lower limbs, pale tongue with white coating, and deep thready weak pulse. This type is common in the aged.

Therapeutic Method: Warming the kidney and astringing to control urination.

Prescription: Modified *Gongdi Wan* (Pill for Warming the Kidney and Controlling Urination).

Ingredients:

Shudi Radix Rehmanniae Preparata	15 g
Tusizi Semen Cuscutae	15 g
Buguzhi Fructus Psoraleae	12 g
Jiuzi Semen Allii Tuberosi	9 g
Fuzi Radix Aconiti Lateralis Preparata	9 g
Wuweizi Fructus Schisandrae	9 g
Yizhiren Fructus Alpiniae Oxyphyllae	9 g
Baizhu Rhizoma Atractylodis Macrocephalae	9 g
Shanyao Rhizoma Dioscoreae	15 g
Sangpiaoxiao Ootheca Mantidis	15 g
Fupenzi Fructus Rubi	15 g

Administration: Decocted in water for oral use, 1 dose daily.

2. Enuresis during sleep

Symptoms: Enuresis during sleep often with dream, usually accompanied in severe cases by listlessness, chills, cold limbs, emaciation, general debilitation, pale tongue with white coating, and thready weak pulse.

Therapeutic Method:

Tonifying the heart and spleen, warming the kidney to control urination.

Prescription: Modified *Sangpiaoxiao San* (Powder of Mantis Egg–case).

Ingredients:

Sangpiaoxiao Ootheca Mantidis	30 g
Fupenzi Fructus Rubi	30 g
Dangshen Radix Codonopsis	9 g
Huangqi Radix Astragali	9 g
Fushen Poria cum Ligno Hospite	9 g
Jinyingzi Fructus Rosae Laevigatae	9 g
Buguzhi Fructus Psoraleae	9 g
Duanlonggu forged Os Draconis Fossilia	15 g
Shichangpu Rhizoma Acori Tatarinowii	12 g
Zhigancao Radix Glycyrrhizae Preparata	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine 1: *Yiniao San* (Powder for Treating Enuresis)

Administration: Taken with warm boiled water, 5 g each time, twice daily.

Chinese Patent Medicine 2: *Suoquan Wan* (Pill for Controlling Urination).

Administration: Taken with slightly salty or warm boiled water before meal, 6–9 g each time, twice daily.

5 Diseases of the Blood System

5.1 Iron-deficiency Anemia

Iron-deficiency anemia is the most common anemia caused by disorder of iron synthesis due to shortage of iron in the body. Its main symptoms are sallow or pale complexion, dizziness, blurred vision. tinnitus, palpitation, sleepness, fatigue, acratia, wan and sallow hair, or edema of the face and feet, even bleeding and fever. TCM includes it in the category of "deficiency of blood", "sallowness" and "general edema with yellowish tinge of skin".

Etiology and Pathogenesis

This disease is resulted from: 1.exhaustion of blood due to weakness after disease, 2.impossible hemogenesis due to deficiency of the spleen and stomach, 3.shortage of blood and weakness of *Qi* due to recurrent bleeding, 4.poor source of blood due to consumption of refined nutritious substances from food-stuff by parasites accumulated in the body.

Type and Treatment

1.Type of Deficiency of the Spleen-*Qi*

Symptoms: Sallow or pale complexion, listlessness, acratia, poor appetite, loose stools, pale and enlarged tongue with thin white coating, and thready pulse.

Therapeutic Method: Invigorating the spleen-*Qi*

Prescription: Modified *Huangqi Liujunzi Tang* (Decoction of Six Noble Drugs with Astragalus).

Ingredients:

Huangqi Radix Astragali	30 g
Dangshen Radix Codonopsis	15 g
Fuling Poria	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Zhigancao Radix Glycyrrhizae Preparata	6 g
Banxia Rhizoma Pinelliae	9 g
Chenpi Pericarpium Citri Reticulatae	9 g
Sharen Fructus Amomi	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For loose stools, *Fuling* and *Baizhu* are used in larger dosage.

For chills and cold limbs, the drugs added are *Zhifuzi* Radix Aconiti Lateralis Preparata (9 g) and *Paojiang* Rhizoma Zingiberis Preparata (9 g).

2.Type of Deficiency of Both *Qi* and Blood

Symptoms: Sallow or pale complexion, fatigue, acratia, palpitation, shortness of breath, languor, dizziness, insomnia, pale nail or nail as flat as spoon, pale tongue with thin white coating, and weak rapid pulse.

Therapeutic Method: Invigorating *Qi* and nourishing blood.

Prescription: Modified *Shiquan Dabu Tang* (Decoction of Ten Powerful Tonics).

Ingredients:

Huangqi Radix Astragali	30 g
Dangshen Radix Codonopsis	15 g
Fuling Poria	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Zhigancao Radix Glycyrrhizae Preparata	6 g

Danggui Radix Angelicae Sinensis	12 g
Śhudi Radix Rehmanniae Preparata	15 g
Guiyuanrou Arillus Longan	9 g
Baishao Radix Paeoniae Alba	12 g
Dazao Fructus Jujubae	6 dates

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of menorrhagia or continual metrorrhagia and metrostaxis, the drugs added are *Ejiao* Colla Corii Asini (melted in boiling water) (12g),*Aitan* Folium Artemisiae Argyi Carbonisatus (9 g).

In case of deficiency of blood due to long–term disease, fullness in the abdomen, poor appetite, squamous and dry skin, dim sight, no expression in the eyes, uneven pulse, and purplish tongue, the medicine added is *Dahuang Zhechong Wan* (Pill of Rhubarb and Ground Beetle), which is taken twice daily, 6 g each time.

3.Type of Parasites Accumulated in the Body

Symptoms: Sallow face and skin, pain in the abdomen or discomfort due to fullness in the epigastrium, polyphagia, or appetite for non–food things, loose stools or constipation, pityriasis simplex in the sclera and face, pale tongue with thin greasy coating, and weak pulse.

Therapeutic Method: Killing parasites, strengthening the spleen, invigorating *Qi* and nourishing blood.

Prescription: *Huachong Wan* (Anthelmintic Pill) and *Shiquan Dabu Wan* (Bolus of Ten Powerful Tonics).

Ingredients:

Binglang Semen Arecae	12 g
Heshi Fructus Carpesii	15 g

Kulianpi Cortex Meliae	18 g
Fuling Poria	12 g
Huangqi Radix Astragali	30 g
Danggui Radix Angelicae Sinensis	15 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Chenpi Pericarpium Citri Reticulatae	9 g
Hangshao Radix Paeoniae Alba	12 g
Hongzao Fructus Jujubae	10 dates

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there are remarkable symptoms due to accumulation of parasites such as pain in the abdomen and appetite for non-food things, the first measure to be taken is to kill the parasites. At the same time, the following two Chinese patent medicines may be administered: *Huachong Wan* (Anthelmintic Pill), *Huangbing Jiangfan Wan* (Bolus of Green Vitriol for Treating Jaundice).

Proven Prescription 1

Ingredients:

Dazao Fructus Jujubae	10 dates
Zaofan Ferrosi Sulfas Crudus	6 g

Administration: *Dazao* is pounded into a paste and then *Zaofan* is added. The mixture is pounded until it is even. Finally, the even mixture is made into 40 pills. 1 pill is taken each time, twice daily. 1course of treatment involves 20 days.

Proven Prescription 2

Ingredients:

Duanzaofan forged Ferrosi Sulfas Crudus	1 portion
Chaohuangdou parched Semen Sojae	2 portions

Administration: The two are ground into fine powder. The

powder is made into pills with the water in which *Dazao* (Fructus Jujubae) has been boiled. 10 g of the pills is taken each time, 3 times daily.

Chinese Patent Medicine: *Xiaoer Shengxue Ling* (Tablet for Treating Children's Blood Disorder).

Administration: Taken with warm boiled water, 15 g each time, 3 times daily.

Prevention

1.Pay attention to hygiene to prevent intestinal parasitic disease.

2.Try to cure chronic hemorrhagic disease such as hemorrhoid, menorrhagia and ulcerative disease.

3.Give ferralium to pregnant women, breast feeding women, infants, young children and patients with large part of the stomach removed, and encourage them to eat adequate amount of food containing iron.

4.Cook with iron utensils.

5.2 Aplastic Anemia

Aplastic anemia, a group of syndromes, is caused by reduced total capacity of red marrow and partial or total failure of hematopoietic function, both of which are due to various causes. Its main clinical manifestations are progressive anemia, bleeding, recurrent infection and erythropenia of the whole blood. In TCM, that with remarkable symptoms due to progressive anemia is included in the category of "deficiency of blood" and "consumptive disease"; that with evident bleeding in the category of "blood trouble".

Etiology and Pathogenesis

The onset of this disease is related to the weakness of the five *Zang*–organs, especially the spleen and kidney. Bleeding occurs when the spleen is deficient, for, in this case, *Qi* and blood are short of source and have lost the ground to command blood. Blood is deficienct when the kidney is deficient, for, in this case, there haven't been enough marrow and fresh supple of blood.

Type and Treatment

1.Type of *Yang*–deficiency of the Spleen and Kidney

Symptoms: Sallow complexion, listlessness, disinclination to talk, aversion to cold, cold limbs, soreness of the loins, spontaneous sweating, impotence, premature ejaculation, irregular menstruation, loose stools or diarrhea before dawn, or edema of the lower limbs, pale and enlarged tongue with thin white coating, and deep thready pulse.

Therapeutic Method: Warming and tonifying the spleen and kidney.

Prescription: *Fuzi Lizhong Tang* (Aconite Decoction for Regulating the Function of the middle–*Jiao*) and *Yougui Wan* (Bolus for Reinforcing the Kidney–*Yang*).

Ingredients:

Zhifuzi Radix Aconiti Lateralis Preparata	9 g
Dangshen Radix Codonopsis	15 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Tusizi Semen Cuscutae	15 g
Shudi Radix Rehmanniae Preparata	15 g
Danggui Radix Angelicae Sinensis	12 g
Ganjiang Rhizoma Zingiberis	6 g
Shanyao Rhizoma Dioscoreae	15 g
Duzhong Cortex Eucommiae	12 g

Shanyurou Fructus Corni	12 g
Gancao Radix Glycyrrhizae	6 g
Lujiao Colla Cornus Cervi(melted in boiling water)	12 g
Gouqizi Fructus Lycii	15 g
Rougui Cortex Cinnamomi	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of abdominal pain before dawn followed by diarrhea, the Chinese patent medicine added is *Sishen Wan* (Pill of Four Miraculous Drugs), which is taken with warm boiled water, 9 g each time, twice daily.

In case of bleeding, the drugs added are *Xianhecao* Herba Agrimoniae (30 g), *Sanqi Fen* Radix Notoginseng (in the form of powder and taken after being infused in water) (3 g).

2.Type of *Yin*–deficiency of the Liver and Kidney

Symptoms: Sallow complexion, dizziness, blurred vision, flushed cheeks, soreness and weakness of the loins and legs, dry and pain in the throat, severe feverish sensation in the chest, palms and soles, low fever, night sweating, emission, insomnia, menorrhagia or protracted metrorrhagia and metrostaxis, reddened tongue with little coating, and thready taut pulse.

Therapeutic Method: Nourishing the liver and kidney.

Prescription: *Zuogui Wan* (Bolus for Replenishing the Liver and Kidney) and modified *Dabuyuan Jian* (Decoction for Invigorating the Primordial *Qi*).

Ingredients:

Shudi Radix Rehmanniae Preparata	15 g
Shanyao Rhizoma Dioscoreae	15 g
Shanyurou Fructus Corni	12 g
Duzhong Cortex Eucommiae	15 g

Tusizi Semen Cuscutae	15 g
Chuanniuxi Radix Cyathulae	15 g
Renshen Radix Ginseng	12 g
Zhigancao Radix Glycyrrhizae Preparata	6 g
Lujiaojiao Colla Cornus Cervi (melted in boiling water)	12 g
Gouqizi Fructus Lycii	15 g
Guibanjiao Colla Carapacis et Plastri Testudinis (melted in boiling water)	12g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of remarkable heat of deficiency type marked by low fever or tidal fever, the drugs added are *Biejia* Carapax Trionycis (12 g), *Digupi* Cortex Lycii (15 g), *Qinghao* Herba Artemisiae Annuae (30 g), *Yinchaihu* Radix Stellariae (15,) the drugs omitted are *Renshen* Radix Ginseng, *Duzhong* Cortex Eucommiae.

In case of abnormal circulation of blood due to heat marked by bleeding or ecchymosis in the skin, the drugs added are *Danpi* Cortex Moutan (15 g), *Xianhecao* Herba Agrimoniae (30 g), *Daji* Radix et Herba Cirsii Japonici (15 g), *Xiaoji* Herba Cirsii (15 g), *Shuiniujiao Fen* Cornu Bubali (in the form of powder and taken after being infused in water) (15 g), the drugs omitted are *Renshen* Radix Ginseng, *Tusizi* Semen Cuscutae, *Duzhong* Cortex Eucommiae.

Chinese Patent Medicine: *Gui Shao Dihuang Wan* (Bolus of Chinese Angelica Root, White Poeny Root and Rhizome of Rehmannia).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

3.Type of Deficiency of *Qi* and Blood

Symptoms: Pale complexion, dizziness, blurred vision, palpitation, shortness of breath, fatigue, acratia, or low fever, insomnia, light red tongue with thin white coating, and thready weak pulse.

Therapeutic Method: Invigorating *Qi* and nourishing blood

Prescription: *Shiquan Dabu Tang* (Decoction of Ten Powerful Tonics).

Ingredients:

Shenghuangqi Radix Astragali	30 g
Renshen Radix Ginseng	9 g
Fuling Poria	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Danggui Radix Angelicae Sinensis	12 g
Hangshao Radix Paeoniae Alba	12 g
Zhigancao Radix Glycyrrhizae Preparata	6 g
Shudi Radix Rehmanniae Preparata	15 g
Chuanxiong Rhizoma Chuanxiong	9 g
Rougui Cortex Cinnamomi	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For evident palpitation and insomnia, the drug added is *Chaozaoren* parched Semen Ziziphi Spinosae (30 g).

For bleeding, the drugs added are *Xianhecao* Herba Agrimoniae (24 g), *Daji* Radix seu Herba Cirsii Japonici (15 g), *Xiaoji* Herba Cirsii. (15 g) and *Ejiao* Colla Corii Asini (melted in boiling water) (12 g).

Simple Prescription: *Heche Fen* Placenta Hominis (in the form of powder)

Administration: Taken twice daily, 3–6g each time.

Proven Prescription

Ingredients:

Niugusui ox marrow	250 g
Shengshanyao Rhizoma Dioscoreae	250 g
Taipan Fen Placenta Hominis (in the form of powder)	30 g
Fengmi Mel	250 g

Administration: The ingredients are pounded until they are evenly mixed and then put into a pot. The pot is steamed in a steamer until the content in the pot is well done. 2 spoonful of the content is taken each time, twice daily.

Chinese Patent Medicine: *Guipi Wan* (Pill for Invigorating the Spleen and Nourishing the Heart).

Administration: Taken 3 times daily, 1 pill each time.

Prevention

1.Protect those who often come into contact with chemicals and radioactive rays. For them, what is suggested is early prevention, diagnosis and treatment of the disease.

2.Abuse of drugs strongly inhibiting the hematopoietic system is avoided. If those have been used, be alert to observe the change of blood picture so that the administration may be stopped timely.

5.3 Primary Thrombocytopenic Purpura

Primary thrombocytopenic purpura, acute or chronic, is also called as immune thrombocytopenic purpura, for it is related to autoimmunity. It is characterized by mucocutaneous petechiae or ecchymosis, or hematoma, or visceral hemorrhage and

thrombocytopenia. According to its clinical manifestations, TCM includes it in the category of "blood troubles" and "*Yin* macules". Because it is usually persistent and recurrent, this disease is a deficiency syndrome in most cases.

Etiology and Pathogenesis

Abundant noxious-heat leads to improper flow of blood; hyperactivity of fire due to *Yin* deficiency or fire due to abundant stomach-heat affects blood and impairs vessels; failure of *Zang* and *Fu* organs, especially the spleen and kidney, to control blood due to deficiency of *Qi* renders blood to flow out of vessels or into the skin, all the above causing this disease.

Type and Treatment

1. Type of Attack of Abundant Heat on Blood

Symptoms: Sudden onset, short course, chills and fever in the early stage, purplish and red ecchymosis or petechiae on the skin in different size and form or in so great a number that they are even formed into tracts, or epistaxis, abdominal pain, hematuria, restlessness, flushed face, reddened tongue with thin white coating, and taut slippery rapid pulse.

Therapeutic Method: Clearing away heat to remove toxic material, cooling blood to eliminate blood stasis.

Prescription: *Qingying Tang* (Decoction for Clearing away Heat from the *Ying* System).

Ingredients:

Xijiao Fen Cornu Rhinocerotis (in the form of powder and taken after being infused in water)	1 g
Danshen Radix Salviae Miltiorrhizae	30 g
Huanglian Rhizoma Coptidis	9 g
Shengdi Radix Rehmanniae	30 g

Shuanghua Flos Lonicerae	30 g
Lianqiao Fructus Forsythiae	15 g
Zhuye Herba Lophatheri	9 g
Yuanshen Radix Scrophulariae	18 g
Maidong Radix Ophiopogonis	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of abundant noxious-heat marked by fever, thirst with desire for drinking, dysphoria and crowded purpura, the drugs added are *Shengshigao* Gypsum Fibrosum (30 g), *Danpi* Cortex Moutan (15 g), *Longdancao* Radix Gentianae (12 g).

When heat injures blood vessels of the intestines and causes hemafecia, the drugs added are *Huaihua* Flos Sophorae (30 g), *Diyu* Radix Sanguisorbae (15 g).

If there is hematuria, the drugs added are *Xiaoji* Herba Cirsii (30 g), *Huangbai* Cortex Phellodendri (12 g), *Hupo Fen* Succinum (in the form of Powder and taken after being infused in water) (1.5 g) and *Niuxi Tan* Carbonized Radix Achyranthis Bidtatae (15 g).

2.Type of Hyperactive Fire due to *Yin* Deficiency

Symptoms: Intermittent red or purple red purpura which is sometimes mild but sometimes severe especially in the lower limbs, or epistaxis, gingival hemorrhage, dizziness, acratia, restlessness, tinnitus, low fever or feverish sensation in the palms and soles, or tidal fever, night sweating, reddened and dry tongue with little coating, and thready rapid pulse.

Therapeutic Method: Nourishing *Yin* to Suppress fire, clearing away heat to cool blood and stop bleeding.

Prescription: *Qiangen San* (Powder of Rubia Root) and

Yunü Jian (Gypsum Decoction).

Ingredients:

Qiangen Radix Rubiae	15 g
Cebaiye Cacuman Platycladi	9 g
Shengdi Radix Rehmanniae	30 g
Shudi Radix Rehmanniae Preparata	30 g
Shigao Gypsum Fibrosum	30 g
Niuxi Radix Achyranthis Bidentatae	15 g
Ejiao Colla Corii Asini (melted in boiling water)	12 g
Huangqin Radix Scutellariae	12 g
Maidong Radix Ophiopogonis	24 g
Zhimu Rhizoma Anemarrhenae	12 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1dose daily.

Modification: In case of insufficiency of the stomach–*Yin* marked by thirst with desire for drinking, the drugs added are *Shihu* Herba Dendrobii (15 g), *Yuzhu* Rhizoma Polygonati Odorati (15 g).

For evident tidal fever, the drugs added are *Biejia* Carapax Trionycis (12 g), *Digupi* Cortex Lycii (15 g), *Yinchaihu* Radix Stellariae (15 g), the drugs omitted are *Shigao* Gypsum Fibrosum, *Huangqin* Radix Scutellariae.

3.Type of Deficiency of the Spleen–*Qi*

Symptoms: Unobtrusive Scattered intermittent light red or dark purpura which becomes severe due to overstrain, listlessness, dizziness, acratia, palpitation, shortness of breath, poor appetite, sallow complexion, pale tongue with white coating, and weak pulse.

Therapeutic Method: Invigorating the spleen–*Qi*, nourishing

and controlling blood.

Prescription: *Guipi Tang* (Decoction for Invigorating the Spleen and Nourishing the Heart).

Ingredients:

Dangshen Radix Codonopsis	15 g
Huangqi Radix Astragali	30 g
Longyanrou Arillus Longan	9 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Fuling Poria	12 g
Suanzaoren Semen Ziziphi Spinosae	15 g
Danggui Radix Angelicae Sinensis	12 g
Yuanzhi Radix Polygalae	6 g
Muxiang Radix Aucklandiae	6 g
Shengjiang Rhizoma Zingiberis Recens	6 g
Dazao Fructus Jujubae	6 dates
Zhigancao Radix Glycyrrhizae Preparata	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of deficiency of *Qi* affecting *Yang* due to prolonged disease marked by cold extremities and loose stools, the drugs added are *Zhifuzi* Radix Aconiti Lateralis Preparata (9 g), *Rougui* Cortex Cinnamomi (3 g), the drug omitted is *Zaoren* Semen Ziziphi Spinosae.

In case of insufficiency of the kidney–*Qi* manifested as soreness and weakness of the loins and knees, the drugs added are *Tusizi* Semen Cuscutae (30 g), *Xuduan* Radix Dipsaci (15 g), *Sangjisheng* Herba Taxilli (15–30 g).

If there are unhealing ecchymosis due to blood stasis remaining after bleeding, splenomegaly and purplish dark tongue, the medicines added are *Shxiao San* (Wonderful Powder for Re-

lieving Blood Stagnation) (6 g), *Shensanqi* Radix Notoginseng (9 g), the drugs omitted are *Shengjiang* Rhizoma Zingiberis Recens, *Dazao* Fructus Jujubae.

Chinese Patent Medicine 1: *Buzhong Yiqi Wan* (Bolus for Reinforcing the Middle–*Jiao* and Replenishing *Qi)*.

Administration: Taken with warm boiled water, 1 bolus each time, 3 times daily.

Chinese Patent Medicine 2: *Renshen Guipi Wan* (Ginseng Bolus for Invigoratiing the Spleen and Nourishing the Heart).

Administration: Taken with warm boiled water, 1 bolus each time, 2–3 times daily.

Chinese Patent Medicine 3: *Shiquan Dabu Wan* (Bolus of Ten Powerful Tonics).

Administration: Taken with warm boiled water, 1 bolus each time, 2–3 times daily.

Prevention

Keep the mind at ease, avoid food pungent and dry in nature and prevent trauma.

5.4 Leukocytopenia

Leukocytopenia is also called as leukopenic state in which the leukocyte count in peripheral hemogram is kept lower than 4000 / mm^3, the differential white cell count is usually normal or the absolute value of neutrophilic granulocyte is normal or slightly lower. Clinically, it may be manifested as no obvious symptoms or as dizziness, acratia, low fever, weakness of the legs, poor appetite, bad sleep, etc. TCM includes this disease in the category of "consumptive disease".

Etiology and Pathogenesis

One or more of the following: congenital defect, poor nourishment after disease, attack by abnormal weather in four seasons, invasion of pathogens and improper taking of medicines, can impair the vital–*Qi*, leading to deficiency of the spleen and kidney. Deficiency of the spleen and kidney will, in turn, cause insufficiency of *Ying*, *Wei*, *Qi* and blood. This disease results at last.

Type and Treatment

1.Type of Deficiency of *Qi* and *Yin*

Symptoms: Pale complexion, lassitude, acratia, dizziness, blurred vision, low fever, tidal fever, shortness of breath, languor, severe feverish sensation in the chest, palms and soles, light red tongue with thin white coating, and thready weak pulse.

Therapeutic Method: Invigorating *Qi* and nourishing *Yin*.

Prescription: *Huangqi Shengmai San* (Astragalus Root Powder for Activating Pulse).

Ingredients:

Renshen Radix Ginseng	12 g
Maidong Radix Ophiopogonis	30 g
Wuweizi Fructus Schisandrae	9 g
Huangqi Radix Astragali	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there is remarkable deficiency of the lung–*Qi* marked by cough, dyspnea, spontaneous sweating and aversion to wind, the drugs added are *Duanmuli* forged Concha Ostreae (30 g), *Shanyao* Rhizoma Dioscoreae (15 g), *Fuxiaomai* Fructus Tritici Levis (30 g).

If there is evident deficiency of the spleen–*Qi* marked by poor appetite, loose stools, abdominal distension and tenesmus or

proctoptosis, the drugs added are *Baibiandou* Semen Lablab Album (30 g), *Lianzirou* Semen Nelumbinis (15 g), *Shengma* Rhizoma Cimicifugae (6 g), *Chaihu* Radix Bupleuri (6 g).

If there is obvious deficiency of the liver and kidney marked by soreness and weakness of the loins and knees, tinnitus, deafness, dizziness, headache, dry eyes and dim vision, the drugs added are *Shengdi* Radix Rehmanniae (15 g), *Gouqizi* Fructus Lycii (15 g), *Shanyurou* Fructus Corni (12 g).

2.Type of *Yang*–deficiency of the Spleen and Kidney

Symptoms: Dizziness, tinnitus, soreness and weakness of the loins and knees, listlessness, acratia, shortness of breath, languor, low fever, aversion to cold, poor appetite, loose stools, enlarged and tender tongue with thin white coating, and deep thready pulse.

Therapeutic Method: Warming and enhancing the spleen and kidney.

Prescription: *Yougui Wan* (Pill for Reinforcing the Kidney–*Yang*).

Ingredients:

Shudi Radix Rehmanniae Preparata	15 g
Shanyao Rhizoma Dioscoreae	12 g
Lujiaojiao Colla Cornus Cervi (melted in boiling water)	12 g
Fuzi Radix Aconiti Lateralis Preparata	9 g
Rougui Cortex Cinnamomi	3 g
Gouqizi Fructus Lycii	12 g
Danggui Radix Angelicae Sinensis	15 g
Duzhong Cortex Eucommiae	12 g
Shanyurou Fructus Corni	12 g

Tusizi Semen Cuscutae 15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of deficiency of *Qi*, the drugs added are *Huangqi* Radix Astragali (15–30 g), *Dangshen* Radix Codonopsis (18 g).

Chinese Patent Medicine 1: *Fuzi Lizhong Wan* (Aconite Bolus for Regulating the Function of the Middle–*Jiao*).

Administration: Taken with warm boiled water, 1 bolus (9 g) each time, twice daily.

Chinese Patent Medicine 2: *Jinkui Shenqi Wan* (Bolus for Reinforcing the Middle–*Jiao* and Replenishing *Qi*).

Administration: Taken with warm boiled or slightly salty water, 1 bolus each time, 2–3 times daily.

Chinese Patent Medicine 3: *Shiquan Dabu Wan* (Bolus of Ten Powerful Tonics).

Administration: Taken with warm boiled water, 1 bolus (9 g) each time, twice daily.

Prevention

1.Pay attention to occupation protection and make regular examination of those contacting radioactive rays to find out whether the peripheral hemogram is normal or not.

2.Do not abuse various drugs which are likely to cause leukocytopenia. When necessary, their usage should be strictly controlled and the hemogram re-examined. Once leukocytopenia is found, their dosage should be reduced or their use stopped, and treatment should be followed timely.

5.5 Leukemia

Leukemia is a malignant pathogenic change due to abnormal

hyperplasia of hematopoietic cells and erosion of all the tissues and organs.Acute leukemia,marked by fever,anemia and bleeding,is included in the category of "epidemic febrile disease", "acute pulmonary tuberculosis","consumptive fever"and "blood troubles" in TCM. Chronic leukemia, marked by splenomegaly and lymphadenectasis, is included in the category of "consumptive disease" ," abdominal mass" ," subcutaneous nodule" or "scrofula"in TCM. All the syndromes tend to exchange each other or appear alternately.

Etiology and Pathogenesis

The cause of this disease is complicated,But in most cases,it is due to insufficiency of the vital–*Qi* and invasion of virulent and pathogenic factors, which lead to combination of blood stasis and phlegm stagnation. This disease belongs to the kind of deficiency in origin and excess in superficiality with the latter as the lead.

Type and Treatment

1.Type of Abundant Noxious–heat

Symptoms: Fever, dysphoria, or coma, bleeding (gingival hemorrhage, epistaxis, hematohidrosis, hemafecia, etc.), headache, general pain, ache of the bones, thirst, dry lips, crimson tongue with yellow dry coating, and slippery rapid or rapid large pulse.

Therapeutic Method: Clearing away heat and toxic material, cooling blood and stopping bleeding.

Prescription: Modified *Xijiao Dihuang Tang* (Decoction of Rhinoceros Horn and Rehmannia).

Ingredients:

Xijiao Fen Cornu Rhinocerotis (in the form of powder and taken after being

infused in water)	1 g
Shengdi Radix Rehmanniae	30 g
Baishao Radix Paeoniae Alba	15 g
Danpi Cortex Moutan	15 g
Zicao Radix Arnebiae seu Lithospermi	30 g
Xuanshen Radix Scrophulariae	18 g
Banzhilian Herba Scutellariae Barbatae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For aphthous ulcer and gingival swelling and pain, the drugs added are *Huanglian* Rhizoma Coptidis (9 g), *Longdancao* Radix Gentianae (12 g).

For more severe bleeding, the drug added is *Sanqi Fen* Radix Notoginseng (in the form of powder and taken after being infused in water) (3 g).

For high fever due to affection of exopathogens, the drugs added are *Shuanghua* Flos Lonicerae (30 g), *Lianqiao* Fructus Forsythiae (15 g), *Huangqin* Radix Scutellariae (12 g).

Chinese Patent Medicine: *Niuhuang Jiedu Pian* (Bezoar Tablet for Detoxicatin g).

Administration: Taken with warm boiled water, 3 tablets each time, 2–3 times daily.

2.Type of Abdominal Masses due to Blood Stasis

Symptoms: Masses below the hypochondrium which feel hard, distending pain in the hypochodriac region, emaciation, pale complexion, dark red tongue with little coating, and taut or uneven pulse.

Therapeutic Method: Promoting the circulation of blood to remove blood stasis, softening and resolving hard masses.

Prescription: *Gexia Zhuyu Tang* (Decoction for Dissipating

Blood Stasis under the Diaphragm).

Ingredients:

Wulingzhi Faeces Trogopterori	9 g
Danggui Radix Angelicae Sinensis	12 g
Chuanxiong Rhizoma Chuanxiong	12 g
Taoren Semen Persicae	12 g
Danpi Cortex Moutan	15 g
Chishao Radix Paeoniae Rubra	15 g
Wuyao Radix Linderae	12 g
Honghua Flos Carthami	9 g
Yuanhu Rhizoma Corydalis	12 g
Xiangfu Rhizoma Cyperi	12 g
Zhiqiao Fructus Aurantii	12 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there is evident hepatosplenomegaly, the drugs added are *Biejia* Carapax Trionycis (15 g), *Muli* Concha Ostreae (30 g), the drug omitted is *Wuyao* Radix Linderae.

If there is hepatosplenomegaly with severe pain and without hemorrhagic tendency, the drugs added are *Sanleng* Rhizoma Sparganii (9 g), *Ezhu* Rhizoma Curcumae (9 g), *Shanjia* Squama Manitis (12 g), the drugs omitted are *Chuanxiong* Rhizoma Chuanxiong, *Chishao* Radix Paeoniae Rubra.

3.Type of Accumulation of Subcutaneous Nodule

Symptoms: Hard and slightly-tender lymphadenectasis in the neck, chin, axillary fossa and groin, or bony projection, light red tongue with white greasy coating, and taut slippery pulse.

Therapeutic Method: Softening masses by resolving phlegm, removing blood stasis to subdue swelling.

Prescription: Modified *Neixiao Luoli Wan* (Bolus for Resolving Scrofula in the Interior).

Ingredients:

Haizao Sargassum	30 g
Kunbu Thallus Laminariae seu Echloniae	30 g
Xiakucao Spica Prunellae	30 g
Muli Concha Ostreae	30 g
Danggui Radix Angelicae Sinensis	15 g
Tianhuafen Radix Trichosantis	15 g
Chuanbeimu Bulbus Fritillariae Cirrhosae	12 g
Lianqiao Fructus Forsythiae	15 g
Shancigu Pseudo bulbus Cremastrae seu Pleiones	9 g
Yuanshen Radix Scrophulariae	15 g
Gancao Radix Glycyrrhizae	9 g
Huangyaozi Rhizoma Dioscoreae Bulbiferae	15 g

Administration: Decocted in water for oral use, 1 dose daily.

4.Type of Deficiency of Both *Qi* and Blood

Symptoms: Sallow complexion, palpitation, shortness of breath, lassitude, acratia, dizziness, spontaneous sweating, soreness and weakness of the loins and knees, edema of the low limbs, or gingival hemorrhage, epistaxis, hematohidrosis, light red tongue with thin white coating, and thready weak or deficient large feeble pulse.

Therapeutic Method: Invigorating *Qi* and nourishing blood.

Prescription: *Renshen Yangying Tang* (Ginseng Decoction for Nourishing *Ying*).

Ingredients:

Renshen Radix Ginseng	12 g
Huangqi Radix Astragali	30 g

Danggui Radix Angelicae Sinensis	15 g
Baishao Radix Paeoniae Alba	15 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Shudi Radix Rehmanniae Preparata	15 g
Fuling Poria	12 g
Rougui Cortex Cinnamomi	3 g
Wuweizi Fructus Schisandrae	6 g
Chenpi Pericarpium Citri Reticulatae	9 g
Yuanzhi Radix Polygalae	9 g
Gancao Radix Glycyrrhizae	6 g
Shengjiang Rhizoma Zingiberis Recens	6 g
Dazao Fructus Jujubae	6 dates

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of epistaxis and low fever, the drugs added are *Hanliancao* Herba Ecliptae (30 g), *Nüzhenzi* Fructus Ligustri Lucidi (15 g), *Xianhecao* Herba Agrimoniae (30 g), the drugs omitted are *Rougui* Cortex Cinnamomi, *Shengjiang* Rhizoma Zingiberis Recens.

In case of more or unceasing bleeding, the drugs added are *Sanqi Fen* Radix Notoginseng (in the form of powder and taken after being infused in water) (3 g) or *Sanqi Pian* (Tablet of Sanqi), 5 tablets is taken each time, 3 times daily.

Ejiao Colla Corii Asini (melted in boiling water and then taken) (9 g).

5.Type of Insufficiency of *Yin*–blood

Symptoms: Low fever, restlessness of deficiency type, gingival hemorrhage, epistaxis, ecchymosis in the skin, dizziness, blurred vision, dry mouth, night sweating, reddened lingua geographica, and thready rapid pulse.

Therapeutic Method: Nourishing *Yin* and blood

Prescription: *Dabuyuan Jian* (Decoction for Invigorating the Primordial *Qi*).

Ingredients:

Shudi Radix Rehmanniae Preparata	30 g
Renshen Radix Ginseng	9 g
Duzhong Cortex Eucommiae	15 g
Danggui Radix Angelicae Sinensis	12 g
Shanyao Rhizoma Dioscoreae	15 g
Gouqizi Fructus Lycii	15 g
Shanyurou Fructus Corni	12 g
Zhigancao Radix Glycyrrhizae Preparata	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of remarkable low fever, the drugs added are *Biejia* Carapax Trionycis (12 g), *Guiban* Carapax et Plastrum Testudinis (12 g), *Digupi* Cortex Lycii (15 g), *Qinghao* Herba Artemisiae Annuae (24 g), *Baiwei* Radix Cynanchi Atrati (30 g), *Xiyangshen* Radix Panacis Quinquefolii (9 g), the drugs omitted are *Shanyao* Rhizoma Dioscoreae, *Renshen* Radix Ginseng.

In case of bleeding, the drugs added are *Danpi* Cortex Moutan Radicis (15 g), *Ejiao* Colla Corii Asini (melted in boiling water) (12 g).

In case of severe deficiency of blood, the drug added is *Ziheche Fen* Placenta Hominis (in the form of powder, 3g of which is taken each time, 3 times daily).

6.Type of Deficiency of *Yang*–*Qi*

Symptoms: Pale complexion, aversion to cold, cold limbs, lassitude, dizziness, soreness and weakness of the loins and knees, pale enlarged

tongue with white coating, and deep thready weak pulse.

Therapeutic Method: Warming and replenishing *Yang–Qi*

Prescription: *Yougui Wan* (Bolus for Reinforcing the Kidney–*Yang*).

Ingredients:

Shudi Radix Rehmanniae Preparata	30 g
Shanyao Rhizoma Dioscoreae	15 g
Shanyurou Fructus Corni	12 g
Gouqizi Fructus Lycii	15 g
Duzhong Cortex Eucommiae	15 g
Tusizi Semen Cuscutae	30 g
Fuzi Radix Aconiti Lateralis Preparata	12 g
Rougui Cortex Cinnamomi	3 g
Lujiaojiao Colla Cornus Cervi (melted in boiling water)	12 g
Danggui Radix Angelicae Sinensis	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe deficiency of *Yang* marked by remarkable aversion to cold and cold limbs, the drug *Fuzi* is used in Larger dosage.

If there is deficiency of *Yin*, the drug added is

Zhishouwu Radix Polygoni Multiflori Preparata (30 g).

Prevention

1.Those contacting radioactive rays, harmful chemicals or gas should strengthen labor protection, strictly follow operating rules, and receive regular physical examination in order to find and treat the disease early.

2.Build up the health, avoid overstrain, rage, gloom, and keep a happy mind and a stable mood.

6 Diseases of the Endocrine System

6.1 Hyperthyroidism

Hyperthyroidism clinically characterized by thyroid enlargement, tachycardia, nervousness and loss of body weight is a common disease due to over-secretion of thyroid hormone. In TCM, it is included in the category of "goiter" and "palpitation".

Etiology and Pathogenesis

The main cause of this disease is emotional stimulus and general deficiency of *Yin*.

1.Emotional stimulus leads to stagnation of the liver-*Qi*, stagnation of *Qi* causes gathering of phlegm, and phlegm accumulated in the front neck will gradually turn into masses.

2.When *Qi* is stagnated, deficient *Yin* is liable to produce fire. Hyperactivity of the liver-fire is apt to do damage to *Yin*. The deficient and damaged *Yin* is also the cause of this disease.

Type and Treatment

1.Type of Accumulation of Phlegm due to Stagnation of *Qi*

Symptoms: Soft and painless masses in the front of neck, choking sensation in the chest, pain in the Hypochondriac region, tending to sigh, thin greasy tongue coating, and taut slippery pulse.

Therapeutic Method: Regulating the flow of *Qi* to dissipate phlegm, softening and resolving masses.

Prescription: Modified *Chaihu Shugan San* (Bupleurum Powder for Relieving the Liver-*Qi*).

Ingredients:

Chaihu Radix Bupleuri	9 g
Chenpi Pericarpium Citri Reticulatae	9 g
Xiangfu Rhizoma Cyperi	9 g
Fuling Poria	15 g
Banxia Rhizoma Pinelliae	9 g
Zhiqiao Fructus Aurantii	6 g
Hangshao Radix Paeoniae Alba	15 g
Xuanshen Radix Scrophulariae	15 g
Zhebeimu Bulbus Fritillariae Thunbergii	9 g
Gancao Radix Glycyrrhizae	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of thyroid enlargement with hard nodules, the drugs added are *Biejia Zhu* Carapax Trionycis (10 g), *Loulu* Radix Rhapontici (10 g) and *Taoren* Semen Persicae (10 g).

In case of loose stools, lassitude and acratia, the drugs added are *Baizhu* Rhizoma Atractylodis Macrocephalae (12 g), *Baibiandou* Semen Lablab Album (15 g) and *Yiren* Semen Coicis (15 g).

Proven Prescription

Ingredients:

Banxia Rhizoma Pinelliae	10 g
Fuling Poria	15 g
Zhixiangfu Rhizoma Cyperi Preparata	15 g
Yujin Rhizoma Curcumae	12 g
Xuanshen Radix Scrophulariae	30 g
Xiakucao Spica Prunellae	15 g
Hanliancao Herba Ecliptae	15 g
Shenglonggu Os Draconis Fossilia	30 g

Shengmuli Concha Ostreae 30 g
Zidanshen Radix Salviae Miltiorrhizae 30 g

Administration: Decocted in water for oral use, 1 dose daily.

2.Type of Hyperactivity of the Liver–fire

Symptoms: Goiter, exophthalmus, impatience, irritability, burning sensation in the zygomatic region, aversion to warmth, profuse sweat, bitter taste, conjunctival congestion, thin yellow tongue coating, and taut rapid pulse.

Therapeutic Method: Clearing away heat and fire in the liver

Prescription: Modified *Longdan Xiegan Tang* (Decoction of Gentiana for Purging the Liver–fire).

Ingredients:

Longdancao Radix Gentianae 9 g
Huangqin Radix Scutellariae 10 g
Zexie Rhizoma Alismatis 10 g
Shanzhi Fructus Gardeniae 10 g
Chaihu Radix Bupleuri 9 g
Xuanshen Radix Scrophulariae 12 g
Shengdihuang Radix Rehmanniae 15 g
Zhebeimu Bulbus Fritillariae Thunbergii 9 g
Xiakucao Spica Prunellae 15 g
Shengmuli Concha Ostreae 30 g
Gancao Radix Glycyrrhizae 3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of heat syndrome of the stomach marked by a tendency towards hunger due to hyperactivity of the digestive function, the drugs added are *Huanglian* Rhizoma Coptidis (6 g), *Shengshigao* Gypsum Fibrosum (30 g).

In case of constipation due to stagnation of *Fu–Qi*, the drug

added is *Dahuang* Radix et Rhizoma Rhei (to be added later) (6 g).

3.Type of *Yin*–deficiency of the Heart and Liver

Symptoms: Palpitation often due to fright, restlessness, insomnia, pain in the hypochondriac region, dry mouth, reddened tongue, and thready rapid pulse.

Therapeutic Method: Reinforcing the heart to calm the mind, nourishing *Yin* and the liver.

Prescription: *Tianwang Buxin Dan* (Cardiotonic Pill) and *Yiguan Jian* (An Ever Effective Decoction for Nourishing the Liver and Kidney).

Ingredients:

Taizishen Radix Pseudostellariae	15 g
Maidong Radix Ophiopogonis	15 g
Shengdihuang Radix Rehmanniae	15 g
Suanzaoren Semen Ziziphi Spinosae	15 g
Beishashen Radix Glehniae	15 g
Gouqizi Fructus Lycii	12 g
Wuweizi Fructus Schisandrae	3 g
Baiziren Semen Platycladi	10 g
Zhigancao Radix Glycyrrhizae Preparata	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of soreness of the loins and tinnitus, the drugs added are *Nüzhenzi* Fructus Ligustri Lucidi (15 g), *Heshouwu* Radix Polygoni Multiflori (15 g), *Guiban* Carapax et Plastrum Testudinis (10 g).

In case of hyperactivity of the liver–*Yang* in the upper and exhaustion of *Yin*–fluid in the lower marked by flushed face and trembling hands, the drugs added are *Zhenzhumu* Concha

Margaritifera Usta (15–30 g), *Shenglonggu* Os Draconis Fossilia (30 g), *Shengmuli* Concha Ostreae (30 g) and *Gouteng* Ramulus Uncariae cum Uncis (30 g).

Prevention

Take an active part in physical training to raise the adjusting ability of the nervous system. Keep a proper balance between work, study and daily life. Good health care in puberal, gravidic and climacteric period plays certain part in prevention of this disease.

6.2 Hypothyroidism

Hypothyroidism is due to lack of thyroid hormone in blood and hypometabolism. It is clinically marked by deficiency of *Yang–Qi* and often complicated by mucous edema, and included in the category of "consumptive disease" and "edema" of TCM.

Etiology and Pathogenesis

TCM believes that congenital defect, general weakness, overstrain and debility in the convalescence get together to lead *Zang* and *Fu* organs to the state of lack of *Qi*, blood, *Yin* and *Yang* with *Yang*–deficiency of the Spleen and kidney as the lead.

Type and Treatment

1. Type of *Yang*–deficiency of the Spleen and Kidney

Symptoms: Listlessness, acratia, drowsiness, languor, hoarse voice, stone face, amnesia, chills, cold limbs, enlarged and rough skin, easily–falling–off and dry hair, poor appetite, sexual hypoesthesia in male and even impotence, premen strual period and menorrhagia in female, enlarged and tender tongue with tooth–prints and white or white greasy coating, and deep thready pulse.

Therapeutic Method: Warming up the kidney and strengthening the spleen

Prescription: Modified *Shenqi Wan* (Bolus for Tonifying the Kidney—*Qi*).

Ingredients:

Shufuzi Radix Aconiti Lateralis Preparata (to be decocted first) 10 g

Rougui Cortex Cinnamomi
(to be decocted after the others) 5 g

Huangqi Radix Astragali 30 g

Dangshen Radix Codonopsis 15 g

Chaoshanyao Parched Rhizoma Dioscoreae 15 g

Danggui Radix Angelicae Sinensis 12 g

Qingpi Pericarpium Citri Reticulatae Viride 10 g

Chenpi Pericarpium Citri Reticulatae 10 g

Shudihuang Radix Rehmanniae Preparata 15 g

Shanyurou Fructus Corni 12 g

Gouqizi Fructus Lycii 12 g

Huainiuxi Radix Achyranthis Bidentatae 15 g

Xianlingpi Herba Epimedii 15 g

Lujiao Fen Cornu Cervi
(taken after being infused in water) 5 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of evident deficiency of the spleen—*Yang*, the drugs added are *Ganjiang* Rhizoma Zingiberis (9 g), *Baizhu* Rhizoma Atractylodis Macrocephalae (12 g).

If deficiency of the kidney—*Yang* is remarkable, the drugs added are *Bajitian* Radix Morindae Officinalis (15 g), *Buguzhi* Fructus Psoraleae (15 g), *Ziheche Fen* Placenta Hominis (in the

form of powder and taken by swallowing) (10 g).

In case of spermatorrhoea, frequent and incontinent urination, the drugs added are *Jinyingzi* Fructus Rosae Laevigatae (15 g), *Qianshi* Semen Euryales (12 g), *Fupenzi* Fructus Rubi (15 g), *Tusizi* Semen Cuscutae (30 g).

For severe edema, the drugs added are *Fulingpi* Extra Poria (30 g), *Cheqianzi* Semen Plantaginis (to be decocted after being wrapped in a piece of cloth) (15 g).

2.Type of Deficiency of the Kidney–*Qi*

Symptoms: Soreness and coldness of the loins and back, impotence and premature ejaculation in male, watery and scanty menstruation or amenia in female, insomnia, dreamfulness, slightly red cheeks, dim eyesight, restlessness, dry mouth, frequent urination with dark urine, reddened dry cracked tongue with thin white coating, and deep thready rapid pulse.

Therapeutic Method: Warming and supplementing the kidney–*Qi*, nourishing *Yin* and suppressing hyperactive *Yang*.

Prescription: Modified *Erxian Tang* (Decoction of Curculigo Rhizome and Epimedium) and *Gui Lu Erxian Jiao* (Gelatin of Tortoise–plastron and Deer–horn).

Ingredients:

Xianmao Rhizoma Curculiginis	10 g
Xianlingpi Herba Epimedii	12 g
Bajitian Radix Morindae Officinalis	12 g
Guiban Carapax et Plastrum Testudinis	12 g
Dangshen Radix Codonopsis	30 g
Huangqi Radix Astragali	30 g
Shanyao Rhizoma Dioscoreae	15 g
Danggui Radix Angelicae Sinensis	15 g

Hangbaishao Radix Paeoniae Alba 12 g

Shengdi Radix Rehmanniae 15 g

Shudi Radix Rehmanniae Preparata 15 g

Lujiao Fen Cornu Cervi (to be taken after being infused in water) 5 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of dim eyesight, the drugs added are *Gouqizi* Fructus Lycii (15 g), *Baijuhua* Flos Chrysanthemi (9 g).

In case of amenia, the drug added is *Danshen* Radix Salviae Miltiflori (15–30 g).

In case of insomnia and dreamfulness, the drugs added are *Suanzaoren* Semen Ziziphi Spinosae (15–30 g), *Yuanzhi* Radix Polygalae (6 g).

Chinese Patent Medicine: *Gui Fu Dihuang Wan* (Bolus of Cinnamon, Aconite and Rehmannia Root).

Administration: Taken with warm boiled water, 1 bolus each time, 3 times daily.

Prevention

Quite a number of cases of hypothyroidism are due to thyroidectomy or due to treatment with radioactive 131I (iodine). So the size of the thyroid to be removed and the dosage of the radioactive iodine 131 to be used must be controlled lest too large a size and a dosage should bring about this disease.

6.3 Diabetes

Disturbance of carbohydrate metabolism due to absolute or relative hyposecretion of insulin is the main cause of this disease, which is characterized by thirst, polydipsia, polyphagia, polyuria

and emaciation. In TCM, it is included in category of "*Xiaoke*".

Etiology and Pathogenesis

This disease is caused by:

1.Impairment of body fluid

Deficiency of *Yin* and over-intake of rich fatty food and liquor contribute to accumulation of heat in the interior. The accumulated heat tends to turn to dryness. The dryness will impair body fluid.

2.Burned *Yin*-fluid of the lung and stomach

Long-term of emotional stimulus leads to stagnation of *Qi*. Stagnation of Qi leads to production of fire. The fire burns *Yin*-fluid of the lung and stomach.

3.Attack of the lung and stomach by hyperactive fire

Overstrain and sexual intemperance exhaust *Yin*-essence. Exhaustion of *Yin*-essence causes deficiency of *Yin*. Yin-deficiency results in hyperactivity of fire. The resulting fire will go upward to heat the lung and stomach.

Type and Treatment

1.Type of Dry-heat in the Lung and Stomach

Symptoms: Severe thirst, polydipsia, dry mouth and tongue, polyphagia, being liable to hunger, emaciation, frequent urination with polyuria, reddened tongue margin and tip, yellow and dry tongue coating, slippery rapid or full rapid pulse.

Therapeutic Method: Nourishing *Yin*, clearing away heat, promoting the production of body fluid and relieving thirst.

Prescription: Modified *Baihu Jia Renshen Tang* (White Tiger Decoction with Ginseng) and *Xiaoke Fang* (Prescription for Treating *Xiaoke*).

Ingredients:

Shengshigao Gypsum Fibrosum 30 g
Zhimu Rhizoma Anemarrhenae 15 g
Renshen Radix Ginseng 6 g
Beishashen Radix Glehniae 15 g
Maidong Radix Ophiopogonis 30 g
Tianhuafen Radix Trichosanthis 30 g
Shengdihuang Radix Rehmanniae 15 g
Yuzhu Rhizoma Polygonati Odorati 15 g
Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: Larger dosage of *Tianhuafen* is used for extreme thirst.

Larger dosage of *Shengdihuang* is used for polyphagia.

6 g of *Dahuang* Radix et Rhizoma Rhei is added for constipation.

6 g of *Chuanhuanglian* Rhizoma Coptidis is added for orolingual sore.

In case of hyperglycosemia, the drugs added are *Xuanshen* Radix Scrophulariae (15–30 g), *Cangzhu* Rhizoma Atractylodis (12 g).

Proven Prescription 1

Ingredients:

Nangua Fen Fructus Curcubitae (in the form of powder) 30 g
Tianyeju Flos Chrysanthemi 5 g

Administration: *Nangua Fen* is taken with the water in which *Tianyeju* has been steeped.

Proven Prescription 2

Ingredients:

Shenghuangqi Radix Astragali 30–45 g

Dangshen Radix Codonopsis	30 g
Maidong Radix Ophiopogonis	30 g
Tianhuafen Radix Trichosanthis	30 g
Shengdihuang Radix Rehmanniae	15 g
Xuanshen Radix Scrophulariae	24 g
Cangzhu Radix Atractylodis	12 g
Huanglian Rhizoma Coptidis	6 g
Zidanshen Radix Salviae Miltiorrhizae	30 g
Jinyingzi Fructus Rosae Laevigatae	15 g
Shayuanzi Semen Astragali Complanati	15 g

(Notes: 6 g of *Renshen* Radix Ginseng may be used instead of Dangshen.)

Administration: Decocted in water for oral use, 1 dose daily.)

Chinese Patent Medicine: *Xiaoke Wan*

Administration: Taken 3 times daily, 5–10 bolus each time.

2.Type of Deficiency of the Kidney–*Yin*

Symptoms: Frequent micturition, polyuria, light–colored urine, floating fat on the surface of the urine which has stood for a while, soreness and weakness of the loins and knees, dry mouth, reddened tongue, and deep thready rapid pulse.

Therapeutic Method: Nourishing *Yin* and tonifying the kidney.

Prescription: Modified *Liuwei Dihuang Tang* (Decoction of Six Drugs with Rehmannia).

Ingredients:

Shengdihuang Radix Rehmanniae	15 g
Shudihuang Radix Rehmanniae Preparata	15 g
Huaishanyao Rhizoma Dioscoreae	12 g

Yunfuling Poria	12 g
Shanyurou Fructus Corni	10 g
Mudanpi Cortex Moutan	10 g
Zexie Rhizoma Alismatis	10 g
Jinyingzi Fructus Rosae Laevigatae	15 g
Shayuanzi Semen Astragali Complanati	15 g
Wuweizi Fructus Schisandrae	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of impairment of both *Qi* and *Yin* marked by fatigue, weakness, emaciation, and thready feeble pulse, the drugs added are *Renshen* Radix Ginseng (6 g), *Shenghuangqi* Radix Astragali (30 g), *Baizhu* Rhizoma Atractylodis Macrocephalae (9 g).

In case of deficiency of both the liver and kidney marked by dizziness, blurred vision and tinnitus, the drugs added are *Gouqizi* Fructus Lycii (15 g), *Sangshenzi* Fructus Mori (15 g) and *Nüzhenzi* Fructus Ligustri Lucidi (12 g).

3.Type of Deficiency of Both *Yin* and *Yang*

Symptoms: Frequent urination with urine as turbid as paste, black or pale face, edema, diarrhea, impotence, chills, pale tongue with white coating, and deep thready weak pulse.

Therapeutic Method: Nourishing the kidney, warming up *Yang* and inducing astringency.

Prescription: Modified *Jinkui Shenqi Wan* (Bolus for Tonifying the kidney–*Qi*).

Ingredients:

Shudihuang Radix Rehmanniae Preparata	24 g
Chaoshanyao Rhizoma Dioscoreae stir–fried	15 g
Shanyurou Fructus Corni	12 g

Yunfuling Poria	12 g
Mudanpi Cortex Moutan	10 g
Zexie Rhizoma Alismatis	10 g
Fuzi Radix Aconiti Lateralis Preparata	6 g
Rougui Cortex Cinnamomi	4 g
Tusizi Semen Cuscutae	30 g
Huluba Semen Trigoneliae	10 g
Jinyingzi Fructus Rosae Laevigatae	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For too frequent urination, the drugs added are *Fupenzi* Fructus Rubi (15 g), *Sangjisheng* Herba Taxilli (15 g).

For impotence, the drugs added are *Lujiao Pian* Cornu Cervi (in the form of pieces) (12 g), *Xianlingpi* Herba Epimedii (15 g).

Simple Prescription:

Huluba Semen Trigonellae	15 g

Diabetes with the symptom of impotence.

Administration: Decocted in water for the decoction which is drunk instead of tea.

Chinese Patent Medicine 1: *Gui Fu Dihuang Wan* (Bolus of Cinnamon, Aconite and Rehmannia Root).

Administration: Taken with warm boiled water, 1 bolus each time, 3 times daily.

Chinese Patent Medicine 2:

Xiaoke Ping (Tablet for Relieving Diabetes).

Administration: Taken with warm boiled water, 5–8 tablets each time, 3 times daily.

Chinese Patent Medicine 3:

Xiaoke Wan (Pill for Treating Diabetes).

Administration: Taken with warm boiled water, 10 pills each time, 3 times daily.

Prevention

1.Take an active part in physical training and be optimistic and open-hearted so as to improve the equilibrating ability of the high nervous system and adapt to any stimulus to the mind from outside.

2.Cultivate good health habit, do enough manual labour, avoid too big diet, keep normal body weight and be on guard against obesity.

3.Those who have family history and a sign of diabetes: should receive regular examination for early diagnosis and treatment. Those subjects should prevent complications.

7 Collagen Diseases

7.1 Rheumatic Arthritis

Rheumatic arthritis is an acute or chronic general allergic disease due to infection of hemolytic streptococcus. It is marked by polyarticular, symmetric and wandering red–swelling and hot–pain of the joints and temporary dyskinesia. It usually attacks the large joints of the limbs. It is common in winter and spring. Its subjects are usually youth and children. Its predisposing cause is often dampness and coldness. Its cure is not followed by arthrokleisis and deformity of the joints. And it is included, in TCM, in the category of "arthralgia–syndrome".

Etiology and Pathogenesis

This disease is due to invasion of exopathogens and deficiency of vital–*Qi*. Invasion of exopathogens is the exopathic cause; while deficiency of vital–*Qi*, the endopathic one. The exopathogen mainly involves wind, cold and dampness; while the deficiency of vital–*Qi*, general deficiency of *Yang*–*Qi* and insufficiency of *Yin*–essence.

Invasion of wind–cold–dampness pathogens into the muscles and joints leads to stagnation of *Qi* and blood in the channels and collaterals and, in turn, malnutrition of the joints, or heat due to long retention of wind–cold–dampness pathogens results in accumulation of phlegm–dampness in the channels, collaterals, joints and tendons. By so doing, this disease results.

Type and Treatment

1.Type of Wind–arthralgia

Symptoms: Migratory Pain in the Joints, difficult flection and extension of the joints, or exterior syndrome manifested as aversion to wind, fever, etc., white tongue coating, usually floating or taut pulse.

Therapeutic Method: Removing wind, cold and dampness to clear the channels and arrest pain.

Prescription: *Fangfeng Tang* (Decoction of Ledebouriella Root).

Ingredients:

Fangfeng Radix Saposhinkoviae	9 g
Duhuo Radix Angelicae Pubescentis	9 g
Qinjiao Radix Gentianae Macrophyllae	9 g
Danggui Radix Angelicae Sinensis	9 g
Gegen Radix Puerariae	20 g
Guizhi Ramulus Cinnamomi	9 g
Baishao Radix Paeoniae Alba	20 g
Mahuang Herba Ephedrae	6 g
Shengjiang Rhizoma Zingiberis Recens	6 g
Dazao Fructus Jujubae	5 dates
Gancao Radix Glycyrrhizae	3 g
Fuling Poria	20 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of pain mainly in the joints of the upper limb such as wrist joint, elbow joint and shoulder joint, the drugs added are *Qianghuo* Rhizoma seu Radix Notopterygii (9 g), *Jianghuang* Rhizoma Curcumae Longae (9 g), *Weilingxian* Radix Clematidis (12 g), *Sangzhi* Ramulus Mori (30 g).

In case of pain mainly in hip joint, knee joint and ankle joint, the drugs added *Niuxi* Radix Achyranthis Bidentatae (15 g), *Fangji* Radix Stephaniae Tetrandrae (9 g), *Jixueteng* Caulis Spatholobi (30 g), *Mugua* Fructus Chaenomelis (9 g) and *Bixie* Rhizoma Dioscoreae Hypoglaucae (9 g).

In case of pain mainly in the waist and back, the drugs added are *Duzhong* Cortex Eucommiae (15 g), *Buguzhi* Fructus Psoraleae (12 g), *Sangjisheng* Herba Taxilli (24 g), *Yinyanghuo* Herba Epimedii (9 g), *Laoguancao* Herba Erodii seu Geranii (30 g), *Gouji* Rhizoma Cibotii (9 g) and *Chuanduan* Radix Dipsaci (15 g).

2.Type of Cold–arthralgia

Symptoms: Severe localized pain in the joints which is relieved by heat and aggravated by cold, fixed joints around which the skin is not red and does not feel hot, thin and white tongue coating, and taut tense pulse.

Therapeutic Method: Dispelling wind and cold, warming up the channels to relieve pain.

Prescription: Modified *Wutou Tang* (Decoction of Sichuan Aconite Root).

Ingredients:

Huangqi Radix Astragali	30 g
Mahuang Herba Ephedrae	6 g
Hangshao Radix Paeoniae Alba	12 g
Chuanwu Radix Aconiti	9 g
Guizhi Ramulus Cinnamomi	9 g
Shengjiang Rhizoma Zingiberis Recens	9 g
Fengmi Mel	30 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: Refering to the modification in wind–arthralgia.

3.Type of Damp–arthralgia

Symptoms: Localized soreness in the joints whose movement is limited, or numbness of the muscles and skin, white greasy tongue coating, and soft slow pulse.

Therapeutic Method: Removing dampness from the channels, dispelling wind and dispersing cold.

Prescription: *Yiyiren Tang* (Decoction of Coix Seed).

Ingredients:

Shengyiyiren Semen Coicis	30 g
Qianghuo Rhizoma seu Radix Notopterygii	9 g
Duhuo Radix Angelicae Pubescentis	9 g
Mahuang Herba Ephedrae	6 g
Guizhi Ramulus Cinnamomi	9 g
Cangzhu Rhizoma Atractylodis	9 g
Danggui Radix Angelicae Sinensis	12 g
Chuanxiong Rhizoma Chuanxiong	9 g
Gancao Radix Glycyrrhizae	6 g
Shengjiang Rhizoma Zingiberis Recens	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of numbness of the muscles, skin, hands and feet, the drugs added are *Haitongpi* Cortex Erythrinae (9 g), *Xixiancao* Herba Siegesbeckiae (9 g), *Huangqi* Radix Astragali (30 g), *Sangzhi* Ramulus Mori (30 g).

In case of swelling and distension in the joints, the drugs added are *Bixie* Rhizoma Dioscoreae Hypoglaucae (9 g),

Guanmutong Caulis Aristolochiae Manshuriensis (9 g), *Jianghuang* Rhizoma Curcumae Longae (9 g), *Fangji* Radix Stephaniae Tetrandrae (9 g).

If arthralgia due to wind, cold and dampness is not too severe, the prescription *Juanbi Tang* (Decoction for Treating Rheumatic or Rheumatoid Arthritis) may be used instead whose ingredients are:

Qianghuo Rhizoma seu Radix Notopterygii	9 g
Duhuo Radix Angelicae Pubescentis	9 g
Haifengteng Caulis Piperis Kadsurae	9 g
Qinjiao Radix Gentianae Macrophyllae	9 g
Guizhi Ramulus Cinnamomi	9 g
Danggui Radix Angelicae Sinensis	9 g
Chuanxiong Rhizoma Chuanxiong	9 g
Ruxiang Olibanum	9 g
Muxiang Radix Aucklandiae	9 g
Sangzhi Ramulus Mori	15 g
Gancao Radix Glycyrrhizae	6 g

The ingredients are decocted in water for oral use, 1 dose daily.

In case of stagnation of *Qi* and blood due to prolonged arthralgia marked by severe stabbing pain or pain and numbness in the joints whose movement is limited, petechiae on the tongue, and thready uneven pulse, the drugs added are

Moyao Myrrha	9 g
Niuxi Radix Achyranthis Bidentatae	15 g
Taoren Semen Persicae	9 g
Honghua Flos Carthami	9 g
Quanxie Scorpio	3 g

Baihuashe Agkistrodon Acutus 6 g

Wugong Scolopendra 2 pieces

Simple Prescription 1:

Weilingxian Radix Clematidis adequate amount

Indications: Arthralgia due to wind, cold and dampness.

Administration: Ground into coarse powder. 9 g of the powder is mixed with vinegar and then taken each time.

Simple Prescription 2:

Jiezi Semen Sinapis adequate amount

Indications: Rheumatic arthritis and numbness in the joints.

Administration: Ground into powder and mixed with long-stored vinegar into a paste. The paste is spread on a piece of cloth and applied on the affected part, several times daily.

Simple Prescription 3:

Aiye Folium Artemisiae Argyi (200 g)

Indications: Arthralgia due to wind, cold and dampness.

Contraindication: Wind.

Administration: Decocted in water for the decoction. The affected part is washed again and again with the decoction which is kept hot.

Chinese Patent Medicine 1: *Tianma Jiaonang* (Gastrodia Capsule).

Administration: Taken with warm boiled water, 6 capsules each time, 2–3 times daily.

Chinese Patent Medicine 2: *Xiaoluo Tong*, also called as *Kang Fengshi Pian*, (Antirheumatic Tablet).

Administration: Taken with warm boiled water after meal, 3 tablets each time, 3 times daily.

Chinese Patent Medicine 3: *Shujin Huoluo Wan* (Bolus for

Relieving Rigidity of the Muscles and Activating the Collaterals).

Contraindication: Pregnant women.

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Notes: All the three Chinese patent medicines mentioned are used to treat arthralgia due to wind, cold and dampness.

4.Type of Wind–damp–heat Arthralgia

Symptoms: Red–swelling and hot–pain in the joints which are relieved by cold and aggravated by moving, fever, sweating, thirst, circle red spots or subcutaneous nodule, constipation or loose stools, reddened tongue with greasy coating, and rapid pulse.

Therapeutic Method: Removing dampness, clearing away heat, eliminating obstruction from the channels and arresting pain.

Prescription: *Xuanbi Tang* (Decoction for Removing Obstruction).

Ingredients:

Fangji Radix Stephaniae Tetrandrae	12 g
Lianqiao Fructus Forsythiae	9 g
Yiyiren Semen Coicis	30 g
Banxia Rhizoma Pinelliae	6 g
Xingren Semen Armeniacae Amarum	6 g
Wancansha Excrementa Bombycum	12 g
Huashi Talcum	12 g
Chixiaodou Semen Phaseoli	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of more evident dampness marked by severe localized pain in the joints around which there exists flat-

ting swelling that does not look reddish, the drugs added are *Fuling* Poria (9 g), *Wujiapi* Cortex Acanthopanacis (9 g).

In case of more evident heat marked by fever, dry mouth and thirst, red–swelling and hot–pain in the joints, and the pain which becomes aggravated by palpation, the drugs omitted are *Banxia* Rhizoma Pinelliae, *Chixiaodou* Semen Phaseoli, the drugs added are *Shengdi* Radix Rehmanniae (30 g), *Maidong* Radix Ophiopogonis (12 g), *Qinjiao* Radix Gentianae Macrophyllae (9 g), *Sangzhi* Ramulus Mori (30 g), *Rendongteng* Caulis Lonicerae (30 g), *Shengshigao* Gypsum Fibrosum (30 g), *Zhimu* Rhizoma Anemarrhenae (9 g), *Guizhi* Ramulus Cinnamomi (9 g).

If there appear circle red spots, the drugs added are *Chishao* Radix Paeoniae Rubra (9 g), *Honghua* Flos Carthami (9 g), *Danpi* Cortex Moutan (9 g), *Sigualuo* Retinervus Luffae Fructus (12 g), *Shengdi* Radix Rehmanniae (30 g), *Danggui* Radix Angelicae Sinensis (9 g).

For subcutaneous nodule, the drugs added are

Haizao Sargassum (9 g), *Juhong* Exocarpium Citri Rubrum (9 g), *Chishao* Radix Paeoniae Rubra (9 g), *Zaoci* Spina Gleditsiae (9 g).

Proven Prescription

Ingredients:

Laoguancao Herba Erodii seu Geranii 30 g

Xixiancao Herba Siegesbeckiae 30 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine: *Fengshi Guanjieyan Pian* (Tablet for Treating Rheumatic Arthritis).

Administration: Taken with warm boiled water, 3–4 tablets

each time, twice daily. One course of treatment involves 10 days and there is an interval of 2–3 days between two courses.

5.Type of Arthralgia due to Deficiency of *Qi* and Blood

Symptoms: Joint pain sometimes mild and sometimes severe, limited movement, soreness, numbness, no red–swelling or swelling which does not look red, all of which are relieved by heat and aggravated by cold, listlessness, acratia, palpitation, shortness of breath, poor appetite, loose stools, pale complexion, pale tongue with white coating, and weak or thready rapid pulse.

Therapeutic Method: Invigorating *Qi* and blood, nourishing the kidney and liver, and expelling wind and dampness.

Prescription: *Sanbi Tang* (Decoction for Treating Three Types of Arthralgia).

Ingredients:

Huangqi Radix Astragali	15 g
Dangshen Radix Codonopsis	12 g
Chuanniuxi Radix Cyathulae	9 g
Fuling Poria	9 g
Gancao Radix Glycyrrhizae	6 g
Rougui Cortex Cinnamomi	3 g
Shudi Radix Rehmanniae Preparata	12 g
Danggui Radix Angelicae Sinensis	9 g
Baishao Radix Paeoniae Alba	6 g
Chuanxiong Rhizoma Chuanxiong	3 g
Duzhong Cortex Eucommiae	9 g
Chuanduhuo Radix Angelicae Pubescentis	6 g
Qinjiao Radix Gentianae Macrophyllae	9 g
Fangfeng Radix Saposhinkoviae	6 g
Xixin Herba Asari	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine 1:

Jixueteng Pian (Tablet of Spatholobus Stem).

Administration: Taken with warm boiled water, 4 tablets each time, 3 times daily.

Chinese Patent Medicine 2:

Renshen Zaizao Wan (Rehabilitation Bolus of Ginseng).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Notes: In the treatment of arthralgia, drugs such as *Fuzi* Radix Aconiti Lateralis Preparata *Chuanwu* Radix Aconiti are often used for the purpose of removing wind–dampness and warming the channels to arrest pain. Principles to be followed when such drugs are used are as follows:

1.Their dosage should be small in the beginning and added step by step.

2.They should be decocted first in order to be decocted longer.

3.Same amount of *Gancao* (Radix Glycyrrhizae) or Proper amount of *Shengjiang* (Rhizoma Zingiberis Recens) and *Fengmi* (Mel) may be used to reduce their toxicity.

Prevention

Take an active part in physical training, prevent infection of the upper respiratory tract, pay attention to proper exposure to cold and warmth, avoid long living in a wet place, and strike a proper balance between work and rest.

7.2 Rheumatoid Arthritis

Common and higher in incidence, rheumatoid arthritis is a

disease mainly marked by chronic and symmetric polyarthritis. Protracted and recurrent, it affects the joints of finger, wrist, elbow, toe, knee, articulatio sacro–iliaca, etc. In its advanced stage, there will appear emaciation, anemia, and fusiform deformity, stiffness and dysfunction of the joints. This disease may occur at any age but mostly at the age of 20–50. It is more common in female than in male. Improper prevention and treatment of it may lead to lifelong disablement. TCM includes this disease in the category of "damp–heat arthralgia", "rheumatism involving the bone", "arthroncus of the knee", etc.

Etiology and Pathogenesis

This disease is caused by:

1.General weakness, deficiency of the liver and kidney, loose striae of the skin, weakness of defensive–*Yang*, stagnation of *Ying*, *Wei*, *Qi* and blood, malnutrition of the tendons and bones, invasion of wind–cold–dampness pathogens into the channels and collaterals as well as joints.

2.Improper exposure to cold or warmth, overstrain, being caught in the rain, wading across a river, invasion of exopathogens.

3.General excess of *Yang*, abundant phlegm in the interior, affection of exopathogens, production of heat.

Belonging to the type of excess in the beginning, the disease is located in the skin, muscles, channels and collaterals. Belonging to the type of deficiency of vital–*Qi* complicated by retention of pathogens, or the type of mixed deficiency and excess when it becomes protracted, the disease is located deeply in the tendons and bones.

Type and Treatment

1.Cold Type (Type of Wind–cold–dampness)

Symptoms: Chills, aversion to wind, no sweating or sweating, severe pain in the joints and the peripheral muscles, swelling and distension without reddish look and hot sensation in the affected part. The localized pain relieved by heat and aggravated by cold mild during the day and severe in the night, limited joints, thin white tongue coating, and taut tight pulse.

Therapeutic Method: Dispelling wind, cold and dampness, warming and clearing the channels and collaterals to arrest pain.

Prescription: *Wutou Tang* (Decoction of Sichuan Aconite Root).

Ingredients:

Huangqi Radix Astragali	20 g
Mahuang Herba Ephedrae	6 g
Chuanwu Radix Aconiti	9 g
Gancao Radix Glycyrrhizae	6 g
Baishao Radix Paeoniae Alba	15 g
Fengmi Mel	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For wandering pain in the joints of the limbs, the drugs added are *Fangfeng* Radix Saposhinkivae (9 g), *Weilingxian* Radix Clematidis (9 g), *Xuchangqing* Radix Cynanchi Paniculati (12 g).

For heaviness and pain in the limbs, the drugs added are *Fangji* Radix Stephaniae Tetrandrae (9 g), *Xixiancao* Herba Siegesbeckiae (9 g), *Cangzhu* Rhizoma Atractylodis (9 g), *Yiyiren* Semen Coicis (12 g).

For pain in the upper limbs, the drugs added are *Qianghuo* Rhizoma seu Radix Notopterygii (9 g), *Weilingxian* Radix

Clematidis (9 g), *Haifengteng* Caulis Piperis Kadsurae (9 g).

For pain in the lower limbs, the drugs added are *Duzhong* Cortex Eucommiae (24 g), *Sangjisheng* Herba Taxilli (15 g), *Niuxi* Radix Achyranthis Bidentatae (15 g), *Gouji* Rhizoma Cibotii (9 g), *Laoguancao* Herba Erodii seu Geranii (30 g).

2.Heat Type (Type of Wind–damp–heat)

Symptoms: Pain and localized burning–swelling relieved by cold and aggravated by a touch in one or more limited joints, often–seen fever, sweating, aversion to wind, thirst, restlessness, dark urine, constipation, yellow dry tongue coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat from the collaterals, dispelling wind and removing dampness.

Prescription: Modified *Baihu Jia Guizhi Tang* (White Tiger Decoction with Cinnamon).

Ingredients:

Shengshigao Gypsum Fibrosum	30 g
Zhimu Rhizoma Anemarrhenae	9 g
Yiyiren Semen Coicis	30 g
Guizhi Ramulus Cinnamomi	9 g
Jingmi Semen Oryzae Sativae	9 g
Chishao Radix Paeoniae Rubra	9 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of excessive heat marked by severe hot pain in the joints, the drugs added are *Rendongteng* Caulis Lonicerae (30 g), *Shengdi* Radix Rehmanniae (30 g).

In case of internal heat due to deficiency of *Yin* marked by tidal fever after noon, night sweating, restlessness, reddened

tongue with little coating, and thready rapid pulse, the drug omitted is *Guizhi* Ramulus Cinnamomi, the drugs added are *Shengdi* Radix Rehmanniae (30 g), *Baiwei* Radix Gynanchi Atrati (9 g), *Shihu* Herba Dendrobii (20 g), *Danpi* Cortex Moutan (9 g), *Qinjiao* Radix Gentianae Macrophyllae (9 g), *Rendongteng* Caulis Lonicerae (30 g), *Chishao* Radix Paeoniae Rubra (9 g).

3.Deficiency Type (Type of Deficiency of the Liver and Kidney).

Symptoms: Protracted unhealing arthralgia, bone pain, joint deformity limiting flection and extension which is mild during the day and severe in the night, atrophy of the tendons and muscles, fatigue, acratia, pale complexion, night sweating, restlessness, light red tongue with thin white coating, and deep thready rapid pulse.

Therapeutic Method: Tonifying the liver and kidney, nourishing blood to clear the collaterals.

Prescription: Modified *Liuwei Dihuang Tang* (Decoction of Six Drugs with Rehmannia) and *Siwu Tang* (Decoction of Four Ingredients).

Ingredients:

Shengdi Radix Rehmanniae	15 g
Shanzhuyu Fructus Corni	9 g
Zexie Rhizoma Alismatis	9 g
Fuling Poria	15 g
Shanyao Rhizoma Dioscoreae	18 g
Danpi Cortex Moutan	9 g
Danggui Radix Angelicae Sinensis	9 g
Chuanxiong Rhizoma Chuanxiong	9 g
Baishao Radix Paeoniae Alba	18 g

Qinjiao Radix Gentianae Macrophyllae 12 g
Cishi Magnetitum 12 g
Weilingxian Radix Clematidis 12 g
Gouji Rhizoma Cibotii 12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of fatigue, weakness, pale complexion, pale tongue, and deep pulse, the drugs omitted are *Shengdi* Radix Rehmanniae, *Danpi* Cortex Moutan, the drugs added are *Huangqi* Radix Astragali (30 g), *Dangshen* Radix Codonopsis (15 g), *Danshen* Radix Salviae Miltiorrhizae (18 g) and *Jixueteng* Caulis Spatholobi (30 g).

In case of cold pain aggravated by wind, and spontaneous cold sweat, the drugs omitted are *Shengdi* Radix Rehmanniae, *Danpi* Cortex Moutan, *Zexie* Rhizoma Alismatis. the drugs added are *Zhifuzi* Radix Aconiti Lateralis Preparata (6 g), *Zhishouwu* Radix Aconiti Preparata (6 g), *Guizhi* Ramulus Cinnamomi (9 g).

In case of soreness of the loins and knees, the drugs added are *Sangjisheng* Herba Taxilli (24 g), *Chuanduan* Radix Dipsaci (15 g), *Duzhong* Cortex Eucommiae (15 g) and *Niuxi* Radix Achyranthis Bidentatae (15 g).

In case of severe pain in the night, the drugs added are *Taoren* Semen Persicae (9 g) and *Honghua* Flos Carthami (9 g).

Chinese Patent Medicine 1:

Kunming Shanhaitang Pian (Tablet of Yunnan Begonia).

Administration: Taken with warm boiled water, 2 tablets each time, 3 times daily.

Contraindication:

Pregnant women and those weak or with renal insufficiency.

Chinese Patent Medicine 2:

Leigongteng Pian (Tablet of Root of Common Threewingnut).

Administration: Taken with warm boiled water after meal, 40–80mg each time, 3 times daily.

Prevention

Take an active part in physical training to strengthen the ability of the body to resist against disease, prevent cold and keep warm, avoid long living in the wet place, control sexual activity, and strike a proper balance between work and rest.

7.3 Scleroderma

Dormatasclerosis is a desmosis characterized by chronic localized or extensive sclerosis of the skin. It affects the skin, bone and joints, and even *Zang* and *Fu* organs in severe case. Usually, it has three stages: swelling, sclerosis and atrophy. Women are more susceptible to it than men, both of whom are usually at the age of 20–50 years old. It is similar to "skin–arthralgia" and "blood–arthralgia" of TCM.

Etiology and Pathogenesis

When *Ying*–blood is insufficient, *Yang* of the kidney is deficient, striae of the skin are loosened, and superficial resistance is weakened, pathogens of wind, cold and dampness will take the opportunity to invade the body and retain in the skin, muscles, channels and collaterals. This will cause incoordination between *Ying* and *Wei*, stagnation of *Qi* and blood, and malnutrition of the skin, finally resulting in this disease. If it becomes protracted, the vital–*Qi* will be too weak to resist against pathogens. If so,

wind–cold–dampness will enter the interior and attack *Zang* and *Fu* organs, causing many diseases of them.

Type and Treatment

1.Type of Stagnation of *Qi* and Blood (localized)

Symptoms: Sclerosis of local skin with bright, tense and wax yellow surface which is hard to knead and becomes thinner as the time passes by, swelling and pain in the joints, pale tongue with tooth–prints on the margin, and thready slippery or deep slow pulse.

Therapeutic Method: Warming and dispelling wind–cold, removing dampness, promoting the circulation of *Qi and* blood, invigorating *Qi,* nourishing blood, and softening masses.

Prescription: *Duhuo Jisheng Tang* (Decoction of Pubescent Angelica and Loranthus).

Ingredients:

Duhuo Radix Angelicae Pubescentis	9 g
Sangjisheng Herba Taxilli	15 g
Qinjiao Radix Gentianae Macrophyllae	9 g
Fangfeng Radix Saposhinkoviae	9 g
Xixin Herba Asari	3 g
Danggui Radix Angelicae Sinensis	12 g
Baishao Radix Paeoniae Alba	15 g
Chuanxiong Rhizoma Chuanxiong	9 g
Duzhong Cortex Eucommiae	15 g
Niuxi Radix Achyrantis Bidentatae	15 g
Renshen Radix Ginseng (to be decocted first)	9 g
Fuling Poria	18 g
Shudihuang Radix Rehmanniae Preparata	24 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of pale skin due to deficiency of *Qi* and blood and malnutrition of the skin and muscles, drugs with the action of invigorating *Qi* and nourishing blood should be used in double dosage, and the following drugs should be added: *Huangqi* Radix Astragali (30 g), *Ziheche* Placenta Hominis (9 g), *Lujiaojiao* Colla Cornus Cervi (9 g).

In case of cold extremities due to insufficiency of the kidney–*Yang*, the drugs added are *Fuzi* Radix Aconiti Lateralis Preparata (6 g), *Rougui* Cortex Cinnamomi (3 g), *Mahuang* Herba Ephedrae (6 g).

In case of dark and coarse skin, the drugs added are *Shuizhi* Hirudo (6 g), *Taoren* Semen Persicae (9 g), *Danshen* Radix Salviae Multiorrhizae (24 g), *Kuncao* Herba Leonuri (12 g), *Shanzha* Fructus Crataegi (15 g), *Honghua* Flos Carthami (9 g).

In case of hard and thick skin, the drugs added are *Muli* Concha Ostreae (30 g), *Beimu* Bulbus Fritillariae Cirrhosae (9 g), *Haizao* Sargassum (30 g), *Kunbu* Thallus Laminariae seu Echloniae (30 g), *Sanleng* Rhizoma Sparganii (9 g) and *Ezhu* Rhizoma Curcumae (9 g).

Simple Prescription: *Huangyaozi* Rhizoma Dioscoreae Bulbiferae (280 g)

Administration: Decoction in water for fumigation and wash of the affected part.

Indications: More localized hard thick skin.

Proven Prescription

Ingredients:

Taozhi Ramulus Persicae 0.3m

Liuzhi Ramulus Salicis Babylonicae	0.3m
Sangzhi Ramulus Mori	0.3m
Yuzhi Ramulus Ulmi Pumilae	0.3m
Ruxiang Olibanum	15 g
Moyao Myrrha	15 g
Qianghuo Rhizoma seu Radix Notopterygii	15 g
Qiannianjian Rhizoma Homalomenae	15 g
Sanqi Radix Notoginseng	15 g
Jineijin Endothelium Corneum Gigeriae Galli	15 g
Xiangyou Oleum Sesami	500 g
Huangdan lead oxide	proper amount

Administration:

Taozhi, Liuzhi, Sangzhi and *Yuzhi* are cut into pieces, mixed with *Ruxiang, Moyao, Qianghuo, Qiannianjian, Sanqi* and *Jineijin,* and fried in *Xiangyou* until all of them become brown. The decoction is got by removing the brown dregs and mixed with *Huangdan* into a paste for use. The paste is spread on a piece of gauze and applied on the affected part, once daily.

Indications: Hard and thick skin covering a larger area.

Chinese Patent Medicine:

Danshen Zhushe *Ye* (Injection of Red Sage Root).

Administration: Intramuscular in jection, 2–4 ml each time, twice daily. One course of treatment involves 15 days.

2.Type of *Yang*–deficiency of the Spleen and Kidney (general)

Symptoms: Listlessness, acratia, chills, cold limbs, dark Purple hands and feet, soreness of the joints, nausea, vomiting, poor appetite, abdominal pain, diarrhea, dysmenorrhea, pale enlarged tender tongue with tooth–prints on the margin, and deep hidden

or deep tense pulse.

Therapeutic Method: Warming the kidney, strengthening the spleen, dispelling cold, removing obstruction, promoting the circulation of blood, and softening masses.

Prescription: Modified *Yanghe Tang* (Yang-activating Decoction).

Ingredients:

Rougui Cortex Cinnamomi	9 g
Baijiezi Semen Sinapis Alba	12 g
Mahuang Herba Ephedrae	5 g
Huangqi Radix Astragali	30 g
Fuling Poria	15 g
Shudihuang Radix Rehmanniae Preparata	12 g
Danggui Radix Angelicae Sinensis	12 g
Danshen Radix Salviae Miltiorrhizae	20 g
Paojiangtan carbonized Rhizoma Zingiberis	6 g
Jiangcan Bombyx Batryticatus	9 g

Lujiaojiao Colla Cornus Cervi (to be melted in boiling water and then taken) 9g

Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of chills, cold limbs, and dark purple hands and feet, the drugs added are *Xixin* Herba Asari (3 g), *Fuzi* Radix Aconiti Lateralis Preparata (6 g), *Wuzhuyu* Fructus Corni (6 g), *Zexie* Rhizoma Alismatis (12 g), *Ganjiang* Rhizoma Zingiberis (9 g).

In case of ulceration at the tips of fingers and toes, the drugs added are *Honghua* Flos Carthami (9 g), *Guizhi* Ramulus Cinnamomi (9 g), *Pianjianghuang* Rhizoma Curcumae

Longae (9 g), *Yuanshen* Radix Scrophulariae (24 g), *Danggui* Radix Angelicae Sinensis (9 g), *Chishao* Radix Paeoniae Rubra (9 g) and *Shuanghua* Flos Lonicerae (30 g).

Chinese Patent Medicine 1:

Gui Fu Bawei Wan (Bolus of Eight Ingredients with Cinnamon Twig and Aconite).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Chinese Patent Medicine 2:

Quanlu Wan (Complete Deer Bolus).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Prevention

Live a regular life, strike a proper balance between work and rest, avoid mental stress, keep off cold and dampness, keep oneself warm, and give up smoking and drinking.

7.4 Sciatica

Sciatica is mainly manifested as pain along the route of the sciatic nerve and in the area where the sciatic nerve is distributed. It is resulted from many causes, among which the following are common: disorder of lumbar intervertebral disc, disease of hip joint and sacro–iliac articulation, spondylitis or sarcitis, and tumor of spinal cord and nerve root of lumbosacral portion. Its main symptoms are sudden onset, persistent dull or stabbing pain in the loins and lower limbs, and even limping and difficulty in moving in severe cases. TCM includes this disease in the category of "arthralgia–syndrome".

Etiology and Pathogenesis

Suppose affection of wind–cold–damp–heat pathogen or local trauma is A, obstruction of channels is B, stagnation of *Qi* and blood is C, and malnutrition of tendons and muscles is D. TCM believes that A leads to B; B, C; C, D.

Type and Treatment

1.Type of Cold–dampness

Symptoms: Localized pain below the loins and in the lower limbs which is relieved by heat and aggravated by cold and moving, thin white tongue coating, and taut tense pulse.

Therapeutic Method: Warming up the channels to dispel cold, removing dampness to clear the collaterals.

Prescription: Modified *Wutou Tang* (Decoction of Sichuan Aconite Root) and *Huangqi Guizhi Wuwu Tang* (Decoction of Five Drugs with Astragalus and Cinnamon).

Ingredients:

Zhichuanwu Radix Aconiti Preparata	6 g
Rougui Cortex Cinnamomi	6 g
Huangqi Radix Astragali	24 g
Danggui Radix Angelicae Sinensis	12 g
Gancao Radix Glycyrrhizae	6 g
Baishao Radix Paeoniae Alba	15 g
Mahuang Herba Ephedrae	6 g
Shengjiang Rhizoma Zingiberis Recens	6 g
Fengmi Mel	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of abundant dampness marked by pain and heaviness in the loins and lower limbs, the drugs added are *Yiyiren* Semen Coicis (30 g), *Niuxi* Radix Achyranthis Bidentatae (15 g), *Fangji* Radix Stephaniae Tetrandrae (9 g),

Bixie Rhizoma Dioscoreae Hypoglaucae (9 g).

2.Type of Damp–heat

Symptoms: Burning and tic pain or heaviness and numbness or red–swelling and hot–pain of joints in the loins and lower limbs, reddened tongue with thin yellow coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat and dampness, promoting the circulation of blood to activate the collaterals.

Prescription: Modified *Simiao San* (Powder of Four Wonderful Drugs)

Ingredients:

Cangzhu Rhizoma Atractylodis	9 g
Huangbai Cortex Phellodendri	9 g
Niuxi Radix Achyranthis Bidentatae	15 g
Mugua Fructus Chaenomelis	9 g
Yiyiren Semen Coicis	30 g
Jixueteng Caulis Spatholobi	30 g
Yinchen Herba Artemisiae Scopariae	30 g
Gancao Radix Glycyrrhizae	6 g
Rendongteng Caulis Lonicerae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of more severe heat marked by red–swelling and hot–pain in the joints, thirst, rigidity of the muscles and tendons, the drugs added are *Shengdi* Radix Rehmanniae (30 g), *Dilong* Lumbricus (9 g), *Qinjiao* Radix Gentianae Macrophyllae (9 g), *Ruxiang* Olibanum (9 g), *Huzhang* Rhizoma Polygoni Cuspidati (24 g) and *Shenjincao* Herba Lycopodti (12 g).

In case of more severe dampness marked by heaviness, pain

and numbness in the loins and lower limbs, nausea and greasy tongue coating, the drugs added are *Wancansha* Excrementa Bombycum (6 g), *Banxia* Rhizoma Pinelliae (9 g), *Chenpi* Pericarpium Citri Reticulatae (9 g), *Fuling* Poria (18 g), *Bixie* Rhizoma Dioscoreae Hypoglaucae (9 g).

In case of constipation. the drug added is *Dahuang* Radix et Rhizoma Rhei (6 g).

3.Type of Blood–stasis

Symptoms: Persistent stabbing pain aggravated by moving in the loins and lower limbs, difficulty in moving, dark red tongue with petechiae and thin white coating. and deep uneven pulse.

Therapeutic Method: Promoting the circulation of blood to remove blood stasis, clearing the collaterals to arrest pain.

Prescription: Modified *Shenteng Zhuyu Tang* (Decoction for Relieving Pantalgia due to Blood Stasis).

Ingredients:

Taoren Semen Persicae	9 g
Honghua Flos Carthami	9 g
Danggui Radix Angelicae Sinensis	9 g
Gancao Radix Glycyrrhizae	6 g
Wulingzhi Faeces Trogopterori	9 g
Xiangfu Rhizoma Cyperi	9 g
Dilong Lumbricus	12 g
Qinjiao Radix Gentianae Macrophyllae	12 g
Duhuo Radix Angelicae Pubescentis	9 g
Ruxiang Olibanum	9 g
Huainiuxi Radix Achyranthis Bidentatae	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of more evident deficiency of *Qi*

marked by listlessness, acràtia, the drugs added are *Huangqi* Radix Astragali (30 g), *Dangshen* Radix Codonopsis (15 g), *Guizhi* Ramulus Cinnamomi (9 g).

4.Type of Deficiency of the Liver and Kidney

Symptoms: Spasm, pain, weakness, cold and limited movement in the loins and lower limbs all of which are aggravated by moving, reddened tongue with thin white coating, and thready pulse.

Therapeutic Method: Supplementing *Qi* and blood, invigorating the liver and kidney, clearing the channels and collaterals, and expelling wind–dampness.

Prescription: *Sanbi Tang* (Decoction for Treating Three Kinds of Arthralgia).

Ingredients:

Duhuo Radix Angelicae Pubescentis	9 g
Niuxi Radix Achyranthis Bidentatae	15 g
Qinjiao Radix Gentianae Macrophyllae	9 g
Fangfeng Radix Saposhinkoviae	9 g
Xixin Herba Asari	3 g
Danggui Radix Angelicae Sinensis	9 g
Baishao Radix Paeoniae Alba	15 g
Chuanxiong Rhizoma Chuanxiong	9 g
Shudihuang Radix Rehmanniae Preparata	12 g
Duzhong Cortex Eucommiae	15 g
Dangshen Radix Codonopsis	15 g
Huangqi Radix Astragali	15 g
Fuling Poria	12 g
Chuanduan Radix Dipsaci	15 g
Rougui Cortex Cinnamomi	6 g

Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there is accompanying heat–syndrome marked by pain aggravated by heat in the loins and lower limbs, the drugs omitted are *Xixin* Herba Asari *Rougui* Cortex Cinnamomi, *Shudihuang* Radix Rehmanniae Preparata, the drugs added are *Rendongteng* Caulis Lonicerae (30 g), *Sangzhi* Ramulus Mori (30 g), *Shengdi* Radix Rehmanniae (24 g).

In case of heaviness and soreness in the loins and lower limbs, the drugs omitted are *Shudihuang* Radix Rehmanniae, *Danggui* Radix Angelicae Sinensis, the drugs added are *Yiyiren* Semen Coicis (30 g), *Tianma* Rhizoma Gastrodiae (9 g), *Mugua* Fructus Chaenomelis (9 g), *Sangjisheng* Herba Taxilli (15 g) and *Gouji* Rhizoma Cibotii (9 g).

Proven Prescription

Ingredients: (with same amount)

Qishe Agkistrodon

Quanxie Scorpio

Wugong Scolopendra

Administration: The above is ground into fine powder. The powder is taken with warm boiled water, 3 g each time and 1–3 times each day. 10 days is 1 course of treatment.

Indications: Every type of sciatica.

Chinese Patent Medicine 1:

Shujin Huoxue Pian (Tablet for Relaxing Muscles and Tendons and Promoting Blood Circulation).

Administration: Taken with warm boiled water, 5 tablets each time, 3 times daily.

Chinese Patent Medicine 2:

Da Huoluo Dan (Powerful Bolus for Activating the Collaterals).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Contraindication: Pregnant women.

Chinese Patent Medicine 3

Shenjin Dan Jiaonang (Capsule for Relieving Rigidity of Muscles and Joints).

Administration: Taken with warm boiled water, 4–6 capsules each time, 3 times daily. 1 course of treatment consists 15 days and there should be an interval of 15 days between two courses.

Contraindication: Pregnant and breast–feeding women.

Prevention

Take an active part in physical training, pay attention to labour protection when doing heavy physical labor, avoid long living in the wet and cold place without sunshine, and examine and treat trauma and pain in the loins as early as possible.

8 Infectious Diseases

8.1 Pulmonary Tuberculosis

Pulmonary tuberculosis is an infectious disease due to infection of tuberculosis bacillus through the respiratory tract. It is classified into two types: primary and secondary and mainly manifested as cough, expectoration, hemoptysis, chest pain, tidal fever, night sweat and emaciation. TCM includes this disease in the category of "consumptive disease of the lung".

Etiology and Pathogenesis

"Worm responsible for tuberculosis" attacks the lung and causes this disease when vital–*Qi* is deficient. In the early stage, *Yin*–fluid is usually exhausted and only the lung is involved. Following that, there occurs hyperactivity of fire due to *Yin*–deficiency and both the lung and kidney are involved together with the heart and liver. Or both the spleen and lung are involved and both *Qi* and *Yin* are deficient. In the advanced stage, deficiency of *Yin* affects *Yang*, resulting in deficiency of both *Yin* and *Yang*. In the whole course, *Yin*–deficiency is the basis.

Type and Treatment

1.Type of Deficiency of the Lung–*Yin*

Symptoms: Dry and brief cough, bright–red sputum streaked and spotted with blood, feverish sensation in the palms and soles after noon, dry and burning sensation in the skin, or mild night sweat, dry mouth and throat, vague dull pain in the chest, thin tongue coating, red tongue margin and tip, and thready or thready rapid pulse.

Therapeutic Method: Nourishing *Yin* and moisturizing the

lung.

Prescription: Modified *Yuehua Wan* (Bolus for Nourishing *Yin* to Moisten the Lun g).

Ingredients:

Tiandong Radix Asparagi	12 g
Maidong Radix Ophiopogonis	12 g
Shengdi Radix Rehmanniae	15 g
Shudi Radix Rehmanniae Preparata	15 g
Shanyao Rhizoma Dioscoreae	24 g
Baibu Radix Stemonae	12 g
Shashen Radix Glehniae	12 g
Fuling Poria	12 g
Chuanbeimu Bulbus Fritillariae Cirrhosae	10 g
Tagan Liver of otter	12 g
Sangye Folium Mori	9 g
Baijuhua Flos Chrysanthemi	10 g
Ejiao Colla Corii Asini (melted in boiling water)	9 g
Sanqi Fen Radix Notoginseng (in the form of powder and taken after being infused in water)	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of sputum streaked with blood, the drugs added are *Baiji* Rhizoma Bletillae (12 g), *Xianhecao* Herba Agrimoniae (20 g), *Oujie* Nodus Nelumbinis Rhizomatis (12 g).

In case of low fever, the drugs added are *Yinchaihu* Radix Stellariae (12 g), *Digupi* Cortex Lycii (12 g) and *Gonglaoye* Folium Mahoniae (12 g) and *Qinghao* Herba Artemisiae Annuae (15 g).

2.Type of Hyperactivity of Fire due to *Yin*–deficiency

Symptoms: Cough, dyspnea, scanty sticky or thick yellow sputum, frequent hemoptysis with bright red blood, tidal fever after noon, bone–heat, severe feverish sensation in the chest, palms and soles, flushed cheeks, night sweat, thirst, restlessness, insomnia, impatience, irritability, pain in the chest and hypochondrium, impotence in male, irregular menstruation in female, gradual emaciation, deep red and dry tongue with thin yellow coating, and thready rapid pulse.

Therapeutic Method: Nourishing *Yin* and reduce fire.

Prescription: *Baihe Gujin Wan* (Lily Bolus for Strengthening the Lun g) and *Qinjiao Biejia San* (Powder of Large–leaf Gentian Root and Turtle Shell).

Ingredients:

Baihe Bulbus Lilii	30 g
Maidong Radix Ophiopogonis	12 g
Xuanshen Radix Scrophulariae	15 g
Shengdi Radix Rehmanniae	15 g
Shudi Radix Rehmanniae Preparata	15 g
Biejia Carapax Trionycis	24 g
Zhimu Rhizoma Anemarrhenae	9 g
Qinjiao Radix Gentianae Macrophyllae	12 g
Qinghao Herba Artemisiae Annuae	12 g
Danggui Radix Angelicae Sinensis	9 g
Baishao Radix Paeoniae Alba	12 g
Yinchaihu Radix Stellariae	12 g
Jiegeng Radix Platycodi	9 g
Wumei Fructus Mume	6 g
Digupi Cortex Lycii	12 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For profuse yellow sputum, the drugs added are *Sangbaipi* Cortex Mori (9 g), *Madouling* Fructus Aristolochiae (9 g), *Yuxingcao* Herba Houttuyniae (30 g).

In case of persistent hemoptysis, the drugs added are *Danpi* Cortex Moutan (12 g), *Shanzhi* Fructus Gardeniae (9 g), *Dahuang Tan* Carbonized Radix et Rhizoma Rhei (9 g), *Zizhucao* Herba Callicarpae Pedunculatae (12 g).

In case of hemoptysis with dark purple blood, the drugs added are *Sanqi* Radix Notoginseng (3 g), *Xueyutan* Crinis Carbonisatus (10 g), *Huaruishi* Ophicalcitum (20 g) and *Yujin* Radix Curcumae (10 g).

For night sweat, the drugs added are *Wumei* Fructus Mume (12 g), *Duanlonggu* forged Os Draconis Fossilia (30 g), *Duanmuli* forged Choncha Ostreae (30 g) and *Fuxiaomai* Fructus Tritici Levis (12 g).

For hoarse voice or aphonia, the drugs added are *Hezi* Fructus Chebulae (10 g), *Fenghuangyi* Membrana Follicularis Ovi (10 g), *Hutaorou* Semen Juglandis (10 g) and *Baimi* Mel (10 g).

3.Type of Exhaustion and Impairment of *Qi* and *Yin*

Symptoms: Cough, weakness, shortness of breath, languor, sputum sometimes with light red blood, mild tidal fever after noon, pale complexion, flushed cheeks, reddened tender tongue with thin white coating and tooth-prints on the margin, and thready weak and rapid pulse.

Therapeutic Method: Invigorating *Qi* and nourishing *Yin*

Prescription: Baozhen Tang (Decoction for Keeping Genuine *Qi*).

Ingredients:

Dangshen Radix Codonopsis	18 g
Huangqi Radix Astragali	24 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Fuling Poria	12 g
Tiandong Radix Asparagi	12 g
Maidong Radix Ophiopogonis	12 g
Shengdi Radix Rehmanniae	15 g
Shudi Radix Rehmanniae Preparata	15 g
Danggui Radix Angelicae Sinensis	12 g
Chishao Radix Paeoniae Rubra	15 g
Baishao Radix Paeoniae Alba	15 g
Huangbai Cortex Phellodendri	6 g
Zhimu Rhizoma Anemarrhenae	9 g
Houpo Cortex Magnoliae Officinalis	6 g
Wuweizi Fructus Schisandrae	6 g
Chaihu Radix Bupleuri	6 g
Chenpi Pericarpium Citri Reticulatae	9 g
Lianzixin Plumula Nelumbinis	3 g
Digupi Cortex Lycii	12 g
Shengjiang Rhizoma Zingiberis Recens	6 g
Gancao Radix Glycyrrhizae	6 g
Dazao Fructus Jujubae	5 dates

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For dilute sputum, the drugs added are *Ziwan* Radix Asteris (12 g), *Kuandong* Flos Farfarae (12 g), *Suzi* Fructus Perillae (12 g).

For hemotysis, the drugs added are *Ejiao* Colla Corii Asini (12 g), *Xianhecao* Herba Agrimoniae (20 g), *Sanqi Fen*

Radix Notoginseng (in the form of powder) (3 g).

For bone–heat and night sweat, the drugs added are *Biejia* Carapax Trionycis (10 g), *Muli* Concha Ostreae (30 g) and *Yinchaihu* Radix Stellariae (12 g).

For abdominal distension, loose stools and poor appetite, the drugs added are *Biandou* Semen Lablab Album (12 g), *Yiyiren* Semen Coicis (30 g) and *Lianzirou* Semen Nelumbinis (20 g).

4.Type of Deficiency of *Yin* and *Yang*

Symptoms: Cough, dyspnea, sputum sometimes with dark red blood, tidal fever, chills, spontaneous sweating, night sweat, hoarse voice, aphonia, edema of the face and limbs, palpitation, purple lips, cold limbs, diarrhea before dawn, aphthous stomatitis, extreme emaciation, spermatorrhoea and impotence in male, scanty menstruation or amenia in female, reddened and dry tongue or pale enlarged tongue with tooth–prints on the margin, and indistinct thready rapid or feeble large pulse.

Therapeutic Method: Nourishing *Yin* and reinforcing *Yang*

Prescription: ***Butian Dazao Wan*** (Bolus for Treating the Syndrome of Five–Zan g).

Ingredients:

Dangshen Radix Codonopsis	18 g
Huangqi Radix Astragali	24 g
Shanyao Rhizoma Dioscoreae	24 g
Gouqi Fructus Lycii	15 g
Guiban Carapax et Plastrum Testudinis	30 g
Lujiaopian Cornu Cervi	6 g
Danggui Radix Angelicae Sinensis	12 g
Baishao Radix Paeoniae Alba	12 g

Shudi Radix Rehmanniae Preparata 15 g
Ziheche Placenta Hominis 15 g
Baizhu Rhizoma Atractylodis Macrocephalae 9 g
Fuling Poria 12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of dyspnea, the drugs added are *Dongchongxiacao* Cordyceps (10 g), *Hezi* Fructus Chebulae (10 g) and *Zhongrushi* Stalactitum (20 g).

For palpitation, the drugs added are *Zishiying* Fluoritum (20 g), *Danshen* Radix Salviae Miltiorrhizae (30 g).

For diarrhea before dawn, the drugs added are *Weidoukou* roasted Semen Myristicae (12 g) and *Buguzhi* Fructus Psoraleae (12 g).

Simple Prescription:

Wushaoshe Zaocys poper amount

Administration: The drug is broiled until its crust chars with its original properties retained, taken with boiled water after meal, 9g each time, 3 times daily.

Indications: Pulmonary tuberculosis with the symptoms of low fever, night sweat and severe debility, or tuberculosis of lymph nodes.

Precautions: Smaller dosage is used for young children.

Proven Prescription

Ingredients:

Cebaiye Cacumen Platycladi 90 g
Ganjiang Rhizoma Zingiberis 90 g
Aiye Folium Artemisiae Argyi 60 g
Hongtang brown sugar proper amount

Administration: The first three ingredients are decocted in

1500 ml of water until 500 ml of the decoction can be got. The 500 ml of decoction is mixed with *Hongtang* into a mixture. 60 ml of the mixture is taken each time, 4–6 times each day.

Indications: Hemoptysis due to pulmonary tuberculosis.

Chinese Patent Medicine:

Mai Wei Dihuang Wan (Eight–immortals Longevity Bolus).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Prevention

1.Conduct vaccination of bacille Calmette Guerin to strengthen the resistance against Mycobacterium tuberculosis and lower the incidence of the disease.

2.Make periodic health examinations so as to diagnose and treat the disease in its early stage.

3.Follow strictly the rules for the administration and isolation of tuberculosis and the principles for disinfection.

8.2 Tuberculous Pleurisy

Tuberculous pleurisy is an inflammation of pleura due to infection of Mycobacterium tuberculosis under the condition in which the organism is allergic to Mycobacterium tuberculosis. It has two types: fibrinous and serofibrinous. Its main clinical manifestations are chest pain, fever, pleural friction sound and pleural effusion. TCM includes this disease in the category of "chest pain" and "fluid retention in the hypochondrium".

Etiology and Pathogenesis

Insufficiency of vital–*Qi* and invasion of exopathogens lead to accumulation of phlegm–heat in the chest and hypochondrium, resulting in fribrinous pleurisy.

In sufficiency of the spleen and kidney due to prolonged disease or over-exertion and internal injury leads to retention of dampness in the chest and hypochondrium, causing the production of heat and the onset of serofibrinous pleurisy.

Type and Treatment

1.Type of Accumulation of Phlegm-heat

Symptoms: Chills, fever, dry cough with little sputum, pain in the chest and hypochondrium, bitter taste, poor appetite, thin white or thin yellow tongue coating, and taut rapid or slippery rapid pulse.

Therapeutic Method: Clearing away heat to resolve phlegm, treating *Shaoyang* disease by mediation.

Prescription: *Chaihu Xianxiong Tang* (Bupleurum Decoction for Relieving Stuffiness in the Chest).

Ingredients:

Chaihu Radix Bupleuri	10 g
Dangshen Radix Codonopsis	12 g
Huangqin Radix Scutellariae	10 g
Banxia Rhizoma Pinelliae	10 g
Huanglian Rhizoma Coptidis	6 g
Gualou Fructus Trichosanthis	15 g
Gancao Radix Glycyrrhizae	6 g
Shengjiang Rhizoma Zingiberis Recens	6 g
Dazao Fructus Jujubae	5 dates

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe pain in the chest and hypochondrium, the drugs added are *Yuanhu* Rhizoma Corydalis (9 g), *Baijiezi* Semen Sinapis Alba (9 g), *Chuanlianzi* Fructus Toosendan (9 g).

For high fever, the drugs added are *Yinhua* Flos Lonicerae (20 g), *Lianqiao* Fructus Forsythiae (12 g) and *Gongying* Herba Taraxaci (12 g).

2.Type of Retention of Water in the Hypochondrium

Symptoms: Pain in the hypochondrium brought about by coughing, distension and fullness in the hypochondriac region, shortness of breath, thin tongue coating, and taut slippery pulse.

Therapeutic Method: Purging the lung of pathogenic fire and eliminating retained water

Prescription: Modified *Tingli Dazao Xiefei Tang* (Decoction of Lepidium Seed and Chinese Date for Relieving Phlegm from the Lun g).

Ingredients:

Tinglizi Semen Lepidii seu Descurainiae	12 g
Cheqianzi Semen Plantaginis	12 g
Sangbaipi Cortex Mori	10 g
Fuling Poria	10 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Baibu Radix Stemonae	10 g
Dazao Fructus Jujubae	5 dates

Administration: Decocted in water for oral use, 1 dose daily.

3.Type of Lingering of Pathogens due to Deficiency of *Yin*

Symptoms: Fever which becomes severe after noon and Protracted for a long time, cough, shortness of breath, flushed cheeks, night sweat, reddened tongue with little coating, and thready rapid pulse.

Therapeutic Method: Nourishing *Yin*, clearing away heat, resolving phlegm and removing retained water.

Prescription: *Qinggu San* (Powder for Clearing

Bone–heat)and *Xiao Xianxiong Tang* (Minor Decoction for Relieving Stuffiness in the Chest).

Ingredients:

Yinchaihu Radix Stellariae	10 g
Huhuanglian Rhizoma Picrorhizae	6 g
Digupi Cortex Lycii	12 g
Qinghao Herba Artemisiae Annuae	10 g
Banxia Rhizoma Pinelliae	10 g
Biejia Carapax Trionycis	15 g
Baibu Radix Stemonae	10 g
Zhimu Rhizoma Anemarrhenae	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For night sweat, the drugs added are *Duanmuli* forged Concha Ostreae (30 g), *Fuxiaomai* Fructus Tritici Levis (12 g).

Simple Prescription:

Gancao Radix Glycyrrhizae	45 g

Administration: Decocted in water for oral use, 1 dose daily.

Indications: Slow absorption of hydrothora in pleurisy.

Chinese Patent Medicine

Kongxian Dan (Pill for Controlling Phlegm–fluid).

Administration: Taken with decoction of *Dazao* Fructus Jujubae, 1.5–4.5 g each time.

Indications: Hydrothorax, cough, dyspnea and pain in the hypochondrium.

Prevention

Build up the health, and conduct periodic physical examination and fluoroscopy so as to diagnose and treat pulmonary tuberculosis and other tuberculous foci.

8.3 Tuberculous Peritonitis

Tuberculous peritonitis is a kind of inflammatory pathologic change of peritoneum due to infection of Mycobacterium tuberculosis. Clinically manifested as fever, night sweat, emaciation, abdominal pain, masses in the abdomen, and fullness of the abdomen, it is included, in TCM, in the category of "consumptive disease", "abdominal pain", "tympanites" and "abdominal mass".

Etiology and Pathogenesis

Prolonged consumptive disease leads to gradual deficiency of *Qi* and blood, deficiency of *Qi* and blood, results in stagnation of *Qi* and blood, stagnation of *Qi* and blood brings about abdominal masses and retention of water in the interior. Thus this disease results along with tympanites and abdominal pain.

Type and Treatment

1.Type of Deficiency of *Qi* and *Yin*

Symptoms: Tidal fever, night sweat, emaciation, pale complexion, flushed cheeks, feverish sensation in the palms and soles, lassitude, acratia, abdominal distension and pain, reddened or pale tongue with thin white coating, and thready or thready weak pulse.

Therapeutic Method: Invigorating *Qi* and nourishing *Yin*

Prescription: *Sijunzi Tang* (Decoction of Four Noble Drugs) and *Qinggu San* (Powder for Clearing Bone-heat).

Ingredients:

Dangshen Radix Codonopsis	10 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Fuling Poria	10 g
Zhimu Rhizoma Anemarrhenae	10 g

Biejia Carapax Trionycis	15 g
Yinchaihu Radix Stellariae	10 g
Qinghao Herba Artemisiae Annuae	10 g
Hulian Rhizoma Picrorhizae	9 g
Qinjiao Radix Gentianae Macrophyllae	9 g
Baibu Radix Stemonae	10 g
Digupi Cortex Lycii	12 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

2.Type of Retention of Water in the Interior

Symptoms: Distending and larger abdomen, oliguria, nausea, anorexia, diarrhea or constipation, white greasy tongue coating, and taut slow pulse.

Therapeutic Method: Removing dampness and promoting diuresis

Prescription: *Zhongman Fenxiao Wan* (Pill for Relieving Abdominal Distension).

Ingredients:

Dangshen Radix Codonopsis	12 g
Houpo Cortex Magnoliae Officinalis	6 g
Zhishi Fructus Aurantii Immaturus	10 g
Huangqin Radix Scutellariae	10 g
Banxia Rhizoma Pinelliae	10 g
Fuling Poria	15 g
Zexie Rhizoma Alismatis	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	9 g
Zhuling Polyporus	15 g
Jianghuang Rhizoma Curcumae Longae	9 g
Baibu Radix Stemonae	10 g

Huanglian Rhizoma Coptidis 6 g
Zhimu Rhizoma Anemarrhenae 9 g
Chenpi Pericarpium Citri Reticulatae 9 g
Sharen Fructus Amomi 9 g
Ganjiang Rhizoma Zingiberis 6 g
Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of abdominal distension and poor appetite, the drug added is *Dafupi* Pericarpium Arecae (12 g).

In case of constipation, the drug added is *Dahuang* Radix et Rhizoma Rhei (10 g).

3.Type of Stagnation of Blood

Symptoms: Distending abdomen which feels hard and contains masses, or abdominal pain and diarrhea, or vomiting and constipation, dark purple tongue or tongue with petechiae, and thready uneven pulse.

Therapeutic Method: Promoting blood circulation to remove blood stasis.

Prescription: *Xuefu Zhuyu Tang* (Decoction for Removing Blood Stasis in the Chest).

Ingredients:

Chaihu Radix Bupleuri 10 g
Zhiqiao Fructus Aurantii 10 g
Chishao Radix Paeoniae Rubra 10 g
Danggui Radix Angelicae Sinensis 10 g
Taoren Semen Persicae 10 g
Honghua Flos Carthami 10 g
Chuanxiong Rhizoma Chuanxiong 6 g
Shengdi Radix Rehmanniae 10 g

Jiegeng Radix Platycodi 9 g
Niuxi Radix Achyranthis Bidentatae 12 g
Baibu Radix Stemonae 10 g
Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of vomiting, the drugs added are *Banxia* Rhizoma Pinelliae (9 g), *Zhuru* Caulis Bambusae in Taeniam (9 g), *Daizheshi* Ochra Haematitum (20 g).

in case of constipation, the drug added is *Dahuang* Radix et Rhizoma Rhei (9 g).

Simple Prescription:

Heibaichou Mo Semen Pharbitidis (in the form of powder) (6 g)

Administration: Mixed with flour to make cakes and eaten as food.

Indications: Distending pain due to water–retention and constipation in those with strong constitution.

Prevention

Diagnose and treat tuberculosis in the mesenteric lymph nodes, the lung, the intestine and the oviduct in their early stages.

8.4 Intestinal Tuberculosis

Intestinal tuberculosis is due to infection of Mycobacterium tuberculosis and usually secondary to pulmonary tuberculosis. It is characterized by abdominal pain, diarrhea, and masses in the right lower abdomen and included in the category of "diarrhea", "abdominal pain" and "abdominal masses" of TCM.

Etiology and Pathogenesis

Yang–deficiency of the spleen and kidney, stagnation of *Qi*

due to cold and infection of "worm causing tuberculosis" give rise to abdominal pain and diarrhea. Blood stasis due to prolonged stagnation of *Qi* leads to the formation of masses in the right lower abdomen.

Type and Treatment

1.Type of Deficiency of the Spleen and kidney

Symptoms: Paroxysmal pain in the abdomen, loose stools, sallow complexion, listlessness, lassitude, soreness of the loins, cold limbs, pale tongue with thin coating, and thready weak pulse.

Therapeutic Method: Strengthening the spleen and tonifying the kidney.

Prescription: *Shen Ling Baizhu San* (Powder of Ginseng, Poria and Bighead Atractylodes) and *Sishen Wan* (Pill of Four Miraculous Drugs).

Ingredients:

Dangshen Radix Codonopsis	10 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Fuling Poria	12 g
Shanyao Rhizoma Dioscoreae	12 g
Biandou Semen Lablab Album	10 g
Jiegeng Radix Platycodi	9 g
Lianzi Semen Nelumbinis	12 g
Sharen Fructus Amomi	9 g
Yiren Semen Coicis	18 g
Buguzhi Fructus Psoraleae	10 g
Roudoukou Semen Myristicae	10 g
Wuyu Fructus Euodiae	1.5 g
Gancao Radix Glycyrrhizae	6 g

Shengjiang Rhizoma Zingiberis Recens 6 g

Wuweizi Fructus Schisandrae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

2.Type of Stagnation of Blood in the Interior

Symptoms: Localized pain and mass in the right lower abdomen, dark purple tongue or tongue with petechiae.

Therapeutic Method: Promoting blood circulation and removing blood stasis.

Prescription: Modified *Shaofu Zhuyu Tang* (Decoction for Removing Bloos Stasis in the Lower Abdomen).

Ingredients:

Wulingzhi Faeces Trogopterori 10 g

Puhuang Pollen Typhae 10 g

Xiaohuixiang Fructus Foeniculi 3 g

Chishao Radix Paeoniae Rubra 10 g

Danggui Radix Angelicae Sinensis 10 g

Chuanxiong Rhizoma Chuanxiong 6 g

Moyao Myrrha 6 g

Yuanhu Rhizoma Corydalis 9 g

Ganjiang Rhizoma Zingiberis 3g

Rougui Cortex Cinnamomi 3 g

Baibu Radix Stemonae 9 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For constipation, the drugs added are *Shengdi* Radix Rehmanniae (9 g), *Roucongrong* Herba Cistanches (9 g), *Taoren* Semen Persicae (9 g), *Niuxi* Radix Achyranthis Bidentatae (9 g).

Chinese Patent Medicine:

Wujia Wan (Pill for Relieving Five Types of Abdominal

Mass).

Administration: 6 g is taken each time, twice daily.

Indications: Localized mass in the abdomen.

Precautions: Contraindicated for pregnant women.

8.5 Bacillary Dysentery

Bacillary dysentery is an acute infectious disease of the intestinal tract due to Bacillus dysenteriae. It is common in summer and fall and clinically manifested mainly as general poisoning, abdominal pain, diarrhea, tenesmus and mucous stool with pus and blood, TCM includes it in the syndrome of "dysentery".

Etiology and Pathogenesis

This disease is mainly caused by affection of external noxious damp–heat and internal injury by improper diet.

Accumulation of damp–heat in the intestines leads to disturbance of visceral function, disturbance of visceral function results in disturbance in food transportion, abdominal pain and tenesmus being thus caused.

Steaming and burning of the intestinal tract by damp–heat brings about stagnation of *Qi* and blood and injury of the blood vessels. Pus is thus caused and diarrhea with blood and mucus follows.

Type and Trestment

1.Type of Dysentery due to Damp–heat

Symptoms: Abdominal pain, tenesmus, diarrhea with blood and mucus, burning sensation in the anus, scanty and dark urine, greasy and slightly yellow tongue coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat and toxic material, regulating *Qi* and promoting blood circulation.

Prescription: Modified *Shaoyao Tang* (Decoction of Paeony Root).

Ingredients:

Baishao Radix Paeoniae Alba	18 g
Danggui Radix Angelicae Sinensis	10 g
Muxiang Radix Aucklandiae	6 g
Binglang Semen Arecae	5 g
Huangqin Radix Scutellariae	15 g
Huanglian Rhizoma Coptidis	9 g
Dahuang Radix et Rhizoma Rhei	9 g
Jinyinhua Flos Lonicerae	30 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of fever, thirst and yellow tongue coating, the drugs added are *Baitouweng* Radix Pulsatillae (12 g) and *Qinpi* Cortex Fraxini (10 g).

In case of severe abdominal pain, the drugs added are *Taoren* Semen Persicae (10 g), *Chishao* Radix Paeoniae Rubra (10 g) and *Danpi* Cortex Moutan (10 g).

2.Type of Fulminant Dysentery

Symptoms: Sudden onset, diarrhea with bright purple pus and blood, severe abdominal pain and tenesmus, high fever, thirst, headache, dysphoria, even coma and convulsion, deep red tongue with yellow and dry coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat, cooling blood and removing toxic material.

Prescription: Modified *Baitouweng Tang* (Decoction of

Chinese Pulsatilla Root).

Ingredients:

Baitouweng Radix Pulsatillae	24 g
Huanglian Rhizoma Coptidis	10 g
Huangbai Cortex Phellodendri	10 g
Qinpi Cortex Fraxini	10 g
Huangqin Radix Scutellariae	10 g
Chishao Radix Paeoniae Rubra	12 g
Danpi Cortex Moutan	10 g
Diyu Radix Sanguisorbae	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For coma, delirium and convulsion, the drugs added are *Lingyangjiao* Cornu Saigae Tataricae (1 g), *Shengdi* Radix Rehmanniae (9 g), *Shenxi Dan* (Miraculous Bolus of Rhinoceros Horn).

3.Type of Dysentery due to Cold–dampness

Symptoms: Diarrhea simply with mucus or with much mucus and little blood, abdominal pain, tenesmus, tastelessness in the mouth, fullness in the stomach, heaviness in the head and body, pale tongue with white greasy coating, and soft slow pulse.

Therapeutic Method: Warming and removing cole–dampness.

Prescription: Modified *Weiling Tang* (Stomach Decoction with Poria).

Ingredients:

Cangzhu Rhizoma Atractylodis	10 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Houpo Cortex Magnoliae Officinalis	6 g
Guizhi Ramulus Cinnamomi	6 g

Fuling Poria	12 g
Zexie Rhizoma Alismatis	15 g
Zhuling Polyporus	12 g
Chenpi Pericarpium Citri Reticulatae	10 g
Binglang Semen Arecae	6 g
Muxiang Radix Aucklandiae	6 g
Baishao Radix Paeoniae Alba	15 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

4.Type of Dysentery due to Deficiency of *Yin*

Symptoms: Diarrhea with blood and mucus or with sticky blood, burning–pain around the navel, tenesmus, poor appetite, restlessness, dry mouth, deep red tongue with little coating, and thready rapid pulse.

Therapeutic Method: Nourishing *Yin* and clearing the intestines

Prescription: Modified *Zhouche Wan* (Bolus for Nourishing *Yin* and Clearing the Bowels).

Ingredients:

Huanglian Rhizoma Coptidis	10 g
Ejiao Colla Corii Asini (to be melted in boiling water)	10 g
Danggui Radix Angelicae Sinensis	10 g
Paojiang Rhizoma Zingiberis Preparata	3 g
Baishao Radix Paeoniae Alba	15 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of thirst, dry tongue and oliguria, the drugs added are *Beishashen* Radix Glehniae (10 g), *Shihu* Herba

Dendrobii (10 g).

in case of diarrhea with profuse blood, the drugs added are *Danpi* Cortex Moutan (12 g), *Chishao* Radix Paeoniae Rubra (12 g), *Hanliancao* Herba Ecliptae (12 g), *Diyutan* carbonized Radix Sanguisorbae (12 g).

in case of bitter taste and burning sensation in the anus, the drugs added are *Huangbai* Cortex Phellodendri (10 g), *Qinpi* Cortex Fraxini (12 g).

5.Type of Dysentery due to Deficiency—cold

Symptoms: Loose stools with mucus and even lingering diarrhea, or dull pain in the abdomen, poor appetite, listlessness, cold limbs, soreness of the loins, chills, pale tongue with thin white coating, and deep thready weak pulse.

Therapeutic Method: Warming and strengthening the spleen and kidney, arresting diarrhea by astringing.

Prescription: Modified *Zhenren Yangzang Tang* (Immortal Decoction for Nourishing the *Zang* Organs).

Ingredients:

Hezi Fructus Chebulae	10 g
Yingsuqiao Pericarpium Papaveris	10 g
Roudoukou Semen Cistanches	10 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Dangshen Radix Codonopsis	15 g
Rougui Cortex Cinnamomi	3 g
Muxiang Radix Aucklandiae	6 g
Dazao Fructus Jujubae	5 dates
Gancao Radix Glycyrrhizae	6 g
Shengjiang Rhizoma Zingiberis Recens	3 g
Danggui Radix Angelicae Sinensis	10 g

Baishao Radix Paeoniae Alba 12 g

Administration: Decocted in water for oral use, 1 dose daily.

6.Type of Chronic Dysentery with Frequent Relapse

Symptoms: Intermittent and unhealing diarrhea, poor appetite, lassitude, aversion to cold, drowsiness, abdominal pain and tenesmus in the course of laxation, stools with mucus or with blood and mucus, pale tongue with greasy coating, and soft or deficient rapid pulse.

Therapeutic Method: Warming up the middle–*Jiao*, clearing the bowels, regulating *Qi* and removing stasis.

Prescription: Modified *Lianli Tang* (Decoction for Warming the Middle–*Jiao* and Clearing the Bowels).

Ingredients:

Dangshen Radix Codonopsis 15 g

Baizhu Rhizoma Atractylodis Macrocephalae 12 g

Ganjiang Rhizoma Zingiberis Recens 6 g

Fuling Poria 12 g

Huanglian Rhizoma Coptidis 10 g

Binglang Semen Arecae 5 g

Muxiang Radix Aucklandiae 6 g

Zhishi Fructus Aurantii Immaturus 10 g

Administration: Decocted in water for oral use, 1 dose daily.

Simple Prescription 1:

Mabiancao Herba Verbenae 15 g

Chenchaye long–stored tea a pinch

Administration: Decocted in water for oral use.

Indications: Diarrhea with blood and mucus.

Simple Prescription 2:

Machixian Herba Portulacae a handful

Administration: Decocted in water for oral use.

Simple Prescription 3:

Laoguancao Herba Erodii seu Geranii 10–15 g

Administration: Decocted in water for oral use.

Indications: Diarrhea with blood and mucus.

Chinese Patent Medicine 1:

Xianglian Wan (Aucklandia and Coptis Pill).

Administration: Taken with warm boiled water after meal, 6–9 g each time. 2–3 times daily.

Indications: Diarrhea with mild pain.

Chinese Patent Medicine 2:

Xianglian Huazhi Wan (Aucklandia and Coptis Pill for Removing Stagnation)

Administration: 6 g is taken each time, twice daily.

Indications: Dysentery due to damp–heat.

Chinese Patent Medicine 3:

Zhishi Daozhi Wan (Pill of Immature Bitter Orange for Removing Stagnation).

Administration: 9 g is taken each time, twice daily.

Indications: Dysentery due to damp–heat or distending pain in the abdomen, anorexia and constipation.

Prevention

1.Controlling source of infection

Try to find out the patient and bacteria–carrier earlier and isolate and treat them timely.

2.Blocking up routes of infection

Pay attention to environmental and dietetic hygiene as well as sanitary protection of water source, and eliminate the site for flies to reproduce.

3.Strengthening physical training

Build up body resistance, cultivate good health habit and prevent the disease while it is spreading with such herbal medicines as *Machixian* (Herba Portulacae), *Shengdasuan* (Bulbus Allii), etc.

8.6 Typhoid Fever and Paratyphoid Fever

As an acute infectious disease of the intestinal tract due to typhoid bacillus and Bacillus paratyphosus A.B.C., Typhoid fever and paratyphoid fever is mainly characterized by persistent fever, special toxic state, relative slow pulse, splenomegaly, roseola and leukopenia with intestinal hemorrhage and intestinal perforation as its main complications. In TCM, it is included in the category of "damp–warmth".

Etiology and Pathogenesis

Long retention of damp–warmth pathogen in the tri–*Jiao* leads to excessive heat in *Yangming Fu* which is then turned into fire and dryness, by which *Shaoyang Fu* is fumigated and steamed. Abundant heat in the gastrointestine results in accumulation of excess dryness in *Fu* organs. Heat will attack *Ying*–blood and the heated blood will flow out of vessels. Finally, the disease results.

Type and Treatment

1.Type of Accumulation of Damp–heat

(1) Dampness more than heat

Symptoms: Fever which is severe after noon, no thirst or thirst without strong desire for drinking, fever retained even if sweating has been induced, scanty urine, headache, heaviness throught the body, stone face, light yellow complexion, pale red

tongue with white thick greasy coating, and slow pulse.

Therapeutic Method: Removing dampness and clearing away heat.

Prescription: *Sanren Tang* (Decoction of Three Kinds of Kernels).

Ingredients:

Xingren Semen Armeniacae Amarum	10 g
Baikouren Semen Amomi Cardanomi	5 g
Yiyiren Semen Coicis	15 g
Houpo Cortex Magnoliae Officinalis	6 g
Banxia Rhizoma Pinelliae	9 g
Tongcao Medulla Tetrapanacis	5 g
Huashi Talcum	10 g
Zhuye Herba Lophatheri	10 g
Shanzhi Fructus Gardeniae	10 g

Administration: Decocted in water for oral use, 1 dose daily.

(2) Heat more than dampness

Symptoms: Higher fever, severe thirst, abdominal distension, constipation, scanty and deep-colored urine, flushed face, reddened tongue margin and tip, yellow thick dry tongue coating, and large pulse.

Therapeutic Method: Clearing away heat, removing toxic material and dispelling dampness.

Prescription: Modified *Lianpo Yin* (Decoction of Coptis Root and Magnolia Bark).

Ingredients:

Huanglian Rhizoma Coptidis	10 g
Houpo Cortex Magnoliae Officinalis	10 g
Shanzhi Fructus Gardeniae	10 g

Banxia Rhizoma Pinelliae 9 g
Douchi Semen Sojae Preparata 9 g
Shichangpu Rhizoma Acori Tatarinowii 9 g
Lugen Rhizoma Phragmitis 30 g
Huashi Talcum 15 g
Jinyinhua Flos Lonicerae 15 g
Tongcao Medulla Tetrapanacis 5 g
Shengshigao Gypsum Fibrosum 30 g

Administration: Decocted in water for oral use, 1 dose daily.

2.Type of Heat Attacking *Ying*—blood

Symptoms: High fever which is remarkable in the night, dysphoria, even delirium and coma, deep red tongue occasionally with yellow turbid coating, and taut or rapid pulse.

Therapeutic Method: Clearing away heat, removing toxic material, cooling blood and inducing resuscitation.

Prescription: Modified *Qingying Tang* (Decoction for Clearing away heat in the *Ying* System) and *Angong Niuhuang Wan* (Bezoar Bolus for Resurrection).

Ingredients:

Danshen Radix Salviae Miltiorrhizae 10 g
Xuanshen Radix Scrophulariae 10 g
Xijiao Cornu Rhinocerotis (to be taken after being infused in water) 1 g
Huanglian Rhizoma Coptidis 10 g
Maidong Radix Ophiopogonis 10 g
Shengdi Radix Rehmanniae 25 g
Lianqiao Fructus Forsythiae 10 g
Zhuye Herba Lophatheri 3 g
Jinyinhua Flos Lonicerae 15 g

Danpi Cortex Moutan 12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of hemafecia, the drugs added are *Diyu* Radix Sanguisorbae (12 g), *Huaihua* Flos Sophorae (12 g), *Ejiao* Colla Corii Asini (12 g).

3.Type of Impairment of Both *Qi* and *Yin* and Retention of Lingering Heat

Symptoms: Pale complexion, emaciation, languor, or low fever, thready weak pulse, reddened tender tongue with yellow dry coating or uncoated and smooth tongue.

Therapeutic Method: Invigorating *Qi*, promoting the production of body fluid and clearing away lingering heat.

Prescription: Modified *Zhuye Shigao Tang* (Lophatherum and Gypsum Decoction).

Ingredients:

Zhuye Herba Lophatheri	10 g
Shengshigao Gypsum Fibrosum	15 g
Tongshen Radix Pseudostellariae	15 g
Maidong Radix Ophiopogonis	10 g
Banxia Rhizoma Pinelliae	6 g
Jingmi Semen Oryzae Sativae	a handful
Gancao Radix Glycyrrhizae	6 g
Shihu Herba Dendrobii	15 g
Shanyao Rhizoma Dioscoreae	15 g
Biandou Semen Lablab Album	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there has been no fever or there is indistinct lingering heat, the drug omitted is

Shigao Gypsum Fibrosum.

Prevention

1.Make periodic physical examination of those working in catering trade so as to isolate and treat the patients and bacterium–carriers early and timely.

2.Pay attention to sanitary protection of water source, dietetic hygiene and proper disposal of stool, garbage and sewage.

3.Conduct preventive inoculation in epidemic area.

8.7 Amebosis

Amebosis is an infectious disease due to invasion of the body by protozoa of Amoeba dysenteriae. Mainly manifested as abdominal pain and diarrhea with dark–red jam–like stool, amebic dysentery is included in TCM's syndrome of "dysentery". Mainly characterized by slow onset, fever, pain in the right upper abdomen and hepatomegaly, amebic liver abscess is similar to the syndromes of "liver abscess" and "hypochondriac pain" of TCM.

Etiology and Pathogenesis

This disease is usually caused by affection of damp–heat and epidemic pathogens as well as improper diet.

Invasion of damp–heat, epidemic pathogen or cold–dampness into gastrointestine leads to dysfunction of *Fu–Qi*, incoordination of blood vessels, stagnation of *Qi* and blood, resulting in diarrhea with pus and blood in the end.

Attack of damp–heat and epidemic pathogens on the liver makes the liver fail to fulfil its function in distributing and purging, causing stagnation of the liver–*Qi* which brings about fire fumigating and burning the liver vessels. Prolonged stagnation of *Qi* and blood gives rise to masses in which the blood and flesh are spoiled and turned into pus, liver abscess being resulted in at last.

Type and Treatment

"Type and Treatment" of amebic dysentery is the same as that of bacillary dysentery. The following deals with "Type and Treatment" of amebic liver abscess.

1.Type of Damp–heat in the Liver Channel

Symptoms: Chills, fever, or intermittent and protracted low fever, bitter and sticky mouth, distending pain below the hypochondrium, or foul and sticky stool sometimes with pus and blood, scanty deep–colored urine, yellow greasy tongue coating, and taut rapid or slippery pulse.

Therapeutic Method: Removing heat and dampness, purging fire to detoxicate.

Prescription: *Longdan Xiegan Tang* (Decoction of Gentiana for Purging the Liver–fire).

Ingredients:

Longdancao Radix Gentianae	10 g
Huangqin Radix Scutellariae	10 g
Zhizi Fructus Gardeniae	10 g
Zexie Rhizoma Alismatis	6 g
Mutong Caulis Aristolochiae Manshuriensis	6 g
Cheqianzi Semen Plantaginis	15 g
Shengdi Radix Rehmanniae	15 g
Chaihu Radix Bupleuri	9 g
Danggui Radix Angelicae Sinensis	9 g
Baitouweng Radix Pulsatillae	15 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

2.Type of Abscess Developed due to Noxious–heat

Symptoms: Shiver, high fever, tender mass below the right

hypochondrium, reddened tongue with yellow greasy coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat and toxic material, promoting blood circulation to discharge pus.

Prescription: *Xianfang Huoming Yin* (Fairy Decoction for Treating Cutaneous Infection) and *Huanglian Jiedu Tang* (Antidotal Decoction of Coptis).

Ingredients:

Jinyinhua Flos Lonicerae	30 g
Chuanshanjia Squama Manitis	10 g
Zhebeimu Bulbus Fritillariae Thunbergii	10 g
Zaoci Spina Gleditsiae	10 g
Tianhuafen Radix Trichosanthis	15 g
Danggui Radix Angelicae Sinensis	9 g
Baizhi Radix Angelicae Dahuricae	10 g
Chishao Radix Paeoniae Rubra	10 g
Fangfeng Radix Saposhinkoviae	6 g
Ruxiang Olibanum	6 g
Moyao Myrrha	6 g
Huanglian Rhizoma Coptidis	6 g
Huangqin Radix Scutellariae	10 g
Zhizi Fructus Gardeniae	10 g
Huangbai Cortex Phellodendri	6 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of excessive noxious-heat, the drugs added are *Pugongying* Herba Taraxaci (20 g), *Lianqiao* Fructus Forsythiae (12 g).

3.Type of Deficiency of Both *Qi* and *Yin*

Symptoms: Persistent low fever, night sweat, emaciation, pale complexion, hard mass below the hypochondrium, or listlessness, acratia, anorexia, shortness of breath, reddened tongue with little coating, and thready rapid pulse.

Therapeutic Method: Invigorating *Qi*, nourishing *Yin* and clearing away heat.

Prescription: *Huangqi Biejia San* (Astragalus and Turtle Shell Powder).

Ingredients:

Huangqi Radix Astragali	15 g
Biejia Carapax Trionycis	15 g
Tiandong Radix Asparagi	12 g
Shengdi Radix Rehmanniae	10 g
Zhimu Rhizoma Anemarrhenae	10 g
Dangshen Radix Codonopsis	15 g
Baishao Radix Paeoniae Alba	12 g
Jiegeng Radix Platycodi	9 g
Banxia Rhizoma Pinelliae	6 g
Ziwan Radix Asteris	12 g
Chaihu Radix Bupleuri	10 g
Qinjiao Radix Gentianae Macrophyllae	10 g
Fuling Poria	10 g
Sangbaipi Cortex Mori	9 g
Digupi Cortex Lycii	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe deficiency of *Yin* marked by fever in the night and reddened tongue with little coating, the drug omitted is *Huangqi* Radix Astragali, the drugs added are *Qinghao* Herba Artemisiae Annue (15 g), *Danpi* Cortex

Moutan (12 g).

Prevention

Diagnose and cure patients with amebic dysentery early.

8.8 Virus Hepatitis

Clinically manifested mainly as poor appetite, nausea, discomfort in the upper abdomen, pain around the liver, acratia, jaundice in part of the patients, and hepatomegaly and tenderness and dysfunction of the liver in most of the patients, virus hepatitis is an acute infectious disease of the digestive tract due to hepatitis virus, which TCM includes in the category of "hypochondriac pain" and "jaundice".

Etiology and Pathogenesis

This disease is due to affection of damp–heat and epidemic pathogens and improper diet.

Disorder of *Qi* due to accumulation of damp–heat frees the flowing of bile. That's the reason for the symptoms of anorexia and jaundice. Fire due to retention of epidemic pathogens impairs *Yin*, steams the liver and gallbladder, damages *Ying*–blood and injures the pericardium. That's the reason for high fever, restlessness, deep sallow complexion, coma and delirium.

Type and Treatment

1.Type of Damp–heat

Symptoms: Face, eyes and the whole body which are as yellow as orange, restlessness, fever, choking sensation in the epigastrium, anorexia, vomiting, bitter taste, dry mouth, pain in the hypochondriac region, distension in the abdomen, lassitude, acratia, or cutaneous pruritus. dark urine, constipation or loose stools, yellow greasy tongue coating, and taut slippery or soft rap-

id pulse.

Therapeutic Method: Clearing away heat and removing dampness.

Prescription: Modified *Yinchenhao Tang* (Oriental Wormwood Decoction).

Ingredients:

Yinchen Herba Artemisiae Scopariae	30 g
Shanzhi Fructus Gardeniae	10 g
Dahuang Radix et Rhizoma Rhei (added last)	6 g
Lianqiao Fructus Forsythiae	15 g
Banlangen Radix Isatidis	15 g
Baimaogen Rhizoma Imperatae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For abundant dampness, the drugs added are

Cangzhu Rhizoma Atractylodis	9 g
Houpo Cortex Magnoliae Officinalis	9 g
Zexie Rhizoma Alismatis	9 g

for abundant heat, the drugs added are

Daqingye Folium Isatidis	12 g
Pugongying Herba Taraxaci	15 g

2.Type of Stagnation of the Liver–*Qi*

Distending pain in the hypochondriac region, fullness in the epigastrium, distension in the abdomen, nausea, eructation, tastelessness in the mouth, light red tongue with thin coating, and taut pulse.

Therapeutic Method: Soothing the liver and regulating the circulation of *Qi*

Prescription: Modified *Chaihu Shugan San* (Bupleurum Powder for Relieving the Liver–*Qi*).

Ingredients:

Chaihu Radix Bupleuri	10 g
Zhiqiao Fructus Aurantii	6 g
Baishao Radix Paeoniae Alba	10 g
Chuanxiong Rhizoma Chuanxiong	6 g
Xiangfu Rhizoma Cyperi	10 g
Yujin Radix Curcumae	10 g
Foshou Fructus Citri Sarcodactylis	10 g
Gancao Radix Glycyrrhizae	3 g

Administration: Decocted in water for oral use, 1 dose daily.

3.Type of Attack of Dampness on the Spleen

Symptoms: Pain in the hypochondrium, fullness in the epigastrium, distension in the abdomen, nausea, vomiting, poor appetite, tastelessness in the mouth, heaviness throughout the body, loose stools, pale and greasy tongue, and soft pulse.

Therapeutic Method: Removing dampness and strengthening the spleen

Prescription: Modified *Weiling Tang* (Stomach Decoction with Poria).

Ingredients:

Cangzhu Rhizoma Atractylodis	10 g
Houpo Cortex Magnoliae Officinalis	10 g
Chenpi Pericarpium Citri Reticulatae	6 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Fuling Poria	10 g
Zhuling Polyporus	6 g
Zexie Rhizoma Alismatis	6 g
Guizhi Ramulus Cinnamomi	6 g
Gancao Radix Glycyrrhizae	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If the long-lingering dampness has turned into heat, the drug omitted is *Guizhi* Ramulus Cinnamomi, the drugs added are *Yinchen* Herba Artemisiae Scopariae (10 g), *Huangbai* Cortex Phellodendri (10 g).

4.Type of Deficiency of the Liver-*Yin*

Symptoms: Dull pain in the hypochondrium, low fever, soreness of the loins, dry mouth with bitter taste, feverish sensation in the palms and soles, reddened tongue with little or without coating, red prickles on the margin and tip of the tongue, and taut thready rapid pulse.

Therapeutic Method: Nourishing the liver-*Yin*

Prescription: Modified *Yiguan Jian* (An Ever Effective Decoction for Nourishing the Liver and Kidney).

Ingredients:

Beishashen Radix Glehniae	10 g
Maidong Radix Ophiopogonis	10 g
Danggui Radix Angelicae Sinensis	10 g
Shengdi Radix Rehmanniae	12 g
Gouqi Fructus Lycii	10 g
Chuanlianzi Fructus Toosendan	6 g
Shihu Herba Dendrobii	12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For severe pain in the hypochondrium, the drugs added are *Yuanhu* Rhizoma Corydalis (10 g), *Yujin* Radix Curcumae (10 g), *Foshou* Fructus Citri Sarcodactylis (10 g).

For constipation, the drug added is *Maren* Fructus Cinnabis (10 g).

For low fever after noon, the drugs added are *Danpi* Cortex

Moutan (10 g) and *Shanzhi* Fructus Gardeniae (12 g).

For stasis of blood marked by red thready in the face, the drugs added are *Danshen* Radix Salviae Miltiorrhizae (20 g) and *Chuanxiong* Rhizoma Chuanxiong (10 g).

5.Type of Abundant Noxious-heat

Symptoms: High fever, thirst, dysphoria, rapidly-developing jaundice, distension and fullness in the abdomen, constipation, deep-colored urine, even coma, delirium, convulsion, or hemafecia, hematuria, deep red tongue with yellow greasy or yellow dry coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat and toxic material, removing heat from blood and nourishing *Yin*.

Prescription: Modified" *Qianjin*" *Xijiao San* (Rhinoceros Horn Powder).

Ingredients:

Huanglian Rhizoma Coptidis	6 g
Zhizi Fructus Gardeniae	10 g
Xijiao Cornu Rhinocerotis (to be ground and taken after being infused in water)	3 g
Yinchen Herba Artemisiae Scopariae	30 g
Shengma Rhizoma Cimicifugae	3 g
Banlangen Radix Isatidis	30 g
Danpi Cortex Moutan	10 g
Shengdi Radix Rehmanniae	12 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine 1

Banlangen Chongji (Granule of Isatis Root)

Administration: One pack of it is taken each time, 3 times daily.

Indications: Acute hepatitis.

Chinese Patent Medicine 2

Fufang Daqingye Heji (Composite Mixture of Isatis Leaf).

Administration: One ampoule is taken each time, 3 times daily.

Indications: Both acute and chronic hepatitis.

Prevention

1.Isolate patients with acute hepatitis.

2.Disinfect patients, clothing and other articles of daily use and their stools.

3.Do intramuscular injection of gamma globulin or placental globulin to those susceptible to the disease.

4.Prevention with herbal medicines:

(1) Ingredients:

Yinchen Herba Artemisiae Scopariae	30 g
Shanzhi Fructus Gardeniae	10 g
Gancao Radix Glycyrrhizae	3 g

Administration: Decocted in water for oral use, 1 dose daily. 3 doses are continually used altogether.

(2) Ingredients:

Pugongying Herba Taraxaci	30 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily. 3 doses are used continually.

(3)Ingredients:

Banlangen Radix Isatidis	30 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily, 3 doses are used continually.

8.9 Epidemic Hemorrhagic Fever

With such main clinical manifestations as fever, hemorrhage, low blood pressure, acute renal insufficiency and electrolyte disturbance, epidemic hemorrhagic fever is a natural focal infectious disease perhaps due to virus, which is included in the category of "epidemic febrile disease" of TCM.

Etiology and Pathogenesis

This disease is originated from warm-pathogen.

1.Stage of fever

Warm pathogen attacks the lung and then invades the *Ying* system rapidly, causing intense heat in both the *Qi* and *Ying* systems.

2.Stage of low blood pressure and shock

Retention of heat pathogen in the interior or deficiency of both *Qi* and *Yin* as well as exhaustion of *Yang-Qi* are the responsible factors.

3.Stage of oliguria

The cause is abundant heat in the interior and exhaustion of the kidney-*Yin*.

4.Stage of Polyuria

The pathogens are retreating but the vital-*Qi* is insufficient and the kidney-*Qi* has not be consolicated.

5.Stage of restoration

What takes the role is weakness of the vital-*Qi*, exhaustion of the kidney-*Yin*, deficiency of the stomach-*Yin* or disturbance of the spleen-*Yang*.

In the early stage, cold limbs due to excessive heat is developed because of invasion of warm pathogen and retention of heat

pathogen in the interior. In the advanced stage, cold limbs due to excessive cold is brought about because of impairment of both *Qi* and *Yin* and failure of *Yang–Qi*.

Type and Treatment

1.Stage of fever

(1) Type of Warm–pathogen Attacking the *Wei* System

Symptoms: Chills, fever, headache, lumbago, orbital pain, flushed face, reddened neck and chest, red tongue margin and tip, white thin greasy tongue coating, and floating rapid pulse.

Therapeutic Method: Clearing away heat to relieve exterior syndrome.

Prescription: Modified *Yinqiao San* (Powder of Lonicera and Forsythia).

Ingredients:

Yinhua Flos Lonicerae	15 g
Lianqiao Fructus Forsythiae	10 g
Bohe Herba Menthae (to be added last)	3 g
Niuzi Fructus Arctii	9 g
Douchi Semen Sojae Preparatum	9 g
Jiesui Spica Schizonepatae	6 g
Zhuye Herba Lophatheri	9 g
Jiegeng Radix Platycodi	6 g
Shenggancao Radix Glycyrrhizae	6 g
Danpi Cortex Moutan	10 g
Danshen Radix Salviae Miltioorhizae	15 g
Xianlugen Rhizoma Phragmitis	30 g
Huangqin Radix Scutellariae	10 g

Administration: Decocted in water for oral use, 1 dose daily.

(2) Type of Excessive Heat in *Yangming* Channel

Symptoms: High fever, absence of chills, looking like drunk, thirst, dysphoria, reddened tongue with yellow coating, and taut rapid pulse.

Therapeutic Method: Clearing away heat and toxic material.

Prescription: Modified *Baihu Tang* (White Tiger Decoction).

Ingredients:

Shengshigao Gypsum Fibrosum	30 g
Zhimu Rhizoma Anemarrhenae	10 g
Banlangen Radix Isatidis	15 g
Shandougen Radix Sophorae Tonkinensis	10 g
Zhuye Herba Lophatheri	10 g
Jingmi Semen Oryzae Sativae	30 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of fullness in the abdomen and constipation, the drugs added are *Shengdi* Radix Rehmanniae (10 g), *Xuanshen* Radix Scrophulariae (10 g), *Maidong* Radix Ophiopogonis (12 g) *Shengdahuang* Radix et Rhizoma Rhei (6 g).

(3) Type of Intense Heat in Both *Qi* and *Ying* Systems

Symptoms: High fever, thirst, blurred vision, dysphoria, skin eruption, epistaxis, deep red tongue with yellow dry coating, and taut rapid or thready rapid pulse.

Therapeutic Method: Clearing up the *Qi* system, removing heat from the *Ying* system, detoxicating and protecting *Yin*.

Prescription: Modified *Qingwen Baidu Yin* (Antipyretic and Antitoxic Decoction).

Ingredients:

Shengshigao Gypsum Fibrosum	60 g

Zhimu Rhizoma Anemarrhenae	10 g
Shengdi Radix Rehmanniae	10 g
Huanglian Rhizoma Coptidis	9 g
Huangqin Radix Scutellariae	15 g
Zhizi Fructus Gardeniae	10 g
Lianqiao Fructus Forsythiae	12 g
Chishao Radix Paeoniae Rubra	9 g
Jiegeng Radix Platycodi	9 g
Xijiao Cornu Rhinocerotis	5 g
Danpi Cortex Moutan	10 g
Zhuye Herba Lophatheri	10 g
Xuanshen Radix Scrophulariae	15 g
Gancao Radix Glycyrrhizae	6 g
Shengdahuang Radix et Rhizoma Rhei	6 g

Administration: Decocted in water for oral use, 1 dose daily.

2.Stage of Hypotension and Shock

(1) Type of Cold Limbs due to Excessive Heat

Symptoms: Cold extremities, burning sensation in the chest, flushed face, restlessness, dyspnea, reddened tongue with yellow thick dry coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat and toxic material, invigorating *Qi* and promoting the production of body fluid.

Prescription: Modified *Baihu Tang* (White Tiger Decoction) and *Shengmai San* (Pulse-activating Powder).

Ingredients:

Shengshigao Gypsum Fibrosum	30 g
Zhimu Rhizoma Anemarrhenae	10 g
Banlangen Radix Isatidis	15 g
Wuweizi Fructus Schisandrae	5 g

Dangshen Radix Codonopsis 15 g.
Maidong Radix Ophiopogonis 15 g
Gancao Radix Glycyrrhizae 6 g
Jingmi Semen Oryzae Sativae 30 g

Administration: Decocted in water for oral use, 1 dose daily.

(2) Type of Cold Limbs due to Excessive *Yin*

Symptoms: Chills, cold limbs, lassitude. absence of thirst, weak breathing, listlessness, pale complexion, cyanotic lips, and deep slow thready or indistinct pulse.

Therapeutic Method: Recuperating depleted *Yang* and rescuing the patient from collapse.

Prescription: Modified *Shen Fu Tang* (Decoction of Ginseng and Prepared Aconite).

Ingredients:

Renshen Radix Ginseng 10 g
Wuweizi Fructus Schisandrae 10 g
Shufuzi Radix Aconiti Lateralis Preparata (to be decocted first) 10 g
Danshen Radix Salviae Miltiorrhizae 15 g
Longgu Os Draconis Fossilia 30 g
Muli Concha Ostreae 30 g
Gancao Radix Glycyrrhizae 10 g

Administration: Decocted in water for oral use, 1 dose daily.

3.Stage of Oliguria

(1) Type of Production of Deficiency Fire in the Interior due to Deficiency of the Kidney—*Yin*

Symptoms: Listlessness, lethargy, soreness of the loins, oliguria and difficulty in micturition, dry mouth and throat, dysphoria, insomnia, reddened tongue with dry coating, and

thready rapid pulse.

Therapeutic Method: Nourishing the kidney and promoting the production of body fluid.

Prescription: Modified *Zhi Bai Dihuang Tang* (Decoction of Anemarrhena, Phellodendron and Rehmannia).

Ingredients:

Zhimu Rhizoma Anemarrhenae	10 g
Huangbai Cortex Phellodendri	10 g
Shengdi Radix Rehmanniae	15 g
Shanyao Rhizoma Dioscoreae	15 g
Fuling Poria	15 g
Danpi Cortex Moutan	10 g
Zexie Rhizoma Alismatis	10 g
Yurou Fructus Corni	10 g
Baimaogen Rhizoma Imperatae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

(2) Type of Attack of Pathogens on the Pericardium and Up–stirring of the Liver–wind

Symptoms: Oliguria, anuresis, headache, vomiting, coma, delirium, convulsion, deep red tongue with dry coating, and taut thready rapid pulse.

Therapeutic Method: Clearing away heat in the heart to remove toxic material, calming wind to relieve convulsion.

Prescription: Modified *Xijiao Dihuang Tang* (Decoction of Rhinoceros Horn and Rehmannia) and *Lingyang Gouteng Tang* (Decoction of Antelope's Horn and Uncaria Stem).

Ingredients:

Xijiao Cornu Rhinocerotis	6 g
Shengdi Radix Rehmanniae	15 g

Lingyangjiao Fen Cornu Saigae Tataricae
(in the form of powder and taken after being infused in water) 1 g
Gouteng Ramulus Uncariae cum Uncis 12 g
Juhua Flos Chrysanthemi 10 g
Chishao Radix Paeoniae Rubra 10 g
Baishao Radix Paeoniae Alba 10 g
Fushen Poria cum Ligno Hospite 15 g
Sangye Folium Mori 9 g
Chuanbeimu Bulbus Fritillariae Cirrhosae 9 g
Zhuru Caulis Bambusae in Taeniam 9 g
Danpi Cortex Moutan 10 g
Baimaogen Rhizoma Imperatae 30 g

Administration: Decocted in water for oral use, 1 dose daily.

(3) Type of Accumulation of Fluid in the Lung

Symptoms: Fullness in the chest, dyspnea, profuse sputum, dysphoria, enlarged tongue with yellow thick coating, and taut rapid pulse.

Therapeutic Method: Removing heat from the lung and relieving asthma.

Prescription: Modified *Tingli Dazao Xiefei Tang* (Decoction of Lepidium Seed and Chinese Date for Removing Phiegm from the Lun g).

Ingredients:

Tinglizi Semen Lepidii seu Descurainiae 15 g
Dazao Fructus Jujubae 10 dates
Cheqianzi Semen Plantaginis (wrapped in a piece of cloth and then decocted) 10 g
Baimaogen Rhizo ma Imperatae 30 g

Fuling Poria 15 g
Shengdahuang Radix et Rhizoma Rhei
(to be decocted last) 10 g
Administration: Decocted in water for oral use, 1 dose daily.

4.Stage of Polyruia

(1) Type of Unconsolidation of the Kidney–*Qi*

Symptoms: Fatigue, languor, thirst with strong desire for drinking, polyuria round the clock, soreness and weakness of the loins and knees, pale red tongue with little dry coating, and feeble and large pulse.

Therapeutic Method: Reinforcing the kidney to control urination, invigorating *Qi* and promoting the production of body fluid.

Prescription: *Baxian Changshou Wan* (Eight Immortal Longevity Bolus) and Modified *Suoquan Wan* (Pill for Reducing Urine).

Ingredients:

Maidong Radix Ophiopogonis 10 g
Shudi Radix Rehmanniae Preparata 24 g
Shanyao Rhizoma Dioscoreae 15 g
Wuyao Radix Linderae 6 g
Yizhiren Fructus Alpiniae Oxyphyllae 10 g
Dangshen Radix Codonopsis 15 g
Yurou Fructus Corni 9 g
Zexie Rhizoma Alismatis 15 g
Fuling Poria 15 g
Danpi Cortex Moutan 9 g
Wuweizi Fructus Schisandrae 6 g
Administration: Decocted in water for oral use, 1 dose daily.

(2) Type of Excessive Heat in the Lung and Stomach

Symptoms: Dry mouth and tongue, severe thirst with strong desire for drinking, dry cough with little sputum, polyphagia, frequent micturition, polyuria, reddened tongue with yellow coating, and deep rapid pulse.

Therapeutic Method: Clearing away heat in the lung and stomach, nourishing *Yin* and promoting the production of body fluid.

Prescription: Modified *Shashen Maidong Tang* (Decoction of Glehnia and Ophiopogon).

Ingredients:

Shashen Radix Glehniae	10 g
Maidong Radix Ophiopogonis	10 g
Shengshigao Gypsum Fibrosum	30 g
Sangye Folium Mori	10 g
Huafen Radix Trichosanthis	15 g
Yuzhu Rhizoma Polygonati Odorati	10 g
Shanyao Rhizoma Dioscoreae	15 g
Gancao Radix Glycyrrhizae	3 g
Baibiandou Semen Lablab Album	12 g

Administration: Decocted in water for oral use, 1 dose daily.

5.Stage of Restoration

For type of deficiency of the kidney–*Yin*, the prescription prescribed is *Modified Liuwei Dihuang Wan* (Bolus of Six Drugs with Rehmannia).

For type of disturbance of the spleen–*Yang*, the prescription prescribed is *Modified Shen Ling Baizhu San* (Powder of Ginseng, Poria and Bighead Atractylodes).

For type of abnormality of the stomach–*Yin*, the prescrip-

tion prescribed is *Modified Yiwei Tang* (Decoction for Nourishing the Stomach).

Prevention

1.Physical movement should be gradually increased in the convalescence for patients with hemorrhagic fever because their hearts have been impaired to certain extent.

2.Pay attention to personal protection mainly by means of deratization, acarotoxin and eradicating focus of infection.

3.Prevent this disease with herbal medicines:

Ingredients:

Guanzhong Rhizoma Dryopteris Crassirhizomae

Yinhua Flos Lonicerae

Yuxingcao Herba Houttuyniae

Banlangen Radix Isatidis

Baimaogen Rhizoma Imperatae

Administration Decocted in water for oral use.

8.10 Malaria

Malaria is an infectious disease due to infection of malarial parasites which are distributed by anopheline mosquitoes. It is characterized by regular episode, shiver, high fever, sweating, hepatomegaly, splenomegaly and anemia. TCM includes it in the syndrome of "malaria".

Etiology and Pathogenesis

The etiology is mostly affection of malarial pathogen and mountainous evil air, or affection of wind, cold and summer-dampness, mental overstrain, retention of phlegm and food in the interior, and improper daily life. The pathogenesis is invasion of malarial pathogen and moun tainous evil air into the

body, ambushment of them between half enterior and half interior, struggling of them against vital–*Qi* in the *Ying* and *Wei* systems, alternate episodes of deficiency and excess, and exchange of *Yin* and *Yang*.

Type and Treatment

1. Type of Usual Malaria

Symptoms: Intermittent and alternate shiver and high fever, soreness of the limbs and yawn and acratia in the beginning which are followed by chills and trembling jaw, burning sensation throughout the body after chills retire, headache, flushed face, restlessness, thirst, disappearance of chills and fever after sweating throughout the body at last only with dizziness and listlessness remaining, reddened tongue with thin white or thin yellow coating, taut pulse, taut tense pulse in the course of shiver, taut slippery rapid pulse in the course of fever.

Therapeutic Method: Mediating *Shaoyang* and relieving exterior syndrome to expel pathogens:

Prescription: Modified *Xiao Chaihu Tang* (Minor Decoction of Bupleurum).

Ingredients:

Chaihu Radix Bupleuri	30 g
Huangqin Radix Scutellariae	12 g
Banxia Rhizoma Pinelliae	9 g
Renshen Radix Ginseng	9 g
Gancao Radix Glycyrrhizae	6 g
Changshan Radix Dichroae	9 g
Caoguo Fructus Tsaoko	6 g
Binglang Semen Arecae	9 g
Shengjiang Rhizoma Zingiberis Recens	6 g

Dazao Fructus Jujubae 6 dates

Administration: Decocted in warer for oral use 3 hours before the attack, 1 dose daily.

Modification: In case of dry mouth with desire for drink, the drugs added are *Gegen* Radix Puerariae (30 g) and *Shihu* Herba Dendrobii (30 g).

In there appears exterior syndrome of excess marked by absence of sweat and severe chills, the drugs added are *Guizhi* Ramulus Cinnamomi (6 g) and *Fangfeng* Radix Saposhinkoviae (9 g).

2.Type of Warm-malaria

Symptoms: Fever remaining longer than chills, or mere fever, disturbance in sweating, headache, bone pain, thirst with strong desire for drink, constipation, dark urine, reddened tongue with yellow coating, and taut rapid pulse.

Therapeutic Method: Clearing away heat and toxic material, expelling pathogens through mediation.

Prescription: Modified *Baihu Guizhi Tang* (White Tiger Decoction with Connamon).

Ingredients:

Shigao Gypsum Fibrosum (to be decocted first)	30–60 g
Zhimu Rhizoma Anemarrhenae	15 g
Gancao Radix Glycyrrhizae	6 g
Jingmi Semen Oryzae Sativae	30 g
Guizhi Ramulus Cinnamomi	9 g
Chaihu Radix Bupleuri	18 g
Qinghao Herba Artemisiae Annue	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For severe constipation and yellow greasy

tongue coating, the drug added is *Dahuang* Radix et Rhizoma Rhei (6 g).

In case of accumulation of heat in *Shaoyang* marked by hypercholia and yellowish body surface and eyes, the drugs added are *Zhizi* Fructus Gardeniae (9 g), *Huangbai* Cortex Phellodendri (9 g) and *Danpi* Cortex Moutan (15 g).

For more severe impairment of *Yin* marked by thirst with strong desire for drink, the drug omitted is *Guizhi* Ramulus Cinnamomi, the drugs added are *Shengdi* Radix Rehmanniae (30 g), *Maidong* Radix Ophopogonis (30 g) and *Shihu* Herba Dendrobii (15 g).

In case of deficiency of both *Qi* and *Yin* marked by mere fever not accompanied by chills and shortness of breath, the drug omitted is *Guizhi* Ramulus Cinnamomi, the drug added is *Renshen* Radix Ginseng (12 g).

3.Type of Cold–malaria

Symptoms:Chills persisting longer than fever, or mere chills, absence of thirst, fullness in the chest and hypochondrium, listlessness, acratia, pale red tongue with white greasy coating, and taut slow pulse.

Therapeutic Method

Mediating *Shaoyang*, Warming and dispelling pathogens.

Prescription: Modified *Chaihu Gui Jiang Tang* (Bupleurum Decoction with Cinnamon and Ginger).

Ingredients:

Chaihu Radix Bupleuri	18 g
Guizhi Ramulus Cinnamomi	9 g
Ganjiang Rhizoma Zingiberis	6 g
Huafen Radix Trichosanthis	30 g

Huangqin Radix Scutellariae 12 g
Changshan Radix Dichroae 6 g
Muli Concha Ostreae 30 g
Gancao Radix Glycyrrhizae 6 g
Caoguo Fructus Tsaoko 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of fullness in the epigastrium, choking sensation in the chest, greasy tongue coating, and slippery pulse, the drugs added are *Qingpi* Pericarpium Citri Reticulatae Viride (9 g), *Houpo* Cortex Magnoliae Officinalis (9 g), *Binglang* Semen Arecae (12 g).

in case of severe chills or salivation, the drugs added are *Fuzi* Radix Aconiti Lateralis Preparata (6 g), *Banxia* Rhizoma Pinelliae (6 g), *Chenpi* Pericarpium Citri Reticulatae (9 g).

4.Type of Heat–malaria due to Mountainous Evil Air

Symptoms: Alternate attacks of severe fever and mild chills, or high fever not followed by chills, distending pain of the limbs, flushed face and conjunctival congestion, severe thirst with desire for cold drink, choking sensation in the chest, vomiting, constipation, deep–colored urine, even sudden coma, dehrium, irritability, deep red tongue wtih yellow greasy or black turbid coating, and full rapid or taut rapid pulse.

Therapeutic Method: Discharging invaded mountainous evil air, clearing away heat and protecting body fluid.

Prescription: *Qingzhang Tang* (Decoction for Treating Malaria).

Ingredients:

Qinghao Herba Artemisiae Annue 30 g
Chaihu Radix Bupleuri 24 g

Fuling Poria	12 g
Zhimu Rhizoma Anemarrhenae	12 g
Chenpi Pericarpium Citri Reticulatae	9 g
Banxia Rhizoma Pinelliae	9 g
Huangqin Radix Scutellariae	12 g
Huanglian Rhizoma Coptidis	9 g
Zhishi Fructus Aurantii Immatulus	12 g
Changshan Radix Dichroae	6 g
Zhuru Caulis Bambusae in Taeniam	9 g
Yiyuan San (powder beneficial to vitality to be taken after being infused in water)	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of high fever not followed by chills, the drug added is *Shigao* Gypsum Fibrosum (30—60 g), the drug which is used in larger dosage than that in the prescription is *Zhimu* (Rhizoma Anemarrhenae).

In case of body fluid impaired by excessive heat marked by thirst and dysphoria, the drugs added are *Shengdi* Radix Rehmanniae (30 g), *Yuanshen* Radix Scrophulariae (30 g) and *Maidong* Radix Ophiopogonis (30 g).

5.Type of Cold–malaria due to Mountainous Evil Air

Symptoms: Alternate attacks of severe chills and mild fever, or chills not followed by fever, aversion to cold; shiver, even coma and aphasia, white thick greasy tongue coating, and taut slow pulse.

Therapeutic Method: Removing toxins due to mountainous evil air, eliminating dampness with aromatics.

Prescription: *Zhengqi San* (Powder for Replenishing Vital–*Qi*).

Ingredients:

Houpo Cortex Magnoliae Officinalis	12 g
Cangzhu Rhizoma Atractylodis	12 g
Chenpi Pericarpium Citri Reticulatae	12 g
Gancao Radix Glycyrrhizae	6 g
Huoxiang Herba Pogostemonis	12 g
Peilan Herba Eupatorii	12 g
Caoguo Fructus Tsaoko	9 g
Banxia Rhizoma Pinelliae	12 g
Binglang Semen Arecae	12 g
Changpu Rhizoma Acori Tatarinowii	12 g
Heye Folium Nelumbinis	6 g

Administration: Decocted in water for oral use, 1 dose daily.

6.Type of Malaria with General Debility

Symptoms: Chronic malaria or attack of malaria due to overstrain, chills and fever occurring now and then, lassitude, acratia, shortness of breath, languor, pale complexion, vertigo, or mass below the hypochondrium, pale and enlarged tongue, and thready weak pulse.

Therapeutic Method: Invigorating *Qi*, nourishing blood, strengthening body resistance and eliminating pathogens.

Prescription: *Heren Yin* (Fleeceflower and Ginseng Decoction).

Ingredients:

Heshouwu Radix Polygoni Multiflori	30 g
Renshen Radix Ginseng	9–15 g
Danggui Radix Angelicae Sinensis	15 g
Chenpi Pericarpium Citri Reticulatae	9 g
Shengjiang Rhizoma Zingiberis Recens	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In the beginning of its attack, the drugs added are *Qinghao* Herba Artemisiae Annue (30 g), *Changshan* Radix Dichroae (9 g).

Simple Prescription 1:

Yadanzi Fructus Bruceae

Administration: *Yadanzi* is removed of its crust to get the seeds. The seeds are wrapped in capsules or *Guiyuanrou* (Arillus Longan), 10–15 of the wrapped seeds are taken by swallowing each time after meal, 3 times daily, and the same is continually done for 7 days.

Simple Prescription 2:

Mabiancao Herba Verbenae 30–60 g

Administration: Decocted in water for the decoction. The decoction is divided into two portions. One portion is taken 4 hours before the attack, the other, 2 hours before that. The decoction is taken for 3 days after the attack has been stopped.

Prevention

1.Pay attention to hygiene and eradicate mosquitoes and their reproductive site to prevent pathogens responsible for malaria from invading the body.

2.Cure patients with malaria lest the disease be delivered from them to others.

8.11 Undulaut Fever

Undulant fever, a natural focal disease, is a general infectious disease due to brucellae, which falls into two types: acute and chronic. Its subjects include both human beings and domestic animals. Its acute stage is manifested as fever, arthralgia and

perspiration, and similar to the "damp–warm syndrome" of TCM, while its chronic stage, arthralgia, acratia, perspiration, headache, anorexia, abdominal pain, diarrhea or constipation, and the "arthralgia–syndrome" of TCM.

Etiology and Pathogenesis

This disease is caused by deficiency of vital–*Qi* and affection of exogenous damp–heat pathogen.

Damp–heat pathogen invades the body by way of the mouth and nose or through the skin and mucosa, stays in the spleen and stomach, or exploits an advantage to break into the channels and collaterals and then goes round to attack all the organs and joints, causing the onset of this disease.

Type and Treatment

1. Type of Damp–heat in the *Wei* System

Symptoms: Headache, chills, recessive fever which is more severe after noon full and choking sensation in the chest and epigastrium, anorexia, absence of thirst, arthralgia, or general soreness, white greasy tongue coating, and taut slippery pulse.

Therapeutic Method: Eliminating dampness with aromatics, expelling pathogens from the exterior.

Prescription: *Huo Po Xia Ling Tang* (Decoction of Agastachs, Magnolia, Pinellia and Poria).

Ingredients:

Huoxiang Herba Pogostemonis	12 g
Banxia Rhizoma Pinelliae	9 g
Chifuling Poria	12 g
Xingren Semen Armeniacae Amarum	9 g
Zhuling Polyporus	15 g
Yiyiren Semen Coicis	30 g

Zexie Rhizoma Alismatis	15 g
Douchi Semen Sojae Preparatum	9 g
Baikouren Semen Amomi Cardamomi	9 g
Houpo Cortex Magnoliae Officinalis	12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe arthralgia, the drugs added are *Mugua* Fructus Chaenomelis (12 g), *Duhuo* Radix Angelicae Pubescentis (9 g), the drugs omitted are *Douchi* Semen Sojae Preparatum, *Houpo* Cortex Magnoliae Officinalis.

In case of fullness in the epigastrium and anorexia which are remarkable, the drugs added is *Chenpi* Pericarpium Citri Reticulatae (9 g), the drug omitted is *Douchi* Semen Sojae Preparatum.

2.Type of Damp–heat in the *Qi* System

Symptoms

More dampness: Heaviness and pain in the head, fullness in the chest, loss of appetite, lassitude, thirst without desire for drink, tidal fever, perspiration, heaviness and pain of the joints, thick greasy tongue coating, and slippery rapid pulse.

More heat: High fever, flushed face, dysphoria, wandering stabbing arthralgia, constipation, deep-colored urine, yellow greasy tongue coating, and taut rapid pulse.

Therapeutic Method

Eliminating dampness, clearing away heat and removing toxic material for more dampness; clearing away heat, removing toxic material and eliminating dampness with drugs bitter in taste and cold in nature.

Prescription

For more dampness: *Sanren Tang* (Decoction of Three Kind

of Kernels).

Ingredients:

Huashi Talcum	30 g
Xingren Semen Armeniacae Amarum	9 g
Baikouren Semen Amomi Cardamomi	15 g
Yiyiren Semen Coicis	30 g
Houpo Cortex Magnoliae Officinalis	9 g
Banxia Rhizoma Pinelliae	9 g
Tongcao Medulla Tetrapanacis	6 g
Zhuye Herba Lophatheri	9 g

Administration: Decocted in water for oral use, 1 dose daily.

For more heat: *Ganlu Xiaodu Dan* (Sweet Dew Detoxication Pill).

Ingredients:

Huashi Talcum	15 g
Yinchen Herba Artemisiae Scopariae	30 g
Shichangpu Rhizoma Acori Tatarinowii	9 g
Huangqin Radix Scutellariae	12 g
Mutong Caulis Clematidis Armandii	6 g
Chuanbeimu Bulbus Fritillariae Cirrhosae	9 g
Huoxiang Herba Pogostemonis	9 g
Shegan Rhizoma Belamcandae	9 g
Baikouren Semen Amoni Cardamomi	15 g
Lianqiao Fructus Forsythiae	15 g
Bohe Herba Menthae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

3.Type of Damp–heat Retained in the Muscles

Symptoms: Low fever, spontaneous sweating, dizziness, headache, spasm of the muscles, arthralgia, general lassitude, in-

somnia, dysphoria, swelling and pain in the testicle, pale red tongue with thin yellow coating, and deep thready rapid pulse.

Therapeutic Method: Clearing away heat, inducing diuresis, removing obstruction in *Qi* and blood circulation, and clearing and activating the channels and collaterals.

Prescription: Modified *Zhongjiao Xuanbi Tang* (Decoction for Removing Obstruction in *Qi* and Blood Circulation in the Middle–*Jiao*).

Ingredients:

Xingren Semen Armeniacae Amarum	12 g
Lianqiao Fructus Forsythiae	15 g
Chixiaodoupi Pericarpium Phaseoli	15 g
Banxia Rhizoma Pinelliae	9 g
Huashi Talcum	15 g
Yiyiren Semen Coicis	30 g
Zhizi Fructus Gardeniae	9 g
Cansha Excrementa Bombycum	9 g
Fangji Radix Stephaniae Tetrandrae	15 g
Jixueteng Caulis Spatholobi	30 g
Sigualuo Retinervus Luffae Fructus	12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For debility due to prolonged disease, the drugs added are *Huangqi* Radix Astragali (24 g), *Dangshen* Radix Codonopsis (15 g), *Guizhi* Ramulus Cinnamomi (9 g), *Baishao* Radix Paeoniae Alba (12 g).

Prevention

1.Prevent the onset of this disease in domestic animals, for pigs, cows and sheep are the main source of infection.

2.Pay attention to sanitation, strengthen administration of

water source and protect those having something to do with diseased animals from getting this disease by conducting disinfection, isolation and vaccination.

3.Examine livestock products from the epidemic area lest the polluted be eaten by mistake.

8.12 Leptospirosis

Leptospirosis is an acute infectious natural focal disease due to various pathogenic leptosoiral agents. It is common in summer and fall with the following as the main clinical manifestations: sudden onset, chills, high fever, headache, flushed face, soreness of the muscles, and such symptoms in part of cases as jaundice, hemorrhage and damage of the liver and kidney. TCM includes it in the category of "summer syndrome", damp–warm syndrome" and "epidemic syndrome".

Etiology and Pathogenesis

Seasonal pathogens such as warm–heat, summer–dampness and epidemic toxins invade the body and stay in the *Taiyang* and *Yangming* channels, thus causing this disease. In the early stage, the pathogens attack the exterior and then enter the systems of *Wei, Qi, Ying* and blood. Following that, they fill the tri–*Jiao*, involving the lung, spleen, liver, gallbladder and kidney and bringing about this disease.

Type and Treatment

1.Type of Syndrome of Both *Wei* and *Qi* Systems

Symptoms: Fever, chills, or shiver, sweating or no sweating, thirst, headache, general pain, soreness of the shanks, fullness in the epigastrium, abdominal distension, sticky mouth, deep–colored urine, yellow and white tongue coating, and floating rapid

pulse.

Therapeutic Method: Eliminating summer-heat from the exterior by diaphoresis, purging heat and removing dampness.

Prescription: Modified *Yinqiao San* (Powder of Lonicera and Forsythiae).

Ingredients:

Yinhua Flos Lonicerae	30 g
Lianqiao Fructus Forsythiae	15 g
Douchi Semen Sojae Preparatum	9 g
Bohe Herba Menthae	6 g
Jiegeng Radix Platycodi	9 g
Niubangzi Fructus Arctii	9 g
Zhuye Herba Lophatheri	9 g
Gancao Radix Glycyrrhizae	6 g
Jingjiesui Spica Schizonepetae	9 g
Huashi Talcum	30 g
Xianlugen Rhizoma Phragmitis	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of high fever and thirst with strong desire for drink, the drugs added are *Shigao* Gypsum Fibrosum (30 g), *Zhimu* Rhizoma Anemarrhenae (12 g), the drugs omitted are *Jiesui* Spica Schizonepetae, *Douchi* Semen Sojae Preparatum.

In case of diarrhea and thick greasy tongue coating, the drugs added are *Cangzhu* Rhizoma Atractylodis (12 g), *Peilan* Herba Eupatorii (12 g), the drug omitted is *Xianlugen* Rhizoma Phramitis.

Simple Prescription 1:

Xianmachixian fresh Herba Portulacae	60 g

Ganjiang Rhizoma Zingiberis 6 g

Administration: Decocted in water for oral use of 5–7 days, 1 dose daily.

Notes: 15 g of dried *Machixian* may be used instead.

Simple Prescription 2:

Qianliguang Herba Senecionis Scandentis 60 g

Administration: Decocted in water for oral use, 1 dose daily.

2.Type of Accumulation of Damp–heat

Symptoms: Fever or high fever, jaundice on the face and skin, general acratia, or ecchymosis in the skin, or epitaxis, constipation, deep–colored urine, drowsiness, even coma and delirium, red or deep red tongue with yellow greasy coating, and taut rapid pulse.

Therapeutic Method: Clearing away heat and dampness, removing heat from blood and detoxicating.

Prescription: *Yinchenhao Tang* (Oriental Wormwood Decoction) and *Xijiao Dihuang Tang* (Decoction of Rhinoceros Horn and Rehmannia).

Ingredients:

Yinchen Herba Artemisiae Scopariae 30 g

Zhizi Fructus Gardeniae 12 g

Xijiao Fen Cornu Rhinocerotis (in the form of powder and taken after being infused in water) 1 g

Dahuang Radix et Rhizoma Rhei 9 g

Shengdi Radix Rehmanniae 30 g

Shaoyao Radix Paeoniae 12 g

Danpi Cortex Moutan 12 g

Administration: Decocted in water for oral use, 1 dose daily.

Simple Prescription 1:

Baimaogen Rhizoma Imperatae 60 g

Xianhecao Herba Agrimoniae 30 g

Administration: Decocted in water for oral use of 5—7 days, 1 dose daily.

Simple Prescription 2:

Tufuling Rhizoma Smilacis Glabrae 30—60 g

Cheqiancao Herba Plantaginis 30 g

Yinchen Herba Artemisiae Scopariae 30 g

Administration: Decocted 2 times for the decoction of 2 times, which is taken 3 times in one day, 1 dose daily.

3.Type of Heat Attacking Blood Vessels of the Lung

Symptoms: Fever, severe thirst, cough, dyspnea, sputum with blood, or hemoptysis, or epitaxis, choking sensation in the chest, shortness of breath, reddened tongue with yellow coating, and taut thready rapid pulse.

Therapeutic Method: Removing heat to calm the lung, cooling blood to arrest bleeding.

Prescription: Modified *Baihu Tang* (White Tiger Decoction) and *Shihui San* (Powder of Ashes of Ten Drugs).

Ingredients:

Shigao Gypsum Fibrosum 30 g

Zhimu Rhizoma Anemarrhenae 12 g

Daji Radix et Herba Cirsii Japonici 12 g

Xiaoji Herba Cirsii 12 g

Shanzhi Fructus Gardeniae 12 g

Danpi Cortex Moutan 15 g

Qiancaogen Radix Rubiae 12 g

Maogen Rhizoma Imperatae 30 g

Dahuang Radix et Rhizoma Rhei 6 g

Xingren Semen Armeniacae Amarum 9 g

Shengdi Radix Rehmanniae 15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of larger amount of blood spitted out, the drug added is *Baiji Fen* Rhizoma Bletillae (taken after being infused in water) (1.5 g).

4.Type of Intense Heat in Both the *Qi* and *Ying* Systems

Symptoms: Standing high fever, terrible headache, stiff neck, dysphoria, nausea, vomiting, drowsiness or coma, or spasm and convulsion of the limbs, deep red tongue with yellow or little coating, and taut rapid pulse.

Therapeutic Method: Clearing away heat from the *Qi* and *Ying* systems, removing toxic material and nourishing *Yin*.

Prescription: *Qingying Tang* (Decoction for Clearing away Heat in the *Ying* System).

Ingredients:

Xijiao Fen Cornu Rhinocerotis (in the form of powder and taken after being infused in water) 1–3 g

Shengdi Radix Rehmanniae 30 g

Xuanshen Radix Scrophulariae 15 g

Maimendong Radix Ophiopogonis 30 g

Shuanghua Flos Lonicerae 30 g

Lianqiao Fructus Forsythiae 15 g

Danshen Radix Salviae Miltiorrhizae 15 g

Huanglian Rhizoma Coptidis 9 g

Zhuye Herba Lophatheri 9 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For high fever accomanied by thirst with strong desire for drink, the drugs added are *Shengshigao* Gypsum

Fibrosum (30 g), *Zhimu* Rhizoma Anemarrhenae (15 g).

For coma, the drugs added are *Shichangpu* Rhizoma Acori Tatarinowii (12 g) and 1 bolus of *Zixue Dan* or *Angong Niuhuang Wan*, both of which are Chinese patent medicine, and each of which is taken after being infused in water or by nasal feeding.

Proven Prescription

Ingredients:

Daqingye Herba Isatidis	30 g
Banlangen Radix Isatidis	30 g
Shengshigao Gypsum Fibrosum	60 g
Bohe Herba Menthae	6 g

Administration: Decocted two times for the decoction of two times, which is taken 3 timès in 1 day. 1 dose is used daily.

Indications: High fever complicated by symptoms due to cerebritis.

Prevention

1.Kill rats, protect water source from being polluted and raise pigs in pigpens.

2.Treat early or deal with in another way the domestic animals ill with this disease such as pigs, oxes and sheep.

3.Isolate and treat early the patients and disinfect their urine.

4.Bacterination is suggested in epidemic areas for both the inhabitants and the shifting population whose immunity is weak.

8.13 Schistosomiasis

Schistosomiasis refers to the infectious disease due to parasitism of schistosome in the body. In the acute stage, and mainly marked by fever, chills perspiration, eruption, cough,

hemoptysis, chest pain, abdominal pain and diarrhea with pus and blood, it is similar to such TCM syndromes as "disease due to noxious agents produced by venomous insects" and "epidemic disease due to parasitic infestation". In the chronic stage, it is characterized by hepatomegaly, splenomegaly and general debility, and included in the following TCM syndromes: "disease due to noxious agents produced by various parasites", "tympanites due to parasitic infestation", "tympanites", "noxious water disease", "mass in the abdomen", etc.

Etiology and Pathogenesis

Noxiou agents produced by parasites invade the lung–*Wei* by way of the skin and then go further into the *Ying* and blood systems and the intestinal tract when the symptoms in the acute stage appear. The noxious agents go into the internal organs along the channels and stay in the liver and spleen, inducing stagnation of *Qi* and blood and ascites when "mass in the abdomen", "tympanites", "jaundice", and "deficiency" in the chronic and advanced stage appear.

Type and Treatment

1. Type of Lingering Damp–heat

Symptoms: Fever and chills or alternate attacks of fever and chills, choking–pain in the chest and hypochondrium, abdominal distension, diarrhea, even sticky and jelly–like stools or stools with pus and blood, dry mouth without desire for drink, deep–red urine, reddened tongue with thin yellow greasy coating, and soft rapid or taut rapid pulse.

Therapeutic Method: Clearing away heat and removing dampness.

Prescription: *Qingpi Yin* (Decoction for Clearing the Spleen).

Ingredients:

Qingpi Pericarpium Citri Reticulatae	6 g
Houpo Cortex Magnoliae Officinalis	6 g
Caoguo Fructus Tsaoko	9 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Chaihu Radix Bupleuri	12 g
Zhibanxia Rhizoma Pinelliae Preparata	9 g
Huangqin Radix Scutellariae	9 g
Fuling Poria	15 g
Zhigancao Radix Glycyrrhizae Preparata	6 g
Shengjiang Rhizoma Zingiberis Recens	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of damp–heat lingering in the upper–*Jiao* marked by choking sensation in the chest, cough and sticky thick sputum, the drugs added are *Jiegeng* Radix Platycodi (9 g), *Xingren* Semen Armeniacae Amarum (9 g), the drug omitted is *Shengjiang* Rhizoma Zingiberis Recens.

In case of damp–heat lingering in the middle–*Jiao* marked by abdominal distention and bloody purulent stood, the drugs added are *Huanglian* Rhizoma Coptidis (9 g), *Muxiang* Radix Aucklandiae (6 g), the drug omitted is *Zhigancao* Radix Glycyrrhizae Preparata.

In case of damp–heat lingering in the lower–*Jiao* marked by deep–colored urine and uneven painful urination, the drugs added are *Huangbai* Cortex Phellodendri (9 g), *Huashi* Talcum (30 g), the drugs omitted are *Huangqin* Radix Scutellariae, *Shengjiang* Rhizoma Zingiberis Recens.

In case of damp–heat lingering in the liver and gallbladder marked by jaundice and severe pain in the hypochondriac region,

the drugs added are *Yinchen* Herba Artemisiae Scopariae (30 g), *Shanzhi* Fructus Gardeniae (12 g), the drugs omitted are *Shengjiang* Rhizoma Zingiberis Recens, *Zhigancao* Radix Glycyrrhizae Preparata.

Simple Prescription:

Nanguazi Semen Curcubitae

Administration: De-oiled and ground into powder, 80 g of the powder is taken by an adult each time, 3 times daily, 30 days being involved.

Chinese Patent Medicine:

Fufang Binglang Wan (Composite Pill of Areca Seed).

Administration: Taken with warm boiled water before meal, 10 g each time, twice daily.

2.Type of Stagnation of the Liver-*Qi* and Deficiency of the Spleen

Symptoms: Distending pain in the hypochondriac region, abdominal pain, diarrhea, stool with something white and jelly-like, poor appetite, listlessness, acratia, pale red tongue with thin white coating, and taut thready pulse.

Therapeutic Method: Soothing the liver and strengthening the spleen

Prescription: *Xiaoyao Wan* (Ease Bolus) and *Tongxie Yaofang* (Prescription of Importance for Diarrhea with Pain).

Ingredients:

Chaihu Radix Bupleuri	9 g
Danggui Radix Angelicae Sinensis	12 g
Baishao Radix Paeoniae Alba	12 g
Fuling Poria	15 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g

Zhigancao Radix Glycyrrhizae Preparata	6 g
Bohe Herba Menthae	3 g
Shengjiang Rhizoma Zingiberis Recens	6 g
Chenpi Pericarpium Citri Reticulatae	9 g
Fangfeng Radix Saposhinkoviae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For severe distending pain in the hypochondrium, the drugs added are *Yujin* Radix Curcumae (12 g), *Yuanhu* Rhizoma Corydalis (12 g), the drugs omitted are *Fangfeng* Radix Saposhinkoviae, *Shengjiang* Rhizoma Zingiberis Recens.

In case of severe abdominal pain and diarrhea, the drug *Baishao* is used in larger dosage and another drug added is *Muxiang* Radix Aucklandiae (6 g).

3.Type of Blood–stasis Retained in the Interior

Symptoms: Darkish complexion, distending or stabbing pain in the chest and hypochondrium, mass below the hypochondrium which feels hard, emaciation, reddened tongue with ecchymosis or petechiae and thin coating, and deep uneven pulse.

Therapeutic Method: Promoting blood circulation to remove blood stasis, activating the channels and collaterals to eliminate mass.

Prescription: *Huayu Tang* (Decoction for Removing Blood Stasis).

Ingredients:

Danggui Radix Angelicae Sinensis	12 g
Chishao Radix Paeoniae Rubra	12 g
Danpi Cortex Moutan	12 g
Taoren Semen Persicae	12 g

Honghua Flos Carthami	9 g
Shanjia Squama Manitis	9–18 g
Danshen Radix Salviae Miltiorrhizae	24 g
Baizhu Rhizoma Atractylodis Macrocephalae	9 g
Zexie Rhizoma Alismatis	9 g
Qingpi Pericarpium Citri Reticulatae Viride	9 g
Muli Concha Ostreae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine 1:

Dahuang Zhechong Wan (Rhubarb and Ground Beetle Bolus).

Administration: 1 bolus is taken each time, 3 times daily. 10 days later, *Walengzi Wan* (Ark Shell Pill) is used instead.

Chinese Patent Medicine 2:

Walengzi Wan (Ark Shell Pill).

Administration: Taken with warm boiled water on an empty stomach, 9–15 g each time. 10 days comprise 1 course of treatment. There is an interval of 3–5 days between 2 courses.

4.Type of Retention of Excessive Water in the Body

Symptoms: Larger abdomin with blue veins sticking out and looking like a drum and feeling like a bag with water which is moving at press, cold limbs, anorexia, acratia, or edema of the lower limbs, pale red tongue with white greasy coating, and soft slippery pulse.

Therapeutic Method: Activating *Yang* and promoting diuresis.

Prescription: *Wuling San* (Powder of Five Drugs with Poria) and *Wupi Yin* (Decoction of Peel of Five Drugs).

Ingredients:

Guizhi Ramulus Cinnamomi 9 g
Baizhu Rhizoma Atractylodis Macrocephalae 12 g
Fuling Poria 30 g
Fulingpi Extra Poria 30 g
Zexie Rhizoma Alismatis 24 g
Zhuling Polyporus 30 g
Sangbaipi Cortex Mori 12 g
Chenpi Pericarpium Citri Reticulatae 9 g
Dafupi Pericarpium Arecae 30 g
Shengjiangpi Cortex Zingiberis Recens 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Simple Prescription:

Banbianlian Herba Lobeliae Chinensis 30 g

Administration: 30 g of the drug is divided into 2 portions, 1 portion is decocted in water for the decoction each time, twice daily.

Effect: Discharging water to treat tympanites.

5.Type of *Yin*–deficiency of the Liver and Kidney

Symptoms: Listlessness, acratia, abdominal distension, pain in the hypochondrium, soreness and weakness of the loins and knees, low fever after noon, dizziness, tinnitus, reddened tongue with little or geographical coating, and thready rapid pulse.

Therapeutic Method: Nourishing the kidney and liver Prescription: *Qi Ju Dihuang Wan* (Bolus of Rehmannia with Wolfberry and Chrysanthemum).

Ingredients:

Gouqizi Fructus Lycii 15 g
Juhua Flos Chrysanthemi 9 g
Shudi Radix Rehmanniae Preparata 15 g

Shanyao Rhizoma Dioscoreae 12 g
Danpi Cortex Moutan 12 g
Shanyurou Fructus Corni 12 g
Fuling Poria 12 g
Zexie Rhizoma Alismatis 12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For severe abdominal distension and pain in the hypochondrium, the drugs added are *Chuanlianzi* Fructus Toosendan (12 g), *Yujin* Radix Curcumae (12 g).

For remarkable low fever, the drugs added are *Digupi* Cortex Lycii (12 g) and *Yinchaihu* Radix Stellariae (15 g).

6.Type of Deficiency of the Kidney–*Yang*

Symptoms: Pain in the hypochondrium, distension in the abdomen, soreness and weakness of the loins and knees, chills, cold limbs, pale complexion, tastelessness in the mouth, pale and enlarged tongue, and deep thready pulse.

Therapeutic Method: Warming and reinforcing the kidney–*Yang*.

Prescription: *Yougui Wan* (Pill for Reinforcing the Kidney–*Yang*).

Ingredients:

Shudi Radix Rehmanniae Preparata 15 g
Shanyao Rhizoma Dioscoreae 15 g
Shanzhuyu Fructus Corni 12 g
Danggui Radix Angelicae Sinensis 12 g
Duzhong Cortex Eucommiae 15 g
Gouqizi Fructus Lycii 15 g
Fuzi Radix Aconiti Lateralis Preparata 12 g
Rougui Cortex Cinnamomi 6 g

Tusizi Semen Cuscutae 30 g

Lujiaojiao Colla Cornus Cervi

(to be melted in boiling water) 12 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For the debilitated, the drugs added are *Huangqi* Radix Astragali (30 g), *Dangshen* Radix Codonopsis (18 g).

For poor appetite, the drugs added are *Jineijin* Endothelium Corneum Gigeriae Galli (9 g), *Guya* Fructus Setariae Germinatus (12 g), *Maiya* Fructus Hordei Germinatus (12 g).

Prevention

1.Sweep away oncomelania and protect water source from being polluted by night soil.

2.Attach importance to personal protection and be sure not to use water from the epidemic area.

3.Conduct mass survey and treatment in epidemic areas.

8.14 Hookworm Disease

With more intake of excessive food, sallow complexion, lassitude, acratia, edema of the face and feet, hookworm disease is included in such TCM syndromes as "yellow fat", "yellow swelling", "yellowish infantile malnutrition", etc. It is a parasitosis due to parasitism of hookworm in the small intestine.

Etiology and Pathogenesis

Damp–heat and parasitic toxin come into the body by way of skin or along with food and injure the spleen and stomach, or the parasites inhabiting the intestinal tract take in nutrients of the human body. By so doing, they cut down the supply of *Qi* and blood. As time goes by, dysfunction of gastrointestine and deficiency of *Qi* and blood are resulted in with this disease developed.

Type and Treatment

1.Type of Water-retention due to Deficiency of the Spleen

Symptoms: Sallow complexion, being liable to hunger and overeating, abdominal distension after eating, or eating raw rice, tea-leaves or charcoal, listlessness, acratia, pale tongue with thin coating, and soft pulse.

Therapeutic Method: Strengthening the spleen, removing dampness, promoting digestion and destroying worms.

Prescription: Modified *Huangbing Jiangfan Wan* (Pill of Green Vitriol for Treating Jaundice).

Ingredients:

Houpo Cortex Magnoliae Officinalis	9 g
Maozhu Rhizoma Atractylodis	12 g
Jiangfan Ferrosi Sulfas Crudus (to be taken by swallowing)	0.5 g
Chenpi Pericarpium Citri Reticulatae	9 g
Gancao Radix Glycyrrhizae	6 g
Hongzao Fructus Jujubae	6 dates
Heshi Fructus Carpesii	15 g
Kuliangenpi Cortex Meliae	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of evident deficiency of the spleen, the drug added is *Dangshen* Radix Codonopsis (15 g).

Simple Prescription:

Leiwan Fen Omphalia (in the form of powder)

Administration: 5 g of the powder is taken each time, 3 times daily. 1 course of treatment involves 2 days.

Chinese Patent Medicine 1:

Feizi Shachong Wan (Anthelmintic Pill of Torreya Seed).

Administration: 9 g of the pill is taken each time, 3 times daily. 2 days are involved.

Chinese Patent Medicine 2:

Lei Fei Wan (Pill of Omphalia and Torreya Seed).

Administration: 3 g of the pill is taken each time, 3 times each day. 1 course of treatment consists of 7–10 days.

Chinese Patent Medicine 3:

Gouchong Wan (Pill for Treating Hookworm Disease).

Administration: Taken with boiled water in the morning and evening, 1 pill each time.

2.Type of Deficiency of Both *Qi* and Blood

Symptoms: Sallow or pale complexion, edema of the face and feet or general edema, discomfort due to fullness in the epigastrium, listlessness, acratia, vertigo; tinnitus, palpitation, shortness of breath, loose stools, pale enlarged tongue, and weak pulse.

Therapeutic Method: Tonifying *Qi* and blood.

Prescription: *Bazhen Tang* (Eight Precious Ingredient Decoction).

Ingredients:

Renshen Radix Ginseng	9 g
Baizhu Rhizoma Atractylodis Macrocephalae	9 g
Fuling Poria	12 g
Gancao Radix Glycyrrhizae	6 g
Danggui Radix Angelicae Sinensis	12 g
Baishao Radix Paeoniae Alba	12 g
Chuanxiong Rgizoma Chuanxiong	6 g
Shudi Radix Rehmanniae Preparata	15 g
Shengjiang Rhizoma Zingiberis Recens	3 g

Dazao Fructus Jujubae 6 dates

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of deficiency of *Qi*, the drug added is *Huangqi* Radix Astragali (30 g).

In case of deficiency of blood, the drugs added are *Huangqi* Radix Astragali (30 g), *Ejiao* Colla Corii Asini (to be melted in boiling water) (12 g).

Chinese Patent Medicine 1:

Huangpang Wan (Pill for Treating General Edema with Yellowish Tinge on the Skin).

Administration: Taken with warm boiled water in the morning and evening, 6 g each time.

Precautions: Tea is not allowed.

Chinese Patent Medicine 2:

Famu Wan (Pill for Checking Hyperfunction of the Liver).

Administration: Taken with warm boiled water after breakfast and supper, 6–9 g each time.

Prevention

1.Treat actively hookworm disease in order to narrow the source of infection, on which prevention is based.

2.Properly deal with night soil in order to kill the ova.

3.Pay attention to personal protection. Barefoot is not advocated in epidemic areas. Boots and gloves should be worn and the hands and feet should be coated with alum solution or 1% of iodine tincture when working in the fields.

8.15 Filariasis

Filariasis is a parasitosis due to parasitism of filarae in lymph tissue, subcutaneous tissue, deep connective tissue or serous cavi-

ty. In the acute stage mainly marked by lymphangitis and lymphnoditis, it is similar to the TCM syndrome of "erysipelas of the shank". In the chronic stage marked by lymphatic obstruction, elephantiasis crus, chyluria and hydroceletestis, it is included in the category of "stranguria marked by chyluria", "hydrocele", etc. of TCM.

Etiology and Pathogenesis

This disease is caused by:

1.Damp–heat and epidemic noxious agents invade the body and crowd into the channels and collaterals or stay in the liver channel.

2.Damp–heat in the lower–*Jiao* developed due to prolonged disease disturbs functioning of *Qi* and affects the kidney.

3.The spleen and kidney are both impaired.

Type and Treatment

1.Type of Erysipelas of the Shank due to Damp–heat

Symptoms: Fever, chills, swelling and burning pain in the skin of the lower limbs on which red thread goes downward, palpable and painful mass in the groin and below the axillary fossa, anorexia, bitter taste, constipation, deep red urine, reddened tongue with yellow greasy coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat, removing dampness, cooling blood and purging fire.

Prescription: *Bixie Shenshi Tang* (Yam Decoction for Excreting Dampness).

Ingredients:

Bixie Rhizoma Dioscoreae Hypoglaucae	30 g
Yimi Semen Coicis	30 g
Huangbai Cortex Phellodendri	9 g

Fuling Poria 15 g
Danpi Cortex Moutan 12 g
Zexie Rhizoma Alismatis 15 g
Tongcao Medulla Tetrapanacis 6 g
Huashi Talcum 30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of swelling and pain of the lymph nodes which are evident, the drug added is *Xiakucao* Spica Prunellae (24 g).

In case of swelling and burning pain of the skin, the drugs added are *Shuanghua* Flos Lonicerae (30 g), *Diding* Herba Violae (15 g), the drug omitted is *Tongcao* Medulla Tetrapanacis.

2.Type of Damp–heat in the Liver Channel

Symptoms: Distension and pain of the scrotum, pain of the lower abdomen, or pain in the hypochondriac region, or oppressed sensation in the chest, eructation, bitter taste, dry mouth, thin tongue coating and taut rapid pulse.

Therapeutic Method: Soothing the liver, normalizing functioning of the gallbladder, clearing away heat and removing dampness.

Prescription: *Longdan Xiegan Tang* (Decoction of Gentiana for Purging the Liver–fire).

Ingredients:

Longdancao Radix Gentianae 9 g
Zexie Rhizoma Alismatis 12 g
Cheqianzi Semen Plantaginis
(wrapped in a piece of cloth and then decocted) 15 g
Mutong Caulis Clematidis Armandii 6 g

Danggui Radix Angelicae Sinensis 12 g
Chaihu Radix Bupleuri 12 g
Gancao Radix Glycyrrhizae 6 g
Shengdi Radix Rehmanniae 15 g
Huangqin Radix Scutellariae 12 g
Zhizi Fructus Gardeniae 9 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe distension and pain in the scrotum, the drug added is *Juhe* Semen Citri Reticulatae (15 g).

In case of severe pain in the lower abdomen, the drugs added are *Yuanhu* Rhizoma Corydalis (12 g), *Chuanlianzi* Fructus Toosendan (12 g), the drugs omitted are *Shengdi* Radix Rehmanniae, *Huangqin* Radix Scutellariae.

Proven Prescription

Ingredients:

Xiaohuixiang Fructus Foeniculi 30 g
Cheqianzi Semen Plantaginis 30 g
Shiyan Sodium Chloride 6 g

Administration: Ground into fine powder, 6 g of the powder is taken with yellow rice wine each time, twice daily.

Indications: Edema of the scrotum and distending pain of the testicle.

3.Type of Damp–heat in the Urinary Bladder

Symptoms: Burning and astringing pain or distending pain in the urethra, urine as turbid as rice water or with slippery things or blood, constipation, reddened tongue with yellow greasy coating, and rapid pulse.

Therapeutic Method: Clearing away damp–heat in the urinary bladder.

Prescription: *Chengshi Bixiè Fenqing Yin* (Cheng' s Yam Decoction for Clearing Turbid Urine).

Ingredients:

Chuanbixie Rhizoma Dioscoreae Hypoglaucae	15 g
Chaohuangbai stir–fried Cortex Phellodendri	6 g
Shichangpu Rhizoma Acori Tatarinowii	6 g
Fuling Poria	15 g
Lianzixin Plumula Nelumbinis	3 g
Baizhu Rhizoma Atractylodis Macrocephalae	9 g
Danshen Radix Salviae Miltiorrhizae	9 g
Cheqianzi Semen Plantaginis (wrapped in a piece of cloth and then decocted)	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of heat more severe than dampness which is marked by evident burning and astringing pain, the drugs added are *Shanzhi* Fructus Gardeniae (9 g), *Huashi* Talcum (30 g), *Gancao* Radix Glycyrrhizae (6 g).

In case of dampness more severe than heat, the drugs added are *Cangzhu* Rhizoma Atractylodis (9 g), *Banxia* Rhizoma Pinelliae (9 g) and *Chenpi* Pericarpium Citri Reticulatae (9 g).

4.Type of Accumulation of Cold–dampness in the Interior

Symptoms: Swollen and enlarged scrotum with tight skin which looks bright but not red, or heaviness and cold sensation below the waist, white greasy tongue coating, and soft slippery pulse.

Therapeutic Method: Dispersing cold, removing dampness, activating *Yang* and promoting diuresis.

Prescription: *Ling Gui Zhu Gan Tang* (Decoction of Poria, Bighead, Atractylodes, Cinnamon and Licorice) and *Shenzhuo*

Tang (Decoction of Liquorice, Dried Ginger, Poria and Bighead Atractylodes).

Ingredients:

Fuling Poria	15 g
Guizhi Ramulus Cinnamomi	6 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Ganjiang Rhizoma Zingiberis	3 g
Gancao Radix Glycyrrhizae.	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of wet scrotum or scrotum with yellow exudate, the drugs added are *Xiaohuixiang* Fructus Foeniculi (6 g), *Cheqianzi* Semen Plantaginis (wrapped in a piece of cloth and then decocted) (15 g), the drug omitted is *Gancao* Radix Glycyrrhizae.

In case of red, swollen, wet and itching scrotum, the drugs added are *Huangbai* Cortex Phellodendri (9 g), *Xiaohuixiang* Fructus Foeniculi (6 g), *Zhizi* Fructus Gardeniae (9 g), the drug omitted is *Gancao* Radix Glycyrrhizae.

5.Type of the Channels and Collaterals Blocked by Blood Stasis

Symptoms: Swelling in the lower limbs and scrotum whose skin is rough and hard, difficulty in walking, or tumefaction and rough skin in the upper limbs, breast, labia and penis, possible ecchymosis and petechiae on the tongue, and probable deep uneven or deep thready pulse.

Therapeutic Method: Softening mass, dispersing blood stasis, removing dampness and activating the channels and collaterals.

Prescription:

Hongjia Heji (Mixture of Safflower and Pangolin Scales).

Honghua Flos Carthami	10 g
Paoshanjia Squama Manitis Preparata	10 g
Zicao Radix Arnebiae seu Lithospermi	10 g
Binglang Semen Arecae	10 g
Guiwei Radix Angelicae Sinensis	10 g
Weilingxian Radix Clematidis	10 g
Niuxi Radix Achyranthis Bidentatae	10 g
Hanfangji Radix Stephaniae Tetrandrae	10 g
Cangzhu Rhizoma Atractylodis	10 g
Wujiapi Cortex Acanthopanacis	10 g
Mugua Fructus Chaenomelis	10 g
Sangbaipi Cortex Mori	10 g
Haitongpi Cortex Erythrinae	10 g

Administration: Decocted in water for oral use, 1 dose daily. One course of treatment consists of 15 days.

Proven Prescription

Ingredients:

Mabiancao Herba Verbenae	18 g
Suye Folium Perillae	15 g
Qinghao Herba Artemisiae Annue	12 g

Administration: Decocted in water for the decoction, half of which is taken in the evening, the rest on the next morning.

Prevention

1.Conduct mass examination to find and cure the patients timely for the purpose of eradicating source of infection.

2.Sweep away mosquitoes to block the route of infection.

8.16 Cestodiasis and Cysticercosis

Cestodiasis is a disease due to parasitism of the adults of

taenia solium and taenia saginata in the small intestine. With gastrointestinal dysfunction as the main clinical symptoms, it has been long since known to TCM, in which it is called as "teniasis".

Cysticercosis is a disease due to parasitism of the grub of taenia solium in various tissues of the body. It is clinically characterized by nodes due to attack of tenia on the subcutaneous tissue and symptomes of the nervous system such as epilepsy and headache due to attack of taenia on the brain tissue.

Etiology and Pathogenesis

1.Tenia or bladder worm enters the stomach along with raw or not well–done pork or beef, disturbs functioning of the spleen and stomach in transportation and transformation and takes in essential substances from food–stuff.

2.Because of dysfunction of the spleen in transportation and transformation, dampness is accumulated to develop sputum, which flows to the skin.

3.*Yin*–deficiency of the liver and kidney is caused by insufficient supply of *Qi* and blood due to long–term deficiency of the spleen.

4.Because of hyperactivity of *Yang* due to *Yin*–deficiency, the liver–wind brings phlegm to go up, stirring the head.

Type and Treatment

By treatment of cestodiasis is mainly meant to expel the worms. After the worms have been discharged out of the body, what should be done is to regulate the spleen and stomach and strengthening the vital–*Qi* so as to promote rapid recovery. Here are the methods to expel worms.

Number 1

Ingredients:

Binglang Semen Arecae 60 g

Nanguaziren Semen Curcubitae 120 g

Yuanmingfen Natrii Sulfas Exsiccatus 9 g

Administration: *Binglang* is decocted in water to get 300 ml of the decoction. *Nanguazi* is eaten on an empty stomach in the morning. 2 hours after that, the decoction of *Binglang* is taken. 2–3 hours later, diarrhea may be induced. If not, *Yuanmingfen* is infused in water and taken. In winter, a patient may relax his / her bowels over a basin with warm water in order to help discharge the worms thoroughly.

Number 2

Ingredients:

Leiwan Fen Omphalia (in the form of powder)

Administration: Taken after being infused in water, 20 g each time, 3 times daily. the administration lasts 3 days.

Number 3

Ingredients:

Xianhecaogen Herba Agrimoniae

Administration: Buds got in winter are prepared into tablets. For an adult, 30–40 g of the tablets is taken on an empty stomach each time without purgatives added. Generally speaking, it will take 5–6 hours for the worms to be discharged out.

Side Effects: Nausea.

Number 4

Ingredients:

Feizirou Semen Torreyae 10 ones

Administration: All the *Feizirou* is parched up to done and eaten by chewing, and this is done once daily. The administration lasts 7 days.

Number 5

Ingredients:

Shengbinglang Semen Arecae	9 g
Shengleiwan Omphalia	3 g
Xianshiliupi Pericaroium Granati	45 g
Mangxiao Natrii Sulfas	15–30 g

Administration:

9 g of *Shengbinglang* and 3 g of *Shengleiwan* are ground into fine powder. This is done 4–5 times to get 4–5 portions of the powder with the same amount. *Xianshiliupi* is decocted in water to get the decoction, which is divided into 4–5 portions. 1 portion of the powder is taken with 1 portion of the decoction each time, once each hour. All the 4–5 portions of the powder are taken continually. If diarrhea has not occurred when the last portion has been taken, *Mangxiao* is decocted in water for the decoction, which is taken at a draught in order that the diarrhea may be promoted.

Type and Treatment for cysticercosis

1.Type of Subcutaneous Nodule

Symptoms: Masses under the skin or in the muscles which is in different sizes, movable at palpation, not painful and itching, but numb and sore sometimes, greasy tongue coating, and slippery pulse.

Therapeutic Method: Removing dampness, eliminating phlegm, softening and resolving masses.

Prescription: Modified *Haizao Yuhu Tang* (Sargassum Decoction for Eliminating Phlegm and Dampness).

Ingredients:

Haizao Sargassum	15 g

Kunbu Rhallus Laminariae seu Echloniae	30 g
Banxia Rhizoma Pinelliae	12 g
Chenpi Pericarpium Citri Reticulatae	9 g
Beimu Bulbus Fritillariae Cirrhosae	12 g
Danggui Radix Angelicae Sinensis	9 g
Baibu Radix Stemonae	9 g
Heshi Fructus Carpesii	9 g
Binglang Semen Arecae	15 g

Administration: Decocted in water for oral use, 1 dose daily.

2.Type of Liver–wind with Phlegm

Symptoms: Sudden syncope, trismus, anoopsia strabismus, convulsion of the limbs, frothy spitting, thin greasy tongue coating, and taut slippery pulse.

Therapeutic Method: Calming the liver–wind, eliminating phlegm and inducing resuscitation.

Prescription: Modified *Dingxian Wan* (Pill for Treating Epilepsy).

Ingredients:

Tianma Rhizoma Gastrodiae	12 g
Gouteng Ramulus Uncariae cum Uncis	21 g
Dannanxing Arisaema cum Bile	12 g
Chenpi Pericarpium Citri Reticulatae	9 g
Fushen Poria cum Ligno Hospite	12 g
Jiangbanxia Rhizoma Pinelliae (prepared in ginger juice)	12 g
Chuanbei Bulbus Fritillariae Cirrhosae	9 g
Yuanzhi Radix Polygalae	6 g
Shichangpu Rhizoma Acori Tatarinowii	12 g
Jiangcan Bombyx Batryticatus	9 g

Hùpo Succinum
(to be infused in water and then taken) 1 g
Zhusha Cinnabaris
(to be taken after being infused in water) 0.5 g
Quanxie Scorpio
(to be ground into fine powder and infused in water and then taken) 1 g
Wugong Scolopendra
(to be ground into fine powder and taken after being infused in water) 1 g

Administration: Decocted in water for oral use, 1 dose daily.

3.Type of *Yin*–deficiency of the Liver and Kidney

Symptoms: Vertigo, blurred vision, blindness in severe cases, soreness and weakness of the loins and legs, dry mouth, reddened tongue with little coating, and thready rapid pulse.

Therapeutic Method: Nourishing the liver and kidney.

Prescription: *Yiguan Jian* (An Ever Effective Decoction for Nourishing the Liver and Kidney) and *Qi Ju Dihuang Wan* (Rehmannia Pill with Wolfberry and Chrysanthemum).

Ingredients:

Shengdi Radix Rehmanniae 15 g
Shudi Radix Rehmanniae Preparata 15 g
Shashen Radix Glehniae 12 g
Gouqizi Fructus Lycii 15 g
Danggui Radix Angelicae Sinensis 12 g
Maidong Radix Ophiopogonis 15 g
Chuanlianzi Fructus Toosendan 9 g
Juhua Flos Chrysanthemi 9 g
Shanyao Rhizoma Dioscoreae 12 g

Shanyurou Fructus Corni	12 g
Zexie Rhizoma Alismatis	9 g
Danpi Cortex Moutan	9 g
Fuling Poria	12 g

Administration: Decocted in water for oral use, 1 dose daily.

Prevention

1.Separate uncooked and prepared food when cooking, do not eat uncooked or undone pork or beef.

2.Try to cure cestodiasis so as to eradicate source of infection.

3.Thourough examination of meat should be done by quarantine officers. Meat from pigs and oxes with cysticercosis should not be on sale before treated.

4.Try to deal with night soil and prevent water source from being polluted.

8.17 Acquired Immunodeficiency Syndrome

As the name indicates, acquired immunodeficiency syndrome is a disease due to immunologic deficiency. With complicated clinical manifestations such as erosion, swelling and pain of the throat, fever, emaciation, fatigue, acratia, being susceptible to cold, swelling of general superficial lymph nodes, anorexia, diarrhea, and tendency of anemia and hemorrhage, it is included in such TCM syndromes as "virulent heat pathogen" and "scarlet fever". Only when serological examination shows that HTLV — Ⅲ is positive, may the diagosis be confirmed.

The incidence of this dieases is increasing year by year since the spring of 1981 when the first case was found in U.S.A. For the present, the main drug used to treat AIDS is AZT, which

costs a lot and has the serious side effects of arresting bone marrow. Up to now, there have had only a few cases found and treated in China. However, TCM has shown its potency in treating this disease. No wonder it is called as a "treasure house". In treating this disease, TCM plays an important role in strengthening the body resistance to eliminate the pathogenic factors, in improving the symptoms and in prolonging lives of the subjects. And what is more, it costs little and has no side effects. Why not use TCM to treat AIDS ?

This section deals with the analysis and treatment of AIDS with TCM. Of course, it needs to be further enriched.

Etiology and Pathogenesis

Deficiency of both the spleen and kidney and insufficiency of *Qi* and *Yin* due to improper daily life and excess of sexual intercourse lead to invasion of virulent heat–pathogen into the body and accumulation of dampness and noxious–heat in the interior. Prolonged lasting of this involves both *Qi* and blood.

Type and Treatment

1.Type of Toxins due to Damp–heat

Symptoms: Fullness in the chest, distension in the abdomen, loose stools or watery stools either of which smells foul, fever, thirst, sore and swollen throat, acratia, yellow greasy tongue coating, and soft rapid pulse.

Therapeutic Method: Removing toxic material and dampness.

Prescription: *Ganlu Xiaodu Yin* (Sweet Dew Detoxication Decoction).

Ingredients:

Huashi Talcum 15 g

Yinchen Herba Artemisiae Scopariae	15 g
Huangqin Radix Scutellariae	12 g
Shichangpu Rhizoma Acori Tatarinowii	12 g
Chuanbeimu Bulbus Fritillariae Cirrhosae	9 g
Mutong Caulis Clematidis Armandii	9 g
Huoxiang Herba Pogostemonis	9 g
Shegan Rhizoma Belamcandae	9 g
Lianqiao Fructus Forsythiae	15 g
Bohe Herba Menthae	3 g
Kouren Semen Amomi Cardamomi	9 g

Administration: Decocted in water for oral use, 1 dose daily.

2.Type of Accumulation of Noxious-heat in the Interior

Symptoms: Swelling and erosion of the throat, celostomia, shortness of breath, fever, sweating, dysphoria, dry mouth with thirst, fatigue or tendency of hemorrhage, reddened or prickly cracked tongue with yellow thick greasy coating, and slipper rapid or thready rapid pulse.

Therapeutic Method: Clearing away heat, removing toxic material and subduing swelling.

Prescription: *Puji Xiaodu Yin* (Universal Relief Decoction for Disinfection).

Ingredients:

Huanglian Rhizoma Coptidis	9 g
Huangqin Radix Scutellariae	9 g
Xuanshen Radix Scrophulariae	9 g
Lianqiao Fructus Forsythiae	9 g
Banlangen Radix Isatidis	9 g
Mabo Lasiophaera seu Calvatia	6 g
Niubangzi Fructus Arctii	9 g

Bohe Herba Menthae 3 g
Jiangcan Bombyx Batryticatus 6 g
Jiegeng Radix Platycodi 6 g
Shengma Rhizoma Cimicifugae 3 g
Chaihu Radix Bupleuri 9 g
Chenpi Pericarpium Citri Reticulatae 6 g
Shenggancao Radix Glycyrrhizae 3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If there is the tendency of hemorrhage, the drugs added are *Danpi* Cortex Moutan (12 g), *Chishao* Radix Paeoniae Rubra (12 g) and *Shengdi* Radix Rehmanniae (15 g).

If there exists sore throat and more severe fever, the drugs added are *Banzhilian* Herba Scutellariae Barbatae (15 g), *Baihuasheshecao* Herba Hedyotis Diffusae (15 g), *Jinyinhua* Flos Lonicerae (30 g), *Lianqiao* Fructus Forsythiae (15 g), *Daqingye* Folium Isatidis (15 g), *Banlangen* Radix Isatidis (15 g), *Danpi* Cortex Moutan (12 g) and *Zhizi* Fructus Gardeniae (9 g).

3.Type of Deficiency of Both *Qi* and *Yin*

Symptoms: Impairment of both *Qi* and *Yin* due to long-term accumulation of damp-heat which is marked by shortness of breath, acratia, listlessness, anorexia, emaciation, dry mouth, reddened tongue with little coating and saliva, and deep thready rapid pulse.

Therapeutic Method: Invigorating *Qi* and nourishing *Yin*

Prescription: *Qingyan Yangying Tang* (Decoction for Removing Intense Heat from the Throat and for Nourishing the *Ying* System).

Ingredients:

Xiyangshen Radix Panacis Quinquefolii 9 g

Shengdi Radix Rehmanniae	15 g
Fushen Poria cum Ligno Hospite	9 g
Maidong Radix Ophiopogonis	15 g
Baishao Radix Paeoniae Alba	6 g
Huafen Radix Trichosanthis	12 g
Tiandong Radix Asparagi	9 g
Xuanshen Radix Scrophulariae	12 g
Zhimu Rhizoma Anemarrhenae	9 g
Zhigancao Radix Glycyrrhizae Preparata	3 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For excessive lingering toxins, the drug added is *Xijiao* Cornu Rhinocerotis (to be ground in water and thus infused in it and then taken) (1.5 g).

4.Type of Deficiency of Both the Spleen and Kidney

Symptoms: Palpitation, insomnia, vertigo, lassitude, acratia, listlessness, soreness and weakness of the loins and knees, chills, cold limbs, anorexia, loose stools, pale tongue with thin white coating, and deep weak pulse.

Therapeutic Method: Invigorating the spleen–*Qi*.

Prescription: Modified *Dabuyuan Jian* (Decoction for Invigorating Primordial *Qi*).

Ingredients:

Shudi Radix Rehmanniae Preparata	15 g
Gouqizi Fructus Lycii	15 g
Danggui Radix Angelicae Sinensis	15 g
Shanyao Rhizoma Dioscoreae	12 g
Shanyurou Fructus Corni	9 g
Duzhong Cortex Eucommiae	12 g
Tusizi Semen Cuscutae	15 g

Xianlingpi Herba Epimedii	15 g
Nüzhenzi Fructus Ligustri Lucidi	12 g
Huangqi Radix Astragali	15 g
Dangshen Radix Codonopsis	15 g
Huangjing Rhizoma Polygonati	15 g

Administration: Decocted in water for oral use, 1 dose daily.

9 Common Tumors

9.1 Mammary Cancer

Mammary cancer (Breast cancer) is one of the female malignant tumors. Its incidence is only lower than that of carcinoma of uterus whose incidence is the highest. TCM includes this disease in the category of "breast carcinoma".

Etiology and Pathogenesis

Insufficiency of vital–*Qi*, injury of the seven emotions, stagnation of *Qi* of the liver and spleen and disorder of the *Chong* and *Ren* channels lead to disturbance of the physiological function of the *Zang–Fu* organs and mammary gland, obstruction of the channels and collaterals and accumulation of stagnated *Qi*, blood and phlegm in the breast, thus resulting in this disease.

Type and Treatment

1. Type of Stagnation of the Liver–*Qi*

Symptoms: Mass and distension in the breast, choking sensation in the chest, distention in the hypochondrium, dysphoria, irritability, vertigo, thin white or thin yellow tongue coating, and taut or taut slippery pulse.

Therapeutic Method: Relieving the depressed liver and resolving phlegm and masses.

Prescription: Modified *Xiaoyao San* (Ease Powder).

Ingredients:

Chaihu Radix Bupleuri	10 g
Hangbaishao Radix Paeoniae Alba	12 g
Danggui Radix Angelicae Sinensis	12 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g

Yunling Poria 15 g
Dannanxing Arisaema cum Bile 10 g
Jiangbanxia Rhizoma Pinelliae
(prepared in ginger juice) 10 g
Quangualou Fructus Trichosanthis 30 g
Chuanlianzi Fructus Toosendan 10 g
Gancao Radix Glycyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of up-stirring of the liver-fire marked by dysphoria, irritability and vertigo, the drugs added are *Mudanpi* Cortex Moutan 10g, *Shanzhizi* Fructus Gardeniae 10g.

Proven Prescription

Ingredients:

Quangualou Fructus Trichosanthis one
Danggui Radix Angelicae Sinensis 15 g
Ruxiang Olibanum 3 g
Moyao Myrrha 9 g
Gancao Radix Glycyrrhizae 15 g

Administration: Decocted in water for oral use or ground into fine powder, 15 g of which is taken with warm boiled water, 3 times daily.

2. Type of Disorder of the *Chong* and *Ren* Channels

Symptoms: Mass in the breast, irregular menstruation, or amenia, choking sensation in the chest, pale red tongue with thin white coating, and taut thready pulse.

Therapeutic Method: Regulating the *Chong* and *Ren* channels.

Prescription: Modified *Erxian Tang* (Decoction of Curculigo

Rhizome and Epimedium)

Ingredients:

Xianmao Rhizoma Curculiginis	10 g
Xianlingpi Herba Epimedii	15 g
Bajitian Radix Morindae Officinalis	10 g
Danggui Radix Angelicae Sinensis	15 g
Lujiaoshuang Cornu Cervi Degelatinatum (to be taken after being infused in water)	6 g
Zidanshen Radix Salviae Miltiorrhizae	15 g
Banxia Rhizoma Pinelliae	10 g
Baijiezi Semen Sinapis Alba	10 g
Gancao Radix Glycyrrhizae	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If the mass in the breast is hard, painful and complicated by amenia, the drugs added are *Ezhu* Rhizoma Curcumae 12g, *Zhiruxiang* Olibanum Preparata 12g, *Zhimoyao* Myrrha Preparata 12g.

3. Type of Accumulation of Noxious-fire in the Interior

Symptoms: Dark-purplish swollen hard and painful breast, dysphoria, irritability, or ulcerative breast with foul odour, fever, flushed face, yellow or yellow thick greasy tongue coating, and taut rapid or slippery rapid pulse.

Therapeutic Method: Purging fire, removing toxic material, subduing swelling and arresting pain.

Prescription: Modified *Longdan Xiegan Tang* (Decoction of Gentiana for Purging the Liver-fire).

Ingredients:

Longdancao Radix Gentianae	6 g
Shanzhizi Fructus Gardeniae	10 g

Huangqin Radix Scutellariae 15 g
Shengdi Radix Rehmanniae 21 g
Cheqianzi Semen Plantaginis
(to be wrapped in a piece of cloth and then decocted) 15 g
Zexie Rhizoma Alismatis 10 g
Mutong Caulis Clematidis Armandii 9 g
Danggui Radix Angelicae Sinensis 12 g
Chaihu Radix Bupleuri 10 g
Zaoxiu Rhizoma Paridis 30 g
Fengfang Nidus Vespae 15 g
Quanxie Scorpio 10 g
Longkuizi Semen Solani Nigri 15 g
Shenggancao Radix Glyeyrrhizae 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If the fever is more severe, the drugs added for the purpose of removing heat and toxic material are *Jiyinhua* Flos Lonicerae (30 g), *Lianqiao* Fructus Forsythiae (15 g), *Shengshigao* Gypsum Fibrosum (30 g),or the following drugs are added for removing heat and toxic material and struggling against cancer:

Banzhilian Herba Scutellariae Barbatae (30 g), *Baihuasheshecao* Herba Hedyotis Diffusae (30 g).

Simple Prescription:

Gouju Fructus Citri Reciculatae several ones

Administration: Parched dry and ground into fine powder. 6 g of the powder is taken with warm boiled water each time, 3 times daily.

4. Type of Deficiency of Both *Qi* and Blood

Symptoms: Ulcerative breast like a cauliflower and with continual exudative bloody fluid, loss of appetite, emaciation, pale complexion, shortness of breath, acratia, pale tongue, and deep thready weak pulse.

Therapeutic Method: Tonifying *Qi* and blood, removing toxic material and resolving phlegm.

Prescription: Modified *Guipi Tang* (Decoction for Invigorating the Spleen and Nourishing the Heart).

Ingredients

Huangqi Radix Astragali	30 g
Dangshen Radix Codonopsis	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Danggui Radix Angelicae Sinensis	15 g
Yunfuling Poria	15 g
Chaoshanyao Parched Rhizoma Dioscoreae	15 g
Longyanrou Arillus Longan	30 g
Shuanghuateng Caulis Lonicerae	30 g
Baijiezi Semen Sinapis Alba	10 g
Qiancaogen Radix Rubiae	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Notes:

The following drugs may be decocted in water for the decoction, which is used to wash the sore. This is done once daily.

Banzhilian Herba Scutellariae Barbatae	30 g
Baihuasheshecao Herba Hedyotis Diffusae	30 g
Longkui Herba Solani Nigri	30 g

Chinese Patent Medicine 1:

Shiquan Dabu Wan (Ten Powerful Tonic Bolus).

Administration: 1 bolus is taken each time, 3 times daily.

Chinese Patent Medicine 2:

Xi Huang Wan (Bolus of Rhinocerotis Horn and Cow-bezoare).

Administration: 1 bolus is taken each time, twice daily.

Prevention

1. Be at ease and take an active part in physical training so as to build up health.

2. Try to conduct propaganda of hygiene and popularize knowledge of preventing cancers.

3. Popularize regular self-examination of breast so as to diagnose mammary cancer early.

9.2 Bronchopulmonary Carcinoma

Originating from bronchial mucosa, bronchopulmonary carcinoma, called as pulmonary carcinoma for short, is the commonest primary malignant tumor in the lung. Its clinical manifestations are based on the location of the tumor and, if any, the complications. Generally speaking, there are not any manifestations in the early stage, and only in the advanced stage, there appear breathing symptoms. Its complications are usually atelectasis, purulent infection in the lung and metastatic carcinoma in other organs. According to its clinical manifestations, TCM includes this disease in the following syndromes: " mass in the lung" , " hypochondriac lump" , " cough" , "hemoptysis", "chest pain" and "asthma".

Etiology and Pathogenesis

This disease is all due to deficiency. By deficiency here we mainly mean both *Qi* and *Yin* deficiency of the lung. It is deficiency that invites attack of pathogens or results in accumulation

of phlegm–dampness in the interior. Long stagnation of phlegm–dampness and noxious pathogens in the lung leads to the formation of masses. This disease belongs to the type "deficiency in origin and excess in superficiality". Deficiency is the cause, while excess the manifestations. Deficiency is general, while excess localized.

Type and Treatment

1. Type of Stagnation of *Qi* and Blood

Symptoms: Difficulty in expectoration, sputum with blood, localized chest pain, dyspnea, constipation, dark purple lips and nails, tongue with purplish ecchymosis or scattered patechiae, thin or yellow tongue coating, and taut or uneven pulse.

Therapeutic Method: Promoting the circulation of both *Qi* and blood to remove blood stasis and soften masses.

Prescription: Modified *Xuefu Zhuyu Tang* (Decoction for Removing Blood Stasis in the Chest).

Ingredients:

Danggui Radix Angelicae Sinensis	12 g
Shengdihuang Radix Rehmanniae	15 g
Taoren Semen Persicae	10 g
Honghua Flos Carthami	10 g
Chishaoyao Radix Paeoniae Rubra	12 g
Zhiqiao Fructus Aurantii	10 g
Chaihu Radix Bupleuri	12 g
Tianhuafen Radix Trichosanthis	15 g
Gualouren Semen Trichosanthis	30 g
Zhishanjia Squama Manitis Preparata	12 g
Xiakucao Spica Prunellae	15 g
Haizao Sargassum	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of sputum with profuse blood, the drugs added are *Xianhecao* Herba Curcurliginis (30g), *Cebaiye* Cacumen Platycladi (15 g) and *Banzhilian* Herba Scutellariae Barbatae (30g).

In case of profuse sputum which is difficult to expectorate out, the drugs added are *Haifushi* Os Costaziae (15g), *Chaoxingren* Parched Semen Armeniacae Amarum (9g), *Tinglizi* Semen Lepidii seu Descurainiae (9g) and *Ziwan* Radix Asteris (12g).

2. Type of Phlegm–dampness Turned to Toxins

Symptoms: More severe cough with profuse sticky or puric sputum, choking pain in the chest, anorexia, loose stools, fever, deep colored urine, yellow and greasy tongue coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat, resolving phlegm, inducing diuresis and removing toxic material.

Prescription: Modified *Daotan Tang* (Decoction for Expelling Phlegm).

Ingredients:

Dannanxing Aresaema cum Bile	10 g
Zhibanxia Rhizoma Pinelliae Preparata	10 g
Yunfuling Poria	15 g
Chenpi Pericarpium Citri Reticulatae	10 g
Sangbaipi Cortex Mori	15 g
Yuxingcao Herba Houttuyniae	30 g
Qianhu Radix Peucedani	10 g
Madouling Fructus Aristolochiae	10 g
Yiyiren Semen Coicis	30 g

Chuanhoupo Cortex Magnoliae Officinalis 10 g
Baihuasheshecao Herba Hedyotis Diffusae 30 g
Banzhilian Herba Scutellariae Barbatae 30 g
Tufuling Rhizoma Smilacis Glabrae 30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of hydrothorax, dyspnea and choking sensation, the drugs added are *Tinglizi* Semen Lepidii seu Descurainiae (12g), *Dazao* Fructus Jujubae (opened) (7g)dates.

In case of pain in the chest and back, the drugs added are *Yuanhu* Rhizoma Corydalis (9g), *Fangji* Radix Stephaniae Tetrandrae (9 g), *Ruxiang* Olibanum (12g), *Moyao* Myrrha (12g) and *Quánxie* Scorpio (9g).

3. Type of Noxious–heat due to Deficiency of *Yin*

Symptoms: Cough without or with little sputum or with bloody sputum, hemoptysis in severe cases, chest pain restlessness, insomnia, low fever, night sweat, or high fever lasting longer, thirst, constipation, reddened tongue with thin yellow coating, and thready rapid or rapid large pulse.

Therapeutic Method: Nourishing *Yin*, clearing away heat, removing toxic material and resolving masses.

Prescription: Modified *Shashen Maidong Tang* (Decoction of Glehnia and Ophiopogon).

Ingredients:

Shashen Radix Glehniae 30 g
Maidong Radix Ophiopogonis 15 g
Yuzhu Rhizoma Poligonati Odorati 15 g
Shihu Herba Dendrobii 30 g
Chaoxingren parched Semen Armeniacae Amarum 10 g

Chuanbeimu Bulbus Fritillariae Cirrhosae	10 g
Tianhuafen Radix Trichosanthis	15 g
Zhiziwan Radix Asteris Preparata	10 g
Shenggeqiao Concha Meretricis seu Cyclinae	30 g
Gualou Fructus Trichosanthis	30 g
Pugongying Herba Taraxaci	30 g
Banzhilian Herba Scutellariae Barbatae	30 g
Caoheche Rhizoma Bistortae	30 g

Administration: Decocted in water for oral use, 1 dose dsily.

Modification: In case of persistent hemoptysis, the drugs added are *Xianhecao* Herba Agrimoniae (30g), *Baimaogen* Rhizoma Imperatae (30g), *Qiancao* Radix Rubae (15g) and *Shensanqi* Radix Notoginseng (10–15g).

In case of constipation, the drugs added are *Dahuang* Radix et Rhizoma Rhei (added last) (6g), *Shengdihuang* Radix Rehmanniae (15g), *Xuanshen* Radix Scrophulariae (15g), *Yuliren* Semen Pruni (15g) and *Maren* Fructus Cannabis (12g).

4. Type of Deficiency of *Qi* and *Yin*

Symptoms: Weak cough with little of thin sticky sputum, shortness of breath, dyspnea, lassitude, acratia, pale complexion, emaciation, aversion to wind, spontaneous sweating or night sweat, dry mouth with little desire for drink, reddened or pale tongue, and thready weak pulse.

Therapeutic Method: Invigorating *Qi*, nourishing *Yin*, clearing away heat and resolving phlegm.

Prescription: Modified *Shengmai San* (Pulse–activating Powder).

Ingredients:

Taidangshen Radix Codonopsis	30 g
Maidong Radix Ophiopogonis	15 g
Shashen Radix Glehniae	15 g
Shanyao Rhizoma Dioscoreae	15 g
Wuweizi Fructus Schisandrae	6 g
Chuanbeimu Bulbus Fritillariae Cirrhosae	10 g
Quangualou Fructus Trichosanthis	15 g
Xiakucao Spica Prunellae	15 g
Shancigu Pseudobulbus Cremastrae seu Pleiones	15 g

(Notes: 6 g of *Renshen* Radix Ginseng may be used to substitute for *Taidangshen*.)

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of the disorder involving both the lung and Kidney and with *Yang*–deficiency more evident, the drugs added are *Xianmao* Rhizoma Curculiginis (10g), *Xianlingpi* Herba Epemedii (15g), *Roucongrong* Herba Cistanches (10g), *Bajitian* Radix Morindae Officinalis (15g) and *Buguzhi* Fructus Psoraleae (30g).

In case of more severe deficiency of *Yin*, the drugs added are *Tianmendong* Radix Asparagi (15g), *Shengdihuang* Radix Rehmanniae (15g), *Xuanshen* Radix Scrophulariae (15g), *Huangjiang* Rhizoma Polygonati (10g) and *Guijia* Carapax et Plastrum Testudinis (30g).

If there is mass in the neck, the drugs added are *Maozhaocao* Radix Ranunculus Ternati (15g), *Shancigu* Pseuedobulbus Cremastrae seu Pleiones (15g), *Xiakucao* Spica Prunellae (30g), *Tubeimu* Rhizoma Bolbostemmae (12g) and *Chuanshanjia* Squama Manitis (15g).

Chinese Patent Medicine:

Xi Huang Wan (Bolus of Rhinoceros Horn and Cow-bezoar).

Administration: Taken with warm boiled water, 1 bous each time, twice daily.

Prevention

Publicize the knowledge of preventing cancer, improve sanitation, strengthen labour protection, give up smoking, prevent and treat chronic infection of the respiratory tract, and conduct mass general survey while pulmonary tuberculosis is being prevented and treated in order that early diagnosis and treatment may be achieved.

9.3 Carcinoma of Esophagus

Carcinoma of esophagus refers to the malignant tumor in squamous epithelium. Progressive dysphagia is its typical clinical symptom. There is such description about this disease in TCM. It goes like this: A patient with "dysphagia" is always suffering from hunger. But whenever something is eaten, it will be stagnated between the throat and the diaphragm. Before it arrives at the stomach, it will be spitted out with sputum and saliva. It's clear that this disease is called "dysphagia" in TCM.

Etiology and Pathogenesis

Stagnation of *Qi* is due to improper diet, over-intake of liquor, or emotional disorder and too much worry, thinking, gloom and anger. Production of phlegm is due to stagnation of *Qi*. Noxious-heat is due to stagnated *Qi* and accumulated phlegm. Exhaustion of body fluid and blood is due to noxious-heat. This disease is due to exhaustion of fluid and blood.

Type and Treatment

1. Type of Stagnation of Phlegm and *Qi*

Symptoms: Distending pain in the chest and hypochodrium which refers to the back and hypochondriac region, frequent belching, vomiting of phlegm and food, hiccup, mild dysphagia, thin greasy tongue coating, and taut slippery pulse.

Therapeutic Method: Regulating *Qi* to check upward adverse flow of the stomach–*Qi*, drying dampness to resolve phlegm.

Prescription: Modified Xuanfu Daizhe Tang (Decoction of Inula and Hematitum).

Ingredients:

Xuanfuhua Flos Inulae(to be wrapped in a piece of cloth and then decocted)	10 g
Daizheshi Ochra Haematitum	20 g
Jiangbanxia Rhizoma Pinelliae (prepared in ginger juice)	10 g
Chendanxing Arisaema cum Bile	10 g
Guangyujin Radix Curcumae	10 g
Laifuzi Semen Raphani	15 g
Quangualou Fructus Trichosanthis	30 g
Jixingzi Semen Impatientis	15 g
Yunfuling Poria	15 g
Houpo Cortex Magnoliae Officinalis	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of sticky and thick sputum, and reddened tongue with yellow greasy coating, the drugs added are *Huanglian* Rhizoma Coptidis (5–10g), *Shanzhizi* Fructus Gardenia (10g), *Shandougen* Radix Sophorae Tonkinensis (10g).

In case of constipation, the drug added is *Dahuang* Radix et Rhizoma Rhei (decocted later) 5–10g, whose usage is stopped when the constipation is relieved.

2. Type of Accumulation of Both Phlegm and Blood

Symptoms: Dysphagia, difficulty in drinking water in severe cases, localized pain in the chest and back, regurgitation of sticky fluid, hard stool or vomiting of something like soybean milk. emaciation. squamous and dry skin, ecchymosis on the tongue, or dark purple tongue, and thready uneven pulse.

Therapeutic Method: Resolving phlegm, softening mass, promoting blood circulation and removing blood stasis.

Prescription: *Qige San* (Powder for Treating Dysphagia) and Modified *Tao Hong Yin* (Decoction of Peach Kernel and Safflower).

Ingredients:

Chuanbeimu Bulbus Fritillariae Cirrhosae	10 g
Yujin Radix Curcumae	12 g
Zidanshen Radix Salviae Miltiorrhizae	30 g
Danggui Radix Angelicae Sinensis	15 g
Taoren Semen Persicae	10 g
Honghua Flos Carthami	10 g
Kunbu Thallus Laminariae seu Echloniae	15 g
Haizao Sargassum	15 g
Jixingzi Semen Impatientis	15 g
Sanqi Fen Radix Notoginseng (in the form of powder and taken after being infused in water)	5 g
Qianglangchong dung beetle	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: If blood stasis is remarkable, the drugs added

are *Sanleng* Rhizoma Sparganii (10g), *Ezhu* Radix Curcumae (10g), *Zhibiejiapian* Carapax Trionycis Preparata (12g), *Duanwalengzi* forged Concha Arcae (30g).

In case of more severe vomiting and profuse sputum, the drugs added are *Haige Fen* Concha Meretricis seu Cyclinae (in the form of powder) (10g), *Fabanxia* Rhizoma Pinelliae Preparata (9g) and *Quangualou* Fructus Trichosanthis (15g).

3. Type of *Yin* Damaged by Noxious-heat

Symptoms: More severe dysphagia, burning pain in the chest and back, dry mouth and throat, feverish sensation in the chest, palms and soles, or tidal fever, night sweat, constipation, reddened tongue with little saliva and thin yellow coating or uncoated and smooth tongue, and thready rapid pulse.

Therapeutic Method: Nourishing *Yin*, clearing away heat, removing toxic material and blood stasis.

Prescription: Modified *Shashen Maidong Tang* (Decoction of Glehnia and Ophiopogon).

Ingredients:

Shashen Radix Glehniae	15 g
Maidong Radix Ophiopogonis	30 g
Tianhuafen Radix Trichosanthis	15 g
Shengdihuang Radix Rehmanniae	30 g
Xuanshen Radix Scrophulariae	15 g
Zhimu Rhizoma Anemarrhenae	10 g
Jinyinhua Flos Lonicerae	15 g
Shandougen Radix Sophorae Tonkinensis	15 g
Lufengfang Nidus Vespae	10 g
Zidanshen Radix Salviae Miltiorrhizae	30 g
Zicaogen Radix Arnebiae seu Lithospermi	10 g

Yinchaihu Radix Stellariae 12 g

Xuchangqing Radix Cynanchi Paniculati 15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of burning sensation in the epigastric region due to abundant stomach–fire, the drugs added are *Chuanhuanglian* Rhizoma Coptidis (5g) and *Shanzhizi* Fructus Gardeniae (10g).

In case of more severe constipation, the drugs added are *Huomaren* Fructus Cannabis (15g) and *Quangualou* Fructus Trichosanthis (30g).

4. Type of Deficiency of Both *Qi* and Blood

Symptoms: Emaciation, pale complexion, too severe dysphagia to drink water, shortness of breath, pale tongue, and thready weak pulse.

Therapeutic Method: Invigorating *Qi*, nourishing blood and resolving mass.

Prescription: Modified *Bazhen Tang* (Decoction of Eight Precious Ingredients).

Ingredients:

Dangshen Radix Codonopsis 30 g

Baizhu Rhizoma Atractylodis Macrocephalae 12 g

Huangqi Radix Astragali 30 g

Danggui Radix Angelicae Sinensis 15 g

Hangbaishao Radix Paeoniae Alba 12 g

Shudihuang Radix Rehmanniae Preparata 15 g

Zidanshen Radix Salviae Miltiorrhizae 30 g

Guangmuxiang Radix Aucklandiae 10 g

Tiankuizi Radix Semiaquilegiae 15 g

Baihuasheshecao Herba Hedyotis Diffusae 30 g

Xiakucao Spica Prunellae 15 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine:

Xi Huang Wan (Bolus of Rhinoceros Horn and Cow-bezoar).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Prevention

1. Popularize knowledge and examination of cancer in order to find, diagnose and treat it early.

2. Investigate and prevent the present possible pathogenic factors. Cultivate good habit of diet, do not eat food too hot or irritant, cook coarse food grain carefully, take your time in eating, do not drink alcohol, have more fresh vegetable, pay attention to oral hygiene, try to treat diseases which may induce carcinoma of esophagus and follow up them.

9.4 Carcinoma of Stomach

With the highest incidence, carcinoma of stomach is one of the commonest malignant tumors, of which half of the patients with malignant tumors of the digestive system die. Its main clinical symptoms and signs are fullness, pain or mass in the upper abdomen, anorexia, melena, ascites, etc. TCM includes this disease in the syndromes of "dysphagia", "regurgitation", "epigastralgia" and "mass in the abdomen".

Etiology and Pathogenesis

This disease is caused by:

1. phlegm in the interior and stagnation of *Qi* and blood due to stagnation of the liver-*Qi* which is resulted from emotional

disorder.

2. *Yin* damaged by heat pathogen due to over-intake of liquor.

3. deficiency of *Qi* and blood due to impairment of the spleen and stomach which is brought about by improper diet.

4. exhaustion of body fluid and blood due to combination of phlegm and heat which is led to by improper diet, emotional disorder and usual weakness of the spleen, stomach, *Qi* and blood.

Type and Treatment

1. Type of Incoordination between the Liver and Stomach

Symptoms: Fullness and pain in the epigastrium which refers to the hypochondrium, belching with foul odour, or hiccup, vomiting, regurgitation, pale red tongue with thin white or thin yellow coating, and taut pulse.

Therapeutic Method: Soothing the liver, regulating the stomach, checking adverse flow of *Qi* and arresting pain.

Prescription: *Chaihu Shugan San* (Bupleurum Powder for Relieving the Liver-*Qi*) and *Xuanfu Daizhe Tang* (Decoction of Insula and Hematitum).

Ingredients:

Chaihu Radix Bupleuri	12 g
Zhiqiao Fructus Aurantii	10 g
Hangbaishao Radix Paeoniae Alba	12 g
Guangmuxiang Radix Auklandiae	6 g
Guangyujin Radix Curcumae	10 g
Chuanlianzi Fructus Toosendan	10 g
Chuanhoupo Cortex Magnoliae Officinalis	10 g
Chenxiang Lignum Aquilariae Resinatum	3 g
Daizheshi Ochra Haematitum	18 g

Banxia Rhizoma Pinelliae 10 g
Zhuru Caulis Bambusae in Taeniam 10 g
Xuanfuhua Flos Inulae (to be wrapped in a piece of cloth and then decocted) 6 g

Administration: Decocted in water for oral use, 1 dose daily.

Notes: When long-term stagnation of *Qi* has turned to fire and injured *Yin* or accumulated heat staying long in the stomach has led to damage to *Yin*, there will result such symptoms as burning sensation in the epigastrium, dry mouth with desire for drink, discomfort in the stomach, anorexia, preference for cold food or drink, feverish sensation in the chest, palms and soles, dry stool, deep-red tongue or red tongue with little coating, and slippery rapid or thready rapid pulse. In this case, the treatment should be based on clearing away heat and the prescription to be prescribed should be Modified *Yiwei Tang* (Decoction for Nourishing the Stomach), whose ingredients are as follows:

Shashen Radix Glehniae 15 g
Maidong Radix Ophiopogonis 30 g
Shengdihuang Radix Rehmanniae 15 g
Yuzhu Rhizoma Polygonati Odorati 15 g
Tianhuafen Radix Trichosanthis 30 g
Mudanpi Cortex Moutan 10 g
Chuanhuanglian Rhizoma Coptidis 5 g
Shanzhizi Fructus Gardeniae 10 g
Gancao Radix Glycyrrhizae 3 g

The above are decocted in water for oral use, 1 dose daily.

2. Type of Accumulation of Phlegm and Food

Symptoms: Fullness in the chest, poor appetite, disliking meat, dysphagia, regurgitation of sticky sputum, vomiting of

undigested food, abdominal distension, loose stools, white greasy tongue coating, and taut slippery pulse.

Therapeutic Method: Regulating the flow of *Qi* and resolving phlegm, promoting digestion and dissolving mass.

Prescription: Modified *Haizao Yuhu Tang* (Sargassum Decoction for Eliminating Phlegm and Dampness).

Ingredients:

Haizao Sargassum	15 g
Kunbu Thallus Laminariae seu Echloniae	15 g
Banxia Rhizoma Pinelliae	10 g
Qingpi Pericarpium Citri Reticulatae Viride	6 g
Shengmuli Concha Ostreae	30 g
Zhishi Fructus Aurantii Immaturus	10 g
Shanzha Fructus Crataegi	15 g
Shenqu Massa Medicata Fermentata	15 g
Tufuling Rhizoma Smilacis Glabrae	30 g
Dannanxing Arisaema cum Bile	10 g
Zhebeimu Bulbus Fritillariae Thunbergii	10 g

Administration: Decocted in water for oral use, 1 dose daily.

3. Type of Accumulation of Phlegm and Blood–stasis

Symptoms: Localized epigastric stabbing pain aggravated at palpation, or palpable mass in the epigastric region, fullness in the stomach, loss of appetite, vomiting of undigested food or something like reddish soybean milk, or melena like tar, dark purple tongue with thin white coating, or tongue with petechiae, and thready uneven pulse.

Therapeutic Method: Promoting blood circulation and removing blood stasis, resolving phlegm and softening mass.

Prescription: Modified *Gexia Zhuyu Tang* (Decoction for

Dissipating Blood Stasis under the Diaphragm).

Ingredients:

Danggui Radix Angelicae Sinensis	12 g
Chishaoyao Radix Paeoniae Rubra	15 g
Taoren Semen Persicae	10 g
Honghua Flos Carthami	10 g
Wulingzhi Faeces Trogopteri	10 g
Zhixiangfu Rhizoma Cyperi Preparata	10 g
Zhibanxia Rhizoma Pinelliae Preparata	10 g
Yanhusu Rhizoma Corydalis	10 g
Jingsanleng Rhizoma Sparganii	10 g
Ezhu Rhizoma Curcumae	10 g
Xiakucao Spica Prunellae	15 g
Qianglangchong dung beetle	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe in jury of blood vessels due to prolonged retention of blood stasis marked by severe hemoptysis and meiena, the drugs omitted are *Taoren* Semen Persicae, *Honghua* Flos Carthami, *Jingsanleng* Rhizoma Sparganii, *Ezhu* Rhizoma Curcumae, *Chishaoyao* Radix Paeoniae Rubra, the drugs added are *Xianhecao* Herba Agrimoniae (15— 30g), *Puhuang* Pollen Typhae (5–10g), *Huaihua* Flos Sophorae (10g), *Shensanqi Fen* Radix Notoginseng (in the form of powder and taken after being infused in water) (3—5 g).

4. Type of Deficiency–cold of the Spleen and Stomach

Symptoms: Epigastric vague pain relieved by warmth and palpation, evening vomiting of what was eaten in the morning, morning vomiting of what was eaten on the last evening, indigestion, regurgitation of water, sallow complexion, loose stools, pale

tongue with thin white coating, and deep slow or thready weak pulse.

Therapeutic Method: Warming the middle–*Jiao* to dispel cold, strengthening the spleen to warm up the stomach.

Prescription: Modified *Lizhong Tang* (Decoction for Regulating the Function of the Middle–*Jiao*) and *Liujunzi Tang* (Decoction of Six Ingredients).

Ingredients:

Dangshen Radix Codonopsis	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Ganjiang Rhizoma Zingiberis	5 g
Zhibanxia Rhizoma Pinelliae Preparata	10 g
Gaoliangjiang Rhizoma Alpiniae Officinarum	10 g
Wuzhuyu Fructus Euodiae	10 g
Shufuzi Radix Aconiti Lateralis Preparata	10 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of *Yang*–deficiency of the spleen and kidney especially marked by chills and cold limbs, the drugs *Rougui* Cortex Cinnamomi (3–5g), *Buguzhi* Fructus Psoraleae (15–30g), *Xianlingpi* Herba Epimedii (10–15g).

In case of deficiency of *Qi* and blood due to weakness of the spleen and stomach marked by pale complexion, listlessness, acratia, palpitation, shortness of breath, spontaneous sweating, dizziness, blurred vision, pale tongue with little coating, and deep thready weak pulse, the above prescription should be changed for *Shiquan Dabu Tang* (Decoction of Ten Powerful Tonics), whose ingredients are as follows:

Dangshen Radix Codonopsis	15–30 g
Huangqi Radix Astragali	15–30 g

Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Yunfuling Poria	10–15 g
Danggui Radix Angelicae Sinensis	10–15 g
Hangbaishao Radix Paeoniae Alba	10 g
Rougui Cortex Cinnamomi	3 g
Xiangfu Rhizoma Cyperi	5–10 g
Huaishanyao Rhizoma Dioscoreae	10–15 g
Zhigancao Radix Glycyrrhizae Preparata	3–5 g

The above are decocted in water for oral use, 1 dose daily.

In the treatment of every type of carcinoma of stomach, such herbal medicines with the action of antitumor may be properly added as

Baihuasheshecao Herba Hedyotis Diffusae

Banzhilian Herba Scutellariae Barbatae

Longkui Herba Solani Nigri

Fengweicao Herba Pteridis Multifidae

Tieshuye Folium Cycadis Revolutae

Baqia Rhizoma Smilacis Chinensis

Tufuling Rhizoma Smilacis Glabrae

Ezhu Rhizoma Curcumae

Chansu Venenum Bufonis.

Chinese Patent Medicine:

Xi Huang Wan (Bolus of Rhinoceros Horn and Cow–bezoar).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Indications: Every type of carcinoma of stomach.

Prevention

1. Conduct general survey of cancer so as to diagnose and

treat carcinoma of stomach early.

2. Pay attention to dietetic hygiene, do not eat too much at one meal and keep off over-irritant food so as to lower the incidence of gastritis and gastric ulcer, for this will limit the onset of carcinoma of stomach.

3. Try to cure and follow up polyp of stomach, atrophic gastritis, achlorhydia and gastric ulcer so as to prevent canceration.

9.5 Primary Liver Cancer

As the canceration of hepatic cells or intrahepatic duct cells, primary liver cancer is highly malignant. It is rapid, complicated and hard to treat, doing great harm to human health. Clinically characterized by progressive swelling and pain of the liver, jaundice, fever, ascites and hemorrhage, it is included in the following TCM syndromes:" mass in the abdomen" , " jaundice" , "tympanites" and "hypochondriac pain".

Etiology and Pathogenesis

Suppose " improper diet and emotional disorder" is A, "impairment of the liver and spleen" is B, "stagnation of Qi" is C, " retention of blood stasis" is D, " accumulation of damp-heat and noxious-fire" is E, and "onset of primary liver cancer" is F. Among A, B, C, D, E and F, the former is the cause, and the latter is the effect.

Type and Treatment

1. Type of Stagnation of *Qi* and Blood

Symptoms: Distension, fullness and pain in the hypochondric region, or mass below the hypochondrium, distending and oppressed sensation in the epigastrium, belching,

acid regurgitation, nausea, poor appetite, soft stool, lassitude, acratia, reddened tongue with thin white or thin yellow coating, and taut or uneven pulse.

Therapeutic Method: Soothing the liver, regulating *Qi*, promoting blood circulation and removing blood stasis.

Prescription: Modified *Xiaoyao San* (Ease Powder) and *Tao Hong Siwu Tang* (Four Ingredient Decoction with Peach Kernel and Safflower).

Ingredients:

Chaihu Radix Bupleuri	12 g
Danggui Radix Angelicae Sinensis	15 g
Hangbaishao Radix Paeoniae Alba	12 g
Taoren Semen Persicae	10 g
Honghua Flos Carthami	10 g
Chuanxiong Rhizoma Chuanxiong	10 g
Baizhu Rhizoma Atractylodis Macrocephalae	10 g
Juye Folium Citri Reticulatae	10 g
Longkui Herba Solani Nigri	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of severe acid regurgitation, the drug added is *Duanwalengzi* forged Concha Arcae (30g).

In case of acid regurgitation accompanied by thin yellow tongue coating, the drugs added are *Wuzhuyu* Fructus Euodiae (9g), *Chuanhuanglian* Rhizoma Coptidis (5g).

2. Type of Stasis of Toxins due to Damp-heat

Symptoms: Hard mass with stabbing pain below the hypochondrium, distension and fullness in the epigastrium, or abdomen as large as a drum, progressive jaundice in the eyes and on the skin, dark complexion, squamous and dry skin, high fever,

restlessness, thirst, deep colored urine, dry melena, reddened tongue with ecchymosis and yellow greasy coating, and taut slippery rapid or uneven pulse.

Therapeutic Method: Clearing away heat, inducing diuresis, removing toxic material and resolving mass.

Prescription: Modified *Yinchenhao Tang* (Oriental Wormwood Decoction) and *Gexia Zhuyu Tang* (Decoction for Dissipating Blood Stasis under the Diaphragm).

Ingredients:

Yinchen Herba Artemisiae Scopariae	30 g
Dahuang Radix et Rhizoma Rhei	6 g
Shanzhizi Fructus Gardeniae	10 g
Zidanshen Radix Salviae Miltiorrhizae	30 g
Honghua Flos Carthami	10 g
Danggui Radix Angelicae Sinensis	15 g
Yanhusuo Rhizoma Corydalis	12 g
Chishaoyao Radix Paeoniae Rubra	15 g
Paoshanjia Squama Manitis Preparata	15 g
Shijianchuan Herba Salviae Chinensis	30 g
Baihuasheshecao Herba Hedyotis Diffusae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of distending and hard abdomen as large as a drum, the drugs added are *Yunfuling* Poria (15g), *Zexie* Rhizoma Alismatis (10g) and *Binglang* Semen Arecae (10g).

In case of high fever, restlessness, thirst, deep colored urine, and dry melena, the drugs added are *Jinyinhua* Flos Lonicerae (30g), *Lianqiao* Fructus Forsythiae (15g), *Shengshigao* Gypsum Fibrosum (30g) and *Xianhecao* Herba

Agrimoniae (30g).

3. Type of *Yin* Damaged by Noxious–heat

Symptoms: Larger distending full abdomen with masses raised, emaciation, dizziness, tinnitus, tidal fever, night sweat, or occasional high fever, restlessness and thirst, or epistaxis, gingival atrophy, dry stool, scanty and deep colored urine, reddened tongue with little saliva, thin yellow or uncoated smooth tongue, and taut thready rapid pulse.

Therapeutic Method: Nourishing *Yin*, clearing away heat, removing toxic material and blood stasis.

Prescription: Modified *Xijiao Dihuang Tang* (Decoction of Rhinoceros Horn and Rehmannia).

Ingredients:

Shengdihuang Radix Rehmanniae	15–30 g
Chishaoyao Radix Paeoniae Rubra	15 g
Xijiao Fen Cornu Rhinocerotis (in the form of powder and taken after being infused in water)	1. 5–3 g
Wugong Scolopendra	5 g
Tianhuafen Radix Trichosanthis	30 g
Jinyinhua Flos Lonicerae	30 g
Mudanpi Cortex Moutan	10 g
Yinchaihu Radix Stellariae	15 g
Hanliancao Herba Ecliptae	15 g
Zicaogen Radix Arnebiae seu Lithospermi	15–30 g
Xuchangqing Radix Cynanchi Paniculati	30 g
Baihuasheshecao Herba Hedyotis Diffusae	30 g
Biejia Carapax Trionycis	15 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: For hemoptysis and melena, the drugs added

are *Xianhecao* Herba Agrimoniae (15–30g), *Puhuangtan* Pollen Typhae Carbonisatus (10g), *Huaihuatan* Flos Sophorae Carbonisatus (10g), *Sanqi Fen* Radix Notoginseng (in the form of powder and taken after being infused in water) (3–5g).

Chinese Patent Medicine 1:

Liuwei Dihuang Wan (Bolus of Six Drugs with Rehmannia).

Administration: Taken with warm boiled water, 1 bolus each time, 3 times daily.

Chinese Patent Medicine 2:

Angong Niuhuang Wan (Bezoar Bolus for Resurrecttion).

Administration: Taken with warm boiled water, 1 bolus each time, 1–2 times daily.

Chinese Patent Medicine 3:

Xi Huang Wan (Bolus of Rhinoceros Horn and Cow-bezoar).

Administration: Taken with warm boiled water, 1 bolus each time, twice daily.

Indications: Every type of the above.

Prevention

Pay attention to dietetic hygiene, prevent and treat hepatitis, cirrhosis and infection due to clonorchis sinensis, take good care of grain by protecting it from going moldy and removing toxic material from it, and conduct regular general survey of liver cancer so as to prevent and find out cancer of liver early.

9.6 Carcinoma of Colon

With its incidence just lower than that of carcinoma of stomach and carcinoma of esophagus, carcinoma of colon is a common cancer of the gastrointestinal tract. It attacks more men than

women, the ratio being 2 to 1. The subjects are usually at the age of mare than 40. Because its main clinical symptoms are diarrhea or constipation, hematochezia, abdominal distension, or intestinal colic, emaciation, etc., TCM includes it in the syndromes of "mass in the abdomen" and "perianal abscess".

Etiology and Pathogenesis

Worry, over–thinking, gloom and anger lead to incoordination between the stomach and intestines, resulting in disturbance of functional activities of *Qi*. This disorder of *Qi* leads to stagnation of *Qi* and blood. Long retention of stagnated *Qi* and blood will accumulate into masses.

Strong appetite for alcohol and heavy food impairs the spleen and stomach, which makes them fail to perform the function in transporting and transforming nutrients with damp–heat produced. The damp–heat flows downward while the vital–*Qi* is deficient and stays in the intestines. Long retention of damp–heat in the intestines will give rise to masses.

Type and Treatment

1. Type of Accumulation of Damp–heat

Symptoms: paroxysmal pain in the abdomen, diarrhea with blood and pus, tenesmus, choking sensation in the chest, thirst, nausea, poor appetite, yellow greasy tongue coating, and slippery rapid pulse.

Therapeutic Method: Clearing away heat, inducing diuresis and removing toxic material.

Prescription: Modified *Huaijiao Wan* (Pill of Sophora Fruit).

Ingredients:

Huaihua Flos Sophorae	15 g
Diyu Radix Sanguisorbae	15 g

Zhiqiao Fructus Aurantii	10 g
Huangqin Radix Scutellariae	10 g
Huangbai Cortex Phellodendri	10 g
Baitouwong Radix Pulsatillae	15–30 g
Yiyiren Semen Coicis	30 g
Baijiangcao Herba Patriniae	30 g
Machixian Herba Portulacae	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Modification: In case of heat more severe than dampness, which is marked by stool with blood more than pus, the drugs added are *Huanglian* Rhizoma Coptidis (6g), *Qinpi* Cortex Fraxini (15–30g) and *Jinyinhua* Flos Lonicerae (30g).

In case of dampness more severe than heat, which is marked by stool with pus more than blood, and white greasy and yellowish tongue coating, the drugs added are *Cangzhu* Rhizoma Atractylodis (12g), *Houpo* Cortex Magnoliae Officinalis (10g) and *Huoxiang* Herba Pogostemonis (5–10g).

In case of severe abdominal pain, the drugs added are *Hangbaishao* Radix Paeoniae Alba (parched) (15–30g), *Yuanhu* Rhizoma Corydalis (12g) and *Gancao* Radix Glycyrrhizae (6g).

Chinese Patent Medicine:

Huaijiao Wan (Bolus of Sophora Fruit).

Administration: Taken with warm boiled water, 1 bolus each time, 3 times daily.

2. Type of Stagnation of *Qi* and Blood

Symptoms: Stabbing pain in the abdomen in which there are hard fixed masses, diarrhea with dark purple pus and blood, tenesmus, dark purple tongue or tongue with ecchymosis, yellow

tongue coating, and uneven pulse.

Therapeutic Method: Promoting the circulation of *Qi* and blood, removing blood stasis and toxic material.

Prescription: Modified *Gexia Zhuyu Tang* (Decoction for Dissipating Blood Stasis under the Diaphragm).

Ingredients:

Danggui Radix Angelicae Sinensis	15 g
Taoren Semen Persicae	10 g
Honghua Flos Carthami	10 g
Chishaoyao Radix Paeoniae Rubra	15 g
Zhiqiao Fructus Aurantii	10 g
Wuyao Radix Linderae	12 g
Mudanpi Cortex Moutan	10 g
Yanhusuo Rhizoma Corydalis	10 g
Rendongteng Caulis Lonicerae	30 g
Tubiechong Eupolyphaga seu Steleophaga	10 g

Administration: Decocted in water for oral use, 1 dose daily.

3. Type of *Yang*–deficiency of the Spleen and Kidney

Symptoms: Sallow complexion, soreness and weakness of the loins and knees, chills, cold limbs, persistent abdominal pain relieved by warmth and press, diarrhea before dawn, or frequent diarrhea with turbid discharges, pale tongue with thin white coating, and deep thready weak pulse.

Therapeutic Method: Warming and reinforcing the spleen and kidney.

Prescription: *Shen Ling Baizhu San* (Powder of Ginseng, Poria and Bighead Atractylodes) and *Sishen Wan* (Pill of Four Miraculous Drugs).

Ingredients:

Dangshen Radix Codonopsis	15–30 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Yunfuling Poria	15 g
Huaishanyao Rhizoma Dioscoreae	15 g
Hezi Fructus Chebulae	10 g
Roudoukou Semen Myristicae	6 g
Wuzhuyu Fructus Euodiae	6 g
Shengyiyiren Semen Coicis	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine 1:

Renshen *Jianpi Wan* (Ginseng Bolus for Strengthening the Spleen).

Administration: Taken with warm boiled water, 1–2 boluses, each time, 3 times daily.

Chinese Patent Medicine 2:

Shen Ling Baizhu Wan (Bolus of Ginseng, Poria and Bighead Atractylodes).

Administration: Taken with warm boiled water, 1–2 boluses each times, 3 times daily.

4. Type of *Yin*–deficiency of the Liver and Kidney

Symptoms: Dizziness, blurred vision, soreness of the loins, weakness of the legs, feverish sensation in the chest, palms and soles, or tidal fever, night sweat, thirst, dry throat, constipation, reddened tongue with little or without coating, and taut thready or thready rapid pulse.

Therapeutic Method: Nourishing the kidney and liver.

Prescription: Modified *Zhi Bai Dihuang Tang* (Decoction of Anemarrhena, Phellodendron and Rehmannia).

Ingredients:

Zhimu Rhizoma Anemarrhenae	12 g
Huangbai Cortex Phellodendri	10 g
Shengdihuang Radix Rehmanniae	15 g
Shudihuang Radix Rehmanniae Preparata	15 g
Yunfuling Poria	15 g
Zexie Rhizoma Alismatis	10 g
Mudanpi Cortex Moutan	10 g
Gouqizi Fructus Lycii	15 g
Nüzhenzi Fructus Ligustri Lucidi	15 g
Shanzhuyurou Fructus Corni	10 g
Shengshouwu Radix Polygoni Multiflori	30 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese patent Medicine:

Zhi Bai Dihuang Wan (Bolus of Anemarrhena, Phellodendron and Rehmannia).

Administration: Taken with warm boiled water, 1 bolus each time, 3 times daily.

5. Type of Deficiency of Both *Qi* and Blood

Symptoms: Emaciation, pale complexion, shortness of breath, acratia, occasional loose stools, or proctoptosis and tenesmus, pale tongue with thin white coating, and thready and weak pulse.

Therapeutic Method: Invigorating *Qi* and nourishing blood

Prescription: Modified *Bazhen Tang* (Eight Precious Ingredient Decoction).

Ingredients:

Quandanggui Radix Angelicae Sinensis	15 g
Hangbaishao Radix Paeoniae Alba	10 g
Shudihuang Radix Rehmanniae Preparata	15 g

Dangshen Radix Codonopsis	30 g
Baizhu Rhizoma Atractylodis Macrocephalae	12 g
Yunfuling Poria	15 g
Shengma Rhizoma Cimicifugae	10 g
Danshen Radix Salviae Miltiorrhizae	15 g
Shenghuangqi Radix Astragali	30 g
Ejiao Colla Corii Asini (to be taken after being melted in boiling water)	10 g
Zhigancao Radix Glycyrrhizae Preparata	6 g

Administration: Decocted in water for oral use, 1 dose daily.

Chinese Patent Medicine 1:

Shiquan Dabu Wan (Bolus of Ten Powerful Tonics).

Administration: Taken with warm boiled water, 1 bolus each time, 3 times daily.

Chinese Patent Medicine 2:

Renshen Guipi Wan (Ginseng Bolus for Invigorating the Spleen and Nourishing the Heart).

Administration: Taken with warm boiled water, 1 bolus each time, 3 times daily.

Notes: While any type of carcinoma of colon is treated, proper addition of such herbal medicines with the action of anticancer is suggested as

Banzhilian Herba Scutellariae Barbatae	15–30 g
Baihussheshecao Herba Hedyotis Diffusae	30 g
Shancigu Pseudobulbus Cremastrae seu Pleiones	15–30 g
Caoheche Rhizoma Bistortae	15–30 g
Tufuling Rhizoma Smilacis Glabrae	30 g
Kushen Radix Sophorae Flavescentis	15 g
Liujinu Herba Artemisiae Anomalae	15 g

Wumei Fructus Mumi	10–15 g
Mubieziren Semen Momordicae	10–15 g

In addition, what may be also added is *Xi Huang Wan*, a Chinese patent medicine, 1 bolus of which is taken with warm boiled water each time, 2 times daily.

Prevention

Do the best to conduct general survey of cancer, try to prevent and treat precancerosis, perform an operation on colic multiple polyp and adenoma for radical cure as early as possible, try to treat and follow up regularly dysentery and chronic nonspecific ulcerative colitis, and try to find, diagnose and treat carcinoma of colon early.

Index of Prescriptions

方剂索引

Angong Niuhuang Wan 安宫牛黄丸
Bezoar Bolus for Resurrection
Source: The Book *Wen Bing Tiao Bian* 温病条辨
Ingredients:

Calculus Bovis	牛黄*Niuhuang*
Radix Curcumae	郁金*Yujin*
Cornu Rhinocerotis	犀角*Xijiao*
Rhizoma Coptidis	黄连*Huanglian*
Cinnabaris	朱砂*Zhusha*
Berneolum Syntheticum	冰片*Bingpian*
Margarita	珍珠*Zhenzhu*
Fructus Gardeniae	山栀*Shanzhi*
Realgar	雄黄*Xionghuang*
Radix Scutellariae	黄芩*Huangqin*
Moschus	麝香*Shexiang*
gold foil	金泊衣*Jinboyi*

Baihe Gujin Wan 百合固金丸
Lily Bolus for Strengthening the Lung
Source: The Book *Shen Jai Yi Shu* 慎斋遗书

Baihu Jia Guizhi Tang **白虎加桂枝汤**

White Tiger Decoction with Cinnamon

Source: The Book *Jin Kui Yao Lüe* 金匮要略

Ingredients:

Rhizoma Anemarrhenae	知母*Zhimu*
Semen Oryzae Sativae	粳米*Jingmi*
Radix Glycyrrhizae	甘草*Gancao*
Ramulus Cinnamomi	桂枝*Guizhi*

Baihu Jia Renshen Tang **白虎加人参汤**

White Tiger Decoction with Ginseng

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Rhizoma Anemarrhenae	知母*Zhimu*
Gypsum Fibrosum	石膏*Shigao*
Radix Glycyrrhizae	甘草*Gancao*
Semen Oryzae Sativae	粳米*Jingmi*
Radix Ginseng	人参*Renshen*

Baihu Tang **白虎汤**

White Tiger Decoction

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Gypsum Fibrosum	生石膏*Shengshigao*
Rhizoma Anemarrhenae	知母*Zhimu*
Semen Oryzae Sativae	粳米*Jingmi*
Radix Glycyrrhizae	甘草*Gancao*

Baitouweng Tang **白头翁汤**

Decoction of Chinese Pulsatilla Root

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Radix Pulsatillae	白头翁*Baitouweng*
Rhizoma Coptidis	黄连*Huanglian*
Cortex Fraxini	秦皮*Qinpi*
Cortex Phellodendri	黄柏*Huangbai*

Baizi Yangxin Wan **柏子养心丸**

Mindeasing Tonic Bolus with Arborvitae

Source: The Book *Ye Shi NüKe Zhen Zhi Mi Fang*
叶氏女科诊治秘方

Ingredients:

Semen Platycodi	柏子仁*Baiziren*
Radix Astragali	黄芪*Huangqi*
Poria	茯苓*Fuling*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Semen Ziziphi Spinosae	酸枣仁*Suanzaoren*
Radix Angelicae Sinensis	当归*Danggui*
Fructus Schisandrae	五味子*Wuweizi*
Rhizoma Pinelliae	半夏*Banxia*
Radix Polygalae	远志*Yuanzhi*
Radix Glycyrrhizae	甘草*Gancao*
Radix Codonopsis	党参*Dangshen*
Cortex Cinnamomi	肉桂*Rougui*

Banxia Baizhu Tianma Tang **半夏白术天麻汤**

Decoction of Pinellia,Bighead Atractylodes and Gastrodia

Source: The Book *Yi Xue Xin Wu* 医学心悟

Baoyuan Jian **保元煎**

Decoction for Maintaining the Primordial *Qi*

Source: The Book *Bo Ai Xin Jian* 博爱心鉴

Ingredients:

Radix Astragali	黄芪*Huangqi*
Radix Ginseng	人参*Renshen*
Cortex Cinnamomi	肉桂*Rougui*
Radix Glycyrrhizae	甘草*Gancao*

Baozhen Tang **保真汤**

Decoction for Keeping Genuine *Qi*

Source: The Book *Shi Yao Shen Shu* 十药神书

Ingredients:

Radix Ginseng	人参*Renshen*
Radix Astragali	黄芪*Huangqi*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Poria	茯苓*Fuling*
Rhizoma Smilacis Glabrae	赤茯苓*Chifuling*
Fructus Schisandrae	五味子*Wuweizi*
Radix Angelicae Sinensis	当归*Danggui*
Radix Rehmanniae	生地*Shengdi*
Radix Rehmanniae Preparata	熟地*Shudi*
Radix Asparagi	天冬*Tiandong*
Radix Ophiopogonis	麦冬*Maidong*
Radix Paeoniae Rubra	赤芍*Chishao*
Radix Paeoniae Alba	白芍*Baishao*
Radix Bupleuri	柴胡*Chaihu*

Cortex Magnoliae Officinalis	厚朴*Houpo*
Cortex Lycii	地骨皮*Digupi*
Cortex Phellodendri	黄柏*Huang Bai*
Rhizoma Anemarrhenae	知母*Zhimu*
Plumula Nelumbinis	莲子心*Lianzixin*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Glycyrrhizae	甘草*Gancao*
Rhizoma Zingiberis	姜*Jiang*
Fructus Jujubae	枣*Zao*

Bazhen Tang 八珍汤

Eight Precious Ingredient Decoction

Source: The Book *Zheng Ti Lei Yao* 正体类要

Ingredients:

Radix Ginseng	人参*Renshen*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Poria	茯苓*Fuling*
Radix Glycyrrhizae	甘草*Gancao*
Radix Angelicae Sinensis	当归*Danggui*
Radix Paeoniae Alba	白芍*Baishao*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Radix Rehmanniae Preparata	熟地*Shudi*

Beimu Gualou San 贝母瓜蒌散

Powder of Fritillary Bulb and Snakegourd Fruit

Source: The Book *Yi Xue Xin Wu* 医学新悟

Ingredients:

Bulbus Fritillariae Thunbergii	贝母*Beimu*

Radix Trichosanthis	花粉*Huafen*
Fructus Trichosanthis	瓜蒌*Gualou*
Poris	茯苓*Fuling*
Exocarpium Citri Rubrum	橘红*Juhong*
Radix Platycodi	桔梗*Jiegeng*

Bixie Shenshi Tang **萆薢渗湿汤**

Yam Decoction for Excreting Dampness

Source: The Book *Yang Ke Xin De Ji Bu Yi* 疡科心得集·补遗

Bufei Tang **补肺汤**

Decoction for Tonifying the Lung

Source: The Book *Yun Qi Zi Bao Ming Ji* 云歧子保命集

Ingredients:

Radix Ginseng	人参*Renshen*
Radix Astragali	黄芪*Huangqi*
Radix Rehmanniae Preparta	熟地*Shudi*
Fructus Schisandrae	五味子*Wuweizi*
Radix Asteris	紫菀*Ziwan*
Cortex Mori	桑白皮*Sangbaipi*

Butian Dazao Wan **补天大造丸**

Bolus for Treating the Deficient–syndrome of Five *Zang*

Source: The Book *Yi Xue Xin Wu* 医学心悟

Ingredients:

Radix Ginseng	人参*Renshen*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*

Radix Angelicae Sinensis	当归*Danggui*
Semen Ziziphi Spinosae	枣仁*Zaoren*
Radix Astragali	黄芪*Huangqi*
Radix Polygalae	远志*Yuanzhi*
Radix Paeoniae Alba	白芍*Baishao*
Rhizoma Dioscoreae	山药*Shanyao*
Poria	茯苓*Fuling*
Fructus Lycii	杞子*Qizi*
Placenta Hominis	紫河车*Ziheche*
Carapax et Plastrum Testudinis	龟板*Guiban*
Cornu Cervi	鹿角*Lujiao*
Radix Rehmanniae Preparata	熟地*Shudi*

Buxin Dan 补心丹

Cardiotonic Bolus

Ingredients:

Radxi Rehmanniae	生地*Shengdi*
Fructus Schisandrae	五味子*Wuweizi*
Radix Angelicae Sinensis	当归*Danggui*
Radix Asparagi	天冬*Tiandong*
Radix Ophiopogonis	麦冬*Maidong*
Semen Platycladi	柏子仁*Baiziren*
Semen Ziziphi Spinosae	酸枣仁*Suanzaoren*
Radix Codonopsis	党参*Dangshen*
Radix Scrophulariae	玄参*Xuanshen*
Radix Salviae Miltiorrhizae	丹参*Danshen*
Poria	茯苓*Fuling*
Radix Polygalae	远志*Yuanzhi*

Buyang Huanwu Tang 补阳还五汤

Decoction Invigorating *Yang* for Recuperation

Source: The Book *Yi Lin Gai Cuo* 医林改错

Ingredients:

Radix Astragali	黄芪*Huangqi*
Radix Angelicae Sinensis	当归*Danggui*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Semen Persicae	桃仁*Taoren*
Flos Carthami	红花*Honghua*
Radix Paeoniae Rubra	赤芍*Chishao*
Lumbricus	地龙*Dilong*

Buzhong Yiqi Tang 补中益气汤

Decoction for Reinforcing Middle-*jiao* and Replenisliing *Qi*

Source: The Book *Pi Wei Lun* 脾胃论

Ingredients:

Radix Astragali	黄芪*Huangqi*
Radix Ginseng	人参*Renshen*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Radix Angelicae Sinensis	当归*Danggui*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*
Rhizoma Cimicifugae	升麻*Shengma*
Radix Bupleuri	柴胡*Chaihu*

Chaihu Guijiang Tang 柴胡桂姜汤

Bupleurum Decoction with Cinnamon and Ginger

Source: The Book *Jin Kui Yao Lüe* 金匮要略

Ingredients:

Radix Bupleuri	柴胡*Chaihu*
Ramulus Cinnamomi	桂枝*Guizhi*
Rhizoma Zingiberis	干姜*Ganjiang*
Radix Scutellariae	黄芩*Huangqin*
Radix Trichosanthis	瓜蒌根*Gualougen*
Concha Ostreae	牡蛎*Muli*
Radix Glycyrrhizae	甘草*Gancao*

Chaihu Shugan San **柴胡疏肝散**

Bupleurum Powder for Relieving Liver–*Qi*

Source: The Book *Jing Yue Quan Shu* 景岳全书

Ingredients:

Radix Bupleuri	柴胡*Chaihu*
Radix Paeoniae	芍药*Shaoyao*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Rhizoma Cyperi	香附*Xiangfu*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Fructus Aurantii	枳壳*Zhiqiao*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*

Chaihu Xianxiong Tang **柴胡陷胸汤**

Bupleurum Decoction for Relieving Stuffiness in the Chest

Source: The Book *Chong Ding Tong Su Shang Han Lun*
重订通俗伤寒论

Chaishao Liu jun Tang **柴芍六君汤**

Six Noble Ingredient Decoction with Bupleurum and Paeony Root

Ingredients:

Radix Bupleuri	柴胡*Chaihu*
Radix Paeoniae Alba	白芍*Baishao*
Radix Codonopsis	党参*Dangshen*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Poria	茯苓*Fuling*
Rhizoma Pinelliae	半夏*Banxia*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Glycyrrhizae	甘草*Gancao*

Chengshi Bixie Fenqing Yin **程氏萆薢分清饮**

Yam Decoction for Clearing Turbid Urine

Source: The Book *Yang Shi Jia Cang Fang* 杨氏家藏方

Ingredients:

Rhizoma Dioscoreae Hypoglaucae	萆薢*Biexie*
Cortex Phellodendri	黄柏*Huangbai*
Rhizoma Acori Tatarinowii	石菖蒲*Shichangpu*
Poria	云苓*Yunling*
Plumula Nelumbinis	莲子心*Lianzixin*
Radix Atractylodis Macrocephalae	白术*Baizhu*
Radix Salviae Miltiorrhizae	丹参*Danshen*
Semen Plantaginis	车前子*Cheqianzi*

Ciwujia Pian **刺五加片**

Acanthopanax Root Tablet

Ingredients:

Radix Acanthopanacis Aenticosi 刺五加*Ciwujia*

Cizhu Wan **磁朱丸**

Magnetite and Cinnabar Pill

Source: The Book *Ben Cao Gang Mu* 本草纲目

Ingredients:

Cinnabaris	朱砂*Zhusha*
Magnetitum	磁石*Cishi*
Massa Medicata Fermentata	神曲*Shenqu*

Congbai Qiwei Yin **葱白七味饮**

Decoction of Seven Drugs Including Chinese Green Onion Stalk

Source: The Book *Wai Tai Mi Yao* 外台秘方

Ingredients:

Caulis Allii Fistulosi	葱白*Congbai*
Radix Puerariae	葛根*Gegen*
Semen Sojae Preparatum	豆豉*Douchi*
Rhizoma Zingiberis Recens	生姜*Shengjiang*
Radix Ophiopogonis	麦冬*Maidong*
Radix Rehmanniae	地黄*Dihuang*

Dabuyuan Jian **大补元煎**

Decoction for Invigorating the Primordial *Qi*

Source: The Book *Jing Yue Quan Shu* 景岳全书

Dachaihu Tang **大柴胡汤**

Major Decoction of Bupleurum Root

Souce: The Book *Shang Han Lun* 伤寒论

Ingredients:

Radix et Rhizoma Rhei	柴胡*Chaihu*
Radix Scutellariae	黄芩*Huangqin*
Rhizoma Pinelliae	半夏*Banxia*
Fructus Aurantii Immaturus	枳实*Zhishi*
Radix Paeoniae Alba	白芍*Baishao*
Radix et Rhizoma Rhei	大黄*Dahuang*
Rhizoma Zingiberis Recens	生姜*Shengjiang*
Fructus Jujubae	大枣*Dazao*

Dachengqi Tang **大承气汤**
Potent Purgative Decoction
Source: The Book *Shang Han Lun* 伤寒论
Ingredients:

Radix et Rhizoma Rhei	大黄*Dahuang*
Natrii Sulfas	芒硝*Mangxiao*
Fructus Aurantii Immaturus	枳实*Zhishi*
Cortex Magnoliae Officinalis	厚朴*Houpo*

Dahuang Zhechong Wan **大黄䗪虫丸**
Decoction of Rhubarb and Ground Beetle
Source: The Book *Jin Kui Yao Lüe* 金匮要略

Dahuoluo Dan **大活络丹**
Powerful Bolus for Activating the Collaterals
Source: The Book *Lan Tai Gui Fan* 兰台轨范
Ingredients:

Agkistrodon	蕲蛇*Qishe*
Radix et Rhizoma Rhei	大黄*Dahuang*
Zaocys	乌梢蛇*Wushaoshe*

Rhizoma Chuanxiong	川芎*Chuanxiong*
Radix Scutellariae	黄芩*Huangqin*
Radix Scrophulariae	玄参*Xuanshen*
Pericarpium Citri Reticulatae Viride	青皮*Qingpi*
Radix Glycyrrhizae	甘草*Gancao*
Radix Aucklandiae	木香*Muxiang*
Herba Pogostemonis	广藿香*Guanghuoxiang*
Radix Anglicae Dahuricae	白芷*Baizhi*
Concretio Silicea Bambusae	天竺黄*Tianzhuhuang*
Cortex Cinnamomi	肉桂*Rougui*
Semen Alpiniae Katsumadai	草豆蔻*Caodoukou*
Rhizoma Anemones Raddeanae	竹节香附*Zhujiexiangfu*
Rhizoma Coptidis	黄连*Huanglian*
Radix Aconiti Lateralis Preprata	附子*Fuzi*
Lumbrucus	地龙*Dilong*
Rhizoma Cyperi	香附*Xiangfu*
Herba Ephedrae	麻黄*Mahuang*
Rhizoma Artractylodias Macrocephalae	白术*Baizhu*
Rhizoma seu Radix Notopterygii	羌活*Qianghuo*
Radix Polygoni Muiltiflori	何首乌*Heshouwu*
Lignum Aquilariae Resinatum	沉香*Chenxiang*
Radix Rehmanniae Preparata	熟地黄*Shudihuang*
Rhizoma Gastrodiae	天麻*Tianma*
Os Tigrsi	虎骨*Hugu*
Scorpio	全蝎*Quanxie*
Colophonium	松香*Songxiang*
Herba Asari	细辛*Xixin*

Bombyx Batryticatus	僵蚕*Jiangcan*
Radix Linderae	乌药*Wuyao*
Olibanum	乳香*Ruxiang*
Rhizoma Drynariae	骨碎补*Gusuibu*
Resina Draconis	血竭*Xuejie*
Radix Clematidis	威灵仙*Weilingxian*
Poria	茯苓*Fuling*
Flos Caryophylli	丁香*Dingxiang*
Myrrha	没药*Moyao*
Radix Angelicae Sinensis	当归*Danggui*
Radix Puerariae	葛根*Gegen*
Radix Ginseng	人参*Renshen*
Carapax et Plastrum Testudinis	龟板*Guiban*
Fructus Amomi Rotundus	豆蔻*Doukou*
Radix Paeoniae Rubra	赤芍*Chishao*
Radix Saposhinkoviae	防风*Fangfeng*
Moschus	麝香*Shexiang*
Bornelium Syntheticum	冰片*Bingpian*
Cornu Rhinocerotis	犀角*Xijiao*
Calculus Bovis	牛黄*Niuhuang*
Cinnabaris	朱砂*Zhusha*
Benzonium	安息香*Anxixiang*

Daige San **黛蛤散**

Powder of Natural Indigo and Clam Shell

Source: The Book *Zhong Yao Cheng Fang Pei Ben*
中药成方配本

Ingredients:

Indigo Naturalis	青黛*Qingdai*

Concha Meretricis seu Cyclinae 海蛤粉*Haigefen*

Danshen Yin 丹参饮
Red Sage Drink
Source: The Book *Shi Fang Ge Kuo* 时方歌括
Ingredients:

Radix Salviae Miltiorrhizae	丹参*Danshen*
Fructus Amomi	砂仁*Sharen*
Lignum Santali	檀香*Tanxiang*

Danshen Zhusheye 丹参注射液
Injection of Red Sage Root
Ingredients:

Radix Salviae Miltiorrhizae	丹参*Danshen*

Daotan Tang 导痰汤
Decoction for Expelling Phlegm
Ingredients:

Rhizoma Pinelliae	半夏*Banxia*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Fructus Aurantii Immaturus	枳实*Zhishi*
Poria	茯苓*Fuling*
Radix Glycyrrhizae	甘草*Gancao*
Rhizoma Arisaema Preparata	制南星*Zhinanxing*

Daqinglong Tang 大青龙汤
Major Green Dragon Decoction
Source: The Book *Shang Han Lun* 伤寒论
Ingredients:

Herba Ephedrae	麻黄*Mahuang*
Ramulus Cinnamomi	桂枝*Guizhi*
Semen Armeniacae Amarum	杏仁*Xingren*
Radix Glycyrrhizae	甘草*Gancao*
Gypsum Fibrosum	石膏*Shigao*
Rhizoma Zingiberis Recens	生姜*Shengjiang*
Fructus Jujubae	大枣*Dazao*

Daqinjiao Tang **大秦艽汤**

Major Gentian Decoction

Source: The Book *Su Wen Bing Ji Qi Yi Bao Ming Ji* 素问病机气宜保命集

Dihuang Yinzi **地黄饮子**

Rehmannia Decoction

Source: The Book *Dong Yuan Shi Xiao Fang* 东垣试效书

Dingchuan Tang **定喘汤**

Decoction for Relieving Asthma

Source: The Book *Fu Shou Jing Fang* 扶寿精方

Ingredients:

Fructus Ginkgo	白芍*Baishao*
Herba Ephedrae	麻黄*Mahuang*
Cortex Mori	桑白皮*Sangbaipi*
Flos Farfarae	冬花*Donghua*
Rhizoma Pinelliae	半夏*Banxia*
Semen Armeniacae Amarum	杏仁*Xingren*
Fructus Perillae	苏子*Suzi*
Radix Scutellariae	黄芩*Huangqin*

Radix Glycyrrhizae	甘草*Gancao*

Dingxian Wan **定痫丸**

Pill for Treating Epilepsy

Source: The Book *Yi Xue Xin Wu* 医学心悟

Ingredients:

Rhizoma Gastrodiae	天麻*Tianma*
Bulbus Fritillariae Cirrhosae	川贝*Chuanbei*
Arisaema cum Bile	胆星*Danxing*
Rhizoma Pinelliae	半夏*Banxia*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Poria	茯苓*Fuling*
Poria cum Ligno Hospite	茯神*Fushen*
Radix Salviae Miltiorrhizae	丹参*Danshen*
Radix Ophiopogonis	麦冬*Maidong*
Rhizoma Acori Tatarinowii	石菖蒲*Shichangpu*
Radix Polygalae	远志*Yuanzhi*
Scorpio	全蝎*Quanxie*
Bombyx Batryticatus	僵蚕*Jiangcan*
Succinum	琥珀*Hupo*
Cinnabaris	朱砂*Zhusha*
Succus Bambosae	竹沥*Zhuli*
Radix Glycyrrhizae	甘草*Gancao*
Rhizoma Zingiberis	姜汁*Jiangzhi*

Ditan Tang **涤痰汤**

Phlegm-removing Decoction

Source: The Book *Qi Xiao Liang Fang* 奇效良方

Ingredients:

Rhizoma Pinelliae	半夏*Banxia*
Poria	茯苓*Fuling*
Rhizoma Arisaema Preparata	制南星*Zhinanxing*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Fructus Aurantii Immaturus	枳实*Zhishi*
Radix Codonopsis	党参*Dangshen*
Radix Acori Tatarinowii	石菖蒲*Shichangpu*
Caulis Bambusae in Taeniam	竹茹*Zhuru*
Radix Glycyrrhizae	甘草*Gancao*
Rhizoma Zingiberis Recens	生姜*Shengjiang*

Duhuo Jisheng Tang **独活寄生汤**

Pubescent Angelica and Loranthus Decoction

Source: The Book *Bei Ji Qian Jin Yao Fang* 备急千金要方

Erchen Tang **二陈汤**

Decoction of Two Old Drugs

Source: The Book *Tai Ping Hui Min He Ji Ju Fang*
太平惠民和剂局方

Ingredients:

Pericarpium Citri Reticulatae	陈皮*Chenpi*
Rhizoma Pinelliae	半夏*Banxia*
Poria	茯苓*Fuling*
Radix Glycyrrhizae	甘草*Gancao*

Erxian Tang **二仙汤**

Decoction of Curculigo Rhizome and Epimedium

Source: The Book *Fu Chan Ke Xue* 妇产科学

Ingredients:

Rhizoma Curculiginis	仙茅*Xianmao*
Herba Epimedii	仙灵脾*Xianlingpi*
Radix Angelicae Sinensis	当归*Danggui*
Radix Morindae Officinalis	巴戟天*Bajitian*
Cortex Phellodendri	黄柏*Huangbai*
Rhizoma Anemarrhenae	知母*Zhimu*

Famu Wan **伐木丸**

Pill for Checking Hyperfunction of the Liver

Source: The Book *Ben Cao Gang Mu* 本草纲目

Ingredients:

Ferrosi Sulfas Crudus	皂矾*Zaofan*
Rhizoma Atractylodis	苍术*Cangzhu*
Massa Medicata Fermentata Preparata	炒神曲*Chaoshenqu*
vinegar	醋*Cu*

Fangfeng Tang **防风汤**

Decoction of Ledebouriellae Root

Source: The Book *Chong Ding Yanshi Ji Sheng Fang* 重订严氏济生方

Fangfeng Tongsheng San **防风通圣散**

Miraculous Powder of Ledebouriella

Source: The Book *Xuan Ming Lun Fang* 宣明论方

Ingredients:

Herba Menthae	薄荷*Bohe*
Radix Saposhinkoviae	防风*Fangfeng*
Herba Schizonepetae	荆芥*Jingjie*

Herba Ephedrae	麻黄*Mahuang*
Radix et Rhizoma Rhei	大黄*Dahuang*
Natrii Sulfas	芒硝*Mangxiao*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Fructus Gardeniae	栀子*Zhizi*
Talcum	滑石*Huashi*
Radix Platycodi	桔梗*Jiegeng*
Gypsum Fibrosum	石膏*Shigao*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Radix Angelicae Sinensis	当归*Danggui*
Radix Paeoniae Alba	白芍*Baishao*
Radix Scutellariae	黄芩*Huangqin*
Fructus Forsythiae	连翘*Lianqiao*
Radix Glycyrrhizae	甘草*Gancao*

Feizi Shachong Wan 榧子杀虫丸

Anthelmintic Pill of Torreya Seed

Ingredients:

Semen Torreyae	榧子杀虫丸*Feizi*
Semen Arecae	槟榔*Binglang*
Caulis Sargentodoxae	红藤*Hongteng*
Radix Stemonae	百部*Baibu*
Cortex Meliae	苦楝根皮*Kuliangenpi*
Realgar	雄黄*Xionghuang*
Bulbus Allii	大蒜*Dasuan*

Fengshi Guanjieyan Pian 风湿关节炎片

Tablet for Treating Rheumatic Arthritis

Ingredients:

Rhizoma Dioscoreae Nipponicae	穿山龙*Chuanshanlong*
Radix Saposhinkoviae	防风*Fangfeng*
Radix Angelicae Sinensis	独活*Duhuo*
Cortex Paeoniae Rubra	赤芍*Chishao*
Cortex Tamaricis	柽柳皮*Chengliupi*
Rhizoma Typhonii	关白附*Guanbaifu*

Fufang Binglang Wan **复方槟榔片**

Composite Arecae Seed Pill

Ingredients:

Semen Arecae	槟榔*Binglang*
Realgar	雄黄*Xionghuang*
Semen Torreyae	榧子*Feizi*
Radix Rubiae	茜草*Qiancao*
Caulis Sargentodoxae	红藤*Hongteng*

Fufang Danshen Pian **复方丹参片**

Composite Red Sage Root Tablet

Ingredients:

Radix Salviae Miltiorrhizae	丹参*Danshen*
Radix Notoginseng	三七*Sanqi*
Borneolum Syntheticum	冰片*Bingpian*

Fufang Daqingye Heji **复方大青叶合剂**

Composite Mixture of Isatis Leaf

Ingredients:

Folium Isatidis	大青叶*Daqingye*
Flos Carthami	金银花*Jinyinhua*

Radix et Rhizoma Notopterygii	羌活*Qianghuo*
Radix et Rhizoma Rhei	大黄*Dahuang*
Rhizoma Bistortae	拳参*Quanshen*

Fufang Jiegeng Pian **复方桔梗片**

Composite Tablet of Platycodon Root

Ingredients:

Radix Platycodi	桔梗*Jiegeng*
Radix Polygalae	远志*Yuanzhi*
Flos Farfarae	冬花*Donghua*
Radix Glycyrrhizae	甘草*Gancao*

Fufang Luobuma Pian **复方罗布麻片**

Composite Tablet of Dogbane Leaf

Ingredients:

Folium Apocyni Veneti	罗布麻*Luobuma*
Flos Chrysanthemi Indici	野菊花*Yejuhua*
Radix Stephaniae Tetrandrae	粉防己*Fenfangji*
DCT	
Promethazine hydrochloride	盐酸异丙嗪

Fufang Shilintong Pian **复方石淋通片**

Comosite Tablet for Treating Stranguria due to Stone

Ingredients:

Herba Lysimachiae	金钱草*Jinqiancao*
Caulis Lonicerae	忍冬藤*Rendongteng*
Spora Lygodii	海金砂*Haijinsha*
Talcum	滑石*Huashi*

Fufang Yuxingcao Pian **复方鱼腥草片**

Composite Pill of Houttuynia

Ingredients:

Herba Houttuyniae	鱼腥草*Yuxingcao*
Radix Isatidis	板蓝根*Banlangen*
Radix Scutellariae	黄芩*Huangqin*
Flos Lonicerae	银花*Yinhua*
Fructus Forsythiae	连翘*Lianqiao*

Fuzi Lizhong Tang **附子理中汤**

Aconite Decoction for Regulting the Function of Middle-*Jiao*

Source: The Book *Tai Ping Hui Min He Ji Ju Fang*
太平惠民和剂局方

Ingredients:

Radix Aconiti Lateralis Preparata	附子*Fuzi*
Rhizoma Zingiberis	干姜*Ganjiang*
Radix Ginseng	人参*Renshen*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*

Ganlu Xiaodu Dan **甘露消毒丹**

Sweet Dew Detoxicating Pill

Source: The Book *Yi Xiao Mi Chuan* 医效秘传

Ingredients:

Talcum	滑石*Huashi*
Herba Artemisiae Scopariae	茵陈*Yinchen*
Radix Scutellariae	黄芩*Huangqin*
Radix Acori Tatarinowii	石菖蒲*Shichangpu*

Bulbus Fritillariae Cirrhosae	川贝*Chuanbei*
Caulis Clematidis Armandii	木通*Mutong*
Herba Pogostemonis	藿香*Huoxiang*
Rhizoma Belamcandae	射干*Shegan*
Fructus Forsythiae	连翘*Lianqiao*
Herba Menthae	薄荷*Bohe*
Semen Amomi Cardamomi	豆蔻*Doukou*

Ganmao Chongji **感冒冲剂**

Granule for Treating Cold

Ingredients:

Caulis Lonicerae	忍冬藤*Rendongteng*
Radix Isatidis	板蓝根*Banlangen*
Radix Peucedani	前胡*Qianhu*
Radix Platycodi	桔梗*Jiegeng*
Radix Puerariae	葛根*Gegen*
Fructus Arctii	牛子*Niuzi*
Radix Glycyrrhizae	甘草*Gancao*

Gejie Dingchuan Wan **蛤蚧定喘汤**

Gecko Pill for Arresting Asthma

Ingredients:

Gecko	蛤蚧*Gejie*
Herba Epimedii	淫羊藿*Yinyanghuo*
sparrow	麻雀*Maque*
Radix Angelicae Sinensis	当归*Danggui*
Radix Astragali	黄芪*Huangqi*
Radix Achyranthis Bidentatae	牛膝*Niuxi*
Fructus Lycii	枸杞*Gouqi*

Herba Cynomorii	锁阳*Suoyang*
Radix Codonopsis	党参*Dangshen*
Herba Cistanches	肉苁蓉*Roucongrong*
Radix Rehmanniae Preparata	熟地*Shudi*
Radix Dipsaci	川断*Chuanduan*
Cortex Eucommiae	杜仲*Duzhong*
Rhizoma Dioscoreae	山药*Shanyao*
Poria	云苓*Yunling*
Testis et Penis Canitis	狗鞭*Goubian*
Semen Trigonellae	葫芦巴*Huluba*
Cornu Cervi Pantotrichum	鹿茸*Lurong*
Semen Cuscute	菟丝子*Tusizi*

Gexia Zhuyu Tang **膈下逐瘀汤**

Decoction for Dissipating Blood Stasis Under Diaphram

Source: The Book *Yi Lin Gai Cuo* 医林改错

Ingredients:

Faeces Trogopterori	五灵脂*Wulingzhi*
Radix Angelicae Sinensis	当归*Danggui*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Semen Persicae	桃仁*Taoren*
Cortex Moutan	丹皮*Danpi*
Radix Paeoniae Rubra	赤芍*Chishao*
Radix Lingerae	乌药*Wuyao*
Rhizoma Corydalis	延胡索*Yanhusuo*
Radix Glycyrrhizae	甘草*Gancao*
Rhizoma Cyperi	香附*Xiangfu*
Flos Carthami	红花*Honghua*
Fructus Aurantii	枳壳*Zhiqiao*

Gongdi Wan 巩堤丸

Pill for Warming the Kidney and Controlling Urination

Source: The Book *Jing Yue Quan Shu* 景岳全书

Ingredients:

Radix Rehmanniae Preparata	熟地*Shudi*
Semen Cuscutae	菟丝子*Tusizi*
Fructus Schisandrae	五味子*Wuweizi*
Fructus Alpiniae Oxyphyllae	益智仁*Yizhiren*
Rhizoma Dioscoreae	山药*Shanyao*
Fructus Psoraleae	补骨脂*Buguzhi*
Radix Aconiti Lateralis Preparata	附子*Fuzi*
Semen Allii Tuberosi	韭子*Jiuzi*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Poria	茯苓*Fuling*

Gouchong Wan 钩虫丸

Pill for Treating Hookworm Disease

Ingredients:

Ferrosi Sulfas Crudus	轻粉*Qingfan*
Rhizoma Atractylodis	苍术*Cangzhu*
Alumen	白矾*Baifan*
Radix seu Rhizoma Nardostachyos	甘松*Gansong*
Fructus Gardeniae	栀子*Zhizi*
Cortex Phellodendri	黄柏*Huangbai*
Radix Glycyrrhizae	甘草*Gancao*
Herba Artemisiae Scopariae	茵陈*Yinchen*

Gualou Xiebai Banxia Tang 瓜蒌薤白半夏汤

Decoction of Trichosanthes,Allium and Pinellia

Source: The Book *Jin Kui Yao Lüe* 金匮要略

Ingredients:

Fructus Trichosanthis	瓜蒌*Gualou*
Bulbus Allii Macrostemi	薤白*Xiebai*
Rhizoma Pinelliae	半夏*Banxia*

Gualou Xiebai Guizhi Tang 瓜蒌薤白桂枝汤

Decoction of Trichosanthes,Allium and Cinnamom Twig

Ingredients:

Fructus Trichosanthis	瓜蒌*Gualou*
Bulbus Allii Macrostemi	薤白*Xiebai*
Ramulus Cinnamomi	桂枝*Guizhi*

Guanxin Suhe Wan 冠心苏合丸

Storax Bolus for Treating Coronary Heart Disease

Ingredients:

Oleum Styrax Liquidus	苏合香油*Suhexiang You*
Cinnabaris	朱砂*Zhusha*
Radix Aucklandiae	木香*Muxiang*
Lignum Santali Album	檀香*Tanxiang*
Olibanum	乳香*Ruxiang*
Borneolum Syntheticum	冰片*Bingpian*

Guizhi Gancao Longgu Muli Tang 桂枝甘草龙骨牡蛎汤

Decoction of Cinnamom Twig,Liquorice,Dragon's Bone and Oyster Shell

Ingredients:

Radix Glycyrrhizae	甘草*Gancao*
Ramulus Cinnamomi	桂枝*Guizhi*
Os Draconis Fossilia	龙骨*Longgu*
Concha Ostreae	牡蛎*Muli*

Guizhi Gancao Tang **桂枝甘草汤**

Decoction of Cinnamom Twig and Liquorice

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Ramulus Cinnamomi	桂枝*Guizhi*
Radix Glycyrrhizae	甘草*Gancao*

Guifu Dihuang Wan **桂附地黄丸**

Bolus of Cinnamon, Aconite and Rehmannia

Source: The Book *Yi Zong Jin Jian* 医宗金鉴

Ingredients:

Radix Rehmanniae Preparata	熟地*Shudi*
Fructus Corni	山茱肉*Shanyurou*
Rhizoma Dioscoreae	山药*Shanyao*
Cortex Moutan	丹皮*Danpi*
Rhizoma Alismatis	泽泻*Zexie*
Poria	茯苓*Fuling*
Radix Aconiti Lateralis Preparata	附子*Fuzi*
Cortex Cinnamomi	肉桂*Rougui*

Guilu Erxian Jiao **龟鹿二仙胶**

Gelatin of Tortoise–plastron and Deer Horn

Source: The Book *Yi Bian* 医辨

Ingredients:

Cornu Cervi	鹿角*Lujiao*
Carapax et Plastrum Testudinis	龟甲*Guijia*
Radix Ginseng	人参*Renshen*
Fructus Lycii	枸杞*Gouqi*

Guipi Wan 归脾丸

Pill for Invigorating the Spleen and Nourisning the Heart

Source: The Book *Chong Ding Yan Shi Ji Sheng Fang*
重订严氏济生方

Ingredients:

Radix Codonopsis	党参*Dangshen*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Radix Astragali	黄芪*Huangqi*
Radix Angelicae Sinensis	当归*Danggui*
Poria cum Ligno Hospite	茯神*Fushen*
Radix Polygalae	远志*Yuanzhi*
Semen Ziziphi Spinosae	炒枣仁*Chaozaoren*
Radix Aucklandiae	木香*Muxiang*
Arillus Longan	龙眼肉*Longyanrou*
Radix Glycyrrhizae	甘草*Gancao*
Rhizoma Zingiberis Recens	生姜*Shengjiang*
Fructus Jujubae	大枣*Dazao*

Guishao Dihuang Wan 归芍地黄丸

Bolus of Chinese Angelicae Root, Paeoniae Root and Rehmanniae

Source: The Book *Beijingshi Zhong Cheng Yao Fang Xuan Ji*

Ingredients:

Radix Rehmanniae Preparata	熟地*Shudi*
Rhizoma Dioscoreae	山药*Shanyao*
Poria	云苓*Yunling*
Cortex Moutan	丹皮*Danpi*
Fructus Corni	山芋肉*Shanyurou*
Rhizoma Alismatis	泽泻*Zexie*
Radix Paeoniae Alba	白芍*Baishao*
Radix Angelicae Sinensis	当归*Danggui*

Guizhi Shaoyao Zhimu Tang **桂枝芍药知母汤**

Decoction of Cinnamon Twig with Paeony Root and Anemarrhena

Source: The Book *Jin Kui Yao Lüe* 金匮要略

Ingredients:

Ramulus Cinnamomi	桂枝*Guizhi*
Radix Paeoniae	芍药*Shaoyao*
Radix Glycyrrhizae	甘草*Gancao*
Herba Ephedrae	麻黄*Mahuang*
Rhizoma Zingiberis Recens	生姜*Shengjiang*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Rhizoma Anemarrhinae	知母*Zhimu*
Radix Saposhinkoviae	防风*Fangfeng*
Radix Aconiti Lateralis Preparata	附子*Fuzi*

Haizao Yuhu Tang **海藻玉壶汤**

Sargassum Decoction for Eliminating Phlegm and Dampness

Source: The Book *Wai Ke Zheng Zong* 外科正宗

Ingredients:

Sargassum	海藻*Haizao*
Thallus Laminariae seu Echloniae	昆布*Kunbu*
Rhizoma Pinelliae	半夏*Banxia*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Pericarpium Citri Reticulatae Viride	青皮*Qingpi*
Fructus Forsythiae	连翘*Lianqiao*
Bulbus Fritillariae Cirrhosae	贝母*Beimu*
Radix Angelicae Sinensis	当归*Danggui*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Radix Angelicae Pubescentis	独活*Duhuo*
Radix Glycyrrhizae	甘草*Gancao*

Hanchuan Wan 寒喘丸

Pill for Treating Cold-wheezing

Ingredients:

Rhizoma Belamcandae	射干*Shegan*
Herba Ephedrae	麻黄*Mahuang*
Herba Asari	细辛*Xixin*
Rhizoma Zingiberis	干姜*Ganjiang*
Flos Farfarae	冬花*Donghua*
Rhizoma Pinelliae	半夏*Banxia*
Radis Asteris	紫菀*Ziwan*
Fructus Schisandrae	五味子*Wuweizi*
Fructus Jujubae	大枣*Dazao*

Heixi Dan 黑犀丹

Black Tin Pill

Source: The Book *San Yin Ji Yi Bing Zheng Fang Lun* 三因极一病证方论

Ingredients:

Black Tin	黑犀*Heixi*
Sulfur	硫磺*Liuhuang*
Fructus Toosendan	川楝子*Chuanlianzi*
Semen Trigonellae	葫芦巴*Huluba*
Radix Aucklandiae	木香*Muxiang*
Radix Aconiti Lateralis Preparata	附子*Fuzi*
Semen Myristicae	肉蔻*Roukou*
Fructus Psoraleae	补骨脂*Buguzhi*
Lignum Aquilariae Resinatum	沉香*Chenxiang*
Fructus Foeniculi	小茴香*Xiaohuixiang*
Actinolitum	阳起石*Yangqishi*
Cortex Cinnamomi	肉桂*Rougui*

Heren Yin 何人饮

Fleeceflower and Ginseng Decoction

Source: The Book *Jing Yue Quan Shu* 景岳全书

Houpo Mahuang Tang 厚朴麻黄汤

Decoction of Magnolia Bark and Ephedra

Source: The Book *Jin Kui Yao Lüe* 金匮要略

Ingredients:

Cortex Magnoliae Officinalis	厚朴*Houpo*
Herba Ephedrae	麻黄*Mahuang*
Gypsum Fibrosum	石膏*Shigao*
Semen Armeniacae Amarum	杏仁*Xingren*

Rhizoma Pinelliae	半夏*Banxia*
Rhizoma Zingiberis	干姜*Ganjiang*
Herba Asari	细辛*Xixin*
Fructus Schisandrae	五味子*Wuweizi*
Fructus Tritici Levis	小麦*Xiaomai*

Houzao San **猴枣散**

Monkey Bezoar Powder

Source: The Book *Shanghaishi Zhong Yao Cheng Yao Zhi Ji Gui Fan*

上海市中药成药制剂规范

Ingredients:

Monkey's Bezoar	猴枣*Houzao*
Cornu Saigae Tataricae	羚羊角*Lingyangjiao*
Concretio Silicea Bambusae	天竺黄*Tianzhuhuang*
Bulbus Fritillariae Cirrhosae	川贝*Chuanbei*
Moschus	麝香*Shexiang*
Borax	硼砂*Pengsha*
Lignum Aquilariae Resinatum	枷楠香*Jiananxiang*
Lapis Chloriti	青礞石*Qingmengshi*

Huachong Wan **化虫丸**

Anthelmintic Pill

Source: The Book *Tai Ping Hui Min He Ji Ju Fang*

太平惠民和剂局方

Ingredients:

Fructus Quisqualis	使君子*Shijunzi*
Semen Arecae	槟榔*Binglang*
Fructus Carpesii	鹤虱*Heshi*

Cortex Meliae	苦楝根皮*Kuliangenpi*
Alumen	枯矾*Kufan*
parched starch	炒糊粉*Chaohufen*

Huagai San 华盖散

Canopy Powder

Ingredients:

Herba Ephedrae	麻黄*Mahuang*
Cortex Mori	桑白皮*Sangbaipi*
Fructus Perillae	苏子*Suzi*
Semen Armeniacae Amarum	杏仁*Xingren*
Poria	赤茯苓*Chifuling*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Glycyrrhizae	甘草*Gancao*

Huagan Jian 化肝煎

Decoction for Soothing the Liver

Source: The Book *Jing Yue Quan Shu* 景岳全书

Ingredients:

Pericarpium Citri Reticulatae Viride	青皮*Qingpi*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Paeoniae	山药*Shanyao*
Cortex Moutan	丹皮*Danpi*
Rhizoma Alismatis	泽泻*Zexie*
Bulbus Fritillariae Cirrhosae	贝母*Beimu*

Huaijiao Wan 槐角丸

Bolus of Sophora Fruit

Source: The Book *Tai Ping Hui Min He Ji Ju Fang*
太平惠民和剂局方

Ingredients:

Fructus Sophrae	槐角*Huaijiao*
Radix Sanguisorbae	地榆*Diyu*
Radix Scutellariae	黄芩*Huangqin*
Radix Angelicae Sinensis	当归*Danggui*
Fructus Aurantii Preparata	炒枳壳*Chaozhiqiao*
Radix Saposhinkoviae	防风*Fangfeng*

Huangbing Jiangfan Wan **黄病绛矾丸**

Bolus of Green Vitriol for Treating Jaundice

Source: The Book *Chong Ding Guang Wen Re Lun*
重订广温热论

Ingredients:

Cortex Magnoliae Officinalis	厚朴*Houpo*
Rhizoma Atractylodis	茅术*Maozhu*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Glycyrrhizae	甘草*Gancao*
Ferrosi Sulfas Crudus	绛矾*Jiangfan*
Fructus Jujubae	大枣*Dazao*

Huanglian Jiedu Tang **黄连解毒汤**

Antidotal Decoction of Coptis

Source: The Book *Zhou Hou Fang* 肘后方

Ingredients:

Rhizoma Coptidis	黄连*Huanglian*
Radix Scutellariae	黄芩*Huangqin*
Cortex Phellodendri	黄柏*Huangbai*

Fructus Gardeniae	栀子*Zhizi*

Huangpang Wan 黄胖丸

Pill for Treating General Edema with Yellowish Tinge on Skin

Ingredients:

Ferrosi Sulfas Crudus	皂矾*Zaofan*
Cinnabaris	真砂*Zhensha*
Rhizoma Zingiberis	苍术*Cangzhu*
Cortex Magnoliae Officinalis	厚朴*Houpo*
sugar	蜜糖*Mitang*

Huangqi Biejia Tang 黄芪鳖甲汤

Astragalus and Turtle Shell Decoction

Source: The Book *Tai Ping Hui Min He Ji Ju Fang*
太平惠民和剂局方

Ingredients:

Radix Astragali	黄芪*Huangqi*
Carapax Trionycis	鳖甲*Biejia*
Radix Asparagi	天冬*Tiandong*
Radix Rehmanniae	生地*Shengdi*
Rhizoma Anemarrhenae	知母*Zhimu*
Radix Codonopsis	党参*Dangshen*
Radix Paeoniae Alba	白芍*Baishao*
Radix Platycodi	桔梗*Jiegeng*
Rhizoma Pinelliae	半夏*Banxia*
Radix Asteris	紫苑*Ziwan*
Radix Bupleuri	柴胡*Chaihu*
Radix Gentianae Macrophyllae	秦艽*Qinjiao*
Poria	茯苓*Fuling*

Cortex Mori	桑白皮*Sangbaipi*
Cortex Lycii	地骨皮*Digupi*

Huangqi Guizhi Wuwu Tang **黄芪桂枝五物汤**

Decoction of Five Drugs Including Astragalus and Cinnamon

Source: The Book *Jin Kui Yao Lüe* 金匮要略

Ingredients:

Radix Astragali	黄芪*Huangqi*
Radix Paeoniae Alba	白芍*Baishao*
Ramulus Cinnamomi	桂枝*Guizhi*
Rhizoma Zingiberis Recens	生姜*Shengjiang*
Fructus Jujubae	大枣*Dazao*

Huangqi Jianzhong Tang **黄芪建中汤**

Decoction of Astragalus for Tonifying the Middle-jiao

Source: The Book *Jin Kui Yao Lüe* 金匮要略

Ingredients:

Radix Astragali	黄芪*Huangqi*
Radix Paeoniae Alba	白芍*Baishao*
Ramulus Cinnamomi	桂枝*Guizhi*
Radix Glycyrrhizae	甘草*Gancao*
Fructus Jujubae	大枣*Dazao*
Saccharum Granorum	饴糖*Yitang*

Huangqi Liujunzi Tang **黄芪六君子汤**

Decoction of Six Noble Drugs with Astragalus

Ingredients:

Radix Astragali	黄芪*Huangqi*
Radix Codonopsis	党参*Dangshen*

Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Poria	云苓*Yunling*
Radix Glycyrrhizae	甘草*Gancao*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Rhizoma Pinelliae	半夏*Banxia*

Huayu Tang **化瘀汤**

Decoction for Removing Blood Stasis

Source: The Book *Hui Yue Yi Jing* 会约医镜

Ingredients:

Radix Angelicae Sinensis	当归*Danggui*
Radix Rehmanniae Preparata	熟地*Shudi*
Radix Paeoniae Alba	白芍*Baishao*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Ramulus Cinnamomi	肉桂*Rougui*
Semen Persicae	桃仁*Taoren*
Flos Carthami	红花*Honghua*

Huopo Xialing Tang **厚朴夏苓汤**

Decoction of Agastachs,Magnolia,Pinellia and Poria

Source: The Book *Yi Yuan* 医原

Ingredients:

Herba Pogostemonis	藿香*Huoxiang*
Rhizoma Pinelliae	半夏*Banxia*
Poria	赤伏苓*Chifuling*
Semen Armeniacae Amarum	杏仁*Xingren*
Polyporus	猪苓*Zhuling*
Semen Coicis	薏苡仁*Yiyiren*

Rhizoma Alismatis	泽泻*Zexie*
Semen Sojae Preparatum	豆豉*Douchi*
Semen Amomi Cardamomi	白豆蔻*Baidoukou*
Cortex Magnoliae Officinalis	厚朴*Houpo*

Huoxiang Zhengqi Shui **藿香正气水**

Decoction of Agastachis for Restoring Health

Source: The Book *Zhong Hua Ren Min Gong He Guo Yao Dian*
中华人民共和国药典

Ingredients:

Rhizoma Atractylodis	苍术*Cangzhu*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Cortex Magnoliae Officinalis	厚朴*Houpo*
Radix Angelicae Dahuriae	白芷*Baizhi*
Poria	茯苓*Fuling*
Pericarpium Arecae	大腹皮*Dafupi*
Rhizoma Pinelliae	半夏*Banxia*
Jingao Extacts of Radix Glycyrrhizae	甘草*Gancao*
Oleum Pogostemonis	广藿香油*Guanghuo xiang You*
Oleum Perillae	紫苏叶油*Zisuye You*

Jiajian Weirei Tang **加减藏薤汤**

Modified Decoction of Fragrant Solomonseal

Source: The Book *Chong Ding Tong Su Shang Han Lun*
重订通俗伤寒论

Ingredients:

Rhizoma Polygonati Odorati	玉竹*Yuzhu*

Caulis Allii Fistulosi	葱白*Congbai*
Radix Platycodi	桔梗*Jiegeng*
Radix Cynanchi Atrati	白薇*Baiwei*
Semen Sojae Preparatum	豆豉*Douchi*
Herba Menthae	薄荷*Bohe*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*
Fructus Jujubae	大枣*Dazao*

Jiangzhi Chongji **降脂冲剂**

Granulen for Lowering Blood-lipid

Ingredients:

Semen Cassiae	决明子*Juemingzi*
Fructus Crataegi	山楂*Shanzha*
sucrose	蔗糖*Zhetang*

Jiawei Jiegeng Tang **加味桔梗汤**

Drug-added Decoction of Platycodon Root

Ingredients:

Radix Platycodi	桔梗*Jiegeng*
Radix Glycyrrhizae	甘草*Gancao*
Bulbus Fritillariae Thunbergii	贝母*Beimu*
Exocarpium Citri Rubrum	橘红*Juhong*
Flos Lonicerae	银花*Yinhua*
Semen Coicis	苡仁*Yiren*
Semen Lepidii seu Descurainiae	葶苈子*Tinglizi*
Rhizoma Bletillae	白芨*Baiji*

Jiegeng Baisan **桔梗白散**

White Powder of Three Drugs

Source: The Book *Wai Tai Mi Yao* 外台秘要

Ingredients:

Radix Platycodi	桔梗*Jiegeng*
Bulbus Fritillariae Thunbergii	贝母*Beimu*
Fructus Crotonis	巴豆*Badou*

Jiegeng Tang **桔梗汤**

Decoction of Platycodon

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Radix Platycodi	桔梗*Jiegeng*
Radix Glycyrrhizae	甘草*Gancao*

Jieyu Dan **解语丹**

Bolus for Treating Dysphasia

Source: The Book *Yong Lei Ling Fang* 永类铃方

Jingfang Baidu San **荆防败毒散**

Antiphlogistic Powder of Schizonepeta and Ledebouriella

Source: The Book *She Sheng Zhong Miao Fang* 摄生众妙方

Ingredients:

Herba Schizonepetae	荆芥*Jingjie*
Radix Saposhinkoviae	防风*Fangfeng*
Rhizoma seu Radix Notopterygii	羌活*Qianghuo*
Radix Angelicae Pubescentis	独活*Duhuo*
Radix Bupleuri	柴胡*Chaihu*
Radix Peucedani	前胡*Qianhu*
Radix Platycodi	桔梗*Jiegeng*
Fructus Aurantii	枳壳*Zhiqiao*

Poria	云苓*Yunling*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Radix Glycyrrhizae	甘草*Gancao*

Jinkui Shenqi Wan **金匮肾气丸**

Bolus for Invigorating the Kidney–*Qi*

Source: The Book *Nei Ke Jai Yao* 内科摘要

Ingredients:

Radix Rehmanniae Preparata	熟地*Shudi*
Fructus Corni	山芋肉*Shanyurou*
Rhizoma Dioscoreae	山药*Shanyao*
Cortex Moutan	丹皮*Danpi*
Rhizoma Alismatis	泽泻*Zexie*
Poria	茯苓*Fuling*
Radix Aconiti Lateralis Preparata	附子*Fuzi*
Cortex Cinnamomi	肉桂*Rougui*

Jinlingzi San **金铃子散**

Sichuan Chinaberry Powder

Source: The Book *Chong Ding Yan Shi Ji Sheng Fang*
重订严氏济生方

Ingredients:

Fructus Toosendan	川楝子*Chuanlianzi*
Rhizoma Corydalis	元胡*Yuanhu*

Jisheng Shenqi Wan **济生肾气丸**

Life Preserving Bolus by Replenishing the Kidney–*Qi*

Ingredients:

Radix Rehmanniae Preparata	熟地*Shudi*

Fructus Corni	山茱肉*Shanyurou*
Rhizoma Dioscoreae	山药*Shanyao*
Cortex Moutan	丹皮*Danpi*
Rhizoma Alismatis	泽泻*Zexie*
Poria	茯苓*Fuling*
Radix Aconiti Lateralis Preparata	附子*Fuzi*
Semen Plantaginis	车前子*Cheqianzi*
Radix Achyranthis Bidentatae	牛膝*Niuxi*

Jixueteng Pian **鸡血藤片**

Tablet of Spatholous Stem

Ingredients:

Caulis Sphatholobi	鸡血藤*Jixueteng*

Juanbi Tang **蠲痹汤**

Decoction for Treating Rheumatic or Rheumatoid Arthritis

Source: The Book *Yang Shi Jia Cang Fang* 杨氏家藏方

Ingredients:

Radix Angelicae Sinensis	当归*Danggui*
Rhizoma seu Radix Notopterygii	羌活*Qianghuo*
Rhizoma Curcumae Longae	姜黄*Jianghuang*
Radix Paeoniae Alba	白芍*Baishao*
Radix Astragali	黄芪*Huangqi*
Radix Saposhinkoviae	防风*Fangfeng*
Radix Glycyrrhizae	甘草*Gancao*

Juhong Wan **橘红丸**

Red Tangerine Peel Pill

Ingredients:

Exocarpium Citri Rubrum	橘红*Juhong*
Gypsum Fibrosum	石膏*Shigao*
Poria	云苓*Yunling*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Ophiopogonis	麦冬*Maidong*
Radix Rehmanniae	生地*Shengdi*
Semen Armeniacae Amarum	杏仁*Xingren*
Pericarpium Trichosanthis	瓜蒌皮*Gualoupi*
Radix Asteris	紫菀*Ziwan*
Rhizoma Pinelliae	半夏*Banxia*
Fructus Perillae	苏子*Suzi*
Radix Platycodi	桔梗*Jiegeng*
Bulbus Fritillariae Cirrhosae	川贝*Chuanbei*
Flos Farfarae	冬花*Donghua*
Radix Glycyrrhizae	甘草*Gancao*

Kongxian Wan **控涎丸**

Pill for Contralling Phlegm-fluid

Source: The Book *San Yin Ji Yi Bing Zheng Fang Lun*
三因极一病证方论

Ingredients:

Radix Kansui	甘遂*Gansui*
Radix Knoxiae	芫花*Wuhua*
Semen Sinapis Alba	大戟*Daji*

Kunming Shanhaitang Pian **昆明山海棠片**

Tablet of Herba of Yunnan Begonia

Ingredients:

Herba Begoniae Yunnanensis	昆明山海棠

Laiyangli Zhike Tangjiang **莱阳梨止咳糖浆**

Laiyang Pear Syrup for Arresting Cough

Ingredients:

Extractum Pyrus	莱阳梨*Laiyangli Qinggao*
Extractum Ephedrae	麻黄提取物 *Mahuang Tiquwu*
Extractum Armeniacae Amarum	杏仁水*Xingrenshui*
Extractum Glehniae Liquidium	北沙参流浸膏 *Beishashen Liujingao*
Extractum Lilii Liquidium	百合流浸膏 *Baihe Liujingao*
Extractum Polygalae Liquidium	远志流浸膏 *Yuanzhi Liujingao*
Extractum Platycodi Liquidium	桔梗流浸膏 *Jiegeng Liujingao*
Mentholum	薄荷脑*Bohenao*

Leigongteng Pian **雷公藤片**

Tablet of Root of Common Threewingnut

Ingredients:

Radix Tripterygii Wilfordii	雷公藤*Leigongteng*

Liang Fu Wan **良附丸**

Galangal and Cyperus Pill

Ingredients:

Rhizoma Alpiniae Officinalis	高良姜*Gaoliangjiang*
Rhizoma Cyperi	香附*Xiangfu*

Lianli Tang 连理汤

Decoction for Warming the Middle–*jiao* and Clearing the Bowel

Source: The Book *Mi Chuan Zheng Zhi Yao Jue Lei Fang* 秘传证治要诀类方

Ingredients:

Poria	茯苓*Fuling*
Rhizoma Coptidis	黄连*Huanglian*
Radix Ginseng	人参*Renshen*
Rhizoma Zingiberis	干姜*Ganjiang*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*

Lianpo Tang 连朴汤

Decoction of Coptis Root and Magnolia Bark

Source: The Book *Huo Ruan Lun* 霍乱论

Ingredients:

Rhizoma Coptidis	黄连*Huanglian*
Cortex Magnoliae Officinalis	厚朴*Houpo*
Fructus Gardeniae	山栀*Shanzhi*
Rhizoma Pinelliae	半夏*Banxia*
Rhizoma Acori Tatarinowii	石菖蒲*Shichangpu*
Semen Sojae Preparatum	豆豉*Douchi*
Rhizoma Phragmitis	芦根*Lugen*

Lidan Paishi Pian 利胆排石片

Tablet for Normalizing the Function of the Gall–bladder

· and Removing Stone

Ingredients:

Herba Lysimachiae	金钱草*Jinqiancao*
Herba Artemisiae Scopariae	茵陈*Yinchen*
Radix Scutellariae	黄芩*Huangqin*
Radix Aucklandiae	木香*Muxiang*
Radix Curcumae	郁金*Yujin*
Fructus Aurantii Immaturus	枳实*Zhishi*
Radix et Rhizoma Rhei	大黄*Dahuang*
Natrii Sulfas	芒硝*Mangxiao*
Cortex Magnoliae Officinalis	厚朴*Houpo*
Semen Arecae	二槟榔*Binglang*

Lifei Pian **理肺片**

Tablet for Nomalizing the Function of the Lung

Ingredients:

Fructus Schisandrae	五味子*Wuweizi*
Rhizoma Bletillae	白芨*Baiji*
Folium Eriobotryae	枇杷叶*Pipaye*
Concha Ostreae	牡蛎*Muli*
Radix Stemonae	百部*Baibu*
Cordyceps	冬虫夏草*Dongchongxiacao*
Bulbus Lilii	百合*Baihe*
Gecko	蛤蚧*Gejie*
Radix Glycyrrhizae	甘草*Gancao*

Ling Gui Zhu Gan Tang **苓桂术甘汤**

Decoction of Poria,Bighead Atractylodes,Cinnamon and Licorice

Source: The Book *Jin Kui Yao Lüe* 金匮要略

Ingredients:

Poria	茯苓*Fuling*
Ramulus Cinnamomi	桂枝*Guizhi*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Radix Glycyrrhizae	甘草*Gancao*

Lingyang Gouteng Tang **羚羊钩藤汤**

Decoction of Antelope's Horn and Uncaria Stem

Source: The Book *Chong Ding Tong Su Shang Han Lun* 重订通俗伤寒论

Lingyangjiao Tang **羚羊角汤**

Antelope's Horn Decoction

Source: The Book *Yi Chun Sheng Yi* 医醇剩义

Lingyang Qingfei Wan **羚羊清肺丸**

Antilope's Horn Pill for Removing Heat from the Lung

Ingredients:

Cornu Saigae Tataricae	羚羊角*Lingyangjiao*
Bulbus Fritllariae Thunbergii	浙贝*Zhebei*
Folium Isatidis	大青叶*Daqingye*
Radix Rehmanniae	生地*Shengdi*
Cortex Mori	桑白皮*Sangbaipi*
Radix Tinosporae	金果榄*Jinguolan*
Radix Asparagi	天冬*Tiandong*
Radix Scrophulariae	元参*Yuanshen*
Radix Glycyrrhizae	甘草*Gancao*
Herba Dendrobii	石斛*Shihu*

Fructus Gardeniae	栀子*Zhizi*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Flos Lonicerae	双花*Shuanghua*
Semen Armeniacae Amarum	杏仁*Xingren*
Radix Platycodi	桔梗*Jiegeng*
Herba Menthae	薄荷*Bohe*
Folium Eupatorii	枇杷叶*Pipaye*
Radix Trichosanthis	花粉*Huafen*
Radix Isatidis	板蓝根*Banlangen*
Radix Scutellariae	黄芩*Huangqin*
Radix Peucedani	前胡*Qianhu*
Cortex Moutan	丹皮*Danpi*
Radix et Rhizoma Rhei	熟大黄*Shudahuang*
Radix Ophiopogonis	麦冬*Maidong*

Lingzhi Pian 灵芝片

Lucid Ganoderma Tablets

Ingredients:

Ganoderma Lucidum seu Japonium灵芝*Lingzhi*

Liujunzi Tang 六君子汤

Decoction of Six Ingredients:

Source: The Book *Shi Yi De Xiao Fang* 世医得效方

Ingredients:

Radix Ginseng	人参*Renshen*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*
Poria	茯苓*Fuling*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*

Pericarpium Citri Reticulatae	陈皮*Chenpi*
Rhizoma Pinelliae	半夏*Banxia*

Liuwei Dihuang Tang **六味地黄汤**

Decoction of Six Drugs Including Rehmannia

Source: The Book *Xiao Er Yao Zheng Zhi Jue* 小儿药证直诀

Ingredients:

Radix Remanniae Preparata	熟地*Shudi*
Fructus Corni	山芋肉*Shanyurou*
Rhizoma Dioscoreae	山药*Shanyao*
Cortex Moutan	丹皮*Danpi*
Rhizoma Alismatis	泽泻*Zexie*
Poria	茯苓*Fuling*

Liuyi San **六一散**

Six to One Powder

Source: The Book *Shang Han Biao Ben* 伤寒标本

Ingredients:

Radix Glycyrrhizae	甘草*Gancao*
Talcum	滑石*Huashi*

Lizhong Huatan Tang **理中化痰汤**

Decoction for Regulating the Function of The Middle–*Jiao* and Resolving Phlegm

Source: The Book *Ming Yi Za Zhu* 明医杂著

Ingredients:

Radix Ginseng	人参*Renshen*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*

Rhizoma Zingiberis	干姜*Ganjiang*
Radix Glycyrrhizae	甘草*Gancao*
Poria	云苓*Yunling*
Rhizoma Pinelliae	半夏*Banxia*

Lizhong Tang **理中汤**

Decoction for Regulating the Function of Middle–*Jiao*

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Radix Ginseng	人参*Renshen*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Rhizoma Zingiberis	干姜*Ganjiang*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*

Longdan Xiegan Tang **龙胆泻肝汤**

Decoction of Gentiana for Purging the Liver–fire

Source: The Book *Yi Fang Ji Jie* 医方集解

Ingredients:

Radix Gentianae	龙胆草*Longdancao*
Rhizoma Alismatis	泽泻*Zexie*
Caulis Aristolochiae Manshuriensis	木通*Mutong*
Semen Plantaginis	车前子*Cheqianzi*
Radix Angelicae Sinensis	当归*Danggui*
Radix Bupleuri	柴胡*Chaihu*
Radix Glycyrrhizae	甘草*Gancao*
Radix Rehmanniae	生地黄*Shengdihuang*

In recent years,the following drugs are added:

Radix Scutellariae	黄芩*Huangqin*
Fructus Gardeniae	栀子*Zhizi*

Mahuang Fuzi Xixin Tang **麻黄附子细辛汤**

Decoction of Ephedra,Aconite and Asarum

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Herba Ephedrae	麻黄*Mahuang*
Radix Aconiti Preparata	附子*Fuzi*
Herba Asari	细辛*Xixin*

Mahuang Zhisou Wan **麻黄止嗽丸**

Ephedra Pill for Arresting Cough

Ingredients:

Herba Ephedrae	麻黄*Mahuang*
Herba Asari	细辛*Xixin*
Radix Platy codi	桔梗*Jiegeng*
Exocarpium Citri Rubrum	橘红*Juhong*
Bulbus Fritillariae Cirrhosae	川贝*Chuanbei*
Poria	茯苓*Fuling*
Fructus Schisandrae	五味子*Wuweizi*

Maiwei Dihuang Wan **麦味地黄丸**

Eight-immortal Longevity Bolus

Source: The Book *Shou Shi Bao Yuan* 寿世保元

Ingredients:

Radix Ophiopogonis	麦冬*Maidong*
Fructus Schisandrae	五味子*Wuweizi*
Cortex Moutan	丹皮*Danpi*

Poria	茯苓*Fuling*
Rhizoma Alismatis	泽泻*Zexie*
Radix Rehmanniae Preparata	熟地*Shudi*
Fructus Cornu	芋肉*Yurou*
Rhizoma Dioscoreae	山药*Shanyao*

Maxing Shigan Tang **麻杏石甘汤**

Decoction of Ephedrae,Apricot Kernel,Gyposum and Licorice

Source: The Book *Shang Han Lun* **伤寒论**

Ingredients:

Herba Ephedrae	麻黄*Mahuang*
Semen Armeniacae Amarum	杏仁*Xingren*
Gypsum Fibrosum	石膏*Shigao*
Radix Glycyrrhizae	甘草*Gancao*

Mujingyou Jiaowan **牡荆油胶丸**

Capsulae Olei Viticis Negundo

Ingredients:

Oleum Viticis Negundo	牡荆油*Mujingyou*

Niuhuang Jiedu Pian **牛黄解毒片**

Bezoar Tablet for Detoxicating

Ingredients:

Calculus Bovis	牛黄*Niuhuang*
Realgar	雄黄*Xionghuang*
Gyposum Fibrosum	石膏*Shigao*
Borneolum	冰片*Bingpian*
Radix et Rhizoma Rhei	大黄*Dahuang*

Radix Scutellariae	黄芩*Huangqin*
Radix Platycodi	桔梗*Jiegeng*
Radix Glycyrrhizae	甘草*Gancao*

Neixiao Luoli Wan **内消瘰疬丸**

Bolus for Resolving Scrofula Interior

Source: The Book *Yang Yi Da Quan* 疡医大全

Ingredients:

Spica Prunellae	夏枯草*Xiakucao*
Fructus Forsythiae	连翘*Lianqiao*
Radix Scrophulariae	玄参*Xuanshen*
Halitum	大青叶*Daqingyan*
Concha Meretricis seu Cyclinae	海粉*Haifen*
Sargassum	海藻*Haizao*
Bulbus Fritiuariae Cirrhosae	川贝母*Chuanbeimu*
Folium Menthae	薄荷叶*Boheye*
Radix Trichosanthis	天花粉*Tianhuafen*
Radix Ampelopsis	白蔹*Bailian*
Radix et Rhizoma Rhei Preparata	熟大黄*Shudahuang*
Radix Glycyrrhizae	生甘草*Shenggancao*
Radix Rehmanniae	生地黄*Shengdihuang*
Radix Platycodi	桔梗*Jiegeng*
Fructus Aurantii	枳壳*Zhiqiao*
Radix Angelicae Sinensis	当归*Danggui*
Nitrum	硝石*Xiaoshi*

Puji Xiaodu Yin **普济消毒饮**

Universal Relief Decoction for Disinfection

Source: The Bopk *Jing Yue Quan Shu* 景岳全书

Ingredients:

Rhizoma Coptidis	黄连*Huanglian*
Radix Scutellariae	黄芩*Huangqin*
Radix Scrophulariae	玄参*Xuanshen*
Fructus Gardeniae	连翘*Lianqiao*
Radix Isatidis	板蓝根*Banlangen*
Lasiophaera seu Calvatia	马勃*Mabo*
Fructus Arctii	牛蒡子*Niubangzi*
Herba Menthae	薄荷*Bohe*
Bombyx Batryticatus	僵蚕*Jiangcan*
Radix Platycodi	桔梗*Jiegeng*
Rhizoma Cimicifugae	升麻*Shengma*
Radix Bupleuri	柴胡*Chaihu*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Glycyrrhizae	甘草*Gancao*

Qiangen San **茜根散**

Powder of Rubia Root

Source: The Book *Chong Ding Yan shi Ji Sheng Fang*
重订严氏济生方

Ingredients:

Radix Rubiae	茜根*Qiangen*
Radix Scutellariae	黄芩*Huangqin*
Colla Corii Asini	阿胶*Ejiao*
Cacumen Platycladi	侧柏叶*Cebaiye*
Radix Rehmanniae	生地*Shengdi*
Radix Glycyrrhizae	甘草*Gancao*

"Qianjin" Weijing Tang **《千金》苇茎汤**

Reed Stem Decoction

Source: The Book *Jin Kui Yao Lüe* 金匮要略

Ingredients:

Rhizoma Phragmitis	苇茎*Weijing*
Semen Persicae	桃仁*Taoren*
Semen Coicis	苡仁*Yiren*
Semen Benincasae	冬瓜仁*Dongguaren*

"Qianjin" Xijiao San 《千金》犀角散

Powder of Rhinoceros Horn

Source: The Book *Zhang shi Yi Tong* 张氏医通

Ingredients:

Cornu Rhinocerotis	犀角*Xijiao*
Rhizoma Coptidis	黄连*Huanglian*
Rhizoma Cimicifugae	升麻*Shengma*
Fructus Gardeniae	山栀*Shanzhi*
Herba Artemisiae Scopariae	茵陈*Yinchen*

Qianzheng San 牵正散

Powder for Treating Wry-mouth

Source: The Book *Yang shi Jia Cang Fang* 杨氏家藏方

Ingredients:

Rhizoma Typhonii	白附子*Baifuzi*
Scorpio	全蝎*Quanxie*
Bombyx Batryticatus	僵蚕*Jiangcan*

Qige San 启膈散

Powder for Treating Dysphagia

Source: The Book *Yi Xue Xin Wu* 医学心悟

Qiju Dihuang Wan **杞菊地黄丸**

Bolus of Six Drugs,Rehmannia with Wolfberry and Chrysanthemum

Source: The Book *Yi Ji* 医级

Ingredients:

Fructus Lycii	枸杞*Gouqi*
Flos Chrysanthemi	菊花*Juhua*
Radix Rehmanniae Preparate	熟地*Shudi*
Fructus Corni	山芋肉*Shanyurou*
Rhizoma Dioscoreae	山药*Shanyao*
Cortex Moutan	丹皮*Danpi*
Rhizoma Alismatis	泽泻*Zexie*
Poria	茯苓*Fuling*

Qingfei Jiedu Tang **清肺解毒汤**

Decoction for Removing Heat from the Lung and Detoxicating

Ingredients:

Folium Isatidis	大青叶*Daqingye*
Radix Isatidis	板兰根*Banlangen*
Radix Arnebiae seu Lithospermi	紫草根*Zicaogen*
Rhizoma Bistortae	草河车*Caoheche*
Radix Stemonae	白术*Baizhu*
Rhizoma Dryoperis Crassirhizomae	贯众*Guanzhong*
Herba Artemisiae Scopariae	茵陈*Yinchen*
Radix Platycodi	桔梗*Jiegeng*
Radix Glycyrrhizae	甘草*Gancao*
Radix Sophorae Tonkinensis	山豆根*Shandougen*

Qingfei Yihuo Wan 清肺抑火丸

Pill for Clearing Away Heat in the Lung and Controling Fire

Ingredients:

Radix Scutellariae	黄芩*Huangqin*
Fructus Gardeniae	栀子*Zhizi*
Radix et Rhizoma Rhei	大黄*Dahuang*
Cortex Phellodendri	黄柏*Huangbai*
Radix Sophorae Flavescentis	苦参*Kushen*
Radix Peucedani	前胡*Qianhu*
Radix Platycodi	桔梗*Jiegeng*
Bulbus Fritillariae Thunbergii	浙贝*Zhebei*
Rhizoma Anemarrhenae	知母*Zhimu*
Radix Trichosanthis	花粉*Huafen*

Qinggu San 清骨散

Powder for Clearing Bone Heat

Source: The Book *Zheng Zhi Zhun Sheng Lei Fang*
证治准绳类方

Ingredients:

Radix Stellariae	银柴胡*Yinchaihu*
Rhizoma Picrohizae	胡黄连*Huhuanglian*
Radix Gentianae Macrophyllae	秦艽*Qinjiao*
Carapax Trionycis	鳖甲*Biejia*
Cortex Lycii	地骨皮*Digupi*
Herba Artemisiae Annue	青蒿*Qinghao*
Rhizoma Anemarrhenae	知母*Zhimu*
Radix Glycyrrhizae	甘草*Ganzao*

Qingjin Huatan Tang **清金化痰汤**

Decoction for Removing Lung-heat and Phlegm

Source: The Book *Za Bing Guang Yao* 杂病广要

Ingredients:

Radix Scutellariae	黄芩*Huangqin*
Fructus Gardeniae	栀子*Zhizi*
Radix Platycodi	桔梗*Jiegeng*
Radix Ophiopogonis	麦冬*Maidong*
Bulbus Fritillariae Thunbergii	贝母*Beimu*
Rhizoma Anemarrhenae	知母*Zhimu*
Semen Trichosanthis	瓜蒌仁*Gualouren*
Exocarpium Citri Rubrum	橘红*Juhong*
Poria	茯苓*Fuling*
Radix Glucyrrhizae	甘草*Gancao*

Qingpi Yin **清脾饮**

Decoction for Clearing the Spleen

Source: The Book *San Yin Ji Yi Bing Zheng Fang Lun* 三因极一病证方论

Qingqi Huatan Wan **清气化痰汤**

Bolus for Clearing away Lung-heat to Resolve Phlegm

Source: The Book *Yi Fang Kao* 医方考

Ingredients:

Radix Trichosanthis	瓜蒌*Gualou*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Scutellariae	黄芩*Huangqin*
Semen Armeniacae Amarum	杏仁*Xingren*
Fructus Aurantii Immaturus	枳实*Zhishi*

Poria	茯苓*Fuling*
Arisaema cum Bile	胆星*Danxing*
Rhizoma Pinelliae	半夏*Banxia*

Qingwen Baidu Yin **清瘟败毒饮**

Antipyretic and Antitoxic Decoction

Source: The Book *Yi Zhen Yi De* 疫疹一得

Ingredients:

Gypsum Fibrosum	石膏*Shigao*
Rhizoma Anemarrhenae	知母*Zhimu*
Radix Rehmanniae	生地*Shengdi*
Rhizoma Coptidis	黄连*Huanglian*
Radix Scutellariae	黄芩*Huangqin*
Fructus Gardeniae	栀子*Zhizi*
Fructus Forsythiae	连翘*Lianqiao*
Radix Paeoniae Rubra	赤芍*Chishao*
Radix Platycodi	桔梗*Jiegeng*
Corno Rhinocerotis	犀角*Xijiao*
Cortex Moutan	丹皮*Danpi*
Herba Lophatheri	竹叶*Zhuye*
Radix Scrophulariae	玄参*Xuanshen*
Radix et Rhizoma Rhei	大黄*Dahuang*
Radix Glycyrrhizae	甘草*Gancao*

Qingyan Yangying Tang **清咽养营汤**

Decoction for Removing Intense Heat from the throat and Nourishing *Ying* System

Source: The Book *Yi Hou Qian Lun* 疫喉浅论

Ingredients:

Radix Panacis Quinquefolii	西洋参*Xiyangshen*
Radix Rehmanniae	生地*Shengdi*
Poria cum Ligno Hospite	茯神*Fushen*
Radix Ophiopogonis	麦冬*Maidong*
Radix Paeoniae Alba	白芍*Baishao*
Radix Trichosanhtis	花粉*Huafen*
Radix Asparagi	天冬*Tiandong*
Radix Scrophulariae	玄参*Xuanshen*
Rhizoma Anemarrhenae	知母*Zhimu*
Radix Glycyrrhizae	甘草*Gancao*

Qingyi Tang **清胰汤**

Decoction for Clearing Away Heat in the Pancreas

Ingredients:

Radix Bupleuri	柴胡*Chaihu*
Radix Scutellariae	黄芩*Huangqin*
Rhizoma Picrorhizae	胡黄连*Huhuanglian*
Radix Paeoniae Alba	白芍*Baishao*
Radix Aucklandiae	木香*Muxiang*
Rhizoma Corydalis	元胡*Yuanhu*
Radix et Rhizoma Rhei	大黄*Dahuang*
Natrii Sulfas	芒硝*Mangxiao*

Qingying Tang **清营汤**

Decoction for Clearing Heat from *Ying* System

Source: The Book *Wen Bing Tiao Bian* 温病条辨

Ingredients:

Cornu Rhinocerotis	犀角*Xijiao*
Radix Rehmanniae	生地*Shengdi*

Radix Scrophulariae	玄参*Xuanshen*
Herba Lophatheri	竹叶心*Zhuyexin*
Radix Ophiopogonis	麦冬*Maidong*
Radix Salviae Miltiorrhizae	丹参*Danshen*
Rhizoma Coptidis	黄连*Huanglian*
Flos Lonicerae	银花*Yinhua*
Fructus Forsythiae	连翘*Lianqiao*

Qingzhang Tang **清瘴汤**

Decoction for Clearing Malaria

Source: The Book *Zhong Yi Nei Ke Xue* 中医内科学

Qinjiao Biejia Tang **秦艽鳖甲汤**

Powder of Large-leaf Gentian Root and Turtie Shell

Source: The Book *Wei Sheng Bao Jian* 卫生宝鉴

Ingredients:

Cortex Lycii	地骨皮*Digupi*
Radix Bupleuri	柴胡*Chaihu*
Radix Gentianae Macrophyllae	秦艽*Qinjiao*
Rhizoma Anemarrhenae	知母*Zhimu*
Radix Angelicae Sinensis	当归*Danggui*
Carapax Trionycis	鳖甲*Biejia*
Herba Artemisiae Annue	青蒿*Qinghao*
Fructus Mume	乌梅*Wumei*

Qiwei Duqi Wan **七味都气汤**

All Coverging Pill of Seven Ingredients:

Ingredients:

Radix Rehmanniae Preparata	熟地*Shudi*

Fructus Corni	山芋肉*Shanyurou*
Rhizoma Dioscoreae	山药*Shanyao*
Fructus Schisandrae	五味子*Wuweizi*
Cortex Moutan	丹皮*Danpi*
Poria	茯苓*Fuling*
Rhizoma Alismatis	泽泻*Zexie*

Quanlu Wan **全鹿丸**

Complete Deer Bolus

Source: The Book *Gu Jin Yi Tong* 古今医统

Ingredients:

deer	全麝*Quanlu*
Fructus Broussonetiae	楮实子*Chushizi*
Radix Morindae Officinalis	巴戟天*Bajitian*
Semen Trigonellae	葫芦巴*Huluba*
Radix Astragali	黄芪*Huangqi*
Radix Achyranthis Bidentatae	牛膝*Niuxi*
Herba Cynomorii	锁阳*Suoyang*
Fructus Lycii	枸杞子*Gouqizi*
Fructus Schisandrae	五味子*Wuweizi*
Radix Codonopsis	党参*Dangshen*
Radix Glycyrrhizae	甘草*Gancao*
Radix Asparagi	天冬*Tiandong*
Herba Cistanches	肉苁蓉*Roucongrong*
Poria	茯苓*Fuling*
Cortex Eucommiae	杜仲*Duzhong*
Radix Angelicae Sinensis	当归*Danggui*
Radix Ophiopogonis	麦门冬*Maimendong*
Semen Cuscutae	菟丝子*Tusizi*

Fructus Psoraleae	补骨脂*Buguzhi*
Pericarpium Zanthoxyli	花椒*Huajiao*
Fructus Foeniculi	小茴香*Xiaohuixiang*
Halitum	大青盐*Daqingyan*
Semen Euryales	芡实*Qianshi*
Radix Rehmanniae Preparata	熟地*Shudi*
Radix Rehmanniae	地黄*Dihuang*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Rhizoma Dioscoreae	山药*Shanyao*
Fructus Rubi	覆盆子*Fupenzi*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Radix Dipsaci	续断*Xuduan*

Qulao Tang **祛劳汤**

Decoction for Treating Malaria with General Debility

Source: The Book *Jing Yue Quan Shu* 景岳全书

Ingredients:

Radix Bupleuri	柴胡*Chaihu*
Radix Dichroae	常山*Changshan*
Carapax Trionycis	鳖甲*Biejia*
Rhizoma Anemarrhenae	知母*Zhimu*
Herba Artemisiae Annue	青蒿*Qinghao*
Radix Glycyrrhizae	甘草*Gancao*
Fructus Aurantii	枳壳*Zhiqiao*
Cortex Cinnamomi	桂皮*Guipi*
Radix Aucklandiae	木香*Muxiang*

Renshen Hutao Tang 人参胡桃汤

Decoction of Ginseng and Walnut Kernel

Source: The Book *Chong Ding Yan Shi Ji Sheng Fang*
重订严氏济生方

Ingredients:

Radix Ginseng	人参*Renshen*
Semen Juglandis	胡桃肉*Hutaorou*
Rhizoma Zingiberis Recens	生姜*Shengjiang*

Renshen Yangying Tang 人参养营汤

Ginseng Decoction for Nourishing *Ying*

Source: The Book *Tai Ping Hui Min He Ji Ju Fang*
太平惠民和剂局方

Ingredients:

Radix Ginseng	人参*Renshen*
Radix Astragali	黄芪*Huangqi*
Radix Angelicae Sinensis	当归*Danggui*
Radix Paeoniae Alba	白芍*Baishao*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Radix Rehmanniae Preparata	熟地*Shudi*
Poria	茯苓*Fuling*
Cortex Cinnamomi	肉桂*Rougui*
Fructus Schisandrae	五味子*Wuweizi*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Polygalae	远志*Yuanzhi*
Radix Glycyrrhizae	甘草*Gancao*
Rhizoma Zingiberis Recens	生姜*Shengjiang*
Fructus Jujubae	大枣*Dazao*

Renshen Zaizao Wan **人参再造丸**

Rehabilitation Bolus of Ginseng

Ingredients:

Radix Ginseng	人参*Renshen*
Radix Angelicae Sinensis	当归*Danggui*
Cornu Rhinocerothis	犀角*Xijiao*
Calculus Bovis	牛黄*Niuhuang*
Lignum Aquilariae Resinatum	沉香*Chenxiang*
Rhizoma Stemonae	天麻*Tianma*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Cortex Cinnamomi	肉桂*Rougui*
Succinum	琥珀*Hupo*
Agkistrodon	蕲蛇*Qishe*
Scorpio	全蝎*Quanxie*
Borneolum Syntheticum	冰片*Bingpian*

Rujin Jiedu San **如金解毒散**

Detoxicating Powder Worth Gold

Ingredients:

Radix Platycodi	桔梗*Jiegeng*
Radix Glycyrrhizae	甘草*Gancao*
Rhizoma Coptidis	黄连*Huanglian*
Radix Scutellariae	黄芩*Huangqin*
Cortex Phellodendri	黄柏*Huangbai*
Fructus Gardeniae	栀子*Zhizi*

Ruminiao Tang **乳糜尿汤**

Decoction for Treating Chyluria

Ingredients:

Rhizoma Dioscoreae Hypoglaucae	萆薢 *Bixie*
Spora Lygodii	海金砂 *Haijinsha*
Folium Pyrrosiae	石苇 *Shiwei*
Poria	茯苓 *Fuling*
Radix Rehmanniae	生地 *Shengdi*
Herba Polygoni Avicularis	萹蓄 *Bianxu*
Semen Ligustri Lucidi	女贞子 *Nüzhenzi*
Flos Carthami	红花 *Hongbua*
Cortex Phellodendri	黄柏 *Huangbai*

Sanbi Tang 三痹汤

Decoction for Treating Three Types of Arthritides

Source: The Book *Fu Ren Da Quan Liang Fang* 妇人大全良方

Ingredients:

Radix Angelicae Sinensis	当归 *Danggui*
Radix Dipsaci	续断 *Xuduan*
Cortex Eucommiae	杜仲 *Duzhong*
Radix Saposhinkoviae	防风 *Fangfeng*
Ramulus Cinnamomi	桂枝 *Guizhi*
Herba Asari	细辛 *Xixin*
Radix Ginseng	人参 *Renshen*
Poria	白茯苓 *Baifuling*
Radix Paeoniae Alba	白芍 *Baishao*
Radix Glycyrrhizae	甘草 *Gancao*
Radix Gentianae Macrophyllae	秦艽 *Qinjiao*
Radix Rehmanniae	生地 *Shengdi*
Rhizoma Chuanxiong	川芎 *Chuanxiong*
Radix Angelicae Pubescentis	独活 *Duhuo*

Radix Astragali	黄芪*huangqi*
Radix Cyathulae	川牛膝*Chuanniuxi*

Sangbaipi Tang **桑白皮汤**

Decoction of Mulberry Bark

Source: The Book *Gu Jin Yi Tong* 古今医统

Ingredients:

Cortex Mori	桑白皮*Sangbaipi*
Rhizoma Pinelliae	半夏*Banxia*
Fructus Perillae	苏子*Suzi*
Semen Armeniacae Amarum	杏仁*Xingren*
Bulbus Fritillariae Cirrhosae	川贝母*Chuanbeimu*
Radix Scutellariae	黄芩*Huangqlian*
Rhizoma Coptidis	黄连*Huanglian*
Fructus Gardeniae	栀子*Zhizi*

Sangju Yin **桑菊饮**

Decoction of Mulberry Leaf and Chrysanthmum

Source: The Book *Wen Bing Tiao Bian* 温病条辨

Ingredients:

Folium Mori	桑叶*Sangye*
Flos Chrysanthemi	菊花*Juhua*
Fructus Forsythiae	连翘*Lianqiao*
Herba Menthae	薄荷*Bohe*
Radix Platycodi	桔梗*Jiegeng*
Semen Armeniacae Amarum	杏仁*Xingren*
Rhizoma Phragmitis	芦根*Lugen*
Radix Glycyrrhizae	甘草*Gancao*

Sangpiaoxiao San **桑螵蛸散**

Powder of Mantis Egg-case

Source: The Book *Ben Cao Yan Yi* 本草衍义

Ingredients:

Oötheca Mantidis	桑螵蛸*Sangpiaoxiao*
Poria	茯苓*Fuling*
Radix Angelicae Sinensis	当归*Danggui*
Radix Polygalae	远志*Yuanzhi*
Rhizoma Acori Tatarinowii	菖蒲*Changpu*
Forged Os Draconis Fossilia	煅龙骨*Duanlonggu*
Radix Codonopsis	党参*Dangshen*
Carapax et Plastrum Testudinis	龟板*Guiban*

Sang Xing Tang **桑杏汤**

Decotion of Mulberry Leaf and Apricot Kernel

Source: The Book *Wen Bing Tiao Bian* 温病条辨

Ingredients:

Folium Mori	桑叶*Sangye*
Semen Armeniacae Amarum	杏仁*Xingren*
Radix Glehniae	沙参*Shashen*
Bulbus Fritillariae Thunbergii	浙贝*Zhebei*
Semen Sojae Preparatum	豆豉*Douchi*
Fructus Gardeniae	栀子*Zhizi*
Exocarpium Pyrus	梨皮*Lipi*

Sanqi Pian **三七片**

Pill of Notoginseng

Ingrdients:

Radix Notoginseng	三七*Sanqi*

Sanren Tang 三仁汤

Decoction of Three Kind of Kernels

Source: The Book *Wen Bing Tiao Bian* 温病条辨

Ingredients:

Semen Armeniacae Amarum	杏仁*Xingren*
Semen Amomi Cardanomi	白蔻仁*Baikouren*
Semen Coicis	薏苡仁*Yiyiren*
Cortex Magnoliae Officinalis	琥珀*Hupo*
Rhizoma Pinelliae	半夏*Banxia*
Medulla Tetrapanacis	通草*Tongcao*
Talcum	滑石*Huashi*
Herba Lophatheri	竹叶*Zhuye*
Fructus Gardeniae	山栀*Shanzhi*

Sanzi Yangqin Tang 三子养亲汤

Decoction of Three Kinds of Seeds for the Aged

Souce: The Book *Han Shi Yi Tong* 韩氏医通

Ingredients:

Fructus Perillae	苏子*Suzi*
Semen Sinapis Alba	白芥子*Baijiezi*
Semen Raphani	莱菔子*Laifuzi*

Shanzha Pian 山楂片

Tablet of Hawthorn Fruit

Ingredients:

Radix Crataegi	山楂*Shanzha*

Shao fu Zhuyu Tang 少腹逐瘀汤

Decoction for Removing Blood Stasis in Lower Abdomen
Source: The Book *Yi Lin Gai Cuo* 医林改错
Ingredients:

Fructus Foeniculi	小茴香*Xiaohuixiang*
Rhizoma Zingiberis	干姜*Ganjiang*
Rhizoma Corydalis	元胡*Yuanhu*
Myrrha	没药*Moyao*
Radix Angelicae Sinensis	当归*Danggui*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Cortex Cinnamomi	肉桂*Rougui*
Radix Paeoniae Rubra	赤芍*Chishao*
Pollen Typhae	蒲黄*Puhuang*
Faeces Trogopterori	五灵脂*Wulingzhi*

Shaoyao Tang 芍药汤
Decoction of Paeony Root
Source: The Book *Su Wen Bing Ji Qi Yi Bao Ming Ji*
素问病机气宜保命集
Ingredients:

Radix Scutellariae	黄芩*Huangqin*
Radix Paeoniae	芍药*Shaoyao*
Rhizoma Coptidis	黄连*Huanglian*
Radix Coptidis	大黄*Dahuang*
Semen Arecae	槟榔*Binglang*
Radix Angelicae Sinensis	当归*Danggui*
Radix Aucklandiae	木香*Muxiang*
Cortex Cinnamomi	肉桂*Rougui*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*

Shashen Maidong Tang 沙参麦冬汤

Decoction of Glehniae and Ophipogon

Source: The Book *Wen Bing Tiao Bian* 温病条辨

Ingredients:

Radix Glehniae	沙参*Shashen*
Radix Ophiopogonis	麦冬*Maidong*
Rhizoma Polygonati Odorati	玉竹*Yuzhu*
Folium Mori	桑叶*Sangye*
Radix Trichosanthis	花粉*Huafen*
Semen Lablab Album	生扁豆*Shengbiandou*
Radix Glycyrrhizae	甘草*Gancao*

Shashen Qingfei Tang 沙参清肺汤

Glehnia Root Decoction for Removing Heat from the Lung

Ingredients:

Radix Glehniae	北沙参*Beishashen*
Radix Astragali	黄芪*Huangqi*
Radix Pseudostellariae	太子参*Taizishen*
Cortex Albiziae	合欢皮*Hehuanpi*
Rhizoma Bletillae	白芨*Baiji*
Radix Platycodi.	桔梗*Jiegeng*
Radix Glycyrrhizae	甘草*Gancao*
Semen Coicis	苡仁*Yiren*
Semen Benincasae	冬瓜仁*Dongguaren*

Shedan Chuanbei Ye 蛇胆川贝液

Mixture of Snake Bile and Sichuan Fritillary Bulb

Ingredients:

Snake Bile	蛇胆*Shedan*

Bulbus Fritillariae Cirrhosae 川贝*Chuanbei*
Extactum Armeniacae Amarum 杏仁水*Xingrenshui*

Shen fu Longmu Tang **参附龙牡汤**
Decoction of Ginseng,Prepared Aconite,Dragon's Bone and Oyster Shell
Ingredients:
Radix Ginseng 人参*Renshen*
Radix Aconiti Lateralis Preparata附子*Fuzi*
Os Draconis Fossilia 龙骨*Longgu*
Concha Ostreae 牡蛎*Muli*

Shenfu Tang **参附汤**
Decoction of Ginseng and Prepared Aconite
Source: The Book *Chong Ding Yan Shi Ji Sheng Fang* 重订严氏济生方
Ingredients:
Radix Ginseng 人参*Renshen*
Radix Aconiti Lateralis Preparata附子*Fuzi*

Shengmai San **生脉散**
Pulse-activating Powder
Source: The Book *Nei Wai Shang Bian Huo Lun* 内外伤辨惑论
Ingredients:
Radix Ginseng 人参*Renshen*
Radix Ophiopogonis 麦冬*Maidong*
Fructus Schisandrae 五味子*Wuweizi*

Shen Jie San **参蚧散**

Powder of Ginseng and Gecko

Ingredient:

Radix Ginseng	人参*Renshen*
Gecko	蛤蚧*Gejie*

Shenjin Dan Jiaonang **伸筋丹胶囊**

Gapsule for Relieving Rigidity of Muscles and Joints

Ingredients:

Lumbricus	地龙*Dilong*
Semen Strychni	马钱子*Maqianzi*
Flos Carthami	红花*Honghua*
Olibanum	乳香*Ruxiang*
Myrrha	没药*Moyao*

Shenling Baizhu San **参苓白术散**

Powder of Ginseng,Poria and Bighead Atractylodes

Source: The Book *Tai Ping Hui Min He Ji Ju Fang*
太平惠民和剂局方

Ingredients:

Radix Ginseng	人参*Renshen*
Poria	茯苓*Fuling*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Radix Platycodi	桔梗*Jiegeng*
Rhizoma Dioscoreae	山药*Shanyao*
Radix Glycyrrhizae	甘草*Gancao*
Semen Lablab Album	白扁豆*Baibiandou*
Semen Nelumbinis	莲子肉*Lianzirou*
Fructus Amomi	砂仁*Sharen*

Semen Coicis	薏苡仁*Yiyiren*

Shensu Yin **参苏饮**

Ginseng and Perilla Drink

Source: The Book *Tai Ping Hui Min He Ji Ju Fang*
太平惠民和剂局方

Ingredients:

Radix Ginseng	人参*Renshen*
Folium Perillae	苏叶*Suye*
Radix Puerariae	葛根*Gegen*
Radix Peucedani	前胡*Qianhu*
Rhizoma Pinelliae	半夏*Banxia*
Poria	茯苓*Fuling*
Exocarpium Citri Rubrum	橘红*Juhong*
Radix Glycyrrhizae	甘草*Gancao*
Radix Platycodi	桔梗*Jiegeng*
Fructus Aurantii	枳壳*Zhiqiao*
Radix Aucklandiae	木香*Muxiang*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Rhizoma Zingiberis	姜*Jiang*
Fructus Jujubae	枣*Zao*

Shenteng Zhuyu Tang **身痛逐瘀汤**

Decoction for Relieving Pantalgia due to Blood Stasis

Source: The Book *Yi Lin Gai Cuo* 医林改错

Ingredients:

Semen Persicae	桃仁*Taoren*
Flos Carthami	红花*Honghua*
Radix Angelicae Sinensis	当归*Danggui*

Radix Glycyrrhizae	甘草*Gancao*
Faeces Trogopterori	五灵脂*Wulingzhi*
Rhizoma Cyperi	香附*Xiangfu*
Lumbricus	地龙*Dilong*
Radix Gentianae Macrophyllae	秦艽*Qinjiao*
Radix seu Rhizoma Notopterygii	羌活*Qianghuo*
Radix Achyranthis Bidentatae	牛膝*Niuxi*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Myrrha	没药*Moyao*

Shenxi Dan 神犀丹

Miraculous Bolus of Rhinocerotis Horn

Source: The Book *Yi Xiao Mi Chuan* 医效秘传

Ingredients:

Cornu Rhinocerotis	犀角*Xijiao*
Radix Rehmanniae	生地*Shengdi*
Semen Sojae Preparatum	香豉*Xiangchi*
Fructus Forsythiae	连翘*Lianqiao*
Radix Scutellariae	黄芩*Huangqin*
Radix Isatidis	板兰根*Banlangen*
Flos Lonicerae	银花*Yinhua*
Radix Scrophulari	元参*Yuanshen*
Radix Trichosanthis	花粉*Huafen*
Rhizoma Acori Tatarinowii	石菖蒲*Shichangpu*
Radix Arnebiae seu Lithospermi	紫草*Zicao*

Shenyanning Pian 肾炎宁片

Tablet for Relieving Nephritis

Ingredients:

Rhizoma Imperatae	白茅根*Baimaogen*
Rhizoma Smilacis Glabrae	土茯苓*Tufuling*
Fructus Lycii	枸杞子*Gouqizi*
Frucuts Psoraleae	补骨脂*Buguzhi*
Radix Astragali	黄芪*Huangqi*
Black soya bean	黑豆*Heidou*

Shenyan Pian 肾炎片

Tablet for Treating Nephritis

Ingredients:

Folium Pyrrosiae	石苇*Shiwei*

Shenzhuo Tang 肾着汤

Decoction of Liquorice, Dried Ginger,Poria and Bighead Atractylodes

Source: The Book *Bei Ji Qian Jin Yao Fang* 备急千金要方

Ingredients:

Radix Glycyrrhizae	甘草*Gancao*
Rhizoma Zingiberis	干姜*Ganjiang*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Poria	茯苓*Fuling*

Shihui San 十灰散

Powder of Ashes of Ten Drugs

Source: The Book *Shi Yao Shen Shu* 十药神书

Ingredients:

Radix Herba et Cirsii Japonici	白茨*Baji*
Herba Cirsii	小蓟*Xiaoji*

Cacumen Platycladi	侧柏叶*Cebaiye*
Folium Nelumbinis	荷叶*Heye*
Radix Rubiae	茜草根*Qiancaogen*
Fructus Gardeniae	山栀*Shanzhi*
Rhizoma Imperatae	茅根*Maogen*
Radix et Rhizoma Rhei	大黄*Dahuang*
Cortex Moutan	丹皮*Danpi*
Petilus Trachycarpi	棕榈皮*Zonglüpi*

Shilintong Pian 石淋通片

Tablet for Treating Stranguia due to Stone

Ingredients:

Herba Lysimachiae	金钱草*Jinqiancao*

Shipi Yin 实脾饮

Decoction for Reinforcing the Spleen

Source: The Book *Chong Ding Yan Shi Ji Sheng Fang* 重订严氏济生方

Shiquan Dabu Tang 十全大补汤

Decoction of Ten Powderful Tonics

Source: The Book *Tai Ping Hui Min He Ji Ju Fang* 太平惠民和剂局方

Ingredients:

Radix Rehmanniae Preparata	熟地黄*Shudihuang*
Radix Paeoniae Alba	白芍*Baishao*
Radix Angelicae Sinensis	当归*Danggui*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Radix Ginseng	人参*Renshen*

Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Poria	茯苓*Fuling*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*
Radix Astragali	黄芪*Huangqi*
Cortex Cinnamomi	肉桂*Rougui*

Shiwei Tonglin Tang **石苇通淋方**

Pyrrosia Leaf Recipe for Treating Stranguria

Ingredients:

Folium Pyrrosiae	石苇*Shiwei*
Herba Polygoni Avicularis	扁蓄*Bianxu*
Herba Dianthi	瞿麦*Qumai*
Radix et Rhizoma Rhei	大黄*Dahuang*
Herba Lophatheri	淡竹叶*Danzhuye*
Rhizoma Imperatae	白茅根*Baimaogen*
Semen Plantaginis	车前子*Cheqianzi*
Talcum	滑石*Huashi*
Herba Leonuri	坤草*Kuncao*
Radix Glycyrrhizae	甘草*Gancao*

Shixiao San **失笑散**

Wonderful Powder for Relieving Blood Stagnation

Source: The Book *Tai Ping Hui Min He Ji Ju Fang*
太平惠民和剂局方

Ingredients:

Faeces Trogopterori	五灵脂*Wulingzhi*
Pollen Typhae	蒲黄*Puhuang*
vinegar	醋*Cu*

Shizao Tang 十枣汤

Ten Date Decoction

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Radix Kansui	甘遂*Gansui*
Flos Genkwa	芫花*Yuanhua*
Radix Knoxiae	大戟*Daji*
Fructus Jujubae	大枣*Dazao*

Shujin Huoluo Wan 舒筋活络丸

Bolus for Relieving Rigidity of Muscles and Activating Collaterals

Ingredients:

Flos Carthami	芫花*Honghua*
Herba Lycopodti	伸筋草*Shenjincao*
Rhizoma Cyperi	香附*Xiangfu*
Herba Lycopi	泽兰*Zelan*
Rhizoma Cibotii Preparata	烫狗脊*Tanggouji*
Herba Visci	槲寄生*Hujisheng*
Cortex Acanthopanacis	五加皮*Wujiapi*
Pyritum	自然铜*Zirantong*
Caulis Trachelospermi	络石藤*Luoshiteng*
Caulis Spatholobi	鸡血藤*Jixueteng*

Sijunzi Tang 四君子汤

Decoction of Four Noble Drugs

Source: The Book *Tai Ping Hui Min He Ji Ju Fang* 太平惠民和剂局方

Ingredients:

Radix Ginseng	人参*Renshen*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Poria	茯苓*Fuling*
Radix Glycyrrhizae	甘草*Gancao*

Simiao San **四妙散**

powder of Four Wonderful Drugs

Source: The Book *Cheng Fang Bian Du* 成方便读

Ingredients:

Rhizoma Atractylodis	苍术*Cangzhu*
Cortex Phellodendri	黄柏*Huangbai*
Radix Achyranthis Bidentatae	牛膝*Niuxi*
Semen Coicis	薏苡仁*Yiyiren*

Sini San **四逆散**

Powder for Treating Cold Limbs

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Radix Bupleuyi	柴胡*Chaihu*
Fructus Aurantii	枳壳*Zhiqiao*
Radix Paeoniae	芍药*Shaoyao*
Radix Glycyrrhizae	甘草*Gancao*

Sini Tang **四逆汤**

Decoction for Treating Cold Limbs

Sourse: The Book *Shang Han Lun* 伤寒论

Ingredients:

Radix Aconiti Lateralis Preparata附子*Fuzi*
Rhizoma Zingiberis 干姜*Ganjiang*
Radix Glycyrrhizae Preparata 炙甘草*Zhigancao*

Sishen Wan **四神丸**
Pill of Four Miraculous Drugs
Source: The Book *Nei Ke Zhai Yao* 内科摘要
Ingredients:
Fructus Psoraleae 补骨脂*Buguzhi*
Semen Myristicae 肉豆蔻*Roudoukou*
Fructus Schisandrae 五味子*Wuweizi*
Fructus Euodiae 吴茱萸*Wuzhuyu*
Rhizoma Zingiberis Recens 生姜*Shengjiang*
Fructus Jujubae 大枣*Dazao*

Siwu Tang **四物汤**
Decoction of Four Ingredients:
Source: The Book *Tai Ping Hui Min He Ji Ju Fang*
太平惠民和剂局方
Ingredients:
Radix Rehmanniae Preparata 熟地黄*Shudihuang*
Radix Paeoniae Alba 白芍*Baishao*
Radix Angelicae Sinensis 当归*Danggui*
Rhizoma Chuanxiong 川芎*Chuanxiong*

Suhexiang Wan **苏合香丸**
Storax pill
Ingredients:
Styrax 苏合香*Suhexiang*

Benzoinum	安息香*Anxixiang*
Borneolum Syntheticum	冰片*Bingpian*
Nongsuofen Pulvis Cornus BubaliConcentratus	水牛角*Shuiniujiao*
Moschus	麝香*Shexiang*
Lignum Santali Album	檀香*Tanxiang*
Lignum Aquilariae Resinatum	沉香*chenxiang*
Flos Caryophylii	丁香*Dingxiang*
Rhizoma Cyperi	香附*Xiangfu*
Radix Aucklandiae	木香*Muxiang*
Olibanum	乳香*Ruxiang*
Fructus Piperis Longi	荜茇*Bibo*
Rhizoma Atractylodis Bidentatae	白术*Baizhu*
Fructus Chebulae	诃子肉*Hezirou*
Cinnabaris	朱砂*Zhusha*

Suoquan Wan **缩泉丸**

Pill for Reducing Urination

Source: The Book *Weishi Jia Cang Fang* 魏氏家藏方

Ingredients:

Fructus Alpiniae Oxyphyllae	益智仁*Yizhiren*
Radix Linderae	乌药*Wuyao*
Rhizoma Dioscoreae	炒山药*Chaoshanyao*

Suzi Jiangqi Tang **苏子降气汤**

Decoction of Perilla Seed for Descending *Qi*

Source: The Book *Tai Ping Hui Min He Ji Ju Fang*
太平惠民和剂局方

Ingredients:

Fructus Perillae	苏子*Suzi*
Pericarpium Citri Reticulatae	橘皮*Jupi*
Rhizoma Pinelliae	半夏*Banxia*
Radix Angelicae Sinensis	当归*Danggui*
Radix Peucedani	前胡*Qianhu*
Cortex Magnoliae Officinalis	厚朴*Houpo*
Cortex Cinnamomi	肉桂*Rougui*
Radix Glycyrrhizae	甘草*Gancao*
Rhizoma Zingiberis Recens	生姜*Shengjiang*

Taohong Siwu Tang **桃红四物汤**

Four Ingredient Decoction with Peach Seed and Safflower

Source: The Book *Yi Zong Jin Jian* 医宗金鉴

Ingredients:

Semen Persicae	桃仁*Taoren*
Flos Carthami	红花*Honghua*
Radix Angelicae Sinensis	当归*Danggui*
Radix Paeoniae Rubra	赤芍*Chishao*
Radix Rehmanniae	地黄*Dihuang*
Rhizoma Chuanxiong	川芎*Chuanxiong*

Taohong Yin **桃红饮**

Decoction of Peach Kernel and Safflower

Source: The Book *Lei Zheng Zhi Zai* 类证治裁

Ingredients:

Semen Persicae	桃仁*Taoren*
Flos Carthami	红花*Honghua*
Rhizonma Chuanxiong	川芎*Chuanxiong*
Radix Angelicae Sinensis	当归*Danggui*

Radix Clematidis 威灵仙*Weilingxian*

Tianma Gouteng Yin 天麻钩藤饮
Decoction of Gastrodia and Uncaria
Source: The Book *Za Bing Zheng Zhi Xin Yi* 杂病证治新义

Tianma Jiaonang 天麻胶囊
Gastrodia Capsule
Source: The Book *Dan Xi Xin Fa* 丹溪心法
Ingredients:

Radix Gstrodiae 天麻*Tianma*
Radix Achyranthis Bidentatae 牛膝*Niuxi*
Rhizoma Dioscoreae Hypoglaucae 萆薢*Bixie*
Radix Scrophulariae 玄参*Xuanshen*
Cortex Eucommiae 杜仲*Duzhong*
Radix Angelicae Sinensis 当归*Danggui*
Radix Aconiti Lateralis Preparata 附子*Fuzi*
Rhizoma seu Radix Notopterygii 羌活*Qianghuo*
Radix Angelicae Pubescentis 独活*Duhuo*
Radix Rehmanniae 生地*Shengdi*

Tianwang Buxin Dan 天王补心丹
Cardiotonic Pill
Source: The Book *Shi Yi De Xiao Fang* 世医得效方

Tingli Dazao Xiefei Tang 葶苈大枣泻肺汤
Decoction of Lepidium Seed and Jujubae for Relieving Phlegm from the Lung
Source: The Book *Jin Kui Yao Lüe* 金匮要略

Ingredients:

Semen Lepdii seu Descurainiae	葶苈子*Tinglizi*
Fructus Jujubae	大枣*Dazao*

Tongxie Yaofang **痛泻要方**

Prescription of Importance for Diarrhea with Pain

Source: The Book *Dan Xi Xin Fa* 丹溪心法

Ingredients:

Rhizoma Atractylodis Macrocephalae炒白术*Chaobaizhu*	
Radix Paeoniae Alba	白芍*Baishao*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Saposhinkoviae	防风*Fangfeng*

Tongxuan Lifei Wan **通宣理肺丸**

Bolus for Ventilating and Facilitating the Flow of *Qi*

Source: The Book *Beijingshi Zhong Yao Cheng Fang Xuan Ji* 北京市中药成方选集

Ingredients:

Herba Ephedrae	麻黄*Mahuang*
Folium Perillae	苏叶*Suye*
Radix Peucedani	前胡*Qianhu*
Semen Aemeniacae Amarum	杏仁*Xingren*
Radix Platycodi	桔梗*Jiegeng*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Rhizoma Pinelliae	半夏*Banxia*
Radix Scutellariae	黄芩*Huangqin*
Poria	茯苓*Fuling*
Fructus Aurantii	枳壳*Zhiqiao*
Radix Glycyrrhizae	甘草*Gancao*

Tusizi Wan 菟丝子丸

Pill of Dodder Seed

Ingredients:

Semen Cuscutae	菟丝子*Tusizi*
Poria	茯苓*Fuling*
Rhizoma Dioscoreae	山药*Shanyao*
Semen Nelumbinis	莲肉*Lianrou*
Fructus Lycii	枸杞*Gouqi*

Walengzi Wan 瓦愣子丸

Ark Shell Pill

Ingredients:

Concha Arcae	瓦愣子*Walengzi*
Squama Manitis	山甲*Shanjia*
Omphalia	雷丸*Leiwan*
Hirudo	水蛭*Shuizhi*
Semen Persicae	桃仁*Taoren*
Rhizoma Curcumae Longae	莪术*Ezhu*
Rhizoma Sparganii	三棱*Sanleng*
Rhizoma Alismatis	泽泻*Zexie*
Fructus Aurantii	枳壳*Zhiqiao*
Radix Astragali	黄芪*Huangqi*
Caraprx Trionycis	鳖甲*Biejia*
Fructus Carpesii	鹤虱*Heshi*
Resina Ferulae	阿魏*Awei*
Radix Bupleuri	柴胡*Chaihu*
Radix Paeoniae	芍药*Shaoyao*
Sargassum	海藻*Haizao*

Rhizoma Atractylodis Macrocephalae	白术*Baizhu*

Wanshi Niuhuang Qingxin Wan **万氏牛黄清心丸**

Bezoar Sedstive Bolus of Wan's

Source: The Book *Dou Zhen Xin Fa* 痘疹心法

Ingredients:

Calculus Bovis	牛黄*Niuhuang*
Cinnabaris	朱砂*Zhusha*
Rhizoma Coptidis	黄连*Huanglian*
Radix Scutellariae	黄芩*Huangqin*
Fructus Gardeniae	栀子*Zhizi*
Radix Curcumae	郁金*Yujin*

Weiling Tang **胃苓汤**

Stomach Decoction with Poria

Source: The Book *Dan Xi Xin Fa* 丹溪心法

Ingredients:

Rhizoma Artractylodis	苍术*Cangzhu*
Cortex Magnoliae Officinalis	厚朴*Houpo*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Poria	茯苓*Fuling*
Rhizoma Alismatis	泽泻*Zexie*
Ramulus Cinnamomi	桂枝*Guizhi*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Radix Glycyrrhizae	甘草*Gancao*
Rhizoma Zingiberis Recens	生姜*Shengjiang*

Wendan Tang **温胆汤**

Decoction for Clearing away Gallbladder–heat
Source: The Book *Wai Tai Mi Yao* 外台秘要
Ingredients:

Rhizoma Zingiberis Recens	生姜*Shengjiang*
Rhizoma Pinelliae	半夏*Banxia*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Caulis Bambusae in Taemam	竹茹*Zhuru*
Fructus Aurantii Immaturus	枳实*Zhishi*
Radix Glycyrrhizae	甘草*Gancao*

Wenpi Tang 温脾汤
Decoction for Warming up the Spleen
Source: The Book *Bei Ji Qian Jin Yao Fang*
备急千金要方
Ingredients:

Radix et Rhizoma Rhei	大黄*Dahuang*
Radix Aconiti Lateralis Preparata	熟附子*Shufuzi*
Rhizoma Zingiberis	干姜*Ganjiang*
Radix Ginseng	人参*Renshen*
Radix Glycyrrhizae	炙甘草*Zhigancao*

Wubi Shanyao Wan 无比山药丸
Incomparable Pill of Chinese Yam
Source: The Book *Bei Ji Qian Jin Yao Fang* 备急千金要方
Ingredients:

Rhizoma Dioscoreae	山药*Shanyao*
Poria	茯苓*Fuling*
Rhizoma Alismatis	泽泻*Zexie*
Radix Rehmanniae Preparata	熟地*Shudi*

Fructus Corni	山茱肉*Shanyurou*
Radix Morindae Officinalis	巴戟天*Bajitian*
Semen Cuscutae	菟丝子*Tusizi*
Cortex Eucommiae	杜仲*Duzhong*
Radix Achyranthis Bidentatae	牛膝*Niuxi*
Fructus Schisandrae	五味子*Wuweizi*
Fructus Cistanches	肉苁蓉*Roucongrong*
Halloysitum Rubrum	赤石脂*Chishizhi*

Wujia Wan 五癥丸

Pill for Relieving Five Type of Abdominal Mass

Ingredients:

Radix Angelicae Sinensis	当归*Danggui*
Rhizoma Sparganii	三棱*Sanleng*
Fructus Aurantii	枳壳*Zhiqiao*
Massa Medicata Fermentata	神曲*Shenqu*
Rhizoma Curcumae	莪术*Ezhu*
Fructus Aurantii Immaturus	枳实*Zhishi*
Pericarpium Arecae	大腹皮*Dafupi*
Sal Ammoniaci	硇砂*Naosha*
Fructus Euodiae	乌药*Wuyao*
Natrii Sulfas	芒硝*Mangxiao*
Semen Arecae	槟榔*Binglang*
Radix Paeoniae Rubra	赤芍*Chishao*
Resina Toxicodendri	干漆*Ganqi*
Rhizoma Corydalis	元胡*Yuanhu*
Faeces Trogopterori	灵芝*Lingzhi*
Semen Pharbitidis	牵牛子*Qianniuzi*
Radix et Rhizoma Rhei	大黄*Dahuang*

Radix Achyranthis Bidentatae	牛膝*Niuxi*
Fructus Crataegi	山楂*Shanzha*
Rhizoma Zingiberis	干姜*Ganjiang*
Radix Aucklandiae	木香*Muxiang*

Wuling San **五苓散**

Powder of Five Drugs with Poria

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Ramulus Cinnamomi	桂枝*Guizhi*
Rhizoma Alismatis	泽泻*Zexie*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Polyporus	猪苓*Zhuling*
Poria	茯苓*Fuling*

Wupi Yin **五皮饮**

Decoction of Peel of Five Drugs

Source: The Book *Tai Ping Hui Min He Ji Ju Fang*
太平惠民和剂局方

Ingredients:

Cortex Mori	桑白皮*Sangbaipi*
Pericarpium Arecae	大腹皮*Dafupi*
Cortex Zingberis Recens	生姜皮*Shengjiangpi*
Extra Poria	云苓皮*Yunlingpi*
Pericarpium Citri Reticulatae	陈皮*Chenpi*

Wutou Tang **乌头汤**

Decoction of Sichuan Aconite Root

Source: The Book *Jin Kui Yao Lüe* 金匮要略

Ingredients:

Radix Aconiti	川乌*Chuanwu*
Herba Ephedrae	麻黄*Mahuang*
Radix Paeoniae	山药*Shanyao*
Radix Astragali	黄芪*Huangqi*
Radix Glycyrrhizae	甘草*Gancao*
Mel	蜜*Fengmi*

Wuwei Xiaodu Yin **五味消毒饮**

Antiphlogistic Decoction of Five Drugs

Source: The Book *Yi Zong Jin Jian* 医宗金鉴

Ingredients:

Flos Lonicerae	金银花*Jinyinhua*
Flos Chrysanthemi Indici	野菊花*Yejuhua*
Herba Taraxaci	公英*Gongying*
Radix Semiaquilegiae	紫背天葵*Zibeitiankui*
Herba Violae	紫花地丁*Zihuadiding*

Xianfang Huoming Yin **仙方活命仙**

Fairy Decoction for Treating Cutaneous Infection

Source: The Book *Jiao Zhu Fu Ren Liang Fang*
校注妇人良方

Ingredients:

Flos Lonicerae	银花*Yinhua*
Squama Manitis	穿山甲*Chuanshanjia*
Bulbus Fritillariae Thunbergii	浙贝母*Zhebeimu*
Spina Gleditsiae	皂刺*Zaoci*
Radix Trichosanthis	花粉*Huafen*
Radix Angelicae Sinensis	当归*Danggui*

Radix Angelicae Dahuricae	白芷*Baizhi*
Radix Paeoniae Rubra	赤芍*Chishao*
Radix Saposhinkoviae	防风*Fangfeng*
Olibanum	乳香*Ruxiang*
Myrrha	没药*Moyao*

Xianglian Huazhi Wan 香连化滞丸

Aucklandia and Coptis Pill for Removing Stagnation

Source: The Book *Fu Ke Yu Chi* 妇科玉尺

Ingredients:

Radix Aucklandiae	木香*Muxiang*
Rhizoma Coptidis	黄连*Huanglian*
Pericarpium Citri Reticulatae Viride	青皮*Qingpi*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Cortex Magnoliae Officinalis	厚朴*Houpo*
Fructus Aurantii Immaturus	枳实*Zhishi*
Radix Scutellariae	黄芩*Huangqin*
Radix Angelicae Sinensis	当归*Danggui*
Radix Paeoniae Alba	白芍*Baishao*
Talcum	滑石*Huashi*
Radix Glycyrrhizae	甘草*Gancao*
Semen Arecae	槟榔*Binglang*

Xianglian Wan 香连丸

Aucklandia and Coptis Pill

Source: The Book *Sheng Ji Zong Lu* 圣济总录

Ingredients:

Radix Aucklandiae	木香*Muxiang*
Rhizoma Coptidis	黄连*Huanglian*

Radix Glycyrrhizae	甘草*Gancao*
Herba Cistanches	肉豆蔻*Roudoukou*

Xiangsha Liujunzi Tang 香砂六君子汤

Decoction of Cyperus and Amomum with Six Noble Ingredients

Source: The Book *Zhong Yao Cheng Fang Pei Ben* 中药成方配本

Ingredients:

Radix Aucklandiae	木香*Muxiang*
Fructus Amomi	砂仁*Sharen*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Rhizoma pinelliae	半夏*Banxia*
Radix Codonopsis	党参*Dangshen*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Poria	茯苓*Fuling*
Radix Glycyrrhizae	甘草*Gancao*

Xiangsha Zhizhu Wan 香砂枳术丸

Pill of Cyperus,Amomum,Immature Bitter Orange and Bighead Atractylodis

Source: The Book *Jing Yue Quan Shu* 景岳全书

Ingredients:

Radix Aucklandiae	木香*Muxiang*
Fructus Amomi	砂仁*Sharen*
Fructus Aurantii Immaturus	枳实*Zhishi*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*

Xiaochaihu Tang 小柴胡汤

Minor Decoction of Bupleurum

Source: The Book *Shang Han Lun* 伤寒论

Ingredients

Radix Bupleuri	柴胡*Chaihu*
Radix Codonopsis	党参*Dangshen*
Rhizoma Pinelliae	半夏*Banxia*
Radix Scutellariae	黄芩*Huangqin*
Rhizoma Zingiberis Recens	生姜*Shengjiang*
Fructus Jujubae	大枣*Dazao*
Radix Glycyrrhizae	甘草*Gancao*

Xiaohuoluo Dan 小活络丹

Bolus for Activating Energy Flow in the Channels and Collaterals

Source: The Book *Tai Ping Hui Min He Ji Ju Fang* 太平惠民和剂局方

Ingredients:

Radix Aconiti	川乌*Chuanwu*
Radix Aconiti Kusnezoffii	草乌*Caowu*
Lumbricus	地龙*Dilong*
Rhizoma Arisaematis	天南星*Tiannanxing*
Olibnum	乳香*Ruxiang*
Myrrha	没药*Moyao*

Xiaoke Fang 消渴方

Recipe for Treating *Xiaoke*

Ingredients:

Rhiozma Coptidis	黄连*Huanglian*
Radix Trichosanthis	天花粉*Tianhuafen*

juice of Radix Rehmanniae	生地汁*Shengdizhi*
juice of Rhizoma Nelumbinis	藕汁*Ouzhi*
milk	人乳汁*Renruzhi*
juice of Rhizoma Zingiberis Recens	姜汁*Jiangzhi*
Mel	蜜*Fengmi*

Xiaokeping Pian 消渴平片

Tablet for Relieving Diabetes

Ingredients:

Radix Astragali	黄芪*Huangqi*
Radix Ginseng	人参*Renshen*
Radix Puerariae	葛根*Gegen*
Radix Trichosanthis	花粉*Huafen*
Rhizoma Anemarrhenae	知母*Zhimu*
Radix Asparagi	天冬*Tiandong*
Fructus Schisandrae	五味子*Wuweizi*
Semen Astragali Complanati	沙苑子*Shayuanzi*
Radix Salviae Miltiorrhizae	丹参*Danshen*
Galla Chinensis	五倍子*Wubeizi*

Xiaoke Wan 消渴丸

Pill for Treating Diabetes

Ingredients:

Radix Trichosanthis	天花粉*Tianhuafen*
Radix Rehmanniae	生地黄*Shengdihuang*
Rhizoma Coptidis	黄连*Huanglian*
Radix Ophiopogonis	麦冬*Maidong*
etc.	

Xiaoluo Teng (Kangfengshi Pian) 消络痛(抗风湿片)

Antirheumatic Tablet

Ingredients:

Flos Genkwa	芫花 *Yuanhua*

etc.

Xiao Qinglong Tang 小青龙汤

Minor Decoction of Green Dragon

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Herba Ephedrae	麻黄 *Mahuang*
Ramulus Cinnamomi	桂枝 *Guizhi*
Radix Paeoniae	芍药 *Shaoyao*
Radix Glycyrrhizae	甘草 *Gancao*
Herba Asari	细辛 *Xixin*
Rhizoma Pinelliae	半夏 *Banxia*
Fructus Schisandrae	五味子 *Wuweizi*

Xiaoshuan Tongluo Pian 消栓通络片

Tablet for Removing Blood Stasis in the Channels

Ingredients:

Rhizoma Chuanxiong	川芎 *Chuanxiong*
Radix Salviae Miltiorrhizae	丹参 *Danshen*
Radix Astragali	黄芪 *Huangqi*
Rhizoma Alismatis	泽泻 *Zexie*
Radix Notoginseng	三七 *Sanqi*
Flos Sophorae	槐米 *Huaimi*
Ramulus Cinnamomi	桂枝 *Guizhi*
Radix Curcumae	郁金 *Yujin*
Bornelum Syntheticum	冰片 *Bingpian*

Fructus Crataegi 山楂*Shanzha*

Xiaoxianxiong Tang 小陷胸汤

Minor Decoction for Relieving Stuffiness in the Chest

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Rhizoma Coptidis 黄连*Huanglian*
Rhizoma Pinelliae 半夏*Banxia*
Fructus Trichosanthis 瓜蒌*Gualou*

Xiaoyao San 逍遥散

Ease Powder

Source: The Book *Tai Ping Hui Min He Ji Ju Fang* 太平惠民和剂局方

Ingredients:

Radix Bupleuri 柴胡*Chaihu*
Radix Paeoniae Alba 白芍*Baishao*
Rhizoma Atractylodis Macrephalae 白术*Baizhu*
Radix Angelicae Sinensis 当归*Danggui*
Poria 茯苓*Fuling*
Radix Glycyrrhizae 炙甘草*Zhigancao*
Herba Menthae 薄荷*Bohe*
Rhizoma Zingiberis Preparata 煨姜*Weijiang*

Xiaoying Jian 小营煎

Decoction for Replenishing Blood and Nourishing *Yin*

Source: The Book *Jing Yue Quan Shu* 景岳全书

Ingredients:

Radix Angelicae Sinensis 当归*Danggui*

Radix Rehmanniae Preparata	熟地*Shudi*
Radix Paeoniae	芍药*Shaoyao*
Rhizoma Dioscoreae	山药*Shanyao*
Fructus Lycii	枸杞*Gouqi*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*

Xi Huang Wan **犀黄丸**

Pill of Rhinoceros Horn and Cow-bezoar

Source: The Book *Wai Ke Quan Sheng Ji* 外科全生集

Ingredients:

Calculus Bovis	牛黄*Niuhuang*
Moschus	麝香*Shexiang*
Olibanum	乳香*Ruxiang*
Myrrha	没药*Moyao*

Xijiao Dihuang Tang **犀角地黄汤**

Decoction of Rhinoceros Horn and Rehmannia

Source: The Book *Qian Jin Fang* 千金方

Ingredients:

Cornu Rhinocerotis	犀角*Xijiao*
Radix Rehmanniae	生地黄*Shengdihuang*
Cortex Moutan	牡丹皮*Mudanpi*
Radix Paeoniae Rubra	赤芍*Chishao*

Xinjia Xiangru Yin **新加香薷饮**

Decoction of Elsholtzia with Supplements

Source: The Book *Wen Bing Tiao Bian* 温病条辨

Ingredients:

Herba Elsholtziae	香薷*Xiangru*

Flos Lablab Album	鲜扁豆花*Xianbiandouhua*
Cortex Magnoliae Officinalis	厚朴*Houpo*
Flos Carthami	金银花*Jinyinhua*
Fructus Gardeniae	连翘*Lianqiao*

Xinling Wan 心灵丸

Miraculous Bolus for Treating Heart Disease

Ingredients:

Cornu Rhinocerotis	犀角*Xijiao*
Moschus	麝香*shexiang*
Fel Ursi	雄胆*Xiongdan*

Xuanbai Chengqi Tang 宣白承气汤

Decoction for Ventilating the Lung and Activating the Lung–*Qi*

Source: The Book *Wen Bing Tiao Bian* 温病条辨

Ingredients:

Gypsum Fibrosum	石膏*Shigao*
Radix et Rhizoma Rhei	大黄*Dahuang*
Semen Armeniacae Amarum	杏仁*Xingren*
Fructus Trichosanthis	瓜蒌*Gualou*

Xuanhe Tang 旋合汤

Decoction for Removing Obstruction in *Qi* and Blood Circulation

Source: The Book *Wen Bing Tiao Bian* 温病条辨

Ingredients:

Radix Stephaniae Tetrandrae	防己*Fangji*
Semen Armeniacae Amarum	杏仁*Xingren*
Talcum	滑石*Huashi*

Fructus Forsythiae	连翘*Lianqiao*
Semen Coicis	薏苡仁*Yiyiren*
Rhizoma Pinelliae	半夏*Banxia*
Semen Phaseoli	赤小豆*Chixiaodou*
Excrementa Bombycum	晚蚕砂*Wancansha*
Fructus Gardeniae	山栀*Shanzhi*

Xuanfu Daizhe Dang **旋覆代赭汤**

Decoction of Inula and Hematitum

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Flos Inulae	旋覆花*Xuanfuhua*
Ochra Haematitum	代赭石*Daizheshi*
Radix Ginseng	人参*Renshen*
Rhizoma Pinelliae	半夏*Banxia*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*
Rhizoma Zingiberis Recens	生姜*Shengjiang*
Fructus Jujubae	大枣*Dazao*

Xuefu Zhuyu Tang **血府逐瘀汤**

Decoction for Removing Blood Stasis in the Chest

Source: The Book *Yi Lin Gai Cuo* 医林改错

Ingredients:

Radix Angelicae Sinensis	当归*Danggui*
Radix Rehmanniae	生地*Shengdi*
Semen Persicae	桃仁*Taoren*
Flos Carthami	红花*Honghua*
Fructus Aurantii	枳壳*Zhiqiao*
Radix Paeoniae Rubra	赤芍*Chishao*

Radix Bupleuri	柴胡*Chaihu*
Radix Glycyrrhi zae	甘草*Gancao*
Radix Platycodi	桔梗*Jiegeng*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Radix Achyranthis Bidentatae	牛膝*Niuxi*

Yanghe Tang 阳和汤

Yang–activating Decoction

Source: The Book *Wai Ke Quan Sheng Ji* 外科全生集

Ingredients:

Radix Rehmanniae Preparata	熟地*Shudi*
Semen Sinapis Alba	白芥子*Baijiezi*
Colla Cornus Cervi	鹿角胶*Lujiaojiao*
Cortex Cinnamomi	肉桂*Rougui*
Rhizoma Zingiberis Carbonisatus	姜炭*Jiangtan*
Herba Ephedrae	麻黄*Mahuang*
Radix Glycyrrhizae	生甘草*Shenggancao*

Yangyin Qingfei Tang 养阳清肺汤

Decoction for Nourishing Yin and Clearing Lung–heat

Source: The Book *Chong Lou Yu Chi* 重楼玉钥

Ingredients:

Radix Rehmanniae	生地*Shengdi*
Radix Scrophulariae	元参*Yuanshen*
Radix Ophiopogonis	麦冬*Maidong*
Radix Glycyrrhizae	甘草*Gancao*
Bulbus Fritillariae Thunbergii	贝母*Beimu*
Radix Paeoniae Alba	白芍*Baishao*
Cortex Moutan	丹皮*Danpi*

Herba Menthae 薄荷*Bohe*

Yiguan Jian 一贯煎

An Ever Effective Decoction for Nourishing the Liver and Kidney

Source: The Book *Liu Zhou Yi Hua* 柳州医话

Ingredients:

Radix Glehniae	北沙参*Beishashen*
Radix Ophiopogonis	麦冬*Maidong*
Radix Angelicae Sinensis	当归*Danggui*
Radix Rehmanniae	生地*Shengdi*
Fructus Toosendan	川楝子*Chuanlianzi*

Yinchenhao Tang 茵陈蒿汤

Oriental Wormwood Decoction

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Herba Artemisiae Scopariae	茵陈蒿*Yinchenhao*
Fructus Gardeniae	山栀*Shanzhi*
Radix et Rhizoma Rhei	大黄*Dahuang*

Yiniao San 遗尿散

Powder for Treating Enuresis

Ingredients:

Rhizoma Dioscoreae Hypoglaucae	萆薢*Bixie*
Fructus Alpiniae Oxyphyllae	益智仁*Yizhiren*
Cinnabaris	朱砂*Zhusha*

Yinqiao San 银翘散

Powder of the Lonicera and Forsythia

Source: The Book *Wen Bing Tiao Bian* 温病条辨

Ingredients:

Fructus Forsythiae	连翘*Lianqiao*
Flos Lonicerae	银花*Yinhua*
Radix Platycodi	苦桔梗*Kujiegeng*
Herba Menthae	薄荷*Bohe*
Herba Lophatheri	竹叶*Zhuye*
Radix Glycyrrhizae	生甘草*Shenggancao*
Spica Schizonepetae	荆芥穗*Jingjiesui*
Semen Sojae Preparatum	淡豆豉*Dandouchi*
Fructus Arctii	牛蒡子*Niubangzi*

Yiwei Tang **益胃汤**

Decoction for Nourishing the Stomach

Source: The Book *Wen Bing Tiao Bian* 温病条辨

Ingredients:

Radix Glehniae	沙参*Shashen*
Radix Ophiopogonis	麦冬*Maidong*
Rhizoma Polygonati Odorati	玉竹*Yuzhu*
Radix Rehmanniae	生地*Shengdi*
crystal sugar	冰糖*Bingtang*

Yiyiren Tang **薏苡仁汤**

Decoction of Coix Seed

Source: The Book *Chong Ding Yan Shi Ji Sheng Fang*
重订严氏济生方

Ingredients:

Semen Coicis	薏苡仁*Yiyiren*

Radix Stephaniae Tetrandrae 防己*Fangji*
Semen Phaseoli 赤小豆*Chixiaodou*
Radix Glycyrrhizae 甘草*Gancao*

Yougui Wan 右归丸
The Kidney-*yang* Reinforcing Bolus
Source: The Book *Jing Yue Quan Shu* 景岳全书
Ingredients:
Radix Rehmanniae Preparata 熟地*Shudi*
Rhizoma Dioscoreae 山药*Shanyao*
Fructus Corni 山茱萸*Shanzhuyu*
Fructus Lycii 枸杞*Gouqi*
Colla Cornus Cervi 鹿角胶*Lujiaojiao*
Semen Cuscutae 菟丝子*Tusizi*
Cortex Eucommiae 杜仲*Duzhong*
Radix Angelicae Sinensis 当归*Danggui*
Cortex Cinnamomi 肉桂*Rougui*
Radix Aconiti Lateralis Preparata 制附子*Zhifuzi*

Yuebi Jiazhu Tang 越婢加术汤
Decoction for Relieving Edema with Bighead Atractylodes Added
Source: The Book *Jin Kui Yao Lüe* 金匮要略
Ingredients:
Herba Ephedrae 麻黄*Mahuang*
Gypsum Fibrosum 石膏*Shigao*
Rhizoma Atractylodis Macrocephalae 白术*Baizhu*
Radix Glycyrrhizae 甘草*Gancao*

Yuehua Wan 月华丸

Bolus for Nourishing *Yin* to Moistening the Lung

Source: The Book *Yi Xue Xin Wu* 医学入门

Ingredients:

Radix Asparagi	天冬*Tiandong*
Radix Ophiopogonis	麦冬*Maidong*
Radix Rehmanniae	生地*Shengdi*
Radix Rehmanniae Preparata	熟地*Shudi*
Rhizoma Dioscoreae	山药*Shanyao*
Radix Stemoniae	百部*Baibu*
Radix Glehniae	沙参*Shashen*
Bulbus Fritillariae Cirrhosae	川贝*Chuanbei*
Poria	伏苓*Fuling*
Colla Corii Asini	阿胶*Ejiao*
Radix Notoginseng	三七*Sanqi*
Liver of otter	獭肝*Tagan*
Folium Mori	桑叶*Sangye*

YunüJian 玉女煎

Gypsum Decoction

Source: The Book *Jing Yue Quan Shu* 景岳全书

Ingredients:

Gypsum Fibrosum	石膏*Shigao*
Rhizoma Anemarrhenae	知母*Zhimu*
Radix Rehmanniae Preparata	熟地黄*Shudihuang*
Radix Ophiopogonis	麦冬*Maidong*
Radix Achyranthis Bidentatae	牛膝*Niuxi*

Yuping feng San 玉屏风散

Jade-screen Powder

Source: The Book *Jian Yi Fang* 简易方

Ingredients:

Radix Astragali	黄芪*Huangqi*
Radix Saposhinkoviae	防风*Fangfeng*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*

Zaizao San 再造散

Rehabilitation Powder

Source: The Book *Shang Han Liu Shu* 伤寒六书

Ingredients:

Radix Astragali	黄芪*Huangqi*
Radix Ginseng	人参*Renshen*
Ramulus Cinnamomi	桂枝*Guizhi*
Radix Glycyrrhizae	甘草*Gancao*
Radix Aconiti Lateralis Preparata	熟附子*Shufuzi*
Herba Asari	细辛*Xixin*
Radix seu Rhizoma Notopterygii	羌活*Qianghuo*
Radix Saposhinkoviae	防风*Fangfeng*
Rhizoma Chuanxiong	川芎*Chuanxiong*
Rhizoma Zingiberis Recens	生姜*Shengjiang*
Fructus Jujubae	大枣*Dazao*

Zaofan Wan 皂矾丸

Bolus of Jujubae and Green Vitriol.

Ingredients:

Fructus Jujubae	大枣*Dazao*
Ferrosi Sulfas Crudus	皂矾*Zaofan*

Zhengan Xifeng Tang 镇肝熄风汤

Tranquilizing Liver–wind Decoction

Source: The Book *Yi Xue Zhong Zhong Can Xi Lu* 医学衷中参西录

Ingredients:

Os Draconis Fossilia	龙骨*Longgu*
Concha Ostreae	牡蛎*Muli*
Radix Paeoniae Alba	杭芍*Hangshao*
Radix Asparagi	天冬*Tiandong*
Radix Scrophullariae	元参*Yuanshen*
Ochra Haematitum	代赭石*Daizheshi*
Herba Artemisiae Scopariae	茵陈*Yinchen*
Radix Achyranthis Bidentatae	牛膝*Niuxi*
Fructus Hordei Germinatus	炒麦芽*Chaomaiya*
Fructus Toosendan	川楝子*Chuanlianzi*
Carapax et Plastrum Testudinis	龟板*Guiban*
Radix Glycyrrhizae	甘草*Gancao*

Zhengqi San 正气散

Powder for Replenishing Vital–*Qi*

Source: The Book *Tai Ping Hui Min He Ji Ju Fang* 太平惠民和剂局方

Ingredients:

Cortex Magnoliae Officinalis	厚朴*Houpo*
Rhizoma Atractylodis	苍术*Cangzhu*
Pericarpium Citri Reticulatae	陈皮*Chenpi*
Radix Glycyrrhizae	甘草*Gancao*
Herba Pogostemonis	藿香*Huoxiang*
Herba Eupatorii	佩兰*Peilan*

Fructus Tsaoko	草果*Caoguo*
Rhizoma Pinelliae	半夏*Banxia*
Semen Arecae	槟榔*Binglang*
Rhizoma Acori Tatarinowii	石菖蒲*Shichangpu*
Folium Nelumbinis	荷叶*Heye*

Zhenren Yangzang Tang **真人养脏汤**

Immortal Decoction for Nourishing the *Zang* Organs

Source: The Book *Pu Ji Fang* 普济方

Ingredients:

Fructus Chebulae	诃子*Hezi*
Pericarpiun Papaveris	米壳*Miqiao*
Semen Cistanches	肉豆蔻*Roudoukou*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Radix Ginseng	人参*Renshen*
Radix Aucklandiae	木香*Muxiang*
Cortex Cinnamomi	肉桂*Rougui*
Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*
Rhizoma Zingiberis Recens	生姜*Shengjiang*
Fructus Jujubae	大枣*Dazao*

Zhenwu Tang **真武汤**

Decoction for Strengthening the Spleen–*Yang*

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Radix Aconiti Lateralis Preparata附子*Fuzi*

Poria 云苓*Yunling*

Rhizoma Atractylodis Macrocephalae白术*Baizhu*

Radix Paeoniae Alba	白芍*Baishao*
Rhizoma Zingiberis Recens	生姜*Shengjiang*

Zhibai Dihuang Wan **知柏地黄丸**

Pill of Anemarrhena, Phellodendron and Rehmanniae

Source: The Book *Yi Zong Jin Jian* 医宗金鉴

Ingredients:

Rhizoma Anemarrhenae	知母*Zhimu*
Cortex Phellodendri	黄柏*Huangbai*
Radix Rehmanniae Preparata	熟地*Shudi*
Fructus Corni	山茱肉*Shanyurou*
Rhizoma Dioscoreae	淮山药*Huaishanyao*
Cortex Moutan	丹皮*Danpi*
Rhizoma Alismatis	泽泻*Zexie*
Poria	茯苓*Fuling*

Zhibao Dan **至宝丹**

Treasured Bolus

Source: The Book *Su Shen Liang Fang* 苏沈良方

Ingredients:

Cornu Rhinocerotis	犀角*Xijiao*
Carapax Eretomochelydis	玳瑁*Daimao*
Succinum	琥珀*Hupo*
Cinnabaris	朱砂*Zhusha*
Moschus	麝香*Shexiang*
Calculus Bovis	牛黄*Niuhuang*

Zhigancao Tang **炙甘草汤**

Decoction of Prepared Licorice

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Radix Glycyrrhizae Preparata	炙甘草*Zhigancao*
Radix Codonopsis	党参*Dangshen*
Ramulus Cinnamomi	桂枝*Guizhi*
Radix Rehmanniae	生地*Shengdi*
Colla Corii Asini	阿胶*Ejiao*
Radix Ophiopogonis	麦冬*Maidong*
Fructus Cannabis	火麻仁*Huomaren*
Fructus Jujubae	大枣*Dazao*
Rhizoma Zingiberis Recens	生姜*Shengjiang*

Zhishi Daozhi Wan 枳实导滞丸

Pill of Immture Bitter Orange for Removing Stagnation

Source: The Book *Nei Wai Shang Bian* 内外伤辨

Ingredients:

Radix et Rhizoma Rhei	大黄*Dahuang*
Fructus Aurantii Immaturus	枳实*Zhishi*
Massa Medicata Fermentata	神曲*Shenqu*
Poria	茯苓*Fuling*
Radix Scutellariae	黄芩*Huangqin*
Rhizoma Coptidis	黄连*Huanglian*
Rhizoma Atractylodis Macrocephalae	白术*Baizhu*
Rhizoma Alismatis	泽泻*Zexie*

Zhisou Qingguo Wan 止嗽青果丸

Cough-relieving Pill Including Chinese White Olive

Ingredients:

Flos Farfarae	冬花*Donghua*

Fructus Canarii	青果*Qingguo*
Fructus Ginkgo	白果*Baiguo*
Bulbus Fritillariae Cirrhosae	川贝*Chuanbei*
Rhizoma Pinelliae	半夏*Banxia*
Radix Glycyrrhizae	甘草*Gancao*
Fructus Aristolochiae	马兜铃*Madouling*
Gypsum Fibrosum	石膏*Shigao*
Semen Armeniacae Amarum	杏仁*Xingren*
Bulbus Lilii	百合*Baihe*
Radix Scutellariae	黄芩*Huangqin*
Herba Ephedrae	麻黄*Mahuang*
Cortex Mori	桑白皮*Sangbaipi*

Zhongman Fenxiao Wan **中满分消丸**
Pill for Relieving Abdominal Distention
Source: The Book *Lan Shi Mi Cang* 兰室秘藏

Zhouche Wan **舟车丸**
Pill for Relieving Ascites
Source: The Book *Dan Xi Xin Fa* 丹溪心法

Zhuche Wan **驻车丸**
Bolus for Nourishing *Yin* and Clearing the Bowels
Ingredients:

Rhizoma Coptidis	黄连*Huanglian*
Colla Corii Asini	阿胶*Ejiao*
Radix Angelicae Sinensis	当归*Danggui*
Rhizoma Zingiberis Preparta	炮姜*Paojiang*
Radix Paeoniae Alba	白芍*Baishao*

Radix Glycyrrhizae	甘草*Gancao*

Zhuling Tang **猪苓汤**

Umbellate Pore Decoction

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Rhizoma Alismatis	泽泻*Zexie*
Polyporus	猪苓*Zhuling*
Poria	茯苓*Fuling*
Talcum	滑石*Huashi*
Colla Corii Asini	阿胶*Ejiao*

Zhusha Anshen Wan **朱砂安神丸**

Sedative Bolus with Cinnabar

Source: The Book *Lan Shi Mi Cang* 兰室秘藏

Ingredients:

Cinnabaris	朱砂*Zhusha*
Rhizoma Coptidis	黄连*Huanglian*
Radix Glycyrrhizae	甘草*Gancao*

Zhuye Shigao Tang **竹叶石膏汤**

Lophatherum and Gypsum Decoction

Source: The Book *Shang Han Lun* 伤寒论

Ingredients:

Herba Lophatheri	竹叶*Zhuye*
Gypsum Fibrosum	石膏*Shigao*
Radix Ophiopogonis	麦冬*Maidong*
Radix Ginseng	人参*Renshen*
Rhizoma Pinelliae	半夏*Banxia*

Semen Oryzae Sativae	粳米*Jingmi*
Radix Glycyrrhizae	甘草*Gancao*

Zishen Tong Guan Wan 滋肾通关丸

Pill for Nourishing the Kindey and Restoring Consciousness

Ingredients:

Rhizoma Anemarrhenae	知母*Zhimu*
Cortex Phellodendri	黄柏*Huangbai*
Cortex Cinnamomi	肉桂*Rougui*

Zixue Dan 紫雪丹

Light–Purple Bolus

Source: The Book *Wai Tai Mi Yao* 外台秘要

Ingredients:

Talcum	滑石*Huashi*
Gypsum Fibrosum	石膏*Shigao*
Calcitum	寒水石*Hanshuishi*
Magnetitum	磁石*Cishi*
Cornu Saigae Tataricae	羚羊角*Lingyangjiao*
Radix Aucklandiae	青木香*Qingmuxiang*
Cornu Rhinocerotis	犀角*Xijiao*
Lignum Aquilariae Resinatum	沉香*Chenxiang*
Flos Caryophylli	丁香*Dingxiang*
Rhizoma Cimicifugae	升麻*Shengma*
Radix Scrophulariae	元参*Yuanshen*
Radix Glycyrrhiczae	甘草*Gancao*
Natrii Sulfas	朴硝*Puxiao*
Cinnabaris	朱砂*Zhusha*
Moschus	麝香*Shexiang*

gold	黄金*Huangjin*
Nitrum	硝石*Xiaoshi*

Zuogui Wan 左归丸

Bolus for Replenishing Liver and Kidney

Source: The Book *Jing yue Quan Shu* 景岳全书

Zuojin Wan 左金丸

Bolus of Coptis and Medicinal Euodia Root

Source: The Book *Dan Xi Xin Fa* 丹溪心法

Ingredients:

Rhizoma Coptidis	黄连*Huanglian*
Radix Euodiae	吴茱萸*Wuzhuyu*

10

内　科　学

序

《英汉实用中医药大全》即将问世，吾为之高兴。

歧黄之道，历经沧桑，永盛不衰。吾中华民族之强盛，由之。世界医学之丰富和发展，亦由之。然而，世界民族之差异，国别之不同，语言之障碍，使中医中药的传播和交流受到了严重束缚。当前，世界各国人民学习、研究、运用中医药的热潮方兴未艾。为使吾中华民族优秀文化遗产之一的歧黄之道走向世界，光大其业，为世界人民造福，徐象才君集省内外精英于一堂，主持编译了《英汉实用中医药大全》。是书之问世将使海内外同道欢呼雀跃。

世界医学发展之日，当是歧黄之道光大之时。

吾欣然序之。

中华人民共和国卫生部副部长
兼国家中医药管理局局长
世界针灸学会联合会主席
中国科学技术协会委员
中华全国中医学会副会长
中国针灸学会会长

胡熙明

1989 年 12 月

序

中华民族有同疾病长期作斗争的光辉历程，故而有自己的传统医学——中国医药学。中国医药学有一套完整的从理论到实践的独特科学体系。几千年来，它不但被完好地保存下来，而且得到了发扬光大。它具有疗效显著、副作用小等优点，是人们防病治病，强身健体的有效工具。

任何一个国家在医学进步中所取得的成就，都是人类共同的财富，是没有国界的。医学成果的交流比任何其他科学成果的交流都应进行得更及时，更准确。我从事中医工作30多年来，一直盼望着有朝一日中国医药学能全面走向世界，为全人类解除病痛疾苦做出其应有的贡献。但由于用外语表达中医难度较大，中国医药学对外传播的速度一直不能令人满意。

山东中医学院的徐象才老师发起并主持了大型系列丛书《英汉实用中医药大全》的编译工作。这个工作是一项巨大工程，是一种大型科研活动，是一个大胆的尝试，是一件新事物。对徐象才老师及与其合作的全体编译者夜以继日地长期工作所付出的艰苦劳动，克服重重困难所表现出的坚韧不拔的毅力，以及因此而取得的重大成绩，我甚为敬佩。作为一个中医界的领导者，对他们的工作给予全力支持是我应尽的责任。

我相信《英汉实用中医药大全》无疑会在中国医学史和世界科学技术史上找到它应有的位置。

中华全国中医学会常务理事
山东省卫生厅副厅长

张奇文

1990年3月

出 版 前 言

中国医药学是我中华民族优秀文化遗产之一，建国以来由于党和国家对待中医药采取了正确的政策，使中医药理论宝库不断得到了发掘整理，取得了巨大的成绩。当前，世界各国人民对中国医药学的学习和研究热潮日益高涨，为促进这一热潮更加蓬勃的发展，为使中国医药学能更好地为全人类解除病痛服务，就必须促进中医中药在世界范围内的传播和交流，而要使这一传播和交流进行得更及时、更准确，就必须首先排除语言障碍。因此，编译一套英汉对照的中医药基本知识的书籍，供国内外学习、研究中医药时使用，已成为国内外医药学界和医药学教育界许多人士的迫切需要。

多年来，在卫生部门的号召下，在"中医英语表达研究"方面，已经作出了一些可喜的成绩。本书《英汉实用中医药大全》的编辑出版就是在调查上述研究工作的历史和现状的基础上，继续对中医药英语表达作较系统、较全面的研究，以适应中国医药学对外传播交流的需要。

这部"大全"的版本为英汉对照，共有21个分册，一个分册介绍论述中国医药学的一个分科。在编著上注意了中医药汉文稿的编写特色，在内容上注意了科学性、实用性、全面性和简明易读。汉文稿的执笔撰写者主要是有20年以上实践经验的教授、副教授、主任医师和副主任医师。各分册汉文稿撰写成后，均经各学科专家逐一审订。各分册英文主译、主审主要是国内既懂中医又懂英语的权威人士，还有许多中医院校的英语教师及医药卫生部门的专业翻译人员。英译稿脱稿后，经过了复审、终审，有些译稿还召开全国22所院校和单位人员参加的英译稿统稿定稿

研讨会，对英译稿进行细致的研讨和推敲，对如何较全面、较系统、较准确地用英语表达中国医药学进行了探讨，从而推动整个译文达到较高水平，因此，这部“大全”可供中医院校高年级学生作为泛读教材使用。

这部“大全”的编纂得到了国家教育委员会、国家中医药管理局、山东省教育委员会、山东省卫生厅等各部门有关领导的支持。在国家教委高等教育司的指导下，成立了《英汉实用中医药大全》编译领导委员会。还得到了全国许多中医院校和中药生产厂家领导的支持。

希望这部“大全”的出版，对中医院校加强中医英语教学，对国内卫生界培养外向型中医药人才，以及在推动世界各国人民对中医药的学习和研究方面，都将产生良好的影响。

高等教育出版社

1990年3月

前　言

《英汉实用中医药大全》是一部以中医基本理论为基础，以中医临床为重点，较为全面系统、简明扼要、易读实用的中级英汉学术性著作。它的主要读者是：中医药院校高年级学生和中青年教师，中医院的中青年医生和中医药科研单位的科研人员，从事中医对外函授工作的人员和出国讲学或行医的中医人员、西学中人员，来华学习中医的外国留学生和各类进修人员。

由于中国医药学为我中华民族之独有，因此，英译便成了本《大全》编译工作的重点。为确保译文能准确表达中医的确切含义，我们邀集熟悉中医的英语人员、医学专业翻译人员、懂英语的中医药人员乃至医古文人员于一堂，共同翻译、共同对译文进行研讨推敲的集体翻译法，这样，就把众人之长融进了译文质量之中。然而，即使这样，也难确保译文都能尽如人意。汉文稿虽反映了中国医药学的精髓和概貌，但也难能十全一美。我衷心地盼望读者能提出批评和建议，以便《大全》再版时修改。

参加本《大全》编、译、审工作的人员达 200 余名，他们来自全国 28 个单位，其中有山东、北京、上海、天津、南京、浙江、安徽、河南、湖北、广西、贵阳、甘肃、成都、山西、长春等 15 所中医学院，还有中国中医研究院，山东省中医药研究所等中医药科研单位。

山东省教育委员会把本《大全》的编译列入了科研计划并拨发了科研经费，山东省卫生厅和一些中药生产厂家也给了很大支持，济南中药厂的资助为编译工作的开端提供了条件。

本《大全》的编译成功是全体编译审者集体劳动的结晶，是各有关单位主管领导支持的结果。在《大全》各分册即将陆续出

版之际，我诚挚地感谢全体编译审者的真诚合作，感谢许多专家、教授、各级领导和生产厂家的热情支持。

愿本《大全》的出版能在培养通晓英语的中医人才和使中医早日全面走向世界方面起到我所期望的作用。

主编　徐象才

于山东中医学院

1990 年 3 月

目　录

说明 …… 495

1 呼吸系统疾病 …… 497

1.1 感冒 …… 497

1.2 支气管炎 …… 500

1.3 支气管哮喘 …… 504

1.4 大叶性肺炎 …… 507

1.5 肺脓肿 …… 510

1.6 阻塞性肺气肿 …… 512

1.7 支气管扩张 …… 516

2 心脑血管系统疾病 …… 520

2.1 风湿性心脏病 …… 520

2.2 冠状动脉硬化性心脏病 …… 522

2.3 心肌病 …… 525

2.4 心律失常 …… 527

2.5 慢性肺源性心脏病 …… 533

2.6 充血性心力衰竭 …… 535

2.7 高血压病 …… 537

2.8 高脂血症 …… 539

2.9 脑血管意外 …… 541

3 消化系统疾病 …… 547

3.1 急、慢性胃炎 …… 547

3.2 胃及十二指肠溃疡 …… 549

3.3 慢性非特异性溃疡性结肠炎 …… 551

3.4 肝硬变 …… 553

3.5 胰腺炎 …… 555
3.6 胆石病 …… 556
4 泌尿系统疾病 …… 559
4.1 急性肾小球肾炎 …… 559
4.2 慢性肾小球肾炎 …… 561
4.3 泌尿系感染 …… 564
4.4 泌尿系结石 …… 566
4.5 乳糜尿 …… 567
4.6 遗尿 …… 569
5 血液系统疾病 …… 572
5.1 缺铁性贫血 …… 572
5.2 再生障碍性贫血 …… 574
5.3 原发性血小板减少性紫癜 …… 576
5.4 白细胞减少症 …… 578
5.5 白血病 …… 580
6 内分泌系统疾病 …… 584
6.1 甲状腺机能亢进症 …… 584
6.2 甲状腺机能减退症 …… 586
6.3 糖尿病 …… 587
7 胶原性疾病 …… 590
7.1 风湿性关节炎 …… 590
7.2 类风湿性关节炎 …… 594
7.3 硬皮病 …… 599
7.4 坐骨神经痛 …… 598
8 传染性疾病 …… 601
8.1 肺结核 …… 601
8.2 结核性胸膜炎 …… 604
8.3 结核性腹膜炎 …… 605
8.4 肠结核 …… 607

8.5 细菌性痢疾 …… 608
8.6 伤寒与副伤寒 …… 611
8.7 阿米巴病 …… 613
8.8 病毒性肝炎 …… 614
8.9 流行性出血热 …… 617
8.10 疟疾 …… 620
8.11 波状热 …… 623
8.12 钩端螺旋体病 …… 625
8.13 血吸虫病 …… 628
8.14 钩虫病 …… 631
8.15 丝虫病 …… 632
8.16 绦虫病和囊虫病 …… 635
8.17 爱滋病 …… 637
9 常见肿瘤 …… 640
9.1 乳腺癌 …… 640
9.2 支气管肺癌 …… 642
9.3 食管癌 …… 644
9.4 胃癌 …… 647
9.5 原发性肝癌 …… 649
9.6 结肠癌 …… 651
方剂索引(英汉对照) …… 368
《英汉实用中医药大全》(书目) …… 655

说　明

本书是《英汉实用中医药大全》中的第10分册。

本分册共分呼吸、心脑血管、消化、泌尿、血液、内分泌等系统疾病以及胶原性疾病，传染性疾病，常见肿瘤等9章；对63个内科常见病证的诊断和治疗作了较详细的介绍；是一本理论与实践相结合并着重于临床的新书。

在本分册所涉及的中药材中，有些来自濒临灭绝的珍稀动物。由于这些动物已明令禁捕禁杀，故药材的来源也就因之而断绝。无论在医院里还是在制药厂里，它们均已被具有相同药效的其他药材所替代。本分册仍将其涉及，只是为方便学习和探讨。本分册译稿得到了张赭、阎景波和郭静的帮助。中国科学院院士、中国中医研究院西苑医院陈可冀研究员审阅了英汉两稿。

编　者

1 呼吸系统疾病

1.1 感冒

本病包括流行性感冒和普通感冒。前者系流感病毒引起的急性呼吸道传染病，后者是由于鼻腔、咽喉、气管感染病毒或细菌所致。临床以发热恶寒、头痛、全身酸痛、喷嚏、流涕、咳嗽等为特点。属祖国医学"时行感冒"、"感冒"、"冬温"、"风温"等范畴，俗称"伤风"、"小伤寒"。

病因病机

患者素体正气虚弱，或因起居不慎、寒热不调、过度劳倦，致使腠理疏懈，卫外不固，自然界之风、寒、暑、湿、燥、火等六淫之邪乘虚侵袭人体而致病。

辨证论治

1. 风寒型

症状：恶寒重，发热轻，头痛无汗，肢体酸痛，喷嚏，鼻流清涕，轻度咳嗽，痰少而稀，喉痒。舌苔薄白而润泽，脉浮。

治法：发散风寒，宣肺解表。

方药：荆防败毒散加减

荆芥 9 克，防风 9 克，羌活 9 克，独活 9 克，柴胡 9 克，前胡 9 克，桔梗 9 克；枳壳 9 克，云苓 9 克，川芎 6 克，甘草 4.5 克，生姜 3 片。水煎服，日 1 剂。

加减：畏风自汗，去前胡，加桂枝 9 克、白芍 12 克。

鼻塞流清涕多，加细辛 3 克。

咳甚加杏仁 9 克、冬花 12 克。

颈项强急，加葛根 15 克。

2. 风热型

症状：身热较著，微恶风寒，汗泄不畅，头部胀痛，口渴，咽部痛痒，喷嚏，鼻塞流浊涕，咳嗽痰黄。舌边尖赤，苔薄白微黄，脉浮数。

治法：发散风热，解毒利咽。

方药：银翘散加减

银花 30 克，连翘 9 克，荆芥 9 克，薄荷 9 克，豆豉 9 克，桔梗 9 克，牛子 9 克，竹叶 9 克，芦根 30 克，甘草 4.5 克。水煎服，日 1 剂。

加减：身壮热，口渴甚，大汗出，脉洪大，加生石膏 30 克，知母 12 克。

往来寒热，口苦苔黄，脉弦，加柴胡 15 克，黄芩 9 克。

高热不退，加犀角 1.5 克(冲服)。

喉蛾灼痛，去荆芥，加板兰根 30 克，射干 12 克，胖大海 9 克。

咳甚加杏仁 9 克，浙贝 9 克，前胡 9 克。

中成药：

① 复方大青叶合剂

口服，每次 10 毫升，日 3 次。

② 感冒冲剂

口服，每次 15 克，日 3 次。

3. 暑湿型

症状：盛暑发病，发热恶寒，头昏重胀痛，全身懈惰，无汗，心烦口渴，脘闷泛恶纳呆，小便短赤。舌赤苔黄腻，脉濡数。

治法：清暑解表，芳香化浊。

方药：新加香薷饮合六一散加减

香薷 9 克，厚朴 9 克，青蒿 9 克，连翘 9 克，银花 30 克，滑石 30 克，芦根 30 克，甘草 3 克，白扁豆花 30 克。水煎服，

日 1 剂。

加减：身热有汗不解，去香薷，加藿香 12 克。

暑热较甚，汗多口渴，加西瓜翠衣 30 克，生石膏 30 克，知母 12 克。

胸脘痞闷，恶心，加佩兰 6—12 克，荷叶 12 克，石菖蒲 6—12 克。

暑伤元气，神倦懒言，声低息微，喘促气短，心悸汗多，加西洋参 3 克，麦冬 15 克，五味子 6 克。

中成药：藿香正气水

口服，每次 10 毫升，日 2 次。用于暑湿兼有寒象者。

4. 体虚型

症状：身体素虚或年老体弱，反复感冒，缠绵不愈。气虚者，兼见倦怠乏力，少气懒言，自汗，舌淡胖，脉浮无力。阳虚者，兼畏寒肢冷，便溏，舌苔白滑，脉沉迟。血虚者，颜面唇甲苍白无华，头晕心慌失眠，舌淡白，脉芤。阴虚者，兼五心烦热，潮热盗汗，颧红，舌红少苔，脉细数。

治法：扶正解表。

方药：

气虚，外感风寒者，宜参苏饮加减。

人参 3 克，云苓 12 克，荆芥 9 克，苏叶 9 克，前胡 9 克，半夏 9 克，橘红 9 克，枳壳 9 克，桔梗 9 克，葛根 15 克，木香 6 克，陈皮 6 克，甘草 6 克。水煎服，日 1 剂。

阳虚，外感风寒者，宜再造散加减。

熟附子 6 克，桂枝 9 克，党参 12 克，黄芪 12 克，羌活 9 克，防风 9 克，川芎 9 克，细辛 3 克，甘草 3 克，生姜 3 片，大枣 3 枚。水煎服，日 1 剂。

阴虚外感者，宜用加减葳蕤汤。

玉竹 9 克，白薇 9 克，薄荷 9 克，桔梗 9 克，豆豉 9 克，葱白 6 克。水煎服，日 1 剂。

血虚兼外感者，葱白七味饮加减。

连须葱白 3 枚，葛根 15 克，生地 12 克，当归 9 克，麦冬 9 克，豆豉 9 克，桔梗 9 克，生姜 3 片，大枣 3 枚。水煎服，日 1 剂。

预防

易感患者应加强耐寒锻炼，比如冷水洗脸，冬泳等。应注意劳逸结合，增强体质。在气候剧变时，及时增减衣服，避免受凉及雨淋。提倡戒烟。本病流行期间应佩带口罩。平时常服玉屏风散。

1.2 支气管炎

本病包括急性支气管炎和慢性支气管炎。前者是由细菌和病毒感染或物理、化学刺激等因素引起的支气管急性炎症，病愈后支气管结构可以完全恢复正常。若急性炎症未经及时治疗，病程迁延，反复发作，可导致支气管粘膜及其周围组织的慢性炎症。临床上以咳嗽、咯痰或伴喘息为特点。属祖国医学“咳嗽”、“喘证”、“痰饮”、“肺痿”等范畴。

病因病机

本病外因为感受六淫之邪，内归于肺，肺气壅塞，或嗜食烟酒、辛辣助火之品，灼津成痰，阻塞气道。内因为脏腑功能失调，肺虚则卫外失职，宣降失常；脾虚则水液停聚，内生痰饮；肾虚则气失摄纳，呼吸不利。内外因相合，遂致咳喘吐痰反复发作，缠绵难愈。

辨证论治

1. 急性发作期

(1)风寒袭肺型

症状：咳嗽阵作，喘促气急，咳痰清稀，喉痒声重，鼻塞流清涕，常伴寒热、头痛、骨楚等风寒表证。舌苔薄白，脉浮有力。

治法：辛温解表，宣肺止咳

方药：华盖散加减

炙麻黄9克，杏仁9克，橘红9克，桑皮9克，苏子9克，云苓9克，甘草6克。水煎服，日1剂。

加减：风寒表证明显，酌加桂枝9克，荆芥9克、葛根12克。

咳剧昼夜不得安宁，加浙贝9克，冬花12克，紫菀12克。

喷嚏，鼻塞流涕，痰多，加细辛3克，半夏9克，干姜9克。

中成药：通宣理肺丸

口服，每次6克至12克，日2次。

(2)风热犯肺型

症状：咳嗽频剧，喘促不宁，痰黄粘稠，咯痰不爽，咽喉肿痛，音哑，鼻塞流黄浊涕，汗出口渴，常伴发烧头痛，肢楚等风热表证。舌赤苔薄黄，脉浮数。

治法：辛凉解表，清肺止咳。

方药：麻杏石甘汤加味。

银花30克，炙麻黄9克，浙贝9克，连翘9克，生石膏30克，杏仁9克，前胡9克，甘草3克。水煎服，日1剂。

加减：壮热面赤口渴，加鱼腥草30克，蒲公英30克，大青叶30克。

咽喉红肿加马勃9克，牛子9克，僵蚕9克。

夏令挟暑热，酌加鲜荷叶30克，西瓜翠衣30克，藿香12克。

中成药：止嗽青果丸

口服，每次9克，日2次。

蛇胆川贝液

口服，每次10毫升，日2次。

(3)痰热蕴肺型

症状：咳嗽阵作，气急息粗，喉中痰鸣，痰多稠黄，面赤身热，口苦而渴，胸膺胀痛。舌红苔黄厚，脉滑数。

治法：清肺化痰，降逆止咳。

方药：桑白皮汤合清金化痰汤加减

黄芩9克，黄连9克，山栀9克，桔梗9克，浙贝9克，橘红9克，苏子9克，半夏9克，杏仁9克，桑皮12克，知母12克，麦冬12克，瓜蒌12克，云苓12克。水煎服，日1剂。

加减：身热甚酌加鱼腥草30克，败酱草30克，蚤休30克。

咳剧喘甚加百部12克，冬花12克，葶苈子15克。

鼻塞流黄脓涕，加辛夷12克、冬瓜仁30克、桃仁9克。

胸痛加郁金12克、红花9克。

(4)燥热伤肺型

症状：多发于秋燥季节，呛咳连声，喉痒而干，唇干鼻燥，无痰或痰少胶粘，甚则痰中带血丝，或有身热微寒、头痛鼻塞等表证。舌尖赤，苔薄黄而干，脉浮小数。

治法：疏风清热，润肺止咳。

方药：桑杏汤加减

桑叶9克，杏仁9克，浙贝9克，豆豉9克，山栀9克，沙参12克，梨皮15克。水煎服，日1剂。

加减：津伤较甚酌加麦冬15克，鲜石斛30克。

痰中带血、鼻衄加白茅根30克，藕节30克，生地15克。

热甚加生石膏30克，知母12克。

2. 慢性迁延期

(1)痰浊阻滞型

症状：咳喘反复发作，时轻时重，每天晨起咯大量白粘痰，

因痰而咳喘，痰出则咳平喘止，或伴纳呆厌油、胸脘痞闷，呕吐。舌苔白腻、脉濡缓。

治法：燥湿祛痰，止咳平喘。

方药：二陈汤合三子养亲汤加味

陈皮9克，半夏9克，苏子9克，白芥子9克，杏仁9克，云苓12克，莱菔子12克，甘草6克。水煎服，日1剂。

加减：寒象较重，怕冷明显，吐白色泡沫样痰，加干姜9克，细辛3克。

痰浊化热，色黄稠粘，去白芥子，加冬瓜仁15克，海浮石15克。

久病脾虚，纳少神疲，加台参15克，黄芪15克，白术12克。

湿阻气滞，脘腹胀满，嗳气频作加厚朴9克，枳实9克，复花9克。

(2)阳虚饮盛型

症状：病程久延，咳喘每因天气骤冷而发作，咳吐大量白色泡沫样痰，畏寒肢冷，纳少神疲。舌淡胖，苔白滑，脉沉细。

治法：脾肾双补，温阳化饮。

方药：理中化痰丸加减

人参3克，干姜9克，半夏9克，白术15克，云苓15克，甘草3克，熟附子6克。水煎服，日1剂。

加减：感寒而发，咳喘加剧，去人参，加炙麻黄9克，桂枝9克，白芍9克。

中成药：①牡荆油胶丸

口服，每次1至2丸，日3次。用于慢性气管炎。

②蛤蚧梨止咳糖浆

口服，每次10毫升，日4次。用于急慢性气管炎。

3. 临床缓解期

症状：倦怠乏力，常自汗出，易感外邪，咳喘缠绵不已。舌

淡苔薄白，脉沉弱。

治法：补土生金、益气固卫。

方药：四君子汤合玉屏风散加味

人参 3 克，黄芪 30 克，白术 9 克，云苓 12 克，防风 6 克，甘草 3 克。水煎服，日 1 剂。

加减：咳喘较重加紫菀 9 克，冬花 9 克，杏仁 9 克，川贝 9 克。

畏寒汗多酌加桂枝 9 克，白芍 12 克，浮小麦 30 克。

预防

患者宜经常参加体育活动和劳动，增强体质，提高全身抵抗力，坚持耐寒锻炼，预防感冒。应大力提倡戒烟。改善环境，积极消除空气污染。

1.3 支气管哮喘

本病是由细支气管平滑肌呈发作性痉挛、粘膜充血、水肿、分泌物增加所引起的以呼吸困难，伴有哮鸣与咳痰为特点的过敏性疾病。属祖国医学"哮证"范畴。

病因病机

肺脾肾三脏功能失调，水液代谢失常，痰饮内生，伏藏于肺，成为发病的"夙根"，复因外感六淫，饮食失调，情志刺激及劳倦内伤，以致痰随气升，气因痰阻，相互搏结，壅塞气道，发为哮吼。

辨证论治

1. 发作期

(1)寒哮

症状：呼吸急促，喉间哮鸣，胸膈满闷，面色青晦，轻度咳嗽，咯吐少量白色泡沫样痰，每因天冷或感寒而发，口不渴，或伴风寒表证。舌苔薄白而润，脉浮紧或弦紧。

治法：温肺散寒，化饮平喘。

方药：小青龙汤

炙麻黄9克，桂枝9克，白芍9克，干姜9克，半夏9克，五味子6克，细辛3克，甘草3克。水煎服，日1剂。

加减：恶寒发热身痛等表证明显，加柴胡12克，葛根15克，荆芥9克。

饮邪化热加生石膏。

中成药：寒喘丸

口服，每次3至6丸，日2次。

(2)热哮

症状：喘逆倚息，呼气延长，胸中胀满，咳呛阵作，痰声如锯，痰黄白稠粘，咯吐不爽，烦躁不宁，面赤身热口渴，或伴风热表证。舌红苔黄腻，脉弦滑或滑数。

治法：清肺降逆，化痰平喘。

方药：定喘汤

炙麻黄9克，杏仁9克，苏子9克，桑白皮9克，黄芩9克，冬花9克，半夏9克，白果6克，甘草3克。水煎服，日1剂。

加减：表寒外束加桂枝9克，荆芥9克，生姜9克。

里热壅盛加银花30克，鱼腥草30克，蚤休30克。

痰鸣息涌不得卧，二便不通加防己9克，椒目12克，葶苈子15克，大黄6克。

(3)七盛下虚型

症状：哮喘发作频繁，甚则持续发作，喉中痰鸣如鼾，痰涎壅盛，胸膈满闷，咳而无力，面色苍白，甚则青紫，汗出肢冷。舌青晦，苔白腻，脉沉细。

治法：降逆平喘，温肾纳气。

方药：苏子降气汤

苏子9克，厚朴9克，前胡9克，半夏9克，当归9克，陈皮9克，肉桂4.5克，甘草4.5克，生姜3片。水煎服，日1

剂。

加减：喘逆倚息不得卧，面浮肢肿加葶苈子15克，桑皮12克，车前子15克(包煎)。

气虚明显加党参15克，五味子6克。

阳虚甚加熟附子9克，胡桃肉15克。

2. 缓解期

(1)肺虚型

症状：自汗怕冷，气短声低，经常感冒，每因气候变化而诱发，发作前喷嚏，鼻咽作痒。舌苔薄白，脉浮而无力。

治法：补气固表

方药：补肺汤加减

人参3克，五味子6克，黄芪30克，熟地12克，桑皮9克，紫菀9克。水煎服，日1剂。

加减：形寒肢冷加桂枝9克，熟附子6克。

阴虚，舌红少苔加麦冬15克，熟地改为生地12克。

(2)脾虚型

症状：饮食失当及劳倦则诱发哮喘，气短懒言，胃纳欠佳，胸脘痞闷，痰多腹胀，大便不实。舌苔薄白或白腻，脉沉缓无力。

治法：健脾化痰

方药：六君子汤

人参4.5克，茯苓12克，白术9克，陈皮9克，半夏9克，炙甘草6克。水煎服，日1剂。

加减：脾阳不振，形寒肢冷，便溏加熟附子6克，干姜9克。

脘腹胀满，嗳气加木香9克，砂仁9克，莱菔子9克。

(3)肾虚型

症状：短气不足以息，吸气不利，动则尤甚，稍劳即发。心

慌、头晕耳鸣，腰膝酸软。偏阳虚者，面色苍白，形寒肢冷，自汗，舌胖嫩苔薄白，脉沉弱。偏阴虚者，颧红，五心烦热，盗汗，舌红苔少，脉细数。

治法：补肾纳气定喘

方药：参蛤散加味

人参3克，五味子6克，蛤蚧6克，熟地9克，沉香1.5克。共研细末，每服3克至4.5克，日3次。

加减：偏阳虚者，加补骨脂9克，仙灵脾9克，钟乳石9克，熟附子6克。

偏阴虚者加麦冬9克，当归9克，枸杞子9克。

中成药：①黑锡丹

口服，每次2至3克，日1至2次。用于真阳不足，肾不纳气。本品不能长期服用或过量应用，以免铅中毒。

②七味都气丸

口服，每次9克，日2次。用于肾阴亏虚，气失摄纳。

预防

积极查明过敏反应源，尽量避免再次吸入、接触或食入，有条件者可用有关过敏性抗原浸出液进行脱敏治疗。平时应注意劳逸结合，预防上呼吸道感染，戒烟节酒，避免情志刺激。缓解期要坚持扶正固本疗法。

1.4 大叶性肺炎

本病绝大多数是由肺炎双球菌所引起的，整个肺大叶出现渗出性炎变或实变。临床上有突然寒战，高热，呼吸困难、胸痛和血痰等特点。属祖国医学"风温"、"肺热病"、"肺炎喘嗽"、"胸痛"等范畴。

病因病机

本病常由生活起居不当，或气候突变，卫外之气不能调节应变，以及过度劳倦伤及脾肾等因，复感六淫或时行之邪，肺热气

壅，炼液为痰，痰热互结，肺络受伤所致。若正胜邪却，则痰热消退；热势鸱张，则易出现正气虚脱。

辨证论治

1. 邪犯肺卫型

症状：发热恶寒，咳嗽不畅，胸闷憋气，或胸部隐痛，痰少色白质粘，无汗或汗少，口渴，或有头痛，全身不适，咽痛鼻塞等症状，舌边尖赤，苔薄白或薄黄，脉浮数。

治法：辛凉解表，宣畅肺气。

方药：银翘散合桑菊饮加减

银花 30 克，芦根 30 克，连翘 15 克，桑叶 9 克，杏仁 9 克，桔梗 9 克，前胡 9 克，浙贝 9 克，牛蒡子 9 克，甘草 3 克，水煎服，日 1 剂。

加减：恶寒重，无汗，加麻黄 9 克，苏叶 9 克。

壮热汗多，口渴，加生石膏 30 克，知母 12 克。

头痛身楚加菊花 9 克，蔓荆子 9 克，葛根 15 克。

中成药：防风通圣丸

口服，每次 6 克，日 2 次。孕妇慎用。用于肺炎初起，恶寒壮热，便秘溲赤者。

2. 痰热壅肺型

症状：壮热不退，咳嗽频作，咯痰黄粘或吐铁锈色痰，或痰中带血丝、量中等，气粗鼻煽，胸痛加重，烦渴多饮，面赤。舌红苔黄而干，脉洪大滑数。

治法：清肺平喘，止咳化痰。

方药：五味消毒饮、小陷胸汤合葶苈大枣泻肺汤加减。

银花 30 克，公英 30 克，野菊花 15 克，地丁 15 克，瓜蒌 15 克，天葵子 15 克，黄连 9 克，半夏 9 克，冬瓜仁 15 克，杏仁 9 克，浙贝 9 克，葶苈子 15 克。水煎服，日 1 剂。

加减：痰中带血丝加小蓟 30 克，白茅根 30 克，藕节 30 克。

咳喘甚加炙麻黄9克，苏子9克。

胸部刺痛，口唇紫绀，加桃仁9克，赤芍15克，丹参15克。

中成药：羚羊清肺丸

口服，每次6克，日3次。孕妇慎用。用于高热痰黄，喘促胸痛、溲赤便干者。

3. 热入心营型

症状：高热夜甚，咳逆气急痰鸣，咯痰黄稠或痰中带血，胸痛，口渴不欲饮水，甚则神识不清，烦躁谵语，手足抽动。舌红绛而干，苔焦黄，脉沉细数。

治法：清营解毒，开窍熄风。

方药：清营汤加减

犀角粉1.5克(冲服)，银花30克，连翘15克，生地12克，元参12克，寸冬12克，丹参12克，竹叶9克，黄连9克，天竺黄9克，胆星9克。水煎服，日1剂。

加减：营血热盛，肌肤斑疹，加大青叶30克，紫草15克，赤芍15克。

动风痉厥加羚羊角粉1.5克(冲服)，全蝎粉3克冲服。

痰鸣气壅，痰阻肺闭，加猴枣0.6克(冲服)，鲜竹沥水20毫升冲服。

神昏谵语加郁金12克，石菖蒲12克。

中成药：万氏牛黄清心丸

口服，每次3克，日2至3次。用于高热惊厥者。

4. 正气虚脱型

症状：体温骤降，头面大汗淋漓，四肢厥冷，气息奄奄，咳而无力，喉中痰声如鼾，唇甲发绀，神志模糊或心烦躁扰，面色苍白或颧红，口干。舌紫红苔少而干，脉微细欲绝。

治法：益气救阴，回阳固脱。

方药：生脉散合参附龙牡汤

人参 3 克至 6 克，麦冬 15 克，五味子 6 克，熟附子 6 克至 9 克，生龙牡各 15 克。水煎服，日 1 剂。

加减：亡阴为主加沙参 12 克，山萸肉 12 克。

亡阳甚加干姜 9 克，肉桂 6 克。

预防

坚持不懈地进行体育锻炼，积极防治感冒和气管炎。

1.5 肺脓肿

本病是由各种病原菌(葡萄球菌，链球菌、肺炎双球菌，梭状菌，螺旋体等)所引起的肺部化脓性感染、坏死、液化而形成的脓肿。临床上以高热、咳嗽、咳吐大量脓臭痰为特征。属祖国医学"肺痈"范畴。

病因病机

患者由于正气素虚，痰热内蕴，复感风寒郁久化热或感受风热毒邪而致病。初期病在肺卫，继而热壅血瘀，痰瘀互结，蕴酿成痈。热毒炽盛则血败肉腐，酿为脓血。经过恰当及时的治疗，脓肿内溃，热毒外泄，正气渐复，痈肿渐告愈合。恢复期往往有不同程度阴伤气耗及余热毒邪。

辨证论治

1. 初期

症状：发热恶寒，咳嗽阵作，咯吐白粘痰或黄痰，量由少渐多，胸痛，咳时尤甚，胸闷憋气，鼻灼热而干。舌边尖赤，苔薄白或薄黄，脉浮数而滑。

治法：清肺化痰　解表止嗽

方药：清肺解毒汤合贝母瓜蒌散加减。

贯众 30 克，大青叶 15 克，紫草根 15 克，瓜蒌 12 克，草河车 15 克，桔梗 9 克，百部 9 克，浙贝 9 克，花粉 9 克，橘红 9 克，云苓 9 克。水煎服，日 1 剂。

加减：头身痛加桑叶 9 克，葛根 15 克。

胸痛甚加丹参 12 克，郁金 12 克，没药 6 克。

胸闷憋气加炙麻黄 9 克，杏仁 9 克。

2. 成痈期

症状：壮热寒战，烦躁汗出，咳嗽气急，胸满作痛，转侧不利，咯吐黄脓痰，其味腥臭。舌红苔黄厚腻，脉滑数。

治法：清肺解毒，化瘀消痈。

方药：千金苇茎汤合如金解毒散加减。

苇茎 30 克，薏米 30 克，冬瓜仁 30 克，红藤 15 克，桃仁 12 克，桔梗 12 克，黄柏 9 克，黄芩 9 克，黄连 9 克，山栀 9 克，甘草 4.5 克，鱼腥草 30 克。水煎服，日 1 剂。

加减：痰浊阻肺，喘逆不得卧加葶苈子 15 克，桑皮 30 克。

胸部刺痛加当归 12 克，丹参 24 克，乳香 6 克，没药 6 克。

便秘加大黄 9 克，芒硝 9 克。

咳剧加杏仁 9 克，浙贝 9 克。

中成药：犀黄丸

口服。每次 3 至 6 克，日 1 至 2 次。孕妇忌服。

3. 溃脓期

症状：咳吐大量脓血痰，或如米粥样，腥臭异常，甚则咳血，胸部胀满疼痛，喘咳不得卧，身热面赤，烦渴喜饮。舌红苔黄腻，脉沉数有力。

治法：解毒，排脓。

方药：加味桔梗汤加减

桔梗 15 至 30 克，薏米 30 克，双花 30 克，浙贝 9 克，橘红 9 克，白芨 9 克，葶苈子 15 克。水煎服，日 1 剂。

加减：排脓不畅加山甲 9 克，皂刺 9 克。

咯血加白茅根 30 克，藕节 30 克，生地 15 克，丹皮 15 克。

胸部胀满，喘不得卧，大便秘结加桔梗白散 0.5 克冲服。

气虚不能托毒加生黄芪 30 克。

中成药：①云南白药

口服，每服 0.5 克，日 3 次。用于咯血者。

②三七片

口服。每服 1.5 克至 3 克，每日 1 至 2 次。用于咯血者。

4. 恢复期

症状：身热渐退，咳喘减轻，咯吐脓血渐少，臭味亦减，黄脓痰转为白粘痰，逐日减量，胸痛隐隐，伴气短疲乏，自汗盗汗，午后潮热，口干。舌红苔少，脉细数。

治法：养阴补肺，兼清余毒。

方药：沙参清肺汤　加减

生黄芪 30 克，太子参 15 克，冬瓜仁 15 克，薏米 15 克，合欢皮 15 克，沙参 9 克，白芨 9 克，桔梗 9 克。水煎服，日 1 剂。

加减：午后潮热加地骨皮 15 克，白薇 9 克，青蒿 9 克。

咯痰腥臭脓浊，日久不净去沙参、白芨、加野荞麦根 30 克，鱼腥草 30 克，红藤 30 克。

中成药：复方鱼腥草片

口服，每次 4 至 6 片，日 3 次。

预防

积极防治口腔、上呼吸道急慢性炎症和空洞性肺结核、支气管扩张并感染，避免吸入性肺脓肿；积极治疗皮肤创伤、感染、痈疖，防止血源性肺脓肿。对昏迷、全身麻醉患者应加强护理，以免肺部感染。

1.6　阻塞性肺气肿

本病由于慢性气管炎，支气管哮喘，广泛性支气管扩张，慢性纤维空洞型肺结核等病反复发作，导致细支气管阻塞，以致肺

脏终末支气管远端部分膨胀及过度充气，引起肺组织弹力减退和容积增大。临床上以气喘胸闷，甚则胸部膨满为特点。属祖国医学"肺胀"范畴。

病因病机

久患慢性肺系病证，如感冒、咳嗽、喘证、哮病、肺痈、肺痿，迁延失治，肺脾肾三脏俱虚，气血津液运行输布障碍，因而痰饮潴留，瘀血停聚，阻塞气道，终致肺气胀满，不能敛降，下元亏耗，气失摄纳。在此基础上，六淫外邪每易反复乘袭，诱发咳喘哮鸣等症状急性发作。

辨证论治

1. 标实证

(1)表寒里热型

症状：恶寒重，发热轻，鼻塞流清涕，无汗，喘息气粗，痰黄稠粘。舌红苔黄，脉滑数。

治法：解表清里

方药：大青龙汤加减

炙麻黄 9 克，桂枝 9 克，杏仁 9 克，浙贝 9 克，瓜蒌 15 克，生石膏 30 克，甘草 4.5 克。水煎服，日 1 剂。

加减：表寒甚加苏叶 9 克，羌活 9 克。

黄痰量多，稠粘难咯加冬瓜仁 30 克，海浮石 30 克，薏米 30 克。

咳喘甚加百部 12 克，苏子 12 克，桑皮 12 克。

中成药：清瘟解毒丸

口服。每次 9 克，日 3 次。

(2)寒饮阻肺型

症状：经常咯吐白色泡沫样痰，形寒肢冷，咳喘久延，感寒诱发。舌苔白滑，脉弦滑而缓。

治法：温化寒饮

方药：厚朴麻黄汤加减

厚朴 9 克，炙麻黄 9 克，杏仁 9 克，半夏 9 克，干姜 9 克，五味子 6 克，细辛 3 克。水煎服，日 1 剂。

加减：痰量多，加云苓 30 克。

恶寒发热无汗加桂枝 9 克、荆芥 9 克。

咳喘不得卧加苏子 12 克，紫菀 9 克，冬花 9 克。

形寒肢冷加熟附子 6 克。

中成药：麻黄止嗽丸

口服，每次 6 克，每日 2 至 3 次。

(3)痰热蕴肺型

症状：咯痰白粘或黄稠量多，胸部膨满窒闷，喘咳，或有身热面赤口渴，溲黄便干。舌红苔黄厚，脉洪滑。

治法：清肺化痰，降逆平喘

方药：宣白承气汤合清气化痰丸加减

生石膏 30 克，瓜蒌仁 24 克，黄芩 9 克，杏仁 9 克，陈皮 9 克，半夏 9 克，云苓 9 克，胆星 9 克，枳实 9 克，大黄 4.5 克。水煎服，日 1 剂。

加减：咯痰艰涩加海蛤粉 15 克，海浮石 15 克，风化硝 9 克。

痰鸣喘息，高枕而卧加地龙 12 克，厚朴 9 克。

痰热伤津，口干咽燥加花粉 12 克，知母 12 克，芦根 24 克。

中成药：① 清肺抑火丸

口服，每服 6 克，日 2 次。孕妇忌服。

② 猴枣散

口服，每次 0.3 至 0.6 克，日 1 至 2 次。用于痰热闭窍，神昏喘鸣者。

(4)瘀血阻肺型

症状：喘促气急鼻煽，颜面及口唇青紫，胸部胀闷钝痛。舌质紫暗瘀斑，舌下瘀筋，苔薄白，脉沉涩。

治法：活血化瘀

方药：桃红四物汤加减

生地 12 克，赤芍 12 克，当归 12 克，桃仁 9 克，红花 9 克，川芎 9 克。水煎服，日 1 剂。

加减：发热面赤，烦躁口渴加银花 24 克，鱼腥草 24 克，连翘 12 克。

痰涎涌盛加橘红 9 克，半夏 9 克，前胡 9 克，云苓 12 克，瓜蒌仁 12 克。

气短心慌，活动加重，加黄芪 30 克，台参 30 克。

咳喘明显加杏仁 9 克，川贝 9 克，紫菀 12 克，冬花 12 克。

2. 本虚证

(1) 肺肾气虚型

症状：安静时亦感呼吸短促难续，张口抬肩，咳声低怯，形寒自汗，易感冒。

治法：补肺益肾

方药：保元汤加味

人参 3 克(炖服)，黄芪 30 克，肉桂 1.5 克，鹅管石 15 克，五味子 6 克，炙甘草 6 克。水煎服，日 1 剂。

加减：汗多加浮小麦 30 克，生牡蛎 30 克，麻黄根 9 克。

中成药：灵芝片

口服。每次 3 片，日 3 次。

(2)气阴两虚

症状：倦怠懒言，气怯息短，颧红口干，烦热盗汗，手足心热。舌胖嫩红，苔剥，脉虚数。

治法：气阴双补

方药：生脉散合大补元煎

西洋参 3 克(炖服)，麦冬 15 克，五味子 6 克，生地 12 克，山药 12 克，山萸肉 12 克，枸杞子 12 克，杜仲 9 克，当归 9 克，炙甘草 4.5 克。水煎服，日 1 剂。

加减：颧红，五心烦热加元参 12 克，丹皮 12 克，地骨皮

15克，白薇15克。

中成药：八仙长寿丸

口服。每次9克，日2次。用于肺肾阴虚者。

(3)脾肾阳虚型

症状：喘促日久，呼多吸少，气不得续，形寒肢冷，纳少便溏，颜面及下肢浮肿。舌淡胖，苔白滑，脉沉细。

治法：温补脾肾

方药：人参胡桃汤合右归饮加减

人参3克(炖服)，胡桃肉30克，熟地15克，山药12克，枸杞子12克，杜仲9克，山萸肉12克，五味子6克。水煎服，日1剂。

加减：气短而不续加黄芪30克，沉香1.5克(冲服)。

浮肿加车前子30克(包煎)，滑石30克，冬瓜皮30克。

中成药：

① 刺五加片

口服。每次3片，日3次。

② 蛤蚧定喘丸

口服，每次1.5克，日2至3次。

预防

本病的预防，主要是防止和彻底治疗感冒、气管炎、支气管哮喘、支气管扩张、肺结核等原发病。具体方法参见上述各节。

呼吸锻炼，包括气功呼吸、腹式呼吸和呼吸操，对于防止本病的发生和发展至关重要。

1.7 支气管扩张

本病指支气管及其周围组织的炎症，损坏管壁所导致的支气管扩张和变形，大多继发于支气管—肺脏感染和支气管阻塞。多见于儿童和青年。其主要症状是慢性咳嗽，大量脓痰和反复咯

血。属祖国医学“咳嗽”、“痰饮”、“肺痈”、“咯血”等范畴。

病因病机

本病由于素体羸弱，或反复感冒，久患咳喘及肺痿，正气内虚，易致外邪乘袭；复因脏腑功能失调，痰饮内生，内外合邪，终致咳嗽、咯痰缠绵不愈。部分患者感受热毒，或寒邪郁久化热，血瘀痰结，甚则灼伤肺络，出现脓痰及咯血。若热毒壅盛，留恋不解，耗气伤阴，进而表现虚实夹杂证候。

辨证论治

1. 痰浊阻肺型

症状：长期咳嗽，每天晨起或就寝后咳吐大量痰液，静置数小时可分离成三层。咳痰不畅则胸膈胀满不适，甚则恶心呕吐，痰尽则咳平喘止。苔白腻，脉弦滑。

治法：燥湿祛痰，理气宽胸。

方药：导痰汤加减

陈皮 9 克，半夏 9 克，云苓 12 克，枳实 9 克，胆星 9 克，甘草 6 克。水煎服，日 1 剂。

加减：咳嗽甚，加杏仁 9 克，浙贝 9 克，厚朴 9 克。

恶心呕吐加竹茹 12 克。

有寒象加干姜 9 克，细辛 3 克，白芥子 9 克。

咯痰不畅加鲜竹沥水 20 至 30 毫升，瓜蒌仁 24 克。

中成药：

① 橘红丸

口服。每次 12 克，日 2 次。

② 复方桔梗片

口服。每次 3 至 4 片，日 3 次。

2. 热毒痰瘀型

症状：咯吐大量黄绿色脓痰，或有腥臭味，壮热恶热，胸闷喘促。舌红苔黄腻，脉滑数有力。

治法：清肺解毒，祛痰逐瘀

方药：黄连解毒汤、千金苇茎汤、桔梗汤加减。

黄连 9 克，黄芩 9 克，黄柏 6 克，山栀 9 克，苇茎 30 克，桃仁 9 克，生苡米 30 克，冬瓜仁 30 克，桔梗 15 克，甘草 6 克。水煎服，日 1 剂。

加减：咳逆倚息不得卧，加杏仁 9 克，葶苈子 24 克，桑白皮 24 克。

高热加鱼腥草 30 克，双花 30 克，野菊花 30 克。

便秘加大黄 9 克，芒硝 9 克。

3. 热伤肺络型

症状：咳痰带血，甚至反复咯血，量多色鲜红。舌红苔黄，脉沉数。

治法：清肺凉血止血

方药：犀角地黄汤加味

犀角粉 1.5 克(冲服)，生地 30 克，丹皮 9 克，赤芍 9 克，白茅根 30 克，藕节 30 克。水煎服，日 1 剂。

加减：大咯血酌加仙鹤草 30 克，侧柏叶 30 克，白芨粉 9 克(冲服)。

吐脓痰加金荞麦根 30 克，连翘 15 克，败酱草 30 克，桔梗 9 克，生苡米 30 克。

中成药：黛蛤散

口服。每次 1.5 至 3 克，每日 1 至 2 次。

4. 阴伤气耗型

症状：久咳不已，时时咳吐脓痰或痰中带血，形瘦乏力，午后潮热，手足心热。舌胖嫩红，苔花剥，脉细数无力。

治法：益气养阴，清肺化痰。

方药：生脉散合养阴清肺汤加减

人参 3 克，寸冬 15 克，五味子 6 克，生地 15 克，元参 15 克，贝母 9 克，丹皮 12 克。水煎服，日 1 剂。

加减：潮热加地骨皮 30 克，白薇 9 克，知母 12 克。

咯血加旱莲草9克，小蓟30克，葛根12克。

咳嗽加杏仁9克，百部12克，百合30克。

吐脓痰加公英30克，地丁30克。

气虚甚加黄芪24克。

预防

本病患者生活上应作到起居有节，寒温适度，以御外邪。不宜过食肥甘、辛辣、酸咸、生冷，以杜生痰之源。应重视体育锻炼，增强体质，以固根本。

2　心脑血管系统疾病

2.1　风湿性心脏病

本病是风湿病引起的慢性心瓣膜损害，形成瓣膜口的狭窄或关闭不全，或二者同时存在，导致血液动力学的改变，最后心功能不全，形成充血性心力衰竭。临床主要表现为心悸、喘息、咯血、二尖瓣面容等。本病属祖国医学"心悸""怔忡""心痹""水肿"等病证的范畴。

病因病机

祖国医学认为，本病的发生是由于风寒湿之邪侵入人体，病延日久，或反复感受外邪，由关节肌肉侵犯到血脉，遂由血脉累及到心脏而致本病。

辨证论治

1. 心脉瘀阻型

症状：头晕乏力，心悸怔忡，咳嗽，甚则咯血，或见心痛，两颧紫红，唇甲青灰，舌质青紫或有瘀斑，脉涩或结代。

治法：活血化瘀。

方药：桃红四物汤

桃仁 10 克，红花 10 克，生地 15 克，赤芍 10 克，当归 10 克，川芎 10 克。水煎服，日 1 剂。

加减：气虚者加党参 30 克、黄芪 30 克。

喘咳甚而有粘痰者加葶苈子 15 克、苏子 10 克。

咳嗽咯血者加三七粉 3 克、茜草 12 克。

单方：丹参 30 克，水煎服，日 1 剂。

中成药：复方丹参片

每服 3 片，日服 3 次，温开水送服。

2. 心阳不振型

症状：心悸怔忡，畏寒肢冷，头晕乏力，唇甲青紫，下肢水肿，舌质紫暗，脉细无力或结代。

治法：温补心阳，佐以利水。

方药：苓桂术甘汤

茯苓 30 克，桂枝 10 克，白术 10 克，甘草 6 克。水煎服，日 1 剂。

加减：畏寒重者加制附子 10 克；

心悸重者加炒枣仁 30 克；

咳嗽咯血者加炒杏仁 10 克、三七粉 3 克；

水肿甚者加泽泻 15 克、车前子 30 克。

验方：茯苓皮 30 克，冬瓜子、皮各 15 克，防己 10 克，防风 10 克。水煎服，日 1 剂。

中成药：柏子养心丸

每服 1 丸，日服 2 次，温开水送服。

3. 心脾两虚型

症状：心悸动则尤甚，气短汗出，面色苍白或萎黄，头晕目眩，夜寐不宁，或下肢浮肿，舌淡胖有齿印，脉细或濡弱。

治法：补益心脾。

方药：归脾汤

党参 30 克，白术 12 克，黄芪 30 克，当归 12 克，茯神 12 克，远志 10 克，炒枣仁 15 克，木香 10 克，龙眼肉 12 克，大枣 5 枚，生姜 3 克，甘草 6 克。水煎服，日 1 剂。

中成药：人参归脾丸

每服 1 丸，日服 2 次，温开水送服。

4. 心肾阳虚型

症状：心悸气喘，倚息不得卧，头晕胸闷，小便短少，全身浮肿，畏寒肢冷，舌淡胖有齿印，脉沉细或结代。

治法：温阳利水。

方药：真武汤

制附子 12 克，茯苓 30 克，白术 12 克，白芍 12 克，生姜 6 克。水煎服，日 1 剂。

加减：水肿甚者，加生黄芪 30 克、泽泻 15 克、车前子 30 克；

若大汗出，四肢厥冷，小便少而浮肿显著者，可用参附汤送服黑锡丹 3 克以急救。

中成药：济生肾气丸

每服 1 丸，日服 2 次，温开水送服。

预防

注意卫生，防寒保暖，避免久居潮湿之地。加强体育锻炼，提高身体健康水平，防止链球菌感染。已感染者，如扁桃体炎、咽峡炎、猩红热、丹毒等，要做到及时治疗，全力控制风湿活动，以防止病变侵犯心脏。

2.2 冠状动脉硬化性心脏病

本病是由冠状动脉发生粥样硬化而导致管腔狭窄或闭塞，造成心肌缺血缺氧而引起。临床表现以心绞痛、心肌梗塞、心律不齐、心力衰竭为主。心电图可有心肌缺血或相应的改变。本病属祖国医学“胸痹”“心痛”“真心痛”“厥心痛”等病证的范畴。

病因病机

祖国医学认为，本病的发生与以下因素有关：

1. 年老体衰，肾气不足：本病多见于 40 岁以上的人，此时肾气开始虚衰。肾为气之根，心肾相通，肾气虚衰则心气不足，心气不足无力推动血液正常运行，导致心血瘀阻，遂生本病。

2. 七情内伤，气滞血瘀：情志所伤，最易导致气机郁结。气为血帅，气滞则血瘀，以致心脉痹阻而发病。

3. 饮食失节，损伤脾胃：过食膏粱肥甘厚味则损伤脾胃，或造成脾气虚，或造成中气滞，或助湿生痰，均可导致心脾气化

失调，气血运化受阻，致使气结血凝而发生心痛。

4. 寒邪侵袭，凝滞心脉：寒邪外侵，寒性凝滞，致使气不行血不流，不通则痛。

总之，在本病的发病过程中，心、脾、肾虚为病之本，气滞、血瘀、痰浊、寒凝为病之标。

辨证论治

1. 胸阳痹阻型

症状：胸闷憋气，阵发性心痛，心悸气短，畏寒肢冷，每遇受寒后则诱发，舌淡苔白润或腻，脉弦滑。

治法：通阳宣痹。

方药：瓜蒌薤白桂枝汤合二陈汤

瓜蒌 30 克，薤白 10 克，桂枝 10 克，半夏 10 克，陈皮 10 克，茯苓 15 克，甘草 6 克。水煎服，日 1 剂。

2. 气滞血瘀型

症状：阵发性心胸刺痛，两胁胀痛，痛引肩背，胸闷气短，舌质暗或有瘀点、瘀斑，脉弦或涩。

治法：活血化瘀。

方药：血府逐瘀汤

桃仁 10 克，红花 10 克，当归 10 克，生地 12 克，枳壳 10 克，赤芍 15 克，柴胡 12 克，甘草 10 克，桔梗 6 克，川芎 10 克，牛膝 10 克。水煎服，日 1 剂。

3. 痰浊内阻型

症状：胸闷或胸痛，形体肥胖，身重乏力，或咳嗽吐痰，舌苔厚腻或垢浊，脉滑。

治法：化痰泄浊。

方药：瓜蒌薤白半夏汤合温胆汤

瓜蒌 30 克，薤白 10 克，半夏 10 克，枳实 10 克，陈皮 10 克，茯苓 15 克，竹茹 15 克，甘草 6 克。水煎服，日 1 剂。

加减：脾虚痰盛者加党参 30 克、白术 10 克；

痰热者加黄连6克。

4. 气虚血瘀型

症状：胸闷胸痛，活动后加重，气短乏力，头晕耳鸣，或心悸失眠，舌淡苔薄白，脉沉无力。

治法：益气活血。

方药：补阳还五汤加减

黄芪30克，党参30克，当归10克，川芎10克，红花10克，赤芍10克，葛根15克。水煎服，日1剂。

加减：食欲不振者加山楂15克；

心悸失眠者加炒枣仁30克、柏子仁15克；

下肢浮肿者加泽泻15、车前子30克。

5. 气阴两虚型

症状：胸闷胸痛，短气乏力，心悸自汗，口干少津，烦躁不寐，舌红少苔，脉沉细或结代。

治法：益气养阴。

方药：生脉散加味

党参30克，麦冬30克，五味子10克，丹参15克，葛根15克。水煎服，日1剂。

加减：头晕耳鸣、心烦易怒者，加生地30克、栀子10克；

6. 阳虚欲脱型

症状：心痛短气，大汗出，四肢冷，面色苍白，甚则昏厥，舌淡苔白，脉微欲绝。

治法：回阳固脱。

方药：参附龙牡汤

人参12克，附子12克，龙骨30克，牡蛎30克。水煎服，日1剂。

加减：若面色青紫，咳喘倚息，咯血，加沉香10克，三七粉3克。

中成药：①复方丹参片

每服 3 片，日服 3 次，温开水送服。

②冠心苏合丸

每服 1 丸，日服 2 次，温开水送服。

③心灵丸

每服 2 丸，日服 2 次，舌下含服或咀嚼。

预防

1. 节制饮食，尽可能的少食动物脂肪和高胆固醇类食物。对血脂较高的患者，应适当服用降血脂药物。

2. 高血压患者，应控制血压，使血压维持于接近正常水平。

2.3 心肌病

心肌病是一组以心肌病变为主要疾病的总称。临床上把一些表现为心脏扩大、心律失常和心功能不全，无其它心脏病证据，而由感染、药物中毒、全身疾病或原因不明所致的程度不一的心肌损害，称为心肌病。本节主要是指原发性心肌病和与感染有关的心肌病。本病属祖国医学"惊悸""怔忡""脚气""水肿""咳喘"等病证的范畴。祖国医学中记载的"脚气冲心"与维生素 B 缺乏症所致的心肌病有相似之处。

病因病机

祖国医学认为，本病的发生的是由于体质虚弱，复感外邪，内舍于心而发生。

1. 外邪侵袭：外邪以热毒为最常见，在各种瘟疫病中，如麻疹、水痘、风湿、暑湿等，均可以并发本病。在临床见到时行感冒而发生本病者，一般在时行感冒之后。

2. 过度劳倦：温邪病毒侵入人体，又有过度劳倦，寒暖失调或起居失常等因素，均可损伤气血，而致心失所养，心悸而动。

3. 体质虚弱：体虚是发生本病的内因，其中气虚患者发生

本病更为常见。亦可见于阴血虚而致本病，常见于产后气虚失血者。

本病的病变部位在心，并与脾、肾的关系较为密切。

辨证论治

1. 气阴两虚型

症状：心悸怔忡，神疲乏力，胸闷气短，口干舌燥，舌红少津，脉细数或结代。

治法：益气养阴。

方药：生脉散加味

党参 30 克，麦冬 30 克，五味子 10 克，生地 30 克，当归 10 克。水煎服，日 1 剂。

加减：胸痛者，加丹参 15 克、赤芍 10 克；

手足抽搐者，加牡蛎 30 克、龟板 10 克。

中成药：补心丹

每服 1 丸，日服 2 次，温开水送服。

2. 阳虚水泛型

症状：心悸自汗，形寒肢冷，神疲尿少，下肢浮肿，或伴胸水、腹水，舌淡苔薄白，脉沉细。

治法：温阳利水。

方药：真武汤

制附子 12 克，茯苓 30 克，白术 12 克，白芍 12 克，生姜 3 克。水煎服，日 1 剂。

加减：伴胸水、腹水者，加桂枝 10 克、葶苈子 12 克、猪苓 10 克；

胁下痞痛者，加丹参 30 克、三棱 10 克、莪术 10 克；

水肿甚者，加生黄芪 30 克、车前子 30 克。

中成药：济生肾气丸

每服 1 丸，日服 2 次，温开水送服。

3. 阳虚欲脱型

症状：心悸气急，不能平卧，大汗淋漓，手足厥冷，舌淡苔薄白，脉微欲绝。

治法：回阳固脱。

方药：参附龙牡汤

人参 12 克，附子 12 克，龙骨 30 克，牡蛎 30 克。水煎服，日 1 剂。

加减：胸部闷痛，或有绞痛样发作，加丹参 30 克、檀香 6—10 克；

如突然晕厥，应立即投以芳香开窍之品，如凉开之至宝丹、紫雪丹，温开之苏合香丸。

单方：人参 30 克，水煎急服或鼻饲。

2.4 心律失常

心律失常是指由于心脏内冲动的形成和传导不正常，使心脏活动规律发生紊乱。从其临床表现来看，不论其病因如何，均有心悸、头晕的症状，甚者出现昏厥。本病属祖国医学"心悸""怔忡""眩晕""厥证"等病证的范畴。

病因病机

本病的病因病机比较复杂，归纳起来主要有虚实两方面的原因：

1. 外邪侵袭或情志所伤：温热毒邪或寒湿之邪侵入人体，或遭惊恐怒忧等情志所伤，从而产生气滞、血瘀、痰浊等，均可导致心(脉)动失常。

2. 脏腑亏损：心之阴阳气血亏损，或他脏受损波及于心，由于心主血脉，心脏亏损则遂生心(脉)动失常。

总之，本病的病位在心，基本病理为虚实夹杂。虚为心之气血阴阳亏虚，或心肾阴虚、阳虚；实为气滞、血瘀、痰浊。虚实之间相互影响，从而造成复杂的病理变化。

辨证论治

1. 以证统病

(1)心神不宁型

症状：心悸，善惊易恐，多梦易醒，烦躁不宁，舌淡苔白，脉数或虚弦。

治法：宁心安神。

方药：桂枝甘草龙骨牡蛎汤加味

桂枝 10 克，甘草 10 克，龙骨 30 克，牡蛎 30 克，炒枣仁 30 克，当归 10 克。水煎服，日 1 剂。

加减：心烦口苦、舌红苔黄者，加黄连 10 克、生地 30 克、珍珠母 30 克；

中成药：①朱砂安神丸

每服 6 克，日服 3 次，温开水送服。

②磁朱丸

每服 6 克，日服 3 次，温开水送服。

(2)心血不足型

症状：心悸不安，面色萎黄，神疲体倦，头晕目眩，气短自汗，舌淡苔薄白，脉细弱。

治法：健脾益气，补养心血。

方药：归脾汤

党参 30 克，白术 10 克，黄芪 15 克，当归 10 克，茯神 12 克，远志 10 克，炒枣仁 18 克，龙眼肉 12 克，木香 10 克，炙甘草 10 克，生姜 3 克，大枣 7 枚。水煎服，日 1 剂。

中成药：①归脾丸

每服 1 丸，日服 2 次，温开水送服。

②柏子养心丸

每服 1 丸，日服 2 次，温开水送服。

(3)心阴不足型

症状：心悸不宁，虚烦少寐，性急易怒，头晕目眩，耳鸣失

眠，口干便秘，舌红少苔，脉细数。

治法：滋阴安神。

方药：补心丹

生地 30 克，五味子 10 克，当归 10 克，天冬 15 克，麦冬 30 克，柏子仁 12 克，酸枣仁 30 克，党参 10 克，玄参 12 克，丹参 12 克，茯苓 10 克，远志 10 克，桔梗 10 克。水煎服，日 1 剂。

中成药：补心丹

每服 1 丸，日服 2 次，温开水送服。

(4)心阳虚弱型

症状：心悸气短，喘息浮肿，四肢不温，小便短少，胸闷胸痛，舌淡或紫暗，苔白，脉促或结代或虚弱而迟。

治法：温补心阳。

方药：桂枝甘草汤加味

桂枝 12 克，甘草 10 克，制附子 10 克，五味子 10 克。水煎服，日 1 剂。

加减：胸痛甚者加丹参 15 克、川芎 10 克；

水肿甚者加车前子 15 克、生黄芪 18 克。

(5)痰饮凌心型

症状：心悸头晕，胸脘痞闷，渴不欲饮，尿少浮肿，舌胖有齿痕，脉弦滑或沉缓。

治法：温化痰饮。

方药：苓桂术甘汤加味

茯苓 30 克，桂枝 10 克，白术 12 克，甘草 10 克，泽泻 15 克，半夏 10 克。水煎服，日 1 剂。

加减：胸痛者，加丹参 18 克、川芎 10 克；

咳嗽吐痰者，加葶苈子 12 克、炒杏仁 10 克；

四肢不温者，加制附子 10 克。

(6)气滞血瘀型

症状：心悸气短，胸闷不舒，心痛阵作，急躁易怒，舌淡或紫暗，苔白，脉弦、结代。

治法：理气活血。

方药：柴胡疏肝散

柴胡 12 克，杭芍 12 克，枳壳 12 克，川芎 10 克，香附 12 克，陈皮 10 克，甘草 6 克。水煎服，日 1 剂。

中成药：复方丹参片

每服 3 片，日服 3 次，温开水送服。

2. 以病统证

(1)早搏

A. 气阴两虚型

症状：心悸气短，活动后加重，神疲多汗，失眠多梦，面色不华，舌淡红苔薄白，脉细数结代或弦细结代。

治法：益气养阴。

方药：生脉散加味

党参 30 克，麦冬 30 克，五味子 10 克，生地 30 克，当归 12 克，炒枣仁 30 克。水煎服，日 1 剂。

加减：畏寒、四肢不温者，加桂枝 10 克；

胸闷胸痛者，加瓜篓 30 克、丹参 15 克。

B. 气滞血瘀型

症状：心悸，胸闷胸痛，急躁易怒，胁胀，舌紫暗或有瘀斑，脉弦结代。

治法：理气活血。

方药：柴胡疏肝散

柴胡 12 克，杭芍 10 克，枳壳 12 克，川芎 10 克，香附 12 克，陈皮 10 克，甘草 10 克。水煎服，日 1 剂。

C.痰热壅阻型

症状：心悸胸闷，纳差腹胀，口腻泛恶，烦躁口苦，舌红苔黄或黄腻，脉弦滑结代或弦数结代。

治法：清热化痰。

方药：小陷胸汤合温胆汤

瓜蒌 30 克，半夏 10 克，黄连 6 克，枳实 10 克，竹茹 10 克，茯苓 12 克，陈皮 10 克，甘草 6 克。水煎服，日 1 剂。

(2)心房纤颤

A. 气血两虚型

症状：心悸怔忡，胸闷不适，活动后加重，气短乏力，失眠，舌淡苔薄白，脉促。

治法：益气养血。

方药：炙甘草汤

炙甘草 12 克，党参 12 克，桂枝 10 克，生地 30 克，阿胶 12 克(烊化)，麦冬 30 克，火麻仁 6—12 克，大枣 7 枚，生姜 3 克。水煎服，日 1 剂。

加减：胸痛者，加丹参 15 克；

浮肿者，加泽泻 15 克、车前子 15 克；

惊悸甚者，加炒枣仁 30 克、生龙牡各 15 克。

中成药：归脾丸

每服 1 丸，日服 2 次，温开水送服。

B. 心肾阳虚型

症状：心悸怔忡，畏寒肢冷，四肢浮肿，或喘逆倚息不得卧，舌淡或紫暗，苔白滑，脉促。

治法：温补心肾。

方药：真武汤加减

制附子 10 克，茯苓 15 克，白术 12 克，白芍 15 克，桂枝 10 克，炒枣仁 18 克，泽泻 15 克。水煎服，日 1 剂。

加减：胸胁痛者，加丹参 15 克、川芎 10 克。

(3)病态窦房结综合症

A. 阳虚寒凝型

症状：心悸头晕，或时有晕厥，肢冷畏寒，神疲乏力，气短

懒言，舌淡苔白，脉迟。

治法：益气温阳散寒。

方药：补中益气汤合麻黄附子细辛汤

黄芪 30 克，白术 12 克，陈皮 10 克，升麻 6 克，柴胡 6 克，党参 30 克，当归 15 克，麻黄 10 克，附子 10 克，细辛 3 克，甘草 6 克。水煎服，日 1 剂。

中成药：补中益气丸

每服 1 丸，日服 2 次，温开水送服。

B. 气滞血瘀型

症状：心悸怔忡，胸闷胸痛，烦躁易怒，舌紫暗或有瘀斑，脉沉迟。

治法：理气活血。

方药：血府逐瘀汤

桃仁 10 克，红花 10 克，生地 15 克，当归 10 克，川芎 10 克，赤芍 10 克，柴胡 12 克，枳壳 12 克，桔梗 6 克，牛膝 10 克，甘草 6 克。水煎服，日 1 剂。

中成药：复方丹参片

每服 3 片，日服 3 次，温开水送服。

C. 痰浊阻络型

症状：心悸胸闷，痰多气短，腹胀纳差，呕恶，舌淡苔白腻，脉弦迟。

治法：化痰通络。

方药：瓜蒌薤白半夏汤加味

瓜蒌 30 克，薤白 10 克，半夏 10 克，陈皮 10 克，胆南星 10 克。水煎服，日 1 剂。

加减：畏寒肢冷者，加麻黄 10 克、细辛 3 克；

苔黄口渴者，加黄连 10 克；

胸痛者，加丹参 15 克、郁金 10 克。

预防

1. 避免情志刺激和过度劳累，培养乐观开朗的性格。

2. 积极治疗各种原有心脏疾患，从根本上解除引起心律失常的原因。

2.5 慢性肺源性心脏病

本病是由于肺、胸或肺动脉的慢性病变，产生功能或结构的改变所引起的肺动脉高压，导致右心室肥厚、扩大，严重者可出现右心代偿不全及呼吸衰竭。临床主要表现为心悸、喘咳、水肿等。本病属祖国医学“心悸”“喘证”“咳嗽”“痰饮”“水肿”等病证的范畴。

病因病机

本病主要由于水饮之邪影响于心肺而发病。肺为华盖，居于五脏之上，外合皮毛，职司清肃，若外邪干扰，日久不愈，损伤肺气，肺脏肃降无权，不能通调水道，水湿停聚而成水饮。若水饮停于心下，就能凌心犯肺。肺、脾、肾三脏共司三焦气化，肺病累及脾肾，脾虚不能制水，肾虚水失气化，而致水饮内停，壅居心肺。

本病的主要病变部位在肺，但与脾、肾关系密切，进而影响于心，病情复杂，变化多端。

辨证论治

1. 风寒外束，水凌心肺型

症状：咳嗽喘促，倚息不得卧，心悸，痰多色白清稀，身体疼重，肢体浮肿，面部尤甚，发热恶寒，舌淡苔白，脉弦紧。

治法：解表散寒，温化水饮。

方药：小青龙汤

麻黄 10 克，白芍 10 克，桂枝 10 克，甘草 10 克，干姜 3 克，细辛 3 克，半夏 12 克，五味子 6 克。水煎服，日 1 剂。

加减：表证不著，喘咳痰盛者，加葶苈子 12 克、苏子 12 克；

饮邪郁久化热，烦躁者，加生石膏 30 克。

2. 寒痰壅盛型

症状：咳嗽痰多，痰白而稀，短气喘息，恶风易汗，舌淡，脉沉细。

治法：温肺化痰，降气平喘。

方药：三子养亲汤合二陈汤

苏子 12 克，莱菔子 12 克，白芥子 10 克，半夏 12 克，陈皮 10 克，茯苓 12 克，甘草 6 克。水煎服，日 1 剂。

加减：咳重者，加紫菀 12 克、冬花 12 克；

腰酸痛，四肢不温者，加肉桂 6 克。

中成药：①橘红丸

每服 1 丸，日服 2 次，温开水送服。

②苏子降气丸

每服 10 克，日服 3 次，空腹温开水送服。

3. 痰热壅肺型

症状：咳嗽喘满，不能平卧，痰黄或白粘不易咯出，或身热口渴，大便干燥，舌红苔黄或黄腻，脉滑数或弦。

治法：清热化痰。

方药：麻杏石甘汤加味

麻黄 10 克，炒杏仁 10 克，生石膏 30 克，甘草 10 克，瓜蒌 30 克，半夏 10 克。水煎服，日 1 剂。

加减：身热痰黄者，加银花 30 克、黄芩 10 克；

大便干燥甚者，加大黄 10 克。

中成药：止嗽定喘丸

每服 10 克，日服 3 次，温开水送服。

4. 肺肾气虚，痰浊壅盛型

症状：畏寒乏力，气短自汗，喘咳动则尤甚，痰多清稀，腰酸腿软，舌淡或紫暗，苔白滑，脉沉细或弦滑。

治法：温肾纳气，化痰平喘

方药：金匮肾气丸合三子养亲汤

熟地 15 克，山茱萸 10 克，山药 12 克，丹皮 10 克，泽泻 10 克，茯苓 10 克，附子 10 克，肉桂 6 克，白芥子 10 克，苏子 12 克，莱菔子 12 克。水煎服，日 1 剂。

加减：无畏寒乏力、气短自汗者，去附子、肉桂；

偏肺肾阴虚者，去附子、肉桂，加沙参 15 克、阿胶 12 克(烊化)。

中成药：①金匮肾气丸

每服 1 丸，日服 2 次，温开水送服。

②苏子降气丸

每服 10 克，日服 3 次，空腹温开水送服。

5. 脾肾阳虚，水湿泛滥型

症状：心悸气喘，不得平卧，面色灰暗，四肢不温，下肢水肿，舌淡胖，苔白滑，脉沉细或结代。

治法：温阳利水，健脾化痰。

方药：真武汤合六君子汤

附子 10 克，茯苓 18 克，白术 12 克，白芍 12 克，党参 15 克，陈皮 10 克，半夏 10 克，生姜 3 克，甘草 6 克。水煎服，日 1 剂。

加减：口唇紫绀，胁下痞痛者，加丹参 30 克、三棱 10 克、莪术 10 克；

水肿甚者，加泽泻 15 克、车前子 30 克。

预防

1. 积极防治阻塞性肺气肿的发展和呼吸道感染。

2. 绝对戒烟。

2.6 充血性心力衰竭

本病一般是指慢性心功能不全，分左心衰竭、右心衰竭和全心衰竭。临床主要症状为呼吸困难、心悸、水肿。本病属祖国医

学“惊悸”“怔忡”“喘证”“痰饮”“水肿”等病证的范畴。

病因病机

1. 复感外邪：由于心主血脉，血脉受到外邪的侵袭，很容易影响到心脏，又影响血液的运行，产生血脉瘀滞。

2. 水气凌心犯肺：水气射肺则肺失肃降，气机上逆而为喘为咳，水气凌心则心悸怔忡。

3. 劳累过度：劳累过度则损伤心气，心气不足不能鼓动血脉正常运行，心失所养，则心悸而不能卧。劳累过度亦可使肾气亏损，使肾失摄纳而气急。

一般说来，本病初起，其病变主要在心肺，病久则累及脾肾。病在心肺，多见咳嗽、心悸等症，病情尚轻；累及脾肾，则常有水肿和动则气喘等症，病情较重。

辨证论治

1. 气阴两虚型

症状：心悸气喘，活动后加重，疲乏无力，头晕失眠，汗多心烦，舌红少苔，脉细数或结代。

治法：益气养阴。

方药：生脉散加味

党参 30 克，麦冬 15 克，五味子 10 克，黄芪 30 克，当归 12 克，炒枣仁 18 克。水煎服，日 1 剂。

加减：若心动悸、脉结代，加生地 30 克、桂枝 10 克、炙甘草 12 克；

咳嗽吐痰者，加桔梗 10 克、川贝 10 克。

2. 血瘀水阻型

症状：心悸怔忡，口唇紫绀，两颧暗红，气急动则尤甚，下肢水肿，舌暗或有瘀斑，苔白滑或白腻，脉涩或结代。

治法：化瘀行水。

方药：血府逐瘀汤合五苓散

桃仁 10 克，红花 10 克，生地 18 克，赤芍 10 克，当归 10

克，川芎 10 克，柴胡 12 克，枳壳 10 克，桔梗 10 克，牛膝 10 克，甘草 6 克，泽泻 15 克，桂枝 10 克，白术 10 克，猪苓 12 克，茯苓 15 克。水煎服，日 1 剂。

3. 阳虚水泛型

症状：心悸气喘，畏寒肢冷，腰酸尿少，面色苍白或青紫，全身浮肿，舌淡苔白，脉沉细或结代。

治法：温阳利水。

方药：真武汤合五苓散

附子 10 克，茯苓 30 克，白术 10 克，杭芍 12 克，泽泻 18 克，桂枝 10 克，猪苓 12 克，生姜 3 克。水煎服，日 1 剂。

4. 阳气虚脱型

症状：心悸气喘严重，烦躁不安，大汗淋漓，四肢厥冷，小便量少，浮肿，舌淡苔白，脉微欲绝。

治法：回阳固脱。

方药：参附龙牡汤

人参 12 克，附子 12 克，龙骨 30 克，牡蛎 30 克。水煎服，日 1 剂。

2.7 高血压病

本病又称原发性高血压病，是以动脉血压升高，尤其是舒张压持续升高为特点的全身性慢性血管疾病。以头痛、头晕为主要临床表现，晚期病人常因心、肾、脑等脏器出现不同程度的损害，还可出现相应的临床表现。本病属祖国医学“头痛”“眩晕”等病证的范畴。

病因病机

本病的发生常与情志失调、饮食不节、内伤虚损等因素有关。

长期精神紧张和恼怒忧思，肝气郁滞，郁久化火，火性炎上，而为风阳上扰。内伤虚损或年老肾亏，肾阴亏虚，肝失所

养，阴不敛阳，而致肝阳上亢。阴虚日久可以及阳，而致阴阳两虚。

恣食肥甘或饮酒过度，损伤脾胃，脾失健运，湿浊壅遏，久蕴化火，火灼津液成痰，痰浊内蕴，挟肝风而上扰清窍。

辨证论治

1. 肝阳上亢型

症状：头痛眩晕，面红目赤，烦躁易怒，舌红苔薄白或黄，脉弦。

治法：平肝潜阳。

方药：天麻钩藤饮

天麻 10 克，钩藤 30 克，栀子 10 克，黄芩 10 克，牛膝 10 克，益母草 15 克，寄生 12 克，茯神 10 克，杜仲 10 克，石决明 30 克，夜交藤 30 克。水煎服，日 1 剂。

2. 阴虚阳亢型

症状：眩晕头痛，腰膝酸软，耳鸣健忘，五心烦热，心悸失眠，四肢麻木，舌红苔薄白或薄黄，脉弦细。

治法：育阴潜阳熄风。

方药：镇肝熄风汤

龙骨 30 克，牡蛎 30 克，杭芍 15 克，天冬 15 克，元参 15 克，代赭石 30 克，茵陈 15 克，牛膝 15 克，炒麦芽 15 克，川楝子 10 克，龟板 12 克，甘草 6 克。水煎服，日 1 剂。

3. 痰浊中阻型

症状：头痛眩晕，胸闷头重，恶心呕吐，心悸食少，舌淡苔白腻，脉弦滑。

治法：祛痰化湿。

方药：半夏白术天麻汤

半夏 12 克，白术 12 克，天麻 10 克，茯苓 15 克，陈皮 10 克，甘草 6 克，蔓荆子 10 克，生姜 3 克，大枣 5 枚。水煎服，日 1 剂。

加减：脾虚者，加党参 15 克；

心烦失眠、苔黄者，加黄连 6 克，栀子 10 克。

4. 阴阳失调型

症状：眩晕头痛，心悸耳鸣，阵热自汗，畏寒，腰酸腿软，烦躁失眠，或水肿，舌淡或红，苔白，脉弦细。

治法：调整阴阳。

方药：二仙汤

仙灵脾 15 克，仙茅 10 克，知母 10 克，黄柏 10 克，当归 10 克，巴戟天 10 克。水煎服，日 1 剂。

加减：无畏寒者，去仙茅、巴戟天；

手足心热、舌红少苔者，加麦冬 15 克、龟板 12 克、枸杞子 12 克。

单方：菊花 60 克，煎水代茶饮，日 1 剂。

验方：夏枯草 30 克，苦丁茶 15 克，菊花 15 克，草决明 12 克。煎水代茶饮，日 1 剂。

中成药：①杞菊地黄丸

每服 1 丸，日服 3 次，温开水送服。

②复方罗布麻片

每服 2 片，日服 3 次，温开水送服。

2.8 高脂血症

本病属祖国医学“痰浊”“血瘀”等病证的范畴。

病因病机

本病的发生与肝、脾、肾 3 脏的关系十分密切。脾虚运化失常或过食膏粱厚味，易致中焦实热郁结，痰湿内生；体肥多湿，或肝肾阴虚，肝阳上亢，木旺克土，运化失司，脾胃蕴热，则痰热内生；或因肝郁不舒，肝气郁结，水谷精微不能正常输布，亦可造成痰湿内阻，或肝气郁结，气滞则血瘀。

辨证论治

1. 肝肾阴虚型

症状：血脂高而见体倦乏力，腰酸腿软，年迈体弱，耳鸣眼花，舌红苔薄白，脉沉细。

治法：滋补肝肾。

方药：一贯煎合六味地黄汤

熟地 30 克，北沙参 15 克，枸杞 12 克，麦冬 15 克，当归 10 克，川楝子 10 克，山茱萸 10 克，山药 15 克，丹皮 10 克，泽泻 15 克，茯苓 12 克。水煎服，日 1 剂。

加减：伴肝阳上亢，头痛眩晕者，加天麻 10 克、钩藤 30 克；

大便干结者，加草决明 30 克、生首乌 15 克。

中成药：杞菊地黄丸

每服 1 丸，日服 2 次，温开水送服。

2. 脾虚痰湿型

症状：血脂高而见四肢倦怠，腹胀纳差，咳嗽吐痰，大便溏薄，舌苔白腻，脉滑。

治法：健脾化痰祛湿。

方药：六君子汤

党参 30 克，白术 15 克，茯苓 30 克，陈皮 10 克，半夏 10 克，甘草 6 克。水煎服，日 1 剂。

中成药：六君子丸

每服 10 克，日服 2 次，温开水送服。

3. 痰热内结型

症状：血脂高而见形体壮实，面红目赤，口干舌燥，大便秘结，腹胀，舌苔黄腻，脉弦滑有力。

治法：清泄痰热。

方药：温胆汤合小陷胸汤

半夏 10 克，陈皮 10 克，茯苓 12 克，枳实 12 克，竹茹 10 克，黄连 10 克，瓜蒌 30 克，甘草 6 克。水煎服，日 1 剂。

4. 瘀血阻络型

症状：血脂高而见胸痹心痛，痛处固定不移，或四肢麻木不仁，舌紫暗或有瘀斑，苔薄白，脉弦。

治法：活血通络。

方药：丹参饮合失笑散

丹参 30 克，檀香 10 克，砂仁 10 克，五灵脂 10 克，生蒲黄 10 克。水煎服，日 1 剂。

单方：草决明 30 克，水煎代茶饮，日 1 剂。

中成药：①山楂片

每服 10 片，日服 3 次，温开水送服。

②降脂冲剂

每服半袋，日服 2 次，温开水冲服。

③六味地黄丸

每服 1 丸，日服 2 次，温开水送服。

预防

1. 控制饮食，少食动物脂肪，以清淡为主。

2. 积极参加体育锻炼，或适当参加体力劳动。

3. 积极治疗有关及原发疾病，如糖尿病、肝病等。

4. 单味中药如生山楂、何首乌、泽泻、决明子等，对本病有预防和治疗作用，平时可选择用之。

2.9 脑血管意外

本病是指一种急性非外伤性脑局部血供障碍引起的局灶性神经损害，临床特点为起病急，意识障碍，言语失利和肢体偏瘫。脑血管意外分出血性和缺血性两大类。出血性包括脑出血和蛛网膜下腔出血；缺血性包括脑血栓形成和脑栓塞。其中以脑血栓形成最为多见。

本病属祖国医学"中风""卒中""瘖痱"等病证的范畴。其中脑出血相当于中风病人的入脏入腑；脑血栓形成和脑栓塞相当于中

风病人的在经在络；蛛网膜下腔出血多属风痰上扰。

病因病机

本病的发生，主要是脏腑气血亏损，在心、肝、肾、脾阴阳失调的情况下，或招感外邪，或忧思恼怒，或饮酒饱食，或房事不节等，皆能造成致病因素而诱发。

中风之发生，归纳起来不外虚(阴虚、气虚)、火(肝火、心火)、风(肝风、外风)、痰(风痰、湿痰)、气(气逆)、血(血瘀)六端，其中又以肝肾阴虚为其根本。此六端在一定条件下互相影响，互相作用而突然发病。

辨证论治

1. 脑出血

(1)闭证

症状：突然昏倒，不省人事，牙关紧闭，两手握固。

A. 阳闭：面赤气粗，二便闭阻，痰声如锯，舌苔黄腻，脉弦滑而数。

B. 阴闭：面白唇紫，痰涎壅盛，四肢不温，苔白滑腻，脉沉滑。

治法：开窍熄风。

方药：

阳闭：先灌服(或鼻饲)至宝丹 1 粒，并用羚羊角汤。

羚羊角粉 1.5 克(冲服)，龟板 10 克，生地 30 克，丹皮 10 克，白芍 12 克，柴胡 10 克，薄荷 10 克，蝉衣 6 克，菊花 10 克，夏枯草 12 克，石决明 30 克。水煎服，日 1 剂。

阴闭：先灌服(或鼻饲)苏合香丸 1 粒，并用涤痰汤。

半夏 12 克，茯苓 12 克，制南星 10 克，陈皮 10 克，枳实 10 克，党参 15 克，石菖蒲 10 克，竹茹 10 克，甘草 10 克，生姜 3 克。水煎服，日 1 剂。

(2)脱证

症状：突然昏仆，不省人事，目合口开，鼻鼾息微，手撒肢

冷，汗多不止，二便自遗，肢体软瘫，舌痿，脉微欲绝。

治法：益气回阳，扶正固脱。

方药：参附汤

人参 15 克，制附子 12 克。水煎服，日 1 剂。

(3)后遗证

A. 半身不遂

@.气虚血瘀，脉络瘀阻型

症状：肢体偏枯不用，软弱无力，面色萎黄，或见肢体麻木，舌淡或有瘀斑，脉虚弱或细涩。

治法：益气活血通络。

方药：补阳还五汤

黄芪 45 克，当归 10 克，川芎 10 克，桃仁 10 克，红花 10 克，赤芍 10 克，地龙 12 克。水煎服，日 1 剂。

加减：兼言语不利者，加石菖蒲 10 克、远志 10 克；

兼口眼歪斜者，加白附子 10 克、全蝎 10 克；

兼眩晕耳鸣者，加葛根 30 克、钩藤 15 克。

中成药：①消栓通络片

每服 5 片，日服 3 次，温开水送服。

②小活络丹

每服 1 丸，日服 2 次，温开水送服。

Ⓑ. 肝阳上亢，脉络瘀阻型

症状：半身不遂，患侧僵硬拘挛，兼见头痛头晕，面赤耳鸣，舌红苔黄，脉弦有力。

治法：平肝潜阳，熄风通络

方药：镇肝熄风汤

牛膝 15 克，龙骨 30 克，牡蛎 30 克，白芍 15 克，天冬 12 克，麦芽 12 克，代赭石 30 克，玄参 12 克，川楝子 10 克，茵陈 12 克，龟板 10 克，甘草 6 克。水煎服，日 1 剂。

中成药：天麻丸

每服3粒，日服3次，温开水送服。

B. 语言不利

@.风痰阻络型

症状：舌强语蹇，肢体麻木，舌淡苔腻，脉弦滑。

治法：祛风除痰，宣窍通络。

方药：解语丹

白附子10克，石菖蒲12克，远志10克，天麻10克，全蝎10克，羌活10克，南星10克，木香10克，甘草10克。水煎服，日1剂。

Ⓑ.肾虚精亏型

症状：舌强语涩，心悸气短，腰膝酸软，舌淡苔白，脉弱无力。

治法：滋阴补肾利窍

方药：地黄饮子

生地30克，巴戟天10克，山萸肉12克，石斛12克，肉苁蓉10克，五味子10克，肉桂6克，茯苓12克，麦冬15克，附子10克，石菖蒲12克，远志10克，薄荷10克，生姜3克，大枣5枚。水煎服，日1剂。

C. 口眼歪斜

症状：单纯口眼歪斜，全身症状不明显。

治法：祛风除痰通络。

方药：牵正散

白附子10克，全蝎10克，僵蚕10克。水煎服，日1剂。

2. 脑血栓形成及脑栓塞

(1)络脉空虚，风邪入中型

症状：手足麻木，肌肤不仁，或突然口眼歪斜，语言不利，口角流涎，甚则半身不遂，或兼见恶寒发热，肢体拘急，关节酸痛等症，舌淡苔白，脉浮弦或弦细。

治法：祛风通络，养血和营。

方药：大秦艽汤

秦艽 15 克，当归 10 克，甘草 10 克，羌活 10 克，防风 10 克，白芷 10 克，熟地 15 克，茯苓 12 克，石膏 18 克，川芎 12 克，白芍 12 克，独活 10 克，黄芩 10 克，生地 15 克，白术 10 克，细辛 3 克。水煎服，日 1 剂。

加减：有风热表证者，去防风、当归、生熟地，加薄荷 10 克、菊花 10 克；

呕恶痰盛、苔白而腻者，去生熟地、当归，加半夏 10 克，陈皮 10 克、白芥子 10 克；

颈项拘紧者，加葛根 15 克、桂枝 10 克。

(2)肝肾阴虚，风阳上扰型

症状：平素头晕头痛，耳鸣目眩，突然发生口眼歪斜，舌强语蹇，半身不遂，舌红苔白或黄，脉弦滑或弦数。

治法：育阴潜阳，镇肝熄风。

方药：镇肝熄风汤

牛膝 15 克，白芍 18 克，天冬 15 克，元参 15 克，龙骨 30 克，牡蛎 30 克，代赭石 30 克，茵陈 12 克，龟板 10 克，麦芽 12 克，川楝子 10 克，甘草 6 克。水煎服，日 1 剂。

加减：痰热重者，加胆星 10 克、竹茹 10 克；

心中烦热者，加栀子 10 克。

3. 蛛网膜下腔出血

症状：头痛眩晕，耳鸣目糊，突然发生口眼歪斜，舌强语蹇，颈项强直，或手足重滞，半身不遂，舌红，脉弦滑数。

治法：滋阴凉血，潜阳熄风。

方药：羚羊钩藤汤

羚羊角粉 1.5 克(冲服)，桑叶 10 克，川贝 10 克，生地 30 克，钩藤 30 克，菊花 10 克，白芍 15 克，竹茹 10 克，茯神 10 克，甘草 6 克。水煎服，日 1 剂。

加减：头痛重者，加石决明 30 克；

呕吐者，加半夏 10 克、代赭石 30 克；

若痰热上壅、风动窍闭，证见神志昏迷、颈项强直者，急用至宝丹或紫雪丹 1 粒，灌服或鼻饲。

预防

病者每感头重脚轻、眩晕肢麻、语言不利，此为中风先兆，应积极治疗和预防，可选用桑叶、菊花、槐花、白蒺藜、天麻、钩藤等浓煎常服。

(高洪春)

3 消化系统疾病

3.1 急、慢性胃炎

急、慢性胃炎是以胃粘膜的非特异性慢性炎症为主要病理变化的急、慢性胃病，临床以急、慢性上腹疼痛及消化不良等症状为特点，属中医“胃痛”或“胃脘痛”。

病因病机

本病发病原因与饮食和情志所伤有关。或因嗜食辛辣、饮酒过度、过食生冷或暴饮暴食，损伤脾胃，脾胃失和，胃气不降而胃痛；或因忧思恼怒，气郁伤肝，肝失疏泄，横逆犯胃，气机阻滞，胃失和降而致胃痛。

辨证论治

1. 肝胃气滞型

症状：胃脘胀痛，饱闷不适，食后尤甚，痛无定处，攻撑连胁，遇情志不遂则加重，嗳气频作，得矢气较舒，或恶心呕吐，泛酸，苔薄白，脉沉弦。

治法：疏肝和胃

方药：四逆散合金铃子散

柴胡 10 克，白芍 10 克，枳壳 10 克，甘草 6 克，川楝子 10 克，延胡索 10 克。水煎服，日 1 剂。

加减：泛酸加乌贼骨 15–30 克，瓦楞子 15–30 克，或加左金丸。

挟食积加神曲 9–12 克，山楂 12–15 克，麦芽 12–15 克。

吐血便黑，舌有紫斑，脉涩者，加失笑散(五灵脂 9 克，生蒲黄 9 克)。

2. 胃热阴虚型

症状：胃脘疼痛并有烧灼感，痛无定时，下午或空腹较重，纳食痛减，口干而苦，心烦易怒，颧红，食少，或有吐血，苔黄少津，舌质红，脉弦细数。

治法：疏肝泄热，养阴清胃。

方药：化肝煎合玉女煎

栀子 10 克，丹皮 10 克，青皮 10 克，陈皮 10 克，泽泻 12 克，川贝母 10 克，生石膏 25 克，知母 10 克，麦冬 10 克，熟地 12 克，牛膝 12 克，白芍 10 克。水煎服，日 1 剂。

加减：吐血加犀角 9 克、地榆炭 9–15 克。

3. 脾胃虚弱型

症状：胃脘隐隐作痛，喜食热饮，按之较舒，纳呆，食则胀满，或呕吐清涎，面色不华，神疲乏力，四肢不温，舌淡苔白，脉细无力。

治法：健脾益气，温中和胃。

方药：香砂六君子汤

党参 10 克，白术 10 克，茯苓 10 克，半夏 10 克，陈皮 10 克，砂仁 6 克，香附 10 克、甘草 6 克。水煎服，日 1 剂。

加减：食欲减退，食后胀闷者加鸡内金 9 克，麦芽 9–15 克、谷芽 9–15 克、草豆蔻 6–9 克。

面色不华，唇舌淡白者加当归 9–12 克、阿胶 9–12 克、白芍 9–12 克、川芎 6–9 克。

中成药：①良附丸

每日 1～2 次，每次 6 克，开水送服。

②理中丸

每日 2～3 次，每次 9 克，开水送服。

③香砂枳术丸

每日 2～3 次，每次 6～9 克，开水送服。

预防

1. 积极防治急性胃炎，治疗口腔、咽喉慢性感染灶。

2. 注意饮食卫生，避免刺激性食物和饥饱不节，暴饮暴食。

3. 避免精神过度紧张和疲劳。

4. 避免服用对胃粘膜有刺激性的药物。

3.2 胃及十二指肠溃疡

胃及十二指肠溃疡又称溃疡病。以慢性周期性发作，并有节律的上腹部疼痛为特点。可有大出血、胃穿孔或幽门梗阻等并发症。属中医"胃痛"或"胃脘痛"、"心痛"等范畴。

病因病机

因忧思恼怒，久郁不解，肝气不舒，横逆犯胃，胃失和降而致胃痛。肝气久郁化火伤阴，亦能导致瘀血内结，则病情加重而缠绵。或因饮食饥饱不节，暴饮暴食，损伤脾胃，气机阻滞而胃痛。

辨证论治

1. 肝郁气滞型

症状：胃脘胀痛，两胁胀闷，遇情志不遂而加重，嗳气吐酸，善怒而太息，纳少，苔薄白，脉弦。

治法：疏肝理气，和胃止痛。

方药：柴胡疏肝散

柴胡 10 克，香附 10 克，白芍 15 克，枳壳 10 克，川芎 6 克，元胡 10 克，甘草 6 克。水煎服，日 1 剂。

加减：胃寒喜热饮加干姜 6–9 克、吴萸 3–9 克。

胃中灼热，苔黄加黄连 9 克、栀子 9 克。

嗳腐、苔厚腻加神曲 9–12 克、麦芽 9–15 克、山楂 9–15 克、鸡内金 6–9 克。

2. 肝胃郁热型

症状：胃脘疼痛并有灼热感，食入疼痛无明显缓解，喜冷

饮，口干苦，吞酸嘈杂，烦躁易怒，便秘溲赤，舌红苔黄腻，脉弦或数。

治法：泄热和胃

方药：化肝煎加味

栀子 10 克，丹皮 10 克，白芍 10 克，陈皮 10 克，青皮 10 克，泽泻 12 克，川贝母 10 克，黄连 10 克。水煎服，日 1 剂。

3. 胃阴亏虚型

症状：胃脘隐痛或灼痛，午后尤甚，嘈杂，心中烦热，口干，口舌糜烂，手足心热，消瘦便干，舌红苔黄少津，脉弦细。

治法：养胃阴，清虚热。

方药：一贯煎加味

南沙参 15 克、麦冬 15 克，生地 15 克，枸杞 12 克，川楝子 6 克，当归 15 克，栀子 10 克，玉竹 10 克。水煎服，日 1 剂。

加减：吐酸嘈杂加黄连 9 克、吴萸 3–6 克。

手足心热，便干加玄参 9–12 克。

4. 脾胃虚寒型

症状：胃脘隐隐作痛，喜温喜按，遇凉痛甚，受凉及劳累后易发病，兼见面色萎黄，肢冷，倦怠无力，呕吐清涎，便溏，舌淡，脉沉细。

治法：健脾和胃，温中散寒。

方药：理中丸合黄芪建中汤

党参 15 克，黄芪 15 克，白术 10 克，白芍 15 克，桂枝 10 克，炮姜 10 克，甘草 6 克，大枣 5 枚，饴糖少许。水煎服，日 1 剂。

加减：脘腹胀闷，纳少者加枳壳 9 克、砂仁 6–9 克。

吐酸加海螵蛸 15–30 克、煅瓦楞 15–30 克。

呕吐清涎加吴萸 3–6 克、半夏 9 克。

5. 瘀血停着型

症状：胃脘刺痛或如刀割，固定不移而拒按，肢冷汗出，痛

彻胸背，或见反复吐血、便血，舌暗紫或有瘀斑，脉弦或细弦。

治法：活血化瘀，理气和胃。

方药：膈下逐瘀汤

桃仁 10 克，红花 5 克，当归 10 克，川芎 10 克，赤芍 10 克，五灵脂 10 克，丹皮 10 克，元胡 10 克，香附 10 克，乌药 6 克，枳壳 6 克。水煎服，日 1 剂。

加减：呕血、便血者上方去桃仁、红花，加三七粉 6–9 克、白芨 9 克，炒蒲黄 9 克。

中成药：见急、慢性胃炎篇。

预防

1. 消除紧张和忧虑情绪，锻炼身体，增强体质，提高抗病力。

2. 注意饮食卫生，避免生冷刺激性饮食和烟酒，克服不良饮食习惯。

3. 某些药物如可的松、阿斯匹林、保太松 、利血平、咖啡因和肾上腺皮质激素等，对溃疡病的发生发展和恶化有关，应慎用。若一定要用时，可采取饭后服或配用碱性药物同服。

3.3 慢性非特异性溃疡性结肠炎

本病是一种原因不明的慢性结肠炎，以溃疡为主，病变主要在直肠和乙状结肠的粘膜和粘膜下层，但也可遍及整个结肠。主要症状为腹泻、腹痛及粘液血便，病程缓慢，轻重不一，有反复发作的趋势。属中医“泄泻”、“痢疾”证候门中。

病因病机

因脾失健运，湿浊内生，郁而化热；或感受外邪，损伤脾胃，酿生湿热，均可导致湿热蕴结大肠，腑气不利，气血凝滞，壅而为脓。

辨证论治

1. 湿热下注型

症状：发热、腹痛、腹泻或里急后重，粪便挟有脓血、粘冻。苔黄腻，脉滑数。

治法：清利湿热

方药：白头翁汤

白头翁 15～30 克，秦皮 10 克，黄连 10 克，黄柏 10 克。水煎服，日 1 剂。

加减：热重者加黄芩 9–12 克、金银花 12–15 克。

湿重者加厚朴 9 克、苍术 9 克。

2. 肝旺脾虚型

症状：腹泻多在情绪紧张或激动后发生，腹痛即泻，泻后痛减，伴胸胁胀痛，脘闷纳呆。苔薄白，脉弦细。

治法：抑肝扶脾

方药：痛泻要方加味

防风 10 克，白术 10 克，白芍 10 克，陈皮 5 克，苡仁 15 克。水煎服，日 1 剂。

3. 脾胃虚弱型

症状：肠鸣腹泻，粪便挟有不消化食物，纳呆胸闷，疲乏无力，常反复发作。苔白舌淡，脉濡缓。

治法：补脾健胃

方药：参苓白术散

党参 12 克，白术 10 克，白扁豆 10 克，山药 15 克，砂仁 6 克，茯苓 15 克，桔梗 10 克，苡仁 15 克，莲子肉 15 克，甘草 6 克。水煎服，日 1 剂。

加减：余热未清者加黄连 9 克。

4. 肾阳虚衰型

症状：畏寒，面色㿠白，腰酸膝冷，肠鸣腹泻，多在黎明前，脉沉细无力。多见于病程迁延日久者。

治法：温肾固涩

方药：四神丸

肉豆蔻 10 克，五味子 5 克，补骨脂 10 克，吴茱萸 10 克，生姜 6 克，大枣 5 枚。水煎服，日 1 剂。

3.4 肝硬变

肝硬变是肝脏损害为主要表现的慢性疾病，因肝细胞变性、坏死、再生和纤维组织增生，使肝脏变形，质地变硬，故名肝硬变。其主要临床表现为肝功能减退和门静脉高压所引起的一系列症状和体征。属中医"鼓胀"、"单腹胀"、"症积"等证候。

病因病机

因黄疸日久，感染蛊毒，饮食不节，嗜酒过度等因素，导致肝失疏泄，脾失运化，肾失温煦，致气滞血瘀、水蓄而成鼓胀。

辨证论治

1. 肝郁脾虚型

症状：食欲减退，胸腹闷胀，嗳气不舒，两胁胀痛或有恶心呕吐，便溏乏力，苔白滑，脉弦。

治法：疏肝健脾

方药：柴胡疏肝散合四君子汤

柴胡 10 克，枳壳 10 克，白芍 10 克，茯苓 12 克，白术 10 克，党参 12 克，川芎 6 克，香附 10 克，甘草 5 克。水煎服，日 1 剂。

加减：胸腹闷胀甚，苔厚腻，加苍术 9 克、厚朴 9 克、山楂 12—15 克、鸡内金 9 克。

2. 气滞血瘀型

症状：脘腹胀闷，食欲不振，胁下胀闷疼痛，可触及痞块，面颈胸背有红丝赤缕，手有肝掌，苔薄舌红，或舌边有紫斑，脉弦细。

治法：行气活血，化瘀通络。

方药：化瘀汤

当归 12 克，丹参 12 克，桃仁 10 克，红花 6 克，丹皮 9

克，山甲 15 克，青皮 6 克，牡蛎 30 克，白术 10 克，赤芍 10 克，泽泻 15 克，鳖甲煎丸 10 克(包煎)。水煎服，日 1 剂。

加减：气虚者加党参 15 克、黄芪 15 克。

阴虚舌光绛者加生地 15 克、石斛 15 克。

3. 水湿内阻型

症状：腹膨如鼓，按之坚满，脘闷纳呆，恶心呕吐，小便短少，苔薄舌红，脉弦细或弦紧。

治法：运脾利湿，理气行水。

方[illegible]苓汤

苍术 10 克，厚朴 6 克，陈皮 6 克，茯苓 15 克，泽泻 15 克，桂枝 6 克，白术 9 克，甘草 6 克，生姜 6 克。水煎服，日 1 剂。

加减：腹水甚而体质壮实者加牵牛子粉 9 克、禹功散 9 克、甘遂末 0.3 克。

4. 脾肾阳虚型

症状：除水湿内阻症状外，还有面色萎黄或㿠白，畏寒肢冷，神倦便溏，舌淡胖，脉沉细无力。

治法：健脾温肾，化气行水。

方药：附子理中汤合五苓散

附子 10 克，党参 12 克，白术 10 克，干姜 5 克，肉桂 3 克，桂枝 6 克，茯苓 15 克，猪苓 12 克，泽泻 15 克，甘草 6 克。水煎服，日 1 剂。

5. 肝肾阴虚型

症状：除水湿内阻症状外，还有面色黧黑，唇干口燥，鼻衄牙宣，舌红绛或光剥，脉细数。

治法：滋养肝肾，育阴利水。

方药：一贯煎合猪苓汤加减

北沙参 10 克，麦冬 10 克，生地 15 克，川楝子 6 克，当归 10 克，枸杞 10 克，泽泻 15 克，猪苓 15 克，茯苓 15 克，滑石

12克，阿胶10克(烊化)。水煎服，日1剂。

加减：神识异常者加石菖蒲12克、郁金12克。

神志昏迷者加安宫牛黄丸，1丸，日1次。

大吐血者急用犀角地黄汤加三七粉3克(冲服)、白茇粉9克(冲服)。

气随血脱者，急用独参汤。

预防

1. 注意饮食卫生，加强对传染性肝炎和慢性肝炎的防治工作，对预防本病有十分重要意义。

2. 节制饮酒，注意合理营养，少吃脂肪性食物。

3.5 胰腺炎

胰腺炎有急性和慢性之分，属中医"脾心痛"、"脘痛"、"结胸"等范畴。

病因病机

因情志不畅，肝气郁结，横逆犯脾胃，脾胃升降失常，或饮食不慎，嗜食肥甘醇酒，损伤脾胃，酿湿化热，邪热食滞互结，或蛔虫窜入胆道，阻塞胰脏而发病。急性期病机主要是肝郁气滞，湿热蕴结肝胆，脾胃实热和热实结胸。病久致脾气虚弱而属慢性阶段。

辨证论治

1. 气滞食积型

症状：脘胁胀痛，嗳气频作或干呕，甚则大便秘结，得矢气则舒，苔薄，脉弦。

治法：理气疏肝，清热通便。

方药：清胰汤加减

柴胡15克，黄芩10克，胡黄连10克，白芍15克，木香10克，元胡10克，大黄15克(后下)，芒硝10克(冲服)，水煎服，日1剂。

2. 脾胃实热型

症状：脘腹胀满疼痛，拒按，大便燥结，口干，苔黄厚腻或燥，脉滑数。

治法：通里攻下

方药：清胰汤合大承气汤

大黄 15 克(后下)，芒硝 10 克(冲服)，厚朴 15 克，枳壳 10 克，银花 30 克，柴胡 10 克，黄芩 10 克，胡黄连 10 克，白芍 15 克，木香 6 克，元胡 10 克。水煎服，日 1 剂。

加减：上腹胀满剧吐者，加甘遂末 0.3 克。

上腹胀满有块，舌暗有瘀斑者，加穿山甲 9 克、皂刺 9 克、三棱 9 克、莪术 9 克。

3. 肝胆湿热型

症状：脘胁疼痛，发热，黄疸，身重倦怠，苔黄腻，脉弦滑或数。

治法：清肝胆，利湿热

方药：清胰汤合龙胆泻肝汤

龙胆草 10 克，茵陈 30 克，栀子 10 克，木通 6 克，柴胡 15 克，黄芩 12 克，胡黄连 10 克，白芍 15 克，木香 6 克，元胡 10 克，大黄 15 克(后下)，芒硝 10 克(冲服)，水煎服，日 1 剂。

预防

1. 饮食有节，避免暴饮暴食，防止酗酒。

2. 积极防治蛔虫病。

3. 彻底早期治愈胆囊炎，胆石症，对预防胰腺炎有积极意义。

4. 有急性胰腺炎的患者，应少食多餐，少食油腻，忌酒。

3.6 胆石病

胆石病是指胆道系统的任何部位发生结石的疾病，其临床表现取决于结石是否引起胆道感染，胆道梗阻，以及梗阻的部位和

程度。属中医"胁痛"范畴。

病因病机

由于肝气郁结，或蛔虫上扰，虫卵留积于胆道，致胆液排泄障碍，积久成石，或因脾气虚，或因肝木横逆克脾土，脾虚湿生，加之肝气过盛化火，湿热与胆汁蕴积于胆腑，结而为石。

辨证论治

1. 肝胆湿热型

症状：往来寒热，胸胁苦满，或胁痛彻背，厌食油腻，尿黄或有黄疸，腹满便结，苔黄腻，脉弦滑。

治法：疏肝利胆，通腑泄热。

方药：大柴胡汤加味

柴胡 12 克，白芍 15 克，枳实 12 克，大黄 9 克，半夏 9 克，金钱草 30 克，海金砂 30 克，鸡内金 9 克，生姜 6 克，大枣 5 枚。水煎服，日 1 剂。

加减：有低热者，加败酱草 15–30 克、黄连 9 克、夏枯草 9 克。

右胁痛甚者加桃仁 9 克、红花 9 克、川芎 9 克、威灵仙 9–12 克。

结石较大者(＞1. 5cm)，加风化硝 6–9 克、山慈菇 9 克、皂刺 9 克。

2. 肝郁脾虚型

症状：食少腹胀，胁隐痛，身倦乏力，大便溏薄，舌体胖大，舌质淡红，边有齿印，脉沉缓。

治法：健脾益气，疏肝利胆。

方药：柴芍六君子汤加味

柴胡 12 克，白芍 15 克，党参 15 克，白术 9 克，茯苓 15 克，半夏 9 克，陈皮 9 克，金钱草 30 克，鸡内金 9 克，海金砂 30 克，甘草 6 克。水煎服，日 1 剂。

3. 少阳郁结型

症状：寒热往来或午后低热，胁下疼痛，胀满，口苦咽干、厌油喜呕。苔薄白或微黄，脉弦。

治法：和解少阳，利胆排石。

方药：小柴胡汤加味

柴胡 12 克，党参 12 克，黄芩 9 克，半夏 6 克，鸡内金 9 克，海金砂 30 克，金钱草 30 克，生姜 6 克，甘草 6 克，大枣 5 枚。水煎服，日 1 剂。

单方：耳穴按压中药主不留行，每隔 3 天两耳交换 1 次，选穴：肝、胆、胰、十二指肠、腹、内分泌。

验方：利胆排石片

每日 2 次，每次 16～20 片。

预防

对肠道寄生虫病要早期治疗，对肠道感染要及早治疗。

（李宜方）

4 泌尿系统疾病

4.1 急性肾小球肾炎

急性肾小球肾炎，简称急性肾炎，是乙型溶血性链球菌感染引起的一种变态反应性疾病。儿童较多见。主要表现为浮肿、少尿、血尿、血压升高、恶心呕吐或发热，严重者可出现胸水、腹水、心包积液等症状。浮肿明显者，属祖国医学"水肿"(阳水)范围。

病因病机

外界风寒湿侵袭，饮食起居失常或劳倦内伤，导致肺失通调，脾失转输，肾失开合，膀胱气化无权，三焦水道失畅，水液停聚，泛滥肌腹，而致水肿。

辨证论治

1. 风水型

症状：眼睑浮肿，继则四肢及全身浮肿，水肿发展迅速，多伴有恶寒，发烧，肢节酸楚，小便量少，苔薄白，脉浮，水肿较重，可见沉脉。

治法：散风清热、宣肺行水。

方药：越婢加术汤加味

麻黄 9 克，生石膏 30 克，白术 9 克，桑白皮 9 克，甘草 6 克，茯苓皮 15 克，浮萍 12 克，生姜 3 克，大枣 5 枚。水煎服，日 1 剂。

加减：咽喉肿痛可加板兰根 15 克，连翘 12 克，牛蒡子 12 克。

2. 湿毒型

症状：身发疮疡痱肿，眼睑浮肿，延及全身，小便不利，发

热恶寒，舌质红，苔薄黄，脉浮数或滑数。

治法：解毒利湿消肿

方药：五味消毒饮加味

银花 30 克、野菊花 15 克，蒲公英 30 克，地丁 30 克，紫背天葵 15 克，连翘 15 克，赤小豆 30 克，杏仁 9 克。水煎服，日 1 剂。

加减：湿盛而皮肤糜烂者，加苦参 15 克，土茯苓 15 克。

3. 水湿型

症状：全身浮肿甚者按之没指，尿少，身体困重，胸闷，纳呆，泛恶，腹胀，苔白厚腻，脉沉缓。

治法：健脾化湿，通阳利水。

方药：五苓散合五皮饮

茯苓 9 克，白术 9 克，猪苓 9 克，泽泻 15 克，桂枝 6 克，桑白皮 9 克，大腹皮 9 克，生姜皮 6 克。水煎服，日 1 剂。

加减：水肿甚可加车前子 30 克(包煎)，白茅根 30 克，牵牛子 9 克。

肿甚而喘可加麻黄 9 克，杏仁 9 克，葶苈子 12 克。

湿邪化热兼有发热、口渴、小便短赤，便秘，苔黄腻，脉数，可加木通 9 克、赤小豆 30 克，椒目 9 克，秦艽 12 克，连翘 15 克，栀子 9 克。

热邪化燥伤阴，加阿胶 12 克(烊化)。

单方：

①白茅根汤：鲜白茅根 500 克，加水两大碗，用文火煮沸，取汁服用，分 7—8 次温服，一昼夜服完。连服至水肿消失，蛋白、红细胞、管型转为阴性为止。

②益母草 100 克(鲜者更佳，用全草 150 克)，水煎分 4 次服，每 4 小时 1 次，小儿酌减。

③小叶石苇 15—30 克，水煎代茶饮。

中成药：肾炎片

每次 2—3 片，日 3 次，温开水送服。

预防

1. 注意皮肤清洁，减少皮肤感染。

2. 积极预防和及时治疗上呼吸道感染。

3. 尽量避免受冷、过劳。

4.2 慢性肾小球肾炎

慢性肾小球肾炎，简称慢性肾炎。主要是机体(特别是肾小球)对某些致病原的免疫与感染反应，病变系肾小球炎症性损害。慢性肾炎以男性患者较多，发病年龄多在青壮年期。其临床表现有水肿、蛋白尿、血尿、管型尿、高血压以及不同程度的肾功能减退。属祖国医学中“水肿”(阴水)、“虚劳”、“腰痛”等病证范围。

病因病机

由于外邪侵袭，脾肾亏损，体内水精散布及气化功能发生障碍而引起水肿。病久肝脾肾俱虚，脾的运化输布机能衰退，肾的分清泌浊功能丧失，整个机体气化功能逐渐衰竭，则表现正虚邪实的症状。

辨证论治

1. 脾阳虚弱、水湿潴留型

症状：面白或黄、疲乏无力，形寒怕冷，颜面及四肢浮肿，纳食差，恶心，胸闷腹胀，便溏，舌质淡、苔薄腻，脉濡细。

治法：益气健脾利水。

方药：实脾饮

制附子 9 克，干姜 6 克，草果 9 克，茯苓 15 克，白术 12 克，木瓜 9 克，大腹皮 9 克，川朴 9 克，木香 9 克，炙甘草 6 克，大枣 5 枚，生姜三片。水煎服，日 1 剂。

加减：气短，乏力，气虚甚者加人参 6—9 克，黄芪 15 克。

水肿较甚加泽泻 30 克、赤小豆 30 克、车前子 30

克。

2. 脾肾阳衰，水湿泛滥型

症状：周身高度浮肿，可伴有胸水，腹水，尿少，腹胀，呕恶，甚而咳喘不能平卧，面色㿠白，形寒肢冷，舌淡，苔白腻，脉沉细弱。

治法：温阳化气利水

方药：济生肾气丸合真武汤

生地 15 克，山药 12 克，山萸肉 9 克，茯苓 15 克，泽泻 15 克，丹皮 9 克，牛膝 9 克，车前子 15—30 克(包煎)，制附子 12 克，白术 12 克，白芍 9 克，生姜 3 克，甘草 3 克。水煎服，日 1 剂。

加减：心悸、唇绀，加桂枝 9—12 克，丹参 15—30 克。

喘促，汗出加人参 6—9 克，蛤蚧 12 克。

3. 脾肾双亏、气血不足型

症状：面白无华，四肢乏力，肢体浮肿，疲倦少寐，纳食差，头晕耳鸣，腰膝酸软，舌淡，苔薄白，脉沉弱无力。

治法：健脾益肾，气血双补。

方药：大补元煎合归脾汤

党参 15 克，黄芪 15 克，白术 10 克，茯苓 10 克，枸杞 15 克，当归 15 克，熟地 15 克，杜仲 12 克，元肉 9 克，广木香 6 克，炙甘草 6 克，大枣 5 枚。水煎服，日 1 剂。

加减：饮食不佳，腹胀者加焦三仙各 12 克，陈皮 6 克，砂仁 6 克。

4. 肝肾阴亏、肝阳上亢型

症状：腰膝酸软，遗精少寐，心慌心跳，眩晕头痛，面红潮热，手足心热，浮肿消瘦，舌质偏红，苔少，脉弦细数。

治法：滋养肝肾、平肝潜阳。

方药：杞菊地黄丸

生地 15 克，山药 12 克，山萸肉 9 克，丹皮 9 克，泽泻 9

克，枸杞 15 克，茯苓 9 克，菊花 12 克。水煎服，日 1 剂。

加减：遗精甚加金樱子 9 克，芡实 12 克。

头痛、眩晕较重，加龟板 15 克(先煎)，生石决明 30 克(先煎)。

5. 脾肾虚衰、浊阴上泛型

症状：面色晦滞而虚浮、精神萎糜，形体消瘦，胸腹闷胀，纳呆厌食，恶心呕吐，甚至口有尿味，腹泻或便秘，尿少，心悸气短，甚则烦躁不宁，昏迷不醒，抽搐惊厥，舌质淡胖，苔白腻或灰黄腻，脉沉细或弦细。

治法：扶正解毒降浊

方药：温脾汤合六君子汤

制附子 12 克，人参 10 克，干姜 6 克，生大黄 5—10 克，半夏 10 克，橘皮 9 克，茯苓 12 克，白术 9 克，甘草 6 克。水煎服，日 1 剂。

加减：发热烦躁，苔黄腻者，加黄连 9 克、栀子 9 克。

抽搐惊厥者加生牡蛎 30 克。

6. 几个主要症状的治疗

(1)蛋白尿的治疗：蛋白尿兼见发烧，咽痛苔黄者，处方：

双花 30 克，连翘 15 克，升麻 9 克，蝉衣 9 克，白花蛇舌草 15 克，石苇 30 克，白茅根 30 克，淡竹叶 9 克，坤草 12 克，桔梗 9 克，射干 9 克，元参 15 克，甘草 6 克。水煎服，日 1 剂。

蛋白尿兼见脾肾虚弱症状，舌淡苔白者，处方：

枸杞子 15 克，覆盆子 12 克，菟丝子 15 克，五味子 9 克，车前子 15 克(包煎)，金樱子 9 克，芡实 15 克，黄芪 15 克，石苇 15 克，白茅根 30 克。水煎服，日 1 剂。

(2)血中尿素氮增高的治疗：血尿素氮增高者，除参考辨证论治中第 5 型煎服中药外，尚可用中药煎液保留灌肠法治疗，处方如下：

生大黄 9 克，地榆 30 克，附子 12 克，生牡蛎 60 克，水煎

200 毫升，保留灌肠，每日 1 次。

(3)血尿：在上述分型辨证论治的基础上，酌情加小蓟 30 克，坤草 12 克，白茅根 30 克，生地 15 克，丹皮 15 克，藕节 9 克。血尿日久，见有气短乏力，食少、消瘦，舌质淡胖，脉弱等脾气亏虚症状时，用归脾汤有效。

单方：①干玉米须60克，(1日量)水煎服，分3次服。

②黑豆30克，赤小豆30克，水煎服，吃豆喝汤。

中成药：①肾炎宁片，每次8片，日3次，温开水送服。

②金匮肾气丸，每次1丸，日2次，温开水送服。

预防

积极预防和治疗上呼吸道感染，避免过劳。

4.3 泌尿系感染

泌尿系感染是肾盂肾炎、膀胱炎、尿道炎的总称，是由细菌侵袭而引起的疾患，多见于女性，尤以妊娠期妇女更为常见。临床症状主要有发热、腰痛、乏力、尿频、尿急、尿痛等，根据发病情况可以分急性和慢性两类，对急性病人若能积极治疗，绝大多数可获痊愈。少数病人由于各种原因使感染持续，病程迁延，反复发作，发展为慢性，最后亦可出现肾功能减退。根据上述临床表现，多属于祖国医学“淋症”、“腰痛”等范围。慢性病例由于病机较为复杂，临床表现不一，浮肿、乏力、消瘦、虚损症状明显者，应属祖国医学“水气”、“虚劳”等范围。

病因病机

多食辛热肥甘之品或嗜酒太多，酿成湿热下注膀胱；或下阴不洁，秽浊之邪侵入膀胱，酿成湿热，蕴结下焦，导致膀胱气化不利，而发生尿急、尿频、尿痛等症状。若病延日久，可导致脾肾两虚，病证虚实夹杂。

辨证论治

1. 膀胱湿热型(多见急性泌尿系感染)

症状：发热畏寒，尿频，尿急，尿痛，少腹胀痛，腰痛，苔黄腻，脉滑数。

治法：清热解毒、利尿通淋。

方药：石苇通淋方

石苇 30 克，萹蓄 12 克，瞿麦 9 克，大黄 6 克，淡竹叶 9 克，白茅根 30 克，车前子 15 克(包煎)，滑石 30 克，坤草 15 克，甘草 3 克。水煎服，日 1 剂。

加减：寒热较重，口苦，恶心呕吐，可加柴胡 15 克，半夏 9 克，黄芩 12 克。

尿中脓细胞不减，苔黄腻厚，可加公英 30 克，土茯苓 15 克。

血尿可加小蓟 30 克，生地 30 克，藕节 12 克。

单方：①公英60克。水煎服。

②鲜石苇根120克。去叶洗净捣烂。浓煎服。

验方：①地丁60克、车前子60克。水煎服。

②双花30克、茅根30克、坤草30克、车前草30克、竹叶 12 克。水煎服。

2. 肾阴不足、湿热留恋型(多见于慢性泌尿系感染)

症状：头晕耳鸣，腰膝酸软，咽干唇燥，低烧，尿频，尿急，尿痛或轻或重，舌质偏红，苔薄，脉弦细而数。

治法：滋阴益肾，清热降火。

方药：知柏地黄汤加味。

生地 15 克，山药 10 克，山萸肉 9 克，丹皮 12 克，茯苓 9 克，泽泻 15 克，知母 12 克，黄柏 9 克，石苇 15 克，淡竹叶 9 克。水煎服，日 1 剂。

3. 脾肾两虚，正虚邪恋型(多见于慢性肾盂肾炎)。

症状：面浮足肿，神疲乏力，腰膝酸软，头晕耳鸣，纳呆腹胀，大便溏薄，小便频数，淋沥不尽，舌质淡苔薄白，脉沉细无力。

治法：健脾益肾，清热利湿。

方药：无比山药丸

山药 12 克，茯苓 12 克，泽泻 15 克，熟地 15 克，山萸肉 9 克，巴戟天 12 克，菟丝子 15 克，杜仲 12 克，牛膝 12 克，五味子 9 克，肉苁蓉 12 克，赤石脂 6 克。水煎服，日 1 剂。

预防

1. 注意外阴部清洁，勤换内裤，注意经期、妊娠期卫生。

2. 及时治疗局灶性化脓性病变，以免造成血行播散。去除尿路梗阻等诱发因素。

4.4 泌尿系结石

泌尿系结石包括肾结石，输尿管结石和膀胱结石。临床典型表现为腰痛或肾绞痛、血尿和排出尿石。属于中医“石淋”、“砂淋”、“腰痛”等范围。

病因病机

多食辛热肥甘或嗜酒太过，湿热蕴积，尿液受其煎熬，日积月累，尿中杂质结为砂石，则为石淋。石淋日久，气血亏虚，阴液耗伤者，则本虚标实，虚实并见。

辨证论治

1. 湿热型

症状：尿中有时挟有砂石，小便艰涩或排尿时突然中断，尿道刺痛，少腹拘急或腰腹绞痛难忍，甚则尿血，舌质偏红，苔薄黄，脉略数。

治法：清热利湿，通淋排石。

方药：四金排石汤

金钱草 45 克，海金砂 15 克，鸡内金 15 克，郁金 18 克，抗芍 30 克，滑石 30 克，瞿麦 9 克，冬葵子 15 克，大黄 6 克，广木香 6 克，牛膝 30 克，甘草 3 克。水煎服，日 1 剂。

加减：血尿加小蓟草 30 克，生地 30 克，藕节 15 克。

发热加蒲公英 30 克，黄芩 12 克。

剧烈肾绞痛时，加制乳香 6 克，制没药 6 克，另用三七粉 3 克，沉香粉 1 克，和匀冲服。

2. 气阴两亏型

症状：泌尿系结石日久，除见排尿困难、尿痛、腰腹痛、血尿外，尚有气短、乏力、消瘦或虚浮，口干等体虚症状，舌质淡，苔白，脉沉弱。

治法：益气养阴，通络排石。

方药：人参排石汤

西洋参 6 克（先煎），生牡蛎 30 克（先煎），穿山甲 9 克(先煎)，石斛 5 克，瞿麦 12 克，冬葵子 9 克，血余炭 6 克，川楝子 9 克，茯苓 12 克，泽泻 15 克，石苇 15 克．金钱草 15 克，鸡内金 9 克，甘草 6 克。加水 1500 毫升，煎煮至 500 毫升，分两次服，隔日 1 剂。

验方：①滑石，风化硝，炙鸡内金等分研粉。每服3克，日3次。

②胡桃仁、冰糖、香油各125克，将胡桃仁放入香油内炸酥，与冰糖共捣烂。两天内吃完。

中成药：①石淋通片，每次5片，日3次，温开水送服。

②复方石淋通片，每次6片，日3次，温开水送服。

4.5 乳糜尿

乳糜尿大多由班氏丝虫病所引起，偶见于泌尿系结核、肿瘤。临床表现主要为反复间歇性发作乳白色尿，半数病人可见血尿，睾丸肿大，阴囊鞘膜积液，象皮腿等，晚间血液检查，可能找到血丝虫的微丝蚴。由于尿呈乳白色，多属中医"尿浊"范围。

病因病机

过食肥甘，湿热下注，或脾虚气陷，肾虚不固，精微下注所致。

辨证论治

本病早期多为湿热下注，治以清热利湿为主。日久反复发作则见脾肾亏虚，治以补中益气或益肾固摄。虚实夹杂则应标本兼顾。

1. 湿热下注型

症状：小便混浊呈乳白色，有时带有凝块，每食腥荤食物则加重，尿无疼痛，胸脘满闷，口渴不欲饮，舌苔黄厚腻，脉象濡数。

治法：清化湿热为主。

方药：乳糜尿汤

萆薢30克，海金砂30克，石苇30克，茯苓12克，生地15克，萹蓄15克，女贞子12克，红花9克，黄柏6克。水煎服，日1剂。

加减：倦怠纳差浮肿者，加党参15克，白术15克，芡实30克。

血尿者，加茅根30克，益母草30克，仙鹤草15克，棕榈炭9克。

蛋白消失慢者，加石莲子30克，金樱子、白术、菟丝子各15克。

腰痛者，加桑寄生30克，狗脊、川断各15克。

2. 肾虚不固型：

症状：小便混浊，烦热口干，腰膝酸软，疲倦乏力，头晕目眩，舌质红少苔，脉象沉细或细数。

治法：补肾固摄

方药：六味地黄汤合菟丝子丸加减

熟地30克、山萸肉12克，山药15克，菟丝子24克，枸杞15克，莲子肉12克、生芡实15克，煅龙牡各30克，五味子9克。水煎服，日1剂。

加减：腰痛甚者，加川断15克，杜仲15克，狗脊12克。

脾虚甚者，加党参15克，白术12克，黄芪15克。

肢冷便溏，舌淡苔白，脉象沉弱者，为肾阳虚衰，加鹿茸9克，补骨脂12克，制附子9克，肉桂6克。

3. 脾气下陷型

症状：小便混浊，遇劳益甚，面色萎黄，倦怠无力，舌质淡，苔薄白，脉象虚弱。

治法：益气升清

方药：补中益气汤

黄芪15克，党参12克，白术12克，当归9克，陈皮9克，升麻6克，柴胡6克，炙甘草6克，大枣5个。水煎服，日1剂。

加减：食少腹胀消瘦，中气不足者，加山药15克，芡实12克，白果9克。

预防

1. 乳糜尿患者避免过度劳累或吃油腻食物。

2. 彻底治疗丝虫病。

4.6 遗尿

凡小便不能控制而自行排出的病证统称遗尿。临床上有两种类型，一为小便频数，滴沥不断，自遗失禁，一种为睡中遗尿，醒后方知。前者多见于老年人，后者多见于儿童。

病因病机

本病以虚证为多，肺、脾、肾气虚弱，影响膀胱储存尿液的功能，不能约束小便而遗尿。

辨证论治

1. 小便失禁

(1)脾肺气虚型

症状：尿意频数，尿量不多，小便约束力差而常自遗，多伴有小腹坠胀，气短乏力，食少消瘦，舌质淡，苔薄白，脉虚弱。

治法：益气升陷

方药：补中益气汤加味

黄芪 15 克，党参 12 克，白术 12 克，当归 12 克，陈皮 9 克，柴胡 9 克，升麻 6 克，益智仁 9 克，五味子 9 克，补骨脂 12 克，桑螵蛸 15 克，甘草 6 克。水煎服，日 1 剂。

加减：阳虚寒盛，脉迟缓者，加肉桂 6 克，附子 9 克。

若小便失禁，日久不愈，用上方效果不著者可用固脬汤加减。

桑螵蛸 20—30 克，黄芪 30 克，沙苑子 15 克，萸肉 15 克，当归 12 克，覆盆子 15 克，白芍 9 克，益智仁 12 克，五味子 9 克，升麻 9 克，羊脬 1 个，用羊脬煎汤代水煎药分两次服，每日 1 剂。

(2)肾气虚弱型

症状：小便频数或小便滴沥不约，形体衰弱，神疲畏寒，头晕腰酸，两下肢无力，舌淡苔白，脉沉细弱。此型多见于老年人。

治法：温肾缩泉固涩

方药：巩堤丸加减

熟地 15 克，菟丝子 15 克，补骨脂 12 克，韭子 9 克，附子 9 克，五味子 9 克，益智仁 9 克，白术 9 克，山药 15 克，桑螵蛸 15 克。覆盆子 15 克。水煎服，日 1 剂。

2. 睡中遗尿

症状：睡中遗尿，且多有梦，病情较重者常伴有白天精神不振，畏寒肢冷，形瘦体弱，舌淡苔白，脉象细弱。

治法：补益心脾，温肾固涩。

方药：桑螵蛸散加减

桑螵蛸 30 克，覆盆子 30 克，党参 9 克，黄芪 9 克，茯神 9 克，金樱子 9 克，补骨脂 9 克，煅龙骨 15 克，石菖蒲 12 克，炙甘草 6 克。水煎服，日 1 剂。

中成药：①遗尿散每次5克，日2次，温开水冲服。

②缩泉丸每次6—9克，日2次。饭前淡盐水或温开水送服。

5 血液系统疾病

5.1 缺铁性贫血

缺铁性贫血是由于体内贮存铁的缺乏，影响血红素的合成所引起的贫血，是贫血中最常见的一种。其主症为面色萎黄或苍白，头晕目花，耳鸣心悸，困倦乏力，毛发憔悴。或面足浮肿，甚则可见出血、发热等。属祖国医学的"血虚"、"萎黄"、"黄胖病"等范围。

病因病机

病后体虚，血液损耗；脾胃虚弱，不能生血；反复出血，血少气衰；或虫积体内，吮吸水谷精微，以致血的化源不足，终致本病。

辨证论治

1. 脾气虚弱型

症状：面色萎黄或㿠白，神倦乏力，纳呆便溏，舌质淡胖，舌苔薄白，脉细。

治法：健脾益气

方药：黄芪六君子汤加味

黄芪 30 克，党参 15 克，茯苓 12 克，白术 12 克，炙甘草 6 克，半夏 9 克，陈皮 9 克，砂仁 6 克。水煎服，日 1 剂。

加减：大便稀溏者，上方加重茯苓、白术用量。

畏寒肢冷者，上方加制附子 9 克，炮姜 9 克。

2. 气血两虚型

症状：面色萎黄或苍白，疲倦乏力，心悸气短，少气懒言，头晕失眠，爪甲色淡或扁平如匙，舌质淡，苔薄白，脉虚细。

治法：益气养血

方药：十全大补汤加减

黄芪 30 克，党参 15 克，茯苓 12 克，白术 12 克，炙甘草 6 克，当归 12 克，熟地 15 克，桂元肉 9 克，白芍 12 克，大枣 6 枚。水煎服，日 1 剂。

加减：月经过多或崩漏不止者，上方加阿胶 12 克(烊化)、艾炭 9 克。

久病血虚，腹满食少，肌肤甲错，目黯无神，脉涩，舌质紫者，另外加服大黄䗪虫丸。每次 6 克，日 2 次。

3. 虫积体内型

症状：面色肌肤萎黄，脘腹疼痛或脘闷不舒，纳多或异食，便溏或结或不畅，体倦乏力，巩膜和面部可见虫斑，舌淡苔薄腻，脉弱。

治法：杀虫健脾，益气养血。

方药：化虫丸合十全大补丸

槟榔 12 克，鹤虱 15 克，苦楝皮 18 克，茯苓 12 克，黄芪 30 克，当归 15 克，白术 12 克，陈皮 9 克，杭芍 12 克，红枣 10 枚。水煎服，日 1 剂。

加减：虫积症状突出，表现为脘腹疼痛，异食等证者，先以杀虫为主，可服化虫丸、黄病绛矾丸。

验方：①枣矾丸(大枣 10 枚去皮核，皂矾 6 克研细)，先将枣肉捣烂，再加入皂矾捣匀，捻成 40 丸，每服 1 丸，每日 2 次，20 天为 1 疗程。

②煅皂矾 1 份，炒黄豆 2 份，共研细末，枣汤为丸。每服 10 克，日服 3 次。

中成药：小儿升血灵

每次 15 克，日服 3 次，温开水冲服。

预防

1. 讲究卫生，防止肠道寄生虫病。

2. 根治慢性出血性疾病，如痔疮、月经过多、溃疡病等。

3. 对孕妇、哺乳期妇女、婴幼儿、胃大部切除术后者等，补给适量的铁剂，并适当进食含铁的食物。

4. 做饭炒菜时用铁制炊具等。

5.2 再生障碍性贫血

再生障碍性贫血，简称"再障"。是由多种病因引起的红骨髓总容量减少，造血功能部分或全部衰竭而引起的一组综合征。临床主要表现为进行性贫血、出血，反复感染及全血细胞减少。若进行性贫血症状明显，多属祖国医学的"血虚"和"虚劳"证。出血症状突出者，属中医的"血证"范畴。

病因病机

与五脏虚损有关，主要责之脾肾两脏。脾虚气血化源不足、统摄无权，而发生出血。肾虚则骨髓不充，精血不得复生，而致血虚。

辨证论治

1. 脾肾阳虚型

症状：面色萎黄，神疲懒言，畏寒肢冷，腰酸自汗，阳萎早泄，月经不调，大便溏薄或五更泻，或下肢浮肿，舌质淡，舌体胖，苔薄白，脉沉细。

治法：温补脾肾

方药：附子理中汤合右归丸

制附子 9 克，党参 15 克，白术 12 克，菟丝子 15 克，熟地 15 克，当归 12 克，干姜 6 克，山药 15 克，杜仲 12 克，山萸肉 12 克，甘草 6 克，鹿胶 12 克(烊化)，枸杞子 15 克，肉桂 3 克。水煎服，日 1 剂。

加减：五更泄泻，证见每至黎明前腹痛即泻，可另外服四神丸。每次 9 克，日服 2 次，温开水送下。

兼有出血者，上方加仙鹤草 30 克，三七粉 3 克(冲服)。

2. 肝肾阴虚型

症状：面黄不华，头晕目眩，两颧潮红，腰腿酸软，咽喉干痛，五心烦热，低烧盗汗，遗精失眠，月经量多或崩漏不止。舌红少苔，脉细弦。

治法：滋补肝肾

方药：左归丸合大补元煎化裁

熟地 15 克，山药 15 克，山萸肉 12 克，杜仲 15 克，菟丝子 15 克，川牛膝 15 克，人参 12 克，炙甘草 6 克，鹿角胶 12 克(烊化)，枸杞子 15 克，龟板胶 12 克(烊化)。水煎服，日 1 剂。

加减：虚热明显，见低热或潮热者，上方酌加鳖甲 12 克、地骨皮 15 克、青蒿 30 克、银柴胡 15 克，减去人参、杜仲。

血热妄行，证见出血或皮肤瘀斑者，上方加丹皮 15 克、仙鹤草 30 克、大小蓟各 15 克、水牛角粉 15 克冲服，去人参、菟丝子、杜仲。

中成药：归芍地黄丸

每服 1 丸，日服 2 次，温开水送服。

3. 气血两虚型

症状：面色㿠白，头晕目眩，心悸气短，疲倦乏力，或低热失眠。舌质淡红，舌苔薄白，脉细弱。

治法：益气养血

方药：十全大补汤

生黄芪 30 克，人参 9 克，茯苓 12 克，白术 12 克，当归 12 克，杭芍 12 克，炙甘草 6 克，熟地 15 克，川芎 9 克，肉桂 3 克。水煎服，日 1 剂。

加减：心悸失眠明显者，上方加炒枣仁 30 克。

有出血者，上方加仙鹤草 24 克、大小蓟各 15 克、阿胶 12 克(烊化)。

单方：河车粉，每次服 3～6 克，日服 2 次。

验方：牛骨髓、生山药各 250 克，胎盘粉 30 克，蜂蜜 250

克，共捣匀，入磁罐中，放锅内蒸熟，每服两汤匙，每日2次。

中成药：归脾丸

每次服1丸，每日3次。

预防

1. 对长期接触化学物或放射线者要作好防护，定期查体，做到早防、早诊、早治。

2. 勿滥用对造血系统抑制作用较强的药物，必用时，应严密观察血象，及时停药。

5.3 原发性血小板减少性紫癜

原发性血小板减少性紫癜，是一种与自身免疫有关的疾病，故又称免疫性血小板减少性紫癜。临床上分急性和慢性两型。其特点为，皮肤粘膜瘀点或瘀斑，或血肿，或内脏出血、血小板减少等。根据其主要临床表现，属祖国医学的"血证"及"阴斑"的范围。因本病多呈持续性或反复性发作，故一般多属虚证。

病因病机

多由热毒炽盛，迫血妄行；或阴虚火旺，阳明胃热炽盛，化火动血，络脉损伤；或脾肾气虚，不能摄血，导致血溢于脉络之外，或渗于皮肤之间，形成本病，通常以脾肾气虚为主。

辨证论治

1. 热盛迫血型

症状：起病急、病程短，初有寒热，皮肤瘀斑或瘀点。斑色紫赤，大小不等，形态不一，或量多成片，或伴衄血，腹痛尿血等。心烦面赤，舌质红，苔薄黄，脉弦滑数。

治法：清热解毒、凉血消瘀。

方药：清营汤

犀角粉1克(冲服)，丹参30克，黄连9克，生地30克，银花30克，连翘15克，竹叶9克，元参18克，麦冬30克。水煎服，日1剂。

加减：热毒炽盛，发热口渴欲饮，烦躁不安，紫癜密集者，上方加生石膏 30 克，丹皮 15 克、龙胆草 12 克。

热伤肠络而便血者，上方加槐花 30 克、地榆 15 克。

兼有尿血者，上方加小蓟 30 克 、黄柏 12 克、琥珀粉 1.5 克(冲服)。牛膝炭 15 克。

2. 阴虚火旺型

症状：紫斑色红或紫红，时轻时重，时发时止，下肢尤甚。或鼻衄、齿衄。常伴头晕乏力，心烦耳鸣，低热或手足心热，或潮热盗汗，舌红少苔乏津，脉细数。

治法：滋阴降火、清热凉血止血。

方药：茜根散合玉女煎

茜根 15 克，侧柏叶 9 克，生熟地各 30 克，石膏 30 克，牛膝 15 克，阿胶 12 克(烊化)，黄芩 12 克，麦冬 24 克，知母 12 克，甘草 6 克。水煎服，日 1 剂。

加减：胃阴不足，口渴欲饮者，上方加石斛 15 克、玉竹 15 克。

潮热明显者，上方加鳖甲 12 克、地骨皮 15 克、银柴胡 15 克，去石膏、黄芩。

3. 脾虚气弱型

症状：斑色淡红或黯淡，清稀不显，散在出现，时起时消，过劳加重，神情倦怠，头晕乏力，心悸气短，纳呆食少，面色萎黄，舌质淡，苔白，脉弱。

治法：健脾益气、养血摄血。

方药：归脾汤

党参 15 克，黄芪 30 克，龙眼肉 9 克，白术 12 克，茯苓 12 克，酸枣仁 15 克，当归 12 克，远志 6 克，木香 6 克，生姜 6 克，大枣 6 枚，炙甘草 6 克。水煎服，日 1 剂。

加减：如病程长，气损及阳，兼见手足不温，大便溏薄等证者，上方加制附子 9 克，肉桂 3 克，去枣仁。

兼肾气不足，证见腰膝酸软者，上方加菟丝子 30 克、续断 15 克、桑寄生 15～30 克。

如出血后有瘀血内阻，瘀斑难消，脾脏肿大，舌质紫暗者，上方加失笑散 6 克、参三七 9 克，去生姜、大枣。

中成药：①补中益气丸

每服 1 丸，每日 3 次，温开水送服。

②人参归脾丸

每服 1 丸，日服 2～3 次，温开水送服。

③十全大补丸

每服 1 丸，日服 2～3 次，温开水送服。

预防

心情舒畅，忌辛燥食物，防止外伤。

5.4 白细胞减少症

白细胞减少症，又称白细胞减少状态。一般认为，当周围血象中白细胞计数持续低于 4000／mm^3，其白细胞分类计数一般正常或中性粒细胞绝对值正常或略低，称白细胞减少症。临床上可无明显症状，或可出现头晕乏力，低热腿酸，纳谷不香，睡眠欠佳等症状。属祖国医学的“虚劳”范围。

病因病机

本病之发生与先天禀赋不足，病后失养，感受四时不正之气，病毒侵袭或用药不当有关。其中一因或多种原因，皆能损伤正气，导致脾肾亏虚，故与脾肾关系密切。脾肾亏虚，即可导致营卫气血不足，进而出现本病。

辨证论治

1. 气阴两亏型

症状：面色少华，倦怠乏力，头晕目眩，低烧潮热，气短懒言，五心烦热，舌质淡红，舌苔薄白，脉细弱。

治法：益气养阴。

方药：黄芪生脉散

人参 12 克，麦冬 30 克，五味子 9 克，黄芪 30 克。水煎服，日 1 剂。

加减：肺气虚明显，见咳嗽或喘，自汗畏风者，上方加煅牡蛎 30 克、山药 15 克、浮小麦 30 克。

脾气虚明显，证见食少便溏，腹胀坠或脱肛者，上方加白扁豆 30 克、莲子肉 15 克、升麻 6 克、柴胡 6 克。

肝肾阴虚明显，见腰膝酸软，耳鸣耳聋，头晕头痛，目干涩视物不清者，上方加生地 15 克、枸杞子 15 克、山萸肉 12 克。

2. 脾肾阳虚型

症状：头晕耳鸣，腰膝酸软，神疲乏力，少气懒言，低热畏寒，纳呆便溏，舌质胖嫩，舌苔薄白，脉沉细。

治法：温补脾肾

方药：右归丸

熟地 15 克，山药 12 克，鹿角胶 12 克(烊化)附子 9 克，肉桂 3 克，枸杞子 12 克，当归 15 克，杜仲 12 克，山萸肉 12 克，菟丝子 15 克。水煎服，日 1 剂。

加减：兼气虚者，上方加黄芪 15～30 克，党参 18 克。

中成药：①附子理中丸

每服 1 丸，每丸 9 克，日服 2 次，温开水送服。

②金匮肾气丸

每次 1 丸，每日 2～3 次，温开水或淡盐水送服。

③十全大补丸

每服 1 丸，每丸 9 克，日服 2 次，温开水送服。

预防

1. 做好职业性防护，对接触放射线者，定期查体，尤应注意查周围血象。

2. 避免滥用各种有可能引起白细胞减少的药物。必用时，

应在用药过程中严密观察，及时复查血象，一旦发现白细胞减少，立即减量或停药，并及时纠正。

5.5 白血病

白血病是造血细胞组织异常增生，全身各组织和脏器遭受侵润的一种恶性病变。急性白血病主要证状有发热、贫血及出血，属中医的"温病"、"急劳"或"热劳"、"血证"等范围；慢性白血病可见脾脏及淋巴结肿大，属祖国医学的"虚劳"、"症积"、"痰核"或"瘰疬"等范畴。这些病证之间，往往互相转化，或交替并见。

病因病机

本病之病因病机较复杂。多由于正气不足、瘟毒病邪乘虚内侵，以致血瘀、痰凝相互交结而形成。本病属本虚标实，以虚为主。

辨证论治

1. 热毒炽盛型

症状：发热烦躁，或有神昏，出血(齿衄、鼻衄、肌衄、便血等)头痛，身痛骨痛，口渴唇焦，舌质红绛，舌苔黄燥，脉滑数或数大。

治法：清热解毒，凉血止血。

方药：犀角地黄汤加味

犀角粉 1 克(冲服)，生地 30 克，芍药 15 克，丹皮 15 克，紫草 30 克，玄参 18 克，半枝莲 30 克。水煎服，日 1 剂。

加减：口腔溃疡、牙龈肿痛者，上方酌加黄连 9 克、龙胆草 12 克；出血较多者，上方加三七粉 3 克冲服。

合并外感高烧者，上方加双花 30 克、连翘 15 克、黄芩 12 克。

中成药：牛黄解毒片

每次 3 片，日服 2～3 次，温开水送服。

2. 血瘀症积型

症状：胁下症块，按之坚硬，胁肋胀痛，形体消瘦，面色不华，舌质暗红，舌苔少，脉弦或涩。

治法：活血化瘀、软坚散结。

方药：膈下逐瘀汤

五灵脂 9 克，当归 12 克，川芎 12 克，桃仁 12 克，丹皮 15 克，赤芍 15 克，乌药 12 克，红花 9 克，元胡 12 克，香附 12 克，枳壳 12 克，甘草 6 克。水煎服，日 1 剂。

加减：肝脾肿大明显者，上方加鳖甲 15 克、牡蛎 30 克，去乌药。

肝脾肿大且痛甚、无出血倾向者，上方酌加三棱 9 克、莪术 9 克、山甲 12 克，去川芎、赤芍。

3. 痰核结聚型

症状：颈部、颌下、腋窝．腹股沟等处淋巴结肿大，质硬，压痛不显．或见胸胁等处骨质隆起。舌质淡红，苔白腻，脉弦滑。

治法：化痰软坚、消肿祛瘀。

方药：内消瘰疬丸加减

海藻 30 克，昆布 30 克，夏枯草 30 克，牡蛎 30 克，当归 15 克，天花粉 15 克，川贝母 12 克，连翘 15 克，山慈菇 9 克，元参 15 克，甘草 9 克，黄药子 15 克。水煎服，日 1 剂。

4. 气血两虚型

症状：面色萎黄，心悸气短，倦怠乏力，头昏自汗，腰膝酸软，下肢浮肿。或有齿、鼻、肌衄，舌质淡红，舌苔薄白，脉细弱或虚大无力。

治法：益气养血

方药：人参养营汤

人参 12 克，黄芪 30 克，当归 15 克，白芍 15 克，白术 12 克，熟地 15 克，茯苓 12 克，肉桂 3 克，五味子 6 克，陈皮 9 克，远志 9 克，甘草 6 克，生姜 6 克，大枣 6 枚。水煎服，日 1

剂。

加减：兼衄血低热者，上方加旱莲草 30 克、女贞子 15 克、仙鹤草 30 克，去肉桂、生姜。

出血较多或不止者，上方加三七粉 3 克冲服；或加三七片 5 片口服，日 3 次，另加阿胶 9 克烊化服。

5. 阴血不足型

症状：低热虚烦，齿鼻衄血，肌肤瘀斑，头昏目花，口干盗汗，舌质红，苔花剥，脉细数。

治法：滋阴养血

方药：大补元煎

熟地 30 克，人参 9 克，杜仲 15 克，当归 12 克，山药 15 克，枸杞子 15 克，山萸肉 12 克，炙甘草 6 克。水煎服，日 1 剂。

加减：低热明显者，上方选加鳖甲 12 克、龟板 12 克、地骨皮 15 克、青蒿 24 克、白薇 30 克，去山药，人参易西洋参。

出血者，上方加丹皮 15 克、阿胶 12 克(烊化)。

血虚重者，另外冲紫河车粉 3 克，日 3 次。

6. 精气虚寒型

症状：面色苍白，恶寒肢冷，倦怠头昏，腰膝酸软，舌质淡胖，舌苔白，脉沉细无力。

治法：温补阳气

方药：右归丸

熟地黄 30 克，山药 15 克，山茱萸 12 克，枸杞子 15 克，杜仲 15 克，菟丝子 30 克，附子 12 克，肉桂 3 克，鹿角胶 12 克(烊化)，当归 15 克。水煎服，日 1 剂。

加减：阳虚甚，恶寒肢冷显著者，上方加重附子用量。

兼阴虚者，上方加制首乌 30 克。

预防

1. 接触放射线或对人体有害化学物品、气体的人员要加强

劳动防护，严守操作规程，注意定期查体，做到早发现、早治疗。

2. 增强体质，防止过度疲劳；防暴怒抑郁，保持心情舒畅、情绪稳定。

6 内分泌系统疾病

6.1 甲状腺机能亢进症

甲状腺机能亢进症是常见的内分泌疾病，系甲状腺分泌甲状腺激素过多所致。临床上有甲状腺肿大、心动过速、神经过敏及体重减轻等特征。属于中医"瘿气"、"心悸"等范畴。

病因病机

本病的发病原因主要为情志刺激和素体阴虚。情志刺激而致肝气郁结，气滞痰凝，痰气瘀交结于颈前而渐成瘿肿；而素体阴虚，遇有气郁，极易化火，肝火旺盛，又易伤阴。

辨证论治

1. 气滞痰凝型

症状：颈前瘿肿，软而不痛，胸闷胁痛，善太息，苔薄腻，脉弦滑。

治法：理气化痰，软坚散结。

方药：柴胡疏肝散加减

柴胡 9 克，陈皮 9 克，香附 9 克，茯苓 15 克，半夏 9 克，枳壳 6 克，杭白芍 15 克，玄参 15 克，浙贝母 9 克，甘草 3 克。水煎服，日 1 剂。

加减：若见甲状腺肿大且硬有结节者，可加鳖甲珠 10 克，漏芦 10 克，桃仁 10 克。

若见大便溏泻、倦怠乏力者，可加白术 12 克，白扁豆 15 克，苡仁 15 克。

验方：半夏 10 克，茯苓 15 克，制香附 15 克，郁金 12 克，玄参 30 克，夏枯草 15 克，旱莲草 15 克，生龙骨 30 克，生牡蛎 30 克，紫丹参 30 克。水煎服，每日 1 剂。

2. 肝火亢盛型

症状：瘿肿突眼，性急易怒，面颧升火，怕热多汗，口苦目赤，苔薄黄，脉弦数。

治法：清肝泻火。

方药：龙胆泻肝汤加减

龙胆草 9 克，黄芩 10 克，泽泻 10 克，山栀子 10 克，柴胡 9 克，玄参 12 克，生地黄 15 克，浙贝母 9 克，夏枯草 15 克，生牡蛎 30 克，甘草 3 克。水煎服，每日 1 剂。

加减：若见胃热消谷善饥者，加黄连 6 克，生石膏 30 克。

若腑气不通，大便秘结者，加大黄 6 克(后入)。

3. 心肝阴虚型

症状：心悸，怵惕不安，心烦不寐，胁痛，口干舌红，脉细数。

治法：养心安神，滋阴柔肝。

方药：天王补心丹合一贯煎加减

太子参 15 克，麦冬 15 克，生地黄 15 克，酸枣仁 30 克，北沙参 15 克，枸杞子 12 克，五味子 3 克，柏子仁 10 克，炙甘草 6 克。水煎服，日 1 剂。

加减：若见耳腰痠耳耳鸣者，加女贞子 15 克，何首乌 15 克，龟板 10 克。

若肝阳暴张于上，阴液亏竭于下，而见面红手抖，加珍珠母 15～30 克，生龙骨 30 克，生牡蛎 30 克，钩藤 30 克。

预防

积极锻炼身体，提高神经系统的调节能力；合理安排工作、学习与生活。做好妇女青春期、妊娠期及更年期的保健工作，对本病的预防起一定的作用。

6.2 甲状腺机能减退症

甲状腺机能减退症是由于血循环中缺乏甲状腺激素，体内代谢过程减低而引起的疾病。其临床表现为阳气虚弱，并多伴有粘液性水肿。属于中医"虚劳"、"水肿"的范畴。

病因病机

中医认为本病的病因病机主要是禀赋不足，素体不强，及劳伤过度、病后体虚；以致脏腑气血阴阳虚损。根据其临床表现多以脾肾二脏阳气虚弱为主。

辨证论治

1. 脾肾阳虚型

症状：神疲乏力，嗜睡懒言、声音嘶哑，表情迟钝，健忘，畏寒肢冷、皮肤浮肿粗糙，毛发干枯易落，纳食减少；男子性欲减退，甚至阳萎；女子则月经提前而量多；舌质胖嫩，边有齿印，苔白或白腻，脉沉细。

治法：温肾健脾。

方药：肾气丸加减

熟附子 10 克(先煎)，肉桂 5 克(后入)，黄芪 30 克，党参 15 克，炒山药 15 克，当归 12 克，青陈皮各 10 克，熟地黄 15 克，山萸肉 12 克，枸杞子 12 克，怀牛膝 15 克，仙灵脾 15 克，鹿角粉 5 克(冲服)。水煎服，每日 1 剂。

加减：偏于脾阳虚者加干姜 9 克，白术 12 克。

偏于肾阳虚时，加巴戟天 15 克，补骨脂 15 克；并吞服紫河车粉 10 克。

若滑精、小便频数、失禁，加金樱子 15 克，芡实 12 克，覆盆子 15 克，菟丝子 30 克。

若水肿甚者，加茯苓皮 30 克，车前子 15 克(布包煎)。

2. 肾气亏损型

症状：腰脊酸冷，男子阳萎早泄；女子月经稀少或闭经；失眠多梦，面颊微红，视物昏花，心烦口干，尿频色深，舌红少津，可有裂纹，苔薄白，脉沉细数。

治法：温补肾气，滋阴潜阳。

方药：二仙汤、龟鹿二仙胶加减

仙茅 10 克，仙灵脾 12 克，巴戟天 12 克，龟板 12 克，党参 30 克，黄芪 30 克，山药 15 克，当归 15 克，杭白芍 12 克，生、熟地黄各 15 克，鹿角粉 5 克(冲服)。水煎服，每日 1 剂。

加减：若视物昏花，加枸杞子 15 克，白菊花 9 克。

若闭经者，加丹参 15～30 克。

失眠多梦者，加酸枣仁 15～30 克，远志 6 克。

中成药：桂附地黄丸。

每次 1 丸，每日 3 次，温开水送服。

预防

成人的甲状腺机能减退,不少由于手术切除或使用放射性碘[131]治疗甲亢引起，必须掌握甲状腺切除的多少和放射性碘[131]的剂量，避免切除过多和用药剂量过大等因素导致本病。

6.3 糖尿病

糖尿病是一种由于体内胰岛素的绝对或相对的分泌不足而引起以糖代谢紊乱为主的全身性疾病。属于中医“消渴”范畴。因本病是以口渴多饮、多食、多尿、身体消瘦为特征，故中医称之为“消渴”。

病因病机

本证主要由于素体阴虚，复因过食肥甘、醇酒厚味，积热内蕴，化燥伤津；或长期精神刺激，导致气郁化火，消烁肺胃阴津；或劳欲过度，损耗阴精，导致阴虚火旺，上蒸肺胃，而发为消渴。

辨证论治

1. 肺胃燥热型

症状：烦渴多饮，口干舌燥，多食易饥，形体消瘦，尿频量多，舌边尖红，苔黄而燥，脉滑数或洪数。

治法：养阴清热，生津止渴。

方药：白虎加人参汤合消渴方加减。

生石膏 30 克，知母 15 克，人参 6 克，北沙参 15 克，麦冬 30 克，天花粉 30 克，生地黄 15 克，玉竹 15 克，甘草 6 克。水煎服，每日 1 剂。

加减：口渴甚者，可加大天花粉用量。

食量多者，可加大生地黄用量。

大便秘结者，加大黄 6 克。

口舌生疮者，加川黄连 6 克。

若血糖过高，加玄参 15～30 克，苍术 12 克。

验方：①南瓜粉 30 克，甜叶菊 5 克。用甜叶菊泡水，冲服南瓜粉，每日 2 次。

②生黄芪 30～45 克，党参 30 克(人参 6 克)，麦冬 30 克，天花粉 30 克，生地黄 15 克，玄参 24 克，苍术 12 克，黄连 6 克，紫丹参 30 克，金樱子 15 克，沙苑子 15 克。水煎服，每日 1 剂。

中成药：消渴丸，每次 5～10 丸，每日 3 次。

2. 肾阴亏损型

症状：尿频清长，稍置后尿上有如浮脂，腰膝酸软，口干舌红，脉沉细而数。

治法：滋阴补肾。

方药：六味地黄汤加减

生地黄 15 克，熟地黄 15 克，怀山药 12 克，云茯苓 12 克，山萸肉 10 克，牡丹皮 10 克，泽泻 10 克，金樱子 15 克，沙苑子 15 克，五味子 10 克。水煎服，每日 1 剂。

加减：若见疲乏无力，消瘦，脉细弱者，为气阴两伤；加人

参6克，生黄芪30克，白术9克。

若头晕、眼花、耳鸣者，为肝肾两虚；加枸杞子15克，桑椹子15克，女贞子12克。

3. 阴阳两虚型

症状：小便频数，混浊如膏，面色黧黑或㿗白，浮肿腹泻，阳萎怯寒，舌淡苔白，脉沉细无力。

治法：滋肾温阳固涩。

方药：金匮肾气丸加减

熟地黄24克，炒山药15克，山萸肉12克，云茯苓12克，牡丹皮10克，泽泻10克，附子6克，肉桂4克，菟丝子30克，胡芦巴10克，金樱子15克。水煎服，每日1剂。

加减：若小便频数甚者，加覆盆子15克，桑寄生15克。

若出现阳萎，加鹿角片12克，仙灵脾15克。

单方：胡芦巴15克，水煎作茶饮。对糖尿病合并阳萎者效果较好。

中成药：①桂附地黄丸。

每次1丸，每日3次，温开水送服。

②消渴平片。

每次5～8片，每日3次，温开水送服。

③消渴丸。

每次10丸，每日3次，温开水送服。

预防

1. 积极锻炼身体，注意提高神经系统的平衡能力，保持乐观，心胸开朗，使能适应任何外来的精神刺激。

2. 要有良好的生活卫生习惯，体力劳动要充分，避免饮食过量，保持正常体重，防止过胖。

3. 有糖尿病家族史而又疑及患糖尿病者，应定期检查，务使早期诊断，早期治疗，预防发生并发症。

7 胶原性疾病

7.1 风湿性关节炎

风湿性关节炎，是溶血性链球菌感染所引起的急性或慢性全身性变态反应性疾病。表现为多关节性、对称性、游走性的关节红肿热痛及暂时性的活动障碍。多侵犯四肢大关节。冬春季多见。多发于青少年。潮湿、寒冷常为本病的诱发原因。病后不留关节强直和畸形。根据本病的发病特点和临床表现，属于"痹症"范畴。

病因病机

本病的发生与外邪的侵袭和正气虚弱有关。外因主要为风寒湿邪，正虚多以素体阳气、阴精不足为内因。风寒湿之邪侵袭肌表经络关节，引起气血痹阻不通，经络阻滞，关节失养，或风寒湿之邪郁久化热，以致痰浊瘀阻于经髓，深入关节筋脉而发本病。

辨证论治

1. 风痹(行痹)

症状：肢体关节疼痛，游走不定，不局限于1处，关节屈伸不利。或见恶风发热等表证。舌苔白，脉多浮或弦。

治法：疏风散寒除湿，通络止痛。

方药：防风汤加减

防风9克，独活9克，秦艽9克，当归9克，葛根20克，桂枝9克，白芍20克，麻黄6克，生姜6克，大枣5枚，甘草3克，茯苓20克。水煎服，日1剂。

加减：酸痛以腕、肘、肩等上肢关节为主者，选加羌活9克，姜黄9克，威灵仙12克，桑枝30克。

疼痛以髋、膝、踝关节为主者，加牛膝 15 克，防己 9 克，鸡血藤 30 克，木瓜 9 克，萆薢9 克。

疼痛以腰脊为主者，加杜仲 15 克，补骨脂 12 克，桑寄生 24 克，淫羊藿 9 克，老鹳草 30 克，狗脊 9 克，川断 15 克。

2. 寒痹(痛痹)

症状：肢体关节疼痛剧烈，痛处不移。得热疼减，遇寒痛增。关节不能屈伸。局部皮色不红，触之不热。舌苔薄白，脉弦紧。

治法：祛风散寒，温经止痛。

方药：乌头汤加减

黄芪 30 克，麻黄 6 克，杭芍 12 克，川乌 9 克，桂枝 9 克，生姜 9 克，蜂蜜 30 克，甘草 6 克。水煎服，日 1 剂。

加减：参照行痹有关内容。

3. 湿痹(着痹)

症状：肢体关节酸痛重着，疼处固定，活动不便，或肌肤麻木不仁，舌苔白腻，脉濡缓。

治法：除湿通络，祛风散寒。

方药：薏苡仁汤加减

生薏苡仁 30 克，羌活 9 克，独活 9 克，麻黄 6 克，桂枝 9 克，苍术 9 克，当归 12 克，川芎 9 克，甘草 6 克，生姜 6 克，水煎服，日 1 剂。

加减：肌肤，手足麻木不仁者，加海桐皮 9 克，豨莶草 9 克，黄芪 30 克，桑枝 30 克。

关节肿胀者，加萆薢9 克，关木通 9 克，姜黄 9 克，防己 9 克。

风寒湿三痹偏盛不明显者，可用蠲痹汤

羌活 9 克，独活 9 克，海风藤 9 克，秦艽 9 克，桂枝 9 克，当归 9 克，川芎 9 克，乳香 9 克，木香 9 克，桑枝 15 克，甘草

6克。水煎服，日1剂。

若痹证日久，气血瘀滞，证见四肢关节刺痛剧烈，或疼痛麻木，不可屈伸，舌有瘀点，脉细涩者，可加没药9克，牛膝15克，桃仁9克，红花9克，全蝎3克，白花蛇6克，蜈蚣2条。

单方：①威灵仙研粗末，每服9克，醋调服。用于风寒湿痹症。

②芥子适量研为末，老陈醋适量调成糊状，摊于布上，贴患处，1日数次，主治风湿性关节炎，关节麻木。

③艾叶200克，煎汤热浴，忌风。用于风寒湿痹症。

中成药：①天麻胶囊

每次6粒，日2—3次，温开水送服。

②消络痛(抗风湿片)

每次3片，日服3次，饭后温开水送服。

③舒筋活络丸

每次1丸，日服2次，温开水送服。孕妇忌用。

(按：以上用于风、寒、湿痹。)

4.风湿热痹

症状：关节红肿热痛，得冷则舒，活动痛重，身热汗出，口渴。环形红斑或皮下结节，大便秘结或稀溏。舌红，苔腻、脉数。

治法：化湿，清热，通络，止痛。

方药：宣痹汤

防己12克，连翘9克，薏苡仁30克，半夏6克，杏仁6克，晚蚕砂12克，滑石12克，赤小豆15克。水煎服，日1剂。

加减：偏于湿，疼痛重着不移，关节周围漫肿不红者，加茯苓9克，五加皮9克。

偏于热，发热、口干渴，关节红肿热痛，触之痛甚

者，去半夏，赤小豆。加生地30克，麦冬12克，秦艽9克，桑枝30克，忍冬藤30克，生石膏30克，知母9克，桂枝9克。

环形红斑者，加赤芍9克，红花9克，丹皮9克，丝瓜络12克，生地30克，当归9克。

皮下结节者，加海藻9克，橘红9克，赤芍9克，皂刺9克。

验方：老鹳草30克，豨莶草30克，水煎服，每日1剂。

中成药：风湿关节炎片

每次3—4片，日服2次，温开水送服。10天为1疗程，停药2—3天后再服。

5.气血虚痹

症状：肢节疼痛，时轻时重。屈伸不利，酸麻不仁，不红肿，或肿而不红。得热则舒，遇寒加重。神倦乏力，心悸气短，食少便溏，面色少华。舌淡苔白，脉弱或细数。

治法：益气补血，滋肾养肝，搜风逐湿。

方药：三痹汤

黄芪15克，党参12克，川牛膝9克，茯苓9克，甘草6克，肉桂3克，熟地12克，当归9克，白芍6克，川芎3克，杜仲9克，川独活6克，秦艽9克，防风6克，细辛3克。水煎服，日1剂。

在痹证治疗中，常用附子，川乌祛风湿，温经止痛。应用这些药物时，应从小量开始，逐渐增量，并先煎久煎，或使甘草用量与其相等，或加入适量生姜，蜂蜜以解其毒性。

中成药：①鸡血藤片

每次4片，日服3次，温开水送服。

②人参再造丸

每次1粒，日服2次，温开水送服。

预防

加强体育锻炼，预防上呼吸道感染；注意冷暖，避免居处潮

湿；劳逸结合。

7.2 类风湿性关节炎

类风湿性关节炎是一种分布较广，发病率较高的慢性、对称性、多关节炎为主的疾病。侵犯指、腕、肘、趾、膝、骶髂、脊柱等关节，病程迁延反复。晚期有消瘦，贫血，关节呈梭状畸形、强直和功能障碍等主要表现。本病可发生于任何年龄，但以20—50岁者居多，女性多于男性。防治不当可致终生残废。属于中医"痹症"中的"湿热痹"，"骨痹"，"鹤膝风"等范围。

病因病机

本病多由素体虚弱，肝肾亏损，腠理疏松，卫阳不固，营卫气血涩滞，筋骨无以充养，风寒湿热之邪乘虚流注经络关节而致。或者寒暖不调，过度劳役，冒雨涉水，邪从外入；或者素体阳盛，湿痰内盛，复感外邪，邪从热化。一般初起以邪实为主，病位在肢体皮肉经络。久病则多属正虚邪恋，或虚实挟杂，病位深在筋骨。

辨证论治

1. 寒型(风寒湿型)

症状：形寒恶风，无汗或有汗。肢体关节肌肉疼痛剧烈。患处肿胀，不红不热，得热痛减，遇寒痛重。痛处固定，日轻夜重，关节屈伸不便。舌苔薄白，脉弦紧。

治法：祛风散寒除湿，温经通络止痛。

方药：乌头汤加减

黄芪20克，麻黄6克，川乌9克，甘草6克，白芍15克，蜂蜜30克。水煎服，日1剂。

加减：四肢关节游走性疼痛，加防风9克，威灵仙9克，徐长卿12克。

肢体重着疼痛，加防己9克，豨莶草9克。苍术9克，薏苡仁30克。

上肢关节痛，加羌活 9 克，威灵仙 9 克，海风藤 9 克。

下肢关节痛，加杜仲 24 克，桑寄生 15 克，牛膝 15 克，狗脊 9 克，老鹳草 30 克。

2. 热型(风湿热型)

症状：肢体关节疼痛，局部灼热红肿，遇冷则舒，痛不可近，活动不便，可累及一个或多个关节。多有发热汗出恶风，口渴心烦，小便赤，大便秘。舌苔黄燥，脉滑数。

治法：清热通络，疏风胜湿。

方药：白虎加桂枝汤加减

生石膏 30 克，知母 9 克，薏苡仁 30 克，桂枝 9 克，粳米 9 克，赤芍 9 克，甘草 6 克，水煎服，日 1 剂。

加减：热盛，关节热痛甚者，加忍冬藤 30 克，生地 30 克。

阴虚内热，证见午后潮热，盗汗，心烦；舌红少苔，脉细数者，去桂枝，加生地 30 克，白薇 9 克，石斛 20 克，丹皮 9 克，秦艽 9 克，忍冬藤 30 克，赤芍 9 克。

3. 虚型(肝肾亏损)

症状：痹症日久不愈，骨节疼痛。关节变形不可屈伸，日轻夜重。筋肉萎缩，形疲无力，面少华，盗汗心烦。舌微红，舌苔薄白，脉沉细数。

治法：补益肝肾，养血活络。

方药：六味地黄汤合四物汤加减

生地 15 克，山茱萸 9 克，泽泻 9 克，茯苓 15 克，山药 18 克，丹皮 9 克，当归 9 克，川芎 9 克，白芍 18 克，秦艽 12 克，磁石 12 克，威灵仙 12 克，狗脊 12 克。水煎服，日 1 剂。

加减：神疲无力，面少华，舌质淡，脉沉者，去生地，丹皮，加黄芪 30 克，党参 15 克，丹参 18 克，鸡血藤 30 克。

遇风冷痛剧，冷汗自出者，去生地，丹皮，泽泻，加制附子 6 克，制川乌 6 克，桂枝 9 克。

腰膝酸痛者，加桑寄生 24 克，川断 15 克，杜仲 15 克，牛膝 15 克。

夜间疼痛较剧者，加桃仁 9 克，红花 9 克。

中成药：①昆明山海棠

每次 2 片，日服 3 次，温开水送服。体弱，孕妇及肾功能不全者慎服。

②雷公藤片

每次 40—80 毫克，日服 3 次，饭后温开水送服。

预防

加强体育锻炼，增强机体抗病能力。防寒保温，避免居处潮湿。节制房室，劳逸结合。

7.3 硬皮病

硬皮病是一种慢性局限性或广泛性皮肤硬化为特征的结缔组织病。病变累及皮肤，骨，关节。严重者可累及脏腑。一般经过红肿，硬化及萎缩 3 个阶段。其发病率女性多于男性。好发于 20—50 岁。属于中医痹症中的“皮痹”，“血痹”等范围。

病因病机

素体营血不足，肾阳衰微，腠理不密，卫外不固，风寒湿邪乘虚外袭，凝结于肤腠，阻滞于经络，致使营卫失和，气血痹阻，腠理失于濡养而发病。若病情迁延日久，正气虚无力抗邪，风寒湿邪内舍，便可导致脏腑诸多病变。

辨证论治

1. 气血痹阻型(局限性)

症状：局部皮肤变硬，表面光亮发紧，呈蜡黄色，不易捏起，日久硬的皮肤变薄。关节红肿疼痛。舌质淡，舌边有齿痕，脉细滑或沉迟。

治法：温散风寒，祛湿通滞，益气养血，活血软坚。

方药：独活寄生汤加减

独活 9 克，桑寄生 15 克，秦艽 9 克，防风 9 克，细辛 3 克，当归 12 克，白芍 15 克，川芎 9 克，杜仲 15 克，牛膝 15 克，人参 9 克(先煎)，茯苓 18 克，熟地黄 24 克，甘草 6 克。水煎服，日 1 剂。

加减：皮肤颜色变淡为气血虚弱，肌肤失养所致，宜倍用益气养血之品，并加黄芪 30 克，紫河车 9 克，鹿角胶 9 克。

肾阳不足，手足不温者，加附子 6 克，肉桂 3 克，麻黄 6 克。

皮肤色深粗糙者，加水蛭 6 克，桃仁 9 克，丹参 24 克，坤草 12 克，山楂 15 克，红花 9 克。

皮肤顽厚者，加牡蛎 30 克，贝母 9 克，海藻 30 克，昆布 30 克，三棱 9 克，莪术 9 克。

单方：黄药子 280 克，加水煎熬，熏洗患处。适用于皮肤顽厚较为局限者。

验方：桃树、柳树、桑树、榆树枝各取 0.3 米，切碎，乳香，没药，羌活，千年健，三七，鸡内金各 15 克。香油 500 克，炸至焦黄，去渣，纳入黄丹，调成膏备用。用时将此膏涂于纱布，敷患处，每日 1 次。适用于皮肤顽厚，范围较大者。

中成药：丹参注射液

每次 2—4 毫升，日 2 次，肌肉注射。15 天为 1 疗程。

2. 脾肾阳虚型(全身性)

症状：神疲乏力，畏寒，四肢厥冷，手足青紫，关节酸痛。恶心呕吐，胃纳欠佳，腹痛腹泻。月经滞涩。舌质淡，舌体胖嫩或舌边有齿痕，脉沉伏或沉紧。

治法：温肾健脾，散寒通滞、活血软坚。

方药：阳和汤加减

肉桂 9 克，白芥子 12 克，麻黄 5 克，黄芪 30 克，茯苓 15 克，熟地黄 12 克，当归 12 克，丹参 20 克，炮姜炭 6 克，僵蚕 9 克，鹿角胶 9 克(化服)，甘草 6 克。水煎服，日 1 剂。

加减：形寒肢冷，手足青紫者，加细辛3克，附子6克，吴茱萸6克，泽泻12克，干姜9克。

指(趾)端破溃者，加红花9克，桂枝9克，片姜黄9克，玄参24克，当归9克，赤芍9克，双花30克。

中成药：①桂附八味丸

每次1丸，日服2次，温开水送服。

②全鹿丸

每次1丸，日服2次，温开水送服。

预防

生活有规律，劳逸相结合，避免过度精神紧张。避免寒冷潮湿，注意保暖。戒烟酒。

7.4 坐骨神经痛

本病临床表现为坐骨神经通路及其分布区域内的疼痛。引起的原因甚多。最常见的为腰椎间盘病变，髋关节与骶髂关节疾病，脊柱炎或肌炎，腰骶脊髓及神经根的肿瘤等病变所致。以起病急，腰部，下肢持续性钝痛或刺痛，严重者跛行，行动困难为其主症。属于祖国医学"痹症"范围。

病因病机

由于感受风寒湿热之邪侵袭，或局部外伤，经脉受阻，气滞血瘀，筋脉失养而致。

辨证论治

1.寒湿型

症状：腰及下肢疼痛，痛有定处。遇寒痛剧，得热痛减，活动痛重。舌苔薄白，脉弦紧。

治法：温经散寒，祛湿通络。

方药：乌头汤合黄芪桂枝五物汤加减

制川乌6克，肉桂6克，黄芪24克，当归12克，甘草6克，白芍15克。麻黄6克，生姜6克，蜂蜜30克。水煎服，日

1剂。

加减：湿偏盛，腰部及下肢疼痛重着，加薏苡仁30克，牛膝15克，防己9克，萆薢9克。

2. 湿热型

症状：腰部、下肢灼热抽痛。或沉重麻木，或关节红肿热痛。舌质红，苔薄黄，脉滑数。

治法：清热利湿，活血通络。

方药：四妙散加味

苍术9克，黄柏9克，牛膝15克，木瓜9克，薏苡仁30克，鸡血藤30克，茵陈30克，甘草6克，忍冬藤30克。水煎服，日1剂。

加减：热偏重，关节红肿热痛，口渴，肌肉筋脉拘急，加生地30克，地龙9克，秦艽9克，乳香9克，虎杖24克，伸筋草12克。

湿邪偏重，腰部，下肢沉重痛，麻木，恶心，苔腻者，选加晚蚕砂6克，半夏9克，陈皮9克，茯苓18克，萆薢9克。

大便干者加大黄6克。

3. 血瘀型

症状：腰部，下肢持续性刺痛，动则痛剧，行动困难。舌质暗红有瘀点，舌苔薄白，脉沉涩。

治法：活血祛瘀，通络止痛。

方药：身痛逐瘀汤加减

桃仁9克，红花9克，当归9克，甘草6克，五灵脂9克，香附9克，地龙12克，秦艽12克，独活9克，乳香9克，淮牛膝15克。水煎服，日1剂。

加减：偏于气虚，症见神疲乏力，加黄芪30克，党参15克，桂枝9克。

4. 肝肾亏损型

症状：腰及下肢筋脉拘急疼痛，软弱无力，常有冷感，不可屈伸，运动时加剧。舌质红，苔薄白，脉细。

治法：补气血、益肝肾，通经络，祛风湿。

方药：三痹汤

独活 9 克，牛膝 15 克，秦艽 9 克，防风 9 克，细辛 3 克，当归 9 克，白芍 15 克，川芎 9 克，熟地黄 12 克，杜仲 15 克，党参 15 克，黄芪 15 克，茯苓 12 克，川断 15 克，肉桂 6 克，甘草 6 克。水煎服，日 1 剂。

加减：兼热象，证见腰及下肢疼痛，遇热痛剧者，去细辛，肉桂，熟地黄，加忍冬藤 30 克，桑枝 30 克，生地 24 克。

腰及下肢沉重酸痛，去熟地黄，当归，加薏苡仁 30 克，天麻 9 克，木瓜 9 克，桑寄生 15 克，狗脊 9 克。

验方：蕲蛇、全蝎、蜈蚣各等分，上药共为细末，每日 3 克，分 1—3 次用温开水送服，10 天为 1 疗程。用于各型坐骨神经痛。

中成药：①舒筋活血片

每次 5 片，日服 3 次，温开水送服。

②大活络丹

每次 1 粒，日服 2 次，温开水送服。孕妇忌服。

③伸筋丹胶囊

每次 4—6 粒，日服 3 次，温开水送服。15 天为 1 疗程。疗程之间停药 15 天为宜。孕妇及哺乳期妇女忌服。

预防

加强体育锻炼，重体力劳动应加强劳动保护。避免居处潮湿阴冷，如有腰部外伤或腰痛时，应尽早检查与治疗。

8 传染性疾病

8.1 肺结核

肺结核是通过呼吸道感染结核杆菌所致的一种传染病。可分为原发性和继发性两种，以咳嗽、咯痰、咯血、胸痛、潮热、盗汗、消瘦为主要表现。属于中医“肺痨”。

病因病机

由于正气不足，“痨虫”伤肺。初起多阴液亏耗，病在于肺，继则阴虚火旺，肺肾同病，兼及心肝，或脾肺同病，气阴两虚；晚期阴损及阳，致阴阳俱亏。整个过程以阴虚为本。

辨证论治

1. 肺阴亏损型

症状：干咳，咳声短促，或痰中带血，如丝如点，色鲜红，午后手足心热，皮肤干灼，或有少量盗汗，口干咽燥，胸部隐隐闷痛，苔薄，舌边尖红，脉细或兼数。

治法：滋阴润肺

方药：月华丸加减

天冬 12 克，麦冬 12 克，生地 15 克，熟地 15 克，山药 24 克，百部 12 克，沙参 12 克，茯苓 12 克，川贝母 10 克，獭肝 12 克，桑叶 9 克，白菊花 10 克，阿胶(烊化)9 克，三七粉 3 克(冲服)。水煎服，日 1 剂。

加减：咳痰带血丝者加白芨 12 克，仙鹤草 20 克，藕节 12 克。

低热者加银柴胡 12 克，地骨皮 12 克，功劳叶 12 克，青蒿 15 克。

2. 阴虚火旺型

症状：咳呛气急，痰少质粘，或吐稠黄痰，时时咯血，血色鲜红，午后潮热、骨蒸，五心烦热，颧红，盗汗，口渴心烦，不眠，性急善怒，胸胁掣痛，男子遗精，女子月经不调，形体日渐消瘦，舌质红绛而干，苔薄黄，脉细数。

治法：滋阴降火

方药：百合固金丸合秦艽鳖甲散

百合 30 克，麦冬 12 克，玄参 15 克，生地 15 克，熟地 15 克，鳖甲 24 克，知母 9 克，秦艽 12 克，青蒿 12 克，当归 9 克，白芍 12 克，银柴胡 12 克，桔梗 9 克，乌梅 6 克，地骨皮 12 克，甘草 6 克。水煎服，日 1 剂。

加减：咳痰色黄量多者加桑白皮 9 克，马兜铃 9 克，鱼腥草 30 克。

咳血不止，加丹皮 12 克，山栀 9 克，大黄炭 9 克、紫珠草 12 克。

咳血紫暗且胸痛者，加三七 3 克，血余炭 10 克，花蕊石 20 克，郁金 10 克。

盗汗者，加乌梅 12 克，煅龙牡各 30 克，浮小麦 12 克。声嘶或失音者，加诃子 10 克，凤凰衣 10 克，胡桃肉 10 克，白蜜 10 克。

3. 气阴耗伤型

症状：咳嗽无力，气短声低；痰中偶尔带血，血色淡红；午后潮热，热势不剧；面色㿠白，颧红；舌质嫩红，边有齿印，苔薄；脉细弱而数。

治法：益气养阴

方药：保真汤加减

党参 18 克，黄芪 24 克，白术 10 克，茯苓 12 克，天冬 12 克，麦冬 12 克，生地 15 克，熟地 15 克，当归 12 克，赤芍 15 克，白芍 15 克，黄柏 6 克，知母 9 克，厚朴 6 克，五味子 6 克，柴胡 6 克，陈皮 9 克，莲子心 3 克，地骨皮 12 克。生姜 6

克，甘草 6 克，大枣 5 个。水煎服，日 1 剂。

加减：咳痰稀薄者加紫菀 12 克，款冬 12 克，苏子 12 克。

咳血者加阿胶 12 克(烊化)，仙鹤草 20 克，三七粉 3 克(冲服)。

骨蒸盗汗者加鳖甲 10 克，牡蛎 30 克、银柴胡 12 克。

腹胀便溏、食少者，加扁豆 12 克，苡仁 30 克，莲子肉 20 克。

4. 阴阳两虚型

症状：咳逆喘息少气，痰中或夹血，血色暗淡；潮热、形寒、自汗、盗汗，声嘶失音，面浮肢肿，心慌唇紫肢冷，五更腹泻，口舌生糜，大肉尽脱。男子滑精，阳痿；女子经少、经闭。舌红少津，或舌淡胖边有齿痕，脉微细数或虚大无力。

治法：滋阴补阳

方药：补天大造丸

党参 18 克，黄芪 24 克，山药 24 克，枸杞 15 克，龟板 30 克，鹿角片 6 克，当归 12 克，白芍 12 克，熟地 15 克，紫河车 15 克，白术 9 克，茯苓 12 克。水煎服，日 1 剂。

加减：气逆喘息者加冬虫夏草 10 克，诃子 10 克，钟乳石 20 克。

心慌者加紫石英 20 克，丹参 30 克。

五更泻者加煅豆蔻 12 克，补骨脂 12 克

单方：乌梢蛇适量，烧灰存性，每日 3 次，每次 9 克，饭后开水送服，小儿酌减。适用于肺结核低热、盗汗、体弱甚者，或颈淋巴结核亦可。

验方：侧柏叶 90 克，干姜 90 克，艾叶 60 克，加水 1500 毫升，煎至 500 毫升，去渣加红糖适量，每次 60 毫升，每日 4～6 次，治疗肺结核咳血。

中成药：麦味地黄丸

每日 2 次，每次 1 丸，温开水送服。

预防

1. 进行结核菌苗接种，增强对结核菌的抵抗力，降低发病率。

2. 定期进行健康查体，早期发现、早期治疗。

3. 认真执行结核病的管理和隔离、消毒制度。

8.2 结核性胸膜炎

结核性胸膜炎是机体对结核杆菌呈过敏状态情况下，胸膜受结核菌感染引起的炎症，有纤维素性和浆液纤维素性两种。主要临床表现为胸痛，发热，胸膜摩擦音和胸腔积液。属中医"胸痛"、"悬饮"范畴。

病因病机

纤维素性胸膜炎是由于正气不足，外邪侵袭致痰热蕴结，闭阻胸胁。浆液纤维素性胸膜炎乃由于病久，或劳倦内伤，脾肾不足，胸阳不展，水湿停滞胸胁，潴留成饮，蕴结化热而成。

辨证论治

1. 痰热蕴结型

症状：恶寒发热，干咳少痰，胸胁疼痛，口苦纳呆，苔薄白或薄黄，脉弦数或滑数。

治法：清化痰热，和解少阳。

方药：柴胡陷胸汤

柴胡 10 克，党参 12 克，黄芩 10 克，半夏 10 克，黄连 6 克，瓜蒌 15 克，甘草 6 克，生姜 6 克，大枣 5 枚。水煎服，日 1 剂。

加减：胸胁疼痛剧者，加元胡 9 克，白芥子 9 克，川楝子 9 克。

发热甚者，加银花 20 克，连翘 12 克，公英 12 克。

2. 饮流胁下型

症状：咳嗽时胁肋疼痛，肋间胀满，气息短促，苔薄，脉弦

滑。

治法：泻肺逐饮

方药：葶苈大枣泻肺汤加味

葶苈子 12 克，车前子 12 克，桑白皮 10 克，茯苓 10 克，白术 10 克，百部 10 克，大枣 5 个。水煎服，日 1 剂。

3. 阴虚邪恋型

症状：身热午后为甚，日久不退，咳嗽气短，颧红盗汗，舌红少苔，脉细数。

治法：养阴清热，化痰祛饮。

方药：清骨散合小陷胸汤

银柴胡 10 克，胡连 6 克，地骨皮 12 克，青蒿 10 克，半夏 10 克，鳖甲 15 克，百部 10 克，知母 10 克。水煎服，日 1 剂。

加减：盗汗者加煅牡蛎、浮小麦。

单方：甘草 45 克，水煎服，日 1 剂，适用于胸膜炎胸水吸收缓慢者。

中成药：控涎丹，适用于胸腹腔积水，咳喘胁痛者。每次 1.5～4.5 克，枣汤送服。

预防

增强体质，定期查体和 X 线检查，早期发现和治疗肺结核或其他结核病灶。

8.3 结核性腹膜炎

结核性腹膜炎为感染结核杆菌引起的腹膜炎性病变。临床表现有发热、盗汗、消瘦、腹痛、腹内肿块、腹胀大。属中医“痨瘵”、“腹痛”、“鼓胀”、“积聚”等范畴。

病因病机

由于痨瘵日久，气血日渐虚弱，气滞血瘀，形成积聚，致水湿内停，形成鼓胀，腹痛。

辨证论治

1. 气阴两虚型

症状：潮热、盗汗、消瘦，面色㿠白，颧红，手足心热，倦怠乏力，腹胀腹痛，苔薄白，舌红或淡，脉细数或细弱。

治法：益气养阴

方药：四君子汤合清骨散

党参 10 克，白术 10 克，茯苓 10 克，知母 10 克，鳖甲 15 克，银柴胡 10 克，青蒿 10 克，胡连 9 克，秦艽 9 克，百部 10 克，地骨皮 12 克，甘草 6 克。水煎服，日 1 剂。

2. 水湿内停型

症状：腹膨胀大、小便短少，恶心纳呆，腹泻或便秘，苔白腻，脉弦缓。

治法：化湿利水

方药：中满分消丸

党参 12 克，厚朴 6 克，枳实 10 克，黄芩 10 克，半夏 10 克，茯苓 15 克，泽泻 12 克，白术 9 克，猪苓 15 克，姜黄 9 克，百部 10 克，黄连 6 克，知母 9 克，陈皮 9 克，砂仁 9 克，干姜 6 克，甘草 6 克。水煎服，日 1 剂。

加减：腹胀纳呆加大腹皮 12 克。

大便秘结加大黄 10 克。

3. 瘀血阻滞型

症状：腹大而坚，内有肿块，或见腹痛腹泻，或见呕吐便秘，舌紫黯或有瘀点，脉细涩。

治法：活血化瘀

方药：血府逐瘀汤

柴胡 10 克，枳壳 10 克，赤芍 10 克，当归 10 克，桃仁 10 克，红花 10 克，川芎 6 克，生地 10 克，桔梗 9 克，牛膝 12 克，百部 10 克，甘草 6 克。水煎服，日 1 剂。

加减：呕吐者加半夏 9 克，竹茹 9 克，代赭石 20 克。

便秘者加大黄 9 克。

单方：黑白丑末 6 克，混入白面中烙饼食用，治水蛊胀痛，宜便秘而体质强壮者。

预防

对肺、肠、肠系膜淋巴结及输卵管等结核病，应早期诊断和积极治疗，才能预防本病的发生。

8.4 肠结核

肠结核是肠道感染结核菌所引起的疾病，多继发于肺结核。以腹痛、腹泻、右下腹肿块为特征。属中医“泄泻”、“腹痛”、“积聚”等范畴。

病因病机

由于脾肾阳虚，寒凝气滞，肠道感染“痨虫”面发生腹痛腹泻。气滞日久致血瘀，形成积聚，故右下腹可触及肿块。

辨证论治

1. 脾肾虚弱型

症状：腹痛阵作，大便溏薄，面色萎黄，神疲倦怠，腰酸肢冷，苔薄舌淡，脉细弱。

治法：健脾补肾

方药：参苓白术散合四神丸

党参 10 克，白术 10 克，茯苓 12 克，山药 12 克，扁豆 10 克，桔梗 9 克，莲子 12 克，砂仁 9 克，苡仁 18 克，补骨脂 10 克，肉豆蔻 10 克，吴萸 1.5 克，甘草 6 克，生姜 6 克，五味子 6 克，水煎服，日 1 剂。

2. 瘀血内结型

症状：右下腹疼痛，固定不移，且有肿块，舌紫暗或有瘀点。

治法：活血化瘀

方药：少腹逐瘀汤加味

五灵脂 10 克，蒲黄 10 克，小茴香 3 克，赤芍 10 克，当归

10克，川芎6克，没药6克，元胡9克，干姜3克，肉桂3克，百部9克。水煎服，日1剂。

加减：便秘者加生地9克，肉苁蓉9克，桃仁9克，牛膝9克。

中成药：五瘕丸

每日2次，每次6克。适用于腹内肿块固定不移，孕妇忌用。

8.5 细菌性痢疾

细菌性痢疾是由痢疾杆菌引起的急性肠道传染病，以全身中毒症状、腹痛、腹泻、里急后重及脓血粘液样便为主要临床表现，多流行于夏秋季节。属中医"痢疾"范畴。

病因病机

主要由于感受湿热疫毒，内伤饮食，湿热之邪壅滞肠中，气机不畅，传导失常，致腹痛、里急后重，湿热熏灼肠道，致气血凝滞，脉络受损，化为脓血而痢下赤白。

辨证论治

1. 湿热痢型

症状：腹痛，里急后重，下痢赤白相杂，肛门灼热，小便短赤，苔腻微黄，脉滑数。

治法：清热解毒，调气行血。

方药：芍药汤加味

白芍18克，当归10克，木香6克，槟榔5克，黄芩15克，黄连9克，大黄9克，金银花30克，甘草6克。水煎服，日1剂。

加减：身热口渴，苔黄加白头翁12克、秦皮10克。

腹痛甚加桃仁10克，赤芍10克，丹皮10克。

2. 疫毒痢型

症状：发病急骤，痢下鲜紫脓血，腹剧痛，里急后重甚，壮

热口渴，头痛烦躁，甚则神昏痉厥，舌红绛，苔黄燥，脉滑数。

治法：清热凉血解毒。

方药：白头翁汤加味

白头翁 24 克，黄连 10 克，黄柏 10 克，秦皮 10 克，黄芩 10 克，赤芍 12 克，丹皮 10 克，地榆 15 克。水煎服，日 1 剂。

加减：神昏谵语、痉厥者加羚羊角 1 克，生地 9 克，神犀丹。

3. 寒湿痢型

症状：痢下赤白粘冻，白多赤少，或纯为白冻，伴腹痛，里急后重，饮食乏味，胃脘饱闷，头身重困，舌淡、苔白腻，脉濡缓。

治法：温化寒湿

方药：胃苓汤加味

苍术 10 克，白术 10 克，厚朴 6 克，桂枝 6 克，茯苓 12 克，泽泻 15 克，猪苓 12 克，陈皮 10 克，槟榔 6 克，木香 6 克，白芍 15 克，甘草 6 克。水煎服，日 1 剂。

4. 阴虚痢型

症状：痢下赤白脓血，或下鲜血粘稠，脐腹灼痛，虚坐努责，食少，心烦口干，舌绛少苔，脉细数。

治法：养阴清肠

方药：驻车丸加味

黄连 10 克，阿胶 10 克(烊化)，当归 10 克，炮姜 3 克，白芍 15 克，甘草 6 克。水煎服，日 1 剂。

加减：口渴、舌干、尿少加北沙参 10 克，石斛 10 克。

痢下血多加丹皮 12 克，赤芍 12 克，旱莲草 12 克，地榆炭 12 克。

口苦、肛门灼热者加黄柏 10 克，秦皮 12 克。

5. 虚寒痢型

症状：下痢稀薄，带有白冻，甚则滑脱不禁，或腹部隐痛，

食少神疲，四肢不温，腰酸怕冷，舌淡苔薄白，脉沉细而弱。

治法：温补脾肾，收涩固脱。

方药：真人养脏汤加味

诃子 10 克，罂粟壳 10 克，肉豆蔻 10 克，白术 10 克，党参 15 克，肉桂 3 克，木香 6 克，大枣 5 个，甘草 6 克，生姜 3 克，当归 10 克，白芍 12 克。水煎服，日 1 剂。

6. 休息痢型

症状：下痢时发时止，日久难愈，饮食减少，倦怠怯冷，嗜卧，临厕腹痛里急，大便夹有粘液或赤色，舌淡苔腻，脉濡或虚数。

治法：温中清肠，佐以调气化滞。

方药：连理汤加味

党参 15 克，白术 12 克，干姜 6 克，茯苓 12 克，黄连 10 克，槟榔 5 克，木香 6 克，枳实 10 克。水煎服，日 1 剂。

单方：①马鞭草 15 克、陈茶叶 1 撮，水煎服，用于赤白痢。

②马齿苋 1 把水煎服。

③老鹳草 15～30 克水煎服，用于赤白痢。

中成药：①香连丸

每日 2～3 次，每次 6～9 克，饭后温开水送服，用于下痢腹痛不甚者。

②香连化滞丸

每日 2 次，每次 6 克，适用于湿热痢疾。

③枳实导滞丸

每日 2 次，每次 9 克，适用于湿热痢疾或腹胀痛，不欲食、便秘者。

预防

1. 控制传染源：早期发现病人和带菌者，及时隔离和治疗。

2. 切断传染途径：搞好环境卫生、饮食卫生及水源保护，

消灭苍蝇孳生场所。

3. 加强锻炼：增强抵抗力，养成良好卫生习惯，流行期间服用马齿苋、生大蒜等预防。

8.6 伤寒与副伤寒

伤寒与副伤寒分别是由伤寒杆菌和副伤寒甲、乙、丙杆菌引起的急性肠道传染病。以持续发热、特殊中毒状态、相对缓脉、脾脏肿大、蔷薇疹、白细胞减少等为主要特点。以肠出血、肠穿孔为主要并发症。属中医温病学"湿温"范畴。

病因病机

感受湿温病邪，弥漫三焦，湿热稽留日久，阳明胃热炽盛，化火化燥，熏蒸少阳胆腑；胃肠热盛，腑实燥结；热灼营血，血热妄行。而致病。

辨证论治

1. 湿热郁结型

(1)湿重于热

症状：发热午后益甚，不渴或渴不多饮，汗出而热不退，小便短少，头痛身重，表情呆滞、面色淡黄，舌淡红，苔白厚腻，脉缓。

治法：化湿清热

方药：三仁汤

杏仁 10 克，白蔻仁 5 克，薏苡仁 15 克，厚朴 6 克，半夏 9 克，通草 5 克，滑石 10 克，竹叶 10 克，山栀 10 克。水煎服，日 1 剂。

(2)热重于湿

症状：发热较高，烦渴腹胀，大便秘结，小便短黄，面红，舌边尖红，苔黄厚干，脉洪大。

治法：清热解毒渗湿。

方药：连朴饮加味

黄连 10 克，厚朴 10 克，山栀 10 克，半夏 9 克，豆豉 9 克，石菖蒲 9 克，芦根 30 克，滑石 15 克，金银花 15 克，通草 5 克，生石膏 30 克。水煎服，日 1 剂。

2. 热入营血

症状：高热夜甚，烦躁甚则谵语神昏，舌绛，间有黄浊苔，脉弦或数。

治法：清热解毒，凉血开窍。

方药：清营汤加味合安宫牛黄丸

丹参 10 克，玄参 10 克，犀角 1 克(冲服)，黄连 10 克，麦冬 10 克，生地 25 克，连翘 10 克，竹叶 3 克，金银花 15 克，丹皮 12 克。水煎服，日 1 剂。

加减：便血者加地榆 12 克，槐花 12 克，阿胶 12 克。

3. 气阴两伤，余热未清

症状：面色苍白，形体消瘦，神疲懒言或低热不退，脉细弱，舌嫩红，苔黄干或光剥无苔。

治法：益气生津，清解余热。

方药：竹叶石膏汤加味

竹叶 10 克，生石膏 15 克，童参 15 克，麦冬 10 克，半夏 6 克，粳米一把，甘草 6 克，石斛 15 克，山药 15 克，扁豆 15 克。水煎服，日 1 剂。

加减：身热已退或余热不显者，去石膏。

预防

1. 对患者应早期隔离和治疗；对饮食从业人员应定期检查，发现带菌者及时调离和治疗。

2. 保护水源及饮食卫生，妥善处理粪便，垃圾及污水。

3. 在流行地区进行预防接种。

8.7 阿米巴病

阿米巴病是由溶组织阿米巴原虫侵入人体引起的传染病。阿米巴痢疾以腹痛、腹泻暗红色果酱样粪便为主要表现；阿米巴肝脓肿则以起病较缓慢，发热，右上腹痛，肝肿大为主要特征。阿米巴痢疾属中医"痢疾"范畴。阿米巴肝脓肿属中医"肝痈"、"胁痛"范畴。

病因病机

本病多由外感湿热、疫毒，内伤饮食所致。湿热疫毒或寒湿之邪侵入胃肠，致腑气不利，脉络失和，气血阻滞，化为脓血，发为下痢。若湿热疫毒内伤于肝，肝失疏泄，气郁化火，熏灼肝脉，气滞血瘀，日久结成症块，血败肉腐，蕴而成脓，发为肝痈。

辨证论治

阿米巴痢疾辨证论治可参照细菌性痢疾篇。

阿米巴肝脓疡分型证治如下：

1. 肝经湿热型

症状：恶寒发热，或身热不扬，时起时伏，日久不愈，口苦而粘，胁下胀痛，或大便粘垢臭秽，或带脓血，小便短赤，苔黄腻，脉弦数或滑。

治法：清热利湿，泻火解毒。

方药：龙胆泻肝汤

龙胆草 10 克，黄芩 10 克，栀子 10 克，泽泻 6 克，木通 6 克，车前子 15 克，生地 15 克，柴胡 9 克，当归 9 克，白头翁 15 克，甘草 6 克。水煎服，日 1 剂。

2. 热毒成痈型。

症状：寒战高热，右胁下症块，疼痛拒按，舌红，苔黄腻，脉滑数。

治法：清热解毒，活血排脓。

方药：仙方活命饮合黄连解毒汤

金银花30克，穿山甲10克，浙贝母10克，皂刺10克，天花粉15克，当归尾9克，白芷10克，赤芍10克，防风6克，乳香6克，没药6克，黄连6克，黄芩10克，栀子10克，黄柏6克，甘草6克。水煎服，日1剂。

加减：热毒盛者加蒲公英20克、连翘12克。

3. 气阴两虚型

症状：低热不退，盗汗，消瘦面苍，胁下症块坚硬，或兼见神疲，乏力，纳呆，气短，舌红苔少，脉细数。

治法：益气养阴，佐以清热。

方药：黄芪鳖甲散

黄芪15克，鳖甲15克，天冬12克，生地10克，知母10克，党参15克，白芍12克，桔梗9克，半夏6克，紫菀12克，柴胡10克，秦艽10克，茯苓10克，桑白皮9克，地骨皮10克。水煎服，日1剂。

加减：阴虚甚，夜热早凉，舌红少苔者，去黄芪加青蒿15克，丹皮12克。

预防

对阿米巴痢疾病人进行早期诊断和彻底治疗。

8.8 病毒性肝炎

病毒性肝炎是由肝炎病毒引起的消化道急性传染病，以食欲减退、恶心、上腹不适、肝区疼痛、乏力为主要临床表现，部分有黄疸和发热，多有肝肿大、压痛及肝功能损害，属中医“胁痛”、“黄疸”范畴。

病因病机

因感受湿热、疫疠或饮食失当引起。湿热之邪蕴结，气机阻滞，胆汁外溢，故胁痛纳呆、目黄；疫疠之邪蕴毒化火伤阴，郁蒸肝胆，伤及营血，内陷心包，故壮热、烦躁、面目深黄、神昏

谵语等。

辨证论治

1. 湿热熏蒸型

症状：面目周身俱黄，如桔子色，烦热脘闷，纳呆呕吐，口苦而干，胁痛腹胀，倦怠无力或皮肤瘙痒，小便黄赤，大便秘结或溏，苔黄腻，脉弦滑或濡数。

治法：清利湿热

方药：茵陈蒿汤加味

茵陈 30 克，山栀 10 克，大黄 6 克(后下)，连翘 15 克，板蓝根 15 克，白茅根 30 克。水煎服，日 1 剂。

加减：湿盛加苍术 9 克，厚朴 9 克，泽泻 9 克。

热盛加大青叶 12 克，蒲公英 15 克。

2. 肝郁气滞型

症状：胁肋胀痛，脘痞腹胀，恶心嗳气，纳食不香，苔薄舌淡红，脉弦。

治法：疏肝理气

方药：柴胡疏肝散加味

柴胡 10 克，枳壳 6 克，白芍 10 克，川芎 6 克，香附 10 克，郁金 10 克，佛手 10 克，甘草 3 克。水煎服，日 1 剂。

3. 湿邪困脾型

症状：胁痛，脘闷腹胀，恶心呕吐，胃纳不佳，口淡不欲食，身重便溏，苔白腻，脉濡。

治法：化湿健脾

方药：胃苓汤加味

苍术 10 克，厚朴 10 克，陈皮 6 克，白术 10 克，茯苓 10 克，猪苓 6 克，泽泻 6 克，桂枝 6 克，甘草 3 克。水煎服，日 1 剂。

加减：湿邪久郁化热，去桂枝加茵陈 10 克，黄柏 10 克。

4. 肝阴亏损型

症状：胁痛隐隐，低热，腰酸，口干苦，手足心热，苔少或无苔，舌红，边尖有红刺，脉弦细数。

治法：养阴柔肝

方药：一贯煎加味

北沙参 10 克，麦冬 10 克，当归 10 克，生地 12 克，枸杞 10 克，川楝子 6 克，石斛 12 克。水煎服，日 1 剂。

加减：胁痛甚加元胡 10 克，郁金 10 克，佛手 10 克。

大便秘结加麻仁 10 克。

午后低热加丹皮 12 克，山栀 12 克。

面部红丝有瘀血者，加丹参 20 克，川芎 10 克。

5. 热毒炽盛型

症状：高热口渴，烦躁，黄疸迅速加深，腹胀满，大便秘结，小便黄赤，甚则神昏、谵语，抽搐，或见便血、尿血，舌红绛，苔黄腻或黄燥，脉滑数。

治法：清热解毒，凉血救阴。

方药：《千金》犀角散加味

黄连 6 克，栀子 10 克，犀角 3 克(磨冲)，茵陈 30 克，升麻 3 克，板兰根 30 克，丹皮 10 克，生地 12 克。水煎服，日 1 剂。

中成药：①板兰根冲剂

每日 3 次，每次 1 包。适用于急性肝炎。

②复方大青叶合剂

每日 3 次，每次 1 支。适用于急、慢性肝炎。

预防

1. 对急性肝炎患者隔离治疗。

2. 对患者的衣物、粪便进行消毒。

3. 对易感者肌注丙种球蛋白或胎盘球蛋白。

4. 中药预防：(1)茵陈 30 克，山栀 10 克，甘草 3 克，水煎服，日 1 剂，连服 3 天。

(2)蒲公英 30 克，甘草 6 克，水煎服，日 1 剂，连服 3 天。

(3)板兰根 30 克，甘草 6 克，水煎服，连服 3 天。

8.9 流行性出血热

流行性出血热是一种自然疫源性急性传染病，可能由病毒所致。以发热、出血、低血压、急性肾功能不全、电介质紊乱为主要临床表现。属中医温病(冬温时疫、疫斑)范畴。

病因病机

本病由温热病邪引起，发热期以温邪侵袭肺卫，迅速传气入营，气营两燔；低血压、休克期由热邪内闭或气阴两伤，阳气衰竭所致；少尿期为邪热内盛，肾阴亏耗；多尿期乃邪热渐退，正气不足、肾气不固；恢复期由邪退正衰，肾阴亏耗，胃阴未复或脾阳不振。初期温邪入侵，热邪内闭而成热厥，晚期气阴两伤，阳气衰竭而成寒厥。

辨证论治

1. 发热期

(1)温邪袭卫型

症状：恶寒发热，头痛、腰痛、眼眶痛，面红、颈红、胸红，舌边尖红，苔白薄腻，脉浮数。

治法：疏表清热

方药：银翘散加味

银花 15 克，连翘 10 克，薄荷 3 克(后入)，牛子 9 克，豆豉 9 克，芥穗 6 克，竹叶 9 克，桔梗 6 克，生甘草 6 克，丹皮 10 克，丹参 15 克，鲜芦根 30 克，黄芩 10 克。水煎服，日 1 剂。

(2)阳明热炽型

症状：壮热不恶寒，酒醉面容，口渴烦躁，舌红苔黄，脉弦数。

治法：清热解毒

方药：白虎汤加味

生石膏 30 克，知母 10 克，板兰根 15 克，山豆根 10 克，竹叶 10 克，粳米 30 克，甘草 6 克。水煎服，日 1 剂。

加减：腹满便秘者加生地 10 克，玄参 10 克，麦冬 12 克，生大黄 6 克。

(3)气营两燔型

症状：壮热口渴，目昏烦躁，斑疹吐衄，舌绛苔黄燥，脉弦数或细数。

治法：清气凉营，解毒护阴。

方药：清瘟败毒饮加味

生石膏 60 克，知母 10 克，生地 10 克，黄连 9 克，黄芩 15 克，栀子 10 克，连翘 12 克，赤芍 9 克，桔梗 9 克，犀角 5 克，丹皮 10 克，竹叶 10 克，玄参 15 克，甘草 6 克，生大黄 6 克。水煎服，日 1 剂。

2. 低血压、休克期

(1)热厥型

症状：手足厥冷，胸腹膜灼热，面赤心烦气促，舌红，苔黄厚干，脉滑数。

治法：清热解毒，益气生津。

方药：白虎汤合生脉散加减

生石膏 30 克，知母 10 克，板兰根 15 克，五味子 5 克，党参 15 克，麦冬 15 克，甘草 6 克，粳米 30 克。水煎服，日 1 剂。

(2)寒厥型

症状：畏寒厥冷，蜷卧不渴，气微神疲，面白唇青，脉沉迟而细，或欲绝。

治法：回阳救逆

方药：参附汤加味

人参 10 克，五味子 10 克，熟附子 10 克(先煎)，丹参 15 克，龙骨 30 克，牡蛎 30 克，甘草 10 克。水煎服，日 1 剂。

3. 少尿期

(1)肾阴亏损，虚火内生型

症状，精神萎靡，嗜睡腰酸，小便涩少，口干咽燥，心烦不眠，舌红苔干，脉细数。

治法：滋肾生津

方药：知柏地黄汤加味

知母 10 克，黄柏 10 克，生地 15 克，山药 15 克，茯苓 15 克，丹皮 10 克，泽泻 10 克，萸肉 10 克，白茅根 30 克。水煎服，日 1 剂。

(2)邪陷心包，肝风内动型

症状：尿少尿闭，头痛呕吐，神昏谵语，痉厥抽搐，舌绛苔干，脉弦细数。

治法：清心解毒，熄风镇痉。

方药：犀角地黄汤合羚羊钩藤汤加减

方药：

犀角 6 克，生地 15 克，羚羊角粉 1 克(冲服)，钩藤 12 克，菊花 10 克，赤白芍各 10 克，茯神 15 克，桑叶 9 克，川贝母 9 克，竹茹 9 克，丹皮 10 克，白茅根 30 克。水煎服，日 1 剂。

(3)饮邪壅肺型

症状：胸满喘急，痰涎壅盛，烦躁不安，舌胖苔黄厚，脉弦数。

治法：泻肺平喘

方药：葶苈大枣泻肺汤加减

葶苈子 15 克，大枣 10 枚，车前子 10 克(包煎)，白茅根 30 克，茯苓 15 克，生大黄 10 克(后入)。水煎服，日 1 剂。

4. 多尿期

(1)肾气不固型

症状：疲倦懒言，口渴多饮，日夜多尿，腰膝酸软，舌淡红，苔少干，脉虚大。

治法：补肾固摄，益气生津。

方药：八仙长寿丸合缩泉丸加味

麦冬 10 克，熟地 24 克，山药 15 克，乌药 6 克，益智仁 10 克，党参 15 克，萸肉 9 克，泽泻 15 克，茯苓 15 克，丹皮 9 克，五味子 6 克。水煎服，日 1 剂。

(2)肺胃热盛型

症状：口干舌燥，烦渴引饮，干咳少痰，多食善饥，尿频尿多，舌红苔黄，脉沉数。

治法：清肺胃热，养阴生津。

方药：沙参麦冬汤加减

沙参 10 克，麦冬 10 克，生石膏 30 克，桑叶 10 克，花粉 15 克，玉竹 10 克，山药 15 克，甘草 3 克，白扁豆 12 克。水煎服，日 1 剂。

5. 恢复期

肾阴亏损型用六味地黄丸加减。

脾阳不振型用参苓白术散加减。

胃阴未复型用益胃汤加减。

预防

1. 因出血热，病人心脏有不同程度的损害，当进入恢复期时，体力活动宜逐渐增加。

2. 以灭鼠、灭螨为重点，注意个人防护，消灭疫源地。

3. 中草药口服预防：贯众、银花、鱼腥草、板兰根、白茅根。水煎服。

8.10 疟疾

疟疾是感染疟原虫后所引起的传染病，通过按蚊传播。以发作定时、寒战高热、出汗、肝脾肿大及贫血为特点。属祖国医学的"疟证"范畴。

病因病机

病因主要为感受疟邪、瘴毒，或因风寒暑湿、情志劳倦、痰食内滞、起居不慎等。其病机为疟邪、瘴毒入侵人体，伏于半表半里，出入营卫之间，疟邪与正气相争，虚实更作，阴阳相移，引发本病。

辨证论治

1. 正疟型

症状：寒战壮热，休作有时。初起肢体酸楚，呵欠乏力；继则畏寒，战栗鼓颌，寒罢则遍身灼热，头痛面赤，心烦口渴；终则全身汗出，寒热休止，唯留头晕神疲。舌质红，苔薄白或薄黄，脉弦，寒战时弦紧，发热时弦滑数。

治法：和解少阳，解表达邪。

方药：小柴胡汤加味

柴胡 30 克，黄芩 12 克，半夏 9 克，人参 9 克，甘草 6 克，常山 9 克，草果 6 克，槟榔 9 克，生姜 6 克，大枣 6 枚。于发作前 3 小时水煎服，日 1 剂。

加减：口干欲饮，上方加葛根 30 克、石斛 30 克。

表实无汗恶寒重者，上方加桂枝 6 克、防风 9 克。

2. 温疟型

症状：热多寒少，或但热不寒，汗出不畅，头痛骨节痛，口渴引饮，便秘溲赤，舌红苔黄，脉弦数。

治法：清热解毒，和解祛邪。

方药：白虎桂枝汤加味

石膏 30～60 克(先煎)，知母 15 克，甘草 6 克，粳米 30 克，桂枝 9 克，柴胡 18 克，青蒿 30 克。水煎服，日 1 剂。

加减：便秘艰行，舌苔黄腻者，上方加大黄 6 克。

瘀热结于少阳，胆汁多泄，身目黄染者，上方加栀子 9 克、黄柏 9 克、丹皮 15 克。

阴伤较重，口渴引饮者，上方去桂枝，加生地 30 克、麦冬 30 克、石斛 15 克。

气阴两伤，但热无寒气短者，上方去桂枝，加人参12克。

3. 寒疟型

症状：寒多热少，或但寒不热，口不渴，胸胁痞闷，神疲乏力，舌质淡红，舌苔白腻，脉弦迟。

治法：和解少阳，温化达邪。

方药：柴胡桂姜汤加味

柴胡18克，桂枝9克，干姜6克，花粉30克，黄芩12克，常山6克，牡蛎30克，甘草6克，草果6克。水煎服，日1剂。

加减：脘胀胸闷，苔腻脉滑者，上方加青皮9克、厚朴9克、槟榔12克。

恶寒甚或泛吐痰涎者，上方加附子6克、半夏6克、陈皮9克。

4. 热瘴型

症状：乍热乍寒，热甚寒微，或壮热不寒，肢体烦痛，面红目赤，烦渴饮冷，胸闷呕吐，便秘溲赤。甚则突然神昏谵语，躁扰不宁，舌质红绛，苔黄腻或黑垢，脉洪数或弦数。

治法：辟秽除瘴、清热保津。

方药：清瘴汤加减

青蒿30克，柴胡24克，茯苓12克，知母12克，陈皮9克，半夏9克，黄芩12克，黄连9克，枳实12克，常山6克，竹茹9克，益元散6克(冲服)。水煎服，日1剂。

加减：壮热不寒者，上方加石膏30～60克，加重知母用量。

热盛伤津，口渴心烦者，上方加生地30克、元参30克、麦冬30克。

5. 冷瘴型

症状：乍寒乍热，寒甚热微，或但寒不热，恶寒战栗，甚则

神昏不语，苔白厚腻，脉弦迟。

治法：解毒除瘴、芳化湿浊。

方药：正气散

厚朴 12 克，苍术 12 克，陈皮 12 克，甘草 6 克，藿香 12 克，佩兰 12 克，草果 9 克，半夏 12 克，槟榔 12 克，菖蒲 12 克，荷叶 6 克，水煎服，日 1 剂。

加减：见神昏谵语者，加服苏合香丸

6. 劳疟型

症状：疟久不愈，或遇劳即发，寒热时作，倦怠乏力，短气懒言，面色㿠白，头目眩晕，或见胁下痞块，舌质淡胖，脉象细弱。

治法：益气养血、扶正祛邪。

方药：何人饮

何首乌 30 克，人参 9～15 克，当归 15 克，陈皮 9 克，生姜 6 克。水煎服，日 1 剂。

加减：疟疾发作时，上方加青蒿 30 克、常山 9 克。

单方：①鸦胆子去壳取仁(勿将仁打碎)，用胶囊或桂元肉包裹。每次饭后吞服 10～15 粒，每日服 3 次，连服 7 天。

②马鞭草 30～60 克，水煎分 2 次服，于发作前两小时、4 小时各服 1 次，疟止后连服 3 天。

预防

1. 讲究卫生，消灭蚊子及孳生地，防疟邪侵入人体。

2. 对患疟疾者进行彻底治疗，以防再传他人。

8.11 波状热

波状热是布氏杆菌引起的一种全身性传染病，故又称布氏杆菌病。属自然疫源性疾病，亦为人畜共患的传染病。本病有急慢性之分，急性期主要表现为发热，关节痛，出汗，属祖国医学的“湿温”范围；慢性期主要症状为关节疼痛，周身乏力，出汗，头

痛纳呆，腹痛腹泻或便秘等，属中医的“痹证”范畴。

病因病机

正气亏虚，外感湿热病邪所致。湿热病邪由口鼻而入，或经皮肤、粘膜而入，困于脾胃，或乘虚入络，循经脉伤及诸脏及关节，发为本病。

辨证论治

1. 卫分湿热型

症状：头痛恶寒，身热不扬，午后为甚，胸脘痞闷，纳呆食少，口不渴，关节疼痛，或全身酸痛，苔白腻，脉弦滑。

治法：芳香化浊、宣达透表。

方药：藿朴夏苓汤

藿香 12 克，半夏 9 克，赤茯苓 12 克，杏仁 9 克，猪苓 15 克，薏苡仁 30 克，泽泻 15 克，豆豉 9 克，白蔻仁 9 克，厚朴 12 克。水煎服，日 1 剂。

加减：关节痛重者，上方加木瓜 12 克、独活 9 克，去豆豉，厚朴。

脘闷纳呆明显者，上方加陈皮 9 克，去豆豉。

2. 气分湿热型

症状：偏湿者，头部重痛，胸闷不饥，四肢倦怠，渴不欲饮，潮热汗出，关节重痛，苔厚腻，脉滑数；偏热者，高热面赤，心烦不安，关节刺痛游走，便燥溲赤，舌苔黄腻，脉弦数。

治法：偏湿者，燥湿化浊、清热解毒；

偏热者，清热解毒、苦寒燥湿。

方药：偏湿者，三仁汤

滑石 30 克，杏仁 9 克，白蔻仁 15 克，薏苡仁 30 克，厚朴 9 克，半夏 9 克，通草 6 克，竹叶 9 克。水煎服，日 1 剂。

偏热者，甘露消毒丹

滑石 15 克，茵陈 30 克，石菖蒲 9 克，黄芩 12 克，木通 6 克，川贝母 9 克，藿香 9 克，射干 9 克，白蔻仁 15 克，连翘 15

克，薄荷 6 克。水煎服，日 1 剂。

3. 湿热流注筋脉型

症状：低热自汗，头昏头痛，筋脉拘急，关节疼痛，周身乏力，失眠烦躁，睾丸肿痛，舌质淡红，苔薄黄，脉沉细数。

治法：清热利湿、宣痹通络。

方药：中焦宣痹汤加味

杏仁 12 克，连翘 15 克，赤小豆皮 15 克，半夏 9 克，滑石 15 克，薏苡仁 30 克，栀子 9 克，蚕砂 9 克，防己 15 克，鸡血藤 30 克，丝瓜络 12 克。水煎服，日 1 剂。

加减：久病体虚者，上方加黄芪 24 克、党参 15 克、桂枝 9 克、白芍 12 克。

预防

1. 猪、牛、羊是主要传染源，故要预防家畜发病。

2. 注意环境卫生，加强水源管理。对接触病畜的人员作好防护，注意消毒隔离，并进行预防接种。

3. 对流行区的畜牧产品进行检查，严格消毒。

8.12 钩端螺旋体病

钩端螺旋体病，是由各种致病性钩端螺旋体所引起的自然疫源性急性传染病。临床以起病急骤，恶寒高热，头痛面赤，肌肉酸痛为主，部分病例有黄疸、出血及肝肾损害等表现。夏秋季多发。属祖国医学的“暑温”、“湿温”和“疫症”等病的范围。

病因病机

人体感受时令温热、暑湿、疫毒之邪，继而内蕴太阴、阳明所致。初起毒邪外侵，沿卫气营血演变，进而弥漫三焦，累及肺脾肝胆肾诸脏，形成本病。

辨证论治

1. 卫气同病型

症状：发热恶寒，或寒战，汗出或无汗，口渴，头痛身痛，

小腿疼痛，脘痞腹胀，口粘尿黄，舌苔黄白相兼，脉浮数。

治法：清暑解表，泄热渗湿。

方药：银翘散加味

银花 30 克，连翘 15 克，豆豉 9 克，薄荷 6 克，桔梗 9 克，牛蒡子 9 克，竹叶 9 克，甘草 6 克，荆芥穗 9 克，滑石 30 克，鲜芦根 30 克。水煎服，日 1 剂。

加减：高热口渴引饮者，上方加石膏 30 克、知母 12 克，去芥穗、豆豉。

腹泻舌苔厚腻者，上方加苍术 12 克、佩兰 12 克，去鲜芦根。

单方：①鲜马齿苋 60 克(干品 15 克)、生姜 6 克，水煎服，日 1 剂，连服 5～7 天。

② 千里光 60 克，水煎服，日 1 剂。

2. 湿热郁蒸型

症状：身热或高热，面目肌肤黄疸，全身乏力，或见皮肤瘀点，或有鼻衄，便秘溲赤，嗜睡、甚则神昏谵语，舌红或绛，苔黄腻，脉弦数。

治法：清热利湿、凉血解毒。

方药：茵陈蒿汤合犀角地黄汤

茵陈 30 克，栀子 12 克，犀角粉 1 克(冲服)，大黄 9 克，生地 30 克，芍药 12 克，丹皮 12 克。水煎服，日 1 剂。

单方：①白茅根 60 克，仙鹤草 30 克，水煎服，日 1 剂，连服 5～7 天。

②土茯苓 30～60 克、车前草 30 克、茵陈 30 克，每日 1 剂，煎两次混合后分 3 次服。

3. 热伤肺络型

症状：发热烦渴，咳嗽气喘，痰中带血，或大咯血，或见鼻衄、胸闷气促，舌红苔黄，脉弦细数。

治法：清热宁肺、凉血止血。

方药：白虎汤合十灰散加减

石膏 30 克，知母 12 克，大小蓟各 12 克，山栀 12 克，丹皮 15 克，茜草根 12 克，茅根 30 克，大黄 6 克，杏仁 9 克，生地 15 克。水煎服，日 1 剂。

加减：咳血量多者，上方加白茇粉 1.5 克(冲服)。

4. 气营两燔型

症状：高热不降，头痛剧烈，颈项强直，烦躁不安，恶心呕吐，嗜睡或神昏，或四肢拘急抽搐，舌质红绛，苔黄或少苔，脉弦数。

治法：清气凉营、解毒育阴。

方药：清营汤

犀角粉 1～3 克(冲)，生地 30 克，玄参 15 克，麦门冬 30 克，银花 30 克，连翘 15 克，丹参 15 克，黄连 9 克，竹叶 9 克。水煎服，日 1 剂。

加减：高热伴口渴多饮者，上方加生石膏 30 克，知母 15 克。

神昏者，上方加石菖蒲 12 克，另外冲服或鼻饲紫雪丹或安宫牛黄丸 1 丸。

验方：大青叶 30 克、板兰根 30 克、生石膏 60 克、薄荷 6 克，水煎两遍，混合后分 3 次服，日服 1 剂。适高热兼见脑炎症状者。

预防

1. 消灭鼠类，防止水源污染，严格生猪圈养。

2. 对患钩端螺旋体病的猪、牛、羊等家畜，及早治疗或作其他处理。

3. 发现病人，早隔离、早治疗，并注意对病人的小便消毒。

4. 对流行区的群众及免疫力低的外来人员，可行菌苗接种。

8.13 血吸虫病

血吸虫病是指血吸虫寄生于人体所引起的传染病。在急性期以发热恶寒，汗出发疹，咳嗽咯血，胸痛、腹痛腹泻、便下脓血等证为主。属中医的“蛊病”、“蛊疫”。慢性期以肝脾肿大、虚损为特点。属中医的“蛊毒”、“蛊胀”、“单腹胀”、“水毒病”、“症瘕”、“积聚”等范围。

病因病机

因蛊毒经由皮毛侵入肺卫，波及营血，下涉肠道而出现急性期诸证。至慢性期和晚期，蛊毒随经入脏，留于肝脾，引起气郁、血瘀、水裹等，形成“痞证”、“蛊胀”、“黄疸”、“虚损”等证。

辨证论治

1. 湿热留恋型

症状：发热恶寒或寒热往来，胸胁闷痛，腹胀腹泻，甚则大便粘冻或脓血便，口干不欲饮，溲赤，舌红，苔薄黄腻，脉濡数或弦数。

治法：清热化湿

方药：清脾饮

青皮6克，厚朴6克，草果9克，白术12克，柴胡12克，制半夏9克，黄芩9克，茯苓15克，炙甘草6克，生姜6克。水煎服，日1剂。

加减：湿热留恋上焦，证见胸闷咳嗽，吐痰粘稠者，上方加桔梗9克、杏仁9克，去生姜。

湿热留恋中焦，见腹胀、脓血便者，上方加黄连9克、木香6克，去炙甘草。

湿热留恋下焦，见尿赤涩痛者，上方加黄柏9克、滑石30克，去黄芩、生姜。

湿热留恋肝胆，见黄疸、胁痛重者，上方加茵陈30克、山栀12克，去生姜、炙甘草。

单方：南瓜子去油粉剂，成人每次服 80 克，日服 3 次，连服 30 天。

中成药：复方槟榔丸

每次 10 克，饭前温开水吞服，日服 2 次。

2. 肝郁脾虚型

症状：胁肋胀痛，腹痛泄泻，大便夹有白色粘冻，纳呆食少，神疲乏力，舌质淡红，舌苔薄白，脉弦细。

治法：疏肝健脾

方药：逍遥丸合痛泻要方

柴胡 9 克，当归 12 克，白芍 12 克，茯苓 15 克，白术 12 克，炙甘草 6 克，薄荷 3 克，生姜 6 克，陈皮 9 克，防风 6 克。水煎服，日 1 剂。

加减：胁肋胀痛甚者，上方加郁金 12 克、元胡 12 克，去防风、生姜。

腹痛泄泻重，上方加重白芍量，外加木香 6 克。

3. 瘀血内阻型

症状：面色黧黑，胸胁胀痛或刺痛，胁下痞块，触之硬痛，形体消瘦，舌质红有瘀斑或瘀点，苔薄脉沉涩。

治法：活血化瘀、通络消积。

方药：化瘀汤

当归 12 克，赤芍 12 克，丹皮 12 克，桃仁 12 克，红花 9 克，山甲 9～18 克，丹参 24 克，白术 9 克，泽泻 9 克，青皮 9 克，牡蛎 30 克。水煎服，日 1 剂。

中成药：①大黄䗪虫丸

每次 1 丸，日服 3 次，连服 10 天。后改服瓦楞子丸。

②瓦楞子丸

每服 9～15 克，空腹温开水送下，连服 10 天为一疗程，体息 3～5 天。

4. 水湿停滞型

症状：腹大如鼓，青筋暴露，按之浮动如囊袋，四肢不温，纳呆乏力，或下肢浮肿，舌质淡红，舌苔白腻，脉濡滑。

治法：通阳利水

方药：五苓散合五皮饮

桂枝 9 克，白术 12 克，茯苓与茯苓皮各 30 克，泽泻 24 克，猪苓 30 克，桑白皮 12 克，陈皮 9 克，大腹皮 30 克，生姜皮 6 克。水煎服，日 1 剂。

单方：半边莲(干草)，每日 30 克，分 2 次水煎服。主治蛊胀，功在消水。

5. 肝肾阴虚型

症状：神疲乏力，腹胀胁痛，腰膝酸软，午后低热，头晕耳鸣，舌质红，舌苔少或花剥，脉细数。

治法：滋肾养肝

方药：杞菊地黄丸

枸杞子 15 克，菊花 9 克，熟地 15 克，山药 12 克，丹皮 12 克，山萸肉 12 克，茯苓 12 克，泽泻 12 克。水煎服，日 1 剂。

加减：腹胀胁痛明显者，上方加川楝子 12 克、郁金 12 克。

低热明显者，上方加地骨皮 12 克，银柴胡 15 克。

6. 肾阳亏虚型

症状：胁痛腹胀，腰膝酸软，形寒肢冷，面色㿠白，口淡无味，舌淡胖，脉沉细。

治法：温补肾阳

方药：右归丸

熟地 15 克，山药 15 克，山茱萸 12 克，当归 12 克，杜仲 15 克，枸杞子 15 克，附子 12 克，肉桂 6 克，菟丝子 30 克，鹿角胶 12 克(烊化)。水煎服，日 1 剂。

加减：体虚者，上方加黄芪 30 克、党参 18 克。

纳呆食少者，上方加鸡内金 9 克、谷麦芽各 12 克。

预防

1. 消灭钉螺，管理好粪便，严防粪便污染水源。

2. 注意个人防护，避免与疫水接触。

3. 在疫区进行普查普治。

8.14 钩虫病

钩虫病是由于钩虫寄生于人体小肠所引起的寄生虫病。其主要症状为善食易饥，肤色萎黄，倦怠乏力，面足浮肿。祖国医学称为“黄胖病”、“黄肿病”、“疳黄”等。

病因病机

是湿热虫毒，从体表或随食饮内伤脾胃；或虫栖肠道，吸吮人体精微，致气血化源不足，久之则导致胃肠功能失调及气血虚衰。

辨证论治

1. 脾虚湿滞型

症状：面色萎黄，多食易饥，食后腹胀，或异食生米、茶叶、木炭等，神疲乏力，舌淡苔薄，脉濡。

治法：健脾燥湿、消积杀虫。

方药：黄病绛矾丸加味

厚朴 9 克，茅术 12 克，绛矾 0.5 克(吞服)，陈皮 9 克，甘草 6 克，红枣 6 枚，鹤虱 15 克，苦楝根皮 15 克。水煎服，日 1 剂。

加减：脾虚明显，上方加党参 15 克。

单方：雷丸粉，每次 5 克，日服 3 次，两天为 1 疗程。

中成药：①榧子杀虫丸

每次 9 克，日服 3 次，连服两天。

②雷榧丸

每服 3 克，日服 3 次。7～10 天为 1 疗程。

③钩虫丸

每次 1 丸，早晚白开水送服。

2. 气血两虚型

症状：颜面肌肤萎黄或苍白，面足肿或全身浮肿，脘闷不适，神疲乏力，眩晕耳鸣，心悸气短，大便溏薄，舌质淡胖，脉弱。

治法：补益气血

方药：八珍汤

人参 9 克，白术 9 克，茯苓 12 克，甘草 6 克，当归 12 克，白芍 12 克，川芎 6 克，熟地 15 克，生姜 3 克，大枣 6 枚。水煎服，日 1 剂。

加减：气虚甚者，加黄芪 30 克。

血虚甚者，加黄芪 30 克、阿胶 12 克(烊化)。

中成药：①黄胖丸

每服 6 克，早晚各 1 次，温开水送下，忌茶水。

②伐木丸

每次 6～9 克，早晚饭后各服 1 次，温开水送服。

预防

1. 积极治疗钩虫病人，以减少传染源，是预防之本。

2. 搞好粪便管理，以杀灭虫卵。

3. 作好个人防护。在流行区避免赤脚下田，须下田者，可穿长统靴，带手套，手足皮肤涂白矾水或 1%碘酒等。

8.15 丝虫病

丝虫病是由丝虫寄生于人体淋巴组织、皮下组织、深部结缔组织或浆液腔所致的一种寄生虫病。临床证状在急性期主要为淋巴管炎和淋巴结炎，与中医的“流火”相似；慢性期造成淋巴管阻塞，引起象皮肿、乳糜尿及睾丸鞘膜积液等证，属中医的“膏淋”、“水疝”等范畴。

病因病机

湿热疫毒侵袭人体，壅注经脉，或郁于肝经；或病久下焦湿

热阻滞气化，累及于肾；或脾肾俱伤，形成本病。

辨证论治

1. 湿热流火型

症状：发热畏寒，下肢皮肤红肿灼痛，且见红线由上而下，腹股沟、腋下可及核块疼痛，纳呆口苦，便干溲赤，舌质红，苔黄腻，脉滑数。

治法：清热利湿，凉血清火。

方药：萆薢渗湿汤

萆薢30克，薏米30克，黄柏9克，赤苓15克，丹皮12克，泽泻15克，通草6克，滑石30克。水煎服，日1剂。

加减：淋巴结肿痛明显者，上方加夏枯草24克。

皮肤红肿灼痛重者，上方加双花30克、地丁15克，去通草。

2. 肝经湿热型

症状：阴囊肿胀疼痛，少腹胀痛，或伴胁痛，或胸闷嗳气，口苦而干，舌苔薄，脉弦数。

治法：疏肝利胆、清热利湿。

方药：龙胆泻肝汤

龙胆草9克，泽泻12克，车前子15克(包煎)，木通6克，当归12克，柴胡12克，甘草6克，生地15克，黄芩12克，栀子9克。水煎服，日1剂。

加减：睾丸肿胀疼痛重者，上方加橘核15克。

少腹胀痛甚者，上方加元胡12克、川楝子12克，去生地、黄芩。

验方：小茴香30克，车前子30克、食盐6克，共为细末。每次6克，温黄酒送服，日服2次。主治阴囊水肿，睾丸胀痛者。

3. 膀胱湿热型

症状：尿道热涩疼痛或胀痛，尿色混浊如米泔，或挟有滑腻

之物、或带血，便干，舌质红，苔黄腻，脉数。

治法：清利膀胱湿热。

方药：程氏萆薢分清饮

川萆薢15克，炒黄柏6克，石菖蒲6克，茯苓15克，莲子心3克，白术9克，丹参9克，车前子15克(包煎)。水煎服，日1剂。

加减：若热重于湿，小便热涩疼痛明显者，上方加山栀9克，滑石30克，甘草梢6克。

湿重于热，上方加苍术9克，半夏9克，陈皮9克。

4.寒湿内聚型

症状：阴囊肿大，皮肤紧张，透亮而不红，或腰以下重坠冷感，舌苔白腻，脉濡滑。

治法：散寒除湿，通阳利水。

方药：苓桂术甘汤合肾着汤

茯苓15克，桂枝6克，白术12克，干姜3克，甘草3克。水煎服，日1剂。

加减：阴囊潮湿或有渗出黄水者，上方加小茴香6克、车前子15克(包煎)、去甘草。

阴囊红肿湿痒者，上方加黄柏9克，小茴香6克，栀子9克，去甘草。

5.瘀阻经隧型

症状：下肢及阴囊肿大，皮肤粗糙、变硬，步履艰难。或见上肢、乳房、阴唇、阴茎等处肿大、皮肤粗厚，舌可见瘀斑点，脉可沉涩或沉细。

治法：软坚散瘀、化湿通络。

方药：红甲合剂

红花、炮山甲、紫草、槟榔、归尾、威灵仙、牛膝、汉防己、苍术、五加皮、木瓜、桑白皮、海桐皮各10克。水煎服，日1剂。15天为1疗程。

验方：马鞭草 18 克、苏叶 15 克、青蒿 12 克。水煎，早晚分服。

预防

1. 在流行区普查，发现病人，及时彻底治疗，消灭传染源。

2. 消灭蚊子，切断传播途径。

8.16 绦虫病和囊虫病

绦虫病是由猪绦虫或牛绦虫的成虫寄生于人体小肠所引起的疾病。临床以胃肠道功能紊乱的症状为主。祖国医学称本病为“白虫”或“寸白虫”。

囊虫病是由猪绦虫的幼虫寄生在人体各组织所引起的疾病。临床特点为囊虫侵犯皮下组织而产生的结节；或侵犯脑组织而产生癫痫、头痛等神经系统症状。

病因病机

本病是由于进食生的或未熟透的猪肉或牛肉所致。病机为绦虫或囊虫进入胃中，扰乱脾胃的运化功能，吮吸人体的水谷精微；或脾失健运，聚湿生痰，流注皮下；或脾虚日久，气血生化之源不足，进而造成肝肾阴亏；或阴虚阳亢，肝风挟痰，上扰清空等。

辨证论治

绦虫病的治疗，以驱虫为主，待虫体排出，继以调理脾胃，扶助正气，以图早日康复。驱虫方法如下：

1. 槟榔 60 克、南瓜子仁 120 克。早上空腹先食生南瓜子仁，两小时后再服槟榔煎剂 300 毫升。2～3 小时后，可腹泻。如不泻，再冲服元明粉 9 克。若在冬季，可坐盛有温水的盆中排便，以助虫体的完全排出。

2. 雷丸粉，每次 20 克，每日 3 次冲服，连服 3 天。

3. 仙鹤草根，取冬芽，加工炮制成片剂，成人每次 30～50

克，空腹顿服，不加泻药，一般服后 5～6 小时即排出虫体。药后可有恶心等副作用。

4. 榧子肉(炒熟)10 枚，嚼食，每日 1 次，连服 7 天。

5. 槟榔雷丸散：生槟榔 9 克、生雷丸 3 克，共研细末为 1 次量。每小时服 1 次，连服 4～5 次，另用鲜石榴皮 45 克，煎水分 4～5 次冲服散剂。如服最后 1 次未见腹泻者，再用芒硝 15—30 克，煎汤顿服，以助泻下。

囊虫病的辨证论治

1. 痰核凝结型

症状：皮下或肌肉见有痰核，大小不等，按之活动，不痛不痒，偶有麻木或酸痛感，苔腻脉滑。

治法：燥湿化痰、软坚散结。

方药：海藻玉壶汤加减

海藻 15 克，昆布 30 克，半夏 12 克，陈皮 9 克，贝母 12 克，当归 9 克，百部 9 克，鹤虱 9 克，槟榔 15 克。水煎服，日 1 剂。

2. 肝风挟痰型

症状：突然昏仆，牙关紧闭，两目上视，四肢抽搐，口吐白沫、苔薄腻，脉弦滑。

治法：平肝熄风，涤痰开窍。

方药：定痫丸加减

天麻 12 克，钩藤 21 克，胆南星 12 克，陈皮 9 克，茯神 12 克，姜半夏 12 克，川贝 9 克，远志 6 克，石菖蒲 12 克，僵蚕 9 克，琥珀 1 克(冲服)，朱砂 0.5 克(冲服)，全蝎 1 克、蜈蚣 1 克(共研细粉冲服)。水煎服，日 1 剂。

3. 肝肾阴虚型

症状：头晕目眩，视物不清，甚则失明。腰酸腿软，口干，舌红少苔，脉细数。

治法：滋养肝肾。

方药：一贯煎合杞菊地黄丸

生熟地各 15 克，沙参 12 克，枸杞子 15 克，当归 12 克，麦冬 15 克，川楝子 9 克，菊花 9 克，山药 12 克，山萸肉 12 克，泽泻 9 克，丹皮 9 克，茯苓 12 克。水煎服，日 1 剂。

预防

1. 做饭厨具要生熟食分开，不吃生或未熟透的猪、牛肉。

2. 彻底治疗绦虫病人，以消灭传染源。

3. 检疫部门做好肉类检验，禁止出售未经处理的有囊虫病的猪、牛肉。

4. 加强粪便管理，防止污染水源。

8.17 爱滋病

爱滋病为一种免疫缺陷性疾病。临床表现复杂，常见症状有咽喉糜烂肿痛，发烧，消瘦，疲乏无力，易感冒，全身浅表淋巴结肿大，厌食，腹泻，以及贫血，出血倾向等。确诊需经血清学实验室检查，HTLV—Ⅲ阳性(即人类亲 T 淋巴细胞病毒Ⅲ型抗体实验阳性)，其临床表现属祖国医学"温毒""烂喉痧"等病证的范畴。

自 1981 年春，美国首次发现爱滋病以来，其发病率逐年增加。目前，治疗爱滋病的主要药物 AZT，价格昂贵，且有严重骨髓抑制的副作用。中医药治疗本病，初步显示具有扶正祛邪，改善症状和延长生命的效果，且费用低廉，无副作用，有其优越性。本节就爱滋病的辨证论治作初步讨论，尚有待不断积累经验加以补充。

病因病机

生活不节，房劳失度等，致脾肾两亏，气阴不足，招致温毒内侵，湿浊热毒内蕴，病久累及气血。

辨证论治

1. 湿热蕴毒型

症状：胸痞腹胀，厌食，大便溏泻或水样便，酸臭味，发热口渴，咽喉肿痛，乏力，苔黄腻，脉濡数。

治法：解毒化湿。

方药：甘露消毒饮

滑石15克，茵陈15克，黄芩12克，石菖蒲12克，川贝母9克，木通9克，藿香9克，射干9克，连翘15克，薄荷3克，薏仁9克。水煎服，日1剂。

2. 热毒内蕴型

症状：咽喉红肿糜烂，声哑气急，发热汗出，烦躁、口干渴，疲劳或有出血倾向，舌红或有芒刺，裂纹。苔黄厚腻，脉滑数或细数。

治法：清热解毒消肿。

方药：普济消毒饮

黄连9克，黄芩9克，玄参9克，连翘9克，板蓝根9克，马勃6克，牛蒡子9克，薄荷3克，僵蚕6克，桔梗6克，升麻3克，柴胡9克，陈皮6克，生甘草3克。水煎服，日1剂。

加减：有出血倾向者，加丹皮12克，赤芍12克，生地15克。

咽喉肿痛，发热较重者，加半枝莲15克，白花蛇舌草15克，金银花30克，连翘15克，大青叶15克，板兰根15克，丹皮12克，栀子9克。

3. 气阴两虚型

症状：湿热积久，伤及气阴，气短乏力，精神疲惫，纳差消瘦，口干，舌红，少苔乏津，脉沉细数。

治法：益气养阴

方药：清咽养营汤

西洋参9克，生地15克，茯神9克，麦冬15克，白芍6克，花粉12克，天冬9克，玄参12克，知母9克，炙甘草3克。水煎服，日1剂。

加减：余毒仍盛者，加犀角 1.5 克(研冲)

4. 脾肾两亏型

症状：心悸、失眠、头晕目眩，倦怠乏力，精神疲乏，腰膝酸软，畏寒肢冷，纳差，便溏，舌质淡，苔薄白，脉沉弱。

治法：补益脾肾。

方药：大补元煎加减

熟地 15 克，枸杞 15 克，当归 15 克，山药 12 克，山萸肉 9 克，杜仲 12 克，菟丝子 15 克，仙灵脾 15 克，女贞子 12 克，黄芪 15 克，党参 15 克，黄精 15 克。水煎服，日 1 剂。

9 常见肿瘤

9.1 乳腺癌

本病是女性常见的恶性肿瘤之一，其发病率仅次于子宫癌，占女性肿瘤的第2位。属于中医"乳岩"范畴。

病因病机

本病主要由于正气不足，七情内伤，肝脾郁结，冲任失调，导致脏腑、乳腺的生理功能紊乱，形成经络阻塞，气血瘀滞，痰瘀互结于乳房而成。

辨证论治

1. 肝气郁结型

症状：乳房结块且胀，胸闷不舒，两胁发胀，心烦易怒，头目眩晕，舌苔薄白或薄黄，脉弦或弦滑。

治法：疏肝解郁，化痰散结。

方药：逍遥散加味。

柴胡10克，杭白芍12克，当归12克，白术10克，云茯苓15克，胆南星10克，姜半夏10克，全瓜蒌30克，川楝子10克，甘草6克。水煎服，每日1剂。

加减：若见心烦易怒，头晕目眩者为肝火上升，可加牡丹皮10克，山栀子10克。

验方：全瓜蒌1个，当归15克，乳香3克，没药9克，甘草15克。水煎服或共研成细末，每次15克，每日3次，开水冲服。

2. 冲任失调型

症状：乳房结块，伴月经不调；或闭经；胸闷不舒，舌质淡红，苔薄白，脉弦细。

治法：调理冲任。

方药：二仙汤加减。

仙茅 10 克，仙灵脾 15 克，巴戟天 10 克，当归 15 克，鹿角霜 6 克(冲服)，紫丹参 15 克，半夏 10 克，白芥子 10 克，甘草 6 克。水煎服，每日 1 剂。

加减：若乳房肿块坚硬且疼痛，闭经者，可加莪术 12 克，制乳香 12 克，制没药 12 克。

3. 火毒内蕴型

症状：乳房肿大，坚硬疼痛，皮肤青紫发暗，心烦易怒；或溃烂无脓，味臭难闻，身热面赤，舌苔黄或黄厚而腻，脉弦数或滑数。

治法：清火解毒，消肿止痛。

方药：龙胆泻肝汤加味

龙胆草 6 克，山栀子 10 克，黄芩 15 克，生地黄 21 克，车前子 15 克(布包煎)，泽泻 10 克，木通 9 克，当归 12 克，柴胡 10 克，蚤休 30 克，蜂房 15 克，全蝎 10 克，龙葵子 15 克，生甘草 6 克。水煎服，每日 1 剂。

加减：若热势较甚者，可加金银花 30 克，连翘 15 克，生石膏 30 克；或加用半枝莲 30 克，白花蛇舌草 30 克。

单方：枸橘数个，焙干，研为细末，温开水送服；每次 6 克，每日 3 次。

4. 气血两亏型

症状：乳房溃烂如菜花状，不断渗流血水，不思饮食，身体消瘦，面色苍白，气短乏力，舌淡，脉沉细无力。

治法：补益气血，佐以解毒化痰。

方药：归脾汤加减

黄芪 30 克，党参 30 克，白术 12 克，当归 15 克，云茯苓 15 克，炒山药 15 克，龙眼肉 30 克，双花藤 30 克，白芥子 10 克，蜀羊泉 15 克，茜草根 15 克。水煎服，每日 1 剂。

另外，可用半枝莲 30 克，白花蛇舌草 30 克，龙葵 30 克，加水煎汤洗涤疮口，每日 1 次。

中成药：①十全大补丸。每次1丸，每日3次。

②西黄丸，每次1丸，每日2次。

预防

1. 保持心情舒畅，积极开展体育锻炼，以增强体质。

2. 积极开展卫生宣传工作，普及防癌知识。

3. 推广和普及定期自我乳房检查，是提高早期乳癌发现率的有效方法。

9.2 支气管肺癌

支气管肺癌或称肺癌，起源于支气管粘膜，是肺部最常见的原发性恶性肿瘤。临床表现决定于癌瘤发生的部位和有无并发症。一般地说，早期常无表现，晚期才出现呼吸症状。常并发肺不张、肺部化脓性感染以及其他器官的转移癌。根据其临床表现，多属于中医的“肺积”、“痞癖”、“咳嗽”、“咯血”、“胸痛”、“喘证”等范畴。

病因病机

本病皆因虚而得，主要为肺之气阴两虚。虚则易受邪毒侵袭，或痰湿内蕴，以致痰湿毒邪互结于肺，久则形成肿块。其证为本虚标实；虚是病之本，实为病之标；虚是全身性的，实为局部性的。

辨证论治

1. 气滞血瘀型

症状：咳痰不爽，痰中带血，胸痛气急，痛有定处，大便秘结，唇甲紫黯，舌有紫斑或散在瘀点，苔薄或黄，脉弦或涩。

治法：行气活血，化瘀软坚。

方药：血府逐瘀汤加减。

当归 12 克，生地黄 15 克，桃仁 10 克，红花 10 克，赤芍药

12克，枳壳10克，柴胡12克，天花粉15克，瓜蒌仁30克，炙山甲12克，夏枯草15克，海藻30克。水煎服，每日1剂。

加减：若痰中带血量多，可加仙鹤草30克，侧柏叶15克，半枝莲30克。

若痰多难以咳出者，加海浮石15克，炒杏仁9克，葶苈子9克，紫苑12克。

2. 痰湿毒蕴型

症状：咳嗽较重，痰多而粘或吐脓痰，胸闷而痛，纳呆便溏，身热尿黄，舌苔黄腻，脉滑数。

治法：清热化痰，利湿解毒。

方药：导痰汤加减

胆南星10克，制半夏10克，云茯苓15克，陈皮10克，桑白皮15克，鱼腥草30克，前胡10克，马兜铃10克，薏苡仁30克，川厚朴10克，白花蛇舌草30克，半枝莲30克，土茯苓30克。水煎服，每日1剂。

加减：若见胸水憋闷，喘咳较甚者，可加葶苈子12克，大枣七枚(劈)。

若见胸背疼痛者，可加元胡12克，防己9克，乳香12克，没药12克，全蝎9克。

3. 阴虚毒热型

症状：咳嗽无痰或少痰，或痰中带血，甚则咯血不止，胸痛，心烦少寐，低热盗汗，或热势壮盛，久稽不退，口渴，大便干结，舌质红，苔薄黄，脉细数或数大。

治法：养阴清热，解毒散结。

方药：沙参麦冬汤加减

沙参30克，麦冬15克，玉竹15克，石斛30克，炒杏仁10克，川贝母10克，天花粉15克，制紫苑10克，生蛤壳30克，瓜蒌30克，蒲公英30克，半枝莲30克，草河车30克。水煎服，每日1剂。

加减：若咯血不止，可加仙鹤草 30 克，白茅根 30 克，茜草 15 克，参三七 10～15 克。

若大便干结，可加大黄 6 克(后入)，生地黄 15 克，玄参 15 克，郁李仁 15 克，麻仁 12 克等。

4. 气阴两虚型

症状：咳嗽少痰，或痰稀而粘，咳声低弱，气短喘促，倦怠乏力，面色苍白，形瘦恶风，自汗或盗汗，口干少饮，舌质红或淡，脉细弱。

治法：益气养阴，清化热痰。

方药：生脉散加味。

台党参 30 克(人参 6 克)，麦冬 15 克，沙参 15 克，山药 15 克，五味子 6 克，川贝母 10 克，全瓜蒌 15 克，夏枯草 15 克，山慈姑 15 克。水煎服，每日 1 剂。

加减：若肺肾同病，偏于阳气虚者，可加仙茅 10 克，仙灵脾 15 克，肉苁蓉 10 克，巴戟天 15 克，补骨脂 30 克等。

若偏于阴虚者，可加天门冬 15 克，生地黄 15 克，玄参 15 克，黄精 10 克，鳖甲 30 克等。

若颈部肿核，可加猫爪草 15 克，山慈姑 15 克，夏枯草 30 克，土贝母 12 克，穿山甲 15 克等。

中成药：西黄丸。每次 1 丸，每日 2 次，温开水送服。

预防

大力开展群众性防癌的宣传教育，改善环境卫生，加强劳动保护，戒烟，防治呼吸道慢性感染。结合肺结核防治工作，开展群众性普查，以期达到早期发现，早期诊断和早期治疗的目的。

9.3 食管癌

食管癌是食管鳞状上皮的恶性肿瘤，进行性咽下困难为其最典型的临床症状。中医对本病有“噎膈者，饥欲得食，但噎塞迎逆于咽喉胸膈之间，在胃口之上，未曾入胃即带痰涎而出”的描

写，故中医称之为“噎膈”。

病因病机

本病主要由于饮食不节，嗜酒无度；或情志失调，忧思郁怒，气结生痰，以致气痰瘀热毒之邪互结，津血枯槁而成病。

辨证论治

1. 痰气交阻型

症状：胸胁胀痛引及背肋，频频嗳气，泛吐痰液及食物，呃逆，梗噎较轻，苔薄腻，脉弦滑。

治法：理气降逆，燥湿化痰。

方药：旋覆代赭汤加减

旋覆花 10 克(布包煎)，代赭石 20 克，姜半夏 10 克，陈胆星 10 克，广郁金 10 克，莱菔子 15 克，全瓜蒌 30 克，急性子 15 克，云茯苓 15 克，厚朴 10 克。水煎服，每日 1 剂。

加减：若见痰液粘稠，舌红苔黄腻；可加黄连 5～10 克，山栀子 10 克，山豆根 10 克。

若大便不通，可加大黄 5～10 克(后入)，但要中病即止。

2. 痰瘀互结型

症状：吞咽困难，甚则饮水难下，胸背疼痛，固定不移，泛吐粘液，大便坚硬，或吐下如赤豆汁，形体消瘦，肌肤甲错，舌有瘀斑，或带青紫，脉细涩。

治法：化痰软坚，活血散瘀。

方药：启膈散合桃红饮加减。

川贝母 10 克，郁金 12 克，紫丹参 30 克，当归 15 克，桃仁 10 克，红花 10 克，昆布 15 克，海藻 15 克，急性子 15 克，三七粉 5 克(冲服)，蜣螂虫 10 克。水煎服，每日 1 剂。

加减：若瘀阻显著者，可加三棱 10 克，莪术 10 克，炙鳖甲片 12 克，煅瓦楞子 30 克。

如呕吐较甚，痰涎量多，可加海蛤粉 10 克，法半夏

9克，全瓜蒌15克。

3. 热毒伤阴型

症状：吞咽梗塞较重，胸背灼痛，口干咽燥，五心烦热，或潮热盗汗，大便干结，舌红少津，苔薄黄或光剥，脉细数。

治法：养阴清热，解毒散瘀。

方药：沙参麦冬汤加减

沙参15克，麦冬30克，天花粉15克，生地黄30克，玄参15克，知母10克，金银花15克，山豆根15克，露蜂房10克，紫丹参30克，紫草根10克，银柴胡12克，徐长卿15克。水煎服，每日1剂。

加减：若胃火内盛，胃脘部灼热者，可加川黄连5克，山栀子10克。

大便干结较甚者，可加火麻仁15克，全瓜蒌30克。

4. 气血两亏型

症状：形体羸瘦，面色㿠白，梗阻严重，水饮难下，气短，舌质淡，脉细无力。

治法：补气养血，兼以散结。

方药：八珍汤加减。

党参30克，白术12克，黄芪30克，当归15克，杭白芍12克，熟地黄15克，紫丹参30克，广木香10克，天葵子15克，白花蛇舌草30克，夏枯草15克。水煎服，每日1剂。

中成药：犀黄丸，每次1丸，每日2次，温开水送服。

预防

1. 大力进行防癌宣传和普查，争取早期发现，早期诊断和及早治疗。

2. 对目前提出的可能的发病因素作进一步调查研究，并积极预防。养成良好的饮食习惯，不吃过烫或刺激性食物，粗粮细作，细嚼慢咽，忌饮烈性酒，多吃新鲜蔬菜，注意口腔卫生，对于可能转变为食管癌的疾病，予以积极治疗，并密切随访。

9.4 胃癌

胃癌是最常见的恶性肿瘤之一，居消化道肿瘤第1位。消化系统恶性肿瘤的死亡病例中约半数死于胃癌。临床主要症状和体征有上腹部饱满、疼痛或肿块、纳差、黑便、腹水等。本病属于中医"噎膈"、"反胃"、"胃脘痛"、"症瘕"等范围。

病因病机

主要由于情志失调，而致肝气郁结，内生痰邪，气滞血瘀；或因饮酒过度，热邪伤阴；饮食不节，损伤脾胃而致气血亏损；或因素体气血亏损，脾胃虚弱，复因情志失调，饮食失节而致痰气瘀热搏结，津枯血槁发为本病。

辨证论治

1. 肝胃不和型

症状：胃脘胀满而疼痛，串及两胁，嗳气陈腐，或呃逆，呕吐反胃，舌质淡红，舌苔薄白或薄黄，脉弦。

治法：舒肝和胃，降逆止痛。

方药：柴胡疏肝散合旋覆代赭汤加减

柴胡12克，枳壳10克，杭白芍12克，广木香6克，广郁金10克，川楝子10克，川厚朴10克，沉香3克，代赭石18克，半夏10克，竹茹10克，旋覆花6克(布包煎)。水煎服，每日1剂。

说明：若气郁过久，化火伤阴；或胃有积热，热久伤阴，则可见胃脘灼热，口干欲饮，胃中嘈杂，纳差喜凉，五心烦热，大便干燥，舌红绛或光红少苔，脉滑数或细数。治当养阴清热为主，方药可用益胃汤加味；

沙参15克，麦冬30克，生地黄15克，玉竹15克，天花粉30克，牡丹皮10克，川黄连5克，山栀子10克，甘草3克。水煎服，每日1剂。

2. 痰食交阻型

症状：胸膈满闷，食欲不振，厌恶肉食，吞咽困难，泛吐粘痰，呕吐宿食，腹胀便溏，苔白腻，脉弦滑。

治法：理气化痰，消食散结。

方药：海藻玉壶汤加减

海藻15克，昆布15克，半夏10克，青皮6克，生牡蛎30克，枳实10克，山楂15克，神曲15克，云茯苓30克，胆南星10克，浙贝母10克。水煎服，每日1剂。

3. 痰瘀互结型

症状：胃脘部刺痛拒按，痛有定处，或可扪及肿块，腹满不欲食，呕吐宿食，或如赤豆汁，或见黑便如柏油状，舌质紫黯或有瘀点，苔薄白，脉细涩。

治法：活血化瘀，化痰软坚。

方药：膈下逐瘀汤加减。

当归12克，赤芍药15克，桃仁10克，红花10克，五灵脂10克，制香附10克，制半夏10克，延胡索10克，京三棱10克，莪术10克，夏枯草15克，蜣螂虫10克。水煎服，每日1剂。

加减：瘀久损伤血络较甚，而见大量吐血、黑便，则应去桃仁、红花、京三棱、莪术、赤芍药等；加仙鹤草15～30克，蒲黄5～10克，槐花10克，参三七粉3～5克(冲服)。

4. 脾胃虚寒型

症状：胃脘隐痛，喜温喜按，朝食暮吐，暮食朝吐，宿食不化，泛吐清水，面色萎黄，大便溏薄，舌质淡，舌苔薄白，脉沉缓或细弱。

治法：温中散寒，健脾暖胃。

方药：理中汤合六君子汤加减

党参30克，白术12克，干姜5克，制半夏10克，高良姜10克，吴茱萸10克，熟附子10克。水煎服，每日1剂。

加减：如脾肾阳虚，更见形寒肢冷者，可加肉桂3～5克，

补骨脂 15～30 克，仙灵脾 10～15 克。

若脾胃虚弱兼气血亏虚之象，如面色㿠白，神疲乏力，心悸气短，自汗，头晕目眩，舌淡少苔，脉沉细无力。治当补气养血，方用十全大补汤加减：

党参 15～30 克，黄芪 15～30 克，白术 10 克，云茯苓 10～15 克，当归 10～15 克，杭白芍 10 克，肉桂 3 克，香附 5～10 克，淮山药 10～15 克，炙甘草 3～5 克。水煎服，每日 1 剂。

以上 4 种类型在辨证施治的同时，可酌情加用抗癌中草药，如白花蛇舌草、半枝莲、龙葵、凤尾草、铁树叶、菝葜、土茯苓、莪术、蟾酥制剂等。

中成药：西黄丸

每次 1 丸，每日 2 次，温开水送服。适用于以上各种类型。

预防

1. 进行防癌普查，以期及早诊治。

2. 注意饮食卫生，防止暴饮暴食，避免吃过度刺激性食物，以减少胃炎及胃溃疡的发生，相应地减少发生胃癌的机会。

3. 对胃息肉、萎缩性胃炎、胃酸缺乏及胃溃疡患者应积极治疗，定期随访，以防癌变。

9.5 原发性肝癌

原发性肝癌系指肝细胞或肝内胆管细胞所发生的癌变，是癌症中恶性程度很高的一种。本病发展快，病情复杂，治疗效果较差，对人类的健康危害较大。临床特征是以肝脏进行性肿大与疼痛、黄疸、发热、腹水、出血等为主。根据其临床特征，属于中医“症瘕”、“积聚”、“黄疸”、“臌胀”、“胁痛”等范围。

病因病机

本病的发生，多因饮食内伤、情志失调，以致肝脾受损，气机阻滞，瘀血内停，湿热火毒蕴结，日久渐积而成。

辨证论治

1. 气滞血瘀型

症状：两胁胀满作痛，或胁下有痞块，脘腹胀闷，嗳气吞酸，恶心纳减，大便不实，倦怠乏力，舌质红，舌苔薄白或薄黄，脉弦或涩。

治法：疏肝理气，活血化瘀

方药：逍遥散合桃红四物汤加减

柴胡 12 克，当归 15 克，杭白芍 12 克，桃仁 10 克，红花 10 克，川芎 10 克，白术 10 克，橘叶 10 克，龙葵 15 克。水煎服，每日 1 剂。

加减：若泛吐酸水甚者，可加煅瓦楞子 30 克。

若吞酸兼舌苔薄黄者，可加吴茱萸 9 克，川黄连 5 克。

2. 湿热瘀毒型

症状：胁下痞块坚硬，痛如锥刺，脘腹胀满，或腹大如鼓，目肤黄染，日渐加深，面色晦暗，肌肤甲错，高热烦渴，小便黄赤，大便干黑，舌质红可见瘀斑，苔黄腻，脉弦滑数或涩。

治法：清热利湿，解毒破结。

方药：茵陈蒿汤合膈下逐瘀汤加减。

茵陈 30 克，大黄 6 克，山栀子 10 克，紫丹参 30 克，红花 10 克，当归 15 克，延胡索 12 克，赤芍药 15 克，炮山甲 15 克，石见穿 30 克，白花蛇舌草 30 克。水煎服，每日 1 剂。

加减：若腹大如鼓，胀急不适，可加云茯苓 15 克、泽泻 10 克、槟榔 10 克。

若高热烦渴，小便黄赤，大便干黑者；可加金银花 30 克、连翘 15 克、生石膏 30 克、仙鹤草 30 克。

3. 热毒伤阴型

症状：腹大胀满，痞块膨隆。形体羸瘦，头晕耳鸣，潮热盗汗，间或高热烦渴，或鼻衄牙宣，大便干结，小便短赤，舌红少津，苔薄黄或光剥，脉弦细数。

治法：养阴清热，解毒祛瘀。

方药：犀角地黄汤加减

生地黄 15～30 克，赤芍药 15 克，犀角粉 1.5～3 克(冲服)，蜈蚣 5 克，天花粉 30 克，金银花 30 克，牡丹皮 10 克，银柴胡 15 克，旱莲草 15 克，紫草根 15～30 克，徐长卿 30 克，白花蛇舌草 30 克，鳖甲 15 克。水煎服，每日 1 剂。

加减：若吐血便黑，可加仙鹤草 15～30 克，蒲黄炭 10 克，槐花炭 10 克，三七粉 3～5 克(冲服)。

中成药：①六味地黄丸，每次 1 丸，每日 3 次，温开水送服。

②安宫牛黄丸，每次 1 丸，每日 1～2 次，温开水送服。

③犀黄丸，每次 1 丸，每日 2 次，温开水送服。适用于以上各型。

预防

注意饮食卫生，防治肝炎、肝硬变和华枝睾吸虫感染。做好粮食的保管、防霉去毒工作，定期进行肝癌普查，以预防肝癌和早期发现。

9.6 结肠癌

结肠癌是常见的胃肠道癌肿，其发病率仅次于胃癌和食道癌，患者多在 40 岁以上，男女之比约为 2:1。临床主要症状有腹泻或便秘，便血，腹胀，或肠绞痛，消瘦等。属于中医“症瘕”、“积聚”、“脏毒”等范围。

病因病机

由于忧思郁怒，胃肠失和，气机不畅，气滞血瘀，久则成块。又如嗜酒无度，嗜食厚味，伤及脾胃，运化失司，酿湿生热；湿热乘虚下注，搏结于肠，蕴毒日久，亦成肿块。

辨证论治

1. 湿热蕴结型

症状：腹部阵痛，下利赤白，里急后重，胸闷口渴，恶心纳差，舌苔黄腻，脉象滑数。

治法：清热利湿、解毒。

方药：槐角丸加减

槐花 15 克，地榆 15 克，枳壳 10 克，黄芩 10 克，黄柏 10 克，白头翁 15～30 克，薏苡仁 30 克，败酱草 30 克、马齿苋 30 克。水煎服，每日 1 剂。

加减：若热重于湿，则见大便赤多白少，可加川黄连 6 克、秦皮 15～30 克、金银花 30 克。

若湿重于热者，则见大便白多赤少，舌苔白腻罩黄；宜加苍术 12 克、厚朴 10 克、藿香 5～10 克。

若腹痛剧者。可加炒杭白芍 15～30 克、元胡 12 克、甘草 6 克。

中成药：槐角丸。

每次 1 丸，每日 3 次。温开水送服。

2. 气滞血瘀型

症状：腹部刺痛，腹内肿块坚硬不移，下利紫黑脓血，里急后重，舌质紫黯或有瘀斑，苔黄，脉涩。

治法：行气活血，化瘀解毒。

方药：膈下逐瘀汤加减。

当归 15 克，桃仁 10 克，红花 10 克，赤芍药 15 克，枳壳 10 克，乌药 12 克，牡丹皮 10 克，延胡索 10 克，忍冬藤 30 克，土鳖虫 10 克。水煎服，每日 1 剂。

3. 脾肾阳虚型

症状：面色萎黄，腰酸膝软，畏寒肢冷，腹痛绵绵，喜温喜按，五更泻泄，或污浊频出无禁，舌质淡，苔薄白，脉象沉细无力。

治法：温补脾肾。

方药：参苓白术散合四神丸加减

党参 15～30 克，白术 12 克，云茯苓 15 克，淮山药 15 克，诃子 10 克，肉豆蔻 6 克，吴茱萸 6 克，生薏苡仁 30 克。水煎服，每日 1 剂。

中成药：①人参健脾丸

每次 1～2 丸，每日 3 次，温开水送服。

②参苓白术丸

每次 1～2 丸，每日 3 次，温开水送服。

4. 肝肾阴虚型

症状：头晕目眩，腰酸腿软，五心烦热，或潮热盗汗，口渴咽干，大便秘结，舌质红，少苔或无苔，脉弦细或细数。

治法：滋肾养肝。

方药：知柏地黄汤加减

知母 12 克，黄柏 10 克，生地黄 15 克，熟地黄 15 克，云茯苓 15 克，泽泻 10 克，牡丹皮 10 克，枸杞子 15 克，女贞子 15 克，山茱萸肉 10 克，生首乌 30 克。水煎服，每日 1 剂。

中成药：知柏地黄丸。

每次 1 丸，每日 3 次，温开水送服。

5. 气血两亏型

症状：形体瘦削，面色苍白，气短乏力，时有便溏，或脱肛下坠，舌质淡，舌苔薄白，脉象细弱。

治法：补气养血。

方药：八珍汤加减

全当归 15 克，杭白芍 10 克，熟地黄 15 克，党参 30 克，白术 12 克，云茯苓 15 克，升麻 10 克，丹参 15 克，生黄芪 30 克，阿胶 10 克(烊化冲服)，炙甘草 6 克。水煎服，每日 1 剂。

中成药：①十全大补丸。

每次 1 丸，每日 3 次，温开水送服。

②人参归脾丸。

每次1丸，每日3次，温开水送服。

以上各型，在辨证论治的同时，可根据具体情况，适当选加具有抗癌作用的中草药，如半枝莲15～30克、白花蛇舌草30克、山慈姑15～30克、草河车15～30克、土茯苓30克、苦参15克、刘寄奴15克、乌梅10～15克、木鳖子仁10～15克等。在服中药汤剂的同时，可另服中成药西黄丸，每次服1丸，每日2次，温开水送服。

预防

大力开展防癌普查，积极防治癌前期病变，及早进行手术根治结肠多发性息肉和腺瘤。积极治疗痢疾、慢性非特异性溃疡性结肠炎，并定期追踪复查，争取早期发现、早期诊断和早期治疗。

(冯建华)



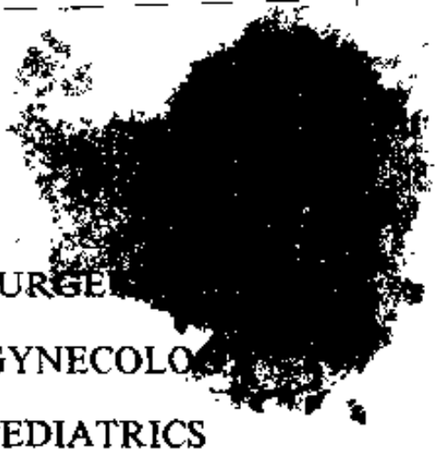
THE ENGLISH-CHINESE ENCYCLOPEDIA OF PRACTICAL TCM

(Booklist)

英汉实用中医药大全

(书目)

VOLUME	TITLE	书名
1	ESSENTIALS OF TRADITIONAL CHINESE MEDICINE	中医学基础
2	THE CHINESE MATERIA MEDICA	中药学
3	PHARMACOLOGY OF TRADITIONAL CHINESE MEDICAL FORMULAE	方剂学
4	SIMPLE AND PROVEN PRESCRIPTION	单验方
5	COMMONLY USED CHINESE PATENTMEDICINES	常用中成药
6	THERAPY OF ACUPUNCTURE AND MOXIBUSTION	针灸疗法
7	*TUINA* THERAPY	推拿疗法
8	MEDICAL *QIGONG*	医学气功
9	MAINTAINING YOUR HEALTH	自我保健
10	INTERNAL MEDICINE	内科学



11	SURGE[redacted]	外科学
12	GYNECOLO[redacted]	妇科学
13	PEDIATRICS	儿科学
14	ORTHOPEDICS	骨伤科学
15	PROCTOLOGY	肛门直肠病学
16	DERMATOLOGY	皮肤病学
17	OPHTHALMOLOGY	眼科学
18	OTORHINOLARYNGOLOGY	耳鼻喉科学
19	EMERGENTOLOGY	急症学
20	NURSING	护理
21	CLINICAL DIALOGUE	临床会话

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