THE ENGLISH-CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE

Higher Education Press
Beijing, China

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SIMPLE AND PROVED RECIPES

單驗方

高等教育出版社
中國・北京

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英漢實用中醫藥大全

趙樣初題

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

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Cheif Editors Zhou Xing
Hu Zunda Cheng Yichun

英汉实用中医药大全

主编 徐象才

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单 验 方

主编 胡遵达 程益春
周 行

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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

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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

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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 its 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

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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

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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.

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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

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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

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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-

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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

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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

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Notes

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

Simple and proved recipes are a crystallization of the clinical experience of the practitioners specializing in Traditional Chinese Medicine. The majority of the medicines contained in these recipes are convenient for administration yet have proved to be highly effective, showing one of the characteristics of Traditional Chinese Medicine

Collected in this volum are more than 320 recipes applied frequently in the treatment of commonly encountered diseases. Both modern and traditional terminologies are adopted in the explanation of each recipe, which is followed by a successful case report.

The Chinese manuscript of this volum was checked and approved by Pro. Sun Yiwei, a famous doctor in Traditional Chinese Medicine. The English version was examined by Ms. Yu Wenping, a professional translator, at the symposium held in Taian City of Shangdong Province.

Editors

小众网站大众健康：http://qianjinpianfang.com

Contents

Notes

I Internal Diseases 1

1.1 Common Cold 1

1.2 Acute and Chronic Bronchitis 6

1.3 Bronchial Asthma 20

1.4 Pulmonary Tuberculosis 25

1.5 Pulmonary Abscess 29

1.6 Acute Tonsillitis 31

1.7 Chronic Pharyngitis 32

1.8 Chronic Pulmonary Heart Disease 33

1.9 Bronchiectasis with Concurrent Infection and Hemoptysis 36

1.10 Gastroduodenal Ulcer 37

1.11 Chronic Gastritis 42

1.12 Gastroptosia 49

1.13 Phrenospasm 51

1.14 Neurogenic Vomiting 52

1.15 Pylorochesis and Intestinal Adhesion 55

1.16 Acute and Chronic Colitis 56

1.17 Bacillary Dysentery 63

1.18 Constipation 69

1.19 Intestinal Trichomoniasis 71

1.20 Icterohepatitis 72

1.21 Acute and Chronic Hepatitis 75

1.22 Cirrhosis 77

1.23 Splenomegaly 80

小众网站大众健康：http://qianjinpianfang.com

1.24 Cholecystitis and Gallstones ····· 80
1.25 Biliary Ascariasis ····· 85
1.26 Coronary Heart Disease ····· 86
1.27 Premature Beat ····· 91
1.28 Sick Sinus Syndrome ····· 92
1.29 Hypertension ····· 93
1.30 Hypotension ····· 100
1.31 Urinary Tract Infection ····· 101
1.32 Acute and Chronic Nephritis ····· 103
1.33 Seminal Emission ····· 107
1.34 Impotence ····· 108
1.35 Meniere's Disease ····· 109
1.36 Enuresis ····· 112
1.37 Uroschesis ····· 113
1.38 Ejaculatory Incompetence ····· 114
1.39 Neurosism ····· 115
1.40 Schizophrenia ····· 122
1.41 Hemiparalysis ····· 122
1.42 Migraine ····· 123
1.43 Myofibrositis of the Lumbar Muscles ····· 124
1.44 Neuralgia ····· 125
1.45 Scapulohumeral Periarthritis ····· 125
1.46 Facial Paralysis ····· 127
1.47 Prosopalgia ····· 130
1.48 Intercostal Neuralgia ····· 132
1.49 Epilepsy ····· 132
1.50 Iron-deficiency Anemia ····· 137
1.51 Allergic Purpura ····· 137
1.52 Diabetes Insipidus ····· 139

小众网站大众健康：http://qianjinpianfang.com

1.53 Diabetes ····· 142
1.54 Exophthalmos of Hyperthyroidism ····· 147
2 Surgical Diseases ····· 149
2. 1 Furuncles ····· 149
2. 2 Felon ····· 150
2. 3 Erysipelas ····· 151
2. 4 Acute Lymphnoditis ····· 153
2. 5 Tuberculous Lymphadenitis ····· 153
2. 6 Thrombotic Phlebitis ····· 154
2. 7 Thromboangiitis Obliterans ····· 156
2. 8 Acute Mastitis ····· 158
2. 9 Cystis Hyperplasia of Breast ····· 159
2.10 Lumbar Muscle Strain ····· 160
2.11 Chronic Osteomyelitis ····· 161
2.12 Tuberculous Arthritis ····· 163
2.13 Scapulohumeral Periarthritis ····· 164
2.14 Testitis ····· 166
2.15 Acute Appendicitis ····· 167
2.16 Prolapse of Rectum ····· 168
2.17 Soft Tissue Injury ····· 168
2.18 Tetanus ····· 169
2.19 Hyperosteogeny ····· 170
2.20 Cutaneous Pruritus ····· 172
2.21 Eczema ····· 173
2.22 Neurodermatitis ····· 174
2.23 Psoriasis ····· 176
2.24 Urticaria ····· 178
2.25 Pityrias Rosea ····· 180
2.26 Multiple Erythema ····· 181

小众网站大众健康：http://qianjinpianfang.com

2.27 Herpes Zoster ····· 182
2.28 Vitiligo ····· 183
2.29 Acne Cystica ····· 184
2.30 Flat Wart ····· 185
2.31 Alopecia Areata ····· 186
3 Gynecological Diseases ····· 188
3. 1 Dysfunctional Uterine Bleeding ····· 188
3. 2 Dysmenorrhea ····· 193
3. 3 Amenorrhea ····· 198
3. 4 Acute Pelvic Inflammation ····· 201
3. 5 Chronic Pelvic Inflammation ····· 202
3. 6 Cervical Erosion ····· 203
3. 7 Irregular Menstruation ····· 204
3. 8 Leukoplakia Vulvae ····· 205
3. 9 Hyperemesis Gravidarum ····· 207
3.10 Edema of Pregnancy ····· 208
3.11 Threatened Abortion ····· 209
3.12 Postpartum Abdominal Pain ····· 211
3.13 Postpartum Diarrhea ····· 212
3.14 Postpartum Fever ····· 213
3.15 Postpartum Hypogalactia ····· 214
3.16 Uterine Prolapse ····· 215
4 Paediatric Diseases ····· 217
4. 1 Upper Respiratory Tract Infection ····· 217
4. 2 Pneumonia ····· 218
4. 3 Asthma ····· 220
4. 4 Diarrhea ····· 221
4. 5 Bacillary Dysentery ····· 224
4. 6 Measles ····· 225

小众网站大众健康：http://qianjinpianfang.com

4. 7 Measles with the Complication of Pneumonia ····· 226
4. 8 Pertussis ····· 227
4. 9 Vomiting ····· 228
4.10 Parotitis ····· 229
4.11 Summer Fever ····· 230
4.12 Enuresis ····· 231
4.13 Stomatitis ····· 232
5 Diseases of Eye, Ear, Nose and Throat ····· 235
5. 1 Multiple Styes ····· 235
5. 2 Acute Conjunctivitis ····· 236
5. 3 Keratitis ····· 237
5. 4 Chronic Simple Glaucoma ····· 238
5. 5 Purulent Otitis Media ····· 239
5. 6 Nasal Sinusitis ····· 240
5. 7 Recurrent Aphtha ····· 241
5. 8 Toothache ····· 242
The English-Chinese Encyclopedia of Practical TCM (Book list) ····· (370~371)

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1 Internal Diseases

1.1 Common Cold

Recipe 1

Herba Schizonepetae	9 g
Herba Menthae	9 g
Folium Perillae	6 g

Decoct the above for oral administration.

Indication

Initial stage of common cold of wind–cold type. Symptoms and signs include headache, stuffy nose, rhinorrhea, sneezing, general aching, pink tongue with thin and white coating, and floating and tense pulse.

Case Report

Wang is a 56–year old male. He had a cold for one day, complaining of a headache, stuffy nose, aversion to cold, rhinorrhea and sneezing. He had pink tongue with thin and white coating. The pulse was floating and tense. The patient recovered after the second dose.

Recipe 2

Rhizoma zingiber is Recens	6 pieces
Caulis Allii Fistulosi	3 *Cun*
Fructus Ziziphi Jujubae	4 pieces

Decoct the above for oral administration.

Indication

Initial stage of common cold of wind–cold type.

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Case Report

Liu is a 21–year old male who had a cold for a half day because of a chill. His complaints were an aversion to cold, a fever, stuffy nose, and sneezing. He had pink tongue with thin and white coating. The pulse was floating and tense. The patient fully recovered after taking three doses.

Recipe 3

Caulis Allii Fistulosi	3 pieces

Cut the herb into tiny pieces and mix them with 10 ml of vinegar. After parching them, the mixture is decocted for oral administration.

Indication

Common cold of wind–cold type.

Case Report

Yang is a 19–year old female who was seen one day after catching a cold. She complained of a headache, general aching, weakness of extremities, stuffy and her pulse floating and tense. She recovered completely after one dose.

Recipe 4

Rhizoma seu Radix Notopterygii	18 g
Radiz Ledèbouriellae	15 g
Radix Clematidis	18 g

Decoct the above for oral administration.

Indication

Common cold due to wind–cold and damp–evil. Symptoms and signs are strong aversion to cold, slight fever, headache, general aching, heaviness and tightness of the body, no perspiration, no pronounced thirst, pink tongue, and floating and tense pulse.

Case Report

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Wu is a 29–year old male who had a cold for 3 days. Without being treated, the cold grew worse the day before his consultation with a body temperature of 39℃. The patient complained of fever, aversion to cold, no perspiration, general aching, headache, heaviness and tightness of the body and no pronounced thirst. He had pink tongue and floating, tense pulse. The patient's condition improved after one dose of the recipe. He recovered completely after another three doses.

Recipe 5

Radix Bupleuri	18 g
Radix Puerariae	18 g

Decoct the above two herbs for oral administration.

Indication

Common cold due to pathogenic wind–heat. Symptoms and signs are fever with perspiration, aversion to wind, dry mouth, sore throat, dark urine, headache, uneasiness of the body, red tongue tip with thin, yellowish coating, and floating, rapid pulse.

Case Report

Wang is a 24–year old female who had a fever for one day. She complained of a fever with perspiration, an aversion to wind, dry mouth, sore throat, headache, and malaise. She had dark urine, reddened tongue tip with thin, yellowish coating, and floating, rapid pulse. The body temperature, which was initially 38.9℃, fell to 37.5℃ after 3 doses, and then to 36.8℃ with the disappearance of all the symptoms after another 2 doses.

Recipe 6

Semen Phaseoli Aurei	15 g
Rhizoma Zingiberis Recens	3 pieces
Raphanus Sativus	30 g

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Decoct the above for oral administration.

Indication

Common cold due to wind–heat / summer–heat and dampness. Symptoms and signs include headache, fever, itchy or sore throat, stuffy nose with purulent nasal discharge, carebaria, heavy body, nausea, pink tongue with thin and yellowish coating, and floating, rapid pulse.

Case Report

Dong is a 12–year old girl who had a fever and an aversion to cold for half a day. She also complained of a headache, heaviness of the body, stuffy nose with purulent nasal discharge, and nausea. She had pink tongue with thin, yellowish coating, and floating, rapid pulse. Her body temperature was38℃.The patient recovered completely after taking three doses of the recipe.

Recipe 7

Gypsum Fibrosum	250 g
Herba Menthae	60 g

Grind the two ingredients into a powder, of which 30 g is filtered with boiling water as one dose. Take one dose in the morning and again in the evening. Slight sweating is preferred by covering with quilts after the administration.

Indication

Common cold with fever, headache, slight sweating, dry throat, stuffy nose with purulent nasal discharge, pink tongue with thin and yellow coating, and wiry rapid pulse.

Case Report

Huang is a 59–year old male who had a fever, headache, and stuffy nose with purulent nasal discharge for one day. He also had a dry and sore throat, reddened tongue with thin and yellow

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coating, and floating, rapid pulse. The body temperature was 38.7℃ . Physical examination revealed congestion of the throat and normal-sized tonsils. The patient recovered fully within three days with the administration of this decoction.

Recipe 8

Radix Puerariae	30 g
Folium Perillae	12 g
Rhizoma seu Radix Notopterygii	9 g
Herba Schizonepetae	9 g
Radix Ledebouriellae	9 g
Radix Angelice Dahuricae	9 g
Herba Menthae	6 g
Radix Glycyrrhizae	3 g

Decoct these ingredients for oral administration. Take one dose daily.

Indication

Initial stage of common cold due to wind-cold. Symptoms and signs include aversion to cold, fever, headache, general aching, stuffy nose with dilute nasal discharge, sneezing, thin and white coating of the tongue, and wiry, tense pulse.

Case Report

Luo is a 45-year old male. After being drenched with rain, he developed an aversion to cold, fever without perspiration, sneezing, stuffy nose, and a body temperature of 38.2℃ . His tongue was pink with thin and white coating, and he had tenes pulse. He almost recovered after the first dose and was completely recovered after the second one.

Recipe 9

Flos Lonicerae	30 g

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Radix Isatidis	30 g
Rhizoma Dryopteris Crassirhizomae	30 g
Herba Schizonepetae	9 g
Radix Platycodi	9 g
Herba Menthae	9 g
Radix Glycyrrhizae	6 g

Decoct the above for oral administration. Take one dose each day.

Indication

Exterior syndrome caused by wind–heat. Symptoms and signs include fever, aversion to cold, cough, sore throat, headache, stuffy nose with purulent nasal discharge, pink tongue with thin, yellowish coating, and floating, rapid pulse.

Case Report

Wang is a 30–year old female who, because of a chill, had a fever, an aversion to cold, cough and sore throat for three days. Her complaints also included stuffy nose with purulent nasal discharge and expectoration. Her body temperature was 38.8℃. She had pink tongue with thin and yellowish coating, floating and rapid pulse, and distinct congestion of throat. By adding Semen Armeniacae Amarum 9 g to the above ingredients and taking one dose, the patient's body temperature returned to normal. All symptoms disappeared after another three doses.

1.2 Acute and Chronic Bronchitis

Recipe 1

One pear and Semen Armeniacae Amarum 9 g

Cut a hole in the pear and then fill it with pounded Semen Armeniacae Amarum. Seal the hole and boil the pear with water.

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Eat the pear and drink the water every evening.

Indication

Acute or chronic bronchitis caused by dryness–heat due to deficiency of *Yin*. Symptoms and signs are dry cough with little expectoration, dry and sore throat, dry mouth and vexation, which show exacerbation especially in the night. The tongue is red without coating. The pulse is thready and rapid.

Case Report

Xie is a 69–year old male who had chronic bronchitis for three years, which worsened lately because of a chill. His complaints included dry cough without expectoration, dryness of mouth and throat, and a feverish sensation in the palms and soles. All the symptoms worsened in the night. He had red tongue with thin and yellowish coating. His pulse was thready and rapid. Chest films revealed bilateral increased bronchovascular shadows. Blood routine examination showed a white blood cell count of 8,200 / mm with 74% of neutrophils. Administration of toclase failed to take any effect. All symptoms disappeared after taking the recipe for 10 days.

Recipe 2

Radix Cynanchi Paniculati 15 g

Steep the herb with boiling water in a thermos bottle for 3 hours. Take the water as a drink.

Indication

Acute or chronic bronchitis. Symptoms and signs include cough, dilute sputum, stuffy nose with dilute nasal discharge, headache, aversion to cold, aching pains of the body, pink tongue with thin, white coating, and floating, slippery pulse.

Case Report

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Wang is a 38–year old female who had chronic bronchitis for 3 years, which relapsed frequently because of cold. She was seen 5 days after her recent relapse. She had a cough, dilute sputum and nasal diacharge, and aching pains of the body. After continuous administration of the above decoction for five days, her condition improved.

Recipe 3

Cortex Mori Radicis	15 g
Semen Armeniacae Amarum	12 g

Decoct the above for oral administration. Take one dose daily.

Indication

Acute or chronic bronchitis. Symptoms and signs include cough with large quantities of bloody or yellow sputum, sore throat, fever, reddened tongue with thin and yellowish coating, and wiry, slippery or slippery, rapid pulse.

Case Report

Liu is a 68–year old male with a 10–year history of chronic bronchitis, which showed exacerbation every winter. His recent symptoms and signs were coughing with large quantities of yellow sputum, chest distress, shortness of breath, loss of appetite, abdominal distension, reddish tongue with thin, yellowish and greasy coating, and slippery, rapid pulse. His body temperature was 38.2℃ . Chest films demonstrated bilateral increased bronchovascular shadows and distinct transparent areas. Blood routine examination showed a white blood cell count of 8,800 / mm with 76% of neutrophils. The patient had a decrease in expectoration after 3 doses. His condition improved after another 6 doses.

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Recipe 4

Alumen Exsiccatum	30 g
Fructus Trichosanthis	60 g
Raphanus Sativus	300 g

Fructus Trichosanthis is parched and then ground with Alumen Exsiccatum into powder. Take 30 g of cooked Taphanus Sativus with 3 g of the powder each time, twice daily.

Indication

Chronic bronchitis due to accumulation of phlegm and heat in the lung. Symptoms and signs are cough with large quantities of yellow sputum, chest distress and vexation (sometimes with fever or sore throat), red tongue with yellowish, greasy coating, and slippery, rapid pulse.

Case Report

Zhao is a 58–year old male who presented a history of chronic bronchitis for more than 10 years. He recently caught a cold and complained of a cough with large amounts of yellow sputum, chest distress, shortness of breath, abdominal distension and loss of appetite. He had reddish tongue with yellowish and greasy coating, and wiry, slippery pulse. Blood routine examination revealed a white blood cell count of 8,600 / mm with 78% neutrophils. Chest films demonstrated distinct bilateral transparent areas and increased bronchovascular shadows. The patient coughed less and had a decrease in expectoration after 5 doses. His condition improved after another 4 doses.

Recipe 5

Semen Armeniacae Amarum (parched)	60 g
Semen Sesami (parched)	60 g

Pound the two herbs together. Take 3 g of the pounded mix-

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ture with water, twice daily.

Indication

Chronic bronchitis due to deficiency of both the lung and the kidney. Symptoms and signs include chronic cough, chest distress, shortness of breath, pale tongue proper with thin and white coating, and deep, thready pulse.

Case Report

Miao is a 70–year old male who presented a history of chronic brochitis for more than 20 years, which showed exacerbation every winter and spring. His recent complaints included chest distress, shortness of breath, a cough with white, thick sputum, palpitation, weakness of the body, and loss of appetite. His tongue was pale with thin and white coating. His pulse was wiry and thready. Chest films suggested the diagnosis of chronic brochitis and pulmonary emphysema. Laboratory test showed a white blood cell count of 6,800 / mm with 70% of neutrophils. The patient experienced remission of the cough after continuous administration of the decoction for one month. His condition improved after another two months of continuous administration.

Recipe 6

One drake and Cordyceps 60 g

After killing and cleaning the drake, fill it with Cordyceps and then decoct. Eat the drake and drink the soup.

Indication

Chronic bronchitis. Symptoms and signs include cough, expectoration, chest distress, shortness of breath, diluted sputum, aversion to cold, coldness of extremities, pale tongue with thin, white coating, and deep, thready pulse.

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Case Report

Feng is a 72–year old male who presented a 30–year history of chronic bronchitis, which showed exacerbatin every winter and spring. His recent complaints were cough, shortness of breath, abdominal distention, and loss of appetite. He had a pink tongue body with thin and white coating. Chest films suggested the diagnosis of chronic bronchitis and pulmonary emphysema. The patient's condition improved significantly after 3 doses of this recipe.

Recipe 7

Alumen Exsiccatum	1.5 g
Mel	15 g

Put the two ingredients in a bowl of soybean milk and stir. Take one dose daily.

Indication

Acute bronchitis due to *Yin* deficiency. Symptoms and signs include dry cough with little expectoration, dry and itchy throat, reddened tongue without coating, and thready, rapid pulse.

Case Report

Hua is a 16–year old boy who had, for half a month, a dry cough caused by a common cold. He had an itchy, dry throat, and his cough became severe especially during night time. Toclase failed to take effect. The cough stopped after five doses of the above decoction.

Recipe 8

One placenta and Semen Sojae Nigrum 500 g

Parch the placenta and Semen Sojae Nigrum, and then grind them into powder. Mix the powder with Mel and make them into 9–gram pills. Take one pill each time, three times daily.

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Indication

Senile chronic bronchitis due to *Yang* deficiency and the failure of the kidney in receiving *Qi*. Symptoms and signs are exertional cough and shortness of breath, aversion to cold, coldness of extremities, weakness in loins and knee, pale tongue with thin and white coating, and deep, thready pulse.

Case Report

Wang is a 76–year old male who gave a 30–year long history of chronic bronchitis, which became aggravated every winter and spring. His recent complaints were coughing and shortness of breath (sometimes even in marked respiratory distress), facial edema, inability to lie flat, aversion to cold, and coldness of extremities. Chest films suggested the diagnosis of chronic bronchitis and pulmonary emphysema. The patient's condition improved significantly after 2 doses of this reipe.

Recipe 9

Fresh pig bile 500 ml and Lumbricus 300 g

Parch the two ingredients and grind them into powder. Take 9 g of the powder each time, three times daily.

Indication

Simple asthmatic bronchitis due to invasion of the lung by wind–heat. Symptoms and signs include coughing and gasping for breath, yellow sputum, dry mouth, sore throat, fever, aversion to wind, yellow tongue coating, and floating, rapid pulse.

Case Report

Jia is a 62–year old male who had a cough and shortness of breath for more than one month, which was diagnosed as simple asthmatic bronchitis. His recent complaints were chest distress, cough and shortness of breath, yellow sputum, dry mouth, and a

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sore throat. His tongue coating was yellow, and his pulse was rapid. All symptoms were alleviated within 6 days with the administration of this recipe.

Recipe 10

One bat

Parch the bat and then grind it into powder. Put the powder into 50 ml of yellow rice wine and stir. Take one half of the wine as one dose, twice daily.

Indication

Chronic brochitis due to accumulation of phlegm–dampness in the lung. Symptoms and signs are coughing with large amounts of dilute and white sputum, chest distress, pink tongue with white and greasy coating, and slippery pulse.

Case Report

Wang is a 59–year old female who had a 10–year long history of chronic bronchitis, which was aggravated lately by cold. Her complaints included a cough and shortness of breath, chest distress, large amounts of white sputum, loss of appetite, no thirst, and geheralized weakness. Her tongue was pale with white coating and her pulse slippery. All the symptoms were relieved after 6 doses of this decoction.

Recipe 11

Flos Farfarae	10 g
Bulbus Lilii	10 g
Bulbus Fritillariae	10 g
Rhizoma Anemarrhenae	10 g
Fructus Schisandrae	10 g

Blend these ingredients together with 30 g of rice husk in 2000 ml of water to be decocted till 600 ml of the water is left. Fil-

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ter the decoction and add 180 grams of brown sugar. Decoct again until the mixture turns into soft extract. Take 4 spoonfuls of the soft extract, four times daily.

Indication

Chronic bronchitis.

Case Report

Li is a 54–year old male who presented a 8–year history of chronic bronchitis, which was usually aggravated by cold, heat or tiredness. Previous treatments of various kinds failed to take effect. He complained of a cough with little expectoration (especially during night time), dry mouth and throat , chest distress, shortness of breath, vexation, and night sweating. His tongue was red and dry without coating. His pulse thready and rapid. Chest films demonstrated bilateral bronchovascular shadows. Blood routine examination revealed a white blood cell count of 7,200 / mm with 70% of neutophils and 30% of lymphocytes. The patient experienced full recovery after 3 doses of this recipe. Follow–ups within two years showed no relapse.

Recipe 12

Rhizoma Bletillae	90 g
Radix Stemonae	90 g
Semen Armeniacae Amarum(parched)	120 g
Semen persicae	13 pieces

Grind these ingredients into powder. Mix it with Mel and then make them into 9–gram pills. Take one pill each time, three times daily.

Indication

Chronic bronchitis due to deficiency of the lung and the kidney. with acute attacks during cold seasons. Symptoms and signs

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include coughing with white mucous sputum, chest distress, shortness of breath in severe cases, aversion to cold, coldness of extremities, pale tongue with thin, white coating, and deep, thready pulse.

Case Report

Yu is a 59–year old female who gave a 9–year history of chronic bronchitis She experienced an aggravation of her cough every winter, especially during night time. Previous treatments of various kinds failed to take any effect. She recently complained of coughing and gasping for breath, a small amount of white sputum, aversion to cold, coldness of extremities, and lassitude in loins and knee. Her tongue was pink with thin and white coating. Her pulse deep and thready. Body temperature, 36.8℃ . Chest films suggested the diagnosis of chronic bronchitis and pulmonary emphysema. With the administration of the decoction the patient experienced full recovery within three months.

Recipe 13

Rhizoma Zingiberis Recens	30 g
Rhizoma Pinelliae	30 g
Fructus Coriandri Sativi	120 g

Grind these ingredients into powder. Take 9 g of the powder with water after each meal, three times daily.

Indication

Cough which usually occurs in autumn and winter when it turns cold. Other symptoms and signs include abundant expectoration, shortness of breath, pallor, palpebral edema, white and slippery tongue coating, and wiry, tense pulse.

Case Report

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Zhou is a 52-Year old male who suffered coughing and shortness of breath every fall and winter for 4 years. His recent complaints included coughing with large quantities of dilute white sputum, chest distress, and shortness of breath. He had facial edema, pale tongue with thin, white and greasy coating, and wiry, slippery pulse. After 3 days of administration of this recipe, the patient had a remarkable decrease in expectoration with the alleviation of other symptoms. Full recovery was achieved after continuous administration for 20 days.

Recipe 14

Two eggs and vinegar 30 ml

Scramble the eggs with vinegar (without cooking oil). Take the scrambled eggs in the morning and again in the evening.

Indication

Chronic bronchitis of wind-cold type. Symptoms and signs are cough with white, easily expectorated sputum, chest distress, shortness of breath, pink tongue with thin and white coating, and wiry, tense pulse.

Case Report

Liu is a 14-year old boy who had bronchitis for years, which was aggravated lately because of a chill. His complaints included an aversion to cold, headache, coughing with small amount of white sputum, chest distress, shortness of breath, and loss of appetite. His tongue was pink with thin, white coating. His pulse was floating and tense. He experienced full recovery within 3 days of administration with this decoction.

Recipe 15

Crystal sugar and old vinegar 500 g each, Boil the crystal sugar and old vinegar in a pot. Take 10 ml of the boiled stuff each

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time, twice daily.

Indication

Senile chronic bronchitis due to insufficiency of the lung. Symptoms and signs are cough and shortness of breath, tiredness, pink tongue with thin and white coating, and deep, thready pulse.

Case Report

Sun is a 60–year old male who gave a 10–year history of chronic bronchitis. His condition aggravated as a result of a cold recently. His complaints included cough with little expectoration, chest distress, shortness of breath, and tiredness. He had a pink tongue body with thin and white coating, and deep. thready pulse. The patient experienced full recovery after two doses.

Recipe 16

Rhizoma Gastrodiae	5 g
Semen Persicae	10 g
Mel	15 g

Decoct these ingredients into a 100–millilitre decoction. Take one half of the decoction respectively in the morning and in the evening.

Indication

Chronic bronchitis due to invasion of the lung by cold–evil of infantile cough. Symptoms and signs include cough and gasping for breath, frothy sputum, pink tongue with thin and white coating, and wiry, tense pulse.

Case Report

Wang is a 13–year old boy who had coughing and shortness of breath for 6 months. Previous treatments of various kinds failed to take any significant effect. He complained of a cough with frothy sputum, chest distress, and shortness of breath. His

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tongue was pink with thin, white coating. His pulse was wiry. He experienced a decrease in coughing and expectoration after 3 doses and got full recovery after another 15 doses.

Recipe 17

Cortex Mori Radicis	12 g
Bulbus Fritillariae	12 g

Decoct the two ingredients with a pear. Eat the pear and drink the soup.

Indication

Acute bronchitis due to retention of pathogenic heat in the lung. Symptoms and signs are cough, sore throat, white and sticky sputum (or yellow, condensed sputum), chest distress, gasping for breath, pink tongue with thin and yellow coating, and wiry, rapid pulse.

Case Report

Dou is a 15-year old boy who had a cold for 7days. He complained of cough with white and sticky sputum and a sore throat. Administration of medemycin failed to take any effect. Physical examination revealed congestion of throat and normal-sized tonsils. There was rudeness over both lungs. No rales were heard. The patient experienced full recovery after three doses.

Recipe 18

Semen Lepidii seu Descurainiae	30 g

Put the herb into 100 ml of water and then decoct to a 50-millilitre decoction. Add radishjuice 50 ml and white suger 20 g to the decoction. Take 25 ml of the mixed decoction each time, four times daily.

Indication

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Cough due to the lung-heat. Symptoms and signs are chest distress, hypochondriac pain, wheezing sound, sore throat, red tongue with yellow coating, and wiry, slippery and rapid pulse.

Case Report

Wang is a 41-year old male who had a cough with yellow sputum, and a sore throat for three days, which was diagnosed in a hospital as acute bronchitis. Compound tablets of sinomin and other drugs failed to take any effect. Physical examination revealed congestion of the throat and normal-sized tonsils. A rudeness was heard over both lungs. Dry and moist rales were heard over the middle and lower parts of both lungs. The tongue was red with yellow and greasy coating, and the pulse slippery, rapid. The patient fully recovered after 5 days' administration of the recipe.

Recipe 19

Flos Chrysanthemi Indici	30 g
Rhizoma Imperatae	60 g

Put the two herbs into 300 ml of water and then decoct to a 150-millilitre decoction. Add crystal sugar 30 g to the decoction and take one half of it in the morning and again in the evening.

Indication

Cough due to dryness of the lung. Symptoms and signs include unproductive coughing (especially during night time), dry mouth, itchy throat, red tongue with thin and white coating, and wiry pulse.

Case Report

Wang is a 17-year old young man who had a cold for 5 days. He suffered insomnia caused by dry cough. Physical examination revealed congestion of throat and normal-sized tonsils.

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He had red tongue with thin and white coating. Body temperature, 36.8℃. Dry rales were heard over both lungs. The cough was alleviated after two doses and stopped subsequently after another three doses.

1.3 Bronchial Asthma

Recipe 1

Lumbricus 500 g

Grind the herb into a powder. Take 3—5 g of the powder each time with boiling water, three times daily.

Indication

Brochial asthma due to accumulation of phlegm and heat in the lung. Symptoms and signs are chest distress, shortness of breath, wheezing sound, cough with yellow sputum, red tongue with thin and yellow coating, and wiry, slippery pulse.

Case Report

Jin is a 60—year old male who had bronchial asthma for years, which showed an aggravation from cold or tiredness. His recent complaints included shortness of breath, cough with yellow sputum, chest distress, and wheezing sound. He had red tongue with thin, yellow coating. His pulse was wiry and tense. The patient experienced significant alleviation after 5 days' of administration of the recipe.

Recipe 2

One cock and Fructus Viticis 120 g

Wrap the Fructus Viticis with a piece of gauze and decoct it with the cock. Eat the cock and drink the soup. One preparation can be taken for three days.

Indication

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Bronchial asthma due to stagnation of phlegm–dampness. Symptoms and signs include chest distress, short breath, wheezing sound, cough with dilute and white sputum, (a general aggravation from cold), pale tongue with thin and white coating, and thready, slippery pulse.

Case Report

Sun is a 13–year old girl who had a 5–year history of bronchial asthma. Previous treatments of various kinds failed to take any effect. The girl recently suffered from a relapse caused by a cold. She complained of cough, short breath, wheezing sound, large amounts of dilute sputum, fullness of the chest and costal region, loss of appetite, and tiredness. Her tongue was pink with thin and white coating, and her pulse slippery. Wheezing could be heard over both lungs. She experienced full recovery after eight decoctions of this recipe in succession. A two–year follow–up showed no relapse.

Recipe 3

Vinegar 100 g and brown sugar 30 g

Decoct the two ingredients. Take 15 ml of the decoction each time, three times daily.

Indication

Bronchial asthma of cold type. Symptoms and signs include shortness of breath, marked respiratory distress, cough with dilute sputum, coldness of the body and extremities, purple tongue with thin and white coating, and wiry, thready pulse.

Case Report

Zhang is a 40–year old female who gave a 3–year history of bronchial asthma, which showed exacerbation every winter. She recently complained of short breath, inability to lie flat, cough

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with white, easily expectorated sputum. She was in marked respiratory distress and had purple tongue with thin, white coating. Her pulse was wiry and thready. Her condition improved after three decoctions of this recipe. She experienced general alleviation within half a month under continous administration of the recipe.

Recipe 4

Radix Ginseng	12 g
Gecko	1 couple

Decoct the two ingredients for oral administration. Take one dose daily.

Indication

Bronchial asthma due to deficiency of both the lung and the kidney. Symptoms and signs include gasping for breath, wheezing sound, fullness of the chest and costal region, marked respiratory distress, coldness of extremities, sweating, purple tongue with thin and white coating, and deep, thready pulse.

Case Report

Sun is a 59—year old male who presented a 6—year history of bronchial asthma, which showed a general aggravation from cold lately. He complained of shortness of breath, chest distress, wheezing sounds, sweating, coldness of extremities, and inability to lie on his back. His tongue was pale with thin and white coating. His pulse deep and thready. He experienced an alleviation of his symptoms after three doses of this recipe.

Recipe 5

One frog and one pork stomach

Put the cleared frog (viscera removed) into the pork stomach and then sew it up. Decoct the stomach in an earthenware cook-

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ing pot. Discard the frog, eat the stomach and drink the soup. Take one dose every other day.

Indications

Chronic bronchial asthma. Administration contraindicated in cases of pregnancy.

Case Report

Gao is a 18–year old female who had a 10–year history of asthma. She complained of shortness of breath, wheezing sound, and tiredness. She had a darkish complexion, thin and white tongue coating, and wiry, thready pulse. Wheezing could be heard over both lungs. All the symptoms disappeared after six doses of the recipe. A 1–year follow–up showed no relapse.

Recipe 6

Semen Sinapis Albae 60 g

Grind the herb into powder, and mix it with vinegar. Make two cakes of the mixture and fix them on acu–points *Feishu* (U B 13) with sticking–plaster. Remove the cakes half an hour later after a burning sensation is felt on the points. At least 3–5 days of treatment are required.

Indication

Chronic asthma due to cold–deficiency and infantile asthma. Symptoms and signs include shortness of breath and cough with frothy sputum which is often aggravated by cold, pink tongue with thin and white coating, and deep thready pulse.

Case Report

Li is a 52–year old male who gave a 10–year history of chronic asthma, which intensified every winter or with cold. He complained of chest distress, shortness of breath, wheezing sound, and cough with frothy, white sputum. His tongue was

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pink with thin and white coating, and his pulse deep, wiry and thready. Wheezing was heard over both lungs. He was able to breathe normally and experienced less expectoration after three days of treatment with this recipe. Another three treatments were subsequently administered. Follow–ups for one year showed no relapse.

Recipe 7

Fructus Perillae	12 g
Lumbricus	12 g
Semen Trichosanthis	30 g
Semen Lepidii seu Descurainiae	15 g
Herba houttuyniae	30 g

Decoct these ingredients and take, one dose daily.

Indication

Asthma due to accumulation of phlegm and heat in the lung. Symptoms and signs are shortness of breath, cough with large amounts of sputum, wheezing sound, fullness of costal region, loss of appetite, white and greasy coating, and wiry, slippery pulse.

Case Report

Zhou is a 56–year old female who presented a history of bronchial asthma. She complained of gasping for breath, wheezing sound, chest distress, cough with large amounts of sticky sputum, and loss of appetite. Her tongue was pink with yellow, greasy coating. Her pulse was slippery and rapid. Expectoration decreased and gasping stopped after three doses (adding to the above ingredients Cortex Mori Radicis 15 g, Semen Raphani 15 g and Rhizoma Phragmitis 30 g). Only exertional chest distress persisted. All the symptoms disappeared after another six doses.

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Recope 8

Three Weasel's Skulls

Smash the skulls. Parch the smashed pieces and grind them into powder. Take 2.5 g of the powder with water each time, twice daily.

Indication

Bronchial asthma due to deficiency of both the lung and kidney. Symptoms and signs include frequent relapses of asthma, exertional dyspnea on serious occasions, lassitude in loins and knee, thin and white tongue coating, and deep, thready pulse.

Case Report

Feng is a 50–year old male who presented a 10–year history of asthma, which showed exacerbation with cold or emotional stress, especially during the past two years. His recent complaints included chest distress, Shortness of breath, frequent sweating, aversion to wind, and lassitude in loins and knee. He had pink tongue with thin and white coating. His pulse deep and thready. He experienced full recovery after two doses.

1.4 Pulmonary Tuberculosis

Recipe 1

One Fresh–water Turtle (about 1 kg)

Kill and wrap the turtle with clay. Then roast it over a slow fire until the clay turns red and the turtle scorched. Remove the clay and grind the turtle into powder, of which 3 g is taken three times daily.

Indication

Cavernous pulmonary tuberculosis due to deficiency of the lung–Yin. Symptoms and signs include unproductive cough (or

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with blood-stained sputum), hectic fever, night sweat, chest pain, shortness of breath, red tongue body without coating, and thready, rapid pulse.

Case Report

He is a 48-year old male who had pulmonary tuberculosis for nearly 20 years. His symptoms were aggravated 10 days prior to consultation. The patient complained of a cough with blood-stained sputum, slight fever, night sweating, tiredness, and loss of weight. Chest films revealed a cavity $4 \times 5\ cm^2$ in size in left lung. His condition improved significantly with the administration of the recipe for half a month. After continous treatments with the recipe for another two months, chest films revealed calcification and the cavity shrank remarkably.

Recipe 2

Radix Rehmanniae	18 g
Radix Paeoniae Alba	15 g
Radix Asparagi	12 g
Radix Ophiopogonis	12 g
Rhizoma Dioscoreae	18 g
Radix Stemonae	15 g
Rhizoma Bletillae	12 g
Bulbus Lilii	30 g
Rhizoma Polygonati	18 g
Radix Glycyrrhizae	3 g

Decoct these ingredients and add to the decoction 3 g of the powder of Radix Notoginseng. Take one dose daily.

Indication

Pulmonary tuberculosis with hemoptysis due to deficiency of both the lung and the kidney. Symptoms and signs are

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unproductive cough (or cough with blood-stained sputum), flushed cheeks, night sweat, feverish sensation in the palms and soles, slight fever, red tongue body without coating, and thready, rapid pulse.

Case Report

Li is a 46-year old male who had a two year history of infiltrative pulmonary tuberculosis with cavity, which showed no alleviation under previous treatments of various kinds. He spat blood 200 ml 7 days before his consultation. He also complained of cough, chest distress, slight fever, night sweat, dry mouth, restlessness, tiredness, and blood-stained sputum. His tongue was red without coating and his pulse thready and rapid. He stopped spitting blood after four doses of this recipe. All the symptoms disappeared after continuous administration of the recipe for another 40 doses (removing from the decoction the powder of Radix Notoginseng). Chest films revealed calcification of the affected areas after continuous administration of the water-paste pills made from the above ingredients for half a year (6 g each time, twice daily).

Recipe 3

Rhizoma Bletillae	250 g
Radix Stemonae	500 g

Grind the two herbs into powder. Remove the bones from a well stewed hen, and mix it with the powder to make jujube-shaped pills. Dry the pills in the sun and take 9 g of them each time, three times daily.

Indication

Pulmonary tuberculosis due to deficiency of both *Qi* and *Yin* .Symptoms and signs include productive cough with

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blood–stained sputum, spontaneous perspirationight sweat, generalized weakness, loss of weight, pink tongue body without coating, and deep, thready pulse.

Case Report

Qiao is a 64–year old male who presented a 3–year history of pulmonary tuberculosis, which was treated with streptomycin and isoniazid for almost half a year. The administration of these two drugs was discontinued because of their side effects. His recent complaints included cough with blood–stained sputum, spontaneous perspiration, night sweat, and tiredness. His tongue was pink without coating and his pulse deep, thready and weak. Chest films suggested the diagnosis of right infiltrative pulmonary tuberculosis. Blood sedimentation was 26 mm. in 60 minutes. After continuous administration of the recipe for half a year, blood sedimentation became normal with the disappearance of all symptoms. Chest films revealed calcification of the afftected areas. A two year follow–up showed no relapse.

Recipe 4

Root of Chinese Chives 120 g and Alumen 9 g

Pound the root of Chinese chives and then decoct with Alumen. Take one half of the decoction each time, twice daily.

Indication

Pulmonary tuberculosis due to deficiency of the lung–*yin*. Symptoms and signs include cough with blood–stained sputum, hemoptysis, slight fever, night sweat, dysphoria with feverish sensation in chest, palms and soles, red tongue without coating, and thready, rapid pulse.

Case Report

Hu is a 45–year old male who complained of hemoptysis

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caused by pulmonary tuberculosis. Hemostats of various kinds failed to take any effect. His condition improved remarkably after one dose of this recipe and all symptoms disappeared completely after another three doses.

1.5 Pulmonary Abscess

Recipe 1

Herba Houttuyniae	60 g
Radix Platycodi	12 g
Rhizoma Phragmitis	60 g
Radix Scutellariae	12 g
Gypsum Fibrosum	30 g

Decoct these ingredients. Take one half of the decoction each time, twice daily.

Indication

Pulmonary abscess due to aeeumulation of phlegm and heat in the lung. Symptoms and signs are cough, chest pain, fever, large amounts of foul sputum (or blood–stained sputum), yellow and greasy tongue coating, and slippery, rapid pulse.

Case Report

Wang is a 38–year old male who gave a 3–day history of cough with large amounts of foul sputum. He also complained of fever (38.2℃) and chest pain. His tongue coating was yellow and greasy, and his pulse slippery and rapid. Blood routine examination revealed a white blood cell count of 10,200 / mm with 80% of neutrophils. Chest films suggested the diagnosis of pulmonary abscess. His fever abated after three doses. He had less sputum and his chest pain disappeared after another six doses. Chest films demonstrated full recovery.

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Recipe 2

Radix Platycodi	9 g
Semen Crotonis	1 g
Bulbus Fritillariae	9 g
Semen Coicis	30 g
Herba Houttuyniae	30 g

Grind these ingredients into a powder, of which 3 g is taken with lukewarm boiled water each time, twice daily. In case of diarrhea after administration, drink cold water to stop it.

Indication

Pulmonary abscess. Symptoms and signs include cough with foul sputum, no fever, and deep, slippery pulse.

Case Report

Li is a 48–year old male who complained of a cough with large amounts of white and foul sputum, chest pain, and no fever. He had thin, white and greasy tongue coating. His pulse wiry and slippery. Blood routine examination revealed a white blood cell count of 7,800 / mm with neutrophils 72% and lymphocytes 28%. Chest X–ray suggested the diagnosis or right pulmonary abscess. After continuous administration of the water–paste pills made from the above ingredients for three months (3 g each time, three times daily), chest X–ray demonstrated full recovery of the abscess.

Recipe 3

Herba Houttuyniae	60 g
Radix Sophorae Flavescentis	40 g
Radix Platycodi	20 g

Decoct these ingredients for three times to a total amount of 250 ml. Take one half of the decoction, twice daily.

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Indication

Initial stage of pulmonary abscess. Symptoms and signs include fever, aversion to cold, cough, chest pain, foul sputum, shortness of breath, pink tongue with thin, yellow and greasy coating, and slippery, rapid pulse.

Case Report

Sun is a 37–year old female who complained of a cough with foul sputum, and chest pain. Chest X–rays suggested a diagnosis of pulmonary abscess. After the administration of 29 doses of this recipe all symptoms disappeared and chest X–rays revealed full recovery of the abscess.

1.6 Acute Tonsillitis

Recipe

Radix Platycodi	10 g
Radix Glycyrrhizae	10 g
Flos Lonicerae	30 g
Fructus Forsythiae	15 g
Radix Scutellariae	10 g
Lasiosphaera seu Calvatia	6 g
Fructus Arctii	6 g
Rhizoma Cimicifugae	6 g
Radix Sophorae Subprostratae	10 g

Decoct these ingredients into a tea and take frequently. Perlingual administration of *Lei shi Liushen Wan* (3–5 pills each time, 2–3 times daily) at the same time is preferred.

Indication

Acute Tonsillitis. Symptoms and signs include swelling, sore throat, thirst, dysphagia, fever, aversion to cold, headache, gener-

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al aching, swelling and congestion of tonsils (unilateral or bilateral), red tongue with yellow coating, and floating, rapid and slippery pulse.

Case Report

Wang is a 24–year old male who had,for three days, a sore throat. headache, general aching, fever, aversion to cold, swelling pain of throat, dysphagia, dark urine, and dry stools. He had red tongue with thin and yellow coating. His pulse was slippery and rapid. Physical examination revealed bilateral congestion of tonsils(III). Administration of anti–inflammatory agents for 2 days showed no effect. He experienced an alleviation of all symptoms after three doses of the recipe (taking in the meantime, *Liushen Wan* perlingually as an adjunctive treatment).

1.7 Chronic Pharyngitis

Recipe

Rhizoma Pinelliae 500 g

Soak Rhizoma Pinelliae in vinegar 2500 ml for 24 hours and then decoct 3–4 times. Remove Rhizoma Pinelliae from the decoction, and filter it with benzoic alcohol. The deecetion is thus ready for administration, 10 ml each time, two or three times a day.

Indication

Chronic pharyngitis. Symptoms and signs include an itchy, sore throat, attendency to cough, small amounts of sticky sputum, pink tongue and slippery pulse.

Case Report

Song is a 32–year old female who had an itchy throat with foreign body sensation for half a year. She complained of a dry cough with small amounts of white, sticky sputum, and a dry,

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sore throat. Physical examination revealed slight congestion of the throat and normal-sized tonsils. Blood routine examination and chest X-ray were negative: She had pink tongue and slippery pulse. She experienced full recovery after the administration of the recipe for 25 days.

1.8 Chronic Pulmonary Heart Disease

Recope 1

Herba Ephedrae	6 g
Semen Armeniacae Amarum	9 g
Radix Plaltycodi	9 g
Rhizoma Pinelliae	9 g
Herba Asari	3 g
Herab Schizonepetae	9 g
Fructus Aurantii	9 g
Radix Peucedani	9 g
Radix Glycyrrhizae	3 g

Decoct and take one dose daily.

Indication

Pulmonary heart disease complicated by upper respiratory tract infection due to exopathic wind-cold and stagnation of phlegm-dampness. Symptoms and signs include aversion to cold, fever, cough with large amounts of white sputum, chest distress, palpitatiopn, exertional shortness of breath, thin, white and greasy tongue coating, and wiry, slippery pulse.

Case Report

Jiang is a 62-year old male who gave a history of chronic cough for more than 10 years. His condition was complicated by chest distress, palpitation, and shortness of breath. He recently

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developed a severe intensification from cold, complaining of fever, aversion to cold, coughing with large amounts of white sputum in addition to the previous symptoms. His tongue was dark with thin, white and greasy coating. His pulse was wiry and slippery. Chest films revealed pulmonary heart disease complicated by pulmonary infection. Blood routine examination showed a white blood cell count of 8,900 / mm with neutrophils 78%. His exterior syndromes disappeared after two doses. All the symtoms were alleviated after another three doses (replacing Herba Schizonepetae with Semen Raphani 15 g and Pericarpium Citri Reticulatae 9 g).

Recipe 2

Herba Ephedrae	6 g
Semen Armeniacae Amarum	9 g
Gypsum Fibrosum	30 g
Herba Houttuyniae	30 g
Fructus Trichosanthis	30 g
Rhizoma Phragmitis	30 g
Cortex Mori Radicis	15 g
Semen Lepidii seu Dscurainiae	15 g
Radix Platycodi	9 g
Radix Glycyrrhizae	6 g

Decoct and take one dose daily.

Indication

Pulmonary heart disease due to accumulation of phlegm and heat in the lung. Symptoms and signs include fever, cough with yellow sputum, chest distress, shortness of breath, palpitation, edema of lower extremities, purple tongue with thick, yellow and greasy coating, and slippery, rapid pulse.

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Case Report

Chen is a 56–year old male Who gave a 6–year history of pulmonary heart disease. His recent complaints included fever, cough with large amounts of yellow sputum, chest distress, shortness of breath, loss of appetite, and exertional palpitation. He had a purple tongue body with yellow, greasy coating. His pulse slippery and rapid. Dry and moist rales were heard over both lungs. Over the pulmonary area accentuation of second heart sound could be heard. Heat rate, 106. Blood routine examination revealed a white blood cell count of 1,400 / mm with 94% of neutrophils. Chest X–ray suggested a diagnosis of chronic bronchitis complicated by infection, pulmonary emphysema, and pulmonary heart disease. He experienced an alleviation of his symptoms after six doses (over both lungs, however,dry and moist rales could still be heard). All symtoms disappeared after another six doses. Blood routine examination was normal.

Recipe 3

Radix Aconiti Praeparata	12 g
Rhizoma Atractylodis Macrocephalae	15 g
Polyporus Umbellatus	15 g
Semen Plantaginis	30 g
Rhizoma Alismatis	15 g
Radix Codonopsis Pilosulae	15 g
Radix Ophiopogonis	12 g
Fructus Schisandrae	6 g
Succinum	1.5 g
Semen Lepidii seu Descurainiae	15 g

Decoct and take one half of the decoction each time, twice daily.

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Indication

Pulmonary heart disease and cardiac insufficiency due to insufficiency of both the spleen and the kidney. Symptoms and signs include cough with large amounts of thin sputum, chest distress, palpitation, tiredness, loss of appetite, loose stool, aversion to cold, coldness of extremities, edema thready and slippery pulse.

Case Report

Cao is a 66–year old male who gave a 10–year history of pulmonary heart disease, which showed exacerbation for one year. Previous treatments of various kinds failed to take any effect. His recent complaints were edema of the face and lower extremities, chest distress, loss of appetite, cough with white sputum, tiredness, aversion to cold, coldness of extremities, exertional palpitation, and inability to lie flat. His tongue was pale with thin ,white coating. His pulse deep, thready and rapid. His condition improved after six doses. He experienced extinction of his edema and heart failure after another twenty doses. Subseguently, with continuous administration of the water–paste pills made from the recipe for two months (6 g each time, three times daily), the patient was able to undertake light physical work.

1.9 Bronchiectasis with Concurrent Infection and Hemoptysis

Recipe

Rhizoma Phragmitis	45 g
Semen Coicis	10 g
Semen Benincasae	15 g
Herba Ecliptae	15 g

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Concha Meratricis seu Cyclinae	20 g
Indigo Naturalis	3 g
Radix Scutellariae	15 g
Radix Notoginseng	2 g
Radix et Rhizoma Rhei	1 g

Decoct these ingredients for oral administration. Add 30 ml of urine by boy under 12 years old to the decoction and take one dose daily.

Indication

Bronchiectasis and secondary pulmonary infection due to invasion of the lung by pathogenic wind–heat. Symptoms are severe cough and hemoptysis.

Case Report

Wand is a 50–year old male who had, for years, bronchiectasis, which showed exacerbation from cold recently. He complained of cough with thick sputum, fever, aversion to cold, and gasping for breath. Administration of antibiotics resulted in an abatement of fever but failed to stop hemoptysis and cough with blood–stained sputum. Dry rales were heard over both lungs. Fine or medium bubbling sound could be heard over basic areas of both lungs. He had deep–red tongue with yellow gray coating and slippery, weak pulse. Hemoptysis decreased after two doses and stopped after another three doses of the recipe. No relapse was claimed at a two year follow–up.

1.10 Gastroduodenal Ulcer

Recipe 1

Radix Angelicae Dahuricae	30 g
Radix Glycyrrhizae	10 g

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Decoct for oral administration. Take one half of the decoction each time, twice daily.

Indication

Gastric ulcer. Symptoms include rhythmic stomach-ache after meals, belching, abdominal distension, loss of appetite, and nausea.

Case Report

Zhang is a 49-year old female who gave a 3-year history of gastric ulcers. She complained of stomach-ache, which would worsen half an hour later after meals. She also complained of belching, abdominal distension, and loss of appetite. Her tongue was pink with thin and white coating, and her pulse wiry. thready. Her condition improved tremendously after three doses of this recipe and all symptoms disappeared after another three doses.

Recipe 2

Halloysitum Rubrum	90 g
Rhizoma Zingiberis	180 g
Pericarpium Zanthoxyli	210 g

Grind these ingredients into powder, and mix it with Mel to make pills. Take 9 g of the pills each time, three times daily.

Indication

Gastroduodenal ulcer due to insufficiency of the spleen-*Yang*. Symptoms and signs are stomach-ache relieved by heat and pressing, abdominal distension, loose stool, nausea, tendency to vomit, pink tongue with white and greasy coating, and deep, thready pulse.

Case Report

Zhou is a 38-year old male who complained of hunger-pain

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relieved by heat and pressing, which would worsen with cold drinks and indigestible food. He also complained of abdominal distension, nausea, and loose stool. His tongue was pale and his pulse was deep and thready. Barium meal examination suggested duodenal bulbar ulcer. He was relieved of his pain after six doses. All symptoms disappeared after another six doses.

Recipe 3

Rhizoma Atrachtylodis	12 g
Cortex Magnoliae Officinalis	9 g
Rhizoma Coptidis	9 g
Radix Scutellariae	12 g
Radix Pittospori	9 g
Herba Taraxaci	18 g
Os Sepiella sue Sepiae	30 g
Pericarpium Citri Reticulatae	9 g
Fructus Aurantii	9 g
Rhizoma Corydalis	9 g

Decoct and take one half of the decoction each time. twice daily.

Indication

Gastroduodenal ulcer due to damp-heat. Symptoms and signs include stomach-ache (hunger-pain in particular), gastric discomfort with acid regurgitation, fidgets, bitter taste in mouth, tiredness of the body, red tongue with yellow and greasy coating, and wiry, slippery pulse.

Case Report

Wang is a 48-year old male who had, for one year, abdominal distension and burning pain, gastric discomfort with acid regurgitation, and fidgets. Barium meal examination of

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gastro–intestinal tract demonstrated an ulcer on the lesser curvature of stomach 0.5 × 0.6 cm in size. Previous treatments of various kinds showed no effect. His recent complaints were gastric megalgia, belching, acid regurgitation, fidgets, bitter taste in mouth, dry stool, and dark urine. His tongue was red with yellow, greasy coating. His pulse was wiry and slippery. He experienced an alleviation of all his symptoms after three doses. The barium meal reexamination showed no abnormal findings after continuous administration of the recipe for three months. A 1–year follow–up showed no relapse.

Recipe 4

Radix Astrgali seu Hedysari	250 g
Radix Codonopsis Pilosulae	150 g
Radix Aucklandiae	125 g
Rhizoma Alpiniae Officinarum	125 g
Rhizoma Bletillae	250 g
Membrana Follicularis Ovi	250 g
Radix Glycyrrhizae	250 g

Grind these ingredients into powder, of which 3 g is taken each time, three times daily.

Indication

Gastroduodenal ulcer due to insufficiency of the spleen–*Yang*. Symptoms and signs include hunger–pain exacerbated by cold while relieved by heat and pressing, tiredness, loose stool, thin and white tongue coating, and wiry, thready pulse.

Case Report

Lin is a 46–year old male who had hunger–pain for more than one year, which tended to be aggravated at night or with

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cold but was relieved by heat and pressing. He also complained of tiredness. His tongue was pink with thin and white coating, and his pulse wiry, thready. Barium meal examinations of gastro-intestinal tract revealed an ulcer on duodenal bulb. After two months' treatment with the recipe, barium meal examinations of gastro-intestinal tract and gastroscopic observations revealed full healing of the ulcer.

Recipe 5

Radix Astragali seu Hedysari	250 g
Rhizoma Corydalis	250 g
Radix Aucklandiae	125 g
Radix Glycyrrhizae	500 g
Rhizoma Alpiniae Officinarum	125 g
Rhizoma Bletillae	250 g

Add egg shell 1500 g to these ingredients and grind them into powder. Take 3 g of the powder each time, three times daily.

Indication

Gastroduodenal ulcer due to insufficiency of the spleen-*Yang*.Symptoms and signs include hunger-pain, which tends to be aggravated at night but relieved by heat and pressing, aversion to cold, gastric discomfort with acid regurgitation, pink tongue with thin and white coating, and thready pulse.

Case Report

Lu is a 33-year old male who presented a two year history of hunger-pain, which would exacerbate in fall and winter. He also complained of gastric discomfort with acid regurgitation, frequent urination, and loose stool. His tongue was pink with thin and white coating. His pulse wiry and thready. Gastroscopies demonstrated duodenal bulbar ulcer and superficial gastritis. He

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experienced a remarkable alleviation of his symptoms after thirty doses and full recovery after another sixty doses.

Recipe 6

Radix Glycyrrhizae	500 g
Concha Arcae	500 g

Grind the two herbs into powder, of which 6 g is taken each time, three times daily.

Indication

Gastroduodenal ulcer due to accumulation of damp–heat in the body. Symptoms and signs include burning stomach–ache, fullness of the chest and costal region, gastric discomfort with acid regurgitation, red tongue with yellow coating, and wiry pulse.

Case Report

Qin is a 43–year old female who gave a 20–year history of gastric ulcers. She complained of burning stomach–ache and acid regurgitation which would exacerbate after meals, fullness of the chest and costal region, and belching. Previous treatments of various kinds failed to take any long–term effect. She had red tongue with thin and yellow coating. Her pulse was wiry. With the administration of this recipe for three days, she had a remarkable alleviation of her stomach–ache and acid regurgitation. All symptoms disappeared after two months' administration. Gastroscopies revealed complete healing of the ulcers after another two months' administration.

1.11 Chronic Gastritis

Recipe 1

Rhizoma Alpiniae Officinarum	9 g

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Rhizoma Cyperi	12 g
Radix Angelicae Dahuricae	12 g
Rhizoma Corydalis	9 g
Pericarpium Zanthoxyli	9 g

Grind these ingredients into powder, of which 1.5 g is taken each time, three times daily.

Indication

Epigastric pain. Symptoms and signs are: stomach-ache which is aggravated with cold but may be relieved by heat, coldness of extremities, pale face, pink tongue with thin and white coating, and wiry, tense pulse.

Case Report

Zhang is a 34-year old male who presented a 3-year history of chronic gastritis, which would be exacerbated with cold and intake of raw or cold food. Barium examinations and gastroscopies suggested a diagnosis of chronic superficial gastritis. Previous treatments of various kinds failed to take any long-term effect. His recent complaints included severe epigastric pain due to improper diet, nausea, tendency to vomit, and acid regurgitation. He had thin, white tongue coating, and wiry, tense pulse. The pain stopped after one dose of this recipe. All Symptoms disappeared after another three doses. No relapse was reported at a 1-year follow-up. Gastroscopies revealed an improved mucosal pattern.

Recipe 2

Radix Bupleuri	12 g
Rhizoma Cyperi	12 g
Fructus Aurantii Immaturus	9 g
Pericarpium Citri Reticulatae Viride	9 g

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Pericarpium Citri Reticulatae	9 g
Rhizoma Ligustici Chuanxiong	9 g
Rhizoma Corydalis	9 g
Radix Glycyrrhizae	6 g
Radix Paeoniae Alba	15 g

Decoct these ingredients for oral administration. One dose daily.

Indication

Stomach-ache due to the hyperactive liver-*Qi* attacking the stomach. Symptoms and signs include: a feeling of fullness of the stomach and costal region which is relieved by belching but aggravated by emotional stress, pink tongue with thin and white coating, and wiry pulse.

Case Report

Zhao is a 32-year old female who gave a 2-year history of chronic gastritis, which was aggravated each time with emotional stress. She complained of a feeling of fullness and pain of the stomach and costal region, chest distress belching, and dry stool. Her tongue coating was thin and white. Her pulse was wiry and thready. She was relieved of her fullness and pain after three doses. All symptoms disappeared after another six doses.

Recipe 3

Radix Salviae Miltiorrhizae	12 g
Lignum Santali	9 g
Fructus Amomi	9 g
Pollen Typhae	9 g
Faeces Trogopterorum	9 g
Radix Aucklandiae	9 g
Radix Glycyrrhizae	6 g

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Decoct these ingredients for or al administration, one dose daily.

Indication

Staomach–ache due to stagnation of *Qi* and blood stasis. Symptoms and signs include: a severe and fixed stomach pain, which exacerbates at night, and which is tender on presure; purple tongue and uneven pulse.

Case Report

Dong is 40–year old male who presented a 10–year history of stomachache, which was diagnosed by barium meal examinations of gastro–intestinal tract and gastroscopies as chronic gastritis and duodenal bulbar ulcer. He complained of a stabbing and distending stomach pain, which was exacerbated yellow coating. His pulse was wiry, thready and uneven. Previous treatments of various kinds showed no effect. He experienced abatement of his pain but complained of loss of appetite after three doses of this recipe. All Symptoms disappeared after another three doses (adding to the recipe Fructus Hordei Germinatus, Fructus Oryzae Germinatus, Fructus Crataegi 9 g each).

Recipe 4

Rhizoma Pinelliae	12 g
Rhizoma Coptidis	9 g
Radix Scutellariae	12 g
Rhizoma Zingiberis	6 g
Fructus Aurantii Immaturus	12 g
Radix Codonopsis Pilosulae	12 g
Fructus Meliae Toosendan	12 g
Rhizoma Corydalis	9 g
Herba Taraxaii	18 g

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Concha Arcae 30 g

Decoct these ingredients for oral administration, one dose daily.

Indication

Stomach-ache due to simultaneous occurrence of cold and heat syndromes (mostly damp-heat syndrome). Symptoms and signs include burning stomach pain, gastric discomfort with acid regurgitation, foul breath, fidgets, dry stool, dark urine, red tongue with yellow and greasy coating, and wiry, slippery pulse.

Case Report

Cao is a 36-year old male who gave a 2-year history of stomach-ache. He complained of burning stomach pain, gastric discomfort with acid regurgitation, bitter taste in the mouth, fidgets, dry stool, and dark urine. His tongue was red with yellow, greasy coating. His pulse was deep and wiry. Previous treatments of various kinds showed no effect. He experienced an alleviation of his pain after three doses of this recipe. All symptoms disappeared after another six doses. Continuous administration of the recipe and avoidance of hot food in the mean time for one month resulted in full recovery.

Recipe 5

Sulphur 1 g and one egg

Make a hole in the egg, and add the powder of Sulphur. Roast and eat the egg. One dose daily.

Indication

Chronic gastritis. Symptoms and signs include: vague pain or megalgia of the stomach which is induced by cold but relieved by heat and pressing; they also include loss of appetite, loose stool, pale tongue with thin white coating, and wiry, thready pulse.

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Case Report

Li is a 58–year old female who had stomach–ache for years, which was usually induced by cold or improper diets, and which was always relieved by heat and pressing. Her pulse was wiry and thready. After the administration of the recipe for seven days she experienced full recovery. No relapse was reported at a 3–year follow–up.

Recipev 6

Fructus Evodiae	6 g
Pericarpium Zanthoxyli	3 g
Radix Paeoniae Alba	20 g
Fructus Foeniculi	10 g
Pericarpium Citri Reticulate	6 g
Radix Glycyrrhizae	3 g
Rhizoma Zingiberis Recens	3 pieces
Fructus ziziphi Jujubae	3 pieces

Decoct these ingredients for oral administration. Take one half of the decoction each time, twice daily.

Indication

Stomach–ache due to cold–evil attacking the stomach. Symptoms and signs include: a feeling of fullness and pain of the stomach and costal region, which is induced by cold but relieved by heat and pressing; they also include vomiting of saliva and spittle, thin and white tongue coating, and wiry, tense pulse.

Case Report

Zhang is a 57–year old male who gave a 3–year history of stomach–ache, which was previously diagnosed as chronic antral gastritis. He usually developed an aggravation with cold and improper diets. He also complained of vomiting of saliva and spittle

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and loose stool. His condition improved remarkably after 6 doses. He experienced full recovery after 12 doses.

Recipe 7

Radix Astragali sue Hedysari	60 g
Rhizoma Zedoariae	15 g

Dococt the two herbs and take one dose daily.

Indication

Atrophic gastritis. Symptoms and signs include: loss of appetite, sensation of fullness after meals, epigastric dull pain, tiredness, and loss of weight.

Case Report

Qi is a 39—year old female who gave a 5—year history of atrophic gastritis which was confirmed by gastric juice analyses and gastroscopies. She complained of loss of appetite, sensation of fullness after meals, epigastric dull pain, and loss of weight. Her tongue was pink, and her pulse was thready and weak. Her condition improved remarkably after 15 doses of this recipe. All symptoms disappeared after another 15 doses. Gastroscopies revealed significant improvement in pathologic changes.

Recipe 8

Herba Patriniae	500 g
Semen Raphani	250 g
Concha Arcae	100 g

Grind the herbs into powder, which is mixed with water to make pills. Take 9 g of the pills each time, three time daily.

Indication

Hypertrophic gastritis. Symptoms and signs include sensation of fullness in the stomach, gastric discomfort with acid regurgitation, and hunger—pain.

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Case Report

Zhang is a 41–year old male who had, for one year, fullness and pain in the stomach, and gastric discomfort with acid regurgitation. Gastroscopies revealed mucosal fold hypertrophy and tubercles, indicating pathologic changes of hypertrophic gastritis. He experienced a remarkable alleviation of his symptoms after the administration of this recipe for 6 days. All symptoms disappeared and gastroscopies showed significant improvement after another month of treatment.

1.12 Gastroptosia

Recipe 1

Radix Aconiti Praeparata	12 g
Rhizoma Atractylodis Macrocephalae	10 g
Fructus Foeniculi	5 g

Decoct these ingredients for oral administration. Take one half of the decoction each time respectively after lunch and supper.

Indication

Gastroptosia due to asthenia of spleen and stomach–*Qi* and insufficiency of kidney–*Yang*.

Case Reprt

Wang is a 56–year old male who presented a 5–year history of gastroptosia. He complained of a sensation of fullness, straining and coldness in the stomach, loss of appetite, loose stool, and dizziness. He had pale and corpulent tongue. His pulse was deep and slow. With the administration of this recipe for one month, the patient had an alleviation of his symptoms. Continuous administration for another month resulted in the disappearance of

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all symptoms and a normal position of the stomach revealed by barium meal examinations.

Recipe 2

Semen Ricini	9 g
Galla Chinensis	1 g

Pound the two herbs into paste, which is smeared on a piece of gauze 1 × 1.5 cm in size. Cut the hair on acu-point *Baihui* (Du 20) and put on it the piece of gauze. One course of treatment takes five days. Continuous courses of treatment at one day interval are advised.

Indication

Gastroptosia. Symptoms and signs include dizziness, a sensation of fullness, straining (or emptiness) in the stomach, tiredness, and nausea.

Case Report

Cai is a 62-year old female who gave a 7-year history of gastroptosia. Barium meal examinations revealed a six-centimeter drop of the stomach. She complained of exertional epigastric fullness and straining, and dizziness. Barium meal examinations revealed a four-centimeter and a two-centimeter drop respectively after the first and the second course. Barium meal examination revealed a normal position of the stomach after another two courses.

Recipe 3

Radix Astragali seu Hedysari	30 g
Rhizoma Atractylodis Macrocephalae	9 g
Radix Bupleuri	3 g
Rhizoma Cimicifugae	3 g
Radix Codonopsis Pilosulae	15 g

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Fructus Aurantii	9 g
Pericarpium Citri Reticulate	9 g

Decoct these ingredients for oral administration. Take one doses daily.

Indication

Epigastric fullness and pain due to weakness of the spleen and the stomach. Other symptoms and signs include belching, loss of appetite, loose stool, pale tongue with white coating, and deep, thready pulse.

Case Report

Yu is a 42—year-old female who gave a one year history of epigastric fullness and straining, which showed exacerbation after meals. She also complained of tiredness, belching, vague stomach pain relieved by heat and pressing, loose stool, and dark urine. Her tongue coating was thin and white. Her pulse was thready and weak. Barium meal examinations revealed moderate gastroptosia. Her condition improved after thirty doses of this recipe. Barium meal examinations revealed a normal position of the stomach after another thirty doses.

1.13 Phrenospasm

Recipe 1

Pericarpium Zanthoxyli	10 g

Steep the herb in boiling water 100 ml for five minutes and then drink the water. Take another dose at an interval of 4—5 hours if neccessary.

Indication

Neurotic Phrenospa marked by hiccup.

Case Report

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Wei is a 32–year old female who had suffered from phrenospasm for half a year. Sedatives of various kinds failed to take any effect. She had frequent hiccups which were diagnosed as neurotic phrenospasm. Two doses of this recipe resulted in remarkable alleviation.

Recipe 2

Radix Ophiopogonis	30 g
Flos Caryophylli	3 g

Decoct the two herbs. Take the decoction as a drink frequently.

Indication

Intractable phrenospasm of various kinds, marked by fixed hiccup for days.

Case Report

Liu is a 56–year old male who developed frequent hiccups three days after a radical operation for carcinoma of stomach. Antispasmodics, antiemetics and sedatives failed to take any effect. And so did acupuncture. The hiccups were alleviated after three doses of this recipe and stopped after another three ones. No relapse was reported at a 20–day follow–up.

1.14 Neurogenic Vomiting

Recipe 1

Rhizoma Coptidis	9 g
Folium Perillae	12 g
Herba Agastachis	12 g

Decoct these ingredients for oral administration. Take one dose daily.

Indication

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Neurogenic vomiting due to stomach–heat. Symptoms and signs include frequent vomiting, halitosis, fidgets, acid regurgitation, dry mouth, preference for cold drinks, red tongue with thin and yellow coating, and wiry, thready and rapid pulse.

Case Report

Wang is a 24–year old female who had suffered from vomiting for half a year, which showed exacerbation with emotional stress. She vomited 7–8 times daily, and had fidgets, dry mouth, preference for drinks, dark urine, dry stool, red tongue with thin and yellow coating, and thready, rapid pulse. Barium meal examinations of gastro–intestinal tract and gastroscopies revealed no abnormal findings. Liver function test normal. She stopped vomiting after two doses of this recipe. All symptoms disappeared after another four doses.

Recipe 2

Rhizoma Pinelliae	15 g
Poria	30 g
Rhizoma Zingiberis Recens	12 g

Decoct these ingredients and take the decoction once daily.

Indication

Vomiting due to retention of phlegm. Symptoms and signs include frequent sialemesis, fullness of the stomach, loss of appetite, dizziness, white and greasy tongue coating, and slippery pulse.

Case Report

Sun is a 33–year old female who suffered from neurogenic vomiting for half a year. Previous treatments of various kinds failed to take any long–term effect. She had frequent sialemesis (on severe occasions, fluid infusion was administered), fullness of

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the stomach, loss of appetite, tiredness, dizziness, white and greasy tongue coating, and weak, slippery pulse. She stopped vomiting after three doses of this recipe with an alleviation of the other symptoms. With the administration of *Xiangsha Liujunzi Tang* for half a month, the patient experienced full recovery. No relapse was reported at a 1–year follow–up.

Recipe 3

Radix Codonopsis Pilosulae	30 g
Rhizoma Pinelliae	10 g
Ochra Haematitum	15 g

Decoct these ingredients for oral administration. Take the decoction frequently as a drink with Mel.

Indication

Neurogenic vomitimg due to deficiency of stomach–*Yin* and adverse rising of stomach–*Qi*. Symptoms and signs include frequent vomiting aggravated by emotional stress (vomiting right after eating on severe occasions), dry mouth, fidgets, burning pain of the stomach, red tongue without coating, and deep, thready pulse.

Case Report

Shen is a 22–year old female who gave a 1–year history of frequent vomiting, which was aggravated by emotional stress. She complained of vomiting right after eating or drinking on severe occasions (fluid infusion was then administered). Barium meal examinations and gastroscopies showed no organic findings. She had tender, red tongue without coating, and deep, thready pulse. She stopped vomiting after two doses of this recipe Another three doses were given for after–treatment. No relapse was reported at a 1–year follow–up.

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1.15 Pylorochesis and Intestinal Adhesion

Recipe

Radix Ginseng	30 g
Rhizoma Pinelliae	15 g
Fructus Aurantii Immaturus	12 g
Mel	45 g

Decoct these ingredients with water 500 ml over a slow fire for one hour. Take 25 ml of the decoction each time, ten times daily. Consume the decoction within 12 hours.

Indication

Pylorochesis caused by upper digestive tract ulcer or pyloric edema (infection); and intestinal adhesion after abdominal operations. Symptoms and signs include: nausea, vomiting of undigested food or fluid (no foul odor), constipation on severe occasions, abdominal pain, and abdominal mass disappearing with the alleviation of the pain.

Case Report

Li is a 38–year old male who had suffered from progressive abdominal pain and vomiting since the age of 17, after he had undergone three laparotomies for a trauma of the abdomen. On August 26, 1972, the patient experienced a sudden onset of abdominal pain and severe vomiting (no foul odor), which was diagnosed as adhesive ileus and pylorochesis. He refused the recommendation for an operation and asked for traditional therapy. He was originally treated with *Xuanfu Daizhe Tang* , which proved to be ineffective half a month later. The above recipe was then prescribed. He experienced progressive alleviation of his symptoms with the administration of this recipe and had com-

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plete recovery at the end of another half month. No relapse was reported at follow–ups.

1.16 Acute and Chronic Colitis

Recipe 1

Radix Paeoniae Alba	15 g
Rhizoma Atractylosis Macrocephalae	12 g
Pericarpium Citri Reticulate	9 g
Radix Ledebouriellae	9 g
Semen Dolichoris	15 g
Radix Glycyrrhizae	6 g

Decoct these ingredients for oral administration. Take one dose daily.

Indication

Acute and chronic colitis due to the hyperactive liver–*Qi* at tacking the spleen. Symptoms and signs include abdominal pain, borborygmus and diarrhea, which show exacerbation with emotional stress. The tongue coating is thin and white. The pulse is wiry.

Case Report

Sun is a 38–year old female who gave a 2–year history of diarrhea, which was aggravated by emotional stress. Her recent complaints included abdominal pain aggravated after looseing the bowels and diarrhea 5–6 movements daily for three days. Undigested food was seen in her stools. She had pink tongue with thin. white coating. Her pulse was deep and thready. Small amounts of white blood cells were revealed on stool routine examination. All symptoms disappeared after three doses of this recipe (adding to the recipe Poria 15 g). Another three doses were

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given for after–treatment and avoidance of cold, uncooked food as well as emotional stress were subsequently prescribed. No relapse was reported at a 3–year follow–up.

Recipe 2

Radix Codonopsis Pilosulae	15 g
Poria	30 g
Rhizoma Atractylodis Macrocephalae	12 g
Radix Paeoniae Alba	15 g
Flos Dolichoris	15 g
Rhizoma Dioscoreae	15 g
Pericarpium Citri Reticulate	9 g
Semen Nelumbinis	12 g
Semen Coicis	30 g
Radix Glycyrrhizae	6 g

Decoct these ingredients for oral administration. Take one dose daily.

Indication

Protracted diarrhea due to weakness of the spleen and the stomach. Other symptoms and signs include loss of appetite, tiredness, loss of weight, fullness of the stomach, pale tongue with thin and white coating, and deep, thready pulse.

Case Report

Wang is a 60–year old male who had a 4–year history of chronic diarrhea, which was aggravated with improper diets. Stool routine examinations revealed small amounts of white blood cells and fat globules. He also complained of tiredness, loss of appetite, and loss of weight. He had pale complexion, thin and white tongue coating, and deep, thready, slow pulse. The diarrhea stopped after six doses of this recipe. All symptoms disappeared

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with the administration of another twenty doses.

Recipe 3

Fructus Chebulae	15 g
Semen Myristicae	9 g
Fructus Psoraleae	15 g
Rhizoma Zingiberis	9 g
Rhizoma Atractylodis Macrocephalae	12 g
Poria	15 g
Rhizoma Dioscoreae	30 g
Radix Glycyrrhizae	6 g

Decoct these ingredients with husk of rice 9 g for oral administration. Take one half of the decoction daily.

Indication

Protracted diarrhea due to insufficiency of both the spleen and the kidney. Symptoms and signs include: diarrhea, preference for warmth, aversion to cold, tiredness, shortness of breath, or an onset (beforedawn) of abdominal pain and borborygmus alleviated after passing the bowels, pale tongue with thin, white coating, and deep, thready pulse.

Case Report

Dong is a 54–year old male who gave a 3–year history of chronic diarrhea aggravated from cold or improper diets. He complained of coldness of lower extremities, tiredness, shortness of breath, and frequent onsets (before dawn) of abdominal pain and borborygmus that can be alleviated after passing the bowels. He had pink tongue with thin, white coating. His pulse was thready and weak. Stool routine examinations negative. He experienced an alleviation of his diarrhea after six doses of this recipe. Continuous administration of the water–paste pills made from

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this recipe (9 g each time, three times daily)for 30 days resulted in full recovery. No relapse was reported at a 1-year follow-up.

Recipe 4

Semen Dolichoris 30 g and two eggs.

Parch them without salt and take when the stomach is empty. One dose daily.

Indication

Acute colitis due to insufficiency of the spleen with summer-heat and dampness. Symptoms and signs include: loose stool, fullness of the stomach, abdominal pain, loss of appetite, nausea, heaviness of the body, pink tongue with white and greasy coating, and soft, thready pulse.

Case Report

Zhang is a 38-year old male who suffered, for two days, from abdominal pain and diarrhea initiated by too many cold drinks. He was diagnosed in another hospital with acute colitis. Berberines failed to take any effect. He had 9-10 movements a day. He also complained of loss of appetite and nausea. His tongue coating was white and greasy, his pulse was soft and slow. He experienced a remarkable alleviation of his symptoms after three doses of this recipe. Continuous administration of another six doses resulted in full recovery.

Recipe 5

Humulus Scandens	200 g
Flos Daturae	12 g

Parch Humulus Scandens with pigbone 250 g and then grind with Flos Daturae into powder. Take 3 g of the powder each time, three times daily.

Indication

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Acute colitis.

Case Report

Bao is a 32–year old female who had watery diarrhea (about ten movements a day)and vague abdominal pain caused by cold and improper diets. Administration examinations suggested the diagnosis of acute colitis. Administration of this recipe for two days resulted in a remarkable alleviation of her symptoms. Continuous administration of the rest of the recipe brought about full recovery for the patient.

Recipe 6

Flos Lonicerae	60 g
Pericarpium Papaveris	10 g

Parch and then grind Flos Lonicerae into a powder. Decoct Pericarpium Papaveris and take one–third of the decoction with 10 g of the powder each time, three times daily.

Indication

Chronic colitis. Symptoms and signs include fullness of the stomach, abdominal pain, loss of appetite, increased movements caused by fatty or indigestible food, thin and white tongue coating, and thready, weak pulse.

Case Report

Jin is a 52–year old male who gave a 3–year history of chronic colitis aggravated with improper diets. His recent complaints were: diarrhea (4–5 movements a day), fullness of the stomach, abdominal pain, loss of appetite, and loss of weight. He had thin and white tongue coating, and thready, weak pulse. The patient passed less and well–formed stools with in six days of the administration of this recipe. All symptoms disappeared within another half a month of administration.

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Recipe 7

Realgar 6 g

Grind Realgar with 60 g of corn into powder. Take 6 g of the powder each time, twice daily.

Indication

Chronic colitis.

Case Report

Sun is a 56–year old male who presented a 10–year history of chronic colitis. He complained of diarrhea (usually 4–5 movements a day, but more than 10 movements on severe occasions), emaciation with sallow complexion, tiredness, vague pain in the lower abdomen, pale tongue, and thready pulse. Administration of this recipe for six days resulted in full recovery.

Recipe 8

Alumen 6 g

Grind Alumen with parched sorghum 30 g into powder. Take 9 g of the powder each time, three times daily.

Indication

Chronic colitis due to weakness of the spleen and the stomach. Symptoms and signs include: increased movements, loose stool containing undigested food, loss of appetite, pain and fullness in the abdomen, tiredness. pale tongue, and thready, weak pulse.

Case Report

Wang is a 48–year old female who gave a 5–year history of chronic colitis, which was aggravated with improper diets or overstrain. She complained of watery diarrhea (4–6 movements daily), loss of appetite, tiredness, and pains in the abdomen. She had enlarged tongue and deep, thready pulse. She experienced an

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alleviation of her symptoms within seven days of administration of this recipe. All symptoms disappeared after another half a month of administration.

Recipe 9

Semen Dolichoris 15 g

Pestle Semen Dolichoris with white sugar and then take with water, twice daily.

Indication

Chronic colitis due to insufficiency of the spleen.

Case Report

Cheng is a 42–year old female who presented a 6–year history of chronic colitis. She complained of diarrhea (3–4 movements a day), or loose stool containing undigested food, which were aggravated from improper diets. The patient experienced an remarkable alleviation of her symptoms within seven days of treatment with this recipe. Administration of this recipe for another ten days resulted in disappearance of all symptoms.

Recipe 10

Bulbus Allii 5 bulbs

Decoct and take, three times daily.

Indication

Colitis due to insufficiency of the spleen or improper diets. Symptoms and signs include: abdominal pain, diarrhea (foul, loose stool), tiredness, loss of appetite, pink tongue with thin and white coating, and deep, thready pulse.

Case Report

Wu is 42–year old female who had, for two days, abdominal pain and diarrhea caused by improper diets. She complained of 5–7 movements a day. Berberine and furazolidone were

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withdrawn after one days' administration because of the side effects they brought about. Stool routine examinations revealed two plus white blood cells. Three days' administration of this recipe resulted in disappearance of all symptoms.

Recipe 11

Radix Pulsatillae	500 g
Alumen	30 g

Grind the two ingredients into powder. Take 9 g of the powder (4.5 g for children) with water, twice daily.

Indication

Acute or chronic colitis due to damp–heat. Symptoms and signs include diarrhea, abdominal pain, brown, loose and foul stool, burning sensation of the anus, red tongue with yellow and greasy coating, and slippery, rapid pulse.

Case Report

Li is a 52–year old male who had diarrhea caused by improper diets for five days. He complained of brown, loose stool (4–5 movements a day), burning sensation of the anus, scanty deep–colored urine, and abdominal pain. He had red tongue with yellow, greasy coating, and wiry, slippery pulse. Stool routine examinations revealed two plus white blood cells and small amounts of pus cells. Administration of this recipe for three days resulted in remarkable alleviation of his symptoms. Full recovery was achieved after another five days of administration.

1.17 Bacillary Dysentery

Recipe 1

Radix Pulsatillae	30 g
Herba Portrlacae	30 g

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Rhizoma Coptidis	9 g
Herba Patriniae	30 g
Radix et Rhizoma Rhei	9 g
Radix Aucklandiae	9 g
Radix Sophorae Flavescentis	12 g

Decoct these ingredients and take one half of the decoction each time, twice daily.

Indication

Dysentery due to damp–heat pathogen marked by choking sensation in the chest and upper abdomen, tenesmus, bloody mucous stool, burning sensation of the anus, reddish tongue with yellowish greasy coating, wiry and slippery pulse.

Case Report

Zhang is a 26–year old male who had, for two days, abdominal pain and diarrhea caused by improper diets. He complained of 6–7 movements a day, pus and blood stool, tenesmus, fullness of the chest, and epigastric distension. He had thin, yellow tongue coating, and wiry, slippery pulse. Stool routine examinations revealed two plus red blood cells, three plus white blood cells, two plus pus cells, and one plus macrophages. Administration of this recipe for three days brought about an remarkable alleviation of the symptoms. Stool routine examinations showed two plus white blood cells and one plus red blood cells. Continuous administration for another three days (removing from the recipe Radix et Rhizoma Rhei) resulted in full recovery.

Recipe 2

Radix Paeoniae Alba	10 g
Semen Arecae	6 g
Fructus Crataegi	15 g

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Fructus Mume	10 g
Rhizoma Zingiberis Recens (baked)	9 g
Radix Aucklandiae	9 g

Decoct these ingredients with 9 g of husk of rice. Take the decoction once daily.

Indication

Long-term diarrhea due to insufficiency of the spleen-*Yang*. Symptoms and signs include: protracted dysentery, pus and blood stool, abdominal pain relieved by pressing and warmth, tastelessness, no thirst, pale tongue with thin and white coating, and wiry, thready pulse.

Case Report

Huang is a 28-year old male who gave a 1-year history of chronic bacillary dysentery. He complained of vague pain in the abdomen, pus and blood stool, preference for warmth, aversion to cold. tastelessness, and no thirst. Previous treatments failed to take any long-acting effect. Stool routine examinations revealed two plus red blood cells, one plus white blood cells and small amounts of macrophages. The patient had an alleviation of his symptoms after two doses of this recipe and obtained full recovery after another sixteen doses.

Recipe 3

Semen Sesami	90 g
Semen Phaseoli Radiati	90 g

Pestle the two ingredients. Take one-fifth of the pestled stuff each time, five times daily.

Indication

Bacillary dysentery due to damp-heat. Symptoms and signs include pus and blood stool, tenesmus, abdominal pain, fullness

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of chest, epigastric distension, burning sensation of the anus, red tongue with yellow coating, and slippery, rapid pulse.

Case Report

Zeng is a 30–year old male who had, for three days, dysentery and abdominal pain. He complained of tenesmus, pus and blood stool (5–7 movements a day), fullness of chest, epigastric distension, and burning red blood cells, three plus white blood cells, one plus pus cells, and small amounts of phagocytes. Previous treatments failed to take any effect. Administration of this recipe for one day resulted in an alleviation of his symptoms. All symptoms disappeared after another three days of administration. Stool routine examinations became normal.

Recipe 4

Herba Euphorbiae Humifusae	30 g
Herba Portulacae	30 g
Pericarpium Granati	6 g

Decoct these ingredients for oral administration. Take one dose daily.

Indication

Bacillary dysentery. Symptoms and signs include: pus and blood stool, tenesmus, abdominal pain, fever, dry mouth, preference for drinks, yellow tongue coating, and slippery, rapid pulse.

Case Report

Zheng is a 42–year old female who complained of diarrhea and abdominal pain caused by improper diets, which was marked by pus and blood stool and tenesmus. Her body temperature was 38.3℃ .Blood routine examinations revealed a white blood cell count of 15,000 / mm with neutrophils 75% . Pus cells were seen on stool routine examinations. Six doses of this recipe resulted in

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full recovery.

Recipe 5

Fructus Mume (crushed)	18 g
Rhizoma Cyperi	12 g

Decoct and take one dose daily.

Indication

Chronic bacillary dysentery. Symptoms and signs: include abdominal distension, tenesmus, loose, pus stool (4–5 movements a day), loss of appetite, white and greasy tongue coating, and thready. weak pulse.

Case Report

Wang is a 47–year old male who gave a 3–year history of chronic bacillary dysentery. He complained of pus and loose stool (4–5 movements a day), tenesmus, abdominal pain, loss of appetite, and tiredness. He had thin, white tongue coating, and thready, weak pulse. Six doses of this recipe brought full recovery for the patient.

Recipe 6

Herba Salviae	35 g
Radix Sophorae Flavescentis	12 g

Grind the two herbs into powder. Take 9 g of the powder each time, three times daily.

Indication

Acute bacillary dysentery due to accumulation of noxious heat in the large intestine. Symptoms and signs include plus and blood stool, abdominal pain, dark urine ,thirst, preference for drinks, yellow and greasy tongue coating, and slippery, rapid pulse.

Case Report

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Zhao is a 32–year old male who had diarrhea for one day. He complained of pus and blood stool, tenesmus, fever, thirst, and dark urine. He had yellow and greasy tongue coating, and slippery, rapid pulse. Stool routine examinations suggested the diagnosis of acute bacillary dysentery. Administration of this recipe for three days brought about an alleviation of his symptoms. Full recovery was obtained within another six days of administration.

Recipe 7

Herba Portulacae	60 g
Bulbus Allii	1 bulb

Pestle them and take with water, three times daily.

Indication

Bacillary dysentery due to damp–heat accumulated in the large intestine.

Case Report

Liu is a 25–year old male who had diarrhea and abdominal pain for two days. He complained of pus and blood stool, burning sensation of the anus, and tenesmus. Stool routine examinations revealed two plus red blood cells, two plus white blood cells, one plus pus cells and 2–4 macrophages. Administration of the recipe for two days resulted in alleviation of his symptoms. Continuous administration for another three days brought about the disappearance of all symptoms.

Recipe 8

Radix Sophorae Flavescentis	15 g

Decoct the herb in water 200 ml till 100 ml of the water is left. Take the decoction 20 ml each time, three times daily.

Indication

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Bacillary dysentery due to damp–heat.

Case Report

Zhao is a 36–year old female who had diarrhea and abdominal pain for one day. She complained of pus and blood stool (about 10 movements a day), and burning sensation of the anus. Stool routine examinations revealed one plus red blood cells, two plus white cells, one plus pus cells, and one plus macrophages. Administration of this recipe for three days resulted in full recovery.

1.18 Constipation

Recipe 1

Rhizoma Atractylodis Macrocephalae	60 g
Radix Rehmanniae	30 g
Rhizoma Cimicifugae	3 g

Decoct these ingredients for oral administration. Take one dose daily.

Indication

Postoperative constipation or habitual constipation due to insufficiency of body fluid caused by asthenia of the spleen . Symptoms and signs are constipation, dry mouth and throat, tiredness, pink, dry tongue, and soft, thready pulse.

Case Report

Zheng is a 48–year old female who had constipation for half a year (one movement every 4–5 days). Internal and external treatments of various kinds failed to take any effect. Her recent complaints included: dry mouth, thirst, tiredness, and loss of appetite. She had pink tongue with dry coating. and her pulse was soft and thready. She had unobstructed stool and experienced an

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alleviation of all the other symptoms after three days of administration of the recipe.

Recipe 2

Radix Paeoniae Alba	40 g
Radix Glycyrrhizae	10 g

Decoct the two herbs. Take the decoction once daily.

Indication

Habitual constipation due to deficiency of *Yin*. Symptoms and signs include constipation, emaciation, red tongue without coating, and thready, rapid pulse.

Case Report

Wang is a 50–year old male who had habitual constipation for three years (one mevement every 3–4 days). He also complained of dry mouth, emaciation, and night sweat. He had red tongue without coating and thready, rapid pulse. The patient had unobstructed stool after three doses of this recipe. Follow–ups for a half year showed no relapse.

Recipe 3

Folium Cassiae	12 g

Steep the herb in boiling water and drink.

Indication

Habitual constipation due to accumulation of heat in the stomach and the intestine.

Case Report

Yang is a 62–year old male who gave a 10–year history of habitual constipation (one movement every five days). He had normal stool (one movement a day) after the administration of this recipe. Satisfactory results were reported at a 2–year follow–up.

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Recipe 4

Radix Polygoni Multiflori	60 g
Mel	60 g

Decoct Radix Polygoni Multiflori into a soup, and mix it with Mel. Take one half of the mixture each time, twice daily.

Indciation

Constipation due to aging and debility, or deficiency of blood. Symptoms and signs include constipation, pale complexion, dizziness, tiredness, perspiration, pale tongue without coating, and deep, thready pulse.

Case Report

Li is a 72–year old male who had constipation for years. He complained of dry stool (one movement every 4–5 days), tiredness dizziness, disinclination to talk, and dry mouth. He had pale and dry tongue with thin and white coating. His pulse deep and thready. The patient had normal stool (one movement a day) and experienced an alleviation of other symptoms under the administration of this recipe. His bowels remained open with discontinuous administration of the recipe for four years.

1.19 Intestinal Trichomoniasis

Recipe

Arillus longan	15 g
Fructus Bruceae	15 g

Wrap each piece of Fructus Bruceae with a piece of Arillus Longan. Take 10 wrapped pieces each time before meals, three times daily. One course of treatment consists of three days.

Indication

Intestinal trichomoniasis marked by chronic pain in the low-

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er abdomen and around the navel. Intestinal trichomonads positive on stool routine examinations.

Case Report

Zhang is a 64–year old female who had pain in the lower abdomen for more than two months. Intestinal trichomonads were detected on stool routine examinations. Full recovery was obtained after the administration of this recipe. Intestinal trichomonads negative on stool routine examinations.

1.20 Icterohepatitis

Recipe 1

Herba Artemisiae Capillaris	60 g
Fructus Gardeniae	12 g
Radix et Rhizoma Rhei	9 g
Radix Gentianae	9 g

Decoct these ingredients and take the decoction once daily.

Indication

Acute icterohepatitis due to accumulation of damp–heat. Symptoms and signs include: bright yellow–brown pigmentation of the skin and sclera, fever, thirst, bitter taste in the mouth, nausea, epigastric distenion, loss of appetite, scanty dark urine, constipation, yellow and greasy tongue coating, and wiry, slippery, rapid pulse.

Case Report

Wang is a 29–year old male who had a fever and yellow–brown pigmentation of the skin and sclera for three days. He complained of nausea, epigastric distension, loss of appetite, bitter taste in the mouth, fidgets, dark urine, and constipation. His tongue was red with thick, yellow and greasy coating. His

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pulse wiry, slippery and rapid. The liver was palpable about 2 cm. below the costal margin and was tender on pressure. Liver function tests revealed GPT 180 units, ZnTT 18 units, II 60 units and HBsAg negative, which supported the diagnosis of acute icterohepatitis. With the administration of this recipe for seven days, the patient's jaundice disappeared, his body temperature returned to normal and he was relieved of all the other symptoms. The liver was neither palpable nor tender on pressure. Continuous administration of the recipe for another twenty days resulted in the disappearance of all symptoms and normal liver function.

Recipe 2

Indigo Naturalis	25 g
Alumen	10 g
Fructus Gardeniae	25 g
Radix Aucklandiae	15 g
Cortex Phellodendri	20 g

Grind these ingredients into powder. Take one—tenth of the powder, mixed with the white of an egg, every day for ten days in succession.

Indication

Yang jaundice due to damp—heat. Symptoms and signs include bright yellow pigmentation of the skin and sclera, dark urine, fever, vague pain in the right costal region, nausea, abdominal distension, loss of appetite, aversion to greasy food, bitter taste in the mouth, yellow and greasy tongue coating, and wiry, rapid pulse.

Case Report

Dong is a 40—year old male who had jaundice for two days. He also complained of abdominal distension, hepatalgia, nausea,

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vomiting, loss of appetite, aversion to greasy food, fidgets, bitter taste in the mouth, and dry stool. His body temperature was 39℃.Liver function tests revealed GPT 240 units, ZnTT 30 units, II 40 units and HBsAg negative. Administration of this recipe for five days brought about the disappearance of jaundice, alleviation of the other symptoms and a normal body temperature. Continuous administration of the recipe for another ten days resulted in the disappearance of all symptoms and normal liver function.

Recipe 3

Ferrosi Sulfas Crudus	60 g
Semen Juglandis	60 g
Semen Sojae Nigrum	60 g
Fructus Ziziphi Jujubae (cooded, the date removed)	120 g

Add 60 g of brown sugar to these ingredients and pestle them. Make pills out of the mixture. Take 9 g of the pills twice daily (in the morning and in the evening respectively).

Indication

Yin jaundice marked by dim yellow pigmentation of the skin and sclera, loss of appetite, abdominal distension, loose stool, tiredness, aversion to cold, tastelessness, no thirst, pale tongue with white and greasy coating, and soft, slow pulse.

Case Report

Xia is a 49—year old male who had icterohepatitis for four months. Previous treatments of various kinds failed to take any satisfactory effect. He complained of abdominal distension, tiredness, loose stool, loss of appetite, and aversion to cold. The pationt was an emaciated individual with yellow pigmentation of the skin and sclera. The liver was palpable about. 1.5 cm. below

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the costal margin and the edge was tender on pressure. The spleen was also palpable. Liver function tests revealed GPT 86 units, ZnTT 20 units and II 20 units. The patient experienced an alleviation of his symptoms with the administration of this recipe for half a month and got full recovery after another 40 days' of administration. Liver function tests were then reported normal.

1.21 Acute and Chronic Hepatitis

Recipe 1

Fructus Ziziphi Jujubae 30 g

Decoct for one hour and then eat the herb and drink the soup.

Indication

Chronic hepatitis marked by distension and vague pain in the right costal region, loss of appetite, abdominal distension, dizziness, insomnia, pink tongue, and wiry, thready pulse.

Case Report

Sun is a 51—year old female who presented a 2—year history of chronic hepatitis, which was aggravated as a resulf of overwork recently. She complained of vague pain in the right costal region, dizziness, insomnia, abdominal distension, and loss of appetite. Her tongue tip was red, and her pulse was wiry and thready. Liver function tests revealed GPT 100 units. She experienced alleviation of her symptoms and liver function tests revealed GPT 70 units with the administration of this recipe for one month. Continuous administration for another one month resulted in the disappearance of all symptoms and normal liver function.

Recipe 2

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Radix Arnebiae sue Lithospermi 30 g

Decoct for oral administration. Take one half of the decoction each time, twice daily.

Indication

Acute icterohepatitis marked by pain in the right costal region, tiredness, loss of appetite, jaundice, bitter taste in the mouth, dark urine, red tongue with yellow coating, and wiry pulse.

Case Report

Li is a 10–year old boy who had, for three days, pain in the right costal region, tiredness, loss of appetite (aversion to greasy food in particular), jaundice, bitter taste in the mouth, and dark urine. His tongue coating was yellow and greasy. His pulse wiry. Liver function tests revealed GPT 110 units and HBsAg positive. The patient experienced the disappearance of jaundice and an alleviation of his symptoms within eight days of administration. Continuous administration of this recipe resulted in full recovery.

Recipe 3

Indigo Naturalis 15 g

Alumen 30 g

Grind them into powder. of which 2 g is taken with syrup each time, three times daily. One coure consists of five days of administration.

Case Report

Sun is a 18–year old male who complained of vague pain in the right costal region, loss of appetite (aversion to greasy food in particular), nausea, abdominal distension, tiredness, and jaundice. His tongue was red with yellow and greasy coating. His pulse wiry and slippery. Liver function tests revealed GPT 106

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units, ZnTT 12.5 units, and II 28 units. Three courses of treatment with this recipe resulted in full recovery.

Recipe 4

Radix Salviae Miltiorrhizae	60 g
Herba Artemisiae Capillaris	30 g

Decoct these ingredients with water 200 ml and add to the decoction 15 g of brown sugar. Take 100 ml of the decoction each time (50 ml for children), twice daily.

Indication

Acute icterohepatitis due to dampness and heat in the liver and the gallbladder.

Case Report

Zhou is a 18–year old male who had fullness of the right costal region for two days. He also complained of dark urine, fever, aversion to cold, and tiredness. He had jaundice, yellow tongue coating, and wiry and rapid pulse. Liver function tests revealed GPT 120 units, ZnTT 12 units, bilirubin 1.8 mg%, and HBsAg negative. The patient's jaundice disappeared after then days of administration of this recipe. Full recovery was obtained after another fifteen days of administration.

1.22 Cirrhosis

Recipe 1

Fructus Amomi	9 g

Put the herb with seven cleared toads (with the head, skin, claws, and all internal organs but the liver removed) into a pigstomach. Sew the stomach and then decoct it in an earthenware cooking pot. Eat the meat and drink the soup.

Indication

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Ascites due to cirrhosis complicated by loss of appetite, fullness and pain in the costal region, exertional palpitation and shortness of breath, emaciation, and edema of lower extremity.

Case Report

Wei, a 65–year old female who had a 10–year history of chronic hepatitis, complained of ascites for two months. She had fullness and pain in the costal region, shortness of breath, inability to lie flat, loss of appetite, and emaciation. Physical examination revealed sign of ascites positive and pitting edema of the lower extremity. Liver function tests revealed TTT 18 units. The patient's condition improved with the administration of this recipe for thirty days. Full recovery was obtained within another six days of administration. Liver function re–examinations revealed TTT 9 units, and the patient was then able to take up light work.

Recipe 2

Pericarpium Lagenariae	300 g
Semen Sojae Nigrum	120 g
Fructus Ziziphi Jujubae	10 pieces

(the date removed)

Decoct these ingredients twice for one hour each time to collect a decoction of 200 ml. Add appropriate amounts of brown sugar to the decoction to be taken 10 ml each time, twice daily.

Indication

Ascites due to cirrhosis caused by insufficiency of the spleen and stagnation of the liver *Qi*. Symptoms and signs include ascites, loss of appetite, loose stool, edema of lower extremity, swollen and pale tongue, and wiry and slow pulse.

Case Report

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Jiang is a 38–year old male who was hospitalized two years before for acute hepatitis and was later discharged as his condition improved. His recent complaints were ascites for one month, loss of appetite, fullness of the costal region and abdomen, and edema of lower extremity. Sign of ascites was positive, and liver function tests abnormal. The patient experienced full recovery with the administration of this recipe for four months.

Recipe 3

Ferrosi Sulfas Crudus	2.5 g
Camellia Sinensis	15 g
Bulbus Allii	7 pieces

Put these ingredients into a cleared carp (about 400 g in weight) and then decoct. Eat the carp and drink the soup. One dose daily.

Indication

Ascites due to cirrhosis caused by dampness disturbing the spleen. Symptoms and signs include: ascites, edema of the lower extremity. fullness of the costal region, loss of appetite, disinclination to talk, scanty urine, loose stool, pale tongue with white, greasy coating, and weak, hollow pulse.

Case Report

Li is a 57–year old male who had a 10–year history of chronic hepatitis. He suffered recently from ascites, abdominal distension, fullness of the costal region, loss of appetite, tiredness, scanty urine, and edema of the lower extremity. He had swollen and pale tongue with white and greasy coating. His pulse was deep and wiry and weak. Administration of this recipe for seven days resulted in the disappearance of the ascites.

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1.23 Splenomegaly

Recipe

Folium Prunis Persicae (fresh) 5000 g

Decoct the herb for about 90 minutes. Filter the decoction and then concentrate it into paste. Apply appropriate amounts of the paste onto a piece of cloth, and stick it on the splenic region. Replace the piece of cloth every five days.

Indication

Splenomegaly due to cirrhosis or hypersplenism.

Case Report

Wang is a 56–year old female who was hospitalized for dysfunctional uterine bleeding. Physical examination revealed splenomegaly. Treatments of various kinds failed to take any effect. The diagnosis of hypersplenism was confirmed by different examinations. The patient refused the recommendation for an operation and was thus given this recipe. Fifteen days of administration resulted in an alleviation of his symptoms.

1.24 Cholecystitis and Gallstones

Recipe 1

Radix Bupleuri	15 g
Fructus Aurantii Immaturus	12 g
Radix Paeoniae Alba	30 g
Radix Curcumae	30 g
Herba Lysimachiae	45 g
Endothelium Corneum Gigeriae Galli (powder)	6 g
Radix Glycyrrhizae	6 g

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Decoct these ingredietns for oral administration. Take one half of the decoction each time, twice daily.

Indications

Choledocholith, gallstones and cholecystitis due to stangation of the liver *Qi*. Symptoms and signs include: swelling pain in the right costal region radiating to the right shoulder or back, which shows aggravation from emotional stress; aversion to greasy food, frequent belching, loss of appetite, pink tongue with white coating, and wiry, rapid pulse.

Case Report

Huang is a 32-year old female who had swelling pain in the right costal region for half a month. The pain radiated to the right shoulder and back, and was aggravated from greasy food or emotional stress. She had dry stool, pink tongue with thin and white coating, and wiry, rapid pulse. Gallbladder ultrasonic examinations disclosed a stone 0.5 × 0.5 cm in size complicated by cholecystitis. Administration of this recipe for half a month brought about an alleviation of her symptoms. Another half a month of administration resulted in full recovery and no stone was detected during ultrasonic examinations.

Recipe 2

Radix Bupleuri	24 g
Fructus Aurantii Immaturus	15 g
Radix et Rhizoma Rhei	9 g
Rhizoma Pinelliae	12 g
Radix Scutellariae	12 g
Radix Paeoniae Alba	30 g
Herba Lysimachinae	45 g
Radix Curcumae	30 g

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Bulbus Cremastrae	12 g
Spina Gleditsiae	9 g
Herba Artemisiae Capillaris	30 g

Decoct these ingredients for oral administration. Take one half of the decoction each time, twice daily.

Indication

Gallstones and cholecystitis due to dampness and heat in the liver and the gallbladder. Symptoms and signs include swelling, pain in the costal region, bitter taste in the mouth, fidgets, nausea, aversion to greasy food, or even yellow pigmentation of the skin and sclera, dark yellow urine, dry stool, yellow and greasy tongue coating, and wiry, rapid pulse.

Case Report

Liu is a 32–year old male who had gallstones for a half year. He suffered from repeated attacks of his symptoms including swelling pain in the right costal region, bitter taste in the mouth, fidgets, nausea, vomiting, loss of appetite, dry stool, and dark urine. Laboratory examinations revealed transpeptidase 120 units. Gallbladder ultrasonic examinations revealed a stone 0.6 × 0.4 cm in size complicated by cholecystitis. No stone was detected on gallbladder ultrasonic examinations after twenty days of administration of this recipe. All symptoms disappeared and transpeptidase became normal within another fifteen days of administration.

Recipe 3

Radix Bupleuri	12 g
Rhizoma Atractylodis Macrocephalae	12 g
Radix Paeoniae Alba	15 g
Poria	15 g

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Radix Angelicae Sinensis	9 g
Fructus Meliae toosendan	12 g
Herba Menthae	9 g
Rhizoma Corydalis	9 g

Decoct these ingredients for oral administration. Take one half of the decoction each time, twice daily

Indication

Chronic cholecystitis due to stagnation of the liver *Qi* and deficiency of the spleen. Symptoms and signs include vague pain in the right costal region, belching, abdominal distension, tiredness, loose stool, pink tongue with thin and white coating, and wiry, thready pulse.

Case Report

Wang is a 30–year old female who had, for two months, pain in the right costal region aggravated from emotional stress. She also complained of loss of appetite (aversion to greasy food in particular), tiredness, and loose stool. Her tongue was pink with thin and white coating. Her pulse weak and wiry. Duodenal drain and ultrasonic examinations confirmed the diagnosis of chronic cholecystitis. The patient experienced an alleviation of her symptoms within seven days of administration of this recipe. All symptoms disappeared after continuous administration for another fifteen days. No relapse was reported at follow–ups for a half year.

Recipe 4

Radix Rehmanniae	24 g
Radix Adenophorae	15 g
Fructus Lycii	15 g
Radix Ophiopogonis	12 g

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Frucuts Meliae Toosendan	12 g
Radix Angelicae Sinensis	9 g
Herba Lysimachiae	30 g
Spora Lygodii	24 g
Radix Stellariae	15 g
Radix Glycyrrhizae	6 g

Decoct these ingredients for oral administration. Take one dose daily.

Indications

Hepatolith, gallstones and cholecystitis due to deficiency of the liver *Yin*. Symptoms and signs include vague pain in the right costal region aggravated from overstrain, dry mouth and throat, fidgets, dizziness, red tongue without coating, and wiry, thready and rapid pulse.

Case Report

Luo is a 48--year old male who had, for more than one year, vague pain in the right costal region aggravated by overstrain. He also complained of fidgets, tiredness, dizziness, low fever with a body temperature between 37.5℃ and 38.0℃. He had red tongue without coating, and thready, rapid pulse. Ultrasonic examinations revealed two calculi of intrahepatic duct, both o.4 × 0.3 cm in size. Liver function was normal. Administration of this recipe for half a month resulted in an improvement in the patient's condition. All symptoms disappeared within another twenty days of administration. No calculus of intrahepatic duct was then detected during ultrasonic examinations.

Recipe 5

Herba Taraxaci	100 g

Decoct for oral administration. Take one half of the

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decoction each time, twice daily.

Indication

Acute cholecystitis due to dampness and heat in the liver and the gallbladder. Symptoms and signs include swelling pain in the right costal region radiating to the back, loss of appetite (aversion to greasy food in particular), bitter taste in the mouth, nausea, yellow tongue coating, and wiry, slippery pulse.

Case Report

Zhang is a 35–year old male who had swelling pain in the costal region radiating to the right shoulder and back for five days. He also complained of afternoon low fever, loss of appetite, spitting yellow fluid, bitter taste in the mouth, and dark urine. He had yellow and greasy tongue coating, and wiry, slippery pulse. The diagnosis of acute cholecystitis was confirmed by ultrasonic examinations. The patient experienced an alleviation of his symptoms within three days of administration with this recipe.

1.25 Biliary Ascariasis

Recipe

Fructus Mume	30 g
Radix et Rhizoma Rhei	15 g

Decoct for oral administration.

Indication

Biliary ascariasis marked by paroxysmal colic in the upper right abdomen, nausea, vomiting (on severe occasions), fever, dry stool, dark urine, thin and yellow tongue coating, and wiry pulse.

Case Report

Lin is a 29–year old female who had an onset of paroxysmal colic in the upper right abdomen, nausea, dry stool, red tongue

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with thin yellow coating, and wiry, thready pulse, Injections of atropine failed to take any effect. The colic stopped after one dose of this recipe.

1.26 Coronary Heart Disease

Recipe 1

Pollen Typhae	30 g
Faeces Trogopterorum	30 g
Radix Curcumae	25 g

Grind these ingredients into powder for oral administration. Take 4.5 g of the powder each time, three times daily at the acute stage. Take 1.5–3 g of the powder each time, three times daily at the remission stage.

Indication

Angina pectoris caused by coronary heart disease due to stagnation of *Qi* and blood stasis. Symptoms and Signs include chest distress, shortness of breath, precordial stabbing pain, purple tongue, and uneven pulse.

Case Report

Zhou is a 65–year old male who gave a 5–year history of coronary heart disease. His recent complaints included chest distress, shortness of breath, and precordial stabbing pain. He had purple tongue and uneven pulse. The EKG revealed myocardial ischemia. The patient experienced an alleviation of his symptoms within six days of administration of this recipe. After another six days of administration all symptoms disappeared in addition to improvement on the EKG.

Recipe 2

Ramulus Pinis Massonianae	250 g

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Decoct with brown sugar 30 g for oral administration. One dose daily.

Indication

Coronary heart disease marked by palpitation, chest distress, shortness of breath, and precordial stabbing pain.

Case Report

Zeng is a 65–year old male. Having been unable to take up routine work for about one year, he complained of palpitation, chest distress, shortness of breath, pressing sensation of the chest, and paroxysmal precordial pain. The EKG revealed premature beat and myocardial ischemia. The patient experienced an alleviation of his symptoms within fifteen days of administration of this recipe. Continuous administration for another thirty days resulted in a normal heat rate and improvement of myocardial ischemia on the EKG. He resumed his routine work three months later.

Recipe 3

Radix Codonopsis Pilosulae	30 g
Radix Ophiopogonis	12 g
Fructus Schisandrae	6 g
Radix Salviae Miltiorrhizae	30 g
Lignum Santali	9 g
Ramulus Cinnamomi	6 g
Rhizoma Ligustici Chuanxiong	12 g
Flos Carthami	9 g
Radix Glycyrrhizae	9 g

Decoct these ingredients for oral administration. Take one half of the decoction each time, twice daily.

Indication

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Coronary heart disease due to insufficiency of the heart–*Qi* and accumulation of blood stasis in the channels. Symptoms and signs are chest distress and pain, exertional palpitation and shortness of breath, disinclination to talk, pale tongue with thin, white coating, and deep, thready pulse.

Case Report

Dong is a 58–year old male who had a 10–year history of coronary heart disease marked by exertional chest distress and pain, palpitation, shortness of breath, tiredness, and perspiration. The EKG revealed chronic coronary insufficiency and old anteroseptal myocardial infarction. The patient experienced an remarkable alleviation of his symptoms within six days of administration of this recipe. All symptoms disappeared and improvement of coronary insufficiency was revealed on the EKG after another twenty days of administration. Continuous administration of the water–paste pills made out of this recipe for half a year (9 g each time, three times daily) resulted in full recovery.

Recipe 4

Fructus Trichosanthis	18 g
Bulbus Allii Macrostemi	9 g
Rhizoma Pinelliae	12 g
Poria	24 g
Ramulus Cinnamomi	9 g
Rhizoma Atractylodis Macrocephalae	12 g
Pericarpium Citri Reticulatae	9 g
Radix Glycyrrhizae	6 g

Decoct for oral administration. Take the decoction once daily.

Indication

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Coronary heart disease due to stagnation of phlegm in the heart. Symptoms and signs include paroxysmal chest distress and pain radiating to the shoulder and back, abundant expectoration, dyspnae, obesity, white and greasy tongue coating, and slippery pulse.

Case Report

Zhao is a 54–year old male who had, for half a year, chest distress and pain radiating to the shoulder and back, abundant expectoration, and shortness of breath, which recently showed exacerbation. He had white and greasy tongue coating, and wiry, slippery pulse. The EKG revealed chronic coronary insufficiency. Blood cholesterol was 820 mg per cent. Triglyceride was 186 mg per cent, β–lipoprotein 820 mg per cent. The patient experienced an alleviation of his symptoms after six doses of this recipe. All symptoms disappeared and improvement of coronary insufficiency, was revealed on the EKG after another twenty–four doses.

Recipe 5

Fructus Trichosanthis	24 g
Bulbus Allii Macrostemi	9 g
Ramulus Cinnamomi	9 g
Radix Aconiti Praeparata	12 g
Radix Salviae Miltiorrhizae	30 g
Rhizoma Zingiberis	9 g
Lignum Santali	9 g
Radix Glycyrrhizae	6 g

Decoct for oral administration. Take one dose daily.

Indication

Coronary heart disease due to accumulation of pathogenic

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cold in the heart. Symptoms and signs include chest pain radiating to the back, which is aggravated from the cold; and palpitation, shortness of breath, chest distress, pale complexion, clammy limbs, pink tongue with thin and white coating, and deep, thready pulse.

Case Report

Shan is a 52–year old male who presented a 3–year history of coronary heart disease, which was aggravated from overstrain and cold recently. He complained of chest distress, shortness of breath, precordial pain radiating to the back, palpitation and clammy limbs. He had pink tongue with thin and white coating. His pulse was deep and thready. The EKG revealed chronic coronary insufficiency and old inferior myocardial infarction. The patient experienced increasingly improved condition after the second dose. Coronary insufficiency significantly improved on the EKG after another fifteen doses.

Recipe 6

Pollen Typhae	30 g
Faeces trogopterorum	30 g
Radix Notoginseng (powder)	30 g
Cinnabaris	10 g
Succinum	20 g

Grind these ingredients into powder, which is mixed with 30g of placenta powder to be taken 1.5 g each time, three times daily (or six times daily in case of frequent attacks).

Indications

Angina pectoris caused by coronary heart disease or frequent attacks of angina pectoris caused by myocardial infarction due to

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deficiency of *Qi* and blood stasis. Symptoms and signs include paroxysmal retrosternal stabbing pain radiating to the left arm and shoulder, chest distress, shortness of breath, purple tongue with ecchymoses, thin and white tongue coating, and deep, wiry or uneven pulse.

Case Report

Zhao is a 52-year old male who had suffered, for nearly a half year, from frequent attacks of paroxysmal precordial stabbing pain precipitated by exertion or emotional stress and relieved by sublingual nitroglycerin. The diagnosis of coronary heart disease was repeatedly confirmed by the EKG. The attacks of the pain was reduced remarkably after the administration of one preparation of this recipe. No attack was claimed after another preparation. One more preparation was subsequently prescribed for after treatment. No relapse was reported at a 1-year follow-up and the EKG became normal.

1.27 Premature Beat

Recipe

Radix Sophorae Flavescentis	15 g
Herba Pyrolae	15 g
Radix Glycyrrhizae	15 g

Decoct for oral administration. Take one dose daily. One course of treatment lasts for thirty days.

Indication

Premature beat marked by palpitation, tiredness, arrhythmia, precordial discomfort, and slow, weak pulse with irregular intervals.

Case Report

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Qi is a 51–year old female who had, for two months, palpitation, tiredness, arrhythmia, which was aggravated by emotional stress, insomnia and exertion. He had pink tongue, and thready, weak pulse with irregular intervals. Premature beat was revealed on the EKG. The patient experienced the disappearance of his symptoms and the EKG became normal after two courses of treatment with this recipe.

1.28 Sick Sinus Syndrome

Recipe

Radix Ginseng (decocted alone)	9 g
Radix Ophiopogonis	12 g
Fructus Schisandrae	6 g
Radix Glycyrrhizae	9 g
Radix Astragali seu Hedysar	18 g
Ramulus Cinnamomi	9 g
Radix Aconiti Praeparata	9 g
Radix Rehmanniae	30 g
Colla Corii Asini (to be melt alone)	11 g
Semen Lini	15 g
Fructus Ziziphi Jujubae	10 pieces

Decoct these ingredients for oral administration. Take one dose daily.

Indication

Sick Sinus Syndrome marked by palpitation, dizziness, chest distress, tiredness, aversion to cold, and coldness of the extremities. The EKG revealed sinus bradycardia, atrioventricular / sinoatrial block. Atropine / isoproterenol provocative test resulted in a heart rate below 90.

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Case Report

Hou is a 40—year old male who had, for one year, palpitation and dizziness, which showed exacerbation for one month. Previous treatments of various kinds failed to take any effect. In addition to his old symptoms, he recently complained of chest distress, tiredness, aversion to cold, coldness of the extremities, and dry mouth and throat. He had pale tongue with thin and white coating. His pulse was deep and slow. Heart rate 47. The EKG revealed sinus bradycardia and sinoatrial block. The diagnosis of sick sinus syndrome was confirmed after atropine provocative test. The heart rate was 65—70 with an alleviation of symptoms after ten doses of this recipe. All symptoms disappeared with improvement shown on the EKG after another thirty doses.

1.29 Hypertension

Recipe 1

Ochra Haematitum	30 g
Os Draconis	30 g
Concha Ostreae	30 g
Concha Margaritifera Usta	30 g
Ramulus Uncariae Cum Uncis	30 g
Radix Paeoniae Alba	15 g
Radix Scutellariae	12 g

Decoct these ingredients for oral administration. Take one dose daily.

Indication

Essential hypertension due to hyperactivity of the liver *Yang*.Symptoms and signs include distending pain of the head, dizziness, tinnitus, insomnia, dreaminess, fidgets, bitter taste in

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the mouth, and flushed cheeks, all of which can be aggravated by exertion and emotional stress. The tongue is red with yellow coating. The pulse is wiry.

Case Report

Wang is a 50—year old male who presented a 2—year history of hypertension, which showed aggravation from emotional stress recently. He complained of headache, dizziness, fidgets, flushed cheeks, insomnia, dreaminess, and dark urine. He had red tongue with yellow coating, and wiry pulse. Blood pressure 210 / 130. Previous treatments of various kinds failed to take any satisfactory effect. Blood pressure was brought down to 170 / 100 with a remarkable alleviation of the symptoms after six doses of this recipe. All symptoms disappeared and blood pressure dropped to 160 / 90 after another six doses. Considering the fact that there was too much intake of heavy materials, Concha Margaritifera Usta and Ochra Haematitum were consequently replaced by Flos Chrysanthemi 12 g and Radix Cyathulae 15 g in the recipe, to be taken continuously for another twelve days. Follow—ups for a half year showed no relapse.

Recipe 2

Radix Rehmanniae Praeparata	15 g
Rhizoma Dioscoreae	12 g
Fructus Corni	9 g
Cortex Moutan Radicis	6 g
Poria	12 g
Rhizoma Alismatis	9 g
Fructus Lycii	12 g
Radix Paeoniae Alba	12 g
Fructus Mori	24 g

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Ramulus Uncariae Cum Uncis 24 g

Decoct these ingredients for oral administration. Take one dose daily.

Indication

Hypertension due to deficiency of liver *Yin* and kidney *Yin*. Symptoms and signs include headache, dizziness, amnesia, tinnitus, lassitude in loin and knee, dysphoria with feverish sensation in chest, palms and soles, red tongue without coating, and wiry pulse.

Case Report

Sun is a 48–year old male who had headache and dizziness for a half year with a blood pressure of 165 / 100. Hypotensors failed to take any satisfactor effect. In addition to his old symptoms, he recently complained of tinnitus, dry eye, feverish sensation in the palms and soles, fidgets, amnesia, lassitude in loin and knee, insomnia, dreaminess, and listlessness. He had red tongue withoutt coating, and wiry, thready pulse. Blood pressure 160 / 100. The patient experienced an alleviation of his symptoms and his blood pressure was brought down to 140 / 80 with the administration of this recipe for sixteen days. Follow-ups for one year showed no relapse.

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Recipe 3

Fructus Crataegi
(fresh)

Cut the herb with apple 30 g and three fresh celery roots into small pieces, which are steamed with appropriate amounts of crystal sugar to be taken at bedtime. The first month of treatment is considered as the first course. In the second course of treatment, the recipe is to be taken every two days for two

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months.

Indication

Essential hypertension marked by distending pain of the head, dizziness, tinnitus, insomnia, amnesia, tiredness, and palpitation.

Case Report

Wei is a 56–year old male who had a 6–year history of hypertension. Long–term administration of hypotensors failed to take any satisfactory effect. He recently complained of distending pain of the head, dizziness, tinnitus, feverish sensation of the face, fidgets, and insomnia. Blood pressure 190 / 120. The tongue was red with yellow coating. The pulse wiry. Blood pressure dropped to 150 / 95 and all symptoms were alleviated after the first course of treatment. Continuous administration of the recipe for another one month brought about a disappearance of all symptoms and a blood pressure of 140 / 85 Stable blood pressure of 130–140 / 85–90 was claimed at follow–ups for a half year.

Recipe 4

Fructus Evodiae 9–12 g

Grind the herb into powder, which is mixed with vinegar to make paste. Put the paste on acu–point *Yongguan*(K.1) and adhere it with a piece of sticking–plaster at bed–time every day.

Indication

Hypertension due to upward invasion of the hyperactive liver–*Qi*. Symptoms and signs include parietal headache, dizziness, fullness of the eyes, nausea, pale tongue with thin, white coating, and wiry pulse.

Case Report

Wang is a 49–year old male who suffered from hypertension

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two years ago, which was subseguently controlled with medication. He recently complained of exertional dizziness, parietal headache, and nausea. He had pale tongue and wiry pulse. Blood pressure 190 / 110. Treatments of various kinds failed to take any significant effect Administration of this method for six days resulted in an alleviation of all symptoms and a blood pressure of 140 / 90.

Recipe 5

One pig-gall mixed with appropriate amounts of mung bean flour.

Make soybean-sized pills out of the mixed stuff, of which 10 g is taken each time, once daily.

Indication

Essential hypertension marked by palpitation, insomnia, dizziness, distending pain of the head, tinnitus, bitter taste in the mouth, and wiry, rapid pulse.

Case Report

Liu is a 46-year old male who had hypertension for one year. He recently complained of dizziness, fidgets, insomnia, and bitter taste in the mouth. Blood pressure 170 / 120. His tongue was red, his pulse wiry and rapid. Blood pressure was reduced to 150 / 85 and all symptoms disappeared with the admini-stration of this recipe for a half month.

Recipe 6

Live earthworms 30 g and white sugar 60 g

Steep the earthworms in water for 24 hours and then put them in a bowl with the sugar. Take the exudate of the earthworms at one time. Measure blood pressure every day after the first administration. Another dose is to be taken one week lat-

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er in case of inefficacy.

Indication

Essential hypertension due to hyperactivity of the liver–*Yang*. Symptoms and signs include: dizziness, headache, fidgets; bitter taste in the mouth, insomnia, red tongue with thin, yellow coating, and wiry, slippery pulse.

Case Report

Zhang is a 49–year old male who had suffered from hypertension for two years. He recently complained of fidgets, dizziness, headache, tinnitus, bitter taste in the mouth, and insomnia. His tongue was red and his pulse wiry and rapid. Blood pressure 160 / 110. The patient experienced an alleviation of his symptoms and his blood pressure was reduced to 140 / 90 after the first dose.

Recipe 7

Scorpio	250 g
Lumbricus	300 g

Dry Lumbricus in the sun and then parch it with Talcum Pulveratum. Grind these with parched Scorpio into powder. Mix the powder with appropriate amounts of Mel to make pills. Take 9 g of the pills each time, three times daily.

Indication

Essential hypertension due to hyperactivity of the liver–*Qi*. Symptoms and signs include headache, dizziness, fidgets, bitter taste in the mouth, red tongue with white coating, and wiry, rapid pulse.

Case Report

Yu is a 50–year old female who had suffered from hypertension for five years. Treatments of various kinds previous-

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ly failed to take any effect. Her recent complaints included distending pain of the head and eyes, bitter taste in the mouth, fidgets, and dry stool. She had red tongue with yellow, greasy coating, and wiry, rapid pulse. Blood pressure 180 / 96. She experienced a remarkable alleviation of her symptoms with the administration of this recipe for five days. All symptoms disappeared and blood pressure was normal with the administration for another half month. Follow–ups for half a year showed no relapse.

Recipe 8

Stigma Maydis	30 g

Decoct the herb for oral administration. Take one dose daily.

Indication

Essential hypertension due to stagnation of phlegm in the head. Symptoms and signs include heaviness in the head, headache, dizziness, nausea, fullness of the chest and abdomen, pink tongue with white, greasy coating, and wiry, slippery pulse.

Case Report

Dong is a 36–year old male who had, for ten days, exertional headache and dizziness complicated by heavy sensation in the limbs aching pain in the body, nausea, chest distension, loss of appetite, pink tongue with white, greasy coating, and wiry, slippery pulse. Blood pressure 166 / 98. Administration of this recipe for three days resulted in the disappearance of his symptoms and a normal blood pressure.

Recipe 9

Flos Chrysanthemi	12 g
Flos Sophorae Immaturus	15 g
Flos Capsellae Bursa–Pastoris	10 g

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Stéep in boiling water and take as drinks.

Indication

Essential hypertension due to dampness and heat in the liver channel. Symptoms and signs include headache, dizziness, tinnitus, conjunctival congestion, fidgets, bitter taste in the mouth, dry stool, red tongue with thin, yellow coating, and wiry, slippery pulse.

Case Report

Song is a 37-year old male who had suffered from hypertension for a half year. He recently compained of headache, dizziness, fidgets, bitter taste in the mouth, dry stool, and insomnia. His tongue was red with thin and yellow coating. His pulse wiry. Blood pressure 170 / 90. All symptoms disappeared and blood pressure was 120 / 86 after three days of administration with this recipe.

1.30 Hypotension

Recipe

Rhizoma Polygonati	30 g
Radix Codonopsis Pilosulae	30 g
Radix Glycyrrhizae	10 g

Decoct these ingredients to be taken in the morning and in the evening respectively.

Indication

Hypotension due to deficiency of both *Qi* and blood. Symptoms and signs include dizziness, tiredness, palpitation, amnesia, insomnia, pale complexion, pink tongue with thin and yellow coating, and thready, weak pulse.

Case Report

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Sun is a 42–year old female who had suffered from dizziness aggravated by exertion or by standing for three months. She also complained of insomnia, amnesia, palpitation, loss of appetite, and tiredness. She had pale complexion, pink tongue and thready wiry pulse. Blood pressure 70 / 50. Blood routine examination revealed hemoglobin 8 g / 100 ml and a red blood cell count of 2 500 000 / mm. Administration of this recipe for thirty days resulted in an alleviation of her symptoms. Blood pressure was then 100 / 70. Laboratory examination revealed hemoglobin 10.5 g / 100 ml. Another twenty days of administration brought about the disappearance of all symptoms, blood pressure 120 / 80, a red blood cell count of 4 500 000 / mm and hemoglobin 11 g / 100 ml.

1.31 Urinary Tract Infection

Recipe 1

Herba Taraxaci	30 g
Herba Plantaginis	30 g
Rhizoma Imperatae	60 g

Decoct for oral administration. Take one dose daily.

Indication

Acute urinary tract infection marked by frequency of micturition, urgency of urination, urodynia, and burning sensation of the urethra. Add Succinum powder 1.5 g to the decoction in case of hematuria.

Case Report

Li is a 24–year old female who had acute urodynia, frequency and urgency of urination (urinating more than thirty times) for one day. Her tongue was red with yellow, greasy coating. Her pulse slippery and rapid. Urine routine examinations revealed red

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blood cells 0–2, white blood cells two plus, and pus cells 3–5. The patient experienced the disappearance of her symptoms after six doses.

Recipe 2

Flos Lonicerae	30 g
Herba Lophatheri	9 g
Rhizoma Imperatae	30 g
Herba Leonuri	15 g
Herba Polygoni Avicularis	12 g
Herba Dianthi	12 g
Caulis Akebiae	6 g
Semen Plantaginis (wrapped)	30 g

Decoct these ingredients for oral administration. Take one dose daily.

Indication

Acute pyelonephritis and cystitis due to accumulation of damp–heat. Symptoms and signs include frequent and urgent urination, urodynia, burning sensation of the urethra, dark urine, lumbago, red tongue with thin, yellow or greasy coating, and slippery, rapid pulse.

Case Report

Wang is a 28–year old female who had suffered from lumbago, urodynia, and frequent / urgent urination for seven days. She also complained of oliguria, burning sensation of the urethra, dry stool, bitter taste in the mouth, and fidgets. Her tongue was red with yellow and greasy coating. Her pulse slippery and rapid. Urine routine examinations revealed red blood cells two puls and white blood cells three plus. She experienced an alleviation of her

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symptoms after three doses. All symptoms disappeared and urine routine examinations became normal with the administration of this recipe for another five days.

1.32 Acute and Chronic Nephritis

Recipe 1

Herba Leonuri	60 g
Herba seu Radix cirsii Japonici	30 g
Herba Cephalanoploris	30 g

Decoct these ingredients for oral administration. Take one half of the decoction each time, twice daily. In case of infection, add to the decoction Flos Lonicerae 12 g and Radix Isatidis 12 g.

Indication

Acute nephritis marked by lumbago, edema, hypertension, hematuria, and proteinuria.

Case Report

Song is a 19–year old male who was found to have paipebral edema the day before, which later developed to anasarce. He had slight lumbago and a sore throat. Blood pressure 170 / 100. urine routine examinations revealed urinary protein two plus and red blood cells one plus. He experienced an alleviation of his symptoms and blood pressure was 150 / 90 with the administration of this recipe for six days. All symptoms disappeared and blood pressure was normal after another six days of administration.

Recipe 2

Semen Plantaginis	15 g

Put Semen Plantaginis and tea 15 g into a cleared crucian carp (about 250 g in weight). Wrap the fish first with a piece of paper and then with a layer of clay to be roasted over a slow fire.

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Remove the piece of paper and the clay when the fish is ready. Grind the roasted fish into powder, of which one spoonful is to be taken with yellow rice wine twice daily.

Indication

Acute and chronic nephritis marked by edema.

Case Report

Jin is a 27-year old female who had suffered from fever, lumbago, edema, and hematuria for five days. urine routine examinations revealed protein two plus, red blood cells two plus, and epithelial cells one plus. She experienced an alleviation of edema with the administration of this recipe for seven days. continuous administration for another two weeks resulted in the disappearance of edema, an alleviation of the other symptoms, and normality of urine routine examiniations.

Recipe 3

Fructus Chaenomelis	12 g
Pericarpium Arecae	12 g

Decoct for oral administration. Take one dose daily.

Indication

Chronic nephritis marked by edema, abdominal distension, hypertension, proteinuria, and cylindrueia.

Case Report

He is a 60-year old male who had suffered from chronic nephritis for twenty years, which was aggravated from exertion recently. He complained of edema of the lower extremity, lumbago, abdominal distension, and loiguria. Blood pressure 180 / 120. Urine routine examinations revealed protein three plus and cast one plus. The patient experienced an alleviation of his symptoms within six days of administration. Blood pressure was then

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160 / 100. Continuous administration for another twelve days brought about the disappearance of edema, an alleviation of the other symptoms, and normality of urine routine examinations with blood pressure 140 / 80.

Recipe 4

Rhizoma Imperatae	250 g
Fios Lonicerae	45 g

Decoct for oral administration. Take one half of the decoction each time, twice daily.

Indication

Acute nephritis marked by edema of face and extremities, fever, lumbago, and oliguria.

Case Report

Du is a 6—year old boy who had edema of face, which developed to anasarca later. prio to the onset of edema, he had a fever and a sore throat, which was diagnosed as tonsillitis. The fever was brought down after the administration of anti—inflammatory agents. In addition to anasaeca, he also had scanty urine and loss of appetite. Urine routine examinations revealed urinary protein two plus, 2—3 white blood cells, and large quantities of red blood cells. Blood routine examinations normal. He had red tongue with thin, yellow coating, and congestion of throat. His pulse rapid and slightly slippery. Administration of this recipe for twenty days resulted in the disappearance of edema and normal urine routine examinations.

Recipe 5

one crucian carp (about 200—300 g) and one bulb of garlic. Put the bulb of garlic into the cleared carp and then decoct in an earthenware cooking pot. Eat the carp with the bulb of garlic,

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and drink the soup. Take one dose daily.

Indication

Chronic nephritis marked by abnormal renal function, hypoproteinemia, lumbago, oliguria, and edema.

Case Report

Lu is a 47–year old female who gave a 10–year history of oliguria and edema (sometimes alleviated, sometimes aggravated). She experienced an intensification of her symptoms caused by exertion recently, which was marked by anasarce (pitting edema of lower extremity in particular) and pale complexion. Urine routine examinations revealed urinary protein three plus, small amounts of red blood cells, and adventitious granular casts. Renal function tests revealed BUN 18 mg% and creatinine 1.5 mg%. Carbon dioxide combining power 18 mEg. Total protein 5 g / 100 ml (albumin 2.8 g / 100 ml, globulin 2.2 mg / 100 ml). Ten decoctions of *Jisheng Shenqi Wan* failed to take remarkable effect previously. Administration of this recipe for 10 days in addition to another ten doses of *Jisheng Shenqi Wan* resulted in significant improvement of her condition.

Recipe 6

Fructus Crataegi	50 g
Rhizoma Zingiberis	3 pieces

Decoct the above with 1000 ml of water over a slow fire for about 10 minutes. Take one–third of the decoction one hour later after each meal. One course of treatment takes a half month.

Indication

Acute glomerulonephritis.

Case Report

Wang is a 4–year old boy who suffered from

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glomerulonephritis. His condition improved with previous medication, but red blood cells (+−−++) were still detected by repeated urinoscopies. Administration of the above decoction for one month resulted in normal urine. No relapse was claimed at a 1−year follow−up.

1.33 Seminal Emission

Recipe 1

Semen Cuscutae	20 g
Semen Allii Tuberosi	15 g
Concha Ostreae	20 g
Fructus Schisandrae	15 g
Poria	15 g

Grind the above into powder, of which 5 g is taken each time, three times daily.

Indications

Seminal emission with frequency of micturition and urinary incontinence due to deficiency of the kidney.

Case Report

Wu is a 32−year old male who had, for two years, seminal emission complicated by lassitude in loin and knee, and tiredness. His pulse was deep and thready. He recovered completely after taking ten prescriptions of this recipe.

Recipe 2

Galla Chinensis

Decoct and grind the herb into powder. Put appropriate amounts of the powder on a piece of sticking−plaster to be adhered to the navel.

Indication

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Seminal emission.

Case Report

Zhang is a 20–year old male who emitted every day. Previous medication failed to take any effect. Administration of this method for one month resulted in complete recovery.

Recipe 3

Semen Cuscutae	60 g
Fructus Schisandrae	30 g
Fructus Psoraleae	30 g
Corium Erinacei	60 g

Grind the above into powder, of which 6 g is taken each time with lukewarm water, three times daily.

Indications

Emission, spermatorrhoea and prospermia

Case Report

Zhang is a 20–year old male who suffered initially from nocturnal emission and lately from prospermia every day or every other day. Previous treatment of various kinds took no effect. The patient was an emaciated individual with a sallow complexion. He had lassitude in loin and knee, pink tongue with thin and white coating, and thready, weak pulse. After taking 10 doses of this recipe, he experienced full recovery.

1.34 Impotence

Recipe

Herba Epimedii	15 g

Decoct and take the herb as a drink, twice daily. One course of treatment takes one month.

Indication

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Impotence due to insufficiency of the kidney—*Yang*.

Case Report

Zhang is a 30—year old male who suffered from impotence for three years. He complained of inability to have a erection complicated by cramping sensation of the lower abdomen. He experienced full recovery after one course of this treatment and impregnated his wife three months later.

1.35 Meniere's Disease

Recipe 1

Rhizoma Pinelliae	12 g
Rhizoma Atrctylodis Macrocephalae	15 g
Rhizoma Gastodiae	9 g
Rhizoma Alismatis	30 g
Poria	15 g
Caulis Bambusae in Taenian	9 g
Pericarpium Citri Reticulatae	9 g
Os Draconis	30 g
Magnetitum	24 g

Decoct the above for oral administration. Take one half of the decoction each time, twice daily.

Indication

Meniere's disease due to stagnantion of phlegm—dampness. Symptoms and signs include dizziness, heaviness in the head, distention and a full sensation in the chest, nausea, vomiting, tinnitus, drowsiness, white, greasy tongue coating, and soft, slippery pulse.

Case Report

Dong is a 46—year female who suffered from dizziness for

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years. She was diagnosed in several hospitals with Meniere's disease. Her complaints included dizziness, nausea, vomiting, full sensation in the chest, loss of appetite, and tinnitus. She had pink tongue with white, greasy coating, and slippery pulse. Her condition improved after five decoctions. All symptoms disappeared after another six decoctions. No relapse was claimed at a 1–year follow–up.

Recipe 2

Radix Codonopsis Pilosulae	30 g
Rhizoma Atractylodis macrocephalae	30 g
Poria	24 g
Radix Angelice Sinensis	24 g
Radix Paeoniae Alba	30 g
Rhizoma Ligustici Chuanxiong	15 g
Pericarpium Citri Reticulatae	9 g
Rhizoma Pinelliae	9 g
Folium Nelumbinis	15 g
Os Draconis	30 g
Concha Ostrae	30 g

Decoct the above for oral administration.

Indication

Meniere's disease due to deficiency of *Qi* and blood. symptoms and signs include dizziness, tinnitus, pale complexion, palpitation, insomnia, disinclination to talk, loss of appetite, pale tongue, and thready, weak pulse.

Case Report

Huang is a 40–year old female who suffered from Meniere's disease for four months. She complained of dizziness, vomiting, tinnitus, a full sensation in the eye, insomnia, loss of appetite,

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tiredness, and disinclination to talk. Her condition improved after taking sixteen doses of this recipe. All symptoms disappeared after another twelve doses. No relapse was claimed at follow–ups for a half year.

Recipe 3

Ramulus Cinnamomi	10 g
Poria	30 g
Rhizoma Atractylodis Macrocephalae	20 g
Rhizoma Alismatis	30 g
Rhizoma Pinelliae	10 g
Radix Glycyrrhizae	6 g

Decoct the above for oral administration. Take one dose daily.

Indication

Meniere's disease due to insufficiency of the spleen–*Yang*. Symptoms and signs include dizziness and palpitation complicated, on severe occasions, by nausea and vomiting of water; the tongue is pale with thin and greasy coating, the pulse deep and wiry.

Case Report

Wei is a 38–year old female with a 10–year history of dizziness, She complained of nausea, palpitation, frequent nausea and vomiting, inability to stand, preference for lateral position, and photophobia. Physical examination revealed bilateral horizontal nystagmus, a regular heart rate (80 per minute), blood pressure 100 / 80, and slight splashing sound in the stomach. She had pale tongue with white and greasy coating. Her pulse wiry. Her condition improved after six doses. No relapse was claimed at a 2–year follow–up.

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1.36 Enuresis

Recipe 1

Nidus Vespae 90 g

Parch and grind the Nidue Vespae into powder. Take 3 g of the powder each time daily before going to sleep.

Indication

Enuresis.

Case Report

Han is 9–year old boy who suffered from enuresis for years. previous treatment of various kinds failed to take any effect. He recovered completely with the administration of this recipe for one month.

Recipe 2

One Fresh Pig Bladder

Clean and steam the bladder without salt or any condiment. Take one bladder daily.

Indication

Enuresis.

Case Report

Wang is a 19–year old male who suffered from enuresis for more than ten years. Previous treatment of many kinds took no effect. His condition improved after six doses of this recipe. Continuous treatmetns with this resulted in full recovery. No relapse was claimed at followups for a half year.

Recipe 3

Seven Crickets

Parch and grind the crickets into powder. Take the powder half an hour before bed time every day.

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Indication

Enuresis.

Case Report

Zhang is a 15–year old boy who had frequent enuresis. Previous medication of various kinds failed to achieve any satisfactory results. Physical examination revealed no abnormalities. He experienced full recovery within five days of administration of this recipe. Only two exertional relapses were claimed at follow–ups for a half year.

Recipe 4

Fructus Amomi	3 g
Furctus Alpiniae Oxyphyllae	3 g

Blend the two herbs and put them into chicken's intestines to be parched and ground into powder. Take one–fifth of the powder at bed time daily.

Indication

Enuresis.

Case Report

Wang is a 4–year old boy who had enuresis every night. Physical examination revealed no abnormalities. His condition improved after five days of administration with this recipe. He recovered completely after another ten days of administration and had no relapse for a half year.

1.37 Uroschesis

Recipe

Seven Mole Crickets and 15 ml of Yellow Rice Wine

Parch and grind the mole crickets into powder. Take the powder with the wine and lukewarm water.

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Indication

Uroschesis manifested by difficulty in urination and distending pain in the lower abdomen.

Case Report

Liu is a 60–year old male who suffered from idiopathic dysuria. He complained, on severe occasions, of uroschesis complicated by distending pain in the lower abdomen. After taking two doses of this recipe, the patient experienced normal urination and the pain disappeared consequently.

1.38 Ejaculatory Incompetence

Recipe

Radix Bupleuri	15 g
Rhizoma Ligustici Chuanxiong	6 g
Radix Paeoniae Alba	10 g
Fructus Aurantii Immaturus	12 g

Decoct the above for oral administration. Take one dose daily.

Indication

Ejaculatory incompetence without any other sexual problems. .

Case Report

Lu is a 25–year old male who had been married for two years. He suffered from ejaculatory incompetence each time during coitus. He claimed to have efflux of semen after sexual acts. His pulse was weak and slow. His tongue pink with thin and white coating. After three doses of this recipe, his condition improved greatly. Another three doses were consequently given, which resulted in his wife's pregnancy four months later.

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1.39 Neurosism

Recipe 1

Fructus Mume	30 g
Folium Arachidis	15 g

Decoct the above for oral administration. Take one dose daily.

Indication

Neurosism marked mainly by insomnia.

Case Report

Zhao is a 32-year old female with a 10-year history of neurosism. She complained of insomnia complicated by palpitation and physical / mental fatigue. Administration of this recipe for two months resulted in her full recovery. No relapse was claimed at follow-ups for a half year.

Recipe 2

Folium Lycii Barbari Recens	30 g

Clean and cut the herb into pieces. Cook them with an egg and take every morning.

Indication

Neurosism marked by dizziness due to deficiency of liver-*Yin* and kidney-*Yin* .

Case Report

Qi is a 49-year old male who had, for five years, dizziness aggravated by mental stress. He also complained of tinnitus, fidgets, amnesia, and soreness of waist. His tongue was red. His pulse wiry and thready. He experienced full recovery with the administration of this recipe for one month.

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Recipe 3

Radix Salviae Miltiorrhizae 250 g

Steep the herb in 1000 ml of liquor for 48 hours. Take 10ml of the liquor every evening.

Indication

Neurosism due to deficiency of both heart and spleen. Symptoms and signs are insomnia, dreaminess, palpitation, amnesia, physical and mental fatigue, pale complexion, pale tongue with thin and white coating, and thready, weak pulse.

Case Report

Zhang is a 47–year old male with a 2–year history of neurosism. He complained of insomnia, dreaminess. palpitation, amnesia, mental fatigue, disinclination to talk,and loss of appetite.His tongue was pink with thin and white coating. His pulse deep and thready. With the administration of this recipe for five days, his condition improved greatly.

Recipe 4

Folium Arachidis 250 g

Decoct it and take as a drink.

Indication

Neurosism marked by insomnia due to deficiency of both heart and spleen.

Case Report

Huang is a 52–year old female who gave a 10–year history of neurosism. She complained of insomnia, dreaminess, palpitation, amnesia, and inability to concentrate. She had pale tongue with thin and white coating. Her pulse was deep, thready and weak. Previous treatment of various kinds failed to take any satis-

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factory effect. She slept well with the administration of this recipe for seven days. All symptoms disappeared after continuous administration for another half a month.

Recipe 5

Radix Ziziphi Spinosae	30 g
Radix Salviae Miltiorrhizae	15 g

Decoct the above for oral administration. Take one half of the decoction each time, twice daily.

Indication

Neurosism marked by insomnia.

Case Report

Xia is a 56–year old male with a 3–year history of insomnia. He also complained of dreaminess, dizziness, amnesia, palpitation, and tiredness. Administration of various kinds of medicines failed to take any satisfactory effect. The patient experienced full recovery with the administration of this recipe for ten days.

Recipe 6

Semen Ziziphi Spinosae	30 g
Cortex Albiziae	30 g

Decoct the above for oral administration. Take one half of the decoction each time, twice daily.

Indication

Neurosism due to stagnation of the liver–*Qi*. Symptoms and signs include insomnia, dreaminess, dizziness, amnesia, fullness of the chest and costal region, pink tongue with thin and white coating, and wiry, thready pulse.

Case Report

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Cao is a 30–year old female who suffered, for seven days, from insomnia and dreaminess initiated by anger. Her condition was complicated by fullness of the chest and costal region, palpitation, and loss of appetite. She had pink tongue with thin and white coating. Her pulse was wiry and thready. Her condition improved remarkably with the administration of this recipe for three days. All symptoms disappeared with continuous administration for another six days.

Recipe 7

Triticum Aestivum	30 g
Semen Sojae Nigrum	30 g
Flos Albiziae	30 g

Wrap Triticum Aestivum and Semen Sojae Nigrum with a piece of cloth. Decoct them with Flos Albiziae into soup(about 200 ml). Take the soup as well as Tritivum Aestivum and Semen Sojae Nigrum.

Indication

Neurosism marked by insomnia due to deficency of liver–*Yin* and kidney–*Yin* . Symptoms and signs include insomnia, palpitation, dizziness, headache, tinnitus, dim eyesight, dry mouth, fidgets, lassitude in loin and knee, pink tongue with thin and white coating,and deep, thready pulse.

Case Report

Wang is a 57–year old female with an 8–year history of neurosism. She complained of dizziness, tinnitus, dryness of the eye, insomnia, and amnesia. She had red, dry tongue without coating, and deep thready pulse. Administration of this recipe for twenty days resulted in an improvement of her condition. All

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symptoms disappeared after anotheer ten days' administration.

Recipe 8

Radix Astragali seu Hedysari	15 g
Radix Codonopsis Pilosulae	18 g
Rhizoma Atractylodis Macrocephalae	9 g
Poria	12 g
Radix Salviae Miltiorrhizae	15 g
Semen Ziziphi Spinosae	30 g
Radix Polygalae	9 g
Arillus Longan	9 g
Radix Angelicae Sinensis	9 g
Radix Glycyrrhizae	9 g

Decoct the above for oral administration. Take one dose daily.

Indication

Neurosism due to deficiency of both heart and spleen. Symptoms and signs include dizziness, tiredness, insomnia, dreaminess, palpitation, loss of appetite, pale tongue with thin and white coating, and deep, thready pulse.

Case Report

Li is a 48–year old female with a 2–year history of neurosism, which was aggravated each time by exertion. She complained of insomnia, dreaminess, tiredness, dizziness, tinnitus, palpitation, and shortness of breath. Her tongue was pale with thin and white coating. Her pulse deep, thready and weak. Previous treatment of various kinds failed to take any satisfactory effect. The patient experienced an alleviation of her symptoms after three doses. Another eighteen doses were consequently

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prescribed, which resulted in full recovery. No relapse was claimed at a 1–year follow–up.

Recipe 9

Radix Salviae Miltiorrhiza	9 g
Radix Pittospori	9 g
Radix Bupleuri	12 g
Poria	15 g
Cortex Moutan Radicis	9 g
Rhizoma Cyperi	9 g
Pericarpium Citri Reticulatae	9 g
Cortex Albiziae	15 g

Decoct the above for oral administration. Take one dose daily.

Indication

Neurosism due to incoordination between the liver and the spleen. Symptoms and signs include headache, dizziness, palpitation, insomnia, dreaminess, fidgets, fullness of the chest, gastric discomfort with acid regurgitation, pink tongue with thin and yellow coating, and wiry, rapid pulse.

Case Report

Wang is a 38–year old female who suffered, for a half year, from dizziness and insomnia which were aggravated each time by emotional stress. In addition to the above symptoms, she recently complained of headache, fullness of the chest relieved by belching, and gastric discomfort with acid regurgitation. Her tangue was red with thin and yellow coating. Her pulse wiry and thready. She experienced an alleviation of all the symptoms except gastric discomfort after taking six doses of this recipe. 9 g of

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Fructus Aurantii was added each time to this decoction for continuous administration of another six days, which resulted in the disappearance of all symptoms.

Recipe 10

Fructus Mori	30 g
Fructus Lycii	15 g
Radix Polygoni Multiflori	24 g
Semen Ziziphi Spinosae	30 g
Bulbus Lillii	30 g
Fructus Schisandrae	9 g
Fructus Ligustri Lucidi	12 g
Radix Salviae Miltiorrhizae	15 g
Os Draconis	30 g

Decoct the above for oral administration, Take one dose daily.

Indication

Neurosism due to deficiency of liver–*Yin* and kidney–*Yin*. Symptoms and signs include insomnia, dreaminess, tinnitus, dim eyesight, amnesia, dizziness, lassitude in loin and knee, nervousness, fidgets, dry mouth, red tongue without coating, and deep, thready pulse.

Case Report

Zhang is a 34–year old female who gave a 2–year history of neurosism. She complained of insomnia, dreaminess, palpitation, nervousness, dizziness, tinnitus, fidgets, amnesia, soreness of waist, and tiredness. Her tongue was red without coating. Her pulse deep and thready. She slept well after taking six doses of this recipe All symptoms disappeared after another twenty doses.

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1.40 Schizophrenia

Recipe

Radix et Rhizoma Rhei	125 g

Put the herb with 30 ml of liquor in a pot. Leave them for one night. Add 400 ml of water into the pot the next morning and decoct over an intense fire. Filter the decoction as soon as it boils. The decoction is to be taken warm at 1–week intervals for four doses(one course).

Indication

Mania marked by hyperphrenia, paraphasia, and alternating crying and laughing.

Case Report

Liu is a 17–year girl who suffered from menia initiated by a quarrel. Her symptoms included hyperphrenia, paraphasia(reticence at the initial stage), and alternating crying and laughing. She experienced full recovery after one course of treatment with this recipe. No relapse was claimed at a 5–year follow–up.

1.41 Hemiparalysis

Recipe

Lumbricus	450 g
Scolopendra	12 g
Radix Angelicae Dahuricae	180 g

Grind the above into powder. Take 9 g of the powder each time with yellow rice wine, three times daily.

Indication

Hemiparalysis caused by cerebrovascular accident. Symp-

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toms and sighs include hemiparalysis, slurred speech, deviation of the eye and mouth, numbness of hands and feet, aching pain in the joints, thin, white tongue coating, and wiry pulse.

Case Report

Li is a 60–year old male who had, for one day, an onset of numbness of the right side of the body, deviation of the eye and mouth, and slurred speech. After ten days of treatment with this recipe, he had complete recovery. Follow–ups for three months revealed no relapse.

1.42 Migraine

Recipe 1

Radix Angelicae Dahuricae	150 g
Flos Chrysanthemi	150 g

Grind them into powder. Make water–paste pills out of the powder. Take 6 g of the pills each time, three times daily.

Indication

Migraine due to stagnation of lucid *Yang* caused by up–stirring of pathogenic wind. Symptoms and signs include migraine aggravate by wind, thin, white tongue coating, and floating pulse.

Case Report

Wang is a 50–year old female who had migraines aggravated by wind for a half year. Previous treatment of various kinds failed to take any effect. She had pink tongue, floating and rapid pulse, and no thirst. After three days of treatment with this recipe, her condition improved. Continuous treatment for another three days resulted in full recovery.

Recipe 2

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Rhizoma Ligustici Chuanxiong 6 g

Decoct it with tea 2 g for oral administration. Take one dose daily.

Indication

Migraine.

Case Report

Song is a 43–year old female with a 3–year history of migraines. Previous treatment of various kinds failed to achieve any results. She had complete recovery after fifteen doses of this recipe.

1.43 Myofibrositis of the Lumbar Muscles

Recipe

Rhizoma Atractylodis Macrocephalae	30 g
Semen Coicis	60 g

Decoct and take one dose daily.

Indication

Myofibrositis of the lumbar muscles due to disturbance of the spleen–*Yang* resulted from arthralgia caused by cold–dampness. Symptoms and signs include lumbago and heaviness of the body, which may be aggravated by wet weather and in lying positions, and which may be alleviated by exertion; the tongue is pink with thin and greasy coating, and the pulse deep and thready.

Case Report

Guo is a 46–year old female with a 5–year history of lumbago. No abnormal findings were revealed by repeated blood examinations. Lumbar films normal. Administration of antirheumatics failed to achieve any results. Her recent complaints included lum-

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bago, heaviness of the waist, lassitude in the knee, and tiredness, all of which were aggravated by wet weather. She had pale, swollen tongue with white and greasy coating. Her pulse was deep and thready. After fifteen doses, the patient had complete recovery.

1.44 Neuralgia

Recipe

Flos Carthami	60 g
Caulis Aristolochiae Manshuriensis	30 g

Steep the above in 100 ml of liquor for ten days, 10 ml of which is taken each time, three times daily.

Indications

Sciatica and rheumatic arthritis marked by numbness of the limbs and lumbocrural pain.

Case Report

Liu is a 32–year old male who suffered from sciatica for five months. Previous treatment of various kinds failed to achieve any results. After twenty days of administration of this recipe, the patient had complete recovery.

1.45 Scapulohumeral Periarthritis

Recipe 1

Scorpio	15 g
Daemonorops Draco	15 g

Grind the above into powder. Put the powder with 250 ml of liquor into a pig bladder and shake. Place the bladder as a compress on the affected area of the shoulder and leave it until the liquor is volatilized.

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Indication

Scapulohumeral periarthritis.

Case Report

Jiang is a 54–year old male who had scapulohumeral periarthritis for two months, which was marked by difficult extension of the shoulder. He had complete recovery after two treatments with this method.

Recipe 2

Radix Astragail seu Hedysari	30 g
Radix Rehmanniae	15 g
Flos Lonicerae	30 g
Herba Taraxaci	15 g
Radix Angelicae Sinensis	12 g
Radix Paeoniae Rubra	10 g
Radix Salviae Miltiorrhizae	30 g
Radix Cyathulae	20 g
Fructus Chaenomelis	20 g
Flos Carthami	10 g
Semen Persicae	10 g
Resina Olibani	6 g
Myrrha	6 g
Radix Glycyrrhizae	6 g

Decoct the above for oral administration. Take one half of the decoction each time, twice daily.

Indication

Omalgia marked by pain and difficult extension of the shoulder and arm.

Case Report

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Fan is a 40–year old male who suffered pain and difficult extension of the right shoulder and arm for ten months. He had complete recovery after taking fifteen doses of this recipe.

1.46 Facial Paralysis

Recipe 1

Semen Ricini 7 pieces

Pestle the herb into paste. Apply the paste to the affected area.

Indication

Facial paralysis due to wind–cold evil. Symptoms and signs include sudden onset of discomfort of one side followed by deviation of the eye and mouth(twisting of the face to the unaffected side), no expression on the affected side of the face, disappearance of wrinkles on the forehead, enlarged palpebral fissure of the affected side, shallowed nasolabial groove, pink tongue with thin and white coating, and wiry, thready pulse.

Case Report

luo is a 22–year old male who had, for two days, numbness of the left side of his face, which was initiated by a drenching of rain. Physical examination revealed a disappearance of wrinkles on the left portion of his forehead, enlarged left palpebral fissure, twisting of the face to the right, inability to move his mouth and close his left eye, pink tongue with thin, white coating, and wiry, thready pulse. His condition improved after taking seven doses of this recipe. All symptoms disappeared after another ten doses.

Recipe 2

Piper Nigrum 7 pieces

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Sulphur 0.5 g

Grind the above into powder. Wrap the powder with a piece of gauze and put it into the nostril on the affected side of the face. Replace the piece of gauze every day.

Indication

Facial paralysis.

Case Report

Yu is a 29–year old female who suffered numbness of the right side of her face for three days. Physical examination revealed twisting of the face to the left, pink tongue with thin and white coating, and deep, thready pulse. The patient had complete recovery after fifteen days of treatments with this recipe.

Recipe 3

Eel Blood

Apply the blood on the face from the left to the right in case of twisting to the left and vice versa.

Indication

Facial paralysis.

Case Report

Wang is a 23–year old male who had, for two days, numbness of the left side of his face, followed by inability to close his left eye, and twisting of the face to the right. He had pink tongue with thin and white coating, and wiry pulse. In addition to the administration of *Qian Zheng San*(2 g each time, three times daily), this method was applied twice. The patient had complete recovery within fifteen days.

Recipe 4

Mylabris 2 pieces

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Semen Crotonis	3 pieces

Grind the above into powder. Mix the powder with vinegar to make paste, which is applied to the affected side of the face. Remove the paste when a burning sensation is felt.

Indication

Facial paralysis.

Case Report

Mao is a 25–year old male who had twisting of his face to the left for two days. He was unable to close his right eye and slobbered from the right side of the mouth. He had complete recovery after two treatments at a 7–day interval.

Recipe 5

Rhizoma Typhonii	24 g
Bombyx Batryticatus	9 g
Scorpio	9 g
Rhizoma seu Radix Nolopterygii	9 g

Decoct the above for oral administration. Take one dose daily.

Indication

Facial paralysis due to wind–cold evil. Symptoms and signs include sudden onset of deviation of the eye and mouth, inability to close the eye, pink tongue with thin and white coating, and wiry, tense pusle.

Case Report

This 48–year old woman suffered from numbness of the right side of her face and twisting of her face to the left for four days. She had shallowed nasolabial groove and was unable to close her right eye. Her condition improved after taking three

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doses of this recipe. All symptoms disappeared after another twelve doses.

1.47 Prosopalgia

Recipe 1

Semen Plantaginis	12 g
Radix Scutellariae	9 g
Rhizoma Alismatis	9 g
Caulis Aristolochiae Manshuriensis	9 g
Radix Rehmanniae	15 g
Fructus Liquidambaris	12 g
Radix Pittospori	6 g
Radix Gentianae	45 g
Radix Glycyrrhizae	3 g

Decoct the above for oral administration. Take one dose daily.

Indication

Prosopalgia due to dampness and heat of the Liver channel. Symptoms and signs include paroxysmal twinge of the face, bitter taste in the mouth, fidgets, dark urine, dry stool, red tongue with yellow coating, and wiry pulse.

Case Report

Sun is a 38–year old male who had repeated onsets (several times a day) of twinge in the right supramaxillary part for one year. Previous treatment of various kinds failed to take any effect. He also complained of bitter taste in the mouth, fidgets, distending pain of the head, dark urine, and dry stool. His tongue was red with yellow and greasy coating. His pulse wiry and rapid.

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His condition improved after three doses of this reciope. He had complete recovery after another fourteen doses.

Recipe 2

Radix Ligustici Chuanxioung	15 g
Herba Schizonepetae	10 g
Radix Ledebouriellae	10 g
Herba Asari	3 g
Radix Angelicae Dahuricae	15 g
Herba Menthae	10 g
Rhizoma Cyperi	15 g
Radix Angelicae Pubescentis	15 g
Rhizoma Typhonii	10 g
Rhizoma seu Radix Nolopterygii	15 g
Bombyx Batryticatus	15 g
Rhizoma Gastrodiae	15 g
Radix Aconiti	5 g
Rhizoma et Radix Ligustici	15 g
Radix Glycyrrhizae	15 g

Decoct the above for oral administration. Take one dose daily.

Indication

Prosopalgia.

Case Report

Wu is a 40—year old male who suffered from prosopalgia, which failed to improve with various previous treatments. His condition improved after taking three doses of this recipe. He experienced full recovery after another five doses.

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1.48 Intercostal Neuralgia

Recipe

Radix Bupleuri	9 g
Fructus Aurantii Immaturus	9 g
Radix Curcumae	12 g
Radix paeoniae Alba	12 g
Fructus Meliae Toosendan	12 g
Retinervus Luffae Fructus	9 g
Fructus Trichosanthis	12 g

Decoct the above for oral administration. Take one dose daily.

Indication

Intercostal neuralgia due to stagnation of the liver–*Qi*. Symptoms and signs include distending pain of the chest and costal region, which radiates toward shoulder and back, and which aggravates with emotional stress; pink tongue with thin and white coating, and wiry pulse.

Case Report

Yang is a 32–year old female who suffered from repeated onsets of pain in the right costal region for one year. Her pain was aggravated lately, radiating toward the right shoulder and back. Chest X–rays and ultrasonic examination were negative. Her condition improved greatly after three doses of this recipe. She had complete recovery after another five doses.

1.49 Epilepsy

Recipe 1

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Cinnabaris	3 g
Pollen Typhae	9 g

Grind them with seven parched male cicadas into powder. Take the powder at bed time each day. For children of 2–7 years old, take 2 g of the powder each time; and for those of 8–14 years old, take 3 g. One course of treatment takes ten days.

Indication

Epilepsy due to liver–wind and stagnation of phlegm. Symptoms and signs include trance, or even faint with superduction, slobbering, and tic in the limbs.

Case Report

Zhang is a 40–year old female who had suffered from epilepsy since childhood. She complained of frequent attacks of fainting, accompanied with slobbering, superduction, and tic in the limbs. She had complete recovery after two courses of treatment.

Recipe 2

One Snake

Starve a white cock for two days. Kill and cut the snake into small pieces. Feed the cock with the pieces and collect its white stool. Dry and grind the stool into powder. Take 5 g of the powder each time with brown sugar water, once daily.

Indication

Epilepsy.

Case Report

Zhang is a 19–year old male who had epilepsy for four years. previous treatment of various kinds failed to achieve any results. He recovered completely with the administration of this recipe for

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three months. No relapse was claimed at follow–ups for a half year.

Recipe 3

Larval Hornet	7–10 g

Fry the larval insects with cottonseed oil and take once daily.

Indication

Epilepsy.

Case Report

Luo is a 14–year old boy who suffered from a paroxysmal tic for nearly two months. He had frequent episodes recently for nearly ten days, marked by sudden fainting, slobbering, and superduction. EEG confirmed the diagnosis of epilepsy. He experienced fewer episodes with the administration of this recipe for a half month. He had complete recovery after another two months of administration. No relapse was claimed at follow–ups for a half year.

Recipe 4

Borax	0.5 g

Take it following its infusion with water three times daily for 2–3 months.

Indication

Epilepsy.

Case Report

Chen is a 18–year old young man who fell and was wounded in the head at the age of eight. He suffered from sudden fainting induced by exertion or emotional stress, accompanied with tic in the limbs, lockjaw, slobbering, or even incontinence of urine, which lasted each time for 3–5 minutes. He had increasing epi-

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sodes for one year and was diagnosed in several hospitals with epilepsy. Previous treatment of various kinds failed to take any effect. He experienced no episode with the administration of this recipe for two months and had no relapse after another month of administration.

Recipe 5

Alumen 150 g

Grind it into powder, of which 5 g is taken each time after meals in the morning and in the evening. One course of treatment takes respectively twenty days, one month and three months for those who have had the disease for less than two months, more than two months but less than a half year, and more than one year.

Indication

Epilepsy due to stagnation of phlegm. Symptoms and signs include fullness of the chest, tiredness, and dizziness followed by sudden fainting, tics, slobbering, or shrill crying, urinary and fecal incontinence, white and greasy tongue coating, and wiry, slippery pulse.

Case Report

Wang is a 18–year young man who had, for two years, frequent episodes of epilepsy (about ten times per month) marked by sudden fainting with slobbering which lasted each time for 5–10 minutes. He had pink tongue with white and greasy coating. His pulse was slippery. EEG confirmed the diagnosis of epilepsy. His condition improved increasingly with the administration of this recipe for three months. He has experienced no rrelapse so far for five years.

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Recipe 6

Borneolum	9 g
Radix et Rhizoma Rhei	60 g
Faeces Trogopterorum	30 g
Os Draconis	50 g
Concha Ostreae	50 g
Moschus	1 g
Cornu Saigae	3 g
Daemonorops Draco	20 g

Grind the above into powder, which is divided into sixty portions. Take one portion after each meal.

Indication

Epilepsy due to accumulation of phlegm and heat. Symptoms and signs inlcude sudden fainting, tic in the limbs, and slobbering. The patient usually complains of fidgets, insomnia, bitter taste in the mouth, and dry stool; and the tongue is red with yellow and greasy coating, the pulse wiry, slippery and rapid.

Case Report

Liu is a 22–year old male who had, for two years, frequent episodes of epilepsy marked by sudden fainting, slobbering, tic in the limbs, and incontinence of urine. He also complained of fidgets, bitter taste in the mouth, dry stool, and dark urine. He had red tongue with yellow and greasy coating. His pulse was wiry, slippery and rapid. His condition improved after one month of administration of this recipe. He had complete recovery after another two months of administration. No relapse was reported at a 2–year follow–up.

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1.50 Iron–deficiency Anemia

Recipe

Melanterite	250 g
Fructus Ziziphi Jujubae	500 g
Radix Angelicae Sinensis	90 g
Rhizoma Ligustici Chuanxiong	30 g

Decoct first Radix Angelicae Sinensis and Rhizoma Ligustici Chuanxiong in 500 ml of water. Filter the decoction and put into it Fructus Ziziphi Jujubae and Melanterite. Decoct again. Take one piece of Fructus Ziziphi Jujubae each time, three times daily.

Indication

Iron–deficiency anemia.

Case Report

Meng is a 18–year old female who suffered from dizziness, loss of weight, tiredness, and loss of appetite. The liver and spleen were not palpable. White blood cell count was 8,500 / mm. Hematochrome 6 gram / 100 ml. After 34 days of administration of this recipe, hematochrome was 12.5 gram / 100 ml and all symptoms disappeared.

1.51 Allergic Purpura

Recipe 1

Fructus Ziziphi Jujubae	15 pieces
Redix Glycyrrhizae	9 g

Decoct them for oral administration. Take one half of the decoction each time, twice daily.

Indication

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Allergic purpura due to insufficiency of the spleen. Symptoms and signs include papuloid purpura of the lower limbs, tiredness, accompanied sometimes with nausea and vomiting, pale tongue with thin and white coating, and deep, thready pulse.

Case Report

Jin is a 16–year old girl who had frequent onsets of papuloid purpura of the lower limbs for more than two years. Her condition was lately aggravated after eating periwinkles, marked by patches of hemorrhagic spots of lower limb accompanied with abdominal pain, nausea, vomiting, tiredness, and loss of appetite. Her tongue was pink with thin and white coating. Her pulse deep and thready. Blood examination normal. After three days of treatment with this recipe, she experienced an alleviation of her symptoms. All spots disappeared after another month of administration.

Recipe 2

Semen Arachidis	10 pieces
Fructus Zuzuogu Hyhybae (cooked and core–removed)	4 pieces

pestle them into paste, one–third of which is taken each time, three times daily.

Indication

Allergic purpura.

Case Report

Cao is a 28–year old male who had allergic purpura for three years. His condition would aggravate each time with cold, marked by purplish discolorations on the lower limb. Blood examinations were normal. After forty days of administration of

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this recipe, the discolorations disappeared. He has had no relapse so far.

Recipe 3

Folium Kaki	30 g

Decoct it for oral administration. Take one half of the decoction each time, twice daily.

Indication

Allergic purpura.

Case Report

Shen is a 18–year old young lady who had purplish discolorations on the lower limb for three days. Blood examination normal. All her discolorations disappeared after twenty days of administration of this recipe.

1.52 Diabetes Insipidus

Recipe 1

Radix Astragali seu Hedysari	30 g
Rhioma Atractylodis Macrocephalae	15 g
Pericarpium Citri Reticulatae	9 g
Rhizoma Cimicifugae	6 g
Radix Bupleuri	6 g
Radix Codonopsis Pilosulae	30 g
Radix Angelicae Sinensis	15 g
Fructus Alpiniae Oxyphyllae	15 g
Ootheca Mantidis	30 g

Decoct the above for oral administration. Take one dose daily.

Indication

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Diabetes insipidus due to deficiency of *Qi* in middle–*Jiao*. Symptoms and signs also include freguent micturition, excessive thirst, dryness of skin, loss of weight, disinclination to talk, dry and pink tongue with thin and white coating, and weak pulse.

Case Report

Wang is a 44–year old male who had, for one year, excessive thirst and frequent micturition, which showed excerbation for two months. He drank 4–5 liters of water and urinated about the same amount every day. He also complained of tiredness, dryness of skin, and disinclination to talk. His tongue was pink with thin and white coating. His pulse was weak and thready. Specific gravity of urine was 1.005. His condition improved after six doses with a daily water intake of 3 liter. Complete recovery was achieved after another sixteen doses.

Recipe 2

Radix Rehmenniae Praeparata	30 g
Rhizoma Dioscoreae	12 g
Poria	12 g
Rhizoma Alismatis	12 g
Fructus Moutan Radicis	12 g
Cortex Moutan Radicis	12 g
Radix Aconiti Praeparata	15 g
Cortex Cinnamomi	6 g
Cotheca Mantidis	15 g
Fructus Bubi	15 g
Fructus Schisandrae	9 g

Decoct the above for oral administration. Take one half of the decoction each time, twice daily.

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Indication

Diabetes insipidus due to deficiency of kidney–*Yang*. Symptoms and signs include excessive thirst, frequent micturition, pale complexion, lassitude in loin and knee, pale tongue with white coating, and deep, weak pulse.

Case Report

Lei is a 46–year old male who complained of excessive thirst and drinking about ten thermoses of water per day for three months. He was diagnosed in another hospital with diabetes insipidus. Previous treatment of various kinds failed to take any effect. He also complained of soreness of the waist, tiredness, cold limbs, aversion to cold, and frequent micturition. He had pale complexion, pale tongue with white coating, and deep, weak pulse. After twenty days of treatment with this recipe, the patient experienced a remarkable alleviation of his symptoms. Complete recovery was achieved after another half a month of administration.

Water–paste pills made out of this recipe were consequently prescribed, of which 9 g was taken each time, three times daily. No relapse was claimed at a 5–year follow–up.

Recipe 3

Seven Silkworm Cocoons and Tea 3 g

Steep them in boiling water and take as a drink. Replace the tea every day and the cocoons every three days.

Indication

Diabetes insipidus marked by excessive thirst, loss of weight, frequent micturition, and hyposthenuria.

Case Report

Hua is a 40–year old male who suffered from excessive thirst

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and progressive loss of weight for one year. He developed an aggravation of his symptoms in the past month, drinking about ten thermoses of water and urinating the same amount every day. He also complained of axillary trichomadesis and tiredness. Vasopressin test was positive. Blood sugar 110 mg%. Examination of the sugar in the urine negative. His condition improved after two months of treatment with this recipe.

1.53 Diabetes

Recipe 1

Cortex Lycii Radicis 50 g

Decoct it in 1000 ml of water over a slow fire. Take the decoction frequently as a drink.

Indication

Diabetes due to deficiency of *Yin*. Symptoms and signs include polydipsia, polyphagia, polyuria, loss of weight, red tongue without coating, and thready, rapid pulse.

Case Report

Zhao is a 54—year old male who suffered from diabetes for one year. Previous treatment of various kinds failed to achieve any results. His condition was marked by polydipsia, polyphagia, polyuria, loss of weight, red tongue without coating, and thready, weak pulse. Fasting blood—glucose was 240 mg%. Fasting urine—glucose 4 plus. After one month of treatment with this recipe, all symptoms disappeared with negative urine—glucose and fasting blood—glucose of 130 mg%. No relapse was claimed at follow—ups for a half year.

Recipe 2

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Herba Potentilla Discoloris	60 g

Decoct it in 1000 ml of water and take frequently as a drink.

Indication

Diabetes due to excessive heat in the lung and stomach. Symptoms and signs include polydipsia, polyorexia, dry stool, red tongue with dry, rough and yellow coating, and wiry, slippery pulse.

Case Report

Wang is a 52-year old female who suffered from diabetes for ten years, which was recently aggravated by exertion. She complained of excessive thirst and appetite, frequent micturition,and dry stool. Her tongue was red with dry, rough and yellow coating. Her pulse slippery and rapid. Fasting blood-glucose was 190 mg%. Urine-glucose 4 plus. After administration of this recipe for a half month, all symptoms disappeared with negative urine-glucose and fasting blood-glucose of 110 mg%.

Recipe 3

Os Draconis	60 g
Poria	120 g
Galla Chinensis	300 g

Grind them into powder to make water-paste pills. Take 6 g of the pills each time, three times daily.

Indication

Diabetes due to hyperactivity of the liver-*Yang* and insufficiency of the spleen-*Qi*. Symptoms and signs include fidgets, dizziness, insomnia, dry mouth, tiredness, loose stool, enlarged tongue, and wiry, slow pulse.

Case Report

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Han is a 61–year old male who had diabetes for five years. He complained of fidgets, dizziness, insomnia, dry mouth, loss of weight, loose stool, and tiredness. Fasting blood–glucose was 280mg% and urine–glucose 4 plus. After two months of treatment with this recipe, the patient's condition improved greatly with negative urine–glucose and fasting blood–glucose of 150 mg%. With the administration of this recipe for another month, fasting blood–glucose returned to normal.

Recipe 4

Semen Astragali Complanati 30 g

Decoct it and take after breakfast and again after supper. One course of treatment takes ten days. 3–5 courses at 10–day intervals are advised.

Indication

Diabetes due to consumption of the kidney–*Yin*. Symptoms and signs include polyuria with thick suspension, loss of weight, tiredness, lassitude in loin and knee, excessive thirst, pink tongue with thin and white coating, and thready, weak pulse.

Case Report

Huang is a 48–year old male who suffered from diabetes for more than five years. He complained of polyuria with thick suspension, loss of weight, tiredness, dry mouth, excessive thirst, and lassitude in the loin and knee. His tongue was pink with thin and white coating. His pulse deep and thready. Fasting blood–glucose was 180 mg%. Urine–glucose quanlitative test for 24 hours 19.6 grams. Urine–glucose 3 plus. Test of ketone in urine negative. After four courses of treatment, the patient's condition improved significantly with fasting blood–glucose of 138 mg%, urine–glu-

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cose 1 plus, and urine–glucose quanlitative test for 24 hours 5.6 grams.

Recipe 5

Thirty Crickets

Parch and grind them into powder, which is divided into ten portions. Take one portion each time every day with yellow rice wine, three times daily.

Indication

Diabetes due to consumption of the kidney–*Yin*.

Case Report

Yang is a 56–year old female who suffered from diabetes for ten years, which was aggravated lately by exertion. She complained of polydipsia, polyuria, lassitude in loin and knee, and loss of weight. Her tongue was red and dry with thin and yellow coating. Her pulse deep and thready. Fasting blood–glucose was 196 mg% and urine–glucose 3 plus. After ten days of administration of this recipe, the patient's condition improved with fasting blood–glucose of 130 mg% and urine–glucose 1 plus. Blood–glucose returned to normal and urine–glucose disappeared after another ten days of administration.

Recipe 6

Halloysitum Rubrum	90 g

Pestle and mix it with a pounded pig pancreas to make pills, either of which weighs ten grams. Take one pill each time, three times daily.

Indication

Diabetes.

Case Report

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Zhang is a 60–year old male who was referred because of obesity. He had no other abnormalities. Fasting blood–glucose was 160 mg%. Glucose in urine 2 plus. Test of ketone in urine negative. After one month of treatment with this recipe, fasting blood–glucose was 110 mg% and fasting glucose in urine negative.

Recipe 7

Rhizoma Dioscoreae	150 g
Radix Trichosanthis	150 g

Decoct them twice into a soup of 600 ml. Take 200 ml of the soup each time, three times daily.

Indication

Diabetes due to excessive dryness–heat in the lung and stomach. Symptoms and signs include excessive thirst and appetite, loss of weight, tiredness, fidgets, dry stool, red tongue with dry, rough and yellow coating, and wiry, rapid pulse.

Case Report

Niu is a 32–year old male who suffered from diabetes for four years. He complained of excessive thirst and appetite, loss of weight, and dry stool. His tongue was red with thin and yellow coating. His pulse wiry and slippery. After six days of treatment with this recipe, his condition improved greatly. He experienced full recovery from his symptoms with blood–glucose of 130 mg% and urine–glucose 1 plus within another twelve days of treatment.

Recipe 8

Radix Rehmanniae Praeparata	30 g
Fructus Corni	15 g

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Rhizoma Dioscoreae	60 g
Radix Trichosanthis	60 g

Decoct the above for oral administration. Take one half of the decoction each time, twice daily.

Indication

Diabetes due to deficiency of *Yin* fluid of both the lung and the kidney. Symptoms and signs include polyuria with thick suspension, dry mouth, excessive appetite, lassitude in loin and knee, itching, red tongue without coating, and thready, rapid pulse.

Case Report

Din is a 26–year old male who suffered from diabetes for two years, which showed excerbation recently. He comlained of excessive appetite, lassitude in loin and knee, and polyuria with thick suspension. His pulse was thready and rapid. Blood–glucose was 160 mg%. Urine–glucose 3 plus. Urine–glucose quanlitaive test for 24 hours 31 grams. The patient experienced progressive improvement of his condition with the admininstration of this recipe. All symptoms disappeared and laboratory test were normal after one month of treatment.

1.54 Exophthalmos of Hyperthyroidism

Recipe

Herba Taraxaci	60 g
Spica Prunellae	30 g

Decoct them for oral administration. Take one half of the decoction each time, twice daily. Decoct the drugs again to steam the eye.

Indication

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Exophthalmos of hyperthyroidism due to flaming–up of the liver–fire. Symptoms and signs include exophthalmus, photophobia, lacrimation, fidgets, aversion to heat, hyperhidrosis, bitter taste in the mouth, dizziness, insomnia, thin and yellow tongue coating, and wiry, rapid pulse.

Case Report

Li is a 47–year old female who suffered, for a half year, from fidgets, sweating, excessive appetite and loss of weight. She was diagnosed in another hospital as having diabetes and was treated with tapazoles and carbimazoles, which failed to achieve any results. Her condition was marked by exophthalmus, photophobia, lacrimation, fidgets, sweating, aversion to heat, tiredness, loss of weight, yellow and greasy tongue coating, and wiry, rapid pulse. Laboratory tests revealed $T_3$7.6 ng / ml, $T_4$21 μg / dl. Administration of this recipe for a half month resulted in a remarkable alleviation of her symptoms and a decrease in $T_3$and T_4levels. She had complete recovery with the administration for another half month.

(by Zhou Xing)

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2 Surgical Diseases

2.1 Furuncles

Recipe 1

Flos Chrysanthemi Indici	30 g
Herba Violae	30 g
Herba Taraxaci	30 g
Cortex Moutan Radicis	12 g
Radix Glycyrrhizae	9 g
Radix Paeoniae Rubra	15 g

Decoct the above for oral administration. Take one half of the decoction each time, twice daily.

Indication

Furuncles due to stagnation of pathogenic heat caused by stasis of vital energy and blood. Symptoms and signs are inflammation of some parts of the body, accompanied sometimes by fever, aversion to cold and rapid pulse.

Case Report

Zhang, a 25-year old male, had constant furuncles on his face for two months, accompanied occasionally by fever. Oral administration of antibiotics failed to have any effect. Physical examination revealed a bean-sized reddish furuncle with purulent core in its center on his right cheek. He had thin and yellowish tongue coating and rapid pulse. The patient recovered after taking six decoctions of this recipe.

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Recipe 2

Bulbus Allii Fistulosi	100 g
Mel	100 g

Smash the above into paste. Apply it on the affected part of the body with antiseptic gauze, twice daily.

Indication

Furuncles of initial stage marked by reddishness, swelling and pain.

Case Report

Li, a 35 year–old male, had a furuncle on the back of his neck for three days accompanied with fever and pain. His condition aggravated increasingly, marked by insomnia, inability to move his head and poor appetite. Physical examination revealed a pegion egg–sized furuncle at the center of his nape. The surrounding area was swollen and hard. He had reddish tongue with thick white coating and full pulse. The diagosis was Nape Furuncle. After he used this paste for two days his furuncle became smaller. On the fourth day the furuncle was completely disappeared. No relapse was claimed at follow–ups .

2.2 Felon

Recipe

Realgar	10 g
Alumen	10 g
Venenum Bufonis	1 g
Scolopendra	1 piece

Grind the above into very fine powder, 3 g of the which is put into a pig–bladder(or an egg with one end broken). Insert the

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affected finger into the bladder or egg, which are replaced by new ones when the mixture inside dries up.

Indication

Felon due to stagnation of *Qi* and blood caused by injury and pathogenic toxin. Symptoms and signs are reddishness, swelling, sensation of burning, serious jumping pain, or suppuration on finger tip.

Case Report

Guan, a 34—year old male, was stabbed on his right thumb four days before. On the next day his injured thumb began to swell with distending pain. There was no sign of improvement after the injection of penicillin and streptomycin. On the third day of his injury the whole affected thumb became swollen and there was a red line on the skin stretching from the wound to the arm. His body temperature was 39℃. He also complained of nausea, vomiting, and poor appetite. The paste was applied on the thumb while he continued to receive the injection of pencillin and streptomycin, which resulted in obvious abatement of his pain. In two days his temperature became normal and his vomiting stopped. Despite the disappearance of swelling and the red line, the patient still had a feeling of distension and tenderness on his thumb. With the administration of this method for another eight days, the patient recovered.

2.3 Erysipelas

Recipe

Flos Lonicerae	30 g
Radix Paeoniae Rhbra	9 g
Radix Scutellariae	6 g

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Fructus Forsythiae	24 g
Herba Schizoneptae	3 g
Fructus Gardeniae	9 g
Bambusa Breviflora	6 g
Fructus Aurantii Immaturus (decocted later)	4.5 g
Radix et Rhizoma (decocted later)	3 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Erysipelas due to external affection caused by the evil wind and pathogenic heat stagnating in blood. Symptoms and signs are sudden onset of localized bright red coloration, buring heat sensation and swelling of the skin accompanied by fever, headache, thirst, nausea, vomiting, greasy and yellowish tongue coating, and superficial and rapid pulse.

Case Report

Li,a 30 year–old female, had a feeling of insect–creeping on her face three days before. Her facial skin was bright red with pain and itching.She also complained of fever,aversion to cold,headache,vomting,constipation,and a feeling of oppression in the chest and rib.Physical examination revealed three sheet–mica–like areas respectively on her eyelids,forehead and nose bridge,which were bright red in color.Her body temperature was 38.3℃ .Her tongue was red without coating.Her pulse was rapid and superficial.She was diagnosed as having Erysipelas Faciei which was caused by stagnation of pathogenic heat in blood with external affection of evil wind.After oral administra-

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tion of this recipe for three days her fever and chilly disappeared.Taking another six decoctions,the patient recovered completely.No relapse was claimed at follow-ups for half a year.

2.4 Acute Lymphnoditis

Recipe

Radix Pulsatillae	100 g
Pericarpium Citri Reticulatae	6 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Acute lymphnoditis due to stagnation of evil heat and toxin which affects channels and blood vessels. Symptoms and signs are: swollen and reddish lymph nodes in neck,armpit and groin, pain and obvious tenderness, accompanied sometimes by fever, aversion to cold and loss of appetite.

Case Report

Chang, a 15-year old girl, had swollen and painful lymph nodes in both sides of her neck for four days. Her body temperature was 39°-40°C. There was no effect after the treatment with kanamycin(she was allergic to penicillin and streptomycin).She recovered after oral administration of this recipe for four days.

2.5 Tuberculous Lymphadenitis

Recipe

Scolopendra	30 pieces
Scorpio	100 g
Semen Sinapis Albae	15 g

Grind the above into very fine powder, which is put

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respectively in thirty packs. Pour one pack of the powder into an egg and stir. Steam and eat the egg,twice daily. One course lasts for thirty days.

Indication

Tuberculous lymphadenitis due to stagnation of *Qi* and phlegm which leads to blockage of channel. Phlegm combining with pathogenic fire forms scorfulaso which is characterized by one or many swollen lymph nodes, which are movable and not painful. The swollen lymph nodes will connect with each other and soften later. The skin affected will become dark red and have abscesses or ulcers on it. The other symptoms and signs are: hectic fever, night sweat, poor appetite and tiredness.

Case Report

Wang, a 22 year old female, had a date–sized and two almond–sized masses on the right side of her neck for more than a year. She was diagnosed as having tuberculous lymphadenitis in both the county and district hospitals. There was no effect after she was treated with isoniazid and streptomycin for more than half a year. With the administration of this recipe for one month, the masses disappeared. No relapse was claimed at follow–ups for six years.

2.6 Thrombotic Phlebitis

Recipe

Herba Artemisiae Scopariae	30 g
Semen Phaseoli	12 g
Semen Coicis (parched)	24 g
Rhizoma Alismatis	9 g
Rhizoma Atractylodis (parched)	9 g

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Cortex Phellodendri (parched)	9 g
Herba Eupatorii	9 g
Radix Sophorae Flavescentis	12 g
Radix Ledebouriellae	9 g
Caulis Clematidis Armandii	9 g
Semen Amoni Cardamomi	9 g
Radix Glycyrrhizae	3 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Thrombotic phlebitis due to stagnation of *Qi* and stasis of blood in channel caused by downward flow of damp-heat. Symptoms and signs are:slight fever, general discomfort, pain in lower limbs, obvious tumefaction, sensation of heaviness and tenderness of gastrocnemius muscle.

Case Report

Liu,a 40 year old male, had stayed in bed for half a month, complaining of swelling and pain in her left leg and a fever. Physical examination revealed that the tumefaction ranged from the left knee joint to the instep. The swollen left leg was 5.5 centimeters wider than the right one. The gastrocnemius muscle was obviously tender on pressure. The local skin was dark red. The other symptoms and signs were : poor appetite, thirst, burning sensation of the affected leg, smooth and rapid pulse, and white and greasy tongue coating. She was diagnosed as having thrombotic phlebitis. After oral administration of this recipe for six days, her fever and swelling abated. Despite the existence of tension and discomfort of the gastrocnemius muscle, her condition improved greatly after another 12 days of administration.

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The patient recovered completely after taking another thirty doses (adding to the original recipe 12 g of parched Lumbricus, 12 g of Radix Achyranthis Bidentatae, 15 g of Radix Paeoniae Rubra and 30 g of Caulis Lonicerae).

2.7 Thromboangiitis Obliterans

Recipe 1

Flos Lonicerae	30 g
Herba Taraxaci	30 g
Herba Violae	30 g
Radix Scrophulariae	15 g
Radix Salviae Miltiorrhizae	15 g
Radix Angelicae Sinensis	15 g
Radix Astragali seu Hedysari	15 g
Radix Rehmanniae	15 g
Radix Achyranthis Bidentatae	12 g
Cortex Phellodendri	10 g
Radix Stephaniae Tetradrae	12 g
Resina Olobani	3 g
Myrrha	3 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Gangrene of fingers or toes due to noxious heat. Symptoms and signs are:severe pain which abates during day time and worsens at night, fever,preference for cold, localized inflammation and swelling, aversion to cold, purple tongue with yellowish and greasy(or dry) coating, and full and wiry pulse.

Case Report

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Wang,a 44 year old male, had cold pain in his lower limbs and right hand for nine years. He began to have dark gangrene on the first toe of his left foot with severe pain 5 months before. Physical examination revealed swollen left foot with the disappearance of dorsal artery beat, purple tongue with yellowish greasy coating, and wiry and rapid pulse. After excision of the affected toe and oral administration of this recipe for ten days his pain abated. With the administration of this recipe for another three months, his condition improved significantly and dorsal artery beat resumed. The patient recovered completely after another month of administration.

Recipe 2

Radix Angelicae Sinensis	30 g
Herba Asari	6 g
Eupolyphage seu Steleophage	3 g
Tabanus	3 g
Hirudo	3 g
Radix Clematidis	24 g
Radix Gentianae Macrophyllae	15 g
Ramulus Cinnamomi	15 g
Radix Aconiti Praeparata	15 g
Flos Carthami	10 g
Radix Salviae Miltiorrhizae	20 g
Radix Achyranthis Bidentatae	12 g
Rhizoma Dioscoreae	15 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Gangrene of fingers or toes due to accumulation of

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cold–wetness and stagnation of vital energy and blood in channels. Symptoms and signs are localized paleness or dark red coloration of the skin, numbness and pain aggravated by cold or at night, pale tongue with white coating, and deep, small pulse.

Case Report

Jiang, a 35 year old male, had cold–pain in her lower limbs accompanied with intermittet claudication for more than two years. Her condition aggravated in recent two months. Administration of antirheumatics failed to take any effect. She complained of megalgia in the lower limbs, aversion to cold, insomnia, poor appetite, loose stools and fatigue. Her tongue coating was white and thin, and her pulse wiry and thready. The skin looked pale and felt cold in both her lower limbs. Dorsal artery beat of her foot was weak and the toes were dark–red. She was diagnosed as having thromboangiitis obliterons due to cold of deficiency type. After she took eight decoction of this recipe, she had an improved appetite and normalized stools. Her pain was reduced after administration of another eight decoctions. Taking a total of seventy decoctions, she recovered completely. No relapse was claimed during one year's follow–up.

2.8 Acute Mastitis

Recipe

Herba Taraxaci	15 g
Semen Vaccariae	15 g
Flos Lonicerae	15 g
Fructus Forsythiae	15 g
Squama Manitis	10 g
Radix Bupleuri	6 g

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Fructus Arctii	10 g
Radix Rehmanniae	10 g
Paeoniae Rubra	6 g
Radix Glycyrrhizae	3 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Acute mastitis marked by pain and swelling mass in the breast with sensation of burning and tenderness, accompanied by fever, aversion to cold, headache, thirst, white / yellow and greasy tongue coating, and wiry, slippery and rapid pulse.

Case Report

Chen, a 32–year old female, had distending pain in her right breast two months after delivery. She also complained of a fever, aversion to cold, general discomfort, nausea, thirst, scanty dark urine and dry stool. Her tongue coating was thin and yellowish and her pulse full and rapid. Her body temperature was 38°C. The skin of her breast was inflammatory and tender upon pressure. After oral administration of this recipe for three days her condition improved. The patient recovered after taking another six decoctions.

2.9 Cystis Hyperplasia of Breast

Recipe

Radix Bupleuri	12 g
Rhizome Ligustici Chuanxiong	6 g
Radix Paeoniae Rubra	10 g
Radix Angelicae Sinensis	15 g
Concha Ostreae(unparched)	15 g

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Fructus Trichosanthis	30 g
Semen Citri Reticulatae	15 g
Resina Olibani	3 g
Myrrha	3 g
Radix Glycyrrhizae	3 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Crystis hyperplasia of breast due to depression of liver–*Qi* and stagnation of *Qi* and phlegm. Symptoms and signs are movable hard tumors in breast with normal–colored local skin, which are enlarged before menstruation or after catching cold, and which are tender upon pressure.

Case Report

Hu, a 29–year old female, had cord–like tumors in both her breasts with distending pain for three months, which was diagnosed as cystic hyperlasia of breast in a hospital. Physical examination revealed normal–colored local skin, cord–like tumors in both breasts, which were hard and tender upon pressure, and the edge of which was palpable. She had pale tongne and deep, small pulse. After oral administration of this recipe for fifty days, all her symptoms and signs disappeared. No relapse was claimed at follow–ups for one year.

2.10 Lumbar Muscle Strain

Recipe

Cortex Eucommiae	20 g
Radix Clematidis	15 g

Grind the above into very fine powder. Put the powder into

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two cleared pig kidneys. Tie and then put the kidneys in a bowl with some water to be steamed. Eat the kidneys and drink the soup, once daily.

Indication

Constant lumbago due to asthesia of kidney–*Qi*, which is aggravated by over–exertion.

Case Report

Li, a 54 year old male, had lumbago caused by lumbar muscle strain, which was aggravated after over–exertion or in rainy days. After oral administration of this recipe for ten days he recovered completely. No relapse was claimed at follow–ups for two years.

2.11 Chronic Osteomyelitis

Recipe

Rhizoma Anemarrhenae	20 g
Cortex Phellodendri	15 g
Cortex Cinnamomi	3 g
Herba Cynomorii	20 g
Fructus Lycii	20 g
Radix Morindae Officinalis	15 g
Lignum Sappan	10 g
Radix Paeoniae Alba	15 g
Plastrum Testudinis	20 g
Scorpio	3 g
Radix Astragali seu Hedysari	20 g
Radix Platycodi	9 g
Rhizoma Drynariae	20 g
Radix Glycyrrhizae	10 g

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Radix Sinensis 15 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Chronic osteomyelitis due to noxious heat flowing into bone marrow. Symptoms and signs are: emaciation, pale complexion, lassitude, poor appetite, tiredness, pale tongue with white coating and deep, thready pulse.

Case Report

Ren, a 16 year old male, had painful right elbow joint two months before. The symptom was alleviated after treatment. Then he had a furuncle at the upper end of his right lower arm. The action of the affected elbow joint was restricted. His body temperature was 39°C and white blood cell count was 15,000 / c.c. After the treatment with antibiotics for one week, he still had vague pain in his right lower arm with localized swelling and his temperature was 38°C. The affected area was diabrotic with dilute pus. X-ray revealed increased density of the affected bone and a squester(10 cm × 4 cm) in the upper middle part of his ulna with shadows of periosteal reaction. He was diagnosed as having chronic suppurative osteoyelitis. Previous treatment failed to have any effect. After oral administration of this recipe for eight days the swelling alleviated and his temperature began to descend. After another ten decoctions the pus became thick, but his appetite was still poor. 15 g of Rhizoma Dioscoreae and 10 g of Rhizoma Zedoariae were thus added to the recipe. The patient' s appetite improved and the pus decreased after the treatment with the modified recipe for 10 days, but the edge of the ulcer was still reddish and swollen. The swelling disappeared

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and there was pus flowing out through a fistula at the upper end of his ulna after another 10 days' administration of the original recipe(Cortex Cinnamomi was replaced by Rhizoma Coptidis). The squester felt movable during dressing change. With another 10 days of administration of the original recipe (Corium Erinacei and Radix Codonopsis Pilosulae were added), the squester stuck out through the ulcer. After another 10 days' administration, the squester came off and the ulcer became smaller with granulation on it. No pus was seen.With the administration, of another 25 decoctions (Corium Erinacei was removed), the ulcer and the fistula healed gradually. *Liuwei Dihuang Wan* was prescribed after the withdrawal of the decoction. No relapse was claimed at follow–ups for three years.

2.12 Tuberculous Arthritis

Recipe

Radix Rehmanniae(prepared)	30 g
Colla Cornus Cerri	9 g
Cortex Cinnamomi	3 g
Rhizoma Zingiberis Recens(prepared)	1.5 g
Semen Sinapis Albae	6 g
Radix Glycyrrhizae	3 g

Decoct the above in water for oral administration. Take half of the decoction each time, twice daily.

Indication

Chronic tuberculous arthritis due to pathogenic toxin of tuberculousis which intrudes into joints, and which leads to deficiency of *Yang* and blood with stasis of *Yin* and cold. Symptoms and signs are swelling and pain of joint, emaciation, pale com-

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plexion, pale tongue with white coating, and weak pulse.

Case Report

Zhen, a 15–year old boy, complained of pain and swelling in his right knee joint. He had difficult flexion and extension of his right knee and emaciation with a pale complexion. He was diagnosed as having tuberculous arthritis of right knee. No effect took place after the treatment with streptomycin and isoniazid. After the oral administration of this recipe with a little alcohol each time for ten days, his condition improved. He recovered completely after another 30 days of administration. No relapse was claimed at follow–ups for three years.

2.13 Scapulohumeral Periarthritis

Recipe 1

Radix Bupleuri	10 g
Radix Angelicae Sinensia	10 g
Radix Paeoniae Alba	15 g
Pericarpium Citri Reticulatae	15 g
Rhizoma Seu Radix Notopterygii	10 g
Rhizoma Pinelliae	10 g
Ramulus Cinnamomi	10 g
Semen Sinapis Albae	6 g
Radix Aconiti Praeparata	6 g
Radix Gentianae Macrophyllae	10 g
Poria	10 g

Decoct the above in water with a little alcohol for oral administration. Take one half of the decoction each time after meal, twice daily.

Indication

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Scapulohumeral periarthyitis due to stagnation of wind–cold in shoulder. Symptoms and signs are: localized pain, obvious tenderness and limited movement of the shoulder, all of which are aggravated by cold or over–exertion.

Case Report

Xing, a 49–year old male, had paroxysmal pain in his right shoulder for three months. When stretching backward with internal rotation of his right arm his finger could only touch his belt. The distance between his elbow and midthoracic line was 20 cm when he tried to adducted his right arm to touch his left shoulder. He had severe pain when he raised his right arm to 150 degrees. Physical examination revealed two spots of tenderness on his biceps and detoid muscle. He was diagnosed as having right scapulohumeral periarthritis. The patient recovered after oral administration of this recipe for six days. No relapse was claimed at follow–ups for one year.

Recipe 2

Ramulus Mori(minced) 90 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Pain of shoulder with difficult movement.

Case Report

Zhou, a 67–year old female, had severe pain and difficult movement of her right shoulder for three months. She had reddish tongue with yellowish coating and wiry, smooth pulse. The diagnosis was paroxysmal omalgia. After she took this recipe in addition to dirigation for 30 days, her pain disappeared and the function of her right shoulder improved.

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2.14 Testitis

Recipe

Radix Gentianae	10 g
Fructus Gardeniae	6 g
Radix Scutellariae	10 g
Radix Bupleuri	6 g
Radix Rehmanniae	12 g
Semen Plantaginis	10 g
Fructus Meliae Toosendan	10 g
Fructus Taraxaci	30 g
Flos Campsis	6 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Testitis due to downward flow of damp–heat of liver channel. Symptoms and signs are distending pain in scrotum radiating sometimes to groin or lumbo–abdominal area, fever, aversion to cold, headache, thirst, scanty dark urine, red tongue with yellowish coating and smooth, rapid pulse.

Case Report

Chang, a 32–year old male, had constant pain in his scrotum for more than a year. Recently the pain aggravated with a feeling of burning. His temperature was 38.2°C. He also complained of insomnia, dysphoria, scanty dark urine. He had red tongue with yellowish coating and rapid pulse. After oral administration of this recipe for six days his condition improved, but he still had dark urine, bitter taste in mouth, thin, yellowish coating and wiry pulse. Taking another six decoctions, he recovered completely.

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2.15 Acute Appendicitis

Recipe

Radix Paeoniae Rubra	12 g
Herba Patriniae	50 g
Cortex Moutan Radicis	12 g
Herba Taraxaci	50 g
Flos Lonicerae	50 g
Radix Aucklandiae	10 g
Rhizoma Corydalis	10 g
Radix Angelicae Sinensis	20 g
Semen Persicae	10 g
Herba Violae	30 g
Radix et Rhizoma	10 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Acute appendicitis due to stasis of damp–heat with stagnation of vital energy and blood. Symptoms and signs are continuous pain in right lower abdomen with paraxysmal exacerbation, nausea, vomiting, headache, dizziness, lassitude, greasy, yellowish tongue coating, and wiry rapid pulse.

Case Report

Wang, a 13 year–old girl, had pain in her upper abdomen accompanied with nausea and vomiting. The pain soon transfered to the right lower abdomen with a body temperature of 38.2°C. Laboratory examination revealed a white blood cell count of 10,700 / mm^3 with 73% of neutrophlis. She was diagnosed as having acute appendicitis. After oral administration of this recipe

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for three days all her symptoms and signs disappeared. Taking another three decoctions the patient recovered completely. No relapse was claimed at follow–ups for six years.

2.16 Prolapse of Rectum

Recipe

Radix Aconoti Praeparata	9 g
Rhizoma Zingiberis Recens	9 g
Halloysitum Rubrum	12 g
Round–shaped Rice	12 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Prolapse of rectum due to asthesia of both the spleen and kidney, occurring most commonly among old people or children. Other symptoms and signs: diarrhea, poor appetite, abdominal pain with a feeling of straining, emaciation, and deep pulse.

Case Report

Chang, a 75 year old male, had prolapse of rectum for nine years. He also complained of constant diarrhea and poor appetite. He had deep, thin pulse and white tongue coating. After he took five decoctions of this recipe, all symptoms and signs disappeared. *Shenrong Wan* was consequently prescribed as an after–treatment. He recovered completely and no relapse was claimed at follow –ups for one year.

2.17 Soft Tissue Injury

Recipe

Semen Persicae	4 g

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Flos Carthami	15 g
Resina Olibani	15 g
Myrrha	15 g
Fructus Gardeniae	15 g
Radix Paeoniae Rubra	15 g
Radix Dahuricae	15 g
Radix et Rhizoma	15 g

Grind the above into very fine powder. Mix appropriate amount of the powder with alcohol to make paste. Apply the paste onto the affected area and fix the paste with a piece of gauze. Change the paste every two or three days. The paste is not to be used on wounds.

Indication

Soft tissue injury due to stagnation of vital energy and blood which lead, to localized swelling and pain.

Case Report

Ye, a 23 year old male, had a mass on the laternal side of his lower right arm after an injury. The diameter of the mass was about 1.5 cm. The skin was purple without wounds and was tender upon pressure. After four times of treatment with this recipe, the pain and swelling disappeared.

2.18 Tetanus

Recipe

Heriostracum Cicadae	20 g
Scolopendra	12 g
Scorpio	12 g
Bombyx Batryticatus	12 g
Cinnadaris	6 g

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Arisaema cum Bile	6 g
Tabashir	6 g
Barbital	1 g

Grind the above into very fine powder. Take 6 g of the powder each time, three times daily. Reduce the dosage for children.

Indication

Tetanus due to wind–evil invasion through wound. Symptoms and signs are: muscular spasm and twitch, bitter smile, lallation and masticatory atonia.

Casr Report

Jiang, a 10–year old boy, was injured on the skin between thumb and index finger of his left hand half a month before. He did not undergo any treatment until he had itching pain in his facial muscles, followed by bitter smile, musclar spasm and twitch (more than 10 times daily), lallation and masticatory atonia. He was diagnosed as having tetanus. His spasm and twitch were alleviated after three days of administration with this recipe(5 g each time, three times daily). After administration of the powder for another seven days the patient recovered completely.

2.19 Hyperosteogeny

Recipe 1

Radix Paeoniae Alba	30–60 g
Fructus Chaenomelis	12 g
Caulis Spatholobi	30 g
Radix Clematidis	15 g
Radix Glycyrrhi	12 g

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Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Add 12 g of Radix Purariae in cases of cervical vertebrae hyperosteogeny.

Add 12 g of Rhizoma Cibotii in cases of thoracales vertebrae hyperosteogeny.

Add 12 g of Cortex Eucommiae and 12 g of Radix Achyranthis Bidentatae in case of lumbar vertebrae hyperosteogeny.

Add 15 g of Rhizoma Atractylodis Macroceohalae and 15 g of Poria in cases of hyperosteogeny with the complication of diarrhea.

Indication

Hyperosteogeny due to asthensia of the liver and kidney. Symptoms are lumbago and pain in nape and back.

Case report

Pei, a 55 year old male, had lumbago for half a year. He was diagnosed as having lumbar vertebrae hyperosteogeny by X–ray check–ups. After six days of administration with this recipe, his lumbago was alleviated. With another ten days of administration he recovered. No relapse was claimed at follow–ups for one year.

Recipe 2

Radix Angelicae Sinensis	15 g
Rhizoma Ligustici Chuangiong	9 g
Radix Paeoniae Rubra	12 g
Radix Rehmanniae(prepared)	12 g
Ramulus Cinnamomi	9 g
Zaocys	9 g

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Resina Olibani	6 g
Radix Salviae Miltiorrhizae	15 g
Radix Glycyrrhizae	6 g
Lignum Sappan	6 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Hyperosteogeny due to stagnation of wind–cold and wetness evil which penetrate channels and bones. Symptoms and signs are: severe lumbago aggravated by cold or in rainy days, pale tongue with white coating and deep pulse.

Case Report

Zhao, a 40–year old male, had lumbago for more than two years, which worsened in rainy days. He complained of inability to move his waist recently because of severe lumbago. He had dark–reddish tongue with white coating and slow or uneven pulse. He was diagnosed as having lumbar vertebrae hyperosteogeny by X–ray check–ups. After 12 days of administration with this recipe his lumbago disappeared. Taking another eight decoctions he completely recovered. 12 g of Rhizoma Zingiberis Recens and 12 g of Radix Notoginseng were consequent by added to the recipe to make pills, which were given to the patient as after–treatment.

2.20 Cutaneous Pruritus

Recipe

Radix Rehmanniae	15 g
Radix Paeoniae Rubra	9 g
Cortex Moutan Radicis	9 g

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Cortex Dictanmi Radicis	12 g
Radix Arnebiae seu Lithospemi	9 g
Rhizoma Smilacis Glabrae	30 g
Radix Achyranthis Bidentatae	15 g
Rhizoma Atractylodis	9 g
Pericarpium Citri Reticulatae	6 g
Schizophragma Integrifolium	9 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Cutaneous pruritus due to blood–dryness caused by wind–wetness stagnating in muscles and skin.

Case Report

Wei, a 70 year old male, suffered pruritus cutanea every autumn for nearly ten years. The affected area spread from his lower limbs to the trunck, upper limbs, and neck gradually. He had desquamation of skin after scratching, which was followed by the appearance of small papules. All symptoms adated sutomatically the next Febuary. He had severe itching, wiry pulse and red tongue with greasy, yellowish coating. After three days of administration with this recipe, his itching stopped and he could sleep well. After take another two decoctions he recovered completely.

2.21 Eczema

Recipe

Radix et Rhizoma	30 g
Talcum	45 g
Alumen Exsiccatum	40 g

Grind the above into very fine powder for external applica-

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tion. Apply the powder onto eczema(if the surface of the eczema is dry, apply the powder with vinegar.), twice daily.

Indication

Eczema due to pathogenic wet-heat stagnating in muscles and skin. Symptoms and signs are erythemas, papules, blisters, pustules, erosion, effusion and scabs.

Case Report

Ma, a 14-year old boy, had small reddish spots in both his palms with unbearable itching for a month. The affected area enlarged gradually with yellowish effusion. His condition improved slightly after oral administration of chiorpheniramine maleate and prednisone and external application of fluocinolone acetonide paste for five days. The affected area spread to his wrists with scabs shortly after the withdrawal of these treatments. The effusion and itching were alleviated after three days' application of this recipe. He completely recovered a week later. No relapse was claimed at follow-ups for one year.

2.22 Neurodermatitis

Recipe 1

Radix Angelicae Sinensis	12 g
Poria	9 g
Rhizoma Atractylodis Macrocephalae	9 g
Semen Coicis	15 g
Rhizoma Dioscoreae	9 g
Radix Scrophulariae	9 g
Endothelium Corneum	9 g
Radix Scutellariae	6 g
Rhizoma Bletillae	6 g

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Radix Glycyrrhizae	6 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily. The patient should not eat fish, shrimps, acrid and bean-prepared food and drink alcohol during the period of treatment.

Indication

Neurodermatitis due to wind-wetness stagnating in muscles and skin. Symptoms and signs are: itching, pupules, pachyderma, scale and exudate.

Case Report

Li, a 43-year old male, had neurodermatitis for twelve years. He complained of itching, insomnia, effusion and mental fatigue. Physical examination revealed lichnoid areas of 7 cm × 5 cm and 5 cm × 3 cm in size in the head and elbows. The skin affected was brown in color and had little exudate. After he took this recipe for six days, the affected skin softened without exudate and his itching abated. The patient recovered after taking another six decoctions. No relapse was claimed at follow-ups for two years.

Recipe 2

Camphor	0.6 g
White Lead	0.3 g
Arsenicum Album	0.15 g
Mylabris	1 piece
Scorpio	3 pieces
Radix Aconiti Kusnezoffii(fresh)	1 piece
Realgar	0.3 g
Sulphur	0.3 g

Grind the above into very fine powder for external applica-

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tion. Rub the affected skin with fresh Rumex Japonicus and wax before treatment until it reddens. Apply the powder onto the affected skin(with sesame oil, if the surface is dry), once daily.

Indication

Neurodermatitis due to wind–wetness which leads to stagnation of vital energy and blood.

Case Report

Chang, a 30–year old male, had constant neurodermatitis in his neck for five years. There was no effect after routine treatment. On severe occasions, the area affected spread to the whole neck with effusion, itching and pain. This recipe was thus prescribed and his neurodermatitis was basically healed before the whole powder was used up. The patient recovered completely after one year's treatment. No relapse was claimed at follow–ups for five years.

2.23 Psoriasis

Recipe

Radix Bupleuri	15 g
Radix Puerariae	15 g
Radix Dahuricae	10 g
Radix Platycodi	12 g
Radix Scrophulariae	15 g
Radix Paeoniae Rubra	12 g
Flos Lonicerae	15 g
Fructus Forsythiae	15 g
Squama Manitis	15 g
Rhizoma Ligustici Chuanxiong	10 g
Radix et Rhizoma	6 g

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Herba Artemisiae Scopariae	15 g
Radix Scophorae Flavescentis	15 g
Cortex Phellodendri	15 g
Herba Violae	15 g
Herba Taraxaci	15 g
Radix Glycyrrhizae	6 g

Add 15 g of Fructus Kochiae and Cortex Dictamni Radicis in cases of severe itching;

Add 15 g of Semen Coicis in cases of large amounts of scales.

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Psoriasis or pine-bark tinea of skin due to wind-wetness and heat-evil stagnating in muscles and skin marked by reddish itchy papules and maculae on the skin covered by silver scales.

Case Report

Wang, a 15-year old female, complained of reddish papules and maculae allover her body with scales and severe itching for four years. She was diagnosed as having psoriasis in a hospital and there was no effect after she took vitamin B12 and used external paste. Her condition aggravated recently, accompanied by thirst, nausea, fissures on tongue, greasy and yellowish tongue coating, and wiry, rapid pulse. The diagnosis was psoriasis(acute period). After she took three decoctions of this recipe her condition improved. With administration of another seven decoctions her lesions thinned and no new tineas appeared. She took totally twenty eight decoctions and her lesions were healed clinically with light-colored pigment spots left.

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2.24 Urticaria

Recipe 1

Radix Astragali seu Hodysari	15 g
Rhizoma Atractylodis Macrocephalae	12 g
Radix Ledebouriellae	6 g
Radix Rehmanniae	15 g
Rhizoma Polygonati Odorati	12 g
Fructus Kochiae	9 g
Herba Siegesbeckiae	9 g
Fructus Forsythiae	12 g
Flos Lonicerae	15 g
Fructus Ziziphi Jujubae	5 pieces

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Urticaria due to stagnation of wind-heat in skin resulted from deficiency of *Wei-Qi*. Symptoms and signs are: scattered reddish rashes, serious itching with a sensation of burning, red tongue, and superfical, rapid pulse.

Case Report

Yang, a 26 year old female, suffered an onset of rashes every night for half a year. She complained of itching and insomnia. Her tongue was red with yellowish coating and her pulse thready. After she took seven decoctions of this recipe her condition improved greatly. Taking another seven doses, she recovered completely. No relapse was claimed at follow-ups for one year.

Recipe 2

Rhizoma Atractylodis	5 g

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Rhizoma Atractylodis Macrocephalae	15 g
Poria	15 g
Herba Schizonepetae	15 g
Cortex Moutan Radicis	15 g
Radix Ledebouriellae	9 g
Fructus Tribuli	12 g
Bombyx Batryticatus	10 g
Rhizoma Ligustici Chuanxiong	9 g
Radix Salviae Miltiorrhizae	15 g
Radix Scutellariae	10 g
Os Draconis	30 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Replace Poria with Rhizoma Smilacis 30 g, Cortex Dictamni 12 g and Fructus Kochiae 15 g in cases with yellowish and greasy tongue coating (indicating wetness–heat).

Indication

Urticaria due to stagnation of evil wind in skin. Symptoms and signs are: constant rashes, serious itching, fatigue, pale tongue with white, greasy coating, and feeble pulse.

Case Report

Wang, a 40–year old male, suffered from urticaria for two years, which worsened every afternoon. He complained of severe itching, insomnia and fatigue. He had reddish tongue with white, greasy coating and soft, fast pulse. After taking twenty decoctions of this recipe, he recovered completely. No relapse was claimed at follow–ups for two years.

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2.25 Pityrias Rosea

Recipe

Radix Paeoniae Rubra	12 g
Radix Paeoniae Alba	12 g
Radix Angelicae Sinensis	9 g
Radix Rubiae	9 g
Rhizoma Imperatae	30 g
Periostracum Cicade	6 g
Herba Spirodelae	6 g
Cortex Dictamni Radicis	30 g
Fructus Tribuli	15 g
Flos Lonicerae	15 g
Fructus Auratii	9 g
Radix Glycyrrhizae	9 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Pityrias rosea due to stagnation of wind–evil and blood–heat. Symptoms and signs are rashes with severe itching and scales on the neck, trunk and limbs.

Case Report

Huo, a 28–year old male, had red rashes on his chest, back and both flanks more than ten days. The rashes spread rapidly to his limbs with severe itching, There was no effect after he had been treated in a hospital. Physical examination revealed rice–sized rashes on his trunk and proximal ends of his limbs in addition to oval rashes on his armpits and flanks which were surrounded by thin scales. The skin between rashes was normal. The

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diagnosis was pityriasis. After oral administration of this recipe for eight days in addition to external treatment with paste(15 g of Calcium, 15 g of Calamina 30 g of Talcum and 1.5 g of Borneolum Syntheticum, which were ground into podwer to be mixed with 200 ml of water.), he recovered completely.

2.26 Multiple Erythema

Recipe

Radix Rehmanniae	12 g
Cortex Moutan Radicis	9 g
Radix Arnebiae seu Lithospermi	12 g
Radix Scutellariae	12 g
Radix Gentianae Macrophyllae	9 g
Radix Ledebouriella	9 g
Cortex Dictamni Radicis	15 g
Rhizoma Atractylodis Macrocephalae	9 g
Poria	12 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Multiple Erythema to stagnation of damp—heat caused by asthenia of the spleen and lung. Symptoms and signs are: constant purple erythemas on limbs with a concave surface and blisters, which are accompanied occasionally with high fever.

Case Report

Wang, a 17—year old young man, had oval red rashes with itching on his abdomen after playing sports one day. The rashes were also found soon on his neck and right leg, with pain and blisters. He had red tongue with white coating. His pluse was

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slippery and rapid. After he took this recipe and used *Pu Ling* paste(30 g of Cortex Phellodendri Powder, 30 g of Radix Scutellariae powder and 240 g of vaseline were mixed for external application.)for six days, his rash disappeared and he was relieved of his itching and pain. *Huoxue Quyu Pian* was prescribed as an after–treatment after the withdrawal of the decoction.

2.27 Herpes Zoster

Recipe

Radix Bupleuri	6 g
Radix Gentianae	9 g
Radix Isatidis	30 g
Radix G1ycyrrhizae	3 g
Herba Schizonepetae	6 g
Radix Paeoniae Rubra	9 g
Radix Paeoniae Alba	9 g
Herba Plantaginis	9 g
Fructus Arctii	9 g
Indigo Naturalis	3 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Herpes zoster due to stagnation of damp–heat in muscles and skin. Symptoms and signs are: slight fever, general tiredness, localized stabbing pain, feeling of burning, rashes and blisters on the waist and chest spreading along nerves, yellowish tongue coating and smooth, rapid pulse.

Case Report

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Zhu, a 55 year old female, had fever, aversion to cold, itching and pain three days before. She also had a belt–like areola on her right abdomen with pain and itching. Dry herpes appeared in the same area the day before her consultation and her pain became so severe that she couldn't sleep and eat well. The other symptoms and signs were thirst, constipation, yellowish urine, red tongue with yellowish, greasy coating, and wiry superficial pulse. After she took this recipe and used external paste (9 g of Indigo Naturalis, 20 g of Gypsum Fibrosum and 20 g of Calcitum were ground into very fine powder to be mixed with egg white for external application, several times daily.), the pain was alleviated remarkably. She recovered completely after another six days of administration.

2.28 Vitiligo

Recipe

Herba Ecliptae	90 g
Radix Angelicae Dahuricae	60 g
Radix Polygoni Multiflori	60 g
Fructus Tribuli	60 g
Fructus Hippophae	60 g
Radix Arnebiae seu Lithospermi	45 g
Radix Salviae Miltiorrhizae	30 g
Rhizoma Paridis	10 g
Radix Sophorae Flavescentis	30 g
Rhizoma Atractylodis	24 g

Grind the above into very fine powder and store it in a china bottle for oral administration. Take 6 g of the powder each time, three times daily.

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Indication

Vitiligo due to stagnation of vital energy and blood, and stasis in sweat pores caused by the invasion of wind–evil.

Case Report

Li, a 29 year old female, had round patches with clear verges on her face, neck, hips and shoulders for more than two years. There was no obvious effect after she took vitamin B, nicotinic acid and used mercuric bichloride alcholic solution(0.5%) for external application. She also had white spots on the chest and abdomen with white fine hair. After taking this recipe and using external application(30 g of Cortex Cinnamomi and 90 g of Fructus Psoraleae were infused in 50 ml of water and alcohol for one week to be rubbed on the affected skin.) for 20 days, she recovered completely.

2.29 Acne Cystica

Recipe

Radix Rehmanniae	30 g
Cortex Moutan Radicis	9 g
Radix Paeoniae Rubra	9 g
Herba Taraxaci	15 g
Paris Polipjylla	15 g
Spica Prunellae	9 g
Thallus Laminariae seu Eckloniae	15 g
Sargassum	9 g
Rhizoma Sparganii(parched)	15 g
Rhizoma Zedoariae	9 g

Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

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Indication

Acne cystica due to stagnation of phlegm and blood in skin resulted from accumulated heat in the spleen and liver. Symptoms and signs are: acnes resulting in running sores or cysts on face, itching and pain.

Case Report

Liu, a 21 year old male, had acnes on his face for three years. The acnes were small at first with black heads and then they turned into running sores and cysts with pain and itching. Keloids formed after the pus was eliminated. There was no effect after routine treatment. He had red tongue and smooth, wiry pulse. After he took this recipe for twenty days, the running sores and cysts disappeared. Pills made from this recipe were prescribed consequently to be taken 9 g each time, three times daily. He recovered three months later.

2.30 Flat wart

Recipe

Folium Isatidis	30 g
Herba Taraxaci	30 g
Radix Isatidis	30 g
Herba Hedyotis Diffusae	30 g
Rhizoma Smilacis Glabrae	30 g
Radix Scutellariae	12 g
Radix et Rhizoma(prepared)	9 g
Concha Ostreae(decocted first)	30 g
Magnetitum(decocted first)	30 g
Radix Rehmanniae	30 g

Decoct the above in water for oral administration. Take one

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half of the decoction each time, twice daily.

Indication

Flat wart due to flamming–up of the liver fire caused by external wind toxin. Symptoms and signs are: symmetrical flat warts on face or arms with flush and itching, red tongue with yellowish coating, and wiry, rapid pulse.

Case Report

Ge, a 25 year old female, had rice–sized itchy rashes on her face for a year. The rashes increased in the past several months. Physical examination revealed many flat warts with scratches and scabs on her cheeks. She had thin and yellowish tongue coating, and wiry, rapid pulse. After oral administration of this recipe for seven days, her condition improved. The warts began to come off after the administration for another ten days. She recovered completely with another fourteen days' administration.

2.31 Alopecia Areata

Recipe

Radix et Rhizoma	15 g
Radix Rhizoma(prepared)	15 g
Caulis Spatholobi	15 g
Radix Polygoni Multiflori	15 g
Radix Astragali seu Hedysari	30 g
Rhizoma Ligustici Chuanxiong	9 g
Radix Paeoniae Alba	15 g
Rhizoma Gastrodiae	6 g
Herba Ecliptae	9 g
Fructus Mori	15 g
Fructus Chaenomelis	6 g

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Decoct the above in water for oral administration. Take one half of the decoction each time, twice daily.

Indication

Alopecia areata due to deficiency of the liver and kidney. Symptoms and signs are: exfoliation of hair in groups, bright scalp, and itching(In many cases, patient may have no subjective symptoms).

Case Report

Liu, a 25 year old female, complained of loss of her hair in several small zones for one year. The zones enlarged continually with bright scalp and itching. There was no obvious effect after she had used ginger to rub the scalp and tried other traditional alcoholic preparation. Recently her eyebrow and eyelash also began to come off. The other symptoms and signs were poor appetite, delayed menstruation, insomnia, and weak pulse. With oral administratio of this recipe for one month, she had an improved appetite and normal menstruatio and new hair began to grow. After she took this recipe for another two months, she had dense hairs which were thicker and blacker than before. No relapse was claimed at follow-ups for one year.

(by Zhou Xing & Yang Jun)

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3 Gynecological Diseases

3.1 Dysfunctional Uterine Bleeding

Recipe 1

Radix Astragali seu Hedysari	15 g
Rhizoma Cimicifugae	6 g
Radix Codonopsis Pilosulae	15 g
Rhizoma Atractylodis Macrocephalae	12 g
Os Draconis	24 g
Concha Ostreae	24 g
Rhizoma Dioscoreae	12 g
Cortex Trachycarpi	12 g
Radix Glycyrrhizae	6 g

Decoct in water for oral administration.

Indication

Metrorrhagia due to deficiency of *Qi*. Symptoms and signs are: menstrual bleeding in excessive amounts, prolonged menstruation, shortness of breath, fatigue, inappetence, pale complexion, white and thin fur, feeble or deep and weak pulse.

Case Report

A 34—year old woman, Li, suffering from dysfunctional uterine bleeding, was relieved of her symptoms with the treatment of Western medicines. More than ten days later, she had a lot of pink menstruation and pain in the lower abdomen. The other symptoms and signs were fatigue, disinclination to speak, pale tongue with white fur, and thready and weak pulse. After taking

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three doses of the recipe, her menstruation was reduced. She completely recoverd from the disease after another three doses. No relapse was reported at follow–ups for three years.

Recipe 2

Rehmanniae Praeparatae	30 g
Rhizoma Dioscoreae	30 g
Fructus Ligustri Lucidi	12 g
Fructus lycii	9 g
Radix Aconiti Praeparata	6 g
Concha Ostreae	30 g
Os Sepiella seu Sepiae	12 g
Colla Cornus Cervi	9 g

Decoct them with baked ginger 6 g in water for three oral doses.

Indication

Menorrhagia due to deficiency of kidney–*Yang*. Symptoms and signs are:continuous menstruation which is pink or crimson, coldness of the body, cramping sensation of the lower abdomen, coldness and pain of the back and loins, frequency in clear micturition, pale tongue with white fur, and deep, thready and weak pulse.

Case Report

Wang, a 26–year old woman with dysfunctional uterine bleeding had continuous dripping of pink menstruation with some clots, coldness and pain of the lower abdomen, which could be relieved by warmth. She had white tongue fur, and deep thready / weak pulse. Her condition improved after 12 doses of the above recipe. Menstruation became normal half a year later.

Recipe 3

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Radix Rehmannia	24 g
Radix Ginseng	6 g
Plastrum Testudinis	30 g
Concha Ostreae	30 g
Os Draconis	30 g
Radix Ophiopogonis	12 g
Radix Glycyrrhizae	12 g
Poria cum Ligno Hospite	12 g
Fructus Schisandrae	3 g
Fructus Meliae Toosendan	6 g
Gallus Domesticus	3 pieces

Decoct them in water for oral administration. One decoction is to be administered for three times.

Indication

Menorrhagia due to deficiency of *Yin*. Sympyoms and signs are: excessive red menstruation, dizziness, insomnia, amnesia, tinnitus, lassitude of the loins and legs, red tongue without fur and thready, feeble and rapid pulse.

Case Report

Li, a 25—year old female, was ill with advanced menstrual period and fever during menstruation. The other symptoms and signs were lassitude of the loins and legs, profuse menstruation, dizziness, insomnia, tinnitus, red tongue without fur and feeble rapid pulse. Her condition improved after three doses of the above recipe. Taking another three doses, she completely recovered. No relapse was claimed at follow—ups.

Recipe 4

Radix Sanguisorbae	45 g

Decoct in same amount of water and vinegar for oral admin-

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istration. Take one dose daily.

Indication

Menorrhagia due to blood–heat in the lower warmer. Symptoms and signs are:profuse red menstruation, flushed face, dry mouth, thirst, preference for cold drinks, fidgets, red tongue and rapid pulse.

Case Report

Yao, a 35–year old woman, suffered from dysfunctional uterine bleeding for more than one year and failed to respond to previous treatments. Her symptoms and signs were: emaciation, psychasthenia, excessive menstruation, fidgets, insomnia, oliguria with reddish urine, dry stool, red tongue without fur and rapid pulse. Her condition improved after four doses of the above recipe. She recovered completely after another 9 doses. No relapse was claimed at follow–ups for three months.

Recipe 5

Radix Bupleuri	9 g
Radix Angelicae Sinensis	10 g
Radix Paeoniae Alba	12 g
Rhizoma Atracylodis Macrocephalae	9 g
Poria	12 g
Cortex Moutan Radicis	9 g
Fructus Gardeniae	6 g
Pollen Typhae	9 g
Concha Ostreae	30 g
Radix Glycyrrhizae	6 g

Decoct in water for oral administration, Take one half of the decoction each time, twice daily.

Indication

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Menorrhagia due to depression of liver–*Qi* and heat–syndrome resulted from exogenous and endogenous evils. Symptoms and signs are: excessive menstruation, feeling of oppression in the chest, distending pain of the breasts, red tongue with thin and yellow fur, and feeble / thready and rapid pulse.

Case Report

A 41–Year old woman, Wang, suffered from dribbling with menstruation for more than one month. The menstruation was in great amounts and was dark red. She had pain in the chest and ribs, distending pain of the breasts, and straining and distending sensation of the lower abdomen during menstruation. The other symptoms and signs were: red tongue with thin and yellow fur and feeble, wiry and rapid pulse. Her condition improved after taking three doses of the recipe. Taking 6 doses of the original recipe(replacing Pollen Typhae 9g with Radix Angelicae Sinensis 12 g and melted Colla Corii Asini 10 g), she recovered. Three months later, her menstruation was normal.

Recipe 6

Cornu Cervi	10 g
Plastrum Testadinis	10 g
Radix Angelicae Sinensis	10 g
Radix Paeoniae Alba	10 g

Decoct in water for oral administration. Take one dose daily.

Indication

Menórrhagia due to deficiency and asthenia of the liver and kidney. Symptoms and signs are: continuous dribbling menstruation, pain of the back and loins. cramping sensation of the lower abdomen, dizziness, white tongue fur, and thready weak pulse.

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Case Report

A 35– year old woman, Zhang, had proceeded menstrual period for more than one year and dribbling with menstruation in recent months. She was diagnosed as having dysfunctional uterine bleeding. The other symptoms and signs were pink menstruation, lassitude of the loins and legs, dizziness, distending pain of the lower abdomen, pale tongue with white fur and deep thready pulse. She recovered after taking nine doses of this recipe. No relapse was claimed at a follow–up half a year later.

3.2 Dysmenorrhea

Recipe 1

Radix Salviae Miltiorrhizae	15 g
Radix Linderae	10 g
Fructus Aurantii	12 g
Rhizoma Cyperi	12 g
Radix Angelicae Sinensis	10 g
Semen Persicae	10 g
Flos Carthami	10 g
Rhizoma Corydalis	10 g

Decoct in water for oral administration.

Indication

Dysmenorrhea due to stagnation of *Qi* and blood stasis. Symptoms and signs are: distending pain of the lower abdomen before or during menstruation, which is severe on some occasions, and which can be eased after blood blots are removed, impeded menstruation with blood blots, distending pain of breasts, dark red tongue with purple discoloration, and deep uneven pulse.

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Case Report

A 22–year old girl, Wang, had distending pain of the lower abdomen for four years, which aggravated in recent half a year. The other symptoms and signs were: pale complexion, clammy perspiration, nausea, coldness of the extremities, deep uneven pulse and dark red tongue with thin and pale fur. Those symptoms and signs were only alleviated with the use of anodyne. She was diagnosed as having dysmenorrhea due to stagnation of the *Qi* and blood stasis. After taking six doses of the recipe, she was relieved of her pain. She was told to take 7 doses of the recipe before menstruation for three menstruation periods. No relapse was claimed at folloe–ups.

Recipe 2

Cucurbita Moschata	2 pieces
Flos Carthami	15 g

Decoct the above with brown sugar 32 g for oral administration. Take one third of the decoction each day, three days before menstruation.

Indication

Dysmenorrhea due to stagnation of the vital *Qi* and blood stasis, and impairment of *Chong* and *Ren* channels. Symptoms and signs are: Premenstrual abdominal pain, scanty menstruation, sorness of the waist and lumbago, coldness of the extremities, and nausea / vomiting(in severe cases).

Case Report

Shang, a 23 year–old woman, suffered from dysmenorrhea for three years. Her menstrual cycle was normal. She had scanty menstruation, abdominal distention and discomfort of the back and loins before menstruation. The pain became worse during

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menstruation. The other symptoms and signs were dark red tongue and thready uneven pulse. She completely recovered after taking the recipe for two menstrual cycles.

Recipe 3

Radix Angelicae Sinensis	9 g
Rhizoma Ligustici Chuanxiong	6 g
Cortex Cinnamomi	3 g
Cortex Moutan Radicis	9 g
Semen Persicae	6 g
Rhizoma Corydalis	9 g
Radix Glycyrrhizae	6 g

Decoct them with baked ginger 6 g in water for oral administration. Take one dose daily.

Indication

Dysmenorrhea due to stagnation of cold-wetness evil. Symptoms and signs are:crymodynia of the lower abdomen which can be alleviated by warmth, retained menstruation with dark red blots, purple spots on both sides of the tongue with white fur and deep uneven pulse.

Case Report

Li, a 20-year old girl, suffered from dysmenorrhea for three years. Her condition worsened recently. The pain, unbearable sometimes, could be reduced by warmth. She had light-colored menstruation with blots. The other symptoms and signs were white fur and deep thready pulse. She was relieved of her pain after taking three doses of the recipe. Later, she was told to take three doses before menstruation for three menstrual cycles and all her symptoms disappeared. No relapse was claimed at followups for one year.

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Recipe 4

Herba Leonuri	30 g
Rhizoma Cyperi	10 g
Radix Paeoniae Rubra	15 g
Rasiz Salviae Miltiorrhizae	10 g
Ramulus Cinnamomi	10 g
Fructus Crataegi	30 g
Spina Gleditsiae	10 g

Decoct in water for oral administration. Take the decoction 4 days before menstruation, one dose daily.

Indication

Dysmenorrhea due to stagnation of *Qi* and blood stasis. Symptoms and signs are straining pain of the lower abdomen, retained menstruation, distending pain of the rib, swelling pain of the breasts, dark red menstruation, purple tongue, and deep and threrady pulse.

Case Report

Liu, a 20—year old girl, suffered from a colicky and straining pain of abdomen. The other symptoms and signs were distending pain of the breast, scanty menstruation, dark red tonge and thready, uneven and wiry pulse. She was diagnosed as having dysmenorrhea due to stagnation of *Qi* and blood stasis. The pain was greatly reduced after she was given three doses of the above recipe. She completely recovered after taking another five doses before menstruation for three menstrual cycles.

Recipe 5

Folium Artemisiae Argyi	9 g

Decoct in water with brown sugar 15 g for oral administration.

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Indication

Dysmenorhea due to deficiency–cold.

Case Report

Gao, a 22 year–old girl, suffered from delayed menstrual period. The symptoms and signs were dull pain of the lower abdomen before menstruation, severe cold pain which was reduced by warmth and pressing, scanty menstruation dark red in color, pale and swollen tongue, and slow feeble pulse. She was diagnosed as having dysmenorrhea due to deficiency–cold. She was given five doses of the recipe during menstruation for three menstrual cycles and was completely recovered three months later.

Recipe 6

Pollen Typhae	9 g
Faeces Trogopteror um	9 g
Radix Salviae Miltiorrhizae	30 g

Decoct in water for oral administration. Take one dose daily.

Indication

Dysmenorhea due to blood stasis.

Case Report

Shan, a 19–year old girl, once forded across a stream in early winter during menstruation and her menstruation stopped afterwards. Since then she had distending and straining pain of the lower abdomen and loins each time before menstruation (somtimes stabbing and boring). The other symptoms and signs were scanty menstruation with purple blood blots, dark red tongue with purple spots, and uneven thready pulse. The diagnosis was dysmenorrhea due to blood stasis. After she took three doses of this recipe, the pain was reduced greatly. She was given another five doses before menstruation, one dose daily, for

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three menstrual cycles. No relapse was claimed at a follow–up five months later.

3.3 Amenorrhea

Recipe 1

Radix Astragali seu Hedysari	15 g
Radix Codonopsis Pilsulae	9 g
Radix Angelicae Sinensis	9 g
Rhizoma Atractylodis Macrocephalae	6 g
Radix Paeoniae Alba	6 g
Rhizoma Cyperi	6 g
Radix Bupleuri	3 g
Radix Aucklandiae	6 g
Radix Glycyrrhizae	3 g

Decoct in water for two oral doses.

Indication

Amenorrhea due to depression of liver–*Qi* and deficiency of both *Qi* and blood. Symptoms and signs are: scanty menstruation, distending pain of the chest and rib, yellowish complexion, fatigue, dizziness, inappetence, pale tongue with white fur, and wiry, slow pulse.

Case Report

Chen, a 22–year old girl, complained of amenorrhea due to emotional depression during menstruation for 6 months. She had distending pain of the lower abdomen, fullness of the chest and rib. The other symptoms and signs were loss of weight, inappetence, faitgue, leukorrhea, pale tongue and deep wiry pulse. The pain of the lower abdomen disappeared after twelve doses of the recipe. She completely recovered after taking another

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fifteen doses.

Recipe 2

Radix Angelicae Sinensis	9 g
Cortex Cinnamomi	6 g
Rhizoma Ligustici Chuanxiong	6 g
Cortex Moutan Radicis	6 g
Colla Corii Asini	6 g
Radix Salviae Miltiorrhizae	9 g
Fructus Evodiae	4 g
Radix Achyranthis Bidentatae	9 g
Radix Codonopsis Pilosulae	9 g
Radix Glycyrrhizae	6 g

Decoct with baked ginger in water for two oral doses.

Indication

Amenorrhea due to stagnation of cold-wetness evil. Symptoms and signs are: cold pain of the lower abdomen, coldness of extremities, profuse leukorrhea, delayed menstrual period, pale tongue with smooth fur, and slow deep pulse.

Case Report

Yuan, a 21-year old girl who had been in poor health, complained of amenorrhea caused by the cold and dampness during menstruation for three months. She had a cold pain of the lower abdomen and cold extremities relieved by warmth. She was aversive to cold and had poor appetite and loose stool. The other symptoms and sings were pale tongue with whitish fur, and deep, thready and weak pulse. After she took three doses of the recipe, the pain of the lower abdomen was reduced. Taking another six doses, she menstruated normally. She was told to take three doses before the next menstrual cycle. No relapse was complained at a

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follow-up half a year later.

Recipe 3

Radix Angelicae Sinensis	9 g
Caulis Millettiae Reliculatae	15 g
Rhizoma Cyperi	9 g
Flos Carthami	9 g
Semen Persicae	12 g
Herba Leonuri	12 g
Rhizoma Ligustici Chuanxiong	6 g
Folium Lycopi Lucidi	9 g

Decoct in water for oral administration, Take one-third of the decoction each time, three times daily.

Indication

Amenorrhea due to blood stasis. Symptoms and signs are: distending pain of the lower abdomen aggravated by pressing, fullness sensation in chest, dark red tongue with purple spots, and deep and wiry pulse.

Case Report

Zhao, a 33-year old married woman, had not menstruated for three months. Gynaecological examination revealed unpregnancy. She had distending pain of the lower abdomen aggravated by pressing, fullness in chest, and poor appetite. The other symptoms and signs were purple spots on both sides of the tongue and, deep, thready and uneven pulse. She had normal menstruation after taking ten doses of the recipe. Then she was told to take another three doses before the next menstrual period. No relapse was claimed at a follow-up half a year later.

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3.4 Acute Pelvic Inflammation

Recipe

Flos Lonicerae	30 g
Fructus Forsythiae	15 g
Viola Yedoensis	15 g
Herba Patrinicae	30 g
Radix Paeoniae Rubra	9 g
Radix Scutellariae	9 g
Rhizoma Cyperi	9 g
Herba Leonuri	12 g

Decoct in water for three oral doses.

Indication

Acute pelvic inflammation due to the invasion of wetness–heat evil into the uterus. Symptoms and signs are: fever, aversion to cold heavy legs, distending pain of the lower abdomen aggravated by pressing, straining pain of the waist, profuse leucorrhea(yellow and ropy sometimes), red tongue with yellowish fur and rapid and slippery pulse.

Case Report

Zhang, a 30–year old married woman suffered from chronic pelvic inflammation. She had two abortions and had not been pregnant ever since. In the past two months, the distending and straining pain of the lower abdomen and waist became worse, which suggested the diagnosis of acute pelvic inflammation. The other symptoms and signs were profuse yellowish urine, dry stool, red tongue with yellowish fur and wiry, smooth and rapid pulse. Her condition improved after taking six doses of this recipe. All the symptoms disappeared with the administration of another 12

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doses. Two years later, she gave birth to a son.

3.5 Chronic Pelvic Inflammation

Recipe

Codonopsis Pilosulae	9 g
Rhizoma Atractylodis Macrocephalae	9 g
Radix Astragali seu Hedysari	15 g
Radix Achyranthis Bidentatae	15 g
Flos Carthami	9 g
Radix Paeoniae Rubra	12 g
Rhizoma Cyperi	6 g
Semen Coicis	15 g
Fructus Forsythiae	15 g
Radix Glycyrrhizae	6 g
Rhizoma Corydalis	9 g

Decoct in water for two oral administration

Indication

Chronic pelvic inflammation due to damp–heat attacking the body and blood stasis. Symptoms and signs are: dull pain of the lower abdomen, fulness and straining sensation in the lower abdomen, lumbago, delayed menstrual period or menorrhagia, profuse leucorrhea, fatigue, dark red tongue with thin and white fur, and wiry pulse.

Case Report

Liang, a 30–year old woman, gave birth to a girl in natural labour six years before and had constant pain of the waists ever since. Her pain worsened the year before and was accompanied with fullness and straining sensation in the lower abdomen. She had profuse yellowish vaginal discharg, inappetence, fatigue,

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delayed menstrual period, profuse pink menstruation with blood blots yellowish urine, red tongue with thin and pale fur and smooth deep pulse. Gynaecological examination revealed cervical bleeding, yellowish discharge in cervix, inactive womb, and funicular appendages with obvious tenderness. The diagnosis was chronic pelvic inflammation. Taking twenty–four doses of this recipe, she completely recovered. No relapse was claimed at follow–ups for one year.

3.6 Cervical Erosion

Recipe

Fructus Cnidii	15 g
Cortex Phellodendri	15 g
Radix Scutellariae	15 g
Radix Sophorae Flavescentis	15 g
Rhizoma Dryopteris Crassirhizomae	15 g
Pericarpium Zanthoxyli	9 g

Decoct in water for steaming the vagina, one dose daily.

Indication

Cervical erosion due to damp–heat attacking the uterus. Symptoms and signs are: lumbago, distending and straining sensation in the lower abdomen, profuse yellowish leucorrhea, yellowish and greasy tongue fur and wiry deep pulse. This recipe is also effective for senile vaginitis.

Case Report

Wang, a 40–year old woman, suffered from lumbago, fullness and straining sensation in the lower abdomen for 10 years, which became worse in recent two years. The other symptoms and signs were: profuse yellowish vaginal discharge, red,

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swollen, hypertrophic and uneven cervix uteri, which suggested the diagnosis of moderate cervical erosion. She was treated with the above recipe for two months and had complete recovery.

3.7 Irregular Menstruation

Recipe

Radix Angelicae Sinensis	9 g
Rhizoma Ligustici Chuanxiong	9 g
Radix Paeoniae Alba	12 g
Radix Rehmannia	12 g
Rhizoma Cyperi	9 g
Folium Artemisiae Argyi	6 g
Radix Rubiae	6 g
Radix Dipsaci	9 g
Rhizoma Artactylodis Macrocephalae	10 g
Herba Leonuri	15 g
Radix Glycyrrhizae	6 g

Decoct in water for oral administration. Take one half of the decoction each time with brown sugar, twice daily.

Indication

Irregular menstruation caused by asthenia of both the spleen and kidney. Symptoms and signs are: dripping with light-colored menstruation two or three times a month, preference for warmth and pressing in the abdomen, pink tongue without fur, and weak feeble pulse.

Case Report

Tian, a 19-year old girl, had irregular menstrual cycles for five years since menophania. She had pink menstruation two or three times a month in small amounts. Her condition worsened in

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the past four months characterized by profuse menstruation at night, pain of the lower abdomen and lumbago. She complained of preference for pressing and warmth in the abdomen, and had loose stool and poor appetite. She also had dreaminess, amnesia, yellowish complexion, thready feeble pulse, and pale tongue without fur. After she took six doses of the recipe, all symptoms disappeared. She was told to take another six doses before menstruation for three mentrual cycles. No relapse was claimed at follow-ups.

3.8 Leukoplakia Vulvae

Recipe 1

Radix Sophorae Flavescentis	15 g
Fructus Cnidii	10 g
Radix Gentianae	10 g
Cortex Phellodendri	10 g
Radix Pittospori	10 g
Radix Paenoiae Rubra	12 g
Radix Angelicae Sinensis	10 g
Cortex Dictamni Radicis	10 g
Rhizoma Zingiberis Recens	3 g
Radix Glycyrrhizae	3 g

Decoct in water for oral administration, Take one dose daily.

Recipe for external treatment of prituritus vulvae:

Radix Sophorae Flavescentis	60 g
Cortex Dictamani Radicis	30 g
Fructus Cnidii	60 g
Pericarpium Zanthoxyli	20 g
Alumen	10 g

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Decoct the first four herbs in water and then put Alumen 10 g into the decoction. Remove the residues from the decoction, then steam and wash the vulva with it, respectively in the morning and in the evening. One dose can be used for two days.

Indication

Pruritus vulvae caused by evils of wind and damp–heat. Symptoms and signs are: pudendal itching and pain, hyperplasia, hypertrophy, keratinization and atrophic leukoplakia of the vulva.

Case Report

Chang, a 33–year old married woman complained of pruritus vulva and large amounts of vaginal discharge for more than one year. Her condition worsened recently and she complained of severe pain and unbearable itching, especially of the right side of vulva. Gynaecological examination and histopahthological biopsy suggested the diagnosis of leukoplakia vulvae. She had smooth, rapid and slippery pulse, and red tongue with yellowish and greasy fur. Her condition improved after five days of treatment with the above two methods. She completely recovered after another 20 days of treatment. No relapse was claimed at the follow–ups four years later.

Recipe 2

Flos Chrysanthemi Indici	30 g
Fructus Cnidii	30 g
Herba Schizonepetae	15 g
Radix Pedebouriellae	15 g
Speranskia Tuberfculata	15 g

Decoct in water for external treatment, twice daily.

Indication

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Leukoplasia valvae due to evils of wind and damp–heat.

Case Report

Qiu, a 45–year old married female, complained of pruritus vulva accompanied with swelling pain for half a year. She was diagnosed as having leukoplasia valvea and was given the above recipe to steam and wash the vulva, respectively in the morning and in the evening for fifteen days. All symptoms disappeared and no relapse was reported at follow–ups.

3.9 Hyperemesis Gravidarum

Recipe

Folium Perillae	6 g
Rhizoma Coptidis	3 g
Caulis Bambusae in Taeniam	9 g
Pericarpium Citri Reticulatae	6 g
Folium Eriobotryae	9 g

Decoct in water and take the decoction frequently.

Indication

Hyperemesis gravidarum due to stomach–heat. Symptoms and signs are: frequent vomiting after meals, dizziness, eructation, thin, yellowish fur and wiry and smooth pulse.

Case Report

Yang, a 25–year old female, had been pregnant for more than two months. She complained of frequent vomiting the month before and had acid and bitter regurgitation. The other symptoms and signs were poor appetite, dizziness, dry mouth, preference for cold drinks, yellowish fur and wiry smooth pulse. She did not respond to all other medicines. Three doses of the above recipe were thus prescribed and the vomiting was

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alleviated. She was relieved of all her symptoms after another three doses. For after-treatment, Folium Perilla 3 g and Rhizoma Coptidis 1 g were prescribed to be taken as a drink following its infusion in boiling water.

3.10 Edema of Pregnancy

Recipe

Rhizoma Atractylodis Macrocephalae	12 g
Poria	30 g
Semen Plantaginis	9 g
Exocarpium Zingiberis Recens	9 g
Pericarpium Citri Reticulatae	6 g

Decoct in water for two doses, one dose daily.

Indication

Edema of pregnancy due to asthenia and dysfunction of spleen, and retention of the fluid and wetness. Symptoms and signs are: edema of face and limbs, poor appetite and fatigue, loose stool, oliguria, pale tongue with thin and white fur, and feeble and slow pulse.

Case Report

Liu, a 25-year old female, had been pregnant for seven months. She had mild edema in legs for one week, which worsened in the past three days. The other symptoms and signs were edema in her face, oliguria, inappetence, disinclination to talk, pale tongue with white fur and feeble and slow pulse. Her condition improved after taking three doses of this recipe. The edema disappeared after she took another six doses. Half a year later, she gave birth to a daughter.

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3.11 Threatened Abortion

Recipe 1

Ramulus Loranthi	24 g
Semen Cuscutae	18 g
Radix Dipsaci	15 g
Rhizoma Cibotii	9 g
Colla Crii Asini	9 g
Cortex Eucommiae	15 g

Decoct in water for two oral administration, take one dose daily.

Indication

Abortion due to asthenia of kidney–*Qi*, and debility of *Chong* and *Ren* channels. Symptoms and signs are distending and straining pain of the lower abdomen, vaginal bleeding, fatigue, soreness of back and loin, pale tongue with white fur, and deep weak pulse.

Case Report

Yuan a 26–year old female, had been pregnant for three months. She had constant vaginal bleeding the day before her consultation. The other symptoms and signs were soreness of back and loins, distending and straining pain of the lower abdomen. Gynaecological checkup revealed closed uterine orifice, and a uterus compatible with the pregnant time. Urine pregnancy test was positve. She had deep feeble pulse, and pale tongue with white fur. After she took 6 doses of the recipe, the bleeding stopped. Taking another three doses, she recovered.

Recipe 2

Cortex Eucommiae	9 g

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Rhizoma Atractylodis Macrocephalae	10 g
Radix Anglicae Sinensis	6 g
Radix Astragali seu Hedysari	15 g
Radix Dipsaci	9 g

Decoct in water for oral administration. Take one dose in twice every day in case of emergency. Take one dose every other day when acute stage is over until the abortive symptoms disappear.

Indication

Abortion due to deficiency of spleen and kidney, and debility of *Chong* and *Ren* channels. Symptoms and signs are: soreness and pain of the waist during pregnancy, straining sensation of the lower abdomen, vaginal bleeding, poor appetite, dizziness, frequent urination, pale tongue with white fur, and deep feeble pulse.

Case Report

Qin, a 29–year old female, who had been pregnant for four months, complained of vaginal bleeding after tumbling down. She had straining pain of the lower abdomen, lumbago, pink tongue with white fur, and deep feeble pulse. She had experienced three abortions after having been pregnant for four months respectively. After she took sixteen doses of the recipe, the bleeding stopped and the other Symptoms and signs were alleviated. Then she was told to take one dose of the recipe every other day till the end of the fifth month of pregnancy. Later, she gave birth to a boy.

Recipe 3

Folium Artemisiae Argyi	6 g

Decoct the herb in water and then remove the residue from

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the decoction. Put two fresh eggs into the decoction and decoct again. Eat the egg and drink the decoction, twice daily.

Indication

Threatened abortion due to coldness and asthenia of *Chong* and *Ren* channels. symptoms and signs are: coldness and straining pain of the lower abdomen, vaginal bleeding, pale tongue with white fur, and deep and weak pulse.

Case Report

Xia, a 30–year old female, who had been pregnant for three months, complained of vaginal bleeding in increasing amounts one morning. She had suffered several abortions previously. After two doses of the recipe, the vaginal bleeding was reduced. All symptoms disappeared after another two doses. For after–treatment, another three doses were prescribed. She completely recovered and gave birth to a boy later.

3.12 Postpartum Abdominal Pain

Recipe

Radix Angelicae Sinensis	12 g
Radix Codonopsis Pilosulae	9 g
Rhizom Atractylodis Macrocephalae	12 g
Cortex Cinnamomi	6 g
Fructus Crataegi	6 g
Radix Glycyrrhizae	6 g
Radix Aucklandiae	6 g

Decoct the above with baked ginger 3 g in water for two doses.

Indication

Postpartum abdominal pain due to deficiency–cold. Symp-

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toms and signs are cold pain of the lower abdomen which may be reduced by warmth, cold limbs, pale tongue with white fur and deep weak pulse.

Case Report

Wang, a 26–year old woman, complained of postpartum abdominal pain which worsened in the past ten days. The pain could be alleviated by warmth. The other symptoms and signs were: poor appetite, general fatigue, pale tongue, and deep weak pulse. Taking six doses of the above recipe, she recovered completely.

3.13 Postpartum Diarrhea

Recipe

Cortex Cinnamomi	3 g
Rhjizoma Cyperi	9 g
Fructus Crataegi	9 g
Rhizoma Atractyloses Macrocephalae	9 g
Fructus Psoraleae	9 g

Decoct the above with baked ginger 6 g in water for two doses.

Indication

Postpartum diarrhea due to the deficiency–cold of spleen and kidney. Symptoms and signs are: coldness of the body, soreness of the waist, lassitude, yellowish complexion, dry mouth, no thirst, pale tongue with thin fur, and deep weak pulse.

Case Report

Song, a 25–year old female, complained of sudden diarrhea three or four times a day. She had an abortion twenty days ago.

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Other symptoms and Signs were poor appetite, lumbago, abdominal pain, yellowish complexion, coldness of the body, pale tongue with thin fur and deep thready and slow pulse. After she took three doses of the above recipe, diarrhea was reduced while dryness of mouth remained. All symptoms disappeared after another three doses(adding to the original recipe Fructus Mume 6 g).

3.14 Postpartum fever

Recipe

Radix Bupleuri	15 g
Radix Scutellariae	9 g
Radix Angelicae Sinensis	9 g
Radix Codonopsis Pilosulae	9 g
Cortex Moutan Radicis	9 g
Semen persicae	9 g
Herba Leonuri	15 g
Rhizoma Ligustici Chuanxion	6 g
Radix Glycyrrhizae	3 g

Decoct the above with baked ginger 3 g in water for oral administration. Take one dose daily. Add Rhizoma Pinelliae and Caulis Bambusae in Taeniam to the original recipe in case of vomiting: If the patient has stuffy nose, add Almomd Semen Pruni Armeniacae, Radix Platycodi and Exocarpium Citri Grandis. if the fever is extremely high, add Herba Artemisiae Chinghal, Rhizoma Anemarrhenae, Gypsum Fibrosum and Caulis Bambusae in Taeniam; Add Fructus Crataegi and Pollen Trphae in case of abdominal pain.

Indication

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Postpartum fever due to exogenous pathogenic factors and exogenous evils attacking the uterus. Symptoms and signs are: alternative episodes of chill and fever, dizziness, palpitation, dry mouth with bitter taste, pale tongue with thin fur, and wiry pulse.

Case Report

Wang, a 27-year old woman, was ill with high fever (the body temperature, 40℃) for six days after her delivery. Chest X-ray and physical examination were normal. White blood cell count was 15 260/mm with neutruphil leukocyte 86%, and lymphocyte 14%. Her temperature fell after taking benayrins and antipyretics. Two days later, the fever recurred with the symptoms of aversion to cold, dizziness, palpitation, and bitter taste. The chest X-ray examination and ECG were normal. Blood and urine cultures were negative. Administration of penicillin and steptomycin failed to take any effect. The fever fluctuated between 38℃ and 40℃. She was completely relieved of her fever after taking six doses of this recipe.

3.15 Postpartum Hypogalactia

Recipe

Radix Codonopsis Pilosulae	12 g
Radix Astragali seu Hedysari	12 g
Radix Ophiopogonis	9 g
Medulla Tetrapanacis	6 g
Squama Manitis	10 g
Semen Vaccariae	10 g
Pericarpium Citri Reticulatae	6 g
Radix Angelicae Sinensis	9 g

Decoct in water for oral administration. Take one dose daily.

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Indication

Postpartum Hypogalactia due to deficiency of both *Qi* and blood. Symptoms and signs are lack of lactation after delivery, no distending pain of breast, pale complexion, loose stool and poor appetite, pale tongue without fur, and weak thready pulse.

Case Report

Fang, a 27–year old woman, complained of lack of lactation after delivery without distending pain of breast. She also had general lassitude, poor appetite, loose stool, pale tongue with white fur, and thready weak pulse. After she took six doses of the above recipe, she found her lactation gradually increasing. Taking another three doses, she had normal milk secretion. For after–treatment, Semen Vaccariae 30 g and one pig foot were prescribed to decoct together. She was told to drink the soup and eat the foot after the decoction were ready.

3.16 Uterine Prolapse

Recipe

Radix Astragali seu Hedysari	30 g
Radix Codonopsis Pilosulae	15 g
Radix Angelicae Sinensis	9 g
Rhizoma Atractylodis Macrocephalae	12 g
Pericarpium Citri Reticulatae	6 g
Rhizoma Cimicifugae	9 g
Radix Bupleuri	6 g
Radix Puerariae	9 g

Decoct in water for oral administration.

Indication

Uterine prolapse due to deficiency of vital energy. Symptoms

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and signs are: straining sensation of the lower abdomen worsened by over-exertion, soreness of legs, lumbago, tiredness, shortness of breath, palpitation, pale tongue with thin fur, and slow weak pulse.

Case Report

Huang, a 39-year old female, suffered from uterine prolapse for one year. Symptoms and signs were distending and straining sensation of the lower abdomen, soreness of legs and waist, lassitude, shortness of breath, pale tongue with white fur and slow weak pulse. After she took sixteen doses of the above recipe, all the symptoms and signs disappeared. She was told to take *Bu zhong YiQi Wan* as an after-treatment for three months. No relapse was reported at follow-ups.

(by Zhou Xing & Fei Shiping)

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4 Paediatric Diseases

4.1 Upper Respiratory Tract Infection

Recipe 1

Folium Mori	9 g
Herba Menthae	3 g
Flos Lonicerae	10 g
Fructus Arctii	6 g
Radix Platycodi	3 g
Semen Pruni Armeniacae	6 g

Decoct in water for three oral doses. Take one dose daily.

Indication

Wind–heat due to exogenous pathogenic factors. Symptoms and signs are: difficult cough, yellowish and viscous sputum, headache, fever, aversion to wind, pale tongue with thin and yellowish fur, and rapid floating pulse.

Case Report

Wang, a one–year old girl, was ill with a fever and a cough, which was diagnosed as common cold in a hospital. After the treatment with antibiotics and peectoral syrup for three days all the symptoms remained. Her body temperature was 38.5℃. She had thin and yellowish fur and floating rapid pulse. After she took two doses of the recipe, the fever disappeared. She recovered completely after she took another two doses.

Recipe 2

Gypsum Fibrosum	18 g

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Flos Lonicerae	20 g
Rhizoma Anemarrhenae	6 g
Radix Isatidis	20 g
Radix Ginseng	9 g
Fructus Forsythiae	6 g
Radix Rhmannia	15 g
Herba Menthae	3 g
Caulis Bambusaen Taeniami	3 g
Raadix Glycyrrhizae	3 g

Decoct in water for three oral doses, take one dose daily.

Indication

Fever due to evils of wind and heat attacking the body. Symptoms and signs are high fever, restlessness, thirst, dry mouth, sore throat, red tongue with yellowish fur, and rapid and full pulse.

Case Report

Yuan, a 4–year old boy suffered from a high fever and a sore throat, which was diagnosed as upper respiratory tract infection and tonsillitis by a doctor of Western Medicine. His temperature was 38.2℃. White cells count was 12 000 / mm. Antibiotics and antiinflammatory agents failed to take any effect. He had thirst, red tongue with yellowish fur, yellowish urine, and full rapid pulse. Taking four doses of this recipe, he completely recovered.

4.2 Pneumonia

Recipe 1

Gypsum Fibrosum	15 g
Semen Pruni Armeniacae	6 g

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Herba Ephedrae	3 g
Flos Lonicerae	15 g
Pericarpium Citri Reticulat	3 g
Radix Isadidis	15 g
Radix Glycyrrhizae	2 g
Herba Houttuyniae	15 g

Decoct in water for three oral doses. Take one dose daily.

Indication

Bronchopneumonia due to accumulation of phlegm and heat in the lung.

Case Report

Zhong, a 5-year old boy, suffered from a cold for three days. He had a fever, coughing with profuse sputum, flaring of nares, lassitude, thirst, and poor appetite. His body temperatue was 38.1℃. Dry and moist rale were heard in both lungs. He had purple superficial venule of the index finger, red tongue with yellowish fur, and slippery, rapid pulse. After he took three doses of the recipe, the temperature fell to 36.4℃ and the cough was alleviated. Taking another three doses, he completely recovered.

Recipe 2

Flos Lonicerae	15 g
Fructus Forsythiae	15 g
Semen Pruni Armeniacae	6 g
Radix Glycyrrhizae	3 g
Gypsum Fibrosum	15 g
Rhizoma Anemarrhenae	9 g
Herba Ephedrae	3 g

Decoct in water for three oral doses.

Indication

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Bronchopneumonia due to excessive heat in *Yangming* and *Qif en*. Symptoms and signs are: high fever, thirst, shortness of breath, coughing with yellowish phlegm, flushed face, restlessness, yellowish fur, and smooth rapid pulse.

Case Report

Shi, a 6—year old boy, suffered from pneumonia because of a cold. The symptoms and signs were fever, coughing with mucous and yellowish sputum, shortness of breath, flushed face, restlessness, dry lips ,red and slight yellowish tongue, and full rapid pulse. His body temperature was 38.8℃ . After he took three doses of the recipe, his temperature fell to 37℃ . Taking another three doses, he completely recovered.

4.3 Asthma

Recipe

Herba Ephedrae	6 g
Rhizoma Zingiberis Recens	3 g
Herba Asari	0.5 g
Rhizoma Pinelliae	6 g
Fructus Schisandrae	3 g
Radix Paeoniae Alba	6 g
Radix Glycyrrhizae	3 g
Fructus Perillae	6 g

Decoct in water for three oral doses. Take one dose daily.

Indication

Cold asthma due to wind—cold evil and stagnation of phlegm in the lung. Symptoms and signs are: shortness of breath, asthmatic sound in the throat, coughing with thin white phlegm, coldness of limbs, thin and white or greasy tongue fur and

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smooth tense pulse.

Case Report

Li, a 4–year old girl, suffered from asthma because of a cold in winter when she was two years old. She had frequent attacks ever since, which was induced each time by the cold, and which worsened at night. She had thin and white sputum, no thirst, white and greasy fur, and smooth tense pulse. After she took three doses of the recipe, her condition improved. Taking another six doses, she recovered completly. No relapse was reported at a follow–up two years later.

4.4 Diarrhea

Recipe 1

Radix Codonopsis Pilosulae	9 g
Rhizoma Atractylodis Macrocephalae	6 g
Rhjizoma Dioscoreae	9 g
Radix Puerariae	6 g
Fructus Carataegi	9 g

Decoct in water for three oral doses.

Indication

Diarrhea due to improper diet and asthenia of the spleen and stomach. Symptoms and signs are loose stool, distending *or vague abdominal* pain, poor appetite, lassitude, pale fur, and weak feeble pulse.

Case Report

Zhu, a 2–year old boy, suffered from acute diarrhea one month before, which was cured with Western medicines. In recent ten days, he had loose stool with undigested food(3–5 movements daily), poor appetite, crying in frequency, lassitude and emacia-

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tion. After he took three doses of the recipe, diarrhea stopped while other symptoms remained, Taking another three dosese(adding Citri Reticulatae 6 g and Fructus Amomi 2 g), he was relieved of all the other symptoms.

Recipe 2

Herba Agastachis	6 g
Radix Angelicae Dahuricae	3 g
Pericarpium Citri Reticulatae	3 g
Rhizoma Zingiberis Recens	3 g
Cortex Magnoliae Officinalis	3 g
Rhizoma Atractylodis macrocephalae	9 g
Poria	15 g
Fructus Crataegi	9 g

Decoct in water for three oral doses.

Indication

Diarrhea due to exogenous wind–cold evils attacking the spleen and stomach. Symptoms and signs are loose, foamy or watery stool, pain and bowel sound in the stomach, fever, aversion to cold, poor appetite, white and greasy tongue fur, and floating, even and soft pulse.

Case Report

Li, a 3–year old girl, suffered from a cold with the complication of diarrhea for two days. Symptoms and signs were loose or watery stool, aversion to cold, fever, dilute nasal discharge, poor appetite, mild dehydration, thin and white tongue fur, and floating, even and soft pulse. Her body temperature was 37.6℃. After she took three doses of the recipe, her condition improved. Taking another three doses, she completely recovered.

Recipe 3

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Radix Aconiti Praeparata	3 g
Rhizoma Zingiberis Recens	6 g
Rhizoma Atractylodis Macrocephalate	6 g
Radix Codonopsis Pilosulae	6 g
Rhizoma Coptidis	1 g
Radix Glycyrrhizae	3 g

Decoct in water for three oral doses.

Indication

Diarrhea due to asthenia of the spleen and kidney, and flamming up of deficiency–fire. Symptoms and signs are chronic diarrhea, indigestion, aversion to cold , dry mouth, sore throat, red tongue with white fur, and small weak pulse.

Case Report

Wang, a 3–year old boy, had abdominal distention, vomiting, diarrhea and fever because of improper diet one month before. His condition improved with the tr eatment of Western medicine. His diarrhea worsened because of a cold two days before. He had loose stool 7 or 8 times a day, accompanied with coldness of the limbs, lassitude, poor appetite, dry mouth, sore throat, dry white tongue fur, and deep thready pulse. His condition improved after he took three doses of the recipe. After he was given another six doses, he completely recovered.

Recipe 4

Rhizoma Dioscoreae	100 g

Parch the above and then mix it with Rhizoma Dioscoreae 100 g. Grind them into powder to be taken with water and sugar three time daily.

3 g each time for children of 1 to 2 years old;

6 g each time for children of 3 to 5 years old;

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9 g each time for children over 5 years old.

Indication

Chronic diarrhea due to deficiency of spleen–*Qi*. Symptoms and signs are loose stool, indigestion, emaciation, lassitude, pale tongue with white fur, and deep slow pusle.

Case Report

Zhang, a 2–year old boy, suffered from constant diarrhea for three months. Western medicines failed to take any effect. He had watery diarrhea accompanied with emaciation and lassitude. His tongue was pale with white fur, his pulse thready and weak. He was treated with the above recipe and was relieved of His diarrhea seven days later.

4.5 Bacillary Dysentery

Recipe

Rhizoma Coptidis	3 g
Cortex Phellodendri	3 g
Radix Pulsatillae	9 g
Fructus Gardeniae	4 g
Radix Aucklandiae	4 g
Semen Arecae	6 g

Decoct in water for three oral doses, take one dose daily.

Indication

Bacillary dysentery due to damp–heat accumulated in the intestine. Symptoms and signs are high fever, nausea, poor appetite, upset, pus and blood stool, tenesmus, yellowish urine, red tongue with yellowish and greasy fur, and wiry rapid pulse.

Case Report

Yuan, a one–and–half–year old girl, suffered from bacillary

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dysentery fifteen days before. Her body temperature increased from 38.5℃ to 39.8℃. She had pus and blood stool, thirst, high fever, upset, convulsion and severe pain in the stomach. She was admitted to a hostpital with the diagnosis of toxic bacillary dysentery. After she was treated with Western medicines for three days, her temperature was reduced to 38.1℃ and the other symptoms were also alleviated. But she still had pus and blood stool 7 or 8 times a day. Her tongue was reddish with yellowish fur, her pulse rapid and wiry. The diagnosis of fulminant dysentery due to accumulation of toxic heat in the intestine was thus confirmed. After she was treated with three doses of this recipe, her condition improved. All symptoms and signs disappeared after another three doses. No relapse was reported at a follow–up one month later.

4.6 Measles

Recipe

Radix Puerariae	9 g
Rhizoma Cimicifugae	3 g
Periostracum Cicadae	6 g
Herba Schizonepetae	6 g
Radix Peucedani	3 g
Radix Glycyrrhizae	2 g

Decoct in water for three oral doses.

Indication

Measles at initial stage. Symptoms and signs are fever, aversion to wind and cold, stuffy and running nose, sneezing, coughing, lacrimation, lassitude, scanty dark urine, thin and white or slight yellowish tongue fur, and superficial rapid pulse.

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Case Report

Sun, a 2-year old boy, was ill with fever for three days. The symptoms and signs were stuffy and running nose, coughing, lacrimation, reddish mucous membrane in the mouth with obvious measles spots on tongue, scanty dark urine, thin and yellowish tongue fur, and superficial rapid pulse. His body temperature was 38℃ .After he took four doses of this recipe, all symptoms disappeared with the appearance of measles rashes.

4.7 Measles with the Complication of Pneumonia

Recipe

Herba Ephedrae	3 g
Gypsum, Fibrosum	15 g
Radix Puerariae	5 g
Radix Isatidis	15 g
Radix Scutellariae	3 g
Herba Houttuyniae	15 g
Radix Peucedani	6 g
Semen Pruni Aarmeniacae	3 g
Radix Glycyrrhizae	1 g

Decoct in water for three oral doses.

Indication

Pneumonia caused by stagnation of phlegm-heat in the lung due to evils of measles attacking the lung. Symptoms and signs are small amounts of rashes or purple rashes, high fever, coughing, shortness of breath, flaring of nares, thirst, dry lips, yellwish

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tongue fur and deep rapid pulse.

Case Report

Liu, a one year-old boy, was ill with measles for six days. On the fourth day, he had a cough and shortness of breath in addition to a fever, thirst, and purple rashes on the body. He was diagnosed in a hospital as having measles with the complication of pneumonia. After he was treated with Western medicines for two days, all the symptoms remained. His temperature was 39.1℃. He had yellowish and dry tongue fur, and deep rapid pulse. After he was given three doses of this recipe, his temperature was reduced to 37.9℃ and all the other symptoms and signs were alleviated. Taking another two doses, he completely recovered.

4.8 Pertussis

Recipe

Cortex Mor Radicis	6 g
Radix Scutellariae	3 g
Bulbus Fritillariae Cirrhosae	6 g
Folium Eriobotryae	6 g
Semen Pruni Armeniacae	6 g
Fructus Gardeniae	3 g
Fructus Perillae	3 g
Bombyx Batryticatus	3 g
Radix Glycyrrhizae	1 g

Decoct in water for three oral doses.

Indication

pertussis due to stagnation of phlegm-heat in the lung. Symptoms and signs are: paroxysmal cough worsened at night and alleviated during day time, or with the vomiting of

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sputum / food, reddish tongue with yellowish fur, and smooth, rapid and wiry pulse.

Case Report

Li, a 3–year old girl, suffered from paroxysmal cough for more than one month, which recurred more than a dozen times a day. Symptoms and signs were: serious cough with vomiting of sputum / food, respiration with borborygmus, purple eye corners, dry and yellowish tongue fur, and slippery, rapid and wiry pulse. She was consequently treated on the principle of removing heat–phlegm and relieving cough and asthma. After she took three doses of this recipe, her coughing was alleviated. Taking another three doses, she recovered.

4.9 Vomiting

Recipe

Pericarpium Citri Reticulatae	3 g
Rhizoma Zingiberis Recens	3 g
Fructus Aurantii	3 g
Massa Fermentata Medicinalis	6 g
Fructus Amomi	3 g

Decoct in water for three oral doses.

Indication

Vomiting of undigested milk or food due to improper diet. Other symptoms and signs are foul breath, abdominal distension, and thick greasy tongue coating.

Case Report

Li, a 10–month old girl, recently vomited undigested milk and food. She had thick and greasy tongue fur. The principle of regulating the stomach and promoting digestion was thus

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adopted in the treatment. Taking three doses of this recipe, she recovered.

4.10 Parotitis

Recipe 1

Radix Isatidis	15 g
Radix Scutellariae	6 g
Fructus Forsythiae	6 g
Herba Menthae	3 g
Radix Scrophularia	5 g
Radix Platycodi	3 g
Rhizoma Cimicifugae	2 g
Radix Glycyrrhizae	3 g

Decoct in water for three oral doses. Take one dose daily.

Indication

Parotitis due to blockage of channel caused by exogenous wind–heat evil. Symptoms and signs are extensive swelling and distending pain of cheeks, fever, restlessness, thirst, red tongue with yellowish fur, and floating rapid pulse.

Case Report

Wang, a 4–year old boy, suffered from extensive swelling and distending pain of cheeks accompanied with fever, restlessness and thirst. He had yellowish tongue fur and floating rapid pulse. After he took three doses of this recipe in addition to external application of *Zij in Din*, the pain was alleviated Taking another three doses, he recovered.

Recipe 2

Radix Isatidis	30 g
Herba Taraxaci	30 g

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Decoct in water for three oral doses, one dose daily.

Indication

Parotitis due to blockage of channel and toxic materials produced by fire–evil. The main symptoms and signs are swelling and distending pain in cheeks, which are hard, tender upon pressure and reddish. Other symptoms and signs include: fever, thirst, red tongue with yellowish fur, and wiry rapid pulse.

Case Report

Zhao, a 5–year old girl, suffered, for three days, from swelling cheeks, which are hard, tender and reddish. She also had a fever, thirst, yellow urine, dry stool, red tongue with yellowish fur, and wiry rapid pulse. Taking four doses of the recipe, she recovered.

4.11 Summer Fever

Recipe

Herba Artemisiae Chinghao	3 g
Folium Nelumbinis	3 g
Radix Scutellariae	6 g
Flos Lonicerae	6 g
Talcum	6 g
Herba Lophatheri	1 g
Radix Ophipogonis	6 g
Radix Glycyrrhizae	2 g
Radix Trichosanthis	6 g

Decoct in water for three oral doses. Take one dose daily.

Indication

The syndrome of summer–heat evil attacking *Yin*. Symptoms and signs are persistent fever every summer(especially in the

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afternoon), no sweating, dry mouth, red tongue with yellowish fur, and thready rapid pulse.

Case Report

Li, a 4–year old boy, suffered from a fever(around 37.5℃)every summer, accompanied with dry mouth, thirst, aversion to heat, preference for coolness, no sweating, red tongue with yellowish fur, and thready rapid pulse. He was thus treated on the principle of clearing away summer heat and nourishing *Yin* and promoting production of body fluid. Taking six doses of this recipe, he gradually recovered. Two years later, no relapse was claimed at follow–ups.

4.12 Enuresis

Recipe 1

Fructus Psoraleae	30 g
Semen Cuscutae	20 g

Dry and then grind them into powder to take at bed time.

3 g each time for children of 3–9 years old;

6 g each time for children of 10–12 years old.

Indication

Enuresis due to cold of deficiency type of the lower–warmer(*Xia jiao*). Symptoms and signs are bed–wetting, fatigue, aversion to cold, lassitude of the loins and legs, coldness of limbs, pale tongue with thin and white fur, and deep feeble pusle.

Case Report

Chen, a 5–year old boy, had bed–wetting accompanied by lassitude of the loins and legs, coldness of limbs, pink tongue and deep slow pulse. Taking the above recipe for thirty days, he re-

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covered.

Recipe 2

Radix Codonopsis Pilosulae	6 g
Radix Astragali seu Hedysari	3 g
Rhizoma Dioscoreae	9 g
Rhizoma Cimicifugae	1 g
Fructus Alpiniae Oxyphyllae	6 g
Ootheca Mantidis	3 g

Decoct in water for three oral doses. Take one dose daily.

Indication

Enuresis due to asthenia of the spleen and lung and dysfunction of the urinary bladder. Symptoms and signs are frequent bed-wetting, fatigue, disinclination to talk, poor appetite, loose stool, spontaneous sweating, thin and white tongue fur, and thready feeble pulse.

Case Report

Wang, a 6-year old boy, had frequent bed-wetting after recovering from pneumonia. He also had poor appetite, fatigue, pale complexion, disinclination to talk, loose stool, and wiry uneven pulse. Taking sixteen doses of this recipe, he recovered.

4.13 Stomatitis

Recipe 1

Rhizoma Coptidis	0.5 g
Cortex Phellodendri	2 g
Radix Scutellariae	1.5 g
Gypsum Fibrosum	10 g
Radix Rehmannia	15 g
Caulis Akebiae	3 g

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Fructus Forsythiae	3 g
Radix Glycyrrhizae	1.5 g
Herba Lophatheri	3 g

Decoct in water for three oral doses. Take one dose daily.

Indication

Stomatitis due to accumulation of heat in the heart and spleen. Symptoms and signs are ulcers or erosion in the mouth with burning pain, restlessness, crying , slobbering, yellow urine, dry stool, red tongue with yellow fur, and splippery rapid pulse.

Case Report

Song, a 8–month old boy, had ulcers on the tongue and gums for seven days, which was accompanied by restlessness, crying, athelasmus, dry mouth, foul breath, constipation and yellowish urine. Previous treatments failed to take any effect. He had slippery and rapid pulse, and red tongue with yellow fur. After he was given three doses of this recipe, his condition improved. Taking another three doses, he recovered. No relapse was reported at follow–ups.

Recipe 2

Borax	9 g
Borneolum Syntheticum	6 g
Gypsum Fibrosum	15 g
Indigo Naturalis	10 g

Grind them into powder, appropriate amounts of which is put on the affected part, 5–6 times a day.

Inidcation

Stomatitis of children.

Case Report

Liu, a one–year old boy, had scattered ulcers in the mouth,

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which was accompanied by restlessness, crying, difficulty in eating and sucking. He recovered after five days of the above treatment. No relapse was reported at follow-ups.

Recipe 3

Borax	1.8 g
Borneolum Syntheticum	0.9 g
Cinnabaris	1.5 g
Piper Nigrum	1.5 g

Grind them into powder and mix the powder with honey 12 g. Apply the mixture to the affected part, 5–6 times a day.

Indication

Stomatitis of children.

Case Report

Wang, a 2-year old girl, had scattered painful ulcers on the tongue, which was accompanied by crying, and difficulty in eating and drinking. She recovered after three days of the above treatment.

(by Zhou Xing & Fei Shiping)

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5 Diseases of Eye, Ear, Nose and Throat

5.1 Multiple Styes

Recipe

Scorpio	9 g
Radix et Rhizoma Rhei	5 g
Flos Lonicerae	20 g
Radix Glycyrrhizae	3 g

Grind them into powder for oral administration. Take 2 g of the powder each time, three times a day.

Indication

Styes due to stagnation of fire in the spleen channel, which attacks eyelids. Other symptoms and signs are reddish eyelids, yellowish tongue fur, and slippery rapid pulse.

Case Report

Jin, a 7—year old boy, had constant styes for one year, though he had undergone stye incision twice. He had four styes this time with serious infection of medial angles of both eyes. Other symptoms and signs were dark urine, yellow tongue fur and rapid pulse. Taking this recipe in addition to external application of berberine for six days, he was obviously relieved of his symptoms. Taking the recipe for six days again, he recovered completely. No relapse was reported at follow—ups for half a year.

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5.2 Acute Conjunctivitis

Recipe

Herba Menthae	10 g
Radix Ledebouriellae	8 g
Flos Chrysanthemi	10 g
Radix Pittospori	7 g
Radix Gentianae	6 g
Flos Lonicerae	15 g
Bombyx Batryticatus	12 g
Rhizoma Paridis	8 g
Rhizoma Gastrodiae	8 g
Rhizoma Ligustici Chuangsiong	10 g

Decoct in water for oral doses. Take one dose a day.

Indication

Acute conjunctivitis due to stagnation of heat in the liver and spleen in addition to exogenous wind–heat evils. Symptoms and signs are fever, aversion to cold, blood–shot eyes, red tongue with yellowish fur, and wiry rapid pulse.

Case Report

Chen, a 15–year old girl, had fever, aversion to cold, swelling, painful and blood–shot eyes for one day, which worsened increasingly(at night in particular). Other symptoms and signs were running nose, restlessness, thirst, red tongue with yellowish fur, and floating, wiry and rapid pulse. After taking three doses of this recipe, she had slight sweating and was relieved of her fever, Which indicated relief of her wind–heat syndrome. She recovered completely after another three doses(removing Radix Ledebouriellae and Herba Menthae from the original reci-

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pe, and adding to it Rhizoma Coptidis 5 g, Radix Glycyrrhizae 6 g and Scorpio 5 g). No relapse was reported at follow-ups for half a year.

5.3 Keratitis

Recipe

Radix Rehmannia	15 g
Rhizoma Anemarrhenae	12 g
Radix Angelicae Dahuricae	15 g
Radix Angelicae Sinensis	12 g
Radix Paeoniae Rubra	12 g
Cortex Moutan Radicis	12 g
Cortex Phellodendri	9 g
Semen Celosiae	12 g
Flos Chrysanthemi	9 g

Decoct in water for two doses. Take one dose daily.

Indication

Keratitis due to stagnation of heat in the liver Channel attacking the eyes. Symptoms and signs are red cornea, hypopsia, aversion to light, pain, lacrimation, red tongue with yellowish fur, and wiry rapid pulse.

Case Report

Xuis a 39-year old male. His left eye was injuried by an awn of wheat half a month before and he suffered red cornea and lacrimation ever since. Several days after the incident, his left eye was aversive to light and his vision reduced. After he took antibiotics and used eye drops of chloramphenicol, the symptoms of infection were alleviated. But he still had an aversion to light, lacrimation and pain. Vision test showed left eye's sight was 0.2

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and right eye's sight was 1.2. Grayish infiltration appeared in the cornea of left eye. After he took six doses of this recipe, the remaining symptoms and signs disappeared. Grayish infiltration gradually disappeared with the administration of another fifteen doses. Taking twenty doses again, he had normal vision of his left eye(1.0). No relapse was reported at follow-ups for two years.

5.4 Chronic Simple Glaucoma

Recipe

Rhizoma Anemaarrhenae	12 g
Cortex Phellodendri	12 g
Rehmanniae Praeparatae	9 g
Rhizoma Alismatis	6 g
Poria cum Ligno Hospite	6 g
Rhizoma Dioscoreae	9 g
Cortex Moutan Radicis	9 g
Flos Chrysanthemi	9 g
Herba Dendrobii	9 g
Radix Glycyrrhizae	3 g

Decoct in water for two oral doses. Take one dose daily.

Indication

Glaucoma caused by hyperactivity of fire due to deficiency of *Yin*. Symptoms and signs are: eye distension, headache, and diminution of vision accompanied by palpitation, amnesia dreaminess, bitter taste, dry throat, purple tongue with thin and white fur, and small rapid pusle.

Case Report

Wang, a 38-year old man, had blurred vision for five years.

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At first, he had, in the congested left eye, sensation of fullness, lacrimation and photophobia, which followed by headache and diminution of vision. Vision test showed that the right eye's vision was 0.4 and the left eye's vision was 1.0. The intraocular pressure of the right eye was 56 mmHg. Fundus examinaton showed an enlarged physiological cupping on the right eye's optic disc expansive iris and a shallowed anterior chamber. The pupillary reflex was slow. He was thus diagnosed as having chronic simple glaucoma. All symptoms and signs remained after he had been treated with hypertensors and eyedrops of pilocarpine(2%). The other symptoms and signs were palpitation, dreaminess, poor appetite, bitter taste, dry throat, dark urine, purple tongue without fur, and thready rapid pulse. All these indicated the syndrome of hyperactivity of the ministerial fire and the deficiency of the kidney–*Yin*. The principle of nourishing. *Yin* to reduce fire was thus adopted. After he took twenty doses of this recipe, his vision gradually restored(right eye's vision, 0.7 left eye's sight, 1.2) and intraocular pressure of the right eye was reduced to 20 mmHg. Pupillary reflex became normal. All the other symptoms and signs also disappeared. For after–treatment, *Jij u Dihuang Wan* was prescribed. No relapse was claimed at follow–ups for one year.

5.5 Purulent Otitis Media

Recipe

Borneolum	9 g
Os Draconis	15 g
Alumen	9 g
Radix Camphorae	12 g

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Grind the above with a parched pig gallbladder into powder to be put and sealed in a china bottle for use. Clean the affected ear with hydrogen dioxide solution and then apply the powder, once daily.

Indication

Acute and chronic purulent otitis media due to hyperactivity of fire and heat attacking the ear.

Case Report

A 24–year old man had suffered from constant suppuration in his right ear since he was twelve years old. Previous treatments failed to take any effect. Examination of the right ear revealed purulent discharge and perforation of drum membrane, which suggested the diagnosis of chronic purulent otitis media of the right ear. After he had been treated with the above recipe for twelve days, no purulent discharge was seen. Application of this recipe for another thirty days was prescribed as after–treatment. No relapse was claimed at follow–ups for three years.

5.6 Nasal Sinusitis

Recipe

Flos Lonicerae	30 g
Herba Taraxaci	30 g
Radix Scutellariae	12 g
Folium Isatidis	15 g
Fructus Xanthii	15 g
Herba Asari	4 g
Gypsum Fibrosum	30 g
Radix Angelicae Dahuricae	12 g
Flos Mangoliae	9 g

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Herba Houttuyniae	30 g

Decoct in water for two doses. Take one dose daily.

Indication

Nasal sinusitis due to stagnation of heat in the lung and stomach attacking the nose. Symptoms and signs are yellowish turbid discharge, foreheadache, red tongue with thin and yellowish fur, and wiry rapid pulse.

Case Report

A 60–year old woman had yellowish turbid discharge from her left nostril for one month. She had foul breath and pain in the forehead and orbit, constant stuffy nose, and mouth breathing during sleep. Her tongue was reddish with thin and yellowish fur, and her pulse wiry and rapid. Taking six doses of the recipe, she felt better and had little purulent discharge. Taking another three doses, she recovered. No relapse was claimed at two follow–ups within one year.

5.7 Recurrent Aphtha

Recipe

Flos Lonicerae	15 g
Rhizoma Anemarrhenae	12 g
Radix Trichosanthis	10 g
Radix Asparagi	15 g
Cortex Phellodendri	12 g
Rhizoma Polygonati	12 g
Semen Cuscutae	18 g
herba Lophatheri	10 g
Radix Glycyrrhizae	6 g

Decoct in water for two oral doses. Take one dose daily.

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Indication

Aphtha due to deficiency–*Yin* of both the spleen and kidney, and flaring–up of deficiency–fire. Symptoms and signs are recurrent painful ulcers in the mouth, dry mouth, thirst, red tongue without fur, and thready rapid pulse.

Case Report

A 18–year old man suffered from constant painful ulcers in the mouth for one year. He also had dry mouth, yellowish urine and constipation. Examination revealed a dozen of bean–sized ulcers in his mouth, red tongue without fur. and thready rapid pulse. Taking sixteen doses of this recipe, he recovered. No relapse was claimed at one–year's follow–ups.

5.8 Toothache

Recipe 1

Fructus Piperis Longi	3 g
Rhizoma Zingiberis Recens	3 g
Radix Angelicae Dahuricae	3 g
Herba Asari	3 g

Bake and grind the above into powder. Inhale 1 g of the powder each time through the nostril of the affected side, three times a day (more times in severe cases). Acupuncture on *Hegu*(L14) and *Zusanli*(ST36) can also be used for prompt effect.

Indication

Toothache due to deficiency–cold.

Case Report

A 34–year old man suffered from constant neurotoothache for six years, which was induced each time by the cold. Taking this recipe for five days, he recovered. No relapse was claime at

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follow–ups for half a year.

Recipe 2

Radix Rehmannia	30 g
Rhizoma Rehmanniae Praeparatae	30 g
Radix Scrophulariae	15 g
Rhizoma Drynariae	9 g
Flos Lonicerae	15 g
Herba Asari	3 g

Decoct in water for oral administration. Take one dose daily.

Indication

Toothache due to deficiency of *Yin* leading to hyperactivity of fire. Symptoms and signs are: serious pain, reddish and swollen gum, lassitude of the loins and legs, feverish sensation in the palms and soles, dizziness, dry throat, tinnitus, red tongue without fur, and thready rapid pulse.

Case Report

A 40–year old man suffered from a toothache of the lower right part for twenty days. Antibiotics failed to take any effect. His ache worsened at night, accompanied by dizziness, tinnitus and bry mouth. Examination revealed congestion of gum near the second right lower molar tooth, reddish tongue without fur, and small rapid pulse. Taking six doses of this recipe, he was relieved of his ache. No relapse was claimed at follow–ups for one year.

(by Zhou Xing & Fei Shiping)

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序

《英汉实用中医药大全》即将问世，吾为之高兴。

岐黄之道，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岐黄之道走向世界，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，当是岐黄之道光大之时。

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

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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作出其应有的贡献。但由于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

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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

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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

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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，但也难能十全十美。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

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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

一九九〇年三月

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目　录

说明 …… 258

1. 内科疾病 …… 259

1.1 感冒 …… 259

1.2 急慢性支气管炎 …… 261

1.3 支气管哮喘 …… 267

1.4 肺结核 …… 269

1.5 肺脓疡 …… 271

1.6 急性扁桃体炎 …… 272

1.7 慢性咽炎 …… 272

1.8 慢性肺源性心脏病 …… 273

1.9 支气管扩张并感染、咯血 …… 274

1.10 胃及十二指肠溃疡 …… 275

1.11 慢性胃炎 …… 277

1.12 胃下垂 …… 279

1.13 膈肌痉挛 …… 280

1.14 神经性呕吐 …… 281

1.15 幽门梗阻伴肠粘连 …… 282

1.16 急慢性结肠炎 …… 283

1.17 细菌性痢疾 …… 286

1.18 便秘 …… 289

1.19 肠道滴虫 …… 290

1.20 黄疸性肝炎 …… 291

1.21 急慢性肝炎 …… 292

1.22 肝硬化 …… 293

小众网站大众健康：http://qianjinpianfang.com

1.23 脾肿大 …… 294
1.24 胆囊炎 胆石症 …… 295
1.25 胆道蛔虫 …… 297
1.26 冠心病 …… 297
1.27 过早搏动 …… 299
1.28 病态窦房结综合症 …… 300
1.29 高血压病 …… 300
1.30 低血压 …… 303
1.31 尿路感染 …… 304
1.32 急慢性肾炎 …… 305
1.33 遗精 …… 307
1.34 阳萎 …… 307
1.35 美尼尔氏综合证 …… 308
1.36 遗尿 …… 309
1.37 尿潴留 …… 310
1.38 不能射精 …… 310
1.39 神经衰弱 …… 310
1.40 精神分裂症 …… 313
1.41 偏瘫 …… 314
1.42 偏头痛 …… 314
1.43 腰肌纤维炎 …… 314
1.44 痹症神经痛 …… 315
1.45 肩周炎 …… 315
1.46 面神经麻痹 …… 316
1.47 三叉神经痛 …… 317
1.48 肋间神经痛 …… 318
1.49 癫痫 …… 318
1.50 缺铁性贫血 …… 320
1.51 过敏性紫癜 …… 321

小众网站大众健康：http://qianjinpianfang.com

1.52 尿崩症 …… 322
1.53 糖尿病 …… 323
1.54 甲亢突眼症 …… 326
2. 外科疾病 …… 327
2.1 疖肿 …… 327
2.2 脓性指头炎 …… 327
2.3 丹毒 …… 328
2.4 急性淋巴结炎 …… 328
2.5 淋巴结结核 …… 329
2.6 血栓性静脉炎 …… 329
2.7 血栓闭塞性脉管炎 …… 330
2.8 急性乳腺炎 …… 331
2.9 乳腺增生病 …… 331
2.10 腰肌劳损 …… 332
2.11 慢性骨髓炎 …… 332
2.12 结核性关节炎 …… 333
2.13 肩关节周围炎 …… 333
2.14 睾丸炎 …… 334
2.15 急性阑尾炎 …… 334
2.16 直肠脱垂 …… 335
2.17 软组织损伤 …… 335
2.18 破伤风 …… 336
2.19 骨质增生病 …… 336
2.20 皮肤瘙痒症 …… 337
2.21 湿疹 …… 337
2.22 神经性皮炎 …… 338
2.23 银屑病 …… 339
2.24 荨麻疹 …… 339
2.25 玫瑰糠疹 …… 340

小众网站大众健康：http://qianjinpianfang.com

2.26 多形性红斑 …… 341
2.27 带状疱疹 …… 341
2.28 白癜风 …… 342
2.29 囊肿性痤疮 …… 342
2.30 扁平疣 …… 343
2.31 斑秃 …… 343
3. 妇科疾病 …… 345
3.1 功能性子宫出血 …… 345
3.2 痛经 …… 347
3.3 闭经 …… 349
3.4 急性盆腔炎 …… 350
3.5 慢性盆腔炎 …… 350
3.6 子宫颈糜烂 …… 351
3.7 月经不调 …… 351
3.8 外阴白斑病 …… 352
3.9 妊娠呕吐 …… 352
3.10 妊娠水肿 …… 353
3.11 先兆流产 …… 353
3.12 产后腹痛 …… 354
3.13 产后泄泻 …… 355
3.14 产后发热 …… 355
3.15 产后缺乳 …… 356
3.16 子宫脱垂 …… 356
4. 儿科疾病 …… 357
4.1 小儿上呼吸道感染 …… 357
4.2 小儿肺炎 …… 357
4.3 小儿哮喘 …… 358
4.4 小儿泄泻 …… 359
4.5 小儿菌痢 …… 360

小众网站大众健康：http://qianjinpianfang.com

4.6 小儿麻疹 …… 361
4.7 麻疹合并肺炎 …… 361
4.8 小儿百日咳 …… 361
4.9 小儿呕吐 …… 362
4.10 小儿腮腺炎 …… 362
4.11 小儿夏季热 …… 363
4.12 小儿遗尿 …… 363
4.13 小儿口腔炎 …… 364
5. 五官科疾病 …… 366
5.1 多发性麦粒肿 …… 366
5.2 急性结膜炎 …… 366
5.3 角膜炎 …… 367
5.4 慢性单纯性青光眼 …… 367
5.5 化脓性中耳炎 …… 368
5.6 鼻窦炎 …… 368
5.7 复发性口疮 …… 369
5.8 牙痛 …… 369
英汉实用中医药大全（书目） …… 370～371

小众网站大众健康：http://qianjinpianfang.com

说　明

本书是大型系列丛书《英汉实用中医药大全》中的第四分册。

单方、验方是中医临床工作者和广大群众在与疾病作斗争的过程中所取得的实践经验的结晶。方中大多数药物取之简单，服用方便，具有药简效宏的特点，是中医药治疗疾病的特色之一。

本分册共收方320余首，涉及内、外、妇、儿、五官等科疾病的治疗，以选录治疗常见病、多发病的单方、验方为主。其编写方法是：现代医学病名，中医辨证用药，每方后附一有效病例。本分册所收各方均为编者多年临床验证观察具有确切疗效者。

名老中医孙以渭主任医师对本分册中文稿进行了审阅、修改。在山东泰安召开的《英汉实用中医药大全》英文稿统稿定稿会上，专业翻译于文平女士帮助审校了英文稿。

编　者

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1. 内科疾病

1.1 感冒

方药 1 荆芥 9 克，薄荷 9 克，苏叶 6 克。水煎顿服。

适应证 本方适于风寒感冒初起。出现头痛、鼻塞、流清涕、喷嚏、全身酸痛，舌淡红，苔薄白，脉浮紧。

病 例 王××，男，56 岁。感冒 1 天，头痛、鼻塞流涕、恶寒、喷嚏、舌淡红、苔薄白，脉浮紧。两剂而愈。

方药 2 生姜 6 片，葱白 3 寸，大枣 4 枚。水煎顿服。

适应证 适于风寒感冒初起。

病 例 刘××，男，21 岁。因受凉致感冒半天，恶寒发热，鼻塞声重，流清涕、喷嚏、舌淡红，苔薄白，脉浮紧。3 剂而愈。

方药 3 大葱 3 棵，醋 10 毫升。将葱切碎，醋伴炒熟，水煎服发汗。

适应证 适于外感风寒。

病 例 杨××，女，19 岁。感冒风寒 1 天。头身酸痛、四肢乏力，鼻塞声重、流清涕，舌淡红、苔薄白，脉浮紧。1 剂而愈。

方药 4 羌活 18 克，防风 15 克，威灵仙 18 克。水煎服。

适应证 适于外感风寒挟有湿邪。症见恶寒重而发热轻，头痛身痛，肢体沉重，拘紧不舒，无汗，口不渴，舌淡红，脉浮紧。

病 例 吴××，男，29 岁。患者 3 天前患感冒，未经治疗，昨日加重。T39℃，发热，恶寒，无汗，身痛，头痛，肢体沉重拘紧不适，口不渴，舌淡红，脉浮紧。证属外感风寒湿邪，

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表阳被郁，用上方治疗体温下降，诸症好转，继用 3 剂，T37℃，遂告痊愈。

方药 5 柴胡 18 克，葛根 18 克。水煎顿服。

适应证 适于外感风热，症见发热恶风，汗出，口干咽痛，小便黄，周身不适，头痛，舌尖红，苔薄黄，脉浮数。

病 例 王××，女，24 岁。患者发烧 1 天，T38.9℃，恶风、汗出，口干，咽痛，周身不适，小便黄，舌尖红苔薄黄，脉浮数。诊为风热感冒，服本方 3 剂，T37.5℃，继用 2 剂，T36.8℃，诸症消失。

方药 6 绿豆 15 克，生姜 3 片，白萝卜片 30 克。水煎顿服。

适应证 适于风热感冒或暑湿感冒。症见头痛发热，咽痒或痛、鼻塞流浊涕，或兼头重体倦，呕恶欲吐，舌淡红，苔薄黄，脉浮数。

病 例 董××，女，12 岁。发热恶寒半天，伴有头痛身重，鼻塞流浊涕，恶心欲吐，舌淡红，苔薄黄，脉浮数。T38℃诊为暑湿感冒，给予上方，3 剂而愈。

方药 7 生石膏 250 克，薄荷 60 克。共为细末，每服 30 克，开水冲后去渣，早晚各服 1 次，盖被微汗。

适应证 适于感冒症见发热头痛，微汗咽干，鼻塞流浊涕，舌淡红，苔薄黄，脉弦数。

病 例 黄××，男，59 岁。发热头痛，鼻塞流浊涕半天，咽干喉痛，舌红苔薄黄，脉浮数。T38.7℃，咽部充血，扁桃体不大。给予上方，服用 3 天而告痊愈。

方药 8 葛根 30 克、苏叶 12 克，羌活 9 克，荆芥 9 克，防风 9 克、白芷 9 克，薄荷 6 克，甘草 3 克。水煎服，日 1 剂。

适应证 外感风寒，感冒初起。症见恶寒发热，头身疼痛，鼻塞流清涕，喷嚏，舌苔薄白，脉弦紧。

病 例 罗××，男，45 岁，被雨淋后，出现恶寒发热，

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头痛，全身肌肉酸痛，无汗，喷嚏，鼻塞声重，体温 38.2℃，舌淡红苔薄白，脉紧。给予上方，服 1 剂病除过半，服两剂而愈。

方药 9 金银花 30 克，板兰根 30 克，贯众 30 克，荆芥 9 克，桔梗 9 克，薄荷 9 克，甘草 6 克。水煎服，日 1 剂。

适应证 外感风热，咳嗽咽痛之表证。临床表现为：发热恶寒，咳嗽咽痛，头痛鼻塞流浊涕，舌淡红，苔薄黄，脉浮数。

病 例 王××，女，30 岁。因受凉而致恶寒发热，咳嗽咽痛 3 天。头痛鼻塞流浊涕，咳吐粘痰，咽干疼痛，测体温 38.8℃，舌淡红，苔薄黄，脉浮数，咽部明显充血。辨证为风热感冒。处方：金银花 30 克，板兰根 30 克，贯众 30 克，桔梗 9 克，荆芥 9 克，杏仁 9 克，薄荷 9 克，甘草 6 克。水煎服。服药 1 剂，体温降至正常，连服 3 剂，诸症悉除，病遂痊愈。

1.2 急慢性支气管炎

方药 1 梨 1 个，杏仁 9 克。将梨挖一小洞，再将杏仁捣烂放入小洞内封口，加水煮熟，吃梨喝汤，每晚 1 次。

适应证 适于急慢性支气管炎，属阴虚燥热者。主治干咳少痰，咽喉干痛，入夜尤甚，口干心烦，舌红少苔，脉细数。

病 例 谢××，男，69 岁。患慢性支气管炎 3 年余。近因受凉致咳嗽加重，干咳无痰，口干咽燥，入夜尤甚，手足心热，舌红苔薄微黄，脉细数。胸透示：双肺纹理增多，白计分检验：白细胞 8200，中性 74%。诊为慢性支气管炎。服复方甘草片，咳必清等无效。服用上方 10 天，诸症消失。

方药 2 徐长卿 15 克。放入暖瓶内浸泡 3 小时后代茶饮。

适应证 适于急慢性支气管炎。症见咳嗽，吐痰清稀，鼻塞流清涕，伴头痛恶寒，肢体酸楚，舌淡红，苔薄白，脉浮滑。

病 例 王××，女，38 岁。患慢性支气管炎 3 年余，每因受凉咳嗽复发。现因受凉咳嗽 5 天，吐痰清稀，鼻流清涕，四

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肢酸痛，给予上方，继服5天。诸症缓解。

方药3 桑白皮15克，杏仁12克。水煎服，每日1剂。

适应证 适于急慢性支气管炎。症见咳嗽咯血痰或黄痰，量多，咽痛，发热，舌质红苔薄黄腻，脉弦滑或滑数。

病 例 刘××，男，68岁。患慢性支气管炎10余年，每年冬季复发。现又咳嗽吐黄痰，量多，胸闷气短，纳呆，腹胀，舌红苔薄黄腻，脉滑数。T38.2℃，胸透：双肺纹理增多，透光度增强。白计分检验：白细胞8800，中性76%。给予上方3剂，咳嗽吐痰大减，又继服6剂，诸症缓解。

方药4 枯矾30克，瓜蒌60克，白萝卜300克。将瓜蒌焙干，与枯矾共研细粉。每次用煮熟的萝卜30克蘸药粉3克服用，每日2次。

适应证 适于慢性支气管炎，症见痰热壅肺而致咳吐黄痰，量多，胸闷心烦或伴发热咽痛，舌红苔黄腻，脉滑数。

病 例 赵××，男，58岁。患慢性支气管炎10余年。近因感冒致咳嗽吐黄痰，量多易咳出，胸脘烦闷，甚则喘促，腹胀纳差，舌红苔黄腻，脉弦滑。查白细胞8600，中性：78%，胸透：双肺透光度增强，肺纹理增多。给予上方，服药5剂，咳嗽吐痰明显减轻，又连服4剂，诸症缓解。

方药5 炒杏仁，炒芝麻各60克，共捣烂。每次服3克，每日两次，开水冲服。

适应证 适于慢性支气管炎，证属肺肾两虚之咳喘者。症见咳嗽日久，胸闷气喘，动则加剧，舌淡苔薄白，脉沉细。

病 例 苗××，男，70岁。患慢性支气管炎20余年，每年冬春季节复发。现胸闷气喘，活动加剧，吐痰色白清稀，甚则心慌气短，气不得续，乏力，纳差，舌暗淡苔薄白，脉弦细。胸透示：慢性支气管炎，肺气肿。查白细胞：6800，中性：70%。给予上方，服用1个月，咳喘明显减轻。继服两个月，身体逐渐康复。

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方药 6 公鸭 1 只，冬虫夏草 60 克。公鸭去毛及肠杂，将冬虫夏草装入鸭内，用针钱缝合，炖熟后吃肉喝汤。

适应证 适于慢性支气管炎。症见咳嗽吐痰，胸闷气喘，痰质清稀，活动后增重，甚则气不得续，畏寒肢冷，舌淡苔薄白，脉沉细。

病 例 冯××，男，72 岁。患慢性支气管炎 30 余年。每年冬春季节发病，咳嗽气喘，呼多吸少，气不得续，腹胀纳呆，舌淡红苔薄白，脉沉细。胸透示：慢性支气管炎、肺气肿。连服 3 剂，咳喘明显减轻。

方药 7 枯矾 1.5 克，蜂蜜 15 克。用豆浆 1 碗，调和冲服，每日 1 剂。

适应证 适于急性支气管炎，证属阴虚咳嗽者。症见干咳少痰，久咳不止，咽干而痒，舌红苔少，脉细数。

病 例 华××，男，16 岁，因感冒致咳嗽半月余。干咳少痰，入夜尤甚，咽痒喉干，顿咳不止。曾服用咳必清，甘草片均未效。给予上方，服药 5 剂，咳嗽即愈。

方药 8 胎盘 1 具，黑豆 500 克。将胎盘及黑豆烘干研为细末，炼蜜为丸，每丸 9 克，每服 1 丸，日服 3 次。

适应证 适于老年慢性支气管炎，证属阳虚体弱，下元亏损，肾不纳气之咳喘证。症见咳嗽气喘，呼多吸少，气不得续，活动后加重，畏寒肢冷，腰膝酸软，舌淡苔薄白，脉沉细。

病 例 王××，男，76 岁。患慢性支气管炎 30 年，每年冬春季节加重。近咳嗽气急，胸闷喘促，呼多吸少，甚则张口抬肩，面部虚浮，不能平卧，畏寒肢冷。胸透示：慢性支气管炎，肺气肿。服用上方两剂，病情明显好转。

方药 9 鲜猪胆汁 500 毫升，地龙 300 克。以上两药焙干，研粉混匀，口服。每服 9 克，每日 3 次。

适应证 适于单纯性喘息型支气管炎。证属风热袭肺，症见咳嗽气喘，吐黄痰，口干咽痛，发热恶风，舌苔薄黄，脉浮数。

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病　例　贾××，男，62岁。咳喘月余，某医院诊为单纯性喘息型支气管炎。现感胸闷气喘，咳嗽吐黄痰，口干咽痛，舌苔薄黄，脉数。用上方治疗6天，症遂缓解。

方药10　蝙蝠1只。将上药焙干，研成细粉，加黄酒50毫升，调匀口服，每日1剂，分两次服。

适应证　适于慢性支气管炎，证属痰湿犯肺之咳嗽效佳。症见咳嗽胸闷，吐痰清稀，色白量多，舌淡红苔白腻，脉滑。

病　例　王××，女，59岁。患慢性支气管炎10年，近日因受凉加重。症见咳嗽气喘，胸闷憋气，吐白痰量多，口不渴，纳呆乏力，舌淡苔白，脉滑。经用上方治疗，服药6剂，诸症缓解。

方药11　款冬花10克，百合10克，川贝母10克，知母10克，五味子10克，米壳30克。上药加水2000毫升，煎至600毫升，去渣加红糖180克，再煎熬成膏，每日4次，每次3匙。

适应证　咳喘，慢性气管炎。

病　例　李××，男，54岁。患支气管炎8年余，每因感寒受热或疲劳发作，久治不愈。现咳嗽少痰，夜间加重，口干咽燥，胸闷气短，心烦盗汗，舌红少津苔少，脉细数。胸透：两肺纹理增多；查血WBC：7200，中性：70%，淋巴：30%。服上方3剂而愈，追访两年未复发。

方药12　白芨90克，百部90克，炒杏仁120克，桃核13个（去壳），蜂蜜适量。上药共研细末，炼蜜为丸。每丸9克，每服1丸，日服3次。

适应证　适于慢性支气管炎，证属肺肾亏虚之久咳，每于寒冷季节发病。咳嗽吐白粘痰，甚者胸闷气喘，气不得续，畏寒肢冷，舌淡苔薄白，脉沉细。

病　例　余××，女，59岁，患慢性支气管炎8年余，入冬即咳嗽加重，夜间尤甚，屡治不效。咳嗽气喘，吐少量白痰，畏寒肢冷，腰膝酸软，舌淡红苔薄白，脉沉细。测体温

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36.8℃，胸透诊为慢性支气管炎、肺气肿。用上方治疗3个月痊愈。

方药13 干姜30克，半夏30克，芫荽籽120克（炒）。上药研为细末，每服9克，每日3次，饭后开水冲服。

适应证 咳嗽，秋凉冬寒发作，痰盛喘咳，面色苍白，眼睑浮肿，苔白滑，脉弦紧。

病　例 周××，男，52岁。每年秋冬咳喘，发病已4年。咯吐白痰，清稀量多，胸闷气喘，面部浮虚，舌淡苔白厚腻，脉弦滑。予上方服药3天，症状缓解，痰量明显减少，连服20天，病告痊愈。

方药14 鸡蛋2个，食醋30毫升。醋炒鸡蛋（不加油）。一次服完，早晚各1次。

适应证 适于慢性支气管炎，证为风寒咳嗽者。主症：咳嗽吐白痰，质稀易咯，胸闷气喘，舌淡红苔薄白，脉弦紧。

病　例 刘××，男，14岁，患气管炎咳喘多年，近因外感风寒而致恶寒头痛，咳嗽吐少量白痰，胸闷气短，纳差，舌淡红苔薄白，脉浮紧，给予上方，服用3天而愈。

方药15 冰糖500克，陈醋500克，将冰糖置入锅内，加陈醋煮沸，凉后收贮，每日服2次，每次10毫升。

适应证 慢性支气管炎，证为老年肺虚咳嗽者。主症：咳嗽喘促，少气懒言，气短乏力，舌淡红苔薄白，脉沉细。

病　例 孙××，男，60岁。患气管炎10年余，常年咳嗽，久治不愈。近因感冒致咳嗽加重，咳痰量少，胸闷气短，疲乏无力，舌淡红苔薄白，脉沉细，服用上方两剂而愈。

方药16 天麻5克，核桃仁10克，蜂蜜15克。水煎成为100毫升，早晚分服，每日1剂。

适应证 慢性支气管炎，证为寒邪犯肺咳嗽。亦可用于小儿咳喘。主症：咳逆作喘，咳泡沫白痰，舌淡红苔薄白，脉弦紧。

病　例 王××，男，13岁，咳喘6个月。用中西药治

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字，效果不明显。症见咳嗽，吐泡沫白痰，胸闷喘促，舌淡红苔薄白，脉弦。给予上方，服药3剂，咳嗽吐痰减轻，继服上药15剂，咳喘遂愈。

方药17 桑白皮12克，川贝母12克，红皮梨1个，二药及梨同煎。食梨饮汤。

适应证 用于急性支气管炎。证为肺热咳嗽者。主症：咳嗽咽痛，吐白粘痰或黄稠痰，胸闷喘促，舌淡红苔薄黄，脉弦数。

病 例 豆××，男，15岁，因外感致咳嗽咽痛，吐白粘痰7天。曾服麦迪霉素，甘草片等无效，舌淡红苔薄黄，脉弦数。咽部充血，扁桃体不大，双肺呼吸音粗，未闻及干性或湿性罗音。服用上方3剂愈。

方药18 葶苈子30克，白萝卜汁1杯（约50毫升），白糖20克。先将葶苈子加水100毫升，煎至50毫升，加白萝卜汁，白糖。每服25毫升；每日4次。

适应证 肺热咳嗽吐痰，胸闷胁痛，喉中痰鸣，咽喉肿痛，舌红苔黄，脉弦滑数。

病 例 王××，男，41岁。咳喘吐黄痰，咽痛3天，某医诊为急性气管炎，给予复方新诺明等药不效。查体：咽部充血，扁桃体不大，双肺呼吸音粗糙。两肺中下部可闻及干湿性罗音，舌红苔黄腻，脉滑数，服上药5天而愈。

方药19 野菊花30克，白茅根60克，冰糖30克。前二味加水300毫升，煎至150毫升，加入冰糖，早晚分两次服。

适应证 适用于肺燥咳嗽。主症：干咳无痰，入夜尤甚，口干咽痒，舌红苔薄白，脉弦。

病 例 王××，男，17岁。因感冒引起干咳不能入睡五天。检查，体温36.8℃，舌质红苔薄白，咽喉充血，扁桃体不大，双肺可闻及散在干性罗音，给予上方服药两剂，咳嗽明显减轻，又继服3剂而愈。

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1.3 支气管哮喘

方药 1 干地龙 500 克。研面，每服 3—5 克，每日 3 次，开水冲服。

适应证 适于支气管哮喘。证属痰热壅肺之实喘者。症见胸闷喘促，喉中痰鸣、咳嗽吐黄痰，舌红苔薄黄，脉弦滑。

病 例 金××，男，60 岁。患支气管哮喘病多年，每因受凉或过劳后复发。咳喘胸闷，呼吸急促，喉中痰鸣，咳吐黄痰，舌红苔薄黄，脉弦滑。服用上方 5 天，病情明显好转。如有复发预兆，即服此药，疗效亦佳。

方药 2 蔓荆子 120 克，雄鸡 1 只。将蔓荆子用纱布包裹，将鸡去毛及内脏，同药煮熟。吃鸡喝汤。1 剂可服用 3 天。

适应证 适于支气管哮喘，属痰湿壅盛之哮证。症见胸闷气喘，喉中痰鸣，咳吐白痰，清稀量多，每遇受冷发病。舌淡苔薄白，脉细滑。

病 例 孙××，女，13 岁。患支气管哮喘 5 年余。经中西药物治疗未愈。近日又因受凉，旧疾复发，咳嗽气喘，喉中痰鸣，咯痰量多质稀，胸脘痞满，纳呆乏力，舌淡红苔薄白，脉滑。听诊：双肺可闻及痰鸣音。经服用上方，先后共服 8 剂而愈。随访两年，疗效巩固。

方药 3 醋 100 毫升，红糖 30 克。水煎，每次服 15 毫升，每日 3 次。

适应证 适于支气管哮喘，证属冷哮者。症见呼吸急促，张口抬肩，咳痰清稀，形寒肢冷，舌暗红苔薄白，脉弦细。

病 例 张××，女，40 岁。患支气管哮喘 3 年余，每至冬季加重，受凉复发。呼吸急促，张口抬肩，甚则不能平卧，咳痰色白，清稀易咳，舌暗红苔薄白，脉弦细。经服中西药物，疗效欠佳。辨证属冷哮。服用上方 3 剂，咳喘明显减轻，又继服半月，诸症缓解。

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方药 4 人参 12 克，蛤蚧 1 对，水煎服，每日 1 剂。症状缓解后改为粉剂，每日 6 克，分两次服。

适应证 适于支气管哮喘，证属肺肾两虚之哮证。症见呼吸急促，喉中痰鸣，胸膈满闷，张口抬肩，气不得续，肢冷汗出。舌暗红苔薄白，脉沉细。

病 例 孙××，男，59 岁。患哮喘病 6 年余。近因受凉，咳喘加重。症见呼吸急促，胸闷憋气，喉中痰鸣，汗出肢冷，不能平卧，舌淡苔薄白，脉沉细。诊为哮喘持续状态。经用上方 3 剂，症状缓解。

方药 5 蛤蟆 1 只，猪肚子 1 个。将蛤蟆洗净去内脏，装入猪肚子内，用线缝合，放砂锅内煮熟，弃去蛤蟆，吃猪肚子喝汤，两日 1 剂，可连服 3 剂。

适应证 适于慢性支气管哮喘。孕妇禁用。

病 例 高××，女，18 岁。患哮喘病 10 余年。症见呼吸急促，喉中痰鸣，面色晦滞，倦怠乏力，苔薄白，脉弦细。双肺可闻及哮鸣音。用上方 6 剂，症状消失，随访 1 年未再复发。

方药 6 白芥子 60 克，食醋适量。将白芥子研为细末，食醋调匀，做成两饼，敷于两肺俞穴上，胶布固定，至有烧灼感后半小时取下。连敷 3～5 天。

适应证 适用于慢性哮喘病偏虚寒者，对小儿支气管哮喘疗效亦佳。症见咳逆作喘，咯吐泡沫白痰，每遇风寒或冬季加重，舌淡红苔薄白，脉沉细。

病 例 黎××，男，52 岁，有慢性咳喘病 10 年余，冬季或感冒后加重。胸闷喘促，喉中痰鸣，咳吐泡沫白痰，舌淡红苔薄白，脉沉弦细。听诊：双肺满布哮鸣音。予上方外敷 3 天，哮喘已止，吐痰明显减少，双肺哮鸣音明显减少。又予上方 3 帖以巩固疗效。此后追访 1 年，未再复发。

方药 7 炒苏子 12 克，地龙 12 克，瓜蒌仁 30 克，葶苈子 15 克，鱼腥草 30 克。水煎分两次服，每日 1 剂。

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适应证 适于痰热壅肺之实哮证。症见咳嗽喘促，胸闷痰多，喉中痰鸣，脘闷纳呆，舌苔白腻，脉弦滑。

病 例 周××，女，56岁，素有支气管哮喘病。咳嗽喘促，喉中痰鸣，胸闷憋气，咯吐粘痰量多，脘闷纳呆，舌淡红苔薄黄腻，脉弦滑数。辨证为痰热壅肺。处方：炒苏子12克，地龙12克，瓜蒌仁30克，葶苈子15克，桑白皮15克，莱菔子15克，鱼腥草30克，芦根30克，水煎服。服3剂咳痰明显减少，喘促已止，仅在活动后感胸闷憋气。上方又服6剂，诸症消失。

方药8 黄鼠狼头骨3个，将头骨砸碎，放砂锅内焙黄研面，每日2次，每次2.5克冲服。

适应证 支气管哮喘，证为肺肾亏虚哮喘者。主症：哮喘反复发作，甚则气不得续，动则气促，腰膝酸软，苔薄白，脉沉细。

病 例 冯××，男，50岁。患哮喘病10年余，每因感冒或情志刺激复发，近两年病情加重。症见胸闷喘促，气不得续，自汗畏风，腰膝酸软，舌淡红苔薄白，脉沉细。给予上方，服药两剂而愈。

1.4 肺结核

方药1 活鳖1只（约两斤重）。将鳖打死，外包黄泥，用文火烧至泥红鳖焦，去泥。将鳖研成细粉，口服，每日3次，每次3克。

适应证 适应空洞性肺结核，证属肺阴不足之肺痨者。症见干咳少痰，痰中带血，潮热盗汗，胸痛气促，舌红少苔，脉细数。

病 例 何××，男，48岁。患肺结核病近20年。于10天前病情加重，咳痰带血，低烧盗汗，消瘦乏力。X线拍片：左肺4×5cm的空洞。服上方半个月，症状明显好转。坚持服药

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两个月，X线检查：肺结核已钙化，空洞明显缩小。

方药2 生地18克，白芍15克，天麦冬各12克，生山药18克，百部15克，白芨12克，百合30克，黄精18克，三七粉（冲）3克，甘草3克。水煎分两次服，每日1剂。

适应证 适用于肺痨，证属肺肾亏虚而咯血者。主症：干咳少痰，颧红盗汗，手足心热，咯痰带血，低烧，舌红少苔，脉细数。

病 例 李×，男，46岁。患浸润型肺结核伴有空洞近两年。经治疗未见好转。7天前突然吐血，量约200毫升，咳嗽胸闷，低热盗汗，口干心烦，乏力，咯痰带血丝，舌红苔少，脉细数。给予上方4剂，吐血已止。去三七粉，继服40剂，症状消失。又以上方配成水丸，每次6克，每日服两次。半年后，胸透复查，结核灶已钙化，病告痊愈。

方药3 白芨250克，百部500克，老母鸡一只。将上药共研细粉，取老母鸡一只（二斤以上）。炖极烂后去骨，和上药面为丸如枣大，晒干，每次9克，日服3次。

适应证 适用于肺痨咳痰咯血，气阴两虚者。兼见自汗盗汗，疲乏无力，形体瘦弱，舌淡红少苔，脉沉细。

病 例 乔××，男，64岁。患肺结核3年余。曾用链霉素、异烟肼近半年，后因副作用较大而被迫停药。现咳嗽痰中带血，自汗盗汗，乏力，舌淡红苔少，脉沉细弱。胸透：右肺浸润性肺结核。查血沉：26mm／小时。给予上方，服用半年后，查血沉正常，胸部拍片：结核灶已钙化，诸症消失。追访两年，疗效巩固。

方药4 鲜韭菜根120克，明矾9克。将韭菜根捣烂与明矾合煎，每日1剂，分两次服。

适应证 适于肺结核咯血，证属肺阴亏虚、热伤血络之咯血证。主症：咳嗽痰中带血，或咳吐鲜血，低热盗汗，五心烦热，舌红苔少，脉细数。

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病　例　胡××，男，45岁。患肺结核，咯血不止，用止血药无效，服上方1剂，咯血大减，3剂血止。

1.5　肺脓疡

方药1　鱼腥草60克，桔梗12克，芦根60克，黄芩12克，生石膏30克。水煎分两次服，每日1剂。

适应证　适于痰热壅肺之肺痈症。症见咳嗽胸痛，发烧，吐痰腥臭或咳吐脓血量多，舌苔黄腻，脉滑数。

病　例　患者王××，男，38岁。咳嗽吐腥臭脓痰3天，伴发热（体温38.2℃），胸痛，舌苔黄腻，脉滑数。查血WBC：10200，N：80%，胸透：肺脓疡。给予上方3剂，发热已退。仍咳吐大量腥臭脓痰，胸部隐痛，继服上方6剂，吐痰已变清稀，咯痰量亦明显减少，胸痛消失。上方去生石膏，又服6剂，胸透复查，其病已愈。

方药2　桔梗9克，巴豆1克，浙贝母9克，薏仁30克，鱼腥草30克。共为细粉，温开水送服，每服3克，每日两次。若服后泄泻不止，饮冷水即止。

适应证　本方适于肺痈，咳吐脓痰腥臭，不发热，脉沉而滑者。

病　例　李××，男，48岁。感冒后咳嗽吐白痰量多，有腥臭味，胸痛，不发热，舌苔薄白腻，脉弦滑。查血WBC：7800，N：72%L：28%，胸透：右肺脓疡。给予上方打为水丸，每服3克，日3次。连服1个月，胸透复查：肺脓疡已愈。

方药3　鱼腥草60克，苦参40克，桔梗20克，水煎3次，共约250毫升，分2次服用。

适应证　肺痈初起，恶寒发热，咳嗽胸痛，吐腥臭痰，胸闷憋气，舌淡红苔薄黄腻，脉滑数。

病　例　孙××，女，37岁。咳吐腥臭脓痰，胸痛。胸透诊为肺脓疡，服本方29剂，症状消失，胸透复查：肺脓疡已

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愈。

1.6 急性扁桃体炎

方　药　桔梗 10 克，生甘草 10 克，银花 30 克，连翘 15 克，黄芩 10 克，马勃 6 克，牛蒡子 6 克，升麻 6 克，山豆根 10 克。水煎服，每日 1 剂。煮至水沸后，滤去药渣，频频饮服。并配合雷氏六神丸含化，每次 3～5 粒，每月 2～3 次。

适应证　适于急性扁桃体炎。主症为：咽喉肿痛，口渴引饮，进食困难，发热恶寒，头痛身痛，查体见有双侧或单侧扁桃体不同程度增大并充血，舌质红苔黄，脉浮数而滑。

病　例　王××，男，24 岁，近 3 天来，初觉咽痛不利，头痛身痛。继则发热恶寒，咽喉燥热肿痛，咽食困难。小便黄赤，大便干燥，舌红苔薄黄，脉象滑数，扁桃体双侧Ⅲ°增大，色赤，服消炎药两天未效。拟上方 3 剂，每日服 1 剂，配六神丸含化，症状减轻，扁桃体Ⅰ°增大，继服 3 剂痊愈。

1.7 慢性咽炎

方　药　制半夏 500 克，加食醋 2500 毫升，浸泡 24 小时，加热 3、4 沸，去半夏加苯甲醇过滤备用。每次服 10 毫升，每日 2～3 次。

适应证　慢性咽炎，症见咽痒咽痛，如有物贴于咽部，常欲咳嗽，咳出少量粘痰，舌淡红，脉滑。

病　例　宋××，女，32 岁。患者近半年来经常咽部发痒，如有物贴于喉部，时有咽干咽痛，干咳，咳吐少量白粘痰。症见咽部潮红轻度充血，扁桃体不大，血常规（-），胸透（-），舌淡红，脉滑。诊为慢性咽炎。服用本方 25 天痊愈。

小众网站大众健康：http://qianjinpianfang.com

1.8 慢性肺源性心脏病

方药 1 炙麻黄 6 克，炒杏仁 9 克，桔梗 9 克，半夏 9 克，细辛 3 克，荆芥 9 克，枳壳 9 克，前胡 9 克，甘草 3 克。水煎服，日 1 剂。

适应证 适于肺心病并上呼吸道感染，辨证属外感风寒，痰饮内阻者。症见恶寒发热，咳吐白痰、量多、胸闷心慌，动则气促，舌苔薄白腻，脉弦滑。

病 例 姜××，男，62 岁。患慢性咳嗽 10 余年，伴胸闷憋气，心悸气短。近因受凉致病势增重，恶寒发热，流涕咳嗽，吐白痰量多，胸闷憋气，动则喘促心悸，舌暗苔薄白腻，脉弦滑。胸部拍片："肺心病并肺部感染"；查血 WBC：8900，N：78%。投上方两剂，表证即除。复以上方去荆芥加莱菔子 15 克，陈皮 9 克。继服 3 剂，诸症缓解。

方药 2 炙麻黄 6 克，炒杏仁 9 克，生石膏 30 克，鱼腥草 30 克，瓜蒌 30 克，芦根 30 克，桑白皮 15 克，葶苈子 15 克，桔梗 9 克，甘草 6 克。水煎服，日 1 剂。

适应证 适于肺心病，痰热壅肺者。主症：发热，咳嗽吐黄痰，胸闷憋气，喘促心悸，双下肢浮肿、舌暗苔黄厚腻，脉滑数。

病 例 陈××，男，56 岁。患肺心病 6 年。现因感冒又致发热，咳嗽吐黄痰量多，胸闷喘憋，动则心慌，纳呆乏力，舌暗苔黄腻，脉滑数，双肺满布干湿性罗音，心率 106 次／分，肺动脉瓣第二心音增强，查血 WBC：14000，N：94%，胸透：慢性支气管炎并感染，肺气肿，肺心病。投以上方 6 剂，发热已退，咳痰量减少，胸闷憋气症状缓解，双肺仍可闻及干湿性罗音。仍遵上方继服 6 剂，诸症消失，复查血 WBC：6200，N：68%，肺部感染控制。

方药 3 炮附子 12 克，白术 15 克，猪苓 15 克，车前子

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(包煎) 30 克，泽泻 15 克，党参 15 克，麦冬 12 克，五味子 6 克，琥珀粉（冲）1.5 克，葶苈子 15 克。水煎分两次服，日 1 剂。

适应证 适于肺心病，心功能不全，证属脾肾阳虚、水气凌心者。症见咳嗽吐痰清稀量多，胸闷心悸、倦怠乏力，食少便溏，畏寒肢冷，下肢浮肿，舌暗红苔薄白，脉沉细滑。

病 例 曹××，男，66 岁。肺心病史 10 余年，近 1 年来病情加重。出现颜面及双下肢浮肿，经中西药物治疗，病情时轻时重。咳吐白痰，胸闷食少，倦怠乏力，畏寒肢冷，动则心悸喘促，甚则不能平卧，舌暗淡苔薄白，脉沉细数。服用上方 6 剂，症渐好转。连续服药 20 剂，浮肿消退，心衰得以纠正。复以上方配成水丸，每次 6 克，日服 3 次。继服两个月，已能参加轻体力劳动。

1.9 支气管扩张并感染、咯血

方 药 芦根 45 克，苡仁 10 克，冬瓜仁 15 克，旱莲草 15 克，海蛤粉 20 克，青黛（包煎）3 克，黄芩（炒）15 克，三七粉（冲）2 克，大黄粉 1 克。水煎，每日 1 剂。加童便 30 毫升，分两次服。

适应证 适于支气管扩张症。肺部继发感染，由于剧烈咳嗽而引起咯血。证属风热犯肺，络破血溢者。

病 例 王××，男，50 岁。素有慢支并支气管扩张病史。近因受凉出现咳嗽气喘、咳吐脓痰、发热恶寒。经用抗菌素治疗，恶寒发热已退，突然大口咯血或不时咳嗽，痰中带血。双肺满布干罗音，双下肺底可闻及中、小水泡音，舌质暗红、苔黄而灰，脉滑大无力。服上方 2 剂，咯血减少，5 剂血止。随访两年，未再复发。

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1.10 胃及十二指肠溃疡

方药 1 白芷 30 克，甘草 10 克。水煎分两次服，每日 1 剂。

适应证 适于胃溃疡，症见饭后节律性胃脘疼痛，伴有嗳气腹胀，纳呆恶心等。

病 例 张××，女，49 岁。患胃溃疡病史 3 年，症见胃脘疼痛，饭后半小时明显，伴有嗳气，腹胀纳少，舌淡红，苔薄白，脉细弦。给予上方 3 剂，疼痛明显减轻，继用 3 剂，症状缓解。

方药 2 赤石脂 90 克，干姜 180 克，花椒 210 克。共研细粉，炼蜜为丸，每次 9 克，每日 3 次。

适应证 胃十二指肠球部溃疡，证属脾胃阳虚，纳运不健者。症见胃脘疼痛，喜热喜按，腹胀便稀，恶心欲呕，舌淡苔白腻，脉沉细。

病 例 周××，男，38 岁。患者出现胃脘呈饥饿性疼痛。钡餐透视：提示十二指肠球部溃疡。喜热喜按，热敷可稍缓解，进冷饮及不消化食物疼痛增重。伴有腹胀恶心，大便稀，舌淡，脉沉细，证属脾胃阳虚，纳运不健。服上方 6 剂，疼痛明显减轻，继用 6 剂，证状缓解。

方药 3 苍术 12 克，厚朴 9 克，黄连 9 克，黄芩 12 克，炒山栀 9 克，公英 18 克，乌贼骨 30 克，陈皮 9 克，枳壳 9 克，元胡 9 克。水煎分两次服，每日 1 剂。

适应证 适于胃及十二指肠溃疡证属湿热者。症见胃脘胀痛，饥饿痛甚，嘈杂泛酸，心烦口苦，肢体倦怠，舌红苔黄腻，脉弦滑。

病 例 王××，男，48 岁。胃脘胀满灼热疼痛，烦闷嘈杂，泛酸 1 年余。多次胃肠钡餐透视：均诊为胃窦小弯部溃疡，溃疡面约 0.5×0.6 厘米。经多方治疗，效果不显。胃脘痛剧，

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嗳气吞酸，心烦口臭，便干溲黄，舌红苔黄腻，脉弦滑。服上方3剂，诸证减轻。连服3个月，胃肠透视：龛影消失。诸证悉除。追访1年，未再复发。

方药4 黄芪250克，党参150克，木香125克，良姜125克，白芨250克，凤凰衣250克，甘草250克。上药共研细粉，每服3克，每日3次。

适应证 胃及十二指肠溃疡，证属脾胃虚寒者。主证：胃脘胀痛，遇冷痛剧，喜温喜按；进食则舒，四肢乏力，大便偏稀，舌苔薄白，脉弦细。

病　例 林××，男，46岁。胃脘胀痛1年余，饿时及夜间疼痛较重。喜温喜按，遇冷增剧，疲乏无力，舌淡红苔薄白，脉弦细。钡餐透视：十二指肠球部溃疡，服上方两个月，症状消失。钡透及胃镜复查：溃疡面愈合，仅见十二指肠球部呈不规则变形。

方药5 生黄芪250克，元胡250克，广木香125克，甘草500克，高良姜125克，白芨250克，鸡蛋壳1500克。共为细粉，每服3克，日服3次。

适应证 用于胃、十二指肠溃疡，证为脾胃虚寒者。主证：胃脘胀痛，饿时及入夜痛甚，畏寒怕冷，喜温喜按，嘈杂泛酸，舌淡苔薄白，脉细。

病　例 吕××，男，33岁。规律性上腹痛两年余。每于秋冬季节加重。胃脘疼痛，饥饿加重，得热则舒，嘈杂泛酸，溲清便稀，舌淡红苔薄白，脉弦细。胃镜检查：诊为十二指肠球部溃疡、浅表性胃炎。予上方服药30天，症状明显减轻，继服两个月，诸症消失。

方药6 生甘草500克，煅瓦楞500克。共为细粉，每服6克，每日3次。

适应证 胃及十二指肠溃疡，证为湿热中阻者，症见：胃脘灼热疼痛，痞满不舒，嘈杂泛酸，舌红苔黄，脉弦。

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病　例　秦××，女，43岁。患胃溃疡20余年，胃痛吞酸，饭后尤甚，痞满噫气，灼热嘈杂。经用多种药物治疗，疗效不能巩固。舌红苔薄黄，脉弦。上药服后3天，胃痛吐酸明显减轻，继服两个月，诸证消失。胃镜复查：溃疡面较前变浅变小。又服上药两个月复查：溃疡痊愈。

1.11　慢性胃炎

方药1　高良姜9克，香附12克，白芷12克，元胡9克，川椒9克。共为细末，每次1.5克，每日3次。

适应证　胃脘痛。临床表现：胃痛因寒而作，发作时脘腹剧痛，肢冷面白，喜温怕冷，舌淡红苔薄白，脉弦紧。

病　例　患者张××，男，34岁。慢性胃炎病史3年余，每因饮食生冷或受寒凉后胃痛加重。曾多次胃肠钡透及纤维胃镜检查，均诊为慢性浅表性胃炎。服中西药物均效，但疗效不固，时轻时重。近因饮食不慎而胃脘剧痛，恶心欲吐，偶有泛吐清水，舌苔薄白，脉弦紧。给予上方，服药1剂，疼痛即止，连服1剂，诸证悉除。追访1年，未再复发。胃镜复查：浅表性胃炎粘膜象较前明显好转。

方药2　柴胡12克，香附12克，枳实9克，白芍15克，青皮9克，陈皮9克，川芎9克，元胡9克，甘草6克。水煎服，日1剂。

适应证　胃痛，属肝气犯胃者。症见胃脘胀痛，连及两胁，嗳气则舒，每因生气而复发，舌淡红苔薄白，脉弦。

病　例　赵××，女，32岁。患慢性胃炎病2年余，每因情志刺激而加重。胃脘胀痛，攻撑两胁，胸闷嗳气，大便偏干，舌苔薄白，脉弦细。证属肝郁气滞。以上方服药3剂，脘腹胀痛明显好转，继服6剂，诸证悉愈。

方药3　丹参12克，檀香9克，砂仁9克，蒲黄9克，五灵脂9克，木香9克，甘草6克。水煎剂，日1剂。

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适应证 胃痛属气滞血瘀者。症见胃脘剧痛，入夜尤甚，痛有定处而拒按，舌质紫黯，脉涩。

病 例 董××，男，40岁。有胃痛病史10年。经多次钡透和纤维胃镜检查，均诊为慢性胃炎并十二指肠球炎。胃脘撑胀刺痛，疼处固定拒按，夜间痛剧，舌黯红，苔薄黄，脉弦细涩。经中西成药治疗，效果不明显。予上方3剂，疼痛已止，而纳呆食少。遵上方加焦三仙各9克，又服3剂，饮食增加，症状消失。

方药4 半夏12克，黄连9克，黄芩12克，干姜6克，枳实12克，党参12克，川楝子12克，元胡9克，公英18克，煅瓦楞30克。水煎服，日1剂。

适应证 适于胃痛属寒热错杂以湿热为著者。主症：胃脘灼痛，泛酸嘈杂，口臭心烦，大便干，小便黄，舌红苔黄腻，脉弦滑。

病 例 曹××，男，36岁。胃痛病史2年余。胃脘嘈杂灼热胀痛，泛酸口苦，心烦便干尿赤。舌红苔黄腻，脉沉弦。服黄连素，胃必治等效果欠佳。给予上方3剂，胃痛减轻，又续服6剂，诸证悉除。嘱其避免辛辣刺激食物，坚持服药1个月，其病痊愈。

方药5 鸡蛋1个，硫黄1克。将鸡子打一个小口，将硫黄研末装入，火烧食之，每日1次。

适应证 慢性胃炎。症见胃脘隐痛或剧痛，喜温喜按，遇寒即发，纳呆便溏，舌淡苔薄白，脉弦细。

病 例 李××，女，58岁。胃脘疼痛多年，每遇寒冷或饮食不节即隐痛或剧痛。喜温喜按，脉沉细。久治不愈。服用上方7天，痛止病愈。追访3年未复发。

方药6 吴茱萸6克，花椒3克，白芍20克，小茴香10克，陈皮6克，甘草3克，生姜3片，大枣3枚（去核）。水煎分两次服，日1剂。

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适应证 本方用于寒邪犯胃之胃痛者。症见胃脘胀痛，遇冷痛剧，得热则舒，呕吐涎沫，舌苔薄白，脉弦紧。

病 例 张××，男，57岁。有胃脘痛病3年余，经钡餐透视为慢性胃窦炎，每于受凉或饮食生冷而胃痛增重，甚则剧痛难忍，呕吐涎沫，大便稀溏。服上方三剂而病除过半，服6剂而愈。

方药7 黄芪60克，莪术15克。水煎服，每日1剂。

适应证 适于萎缩性胃炎，症见食欲减退，饭后饱胀，上腹钝痛，乏力消瘦。

病 例 齐××，女，39岁。患萎缩性胃炎5年余。胃液分析：低酸。胃镜检查：见粘膜萎缩、血管显露。症见纳呆，饭后腹胀，夜间尤甚，上腹钝痛，消瘦，舌淡红，脉细弱。给予上方治疗，服药半个月，症状明显好转，继用半个月，症状消失。胃镜复查：粘膜萎缩，血管暴露等病理变化也有明显改善。

方药8 败酱草500克，炒莱菔子250克，煅瓦楞子100克。共研细粉，水泛为丸，每次服9克，每日3次。

适应证 肥厚性胃炎。症见胃脘胀满疼痛，嘈杂，泛酸，时有饥饿性疼痛，但无规律性。

病 例 张××，男，41岁。患者近1年来经常胃脘胀满疼痛，嘈杂泛酸。胃镜检查：见粘膜皱壁粗大，有小结，呈肥厚性胃炎改变。给予上方治疗，服用6剂后，症状明显减轻。继续治疗1个月，诸证消失，胃镜复查：明显改善。

1.12 胃下垂

方药1 熟附片12克（要先煎久煎），炒白术10克，小茴香5克。水煎，每日1剂，饭后分两次服，30天为1疗程。

适应证 适于胃下垂，属脾胃气虚，肾阳不足者。

病 例 王××，男，56岁。患胃下垂5年。症见胃脘痞满，腹部空虚下坠，腹部发凉，纳呆、便溏，头晕。饭后腹部痞

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满下坠明显，舌淡胖，脉沉迟。证属脾胃气虚、肾阳不足。用上方治疗1个月，症状减轻，钡餐透视：胃下垂由原来下垂7厘米恢复至下垂3厘米。继续治疗1个月，诸症消失，钡餐透视：胃体位置恢复正常。

方药2 蓖麻子（去皮）9克，五倍子1克。将两药共捣成糊状，涂在1×1.5厘米的纱布上，敷在百会穴（先在百会穴上，剃去一块头发，与药饼等大），5天为1疗程。如自觉症状未见好转，间歇1天，开始第2疗程。一般以10疗程为度。

适应证 适于胃下垂，症见头晕目眩，胃脘痞满，腹部空虚下坠，伴有恶心乏力，动则尤甚。

病 例 蔡××，女，62岁。患胃下垂7年，钡餐透视：胃下垂6厘米，症见头晕目眩，胃脘痞满，上腹部坠胀空虚，活动后明显。用本方治疗1个疗程，钡餐透视：胃下垂4厘米。第二疗程又回升2厘米。每三疗程诸症好转。又继续治疗两个疗程，钡餐透视：胃体位置恢复正常。

方药3 炙黄芪30克，炒白术9克，柴胡3克，升麻3克，党参15克，枳壳9克，陈皮9克，水煎服，日1剂。

适应证 脘腹痞满疼痛，以脾胃虚弱为主者。临床表现：脘腹痞满，隐痛坠胀，漉漉有声，嗳气不舒，纳呆乏力，大便偏稀，舌淡苔白，脉沉细。

病 例 俞××，女，42岁。胃脘坠胀，食后尤甚1年余。伴疲乏无力，脘腹隐痛，嗳气不舒，喜暖喜按，溲清便溏，舌苔薄白，脉细弱。钡餐透视：胃下垂（中度）。服用上方30剂，诸证好转，饮食增加。复服30剂，钡餐透视复查：胃体位置恢复正常。

1.13 膈肌痉挛

方药1 花椒10克。取花椒放入杯内加沸水约100毫升，盖严浸泡5分钟，将滤液1次服下。必要时，隔4～5小时再服

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1 次。

适应证 主治神经官能症膈肌痉挛者。症见气逆上冲，喉间呃呃连声，声短而频，不能自制。

病 例 魏××，女，32 岁。患者有膈肌痉挛症半年，经服西药镇静剂无效。症见呃逆连声，声短而频，不能自制。诊为神经官能症。服药两次，症状缓解。

方药 2 麦冬 30 克，丁香 3 克。水煎频频呷服。

适应证 适于各种原因而致的顽固性膈肌痉挛，主要临床表现：病人数日呃逆不止。

病 例 刘××，男，56 岁，于胃癌手术后 3 日，出现频频呃逆，用解痉、止呕、镇静药不效。针灸治疗，呃逆暂时减轻，起针后仍呃逆不止，痛苦异常。用上方 3 剂，呃逆明显好转。继服 3 剂，呃逆停止。观察 20 日，未再复发。

1.14 神经性呕吐

方药 1 黄连 9 克，苏叶 12 克，藿香 12 克。水煎服，日 1 剂。

适应证 适于神经性呕吐，辨证为胃热呕吐者。主要表现为：频繁呕吐，口臭心烦，时有泛酸，口干喜冷饮，舌红苔薄黄，脉弦细数。

病 例 王××，女，24 岁。呕吐反复发作半年余，于情志不遂时加重，每日呕吐 7—8 次，心中烦热，口干喜饮，小便黄，大便干，舌红苔薄黄，脉细数，经多次胃肠钡透及胃镜检查胃肠均无异常发现，肝功检查亦正常，上方服用两剂，呕吐即止，连服 4 剂，诸证消失。

方药 2 半夏 15 克，茯苓 30 克，生姜 12 克。水煎服，日 1 剂。

适应证 痰饮内阻之呕吐者。主要症状：频繁呕吐，呕吐物多为清水痰涎，脘闷不食，头目眩晕，舌苔白腻，脉滑。

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病　例　孙××，女，33岁，患神经性呕吐半年余。用西药能暂时缓解，但效果不能巩固。频繁呕吐，食水不入，呕吐物多为痰水清涎，重吐需输液，维持生活，脘闷纳少，乏力头晕，舌苔白粘，脉虚滑。服上方3剂，脘闷，头晕减轻，呕吐已止，后又给予香砂六君子汤调理半月而愈。追访1年，未再复发。

方药3　党参30克，半夏10克，代赭石15克，蜂蜜30克。前三药先煎取汁，再兑入蜂蜜频服之。

适应证　神经性呕吐，辨证属胃阴不足、胃气上逆者。主症：频繁恶心呕吐。每因情志刺激而增剧，甚则食入即吐，口干心烦，胃脘灼痛，舌红苔少，脉沉细。

病　例　沈××，女，22岁，患频繁呕吐1年余，每因情志不遂而增剧，甚则食入即吐，食水不入，重时靠输液维持生命。经多次钡餐透视及胃镜检查：均未发现明显器质性病变，诊为神经性呕吐。诊见舌质嫩红少苔，脉沉细，服上方两剂，呕吐止。为巩固疗效，续服3剂，追访1年未复发。

1.15　幽门梗阻伴肠粘连

方　药　人参30克，姜半夏15克，枳实12克，蜂蜜45克。以水500毫升加入蜂蜜入药，文火煎1小时，约煎至250毫升，分10次服，12小时内服尽，每日1剂。

适应证　因上消化道溃疡而引起的幽门梗阻或幽门部水肿，炎变而引起的不全梗阻。因腹部手术后所致的肠粘连亦可服用。临床表现：恶心呕吐，呕吐物为食物或夹杂水样物，无恶臭味，甚则大便干结，兼有腹痛，有的腹部可触及包块，疼痛缓解后包块消失。

病　例　季××，男，38岁。于17岁时因腹部创伤曾作过3次剖腹术，愈后经常腹痛呕吐，禁食输液治疗可暂缓解，但症状逐年加重。经医院多次检查均诊为术后肠粘连伴幽门不全梗阻。于1972年8月26日，又因腹痛、剧烈呕吐，呕吐物无酸臭

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恶腐味。医院诊断为粘连性肠梗阻、幽门梗阻，动员再作手术治疗。患者不愿接受，要求中药调治。始以旋复代赭汤加味治疗，服药半月无效，且伴大便干结不通。改用上方，用多次分服法，呕吐逐渐减轻，且能进少量饮食。原方继续服用，腹痛呕吐消失，大便畅通，能进流汁食物。复遵原方调治半月，痊愈出院，随访至今，未复发。

1.16 急慢性结肠炎

方药 1 炒白芍 15 克，白术 12 克，陈皮 9 克，防风 9 克，扁豆花 15 克，甘草 6 克。水煎服，日 1 剂。

适应证 急慢性结肠炎属肝气乘脾者。症见腹痛肠鸣，大便泄泻，便前腹痛。每因情志变化而发作。舌苔薄白，脉弦。亦可用于过敏性结肠炎，肠功能紊乱而具有以上症状者。

病 例 孙××，女，38 岁。有泄泻病史 2 年余，每因情志刺激而加重。现又腹痛腹泻 3 天，腹痛即泻，泻后痛减，泄泻日 5—6 次，伴有不消化食物。舌淡红苔薄白，脉沉细。查大便常规 WBC 少许，证为肝气乘脾，故宜泻肝补脾法。处方：炒白芍 15 克，炒白术 12 克，陈皮 9 克，防风 9 克，扁豆花 15 克，茯苓 15 克，甘草 6 克。水煎服。服药 3 剂，症状消失，大便次数正常。为巩固疗效，继服 3 剂，并嘱其禁食生冷及情志刺激。追访 3 年，未再发。

方药 2 党参 15 克，茯苓 30 克，白术 12 克，白芍 15 克，扁豆 15 克，山药 15 克，陈皮 9 克，莲子肉 12 克，苡米 30 克，甘草 6 克。水煎服，日 1 剂。

适应证 久泻，属脾胃虚弱者。主要表现：泄泻日久不愈，饮食减少，四肢乏力，形体消瘦，脘腹痞满，舌淡苔薄白，脉沉细。

病 例 王××，男，60 岁，患慢性腹泻 4 年余，每因饮食不节则泄泻加重。多次查大便常规，可见少量白细胞及脂肪

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球。疲乏无力，食少腹胀，形体消瘦，面色㿠白，舌苔薄白，脉沉细缓。经用上方6剂，腹泻即止，连服20剂，体力增强，饮食较佳，疗效巩固。

方药3 煨诃子15克，肉豆叩9克，补骨脂15克，米壳9克，干姜9克，炒白术12克，茯苓15克，山药30克，甘草6克。水煎服，日1剂。

适应证 久泻属脾肾阳虚者。临床表现：泄泻日久不愈，喜暖畏寒，倦怠乏力，气短懒言。或黎明之前，腹痛肠鸣，泻后则安。甚则滑泄不禁，久治不愈。舌质淡，苔薄白，脉沉细。

病 例 董××，男，54岁，有慢性腹泻病史3年余。每因受凉或饮食不节则腹泻加重。症见下腹畏寒怕凉，黎明即泻，泻前腹痛，泻后则安。疲乏无力，少气懒言，舌质淡红，苔薄白，脉细弱。大便常规：无明显异常。上方服药6剂，腹泻减轻。又以上方配成水丸，每次9克。日服3次。续服30天，诸证痊愈。追访1年，未再复发。

方药4 鲜扁豆花30克，鸡蛋2个，扁豆花炒鸡蛋（不放盐），每日1剂，空腹1次服下。

适应证 适于急性肠炎。证属脾虚挟有暑湿者。症见大便稀溏，腹胀腹痛，纳呆恶心，身体困重，舌淡红苔白腻，脉濡细。

病 例 张××，男，38岁。患者两天前因贪凉饮冷出现腹痛腹泻。经医院诊为急性肠炎。给予黄连素等药治疗无效。症见腹泻水样大便，每日9—10次。伴有腹痛，纳呆恶心，舌苔白腻，脉濡缓。证属脾虚挟湿，服用上方3剂，病情明显好转。继服6剂，诸症消失。

方药5 猪骨250克，葎草200克，洋金花12克。将猪骨，葎草分别炒炭存性，加入洋金花，共研细粉，每日3次，每次服3克。

适应证 急性肠炎。

病 例 包××，女，32岁。患者因受凉及饮食不节出现

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泻下如水样，每日10余次，腹部隐隐疼痛，经用庆大霉素，普鲁本辛等药治疗，效果不显。大便常规检查提示急性肠炎。用上方治疗两天，症状明显减轻。服完1剂后，大便正常，腹痛消失，大便常规检查阴性。

方药6 金银花60克，罂粟壳10克。将金银花炒黄研成细粉，将罂粟壳加水两碗煎至1碗，分3次冲服金银花粉10克，每日3次。

适应证 适于慢性肠炎。症见腹泻、腹胀腹痛者。稍进油腻食物或不易消化之品则大便次数增多，纳呆乏力，苔薄白，脉细弱。

病 例 金××，男，52岁。患慢性肠炎病3年，每因饮食不节则病情加重。就诊时腹泻腹胀，每日大便4—5次。伴有腹痛，消瘦，纳呆，舌苔薄白，脉细弱。经用上方治疗6天，大便成形，次数减少，继续服用半个月，大便正常，诸症已愈。

方药7 玉米60克，雄黄6克。将玉米与雄黄共研细粉。每次服6克，每日3次。

适应证 慢性肠炎，长期腹泻不止者。

病 例 孙××，男，56岁。患慢性肠炎10余年。轻时每日腹泻4—5次，重时10余次。伴面黄肌瘦，体倦乏力，少腹隐痛，舌淡，脉细。用本方治疗6天，痊愈。

方药8 高粱30克，白矾6克。将高粱炒熟，与白矾共研细粉。每次服9克，每日3次。

适应证 适于慢性肠炎，证属脾胃虚弱者。症见大便次数增多，粪便稀薄，伴有不消化食物，纳呆，腹痛，腹胀，乏力，舌淡，脉细弱。

病 例 王××，女，48岁。患慢性肠炎5年余。每因饮食不节或劳累后症状加重。大便每日4—6次不等，甚则大便稀薄如水，纳呆，乏力，腹痛，舌淡胖有齿龈，脉沉细。证属脾虚泄泻。服用上方7天，大便次数减少，他症亦轻。继服半个月，

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诸症消失，大便正常。

方药 9 鲜白扁豆花 15 克，白糖少许。共捣烂，用开水 1 次服下，每日 2 次。

适应证 适于慢性肠炎，证属脾虚泄泻者。

病 例 陈××，女，42 岁。患慢性肠炎 6 年余。大便每日 3—4 次，粪便稀不成形，内有不消化食物，稍有饮食不节则腹泻加重。证属脾虚泻泄。经用上方 7 天，症状明显好转，又继服 10 天症状消失。

方药 10 大蒜 5 头，烧熟顿服。

适应证 适于慢性肠炎，证属脾虚或伤食泻泄者。症见腹痛，腹泻，大便稀溏，泻下物臭如败卵。或兼全身乏力，腹胀厌食，舌淡红苔薄白，脉沉细。

病 例 吴××，女，42 岁。因饮食不节致腹痛腹泻 2 天，大便稀，每日 5—7 次。曾服黄连素，痢特灵 1 天，出现恶心头晕而停药。查大便常规：白细胞（++）。诊为急性肠炎。予本方治疗，每日 3 次，连服 3 天，诸症消失，化验大便正常。

方药 11 白头翁 500 克，白矾 30 克。共研细粉，成人每次服 9 克，小儿用量减半，每日两次，开水送服。

适应证 急慢性肠炎，证属湿热泄泻者。症见腹泻腹痛，大便黄臭而稀，肛门灼热，小便黄赤，舌红苔薄黄腻，脉滑数。

病 例 李××，男，52 岁。因饮食不节致腹泻 5 天。泻下黄褐稀薄大便，每日 4—6 次，肛门灼热，小便黄赤，腹痛，无脓血样便，舌红苔黄腻，脉弦滑。大便常规：白细胞（++），脓细胞少许。诊为急性肠炎，证属湿热泻泄。予上方治疗 3 天，症状大减。又服 5 天，诸症消失，大便常规正常。

1.17 细菌性痢疾

方药 1 白头翁 30 克，马齿苋 30 克，黄连 9 克，败酱草 30 克，大黄 9 克，木香 9 克，苦参 12 克。水煎，日 1 剂，早晚分

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服。

适应证 急性痢疾属湿热痢者。症见胸脘痞闷，里急后重，大便脓血，肛门灼热，舌红苔黄腻，脉弦滑。

病 例 张×，男，26岁。因饮食不洁致腹痛下痢两天。胸脘痞闷，大便日6—7次，便带脓血，里急后重，舌苔薄黄，脉弦滑。大便常规：RBC（+—），WBC（+++），脓细胞（++），巨噬细胞（+），诊断为急性细菌性痢疾。辨证为湿热下痢。给予上方3剂，症状大减，大便减至每日2—3次，带有少量粘液。复查大便常规：RBC（+），WBC（++）。上方去大黄，继服3剂，诸症痊愈，复查大便常规正常。

方药2 白芍10克，槟榔6克，焦楂15克，乌梅10克，炮姜9克，米壳9克，木香9克。水煎服，日1剂。

适应证 痢疾腹痛，日久不愈，属脾胃虚寒者。主要表现为：腹部绵绵而痛，喜手揉按暖熨，便下不爽，带有脓血，久痢不愈，怕食生冷，口淡不渴，舌淡红，苔薄白，脉弦细。

病 例 黄××，男，28岁。患慢性细菌性痢疾1年余。腹部绵绵作痛，便带脓血，喜暖畏寒，口淡不渴，经中西药物治疗，效果不能巩固，查大便常规：RBC（+），WBC（+），巨噬细胞少许。给予上方两剂，腹痛下痢减轻，续服用16剂，诸证痊愈。复查大便常规：恢复正常。

方药3 芝麻90克，绿豆90克。共捣碎末，每日一剂，分5次白糖水冲服。

适应证 细菌性痢疾，辨证属湿热痢疾者。主症：腹部疼痛，大便脓血，里急后重，胸脘痞闷，肛门灼热，舌红苔黄，脉滑数。

病 例 曾××，男，30岁。因饮食不洁致腹痛下痢3天。里急后重，大便脓血，每日5—7次，胸脘痞闷，肛门灼热，查大便常规：RBC（++），WBC（+++），脓细胞（+），吞噬细胞少许，诊为急性菌痢，服黄连素，PPA等效果欠佳。后

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改用上方。服1剂痢轻，服3剂症状消失，化验大便常规恢复正常。

方药4 地锦草30克，马齿苋30克，石榴皮6克。水煎服，每日1剂。

适应证 适于细菌性痢疾，症见大便脓血，里急后重，腹痛，发热，口干口渴，舌苔黄，脉数。

病 例 郑××，女，42岁。患者因饮食不节出现腹泻，腹痛，大便有脓血，里急后重。T38.3℃，WBC15000个/mm^3。N75%，大便常规有脓细胞。诊为细菌性痢疾。给予上方治疗，6剂痊愈。

方药5 乌梅（压碎）18克，香附12克。水煎服，每日1剂。

适应证 适于慢性菌痢，症见腹胀，里急后重，纳呆，大便稀，伴有脓样物，每日4—5次，苔白腻，脉细弱。

病 例 王××，男，47岁。患慢性菌痢3年，经常大便稀，量少，有脓样物，每日4—5次，时有腹痛，里急后重，纳呆，乏力，苔薄白，脉细弱。给予上方治疗，服药6剂痊愈。

方药6 紫参35克，苦参12克。共研细粉，每次服9克，每日3次。

适应证 适于急性菌痢，证属热毒炽盛，蕴结肠道者。症见腹痛，便脓血，赤多白少，小便黄赤，口渴多饮，舌苔黄腻，脉滑数。

病 例 赵××，男，32岁。患者一天前出现腹泻兼下脓血，里急后重，发热口渴，小便黄，苔黄腻，脉滑数。大便常规提示急性菌痢。辨证属热毒炽盛，蕴结大肠。用上方治疗，3剂后症状明显好转，6剂痊愈。

方药7 鲜马齿苋60克（洗净），大蒜1头。共捣烂，开水冲服，每日3次。

适应证 细菌性痢疾，症属湿热侵袭大肠者。

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病　例　刘××，男，25岁。腹痛，腹泻2天，大便带脓血，肛门灼热，里急后重。大便常规：红细胞（++），白细胞（++），脓细胞（+），巨噬细胞2—4个。诊为急性菌痢。上方服药2剂，症状明显减轻。又服3剂，诸症消失，大便常规（-）。

方药8　苦参15克。加水200毫升煎成100毫升，每次服20毫升。每日3次。

适应证　细菌性痢疾，证属湿热痢者。

病　例　赵××，女，36岁。患腹痛，腹泻1天，继而大便脓血，肛门灼热，大便每日10余次。大便常规：红细胞（+），白细胞（++），脓细胞（+），巨噬细胞（+）。诊为急性菌痢。经服上药3剂而愈。化验大便正常。

1.18　便秘

方药1　白术60克，生地30克，升麻3克。水煎服，每日1剂。

适应证　适于手术后便秘、习惯性便秘。证属脾虚津亏，大肠失润者。症见大便秘结，口干咽燥，纳呆乏力，舌淡红，干燥少津，脉濡细。

病　例　郑××，女，48岁。患者近半年来经常大便秘结，每4—5日1次。外用开塞露，内服麻子仁丸，效果均不好。就诊时自述便秘口干口渴，纳呆，乏力。舌淡红，苔焯少津，脉濡细。诊为习惯性便秘。证属脾虚津亏，大肠失润所致。服上药3剂，大便通畅，他症亦随之缓解。

方药2　生白芍40克，生甘草10克。水煎服，每日1剂。

适应证　用于习惯性便秘，证属阴虚失润者。症见大便秘结，形体消瘦，舌红少苔，脉细数。

病　例　王××，男，50岁。患习惯性便秘3年，症见大便秘结，每3—4日1次。伴口干，消瘦，盗汗，舌红少苔，脉

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细数。证属阴虚失润。服上方 3 剂，粪质变软，排便通畅。随访半年未复发。

方药 3 番泻叶 12 克。沸水浸泡代茶饮。

适应证 用于习惯性便秘，证属肠胃蕴热者症见大便秘结腹部胀痛，大便数日 1 次，干结难下，舌苔薄黄，脉弦数。

病 例 杨××，男，62 岁。习惯性便秘 10 余年，大便 5 天一行。临厕时下腹坠痛，干结难下。嘱其每日用番泻叶 9 克，沸水浸泡代茶饮，日 1 次。用药后，大便每日 1 次。追访两年，效果良好。

方药 4 生首乌 60 克，蜂蜜 60 克。将生首乌水煎取汁，加蜂蜜分两次服。

适应证 适用于老年体弱、血虚津亏之便秘。症见大便秘结，面色无华，头晕目眩，乏力汗出，舌淡苔少，脉沉细。

病 例 李×，男，72 岁。患便秘病多年。大便干结如羊屎，4—5 日一行，头晕乏力，少气懒言，口干，舌淡苔薄白少津，脉沉细。给予上方，服后效果良好。大便每日 1 行，饮食增加，体力渐复。追访 4 年，病人间断服用此方，大便正常。

1.19 肠道滴虫

方 药 桂圆肉 15 克，鸦胆子 15 克。将鸦胆子用桂圆肉外包，每次服 10 粒，每日 3 次，3 天为 1 疗程，饭前服。

适应证 用于肠道滴虫。症见小腹及脐周阵发性疼痛，化验大便常规有肠道滴虫者。

病 例 张××，女，64 岁。少腹痛两月余。大便化验两次均有肠道滴虫，服用卡已砷效果不佳。经用上方，症状消失，大便化验，滴虫阴性。

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1.20 黄疸型肝炎

方药 1 茵陈 60 克，山栀子 12 克，大黄 9 克，龙胆草 9 克，水煎服，日 1 剂。

适应证 急性黄疸性肝炎，证属湿热蕴结者。症见身目俱黄，黄色鲜明，发热口渴，口粘而苦，恶心欲吐，脘腹满胀，饮食减退，小便短少黄赤，大便秘结，舌苔黄腻，脉弦滑数。

病 例 王××，男，29 岁。发热，身目俱黄 3 天。腹胀恶心欲吐，饮食减退，口苦心烦，小便黄赤，大便干结，舌红苔黄厚腻，脉弦滑数。巩膜及皮肤黄染，肝肋下 2 厘米，叩痛，肝功能检查：GPT180u，ZnTT：18u，II60u，HBsAg（−），诊为急性黄疸型肝炎。服用上药，经治疗 7 天，黄疸消失，症状缓解，体温降至正常。肝脏未触及，无叩击痛。继用上方 20 天，诸症消失，肝功检查：恢复正常。

方药 2 青黛 25 克，白矾 10 克，栀子 25 克，木香 15 克，黄柏 20 克。共为细粉，每天用 1 个鸡蛋清调药粉$\frac{1}{10}$，1 次服下，连服 10 天。

适应证 适于阳黄属湿热者。主症：身目俱黄，黄色鲜明，尿黄，发热，右胁隐痛，恶心欲吐，厌油腻，腹胀纳呆，口苦便干，舌苔黄腻，脉弦数。

病 例 董××，男，40 岁。突发黄疸两天，体温 39℃，腹胀肝区痛，恶心呕吐，厌油腻，不欲食，心烦口苦，大便干结。查血 GPT240u，ZnTT30u，II40u，HBsAg（−），予上方治疗 5 天，黄疸消失，症状减轻，体温逐渐降至正常，续用 10 天后，诸证消失，复查肝功正常。

方药 3 黑矾 60 克（研细），核桃仁 60 克，黑豆面 60 克，大枣 120 克（煮熟，去核），红糖 60 克。共为一处，捣烂为丸，如梧桐子大。每服 9 克，早晚各 1 次，开水送服。

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适应证 适于黄疸属阴黄者。主症：身目俱黄，黄色晦暗，纳少腹胀，大便偏稀，神疲畏寒，口淡不渴，舌淡苔白腻，脉濡缓

病 例 夏××，男，49岁。患黄疸型肝炎4个月，经多方治疗，效果欠佳。现感腹胀乏力便溏，畏寒纳呆，舌淡苔薄白腻，脉濡缓。查体：巩膜及皮肤黄染，黄色晦暗，形体消瘦，肝肋下约1.5厘米，脾可触及，肝区叩痛（+），查GPT86u，ZnTT20u，II20u。予上方治疗半个月，黄疸明显减轻，症状缓解，连续治疗40天，黄疸消失，肝功恢复正常。

1.21 急慢性肝炎

方药1 酸枣30克，水煎约1小时，吃枣喝汤，每日1剂。

适应证 适于慢性肝炎，右胁胀满隐痛纳呆，腹胀，头晕失眠，舌淡红，脉弦细者。

病 例 孙××，女，51岁。患慢性肝炎2年余。近日因工作紧张，病情加重。GPT100个单位。症见右胁隐痛，头晕失眠，腹胀纳少，舌尖红，脉弦细。服本方1月，诸症减轻，GPT70个单位。继服1月，GPT正常，诸症消失。

方药2 紫草30克。水煎服，每日1剂，分2次服。

适应证 急性黄疸型肝炎。症见右胁疼痛，乏力，纳呆，厌油腻，黄疸，小便黄，口苦，舌红苔黄，脉弦。

病 例 李××，男，10岁。患者三天前出现右胁疼痛，乏力纳呆，厌油腻，恶心。随之出现黄疸、小便黄，口苦，舌苔黄腻，脉弦数。GPT110个单位，澳抗阳性，诊为急性黄疸性肝炎。用本方治疗10天，黄疸消退，症状减轻。又服8剂，症状消失，肝功正常。

方药3 青黛15克，明矾30克。上药共研细末，每服2克，每日3次。白糖水送下，5天为1疗程。

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病　例　孙××，男，18岁。患者右胁隐痛，厌油纳呆，恶心腹胀，倦怠乏力，皮肤及巩膜黄染，舌红苔黄腻，脉弦滑。肝功：GPT106u，ZnTT12.5u，II28u，诊为急性黄疸型肝炎。服用上方，每服2克，每日3次，共服3个疗程，黄疸消退，诸症消失，肝功正常。

方药4　丹参60克，茵陈30克，红糖15克。上药水煎200毫升，去渣加红糖混匀。成人每次服100毫升，每日2次，儿童用量减半。

适应证　急性黄疸型肝炎，属肝胆湿热者。

病　例　周××，男，18岁。患者右胁胀满不适2天，伴有目黄，身黄，尿黄，发热恶寒，乏力，舌苔黄腻，脉弦数。肝功：GPT120u，ZnTT12u，HBsAg（−），胆红质1.8mg%。诊为急性黄疸型肝炎。服用上方10剂，黄疸消退，继服15天，诸症消失，复查肝功正常。

1.22　肝硬化

方药1　猪肚子1个，癞哈蟆7个，砂仁9克。将癞蛤蟆洗净去头、皮、爪及内脏（留肝脏），与砂仁一起放入猪肚子内，以麻绳扎口，置砂锅内煮熟，服汤吃肉。开始每2天1剂，待食欲增加后改为每日1剂、9剂为1疗程。

适应证　肝硬化腹水。症见腹部膨胀，饮食减少，胁肋胀痛，腹水，动则心慌气短，消瘦，下肢浮肿。

病　例　魏××，女，65岁。患慢性肝炎10余年，近2个月出现腹水。症见腹部胀大，两胁胀痛，喘促气急，不能平卧，纳呆消瘦，腹部静脉曲张，腹水征（+），下肢凹陷性水肿。麝香草酚试验18个单位。诊为肝硬化腹水。服本方30剂，腹水征（−），症状好转。又服6剂，基本痊愈。复查肝功：麝香草酚试验9个单位。并能从事一般劳动。

方药2　陈葫芦300克，黄豆120克，大枣（去核）10个。

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将药物加水适量，煎2次，每次煎1小时。合并2次滤液，浓缩至200毫升，加适量红糖即可。每次服10毫升，每日2次。

适应证 肝硬化腹水，证属脾虚肝郁，水邪内聚，症见腹胀纳呆，便溏胁痛，腹水，下肢浮肿，舌淡胖，脉弦缓。

病 例 蒋××，男，38岁。患者2年前患急性肝炎，曾住院治疗，好转出院。1个月前出现腹水，食欲不振，胁腹胀满，下肢浮肿。腹水征（+），肝功能异常，诊为肝硬化腹水。证属脾虚肝郁，水邪内聚。用本方治疗四个月，腹水逐渐消退，肝功正常。

方药3 活鲤鱼一尾（七至八两重），皂矾2.5克，松罗茶15克，大蒜瓣7个。鲤鱼去鳞及内脏，将矾、茶、蒜放入鱼腹内，用线扎好，炖熟后吃鱼喝汤，每日一剂。

适应证 用于肝硬化腹水，辨证为湿邪困脾，运化失常者。主症为，腹大胀满，按之如囊裹水，下肢浮肿，脘闷纳呆，少气懒言，小便短少，大便溏，舌淡苔白腻，脉虚大无力。

病 例 李××，男，57岁。患慢性肝炎10年。近来出现腹水，腹部胀满不适，脘闷纳差，神倦乏力，尿少，双下肢浮肿，舌质淡胖苔白腻，脉沉弦无力，予上方连服7天，腹水消失。

1.23 脾肿大

方 药 鲜桃叶5000克。将上药加水适量煎煮约90分钟，过滤后，再浓缩成膏状。用本品适量摊于布上，贴敷患处，5天换药1次。

适应证 肝硬化脾肿大，或脾功能亢进脾肿大。

病 例 王××，女，56岁。患者因功能性子宫出血入院。脾肿大过脐，中西药物并进，效果不明显。经过各项检查：确诊脾功能亢进，动员手术治疗，本人不愿接受。用本方治疗15次好转。

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1.24 胆囊炎，胆石症

方药 1 柴胡 15 克，枳实 12 克，白芍 30 克，郁金 30 克，金钱草 45 克，鸡内金粉（冲）6 克，甘草 6 克。水煎分两次服，日一剂。

适应证 用于胆总管结石，胆囊结石，胆囊炎，辨证为肝郁气滞者。临床表现：右胁胀痛，牵引肩背，疼痛每因情志抑郁而增重，厌食油腻，嗳气频作，饮食减少，舌淡红苔薄白，脉弦数。

病 例 黄××，女，32 岁。发现右胁胀痛半月。经 B 超检查为胆囊结石（直径 0.5×0.5cm）并胆囊炎。每因饮食油腻或生气而疼痛加重，痛向右肩背部放射，恶心纳差，大便偏干，舌淡红苔薄白，脉弦数。予上方连服半月，症状明显减轻，续服 15 剂，复查 B 超，结石影消失，诸症亦除。

方药 2 柴胡 24 克，枳实 15 克，大黄 9 克，清夏 12 克，黄芩 12 克，白芍 30 克，金钱草 45 克，郁金 30 克，山慈菇 12 克，皂刺 9 克，茵陈 30 克。水煎分两次服，日 1 剂。

适应证 胆石症，胆囊炎，辨证为肝胆湿热者，主要表现：右胁胀痛，口苦心烦，恶心厌油，甚则目黄，身黄，小便黄赤，大便干，舌苔黄腻，脉弦数。

病 例 刘××，男，32 岁，发现胆囊结石半年余，经中西药物治疗，症状时轻时重。现感右胁撑胀疼痛，口苦心烦，恶心呕吐，食欲减退，大便干燥，小便黄，实验室检验：转肽酶 120u。B 超：胆囊结石（0.6×0.4cm），慢性胆囊炎。给予上方治疗，嘱其淘大便寻找结石。服上方 20 余剂，排出结石一块，大小为 0.4×0.4cm。复查 B 超，结石排出，胆囊壁毛糙，诊为胆囊炎。复以上方治疗半月，症状消失，转酞酶正常。

方药 3 柴胡 12 克，白术 12 克，白芍 15 克，茯苓 15 克，当归 9 克，川楝子 12 克，薄荷 9 克，元胡 9 克，水煎分两次

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服，日 1 剂。

适应证 慢性胆囊炎，证为肝郁脾虚之胁痛者。主症为：右胁隐痛，走窜不定，嗳气腹胀，每因情志之变而增减，乏力便溏，舌淡红苔薄白，脉弦细。

病 例 王××，女，30 岁。右胁疼痛两个月，每因情志变化而增减，厌油纳差，疲乏无力，大便稀，舌淡红苔薄白，脉虚弦。经十二指肠引流及腹部 B 超检查：诊为“慢性胆囊炎”。予上方治疗 7 天，大便转实，胁痛减轻，又继服半个月，诸症消失，饮食增加。追访半年未复发。

方药 4 生地 24 克，沙参 15 克，枸杞子 15 克，麦冬 12 克，川楝子 12 克，当归 9 克，金钱草 30 克，海金砂 24 克，银柴胡 15 克，甘草 6 克。水煎服，日 1 剂。

适应证 肝内胆管结石，胆囊结石、胆囊炎，证属肝阴不足之胁痛者。主要表现为：右胁隐痛，遇劳加重，口干咽燥，心中烦热，头晕目眩，舌红少苔，脉弦细数。

病 例 罗××，男，48 岁。右胁隐痛 1 年余，每因劳累后加重。心烦口干，时有低热，体温在 37.5—38.0℃之间，疲乏无力，头晕目眩，舌红少苔，脉细数。B 超检查：肝内胆管结石（直径 0.4×0.3cm 两块），查肝功正常。服上方半个月，低热及症状明显改善。继遵上方加减治疗 20 天，临床症状消失，B 超复查：肝内胆管结石已排出。

方药 5 薄公英 100 克。水煎分两次服，每日 1 剂。

适应证 适于急性胆囊炎。证属肝胆湿热，疏泄失职者。症见右胁疼痛胀满，彻及后背，纳呆厌油腻，口苦恶心，大便不爽，舌苔黄，脉弦滑。

病 例 张××，男，35 岁。右上腹胁肋痛胀 5 天，胁痛放射至右背，午后低热，纳呆吐黄水，口苦，小便黄赤，舌苔黄腻，脉弦滑。B 超：提示急性胆囊炎。证属肝胆湿热，疏泄不利。用本方治疗 3 剂证减。

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1.25 胆道蛔虫

方　药　乌梅 30 克，制大黄 15 克。水煎顿服。

适应证　适于胆道蛔虫。症见右上腹阵发性绞痛，恶心，甚则呕吐，发热，大便干，小便黄，舌苔薄黄，脉弦者。

病　例　林××，女，29 岁。突患胆道蛔虫症。症见右上腹钻顶样绞痛，恶心欲吐，大便干，舌红苔薄黄，脉弦细。注射阿托品无效。给予上方 1 剂，腹痛即止。

1.26 冠心病

方药 1　生蒲黄 30 克，灵脂 30 克，郁金 25 克。共研细粉口服。急性发作期，每次 4.5 克，每日 3 次。非急性发作期，每次 1.5—3 克，每日 3 次。

适应证　适于冠心病心绞痛，证属气滞血瘀者，症见胸闷憋气，心前区刺痛，舌暗红，脉涩。

病　例　周××，男，65 岁。患冠心病 5 年。症见胸闷憋气，心前区刺痛，舌质暗红，脉涩。EKG 提示心肌缺血，诊为气滞血瘀。给予上方治疗 6 天，症状明显减轻，继服 6 剂，症状消失，EKG 改善。

方药 2　鲜马尾松枝 250 克，红糖 30 克。水煎服，每日 1 剂。

适应证　冠心病症见心慌，胸闷憋气，心前区时常疼痛。

病　例　曾××，男，65 岁。患者自觉心慌，胸闷憋气，胸部有压迫感，心前区阵发性疼痛，近 1 年不能坚持工作。EKG 提示期前收缩、心肌供血不足。诊为冠心病。用本方治疗 15 天，自觉症状减轻。继服 1 个月，心律正常，心肌缺血改善，症状消失，3 个月后恢复工作。

方药 3　党参 30 克，麦冬 12 克，五味子 6 克，丹参 30 克，檀香 9 克，桂枝 6 克，川芎 12 克，红花 9 克，炙甘草 9

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克，水煎分两次服，日一剂。

适应证 适于冠心病，属心气不足，瘀血阻络者。主证：胸闷胸痛，心悸气短，动则加重，少气懒言，舌淡苔薄白，脉沉细。

病 例 董××，男，58岁。冠心病史10余年，近因过度劳累致胸闷胸痛加重，心慌气短，乏力汗出，EKG提示慢性冠状动脉供血不足、陈旧性前间壁心肌梗塞。给予上方6剂，胸痛及胸闷憋气明显减轻。继服20剂，诸症消失，EKG提示心脏供血不足较前改善。遂以上方配成水丸，每次服用9克，日服3次，服药半年，未再复发。

方药4 瓜蒌18克，薤白9克，半夏12克，茯苓24克，桂枝9克，白术12克，陈皮9克，甘草6克。水煎服，日服一剂。

适应证 本方适于冠心病，痰阻心络者。主证：胸闷憋气阵痛，痛引肩背，痰多喘促，形体肥胖，舌苔白腻脉滑。

病 例 赵××，男，54岁，胸闷胸痛，痛引肩背，痰多憋气，半年有余，近日加重。诊见舌苔白腻脉弦滑。EKG提示慢性冠状动脉供血不足，血胆固醇240mg%，三酸甘油脂186mg%，β脂蛋白820mg%。诊为冠心病，高脂血症。症脉合参，证属痰浊阻络型。给予上方6剂，胸闷胸痛明显减轻，连服24剂，症状消失，EKG提示心肌供血明显改善。

方药5 瓜蒌24克，薤白9克，桂枝9克，熟附子12克，丹参30克，干姜9克，檀香9克，甘草6克。水煎服，日服1剂。

适应证 本方用于冠心病寒凝心脉者。症见胸痛彻背，遇冷痛甚，心悸气短，胸闷憋气，面色苍白，四肢厥冷，舌淡红苔薄白，脉沉细。

病 例 单××，男，52岁。患冠心病3年余，近日因劳累并受凉而加重。出现胸闷憋气，心前区疼痛，痛彻后背，心慌

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气短，四肢发凉，舌淡红苔薄白，脉沉细。查EKG提示慢性冠状动脉供血不足、陈旧性下壁心肌梗塞。给予上方两剂，胸痛减轻，四肢转温；继服6剂，诸症好转。继服15剂，复查EKG提示心肌供血情况显著改善。

方药6 蒲黄、灵脂、胎盘粉、三七粉各30克，朱砂10克，琥珀20克，共为细面，每次1.5克，每日3次。若心绞痛发作频繁者，每日可服6次。

适应证 适于冠心病心绞痛或心肌梗塞心绞痛反复发作，证属气虚血瘀者。症见胸骨后发作短阵性针刺样痛，甚则痛彻肩背，或左上肢有放射痛，伴胸闷气短，舌暗或有瘀斑，苔薄白，脉沉弦或沉涩。

病 例 赵××，男，52岁。近半年来不时出现心前区短阵性刺痛。每因快走或情志不舒时诱发，含硝酸甘油片可暂时缓解。多次EKG结论均为冠心病。服用上方1料，疼痛次数明显减少。继服1料，疼痛基本控制。为巩固疗效，复配1料，继服1年后随访，EKG恢复正常。

1.27 过早搏动

方 药 苦参15克，鹿衔草15克，炙甘草15克。水煎服，每日1剂，30日为1疗程。

适应证 过早搏动，症见心跳不规则，自觉心悸，乏力，心前区不适。听诊可闻及一提早的心搏动，其后有一间歇。脉诊可见脉搏脱漏。

病 例 齐××，女，51岁。患者近2个月来常感心慌乏力，心跳不规则，有停顿感。精神紧张，失眠，劳累后上症明显。舌淡红，脉细弱结代。EKG提示房性早搏。经服上方两个疗程，EKG恢复正常。

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1.28 病态窦房结综合症

方　药　人参9克（另炖），麦冬12克，五味子6克，蜜甘草9克，黄芪18克，桂枝9克，炮附片9克，生地黄30克，阿胶11克（烊化），胡麻仁15克，大枣10枚。水煎服，每日1剂。

适应证　病态窦房结综合征，症见头晕、心悸、胸闷，倦怠乏力，畏寒肢冷。EKG提示窦性心动过缓，房室或窦房传导阻滞。阿托品或异丙肾上腺素激发试验心率低于90次／分。

病　例　侯××，男，40岁，患心悸、头晕1年余，加重1个月。经服中西药物无效。就诊时症见胸闷、心悸、头晕、倦怠乏力、畏寒肢冷、口干咽燥、舌淡苔薄白、脉沉迟。心率47次／分。EKG提示"窦性心动过缓"。"窦房阻滞"。经阿托品激发实验后，诊为"病态窦房结综合征"证属气阴两虚。经服上方10剂，心率提高至65—70次／分。自觉症状明显减轻。继服上方30剂，症状消失，EKG较前明显改善。

1.29 高血压病

方药1　代赭石30克，生龙骨30克，生牡蛎30克，珍珠母30克，钩藤30克，白芍15克，黄芩12克。水煎服，每日1剂。

适应证　本方用于原发性高血压，证属肝阳上亢者。临床表现：头胀而痛、眩晕耳鸣，失眠多梦，每因过劳或恼怒加重，面色潮红，烦躁易怒，口苦，舌红苔黄脉弦。

病　例　王××，男，50岁。患高血压病近两年，近因情志不舒病情加重。头痛头晕，心烦易怒，面色潮红，失眠多梦，甚则头胀，小便色黄，舌红苔黄脉弦。查血压210／130mmHg。曾服复方降压片、复方罗布麻等药，但效果不巩固。服用上方6剂，血压降至170／100mmHg，症状明显减

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轻。继服 6 剂，测血压为 160／90mmHg，诸症消失。因虑其重镇太过，遵上方去珍珠母、代赭石加菊花 12 克，川牛膝 15 克，继服 12 剂，血压稳定在正常范围。停药观察半年，未再复发。

方药 2 熟地 15 克，山药 12 克，山茱萸 9 克，丹皮 6 克，茯苓 12 克，泽泻 9 克，枸杞 12 克，白芍 12 克，桑椹子 24 克，钩藤 24 克。水煎服，日服 1 剂。

适应证 本方用于高血压病，证属肝肾阴虚者。主症：头痛眩晕，健忘耳鸣，腰膝酸软，五心烦热，舌红苔少脉弦细。

病 例 孙××，男，48 岁。头痛头晕半年。测血压 165／100mmHg。服降压药，效果欠佳。现头晕头痛，耳鸣眼干，手足心热，心烦健忘，腰膝酸软，失眠多梦，精神萎靡，舌红苔少脉弦细。测血压 160／100mmHg。予上方 16 剂，头痛头晕减轻，复查血压为 140／80mmHg。追访 1 年，血压稳定。

方药 3 鲜山楂 30 克，苹果 30 克，鲜芹菜根 3 个。将以上药物切碎加水，隔水清蒸，入冰糖适量，渣汤同服。每晚睡前一次，1 个月为 1 疗程。后隔日 1 次。2 个月为 1 疗程。

适应证 适于原发性高血压。症见头胀头痛，头晕耳鸣，健忘失眠，乏力心慌。

病 例 魏××，男，56 岁。患有高血压 6 年，虽坚持服用降脂降压等药物，症状时轻时重，血压一直偏高。就诊时血压 190／120mmHg。症见头晕头胀而痛，耳鸣面热，心烦失眠，舌红苔黄脉弦。予上方治疗 1 个疗程，血压 150／95mmHg，症状好转。继服 1 个月，症状消失，血压 140／85mmHg。随访半年，血压一直稳定在 140—130／90—85mmHg 之间。

方药 4 吴茱萸 9—12 克。将上药共研成细粉。用醋调成糊状贴敷涌泉穴，胶布固定。每晚 1 次。

适应证 适于高血压属肝气上冲者。症见巅顶疼痛，头晕，两目发胀，恶心欲吐，舌淡苔薄白、脉弦。

病 例 王××，男，49 岁。患者两年前患高血压，经治

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疗血压基本正常。近因过劳，又觉头晕头痛，巅顶为甚，恶心欲吐，舌质淡，脉弦。血压 190／110mmHg，服用中西药物疗效不显。用上方 6 天，诸症好转，血压 140／90mmHg。

方药 5 猪苦胆 1 个。取猪胆汁与适当绿豆面拌匀为丸，如黄豆大。每服 10 丸，每日 1 次。

适应证 原发性高血压，症见心悸失眠，头晕，头胀而痛，耳鸣，口苦，脉弦数。

病 例 刘××，男，46 岁。患高血压 1 年，血压 170／120mmHg，症见头晕心烦，失眠，易惊，口苦，舌红，脉弦数。给予上方治疗半个月，血压降至 150／85mmHg，诸症消失。

方药 6 活蚯蚓 30 克，白糖 60 克。将蚯蚓洗净，置水中 24 小时，使其腹泥排净。取出蚯蚓放入碗中，撒上白糖，浸出溶液，1 次服下。服后每日测血压 1 次。不效者，1 周后再服 1 次。

适应证 原发性高血压属中医肝阳上亢者。症见头痛头晕，心烦易怒，口苦，失眠，舌红苔薄黄，脉弦滑。

病 例 张××，男，49 岁。患高血压两年余。症见头痛头晕，心烦易怒，耳鸣口苦，舌红脉弦数。血压 160／110mmHg，诊为肝阳上亢。用上方服药 1 次，血压降至 140／90mmHg，自觉症状明显好转。

方药 7 全蝎 250 克，地龙 300 克，蜂蜜适量。将全蝎焙焦，地龙洗净晒干后，用滑石粉炒焦。共为细末，炼蜜为丸。每服 9 克，每日 3 次，温开水送服。

适应证 原发性高血压，属肝阳上亢者。症见头痛头晕，心烦口苦，舌红苔薄白，脉弦数。

病 例 于××，女，50 岁。患高血压 5 年余，服多种中西药物效果不显。仍头日胀痛，口苦心烦，急燥易怒，大便干燥，舌红苔薄黄腻，脉弦数。血压 180／96mmHg，诊为肝阳上

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亢。经用上方 5 天，症状明显好转。又继服半个月，诸症消失，血压恢复正常，追访半年未复发。

方药 8 玉米须 30 克。水煎服，每日 1 剂。

适应证 原发性高血压，证属痰湿上蒙清窍者。症见头痛眩晕，头重如裹，恶心欲吐，胸脘痞闷，舌淡红苔白腻，脉弦滑。

病 例 董××，男，36 岁。患者 10 天前因过劳致头痛头晕伴全身酸楚，沉重无力，恶心欲吐，胸闷纳呆，舌淡红苔白腻，脉弦滑。血压 166／98mmHg。诊断：原发性高血压。证属痰湿上蒙清窍。经用上方 3 剂，症状消失，血压正常。

方药 9 菊花 12 克，槐米 15 克，荠菜花 10 克。开水冲泡。代茶饮。

适应证 原发性高血压，证属肝经湿热者。症见头痛头晕，耳鸣目赤，急躁易怒，心烦口苦，大便干，舌红苔薄黄，脉弦滑。

病 例 宋××，男，37 岁。患高血压半年余。症见头痛头晕，心烦易怒，口苦，大便干，失眠，舌红苔薄黄，脉弦。血压 170／90mmHg，证属肝经湿热。服上方 3 剂，症状消失，血压降至 120／86mmHg。

1.30 低血压

方 药 黄精 30 克，党参 30 克，炙甘草 10 克。水煎服，早晚各服 1 次，每日 1 剂。

适应证 适于低血压，证属气血两虚者。症见头晕乏力，心悸健忘，失眠，面色苍白，每因过劳或直立时头晕明显，舌淡红苔薄黄，脉细弱。

病 例 孙××，女，42 岁。患者近 3 月来经常头晕，每因过劳或直立时头晕增重，伴有失眠健忘，心悸纳呆，乏力，面色苍白、舌淡红，脉细弱。血压 70／50mmHg，血红蛋白 8 克，RBC250 万。诊断：贫血性低血压，辨证气血两虚，清阳不

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升。给予上方治疗，服药 30 剂，诸症好转，血压 100／70mmHg，血红蛋白 10.5 克。又服 20 剂，诸症消失，血压 120／80mmHg，血红蛋白 11 克，RBC450 万。随访半年未复发。

1.31 尿路感染

方药 1 蒲公英 30 克，车前草 30 克，白茅根 60 克。水煎服，每日 1 剂。

适应证 急性尿路感染。症见尿频，尿急尿痛，尿道有烧灼感。若伴有血尿者加琥珀粉 1.5 克冲服。

病 例 李××，女，24 岁。突发尿痛，尿频，尿急 1 天。日夜排尿达 30 余次之多。舌质红，苔黄微腻，脉滑略数。尿 RT：红细胞 0—2，白细胞（++），脓细胞 3—5。诊为急性尿路感染。服上方 6 剂，症状消失，尿 RT 复查：白细胞 0—3，继服上方 6 剂而愈。

方药 2 银花 30 克，竹叶 9 克，白茅根 30 克，益母草 15 克，萹蓄 12 克，瞿麦 12 克，木通 6 克，车前子 30 克（包）。水煎服，每日 1 剂。

适应证 适于急性肾盂肾炎、急性膀胱炎，证属湿热蕴结者。临床表现：尿频、尿急，尿痛，小便灼热色黄，腰痛，舌红苔薄黄或黄腻，脉滑数。

病 例 王××，女，28 岁。腰痛、尿急、尿痛、尿频 7 天。小便涩少，灼热刺痛，大便干，口苦心烦，舌红苔黄腻，脉滑数。查尿 RT：RBC（++），WBC（+++）。经服上药 3 剂，尿频，尿急尿痛明显好转。继服 5 剂，症状消失，查尿 RT（—），病告痊愈。

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1.32 急慢性肾炎

方药 1 益母草 60 克，大小蓟各 30 克。水煎服，每日 1 剂，分两次服。有感染症状者加金银花 12 克，板兰根 12 克。

适应证 急性肾炎，症见腰痛腰酸，全身浮肿，血压高、血尿，蛋白尿。

病 例 宋××，男，19 岁。患者 1 天前晨起出现眼睑浮肿，继则全身浮肿，Bp170／100mmHg，尿 RT：蛋白（++），红细胞（+），并有轻度腰痛，扁桃体肿大充血，咽喉肿痛。诊为急性肾小球肾炎。上方加金银花 12 克，板兰根 12 克。服药 6 剂，浮肿减退，腰痛好转，Bp150／90mmHg，继服 6 剂，血压正常，诸症减退。

方药 2 鲜鲫鱼 1 条约半斤重，车前子 15 克，茶叶 15 克。将鱼内脏破腹取出，将茶叶，车前子塞入鱼腹内。先用纸将鱼包好，外面再糊一层黄泥，置文火中烧焦。去泥去纸研成细粉。每次服 1 汤匙，每日 2 次，黄酒冲服。

适应证 适于急慢性肾炎，以水肿为主者。

病 例 金××，女，27 岁。患者发烧，腰痛，水肿，血尿 5 天。尿检：蛋白（++），红细胞（++），上皮细胞（+），诊为急性肾炎。用本方治疗 7 天，水肿减轻。继续服药两周，水肿消失，诸症好转，尿检（-）。

方药 3 木瓜 12 克，大腹皮 12 克。水煎服，每日 1 剂，顿服。

适应证 适于慢性肾炎，症见水肿，腹胀，高血压，蛋白尿，管型尿者。

病 例 何××，男，60 岁。有慢性肾炎病 20 年，近日因劳累病情加重。症见下肢水肿，腰痛腰酸，腹胀尿少，Bp180／120mmHg。尿检：蛋白尿（+++），管型尿（+）。服上方 6 剂，腰痛浮肿减轻，Bp160／100mmHg。继服 12 剂，浮肿

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消失，诸症好转，Bp140／80mmHg，尿检正常。

方药 4 白茅根 250 克，金银花 45 克。水煎分两次服，每日 1 剂。

适应证 急性肾炎，症见颜面四肢浮肿，发热腰痛，小便量少，尿检：可见白细胞，红细胞，尿蛋白。起病前有上呼吸道感染病史。证属中医水肿病上阳水者。

病 例 杜×，男，6 岁。患者颜面浮肿，渐肿及全身。发病前曾出现发热喉痛，诊为扁桃体炎，服消炎药后热退。继复出现眼睑及全身水肿，小便量少，不欲饮食。小便常规：尿蛋白(++)，红细胞满视野，白细胞 2—3 个，血 RT (−)。舌质红，苔薄黄，咽壁充血，脉数略滑。服用上方 20 天，浮肿消退，尿检转阴。

方药 5 鲫鱼 1 条 (约 200—300 克)，紫皮独头蒜 1 头。将鲫鱼剖腹去内脏装入独头蒜，不加油盐，放适量水，用砂锅煎熟。喝汤吃鱼及蒜，每日 1 剂。

适应证 适于慢性肾炎，肾功能异常，血浆蛋白低，腰痛少尿，水肿，证属阴水者。

病 例 刘××，女，47 岁。尿少浮肿，时轻时重 10 余年。近因工作繁忙，劳累过度，水重增重。眼睑及颜面部浮肿，双膝以下水肿尤甚，按之如泥。凹陷不起。小便量少，面色㿠白。尿 RT：尿蛋白+++，红细胞少许，偶见颗粒管形。BUN18mg%，肌酐 1.5mg%，二氧化碳结合力 18mzq，总蛋白 5 克，白蛋白 2.8 克，球蛋白 2.2 克，舌淡红苔薄白，脉沉缓。用济生肾气丸改为汤剂煎服，服用 10 剂，浮肿消退不明显。配合鲫鱼方，继服 10 剂，小便明显增多，水肿逐渐消退。

方药 6 山楂片 50 克，干姜 3 片。加水约 1000 毫升，文火水煎 10 分钟，分 3 次饭后 1 小时服。半个月为 1 疗程。

适应证 急性肾小球肾炎。

病 例 王××，男，4 岁。患急性肾小球肾炎，经治疗好

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转。但化验尿中红细胞长期持续（+）一（++），多方治疗无效。后用上方1月而愈。随访1年未复发。

1.33 遗精

方药1 菟丝子20克，韭菜子15克，牡蛎20克，五味子15克，白石脂15克，茯苓15克。共研细粉，每次5克，每日3次。

适应证 肾虚，小便频数或失禁，遗精。

病 例 吴××，男，32岁。患遗精两年，伴腰膝酸软，体倦乏力，脉沉细。服上方10剂而愈。

方药2 五倍子适量，火煨研细粉，撒膏药上补贴脐部。

适应证 遗精。

病 例 张××，男，20岁。患者开始梦遗，以后不梦自遗，每1—2天滑精1次，多方医治无效，用此方治疗月余而愈。

方药3 菟丝子60克，刺猬皮60克，五味子30克，补骨脂30克。共为细粉，每次服6克，1日3次，温开水送服。

适应证 遗精、滑精、早泄。

病 例 张××，男，20岁。患者开始梦遗，逐渐加重，不梦亦遗，每1—2天遗精一次，多方治疗无效。面色萎黄，形体消瘦，腰膝酸软，舌质淡红，苔薄白，脉细弱。诊为肾虚不固之遗精，经用上方，10剂而愈。

1.34 阳萎

方 药 淫羊藿15克，水煎代茶饮。每日两次，1月为1疗程。

适应证 肾阳不足之阳萎。

病 例 张××，男，30岁。患阳萎病3年。婚后3年不育，症见少腹拘急，阳萎不举，或举而不坚。服上方1个月，阳

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萎即愈。3个月后其妻怀孕。

1.35 美尼尔氏综合证

方药1 半夏12克，白术15克，天麻9克，泽泻30克，茯苓15克，竹茹9克，陈皮9克，生龙骨30克，磁石24克。水煎服，每日1剂，分2次服。

适应证 适于美尼尔氏综合证，证属痰浊中阻者。主症：眩晕头重，胸脘痞闷，恶心呕吐。自觉头身动摇，视物旋转，如坐车船。闭目稍轻，耳鸣多寐，舌苔白腻，脉濡滑。

病 例 董××，女，46岁。患眩晕病多年，时轻时重，数家医院均诊为美尼尔氏综合证。症见头晕目眩，恶心呕吐，视物旋转，不敢睁眼。胸闷食少，耳鸣。舌淡红苔白腻，脉滑。给予上方5剂，眩晕好转。又继续服用6剂，诸症消失。随访1年，未再复发。

方药2 党参30克，白术30克，茯苓24克，当归24克，白芍30克，川芎15克，陈皮9克，清半夏9克，荷叶15克，生龙牡各30克。水煎服。

适应证 适于美尼尔氏综合证，证属气血亏虚者。主症：眩晕耳鸣，动则加剧，劳累即发，面色㿠白，心悸少寐，神疲懒言，纳呆乏力，舌质淡，脉细弱。

病 例 黄××，女，40岁。患美尼尔氏综合证4个月。眩晕甚则呕吐，耳鸣眼胀，失眠纳呆，疲乏无力，少气懒言，舌质淡，苔薄白脉虚大。服用上方16剂，眩晕好转。继服12剂，症状消失。随访半年，未见复发。

方药3 桂枝10克，茯苓30克，白术20克，泽泻30克，半夏10克，甘草6克。水煎服，每日1剂。

适应证 适于美尼尔氏综合证，证属脾胃阳虚，水邪上逆者。症见头目眩晕，天旋地转，心悸不宁，闭目稍轻。或伴有呕恶欲吐，甚则呕吐清水。舌质淡苔白腻，脉沉弦。

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病　例　魏×，女，38岁。患眩晕病近10年。症见头眩眼花，天旋地转，心悸阵发，时有恶心呕吐，自觉头身摇动，不能站立，但喜侧卧，畏强光。查体所见：双侧眼球有水平震颤，心率80次／分，心律规整，血压100／80mmHg，胃中有轻度振水音。舌质淡苔白腻，脉沉弦。诊为美尼尔氏综合证，证属中阳不足，水邪上逆。拟健脾利水法，给上方6剂，诸症减轻。继续服用6剂，随访2年，症未再发。

1.36　遗尿

方药1　露蜂房（带蛹者佳）90克，将露蜂房烘干研成细粉，每次3克，睡前服。

适应证　遗尿证。

病　例　韩×，9岁，男。自幼患遗尿症，经多方治疗无效。服用本方1剂而愈。

方药2　鲜猪膀胱1个（不加盐和佐料）。将猪膀胱洗净蒸熟，口服，每次1个，每日1次。

适应证　遗尿证

病　例　王××，男，19岁。患遗尿10余年，久治无效。服本方6剂，遗尿次数减少，继续治疗半个月痊愈。随访半年未复发。

方药3　蟋蟀7个。焙黄存性研末，每晚睡前半小时冲服。

适应证　遗尿证

病　例　张×，男，15岁。自幼经常尿床，查体无异常发现。曾服用补肾固涩，益气升清等药，效果均不理想。服用上方5天，病遂痊愈。随访半年，仅在劳累后遗尿两次。

方药4　鸡肠子1具洗净，砂仁粉3克，益智仁粉3克。将二药混匀装入鸡肠中，置瓦上焙黄，研成细粉，分5次服用。每晚睡前开水送服。

适应证　遗尿证

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病　例　王×，男，4岁。遗儿每夜均尿床，查体无异常发现。服用上方1料，间有不再尿床之夜。继服2料，遗尿遂愈。随访半年未复发。

1.37　尿潴留

方　药　蝼蛄7个，黄酒15毫升。将蝼蛄在瓦上焙干，研成细粉。以黄酒及温开水冲服。

适应证　适于尿潴留，症见小便闭塞不通，下腹胀痛。

病　例　刘××，男，60岁。患者不明原因出现排尿困难，甚则小便闭塞不通，伴有下腹胀痛。有时需用导尿管导尿。服药2剂，小便正常，腹痛消失。

1.38　不能射精

方　药　柴胡15克，川芎6克，白芍10克，枳实12克。水煎服，每日1剂。

适应证　婚后性生活正常，惟男方不能射精。

病　例　吕××，男，25岁。已婚两年，每行房时不能射精，性交之后有精液流出。其脉虚缓，舌淡红苔薄白。服用上方3剂，已能射精。后继服3剂，巩固疗效。4个月后其妻怀孕。

1.39　神经衰弱

方药1　乌梅30克，干花生叶15克。水煎服，每日1剂。

适应证　适于神经衰弱以失眠为主者。

病　例　赵××，女，32岁。患神经衰弱10余年。症见失眠，甚则彻夜难寐，伴有易惊，心悸，乏力，神疲。用本方治疗两个月痊愈。随访半年未复发。

方药2　鲜枸杞叶30克，鸡蛋1个。将枸杞叶洗净切碎，置锅内，打入鸡蛋炒熟，每晨食用1剂。

适应证　适于神经衰弱之头晕，证属肝肾阴虚肝阳上亢者。

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病　例　齐××，男，49岁。患神经衰弱5年，头晕目眩，常在精神紧张时明显加重。伴有耳鸣，烦躁易怒，健忘腰酸，舌红脉弦细。证属肝肾阴虚，肝阳上亢。用上方治疗，1月即愈。

方药3　丹参250克，白酒1000毫升。将丹参浸于酒内48小时，每次服10毫升，每晚1次。

适应证　适于神经衰弱，证属心脾两虚者。症见失眠多梦，心悸健忘，体倦神疲，面色少华，舌淡苔薄白，脉细弱。

病　例　张××，男，47岁。患神经衰弱两年余。症见失眠多梦，甚则彻夜不寐，心悸健忘，神疲懒言，不思饮食，舌淡红苔薄白，脉沉细。服上方5天，睡眠恢复正常，兼证也随之好转。

方药4　花生叶250克，水煎代茶饮。

适应证　适于神经衰弱之失眠，证属心脾两虚者。

病　例　黄××，女，52岁。患神经衰弱10年。症见失眠，多梦易醒，醒后难以入寐，甚则彻夜不寐。心悸健忘，注意力不集中，舌淡苔薄白，脉沉细弱。曾服多种中西药效果欠佳。服上方7天，能正常入睡。连服半个月，诸症消失。

方药5　酸枣树根30克，丹参15克。水煎服，每日1剂，2次分服。

适应证　适于神经衰弱之失眠。

病　例　夏××，男，56岁。患顽固性失眠3年余。症见失眠多梦，头晕健忘，心悸怔忡，疲乏无力。经常服用安定，谷维素等药，效果欠佳。服上方10剂，诸症消失。

方药6　酸枣仁30克，合欢皮30克。水煎服，每日1剂，2次分服。

适应证　适于神经衰弱，证属肝气郁结。症见失眠多梦，头晕健忘，伴胸闷胁胀，舌淡红苔薄白，脉弦细。

病　例　曹××，女，30岁。因生气致失眠多梦7天。闭

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目则与人争吵，醒后则难以入睡，伴心悸，胸闷胁胀，纳呆乏力，舌淡红苔薄白，脉弦细。经用上方3剂，症状明显好转。继服6剂，诸症消失。

方药7 小麦30克，黑豆30克，合欢花30克。将小麦、黑豆用布包好，与合欢花同煎，煎汤约200毫升，喝汤吃小麦、黑豆。

适应证 适于神经衰弱，证属肝肾阴虚之不寐者。症见心悸失眠，头晕头痛，耳鸣眼花，口干心烦，腰膝酸软，舌淡红苔薄白，脉沉细。

病 例 王××，女，57岁。患神经衰弱8年余。头晕耳鸣，两目干涩，失眠健忘，每夜只能睡1—2小时，舌红少津苔少，脉沉细。经用上方20天，诸症明显好转，睡眠已如常人，继服10剂，诸症消失。

方药8 黄芪15克，党参18克，白术9克，茯苓12克，丹参15克，炒枣仁30克，远志9克，龙眼肉9克，当归9克，炙甘草9克。水煎服，日1剂。

适应证 适于神经衰弱，证属心脾两虚者。主要症状：头晕乏力、失眠多梦，心悸易惊，纳食减少，舌淡苔薄白，脉沉细。

病 例 李××，女，48岁。患神经衰弱两年余，每因劳累后加重，失眠多梦，倦怠乏力，头晕耳鸣，心悸气短，舌淡苔薄白，脉沉细弱。曾服多种药物效果欠佳。诊断为不寐、眩晕。辨证为心脾两虚。给予上方3剂，诸症减轻，继服18剂，病遂痊愈。追访1年，未见复发。

方药9 丹皮9克，炒山枝9克，柴胡12克，茯苓15克，丹参15克，香附9克，陈皮9克，合欢皮15克。水煎服，每日1剂。

适应证 适于神经衰弱，属肝郁化热，肝胃不和者。主要症状：头痛、头晕、心悸、失眠多梦，心烦胸闷，胃脘嘈杂，舌淡红苔薄黄脉弦数。

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病　例　王××，女，38岁。头晕失眠半年余，每因情志不舒而加重。近日因精神紧张而加重。现症头晕头痛，心烦失眠多梦，胸闷善太息，嗳气则舒，胃脘嘈杂纳差。舌红苔薄黄，脉弦细。给予上方6剂，头晕头痛，心烦失眠等症减轻，仍感胃脘嘈杂纳差。上方加枳壳9克，继服6剂，诸症消失。

方药10　桑棋子30克，枸杞15克，首乌24克，炒枣仁30克，百合30克，五味子9克，女贞子12克，丹参15克，生龙骨30克。水煎服日1剂。

适应证　适于神经衰弱，证属肝肾阴虚者。临床表现，失眠多梦，耳鸣眼花，头晕健忘，腰膝酸软，易惊恐，心烦口干，舌红少苔，脉沉细。

病　例　张××，女，34岁。患神经衰弱两年余，失眠多梦，心悸易惊，有时彻夜不寐，头晕耳鸣，心烦健忘，腰酸乏力，舌红少苔脉沉细。给予上方6剂，已能入睡，又服20余剂，诸症消失。为巩固疗效，以上方炼蜜为丸，每服9克，日服3次，服药3个月，未再复发。

1.40　精神分裂症

方　药　大黄125克，白酒30毫升。将大黄和白酒装入药锅，次晨加水400毫升，以武火急煎，待水沸时即滤出，温服。服4剂为1疗程，服1剂需间隔1周。

适应证　躁狂症，症见精神兴奋，言语杂乱，哭笑无常，喧扰不宁，詈骂叫号，不避亲疏。

病　例　刘××，女，17岁。因与他人发生口角而发躁狂病。病初沉默寡言，继而精神兴奋，喧扰不宁，语无伦次，哭笑无常。服用本方1个疗程而愈。追访5年未复发。

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1.41 偏瘫

方　药　炒地龙 450 克，炒蜈蚣 12 条，白芷 180 克。上药共研细粉，每次 9 克，每日 3 次，黄酒冲服。

适应证　脑血管意外性偏瘫。证属气血不足，脉络空虚，风邪乘虚入中经络，气血闭阻。症见半身不遂，语言不利，口眼㖞斜，手足麻木，肌肤不仁，关节酸痛，苔薄白，脉弦。

病　例　李××，男，60 岁。一天前突感右侧肢体麻木无力，口眼㖞斜，语言不利，神志正常。脊髓检查提示脑血栓形成。证属气虚邪中，脉络瘀阻。用本方治疗 8 天，肢体功能恢复正常。3 个月后随访，情况良好。

1.42 偏头痛

方药 1　白芷 150 克，菊花 150 克。共研细粉，水泛为丸，每服 6 克，每日 3 次。

适应证　偏头痛，证属风邪上犯，清阳被蒙。症见：偏头痛，遇风尤甚，苔薄白，脉浮。

病　例　王××，女，50 岁。患偏头痛半年，多方医治无效。症见：偏头痛，遇风尤甚，口不渴，舌淡红，脉浮数。用上方治疗 3 天，症状减轻。继服 3 天痊愈。

方药 2　川芎 6 克，茶叶 2 克。水煎服，每日 1 剂。

适应证　偏头痛

病　例　宋××，女，43 岁。患偏头痛 3 年，久治无效。服本方 15 剂痊愈。

1.43 腰肌纤维炎

方　药　白术 30 克，薏苡仁 60 克。水煎服，每日 1 剂。

适应证　腰肌纤维炎，证属寒湿痹痛，脾阳受困。症见腰部疼痛，肢体沉重，遇阴雨天加重。平卧时明显，活动后减轻。舌

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淡红,苔白腻,脉沉细。

病　例　郭××，女，46岁。患腰痛病5年，多次查血沉和抗"O"均正常。腰椎拍片未见异常。服抗风湿药物无效。现症腰部疼痛，有沉重感，下肢酸软，形体倦怠，每遇阴天加重，舌淡胖苔白腻，脉沉细。诊为腰肌纤维炎。证属湿邪痹阻，脾阳不振。给予上方治疗，连服15剂，腰痛遂愈。

1.44　痹症神经痛

方　药　红花60克，木通30克，白酒100毫升，将上药加入酒内浸泡10天，每次服10毫升，每日3次。

适应证　适于坐骨神经痛和风湿性关节炎，症见四肢麻木，腰腿痛。

病　例　刘××，男，32岁。患坐骨神经痛5个月，诸药疗效不显。服此药20天而愈。

1.45　肩周炎

方药1　全蝎15克，血竭15克，白酒250毫升，猪膀胱1个。将药研为细粉，同白酒共装入膀胱内，扎口摇匀。外敷肩关节疼痛处，以酒挥发净尽为止。

适应证　肩关节疼，肩周炎。

病　例　江××，男，54岁。患肩周炎两个月，前伸外展及上举均受限。经用上药局部外敷2次，疼痛消除，前伸外展上举均恢复正常。

方药2　黄芪30克，生地15克，金银花30克，公英15克，当归12克，赤芍10克，丹参30克，川牛膝20克，土元20克，木瓜20克，红花10克，桃仁10克，制乳香、制没药各6克，甘草6克。水煎分2次服，每日1剂。

适应证　漏肩风，肩臂疼，筋脉拘急，难以屈伸。

病　例　范××，男，40岁。右肩臂痛疼拘急10个月，前

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伸外展及高举均受限。服用本方15剂而愈。

1.46 面神经麻痹

方药1 蓖麻子仁7个。将蓖麻子仁捣成膏状，贴于面部患侧。

适应证 适于面神经麻痹，证属风寒直中，脉络不通者。症见受凉受风后，突然单侧面部不适，继则口眼㖞斜，病侧面部表情丧失，额纹消失，眼裂变大，或不能闭眼，鼻唇沟变浅，口角歪向健侧，舌淡红苔薄白，脉弦细。

病 例 罗××，男，22岁。因汗出被雨淋后，出现左侧颜面麻痹两天。查体见患侧额纹消失，眼裂变大，不能闭合，口角向右侧歪斜，不能做鼓腮，露齿等动作。舌淡红苔薄白，脉弦细。予上方7剂，口眼㖞斜明显好转，继服10剂，诸症消失，恢复正常。

方药2 胡椒7粒，硫黄0.5克。上药共研细末，用纱布包好，塞入患侧鼻孔，每日更换1次。

适应证 面神经麻痹

病 例 余××，女，29岁。右侧面神经麻痹3天，右眼闭合功能差，口角歪向左侧，笑时口角歪斜更甚。舌淡红苔薄白，脉沉细。因病人不愿接受外敷及内服药物治疗，故给予此方。坚持治疗半个月，症状消失。

方药3 鳝鱼血。割断活鳝鱼的头或尾，取鳝鱼血涂于面部即可。如斜向右者，将血自右向左涂；如斜向左者，将血自左向右涂。

适应证 面神经麻痹

病 例 王××，男，23岁。晨起后自觉左侧面部麻胀不适两天。伴有左目闭合无力，鼓腮时左侧口角漏气。舌淡红苔薄白，脉弦。诊为面神经麻痹。嘱其内服牵正散，每次服2克，日服3次。外用鳝鱼血涂患侧。半月后复诊，共涂鳝鱼血2次，恢

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复正常。

方药 4 斑蝥 2 只，巴豆 3 粒，食醋适量。将斑蝥、巴豆研细，加食醋调拌成糊状，外敷于面部患侧，再敷以纱布，胶布固定，待有烧灼隐痛感时取下。以皮肤轻度烫伤起泡为度。（注意切不可时间过久，以防皮肤受伤或将药物误入眼中。）

适应证 面神经麻痹

病 例 毛××，男，25 岁。因风寒中络致右侧面瘫两天，口角歪向左侧，右口角流涎，右侧鼓腮漏气，右眼不能闭合。用上法治疗两次，恢复正常（两次间隔时间以 7 天为宜）。

方药 5 白附子 24 克，僵蚕 9 克，全蝎 9 克，羌活 9 克。水煎服，每日 1 剂。

适应证 适于外受风寒所致的面神经麻痹。主症，突然出现口眼㖞斜，颜面麻木，口角流涎，患侧眼睑闭合受限，舌淡红苔薄白，脉弦紧。

病 例 某女，48 岁。因受风致右侧颜面部麻木，口眼向左侧歪斜 4 天，鼻唇沟变浅，右眼闭合受限，经服用上方 3 剂，病情好转，继服 12 剂，恢复正常。

1.47 三叉神经痛

方药 1 车前子 12 克（包），黄芩 9 克，泽泻 9 克，木通 9 克，生地 15 克，路路通 12 克，山枝 6 克，胆草 45 克，甘草 3 克。水煎服，每日一剂。

适应证 适于三叉神经痛，证属肝经湿热者。临床表现：颜面部阵发性刺痛，口苦心烦，急燥易怒，尿黄便干，舌红苔黄脉弦。

病 例 孙××，男，38 岁。1 年前右侧上颌部突然针刺样疼痛，并呈阵发性剧痛，不能忍受，每天疼痛数次。服多种药物均无效。伴口苦口臭、急燥易怒、头胀而痛，心烦、尿黄，大便干，舌红苔黄腻，脉弦数。诊为第二支三叉神经痛。予上方 3

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剂，疼痛减轻。服药 14 剂，疼痛完全治愈。

方药 2 川芎 15 克，荆芥 10 克，防风 10 克。细辛 3 克，白芷 15 克，薄荷 10 克，香附 15 克，独活 15 克，白附子 10 克，羌活 15 克，僵蚕 15 克，天麻 15 克，川乌 5 克，藁本 15 克，甘草 15 克。水煎服，日 1 剂。

适应证 三叉神经痛

病 例 吴××，男，40 岁。患三叉神经痛，多处求医问药无效。经用上方 3 剂痛止。继用 5 剂而愈。

1.48 肋间神经痛

方 药 柴胡 9 克，枳实 9 克，郁金 12 克，白芍 12 克，川楝子 12 克，丝瓜络 9 克，瓜蒌 12 克。水煎服，日 1 剂。

适应证 适于肋间神经痛，证属肝郁气滞者。症见胸肋胀痛，走窜攻撑，向肩背部放射，情志刺激加重，舌淡红苔薄白，脉弦。

病 例 杨××，女，32 岁。右胁肋疼痛，反复发作近一年。近来疼痛加重，甚则痛不可忍，呼吸也感疼痛向右肩背部放射。胸透：(-) B 超：(-)，诊为肋间神经痛。曾服多种成药效果欠佳。服上方 3 剂，疼痛明显减轻。继服 5 剂，诸症悉除。

1.49 癫痫

方药 1 死鸣蝉（焙焦）7 个，朱砂 3 克，蒲黄 9 克。共研细粉，每晚睡前口服 1 次，10 天为 1 个疗程。2—7 岁每次 2 克，8—14 岁每次 3 克。

适应证 癫痫，证属肝风挟痰，蒙蔽清窍。症见发作性精神恍惚，甚则昏倒不省人事，口吐涎沫，两目上视，四肢抽搐，移时苏醒。

病 例 张××，女，40 岁。自幼患癫痫，经常突然昏倒不省人事。口吐涎沫，两目上视，抽搐，口中时有叫声。证属肝

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风上拢，挟痰犯脑。用上方治疗2个疗程病告痊愈。

方药2 白公鸡1只，蛇1条。白公鸡饿两日，将蛇切碎让其食后，收取鸡白色大便，干后研成细面，每次服5克，每日服1次，红糖水冲服。

适应证 癫痫病

病 例 张××，男，19岁。患癫痫病4年余。曾用多种中西药物治疗，仍时常发作。后改用上方，连续服用3个月，症状消失，追访半年未复发。

方药3 马蜂幼虫（未出窝的幼虫）7—10克。将马蜂幼虫用棉子油炸焦食之。每日1次，连服7天。

适应证 癫痫病

病 例 罗××，男，14岁。发作性抽搐近2个月。近十天来，发作频繁。发作时突然昏倒，口吐白沫，两目上视。脑电图检查，确诊为癫痫。经用此方治疗半月，发作次数明显减少，继服2个月，诸症消失。停药观察半年未再复发。

方药4 硼砂0.5克。冲服，每日3次，连服2～3个月。

适应证 癫痫病

病 例 陈××，男，18岁。于8岁时不慎从高处坠下，头部受伤。每因劳累或精神紧张时，突然昏倒，四肢抽搐，牙关紧闭，口吐白沫，或出现遗尿，约3—5分钟清醒。近1年来，发作频繁，曾到多处医院就诊，均诊为癫痫。服中西药物，效果均不甚理想。改用上方，服药两个月后，症状消除。又服1月，未再复发。

方药5 净白矾150克，研为细粉。成人每服5克，小儿酌减。每日早、晚饭后用开水冲服1次。发病在两个月以内者，服药20天为1疗程。发病在两个月以上或半年以内者，服药1个月为1疗程。发病1年以上者，服药3个月为1疗程。

适应证 适用于癫痫，辨证为痰涎壅塞，心神失守。主症：在发病前常有胸闷、乏力、眩晕等症。发作则突然仆倒，神志不

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清，抽搐吐涎，或伴尖叫与二便失禁，舌苔白腻，脉弦滑。

病　例　王××，男，18岁。患癫痫两年余，发作时突然昏倒，不醒人事，伴口吐白沫，约5—10分钟苏醒，每月发作10多次。舌淡红苔白腻，脉滑。经脑电图检查，诊为高度异常脑电图，癫痫。给予上方连服3个月，逐渐由发作次数减少而控制发作。至今病愈5年，未见复发。

方药6　冰片9克，大黄60克，灵脂30克，龙骨50克，牡蛎50克，麝香1克，羚羊角3克，血竭20克。上药共研细末，分为60包。每服1包，饭后服用，每日三次。

适应证　适于癫痫病，痰热闭塞心胸者。主症：发作时突然昏倒，抽搐吐涎，素日情绪急燥，心烦失眠，口苦口干，大便秘结，舌红苔黄腻，脉弦滑数。

病　例　刘××，男，22岁。患癫痫两年余，素日情绪急燥易怒，心烦口苦，便秘溲赤。发作时突然昏仆，不醒人事，口吐白沫，手足抽搐，哼哼作声，小便失禁，每月发作10几次，甚则每日数次。舌红苔黄腻，脉弦滑数。给予上方，服药1个月，发作次数减少，心烦口苦、便秘等症状明显好转，继服两个月，病告痊愈。追访两年，未见复发。

1.50　缺铁性贫血

方　药　黑矾250克，大枣500克，当归90克，川芎30克。用水500毫升先煎当归、川芎，去药渣，后入枣、矾，将水煮干为度。每次食药枣1枚，每日3次。

适应证　用于缺铁性贫血

病　例　孟××，女，18岁。头晕目眩，消瘦乏力，不思饮食。肝脾未触及，淋巴（－），白细胞8500／毫米^3，血色素6克。诊为缺铁性贫血。用上方治疗34天，血色素增至12.5克，全身症状亦痊愈。

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1.51 过敏性紫癜

方药 1 大枣 15 枚（劈开），甘草 9 克。水煎服，每日 1 剂，分 2 次服。

适应证 适于过敏性紫癜，证属脾虚统摄无权之出血者。多见于双下肢丘疹样紫癜，全身疲乏无力，或伴有恶心呕吐，舌淡苔薄白，脉沉细。

病 例 金××，女，16 岁。反复出现下肢紫癜两年余，今因食海螺致病情加重。双下肢出现片状小出血点，伴腹痛，恶心呕吐，全身疲乏无力，纳差，舌淡红苔薄白，脉沉细。查血：Hb 12 克，RBC 450 万，WBC 6000，PL 20 万，BT 1'，CT 2'。诊为过敏性紫癜，给予上方，服药 3 剂，未再出现新出血点。全身症状亦明显减轻。继服 1 个月，紫癜消失，疗效巩固。

方药 2 红皮花生米 10 粒，熟大枣 4 个（去核）。共捣成泥状，每日 1 剂，分 3 次服。

适应证 过敏性紫癜

病 例 曹××，男，28 岁。患过敏性紫癜 3 年余，每因感冒受凉后病情复发或加重。查血小板、血常规均正常，其则出现双下肢片状紫斑。经用此方治疗 40 天，紫斑消失，未再复发。

方药 3 霜柿子叶 30 克，水煎服，每日 1 剂，2 次分服。

适应证 过敏性紫癜

病 例 沈××，女，18 岁。下半身出现片状紫斑 3 天。查血：PL 18 万，Hb 13.5 克，RBC 450 万，WBC 7000，BT 2'，CT 2'。诊为过敏性紫癜。给予上方治疗 20 天，症状消失。

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1.52 尿崩症

方药 1 黄芪 30 克、白术 15 克，陈皮 9 克，升麻 6 克，柴胡 6 克，党参 30 克，当归 15 克，益智仁 15 克，桑螵蛸 30 克。水煎服，日 1 剂。

适应证 适于尿崩症，证属中气不足者。主症：口干烦渴，多饮多尿，皮肤干燥，体重减轻，少气懒言。舌淡红少津苔薄白，脉虚弱。

病 例 王××，男，44 岁。患多饮多尿近 1 年，加重二个月。症见烦渴多饮，每日饮水 4—5 升，小便量多，每日亦在 4—5 升左右，口干乏力，皮肤干燥，少气懒言，舌淡红苔薄白，脉细弱。查尿比重 1.005。诊为尿崩症。给予上方 6 剂，症状减轻，每日饮水量减为 3 升左右，尿量明显减少，继服 16 剂，诸症痊愈。

方药 2 熟地 30 克，山药 12 克，茯苓 12 克，泽泻 12 克，山萸肉 12 克，丹皮 12 克，熟附子 15 克，肉桂 6 克，桑螵蛸 15 克，覆盆子 15 克，五味子 9 克。以上药煎汤，2 次分服。

适应证 用于尿崩症，属肾阳亏虚，因摄失职者。症见面色㿠白，腰膝酸软，小便频数，烦渴多饮，饮不解渴，日饮数升，尿比重低，舌淡苔白，脉沉弱者。

病 例 雷××，男，46 岁。自述渴饮无度 3 月余。每日饮水量约需 10 暖瓶。就诊于北京××医院，确诊为尿崩症。服多种药物效果不显。兼见腰酸无力，肢冷畏寒，尿清溺多，面色㿠白。舌淡苔白脉沉弱。给上方 20 剂，渴饮明显减轻，每日进水量减至 3—5 暖瓶。继服半个月，饮水量如常人。继以上方 10 倍量配成水丸，每次服 9 克，日服 3 次，以巩固疗效。随访 5 年，病未复发。

方药 3 蚕茧 7 个，茶叶 3 克。取上药开水浸泡代茶饮。可长期服用。茶叶每日更换一次。蚕茧可 3 天更换一次。

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适应证 适于尿崩症，症见烦渴多饮，消瘦，多尿，低比重尿。

病 例 华××，男，40岁。患者1年来出现烦渴多饮、身体逐渐消瘦。近1个月口渴加重，多饮多尿，每昼夜饮水约10暖瓶，尿量与饮水量相当。身体消瘦，腋毛脱落、四肢无力。加压素试验阳性。查血糖110mg%，尿糖（-），诊为尿崩症。用本方治疗两个月，饮量与尿量逐渐减少，半年后恢复正常。

1.53 糖尿病

方药1 地骨皮50克，加水1000毫升，慢火煎至500毫升，频饮代茶。

适应证 适于糖尿病，证属阴虚燥热者。症见口干口渴，多食多尿，消瘦，舌红苔少脉细数。

病 例 赵××，男，54岁。患者1年前因多食消瘦，经省某医院诊为糖尿病。连续服D860，降糖灵等药达半年之久，病情未见明显好转。就诊时空腹血糖240mg%，空腹尿糖（++++），症见口渴口干，多饮多尿多食，消瘦乏力，舌红少苔，脉细数，证属阴虚燥热，服上方1个月，空腹血糖130mg%，尿糖（-），诸症消失。随访半年未复发。

方药2 翻白草60克。加水煎煮约1000毫升，频饮代茶。

适应证 糖尿病证属肺胃热盛者。症见口渴多饮，消谷善饥，大便秘结，舌红苔黄燥，脉弦滑。

病 例 王××，女，52岁。患糖尿病10年余。近因过劳致病情加重。症见口渴多饮，消谷善饥，小便频数量多，大便秘结，舌红苔黄燥，脉滑数。证属肺胃热盛，耗伤津液。实验室检查：空腹血糖190mg%，尿糖（+++），用上方治疗半个月，空腹血糖110mg%，空腹尿糖（-），诸症消失。

方药3 生龙骨60克，茯苓120克，五倍子300克。上药

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共研细末，水泛为丸，每次6克，每日3次。

适应证 糖尿病证属肝阳上亢、脾气虚弱者。症见烦躁易怒、头晕失眠、口干、乏力便溏，舌淡胖，脉弦缓。

病 例 韩××，男，61岁。患有糖尿病5年余。就诊时空腹血糖280mg%，尿糖（++++）。症见乏力，下肢酸软，食量一般，饮水不多，口干，消瘦，便溏，烦躁易怒，头晕失眠，舌淡红舌体胖，脉弦缓。证属肝阳上亢，脾气虚弱。用上方治疗两个月，诸症明显好转，空腹血糖150mg%，尿糖（−）。继用1个月，查血糖正常。

方药4 沙菀子30克。水煎服，每晚饭后顿服，10天为1疗程。隔10天为1疗程，可服用3—5个疗程。

适应证 适于糖尿病证属下消者。症见小便混浊量多，消瘦乏力，腰膝酸软，口干多饮，舌淡红苔薄白，脉细弱。

病 例 黄××，男，48岁。患糖尿病5年余。症见消瘦乏力，小便混浊量多，腰膝酸软，口干多饮，舌淡红，苔薄白，脉沉细。空腹血糖180mg%，24小时尿糖定量19.6克，尿糖（+++），酮体（−），诊为下消证。予上方40剂，症状明显减轻，体重增加，空腹血糖138mg%，尿糖（+），24小时尿糖定量降至5.6克。

方药5 蟋蟀30个。将蟋蟀焙黄研成细粉，分为10包，每次1包，每日3次，黄酒冲服。

适应证 糖尿病证属下消者。主要症状同上述。

病 例 杨××，女，56岁。患糖尿病10年余。近因过劳致症状加重。症见多饮多尿，腰酸乏力，形体消瘦，舌红少津苔薄黄，脉沉细，空腹血糖196mg%，尿糖（+++）。服上方10天，症状减轻，空腹血糖130mg%，尿糖（+）。继服3剂，血糖正常，尿糖消失。

方药6 生猪胰子1具，赤石脂90克。将猪胰脏洗净，二药分别捣研混匀，炼蜜为丸，每丸重10克，每次1丸，日服3

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次。

适应证 糖尿病

病 例 张××，男，60岁。患者素体肥胖无明显不适，查体时空腹血糖160mg%，尿糖（++），尿酮体（-），无明显口渴多饮、多尿多食等症状。服用上方1个月，空腹尿糖转阴，空腹血糖110mg%。

方药7 生山药150克，花粉150克。水煎两次，取汁约600毫升，每次服200毫升，日服3次。

适应证 糖尿病证属肺胃燥热者。主症：烦渴多饮，消谷善饥，消瘦乏力，口干心烦，大便干燥，舌红苔黄燥，脉弦数。

病 例 牛××，男，32岁。患糖尿病4年余。查血糖180mg%，尿糖（+++），尿酮体（-），现症状：烦渴多饮，消食易饥，形体消瘦，大便干结，舌红苔薄黄，脉弦滑。证属肺胃燥热。给予上方6剂，食量减少，口渴减轻。继服12剂，饮食正常。复查血糖130mg%，尿糖（+），遵原方改为隔日1剂，巩固疗效。

方药8 熟地30克，山萸肉15克，山药60克，花粉60克。水煎服，每日1剂，2次分服。

适应证 适于糖尿病属肺肾阴虚者。主症：尿频量多、混浊如脂膏或尿甜，口干唇燥，多饮善饥，腰膝酸软，全身瘙痒，舌红苔少，脉细数。

病 例 丁××，男，26岁。患糖尿病两年，近期症状加重。症见多饮善饥，腰膝酸软，小便量多混浊有甜味，脉细数。查血糖160mg%，尿糖（+++），24小时尿糖定量31克。给予上方6剂，症状明显减轻。继服20剂，复查血糖140mg%，尿糖（+）。复服20剂，症状消失。

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1.54 甲亢突眼症

方　药　蒲公英60克，夏枯草30克。水煎服，每日1剂，两次分服。药渣再煎，熏洗两目。

适应证　适于甲亢突眼症，属肝火亢盛者。症见，眼胀目突，畏光流泪，性急易怒，怕热多汗，口苦，头晕失眠，苔薄黄，脉弦数。

病　例　李××，女，47岁。患者近半年来，经常急燥易怒，多汗多食消瘦。在当地医院诊为甲亢。曾服他巴唑，甲亢平等药效果不显。症见突眼明显，目胀目突，畏光流泪，急燥易怒，多汗怕热，乏力消瘦，舌苔黄腻，脉弦数。实验室检查$T_3$7.6ng/ml，$T_4$21μg/dl，诊为甲亢突眼症。证属肝火亢盛。用上方水煎内服，外见熏洗半月，突眼明显好转，其他症状亦见减轻，T_3T_4下降。继服半月痊愈。

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2. 外科疾病

2.1 疖肿

方药 1 野菊花 30 克，紫花地丁 30 克，蒲公英 30 克，丹皮 12 克，生甘草 9 克，赤芍 15 克。水煎分两次服，每日 1 剂。

适应证 适于邪热壅聚，气血凝结，热盛肉腐之疖肿。症见身体某一局部红、肿、热痛，或伴有发热、恶寒、脉数等。

病 例 张××，男，25 岁。患者近 2 个月来经常面部起疖肿，偶尔伴有发烧，经服抗菌素等消炎药，疗效不显。现右腮有一豆大疮疖，发红，隆起。苔薄黄，脉数。服上方 6 剂而愈。

方药 2 大葱 100 克，蜂蜜 100 克。共捣细如泥为软膏，敷于患处，每日 2 次，外包消毒纱布。

适应证 疖肿初起，红肿硬痛。

病 例 李×，男，35 岁。患者于 3 天前后颈部生一肿块，发热疼痛，肿痛逐渐加重。夜不能寐，颈项转动受限，不欲饮食。查见颈后正中有一鸟卵大肿块，周围漫肿发硬，按之灼热，舌质红苔白厚，脉洪大。诊为后颈部疖肿。证系热毒壅盛，气血凝滞。用上方外敷患处。两天后肿块缩小，4 天肿块全消，随访未见复发。

2.2 脓性指头炎

方 药 雄黄、白矾各 10 克，蟾酥 1 克，蜈蚣 1 条。共研细粉。每次 3 克，装入 1 个猪苦胆内（或生鸡蛋 1 个，打破一端装入药），搅匀套指上，干后再换。

适应证 外伤复感邪毒，以致气血凝滞，郁久化热，火毒凝结。表现指端发红，肿胀、灼热，剧烈跳痛，甚则化脓。

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病　例　关××，男，34岁。于4天前右拇指端刺伤，次日开始灼热胀痛，下垂时更甚。肿胀逐渐加重，疼痛剧烈，恶心呕吐。经注射青、链霉素，其痛不减。两天后，肿胀蔓延至全指，并在患处起一条红线，向前臂延伸，体温高达39℃，恶心呕吐，纳食不佳，在继用青、链霉素的同时，外用上方治疗，疼痛明显减轻，两日后体温降至正常，恶心呕吐停止，肿胀消退，红线消失。惟指端仍肿胀，压之疼痛．继用前法换药，8天痊愈。

2.3　丹毒

方　药　银花30克，赤芍9克，黄芩6克，连翘24克，荆芥3克，山栀9克，竹叶6克，枳实4.5克，大黄4.3克（后入），薄荷3克（后入），水煎分两次服。

适应证　外受风热之邪郁于血分，风热相搏，症见发热头痛、口渴、恶心、呕吐，舌苔黄腻、脉浮数。某一局部皮肤出现红色斑片、灼热，疼痛等。

病　例　李××，女，30岁。患者3天前开始面部搔痒，如虫行之状。继而面部皮肤出现红色斑片，既痒且痛。兼见发热恶寒，头痛呕恶，胸闷不舒，呼吸急促，大便干结。眼睑、前额和鼻梁三处皮肤燃红，赤色如丹，形如云片。体温38.3℃。舌赤少苔，脉浮数。诊断为颜面部丹毒。证属风热相搏，营血瘀阻而致。投上方3剂，寒热已解，大便畅通，红肿亦见消毒。继用上方6剂，红肿完全消失，诸证皆除，随访半年未复发。

2.4　急性淋巴结炎

方　药　白头翁120克，陈皮6克。水煎分两次服，每日1剂。

适应证　热毒炽盛，侵犯经络。症见颈部、腋部或腹股沟部淋巴结肿大，发红，热痛，压痛明显。或伴有发热，恶寒，不欲

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饮食等症。

病　例　张×，女，15岁。患双侧颈部淋巴结肿大4天，红肿热痛，体温39°～40°C。用青、链霉素过敏，改用卡那霉素，效不显。给予上方，服用4剂而愈。

2.5　淋巴结结核

方　药　蜈蚣30条，全蝎100克，白芥子15克。共为细粉，分为30包。每包药粉装入一个鸡蛋内搅匀，蒸熟后食之。每日早晚各服1药蛋，30天为1疗程。

适应证　气郁痰壅，阻塞经络，痰火凝结而成瘰病。常在颈部皮下出现一个或多个大小不等的肿大淋巴结，活动，不痛。久之，肿块相互粘连，中心变软，波动，皮色暗红，形成脓肿，溃破成溃疡，可伴有潮热，盗汗，食欲减退，全身乏力等症。

病　例　王××，女，22岁。右侧颈部起瘰病3个。一个如枣大，两个如杏核，已1年余。经县及地区医院均诊为淋巴结结核，用异烟肼、链霉素等药物治疗半年多，效果不显著。后改用上方，治疗1个月，瘰病消失。随访6年未复发。

2.6　血栓性静脉炎

方　药　茵陈30克，赤小豆12克，炒薏仁24克，泽泻9克，炒苍术9克，炒黄柏9克，佩兰9克，苦参12克，防己9克，木通9克，白蔻9克，生甘草3克。水煎分两次服，每日1剂。

适应证　因湿热下注，以致气滞血瘀，络脉不畅。有轻度发热，全身不适，下肢疼痛，明显肿胀，沉重不适，腓肠肌部位有触痛等证。

病　例　刘××，女，40岁。左腿肿胀，疼痛，发热，卧床不起已半月。左下肢从膝关节肿至足背，较健肢粗5.5厘米，腓肠肌拘紧，压痛明显。皮肤灼热，其色深红，沉重跛行。伴纳

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呆食少。口干不欲饮，舌苔白腻，脉沉滑数。诊为血栓性静脉炎。服上药6剂，发热顿轻，腿肿略减。继进12剂，肿胀疼痛大减，饮食增进。但腓肠肌仍紧张不适，压之疼痛。原方加牛膝12克，炒地龙12克，赤芍15克，忍冬藤30克，继服30剂，病即痊愈。

2.7 血栓闭塞性脉管炎

方药1 银花30克，蒲公英30克，地丁30克，元参15克，当归15克，黄芪15克，生地15克，丹参15克，牛膝12克，黄柏10克，防己12克，乳香3克，没药3克。水煎分两次服，每日1剂。

适应证 治热毒炽盛之脱疽。患肢剧痛，昼轻夜重，发热喜凉，局部发红，肿胀，甚则出现溃疡或坏疽，并伴有发热、恶寒等毒血症状。舌质红绛，苔黄腻或黄燥，脉象滑数、洪大或弦数。

病 例 王××，男，44岁。两下肢及右手发凉，疼痛9年，左足大趾色黑坏疽，剧痛5个月。测体温38.5°C，左侧踝关节以下肿胀，足背动脉搏动消失、舌质紫绛苔黄腻，脉弦数。入院切除左大趾。给予上方，每日1剂。服药10剂，疼痛减轻。服药3个月，肿胀消失，疮口愈合，已无痛苦，足背动脉搏动恢复。续服1个月痊愈。

方药2 当归30克，细辛6克，䗪虫3克，虻虫3克，水蛭3克，灵仙24克，秦艽15克，桂枝15克，附子15克，红花10克，丹参20克，牛膝12克，山药15克。水煎分两次服，每日1剂。

适应证 治寒湿入络，经络痹阻，气滞血瘀之脱疽。证见患肢喜暖怕凉，局部皮肤苍白或紫红，麻木疼痛，遇冷或夜间加重，舌淡苔白脉沉细。甚则出现溃疡或坏疽。

病 例 姜××，女，35岁。双下肢冷痛伴间歇跛行2年

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多。近2月来症状加重，步履艰难，曾以风湿治疗无效。现病人畏寒怕冷，双下肢疼痛剧烈，夜晚难以入睡，食少便溏，舌苔薄白，脉弦细。双下肢皮肤苍白，冰冷，足背动脉微弱。双足拇趾肤色暗红。诊断为阴寒型血栓闭塞性脉管炎。服上方8剂，纳食增加，大便正常，双下肢疼痛略减。继服8剂，疼痛明显减轻。原方共进70剂，病遂治愈，随访1年未复发。

2.8 急性乳腺炎

方　药　蒲公英15克，王不留行15克，银花15克，连翘15克，穿山甲10克，柴胡6克，牛蒡子10克，生地10克，赤芍6克，甘草3克。水煎分两次服，每日1剂。

适应证　乳房疼痛，有肿块，灼热压痛。继之红肿，疼痛加重，形成乳痈。可伴有发热，恶寒，头痛，口渴等症，舌苔白腻而黄，脉象弦滑而数。

病　例　陈××，女，32岁。患者产后2个月，婴儿吸乳。一日突然觉右侧乳房胀痛，全身不适，继则发热恶寒，局部红肿，灼热，疼痛。伴有鼻燥口干，小便短赤，大便秘结，舌苔薄黄，脉洪数。体温38°C。给以上方3剂，服后症状减轻。继服6剂而愈。

2.9 乳腺增生病

方　药　柴胡12克，川芎6克，赤芍10克，当归15克，瓜蒌30克，生牡蛎15克，橘核15克，乳香3克，没药3克，甘草3克。水煎分两次服，每日1剂。

适应证　肝气郁结，痰凝气滞，形成乳癖。证见双侧或一侧乳房有坚硬肿块，推之能移，肤色如常，用手触及，隐隐作痛。月经前或感冒后，肿块变大等。

病　例　胡××，女，29岁。患者3个月来两侧乳房起条索状肿块，有胀痛感。经××医院检查，诊断为乳腺增生病。症

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见乳部肤色正常，扪及条索状肿块，质稍硬，边缘清楚。触压胀痛，舌淡红脉弦细。证系肝气郁结。痰凝血滞。共服用上方 50 余剂，乳部肿块完全消失，随访 1 年未复发。

2.10 腰肌劳损

方　药　杜仲 20 克，威灵仙 15 克。共研细粉，取猪腰子 2 个切开，洗去血液，放入药粉，用线扎紧，放入碗内，加水少许，置锅中蒸熟，吃肉喝汤，每日 1 剂。

适应证　肾气亏损之腰痛，遇劳增剧，时轻时重。

病　例　李××，男，54 岁。因腰肌劳损而腰痛，劳累后加剧，阴雨天痛甚。投以上方，服 10 剂而愈。随访 2 年，未复发。

2.11 慢性骨髓炎

方　药　知母 20 克，黄柏 15 克，肉桂 3 克，锁阳 20 克，枸杞 20 克，巴戟天 15 克，苏木 10 克，当归 15 克，白芍 15 克，龟版 20 克，全蝎 3 克，黄芪 20 克，桔梗 9 克，骨碎补 20 克，甘草 10 克。水煎分两次服，每日 1 剂。

适应证　热毒不解，流注骨髓，形成瘘管。经久不愈，形体消瘦，面色苍白，精神不振，食欲减退，倦怠乏力，舌淡苔白，脉沉细数。

病　例　任×，男，16 岁。2 个月前右上股肘关节疼痛，经治缓解。后在下臂上端生一小疖，红肿热痛，肘关节活动受限，白血球 15000 / mm^3，体温 39° C。以抗菌素治疗 1 周，体温降至 38° C 左右，下臂隐痛，局部红肿，半月余溃穿，脓液清稀。X 光检查发现骨密度增深，尺骨上、中段间有死骨一块，长约 10 公分，宽约 4 公分，周围有骨膜反应阴影。诊断为慢性化脓性骨髓炎。经多方治疗效果不显。后来我院门诊。用中药治疗，服上方 8 剂，肿胀减轻，体温下降。继服 10 剂后肿胀消

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失，脓液转稠。因纳呆食少，上方加淮山药 15 克，莪术 10 克，服 10 剂，食欲增进，脓液渐少。但疡面边缘红肿，前方加黄连，去肉桂，继服 10 剂，疡面边缘红肿消退。尺骨上端有瘘管流出脓液，换药时死骨似有松动。前方加刺猬皮、党参，服 10 剂，死骨翘出疡面，触之动摇。继服 10 剂，死骨脱落，疡面缩小，肉芽增生，脓液净尽。上方去刺猬皮又服 25 剂，疡面瘘道逐渐愈合。为观察疗效，汤药停服，改用六味地黄丸善后。随访 3 年，疗效巩固。

2.12 结核性关节炎

方　药　熟地黄 30 克，鹿角胶 9 克，肉桂 3 克，炮姜 1.5 克，白芥子 6 克，甘草 3 克。水煎分两次服，每日 1 剂。

适应证　痨虫侵袭于关节骨骼，经久不愈。证属阳虚血亏，阴寒内滞。症见关节肿胀疼痛，形体消瘦，面色苍白，舌淡苔白，脉虚弱等。

病　例　郑×，男，15 岁。右膝关节肿胀、疼痛，屈伸困难，形体日趋消瘦，面色苍白，经检查：诊断为右膝结核性关节炎。用链霉素、异烟肼等治疗，病情不减。投上方 10 剂，并嘱其每次服药后适量饮酒以助药力，关节肿痛见消。继进 30 剂，诸证消失，功能恢复。追访 3 年，未见复发。

2.13 肩关节周围炎

方药 1　柴胡 10 克，当归 10 克，白芍 15 克，陈皮 15 克，清半夏 10 克，羌活 10 克，桂枝 10 克，白芥子 6 克，附片 6 克，秦艽 10 克，茯苓 10 克。白酒引，水煎，每日 1 剂，饭后分两次服。

适应证　风寒入侵于肩关节，导致筋脉凝结。症见肩部疼痛，活动受限。有明显压痛点，受凉或劳累加重。

病　例　辛××，男，49 岁。右肩阵发性疼痛 3 个月，后

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伸内旋触及腰带，内收搭肩肘尖距胸中线差 20 厘米。上臂举 150 度。活动时痛剧。肱二头肌（长短头腱），三角肌下均有压痛。诊断为右肩关节周围炎。进行手法活动，服用上方 6 剂痊愈。随访 1 年未复发。

方药 2 桑枝 90 克，切碎，水煎分两次服。

适应证 肩关节周围疼痛，活动受限。

病 例 周××，女，67 岁。近 3 个月来右肩逐渐出现板滞疼痛，活动受限。继而右臂也疼痛难忍，抬举困难，不能用右手梳头。舌淡红苔薄略黄，脉弦稍滑。诊为肩关节周围炎。用上方治疗，连服 30 天，并配合功能锻炼，右臂活动范围增大，疼痛消失。

2.14 睾丸炎

方 药 龙胆草 10 克，山栀 6 克，黄芩 10 克，柴胡 6 克，生地 12 克，车前子 10 克，川楝子 10 克，蒲公英 30 克，凌霄花 6 克。水煎分两次服，每日 1 剂。

适应证 适于肝经湿热下注之囊痈。证见阴囊红肿热痛，疼痛可放射至腹股沟或腰腹部，伴有发热恶寒，头痛，口渴，小便赤涩，舌红苔黄，脉滑数等。

病 例 张××，男，32 岁。患者睾丸疼痛反复发作 1 年余。近阴囊灼热，睾丸疼痛，体温 38.2 °C，夜难入寐，性躁易怒，小便黄赤，舌红苔黄，脉弦数。证系湿热下注，气血凝滞，脉络不和。服上方 5 剂，局部疼肿基本消失，少腹下坠亦轻，发热已退。但小便仍黄，口苦，苔薄黄，脉仍弦数。原方续服 6 剂而愈。

2.15 急性阑尾炎

方 药 赤芍 12 克，败酱草 50 克，丹皮 12 克，蒲公英 50 克，银花 50 克，木香 10 克，玄胡 10 克，当归 20 克，桃仁 10

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克，地丁 30 克，大黄 10 克（后入）。水煎分两次服，每日 1 剂。

适应证 治湿热郁积，气血瘀滞之肠痈。证见右下腹持续性疼痛，阵发性加重，伴恶心呕吐，头痛头晕，身倦等，舌苔黄腻，脉象弦数。

病 例 王××，女，13 岁。上腹疼痛，伴恶心呕吐，后疼痛转移至右下腹，体温 38.2°C。化验白细胞 10700/mm^3，中性 75%。诊为急性阑尾炎。服用上方 3 剂，症状消失，继服 3 剂，痊愈出院，追访 6 年未复发。

2.16 直肠脱垂

方 药 附子 9 克，干姜 9 克，赤石脂 12 克，粳米 12 克。水煎分 2 次服，每日 1 剂。

适应证 适用于脾肾阳虚之脱肛，多见于老年或小儿腹泻，时有腹痛下坠，食欲差，体质瘦弱，脉沉等。

病 例 张××，男，75 岁。患脱肛达 9 年之久，常有腹泻下坠，食欲差，脉沉细。苔白。脉证合参，此乃脾肾阳虚，治当温肾固脱。投以上方 5 剂，诸证消失。嘱其服用参茸丸调养善后。随访 1 年，此证遂愈。

2.17 软组织损伤

方 药 桃仁 4 克，红花 15 克，乳香 15 克，没药 15 克，栀子 15 克，赤芍 15 克，白芷 15 克，生大黄 15 克。共为细粉。视损伤范围大小，取药粉适量，加酒精调成糊状，外敷患处，纱布固定，2～3 日换药 1 次。有皮肤破损者忌用。

适应证 跌打损伤，气血瘀滞，局部肿痛。

病 例 叶×，男，23 岁。患者因外伤致右前臂外侧肿起直径 1.5 公分包块，皮肤未破损，色紫黑，压痛明显，予以上方治疗，敷药 4 次，肿消痛止。

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2.18 破伤风

方　药　蝉衣 20 克，蜈蚣 12 克，全蝎 12 克，僵蚕 12 克，辰砂 6 克，胆星 6 克，天竺黄 6 克，巴比妥（0.1 克）10 片。合研为细粉，每次服 6 克，每日 3 次，小儿用量酌减。

适应证　主治皮肤损伤，外受风邪，侵袭经络，引起肌肉痉挛抽搐、呈苦笑面容，言语不清、咀嚼乏力之痉证。

病　例　蒋××，男，10 岁。于半月前被木车创伤左手虎口，当时未加处理。后突然感觉面部肌肉酸痛。继而出现苦笑面容，肌肉痉挛抽搐日十余次，言语不清，饮食咀嚼无力。经中西医会诊，诊为破伤风。用上方每服 5 克，日 3 次。3 日复诊，肌肉痉挛抽搐减轻。连服 7 日而愈。

2.19 骨质增生病

方药 1　白芍 30 克，木瓜 12 克，鸡血藤 30 克，威灵仙 15 克，甘草 12 克。水煎分两次服，每日 1 剂。颈椎增生加葛根 12 克。胸椎增生加狗脊 12 克。腰椎及以下部位增生加杜仲 12 克、怀牛膝 12 克。此方服后效果不显著者，可逐渐增加白芍用量至 60 克。有腹泻者加炒白术 15 克，茯苓 12 克。

适应证　主治骨质增生病，证属肝肾亏损，筋脉拘急之腰痛或项背痛者。

病　例　裴××，男，55 岁。腰痛已半年。经拍片诊断为腰椎骨质增生，给予上方 6 剂，腰痛减轻，继服 10 剂，疼痛消失，随访半年未复发。

方药 2　当归 15 克，川芎 9 克，赤芍 12 克，熟地 12 克，桂枝 9 克，乌梢蛇 9 克，乳香 6 克，没药 9 克，丹参 15 克，甘草 6 克，苏木 6 克。水煎分两次服，每日 1 剂。

适应证　主治骨质增生病，证属风寒湿邪，深入筋骨之腰痛，疼痛剧烈，不敢转侧，阴雨天或受凉后疼痛加重，舌淡苔白

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脉沉等。

病　例　赵××，男，40岁。腰痛2年余，阴雨天加重。近腰痛不能转侧，活动受限，痛苦病容，呻吟不止，舌质深红，苔白，脉沉缓迟涩。经拍片诊为腰椎骨质增生。诊为风寒湿邪深入筋骨之骨痹证。治宜养血温经通络。投上方12剂，疼痛消失，余症减轻。续进8剂，体力得复。为巩固疗效，上方加申姜12克，三七12克，制成丸药继服半月。

2.20　皮肤搔痒症

方　药　生地15克，赤芍9克，丹皮9克，白蒺藜12克，紫草9克，皂角刺9克，土茯苓30克，土牛膝15克，苍术9克，陈皮6克，钻地风9克。水煎分2次服，每日1剂。

适应证　主治风湿郁于肌肤，热盛血燥之皮肤搔痒证。

病　例　魏××，男，70岁。自述近10年每至秋季两下肢皮肤搔痒，逐渐蔓延至躯干，上肢，颈部。搔后皮肤脱落白屑，随即出现小丘疹，至次年2月方缓解。周身搔痒不能忍受，夜寐不安，脉弦，舌红苔黄腻。证系风湿郁于肌肤，日久伤营，复感秋凉风燥，热盛血燥而致。治宜活血润燥，清热利湿。投以上方3剂，痒止寐安。又进3剂而愈。

2.21　湿疹

方　药　大黄30克，滑石45克，枯矾40克。共为细粉，每次适量。湿疹流水者，用药面撒患处。湿疹无流水者，用陈醋和药粉涂患处，每日2次。

适应证　主治湿热蕴结肌肤之湿疹。症见红斑丘疹、水疱，脓疱及糜烂渗液，结痂等。

病　例　马××，男，14岁。两手掌见有红色小点近1个月，搔痒难忍，小点逐渐向四周扩散，继有黄水流出。曾服扑尔敏、强的松、外敷肤轻松软膏五天，稍有缓解。但停药后迅速侵

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淫，现已波及手腕，部分已结痂。用上法3日，皮损渗液显著减少，痒感减轻，1周而愈。随访1年未复发。

2.22 神经性皮炎

方药1 党参12克，茯苓9克，白术9克，苡仁15克，淮山药9克，玄参9克，鸡内金9克，黄芩6克，白皮6克，甘草6克。水煎分两次服，每日1剂。服药期间忌酒、辛辣、豆制品、虾鱼等食物。

适应证 治疗风湿淤积肌腠，搔痒，起丘疹，皮肤变厚，鳞屑，渗液较多之皮炎。

病 例 李××，男，43岁。患神经性皮炎12年。奇痒难忍，不能入睡，渗液较多，精神萎靡。检查头部有7×5厘米、双肘弯部5×3厘米苔癣样变，皮损边缘清楚，局部皮肤呈淡褐色，有少量粘液渗出，属泛发型皮炎。上方内服6剂，患处皮肤变软，已无粘液渗出，搔痒减轻，夜能安睡。继服6剂而愈。1年后复发，原方又进12剂，病愈。随访2年，疗效巩固。

方药2 樟脑0.6克，铅粉0.3克，白矾0.15克，斑蝥1只，全蝎3只，生草乌1个，雄黄0.3克，硫黄0.3克。共为细粉，装瓶备用。用药前先用鲜羊蹄根蘸醋擦患处，至起红晕为止。属湿性流津者，可将药粉撒于患处。属干性无津者，可用香油调药粉涂于患处。1日1次。

适应证 主治风湿毒邪搏于皮肤，气血凝滞而成的皮炎。

病 例 张×，男，30岁。颈部神经性皮炎已5年，屡治不愈，时重时轻。重时蔓延整个颈部，搔之流津，既痒且痛。嘱其外用上药，1料未曾用完，顽疾基本治愈。嗣后虽时有发作，但用药即效，遵上方治疗1年余，病即根除，随访5年未复发。

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2.23 银屑病

方　药　柴胡 15 克，葛根 15 克，白芷 10 克，桔梗 12 克，玄参 15 克，赤芍 12 克，银花 15 克，连翘 15 克，山甲 15 克，川芎 10 克，大黄 6 克，茵陈 15 克，苦参 15 克，黄柏 15 克，公英 15 克，地丁 15 克，生甘草 6 克。水煎分两次服，每日 1 剂。痒重者可加地肤子 15 克，白鲜皮 15 克、皮屑多者可加入薏米 15 克。

适应证　因风湿热邪客于肌腠，皮肤失养而成之松皮癣。症见大小不等之红色丘疹、斑片，上盖有银白色鳞屑，奇痒难忍等。

病　例　王××，女，15 岁。4 年前开始全身生有大小不等之红色丘疹、斑片，脱白屑，搔痒。曾在某医院诊为银屑病，经用肝精、维生素 B_{12} 及外用药膏等治疗，疗效不著，反复发作。近来全身发痒，潮红发热，剧痒而皮屑大量剥脱。并伴口唇干燥，头昏恶心，舌面沟状，苔黄腻，脉弦数。结合皮损所见，诊为银屑病进行期。以上方服药 3 剂，皮损潮红减轻，痒感亦减。继服 7 剂，皮损变薄而无新斑，服至 28 剂，全身已不见皮损，残有浅淡色素治愈斑，遂获临床治愈。

2.24 荨麻疹

方药 1　生黄芪 15 克，生白术 12 克，防风 6 克，生地 15 克，玉竹 12 克，地肤子 9 克，豨莶草 9 克，连翘 12 克，银花 15 克，红枣 5 枚（去核）。水煎分两次服，每日 1 剂。

适应证　卫表气虚，复感风热，郁于皮肤而成的疹块。症见全身皮肤起散在性疹块，色红灼热，剧痒难忍，舌红脉浮数等。

病　例　杨××，女，26 岁。半年来每入夜时风疹发作，疹块成团，瘙痒难忍，夜难入寐。舌质红苔薄黄，脉细。此乃卫表气虚，风热湿邪袭于肌肤而致。连进上方 7 剂，病去大半，复

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进7剂，药尽病除。追访1年未复发。

方药2 苍术5克，白术15克，茯苓15克，荆芥15克，丹皮15克，防风9克，白蒺藜12克，僵蚕10克，川芎9克，丹参15克，黄芩10克，生龙骨30克。水煎分两次服，每日1剂。如舌苔黄腻，偏于湿热，可去茯苓加土茯苓30克，地肤子15克，白鲜皮12克。

适应证 主治风邪郁于肌肤，日久不愈。风团反复发作，瘙痒不已。神疲乏力，舌淡苔白腻，脉虚数。

病　例 王××，男，40岁。患荨麻疹两年。每日下午疹块即起，瘙痒难忍，彻夜难眠，日轻夜重，神疲力乏。舌淡红苔白腻，脉濡数。服上方20剂而愈。随访2年未复发。

2.25　玫瑰糠疹

方　药 赤芍12克，白芍12克，当归9克，茜草根9克，白茅根30克，蝉蜕6克，浮萍6克，白鲜皮30克，刺蒺藜15克，银花15克，生枳壳9克，生甘草9克。水煎分两次服，每日1剂。

适应证 主治内有血热，外受风邪，风热郁于肌肤而致的糠疹。在躯干、颈部或四肢相继出现成片的皮疹、瘙痒，起鳞屑。

病　例 贺×，男，28岁。胸背及两胁部起红色环状皮疹十多天，瘙痒不已，很快发展至四肢，经某医院诊治不效。症见躯干、四肢近端散发红色米粒至高粱米大的丘疹。两腋下及胁部有较大的横列椭圆形之皮疹，边缘有菲薄鳞屑，皮疹之间可见正常皮肤。诊为玫瑰糠疹。证系内有血热，外受风邪，风热相搏所致。治宜凉血疏风，清热解毒。予以上方，配合外用药（寒水石粉15克，炉甘石粉15克，滑石粉30克，冰片1.5克。加水200毫升，混匀后外涂）。服药8剂，诸证皆除，病获痊愈。

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2.26 多形性红斑

方　药　生地12克，丹皮9克，紫草12克，黄芩12克，防风9克，秦艽9克，白鲜皮15克，白术9克，茯苓12克。水煎分两次服，每日1剂。

适应证　主治脾肺蕴湿化热，郁于肌肤之血风疮。红斑好发于四肢，病程缠绵，偶可出现高热，皮肤常呈紫色，中心略凹陷，也可发生水疱。

病　例　王××，男，17岁。病者打球出汗后，即觉腹部发痒，并出现几个椭圆形红斑，略高于皮肤表面，中央顶端有重叠之小疱，继而颈部及右下肢内侧均有同样红斑出现，有隐痛感，部分且有少量水泡及皮痂，舌质红苔白，脉滑数。诊为多形性红斑。证属脾肺蕴湿化热，郁于肌肤。治宜健脾祛湿，疏风凉血。用上方内服，外用普连软膏（黄柏粉30克，黄芩粉30克，凡士林240克，和匀涂患处）。药进6剂，红斑消退，水泡全部结痂，痒痛均愈。嘱其停服汤剂，继服活血祛瘀片以善其后。

2.27 带状疱疹

方　药　柴胡9克，龙胆草9克，板蓝根30克，生甘草3克，荆芥6克，赤白芍各9克，车前子9克（包），炒牛蒡子9克，青黛3克（冲）。水煎分两次服，每日1剂。

适应证　主治湿热内蕴，阻于肌肤而成的蛇串疮或缠腰火丹。证见轻度发热、全身不适，局部皮肤刺痛或灼热，继而腰部或胸部皮肤发生多数丘疹，迅即变为集簇性水疱，周围有红晕，沿神经呈带状排列。舌苔黄，脉滑数。

病　例　朱××，女，55岁。3天前觉形寒微热，从腹中线右侧起有带形红晕，且感痒痛。继起干性疱疹，并痛剧难忍，影响食欲和睡眠。口干便秘，尿黄赤，舌质红苔黄腻，脉象弦数。此乃肝火妄动，湿热壅遏之象。治当平肝泄火，清化湿热，佐以

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消散风热。给予上方，并配合外用药粉（青黛9克，生石膏20克，寒水石20克。共研细粉，加鸡蛋清调和，搽患处，日数次）。药进3剂，疼痛大减。继进6剂，痛止疹消，病获痊愈。

2.28 白癜风

方　药　旱莲草90克，白芷60克，何首乌60克，沙蒺藜60克，刺蒺藜60克，紫草45克，重楼（七叶一枝花）10克，丹参30克，苦参30克，苍术24克。共为细末，瓷瓶收贮，勿泄药气。每日3次，每服6克，开水送服。

适应证　治风邪侵袭皮肤，使气血淤滞，毛窍闭塞，血不荣肤，而成白癜风之证。

病　例　李××，女，29岁。患者颈部、面部、臀部、肩臂等处皮肤均有边界清楚，大小不等的圆形白斑，并且逐渐扩大。两年来，服用维生素B、菸酸，外擦0.5%升汞酒精，均未见效。除上述部位有片状白斑外，而胸腹亦见白色斑点，其斑内毛发亦呈白色。予以上方内服，配合外用药治疗（肉桂30克，补骨脂90克，以水酒各50毫升浸泡二药，1周后用之。用时将患处洗净，外擦即可）。共服上方2料，使用外用药3料，病获痊愈。

2.29 囊肿性痤疮

方　药　生地30克，丹皮9克，赤芍9克，公英15克，蚤休15克，夏枯草9克，昆布15克，海藻15克，炒三棱9克，炒莪术9克。水煎分两次服，每日1剂。

适应证　治疗由肝脾积热，熏蒸肌肤，痰淤血滞而成痤疮。证见面部痤疮形成脓疱或囊肿，痒痛相兼，脓液排出后形成疤痕疙瘩，缠绵难愈。

病　例　刘××，男，21岁。患者近3年来面部出现多个痤疮。开始为黑头粉刺，继之形成脓疱和囊肿，既痛且痒。脓液

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排出后即形成瘢痕疙瘩，彼伏此起，屡治不愈，脉象弦滑舌质红绛，诊为囊肿性痤疮。服上方21剂，囊肿转平，已不起脓疱。继以原方，共研细粉，水泛为丸，每服9克，每日3次，服药3个月，痤疮遂愈。

2.30 扁平疣

方　药　大青叶30克，蒲公英30克，板兰根30克，白花蛇舌草30克，土茯苓30克，黄芩12克，制大黄9克，生牡蛎30克（先煎），煅磁石30克（先煎），生地30克。水煎分两次服，每日1剂。

适应证　主治外感风毒，肝火上犯引起的扁平疣。常对称发生在面部或手背，其疣潮红搔痒，舌红苔黄，脉弦数等。

病　例　葛××，女，25岁。一年前面部开始出现米粒大小之丘疹，有时搔痒。近来逐渐增多。查面部两颊有多个扁平褐色丘疹，部分有抓痕，且见有血痂，脉弦数，苔薄黄。证系外感风毒，肝火上犯。治当清热解毒，平肝潜阳。服用上方7剂，其扁平疣潮红搔痒减轻，继进10剂，部分扁平疣已脱落，复进14剂，疣皆根除而获痊愈。

2.31 斑秃

方　药　生地15克，熟地15克，鸡血藤15克，首乌藤15克，生黄芪30克，川芎9克，白芍15克，明天麻6克，旱莲草9克，桑椹15克，木瓜6克。水煎分两次服，每日1剂。

适应证　主治肝肾不足，毛发失荣之脱发。头发成片脱落，头皮色白光亮，时有痒感，或无任何自觉症状。

病　例　刘××，女，25岁。1年前发现有10余小块头发脱落，逐渐发展为大片脱落，头皮光亮，偶尔作痒。曾用生姜外擦，后又用多种酒精制剂外涂，效果均不显著，近眉毛，睫毛也有脱落，食欲不振，月经错后，夜寐不安，易惊多梦。舌质淡红

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苔薄白而滑，脉缓弱无力，诊为斑秃，系肝肾不足、毛发失荣之脱发。投以上方，服用1月，食欲大增，月经正常，睡眠较前安定。脱发处可见新生之毳毛。继进上方2个月，头发全部长齐，并较前粗硬而黑亮。追访1年，疗效巩固。

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3. 妇科疾病

3.1 功能性子宫出血

方药 1 黄芪 15 克，升麻 6 克，党参 15 克，白术 12 克，煅龙骨 24 克，煅牡蛎 24 克，棕榈炭 12 克，山药 12 克，炙甘草 6 克。水煎分 3 次服。

适应证 主治气虚崩漏。症见出血量多，或持续不断，经色淡红，短气乏力，食欲不振，面色㿠白，舌淡白，脉虚大或沉弱。

病 例 李××，女，34 岁。患功能性子宫出血，服西药症轻。但十几天后，继下血量多，色淡，少腹痛，神疲懒言，舌淡苔白，脉细弱。服上方 3 剂，下血减少，又服 3 剂病愈。随访 3 年未复发。

方药 2 熟地 30 克，炒山药 30 克，女贞子 12 克，枸杞子 9 克，熟附子 6 克，炮姜炭 6 克，煅牡蛎 30 克，乌贼骨 12 克，鹿角胶 9 克（冲）。水煎分 3 次服。

适应证 主治肾阳虚衰之崩漏。症见出血持续不断，色淡或暗，形寒怕冷，少腹拘急，腰背冷痛，小便频数色清，舌苔淡白，脉沉细弱。

病 例 王×，女，26 岁。患功能性子宫出血。症见下血淋漓不断，经色淡红，有少量血块，少腹冷痛，得温则减，舌苔白，脉沉细弱。服用上方 12 剂，病渐痊愈。半年后随访月经正常。

方药 3 生地 24 克，人参 6 克，炙龟板、煅牡蛎、煅龙骨各 30 克，麦冬、炙甘草、茯神各 12 克，五味子 3 克，川楝子 6 克，鸡蛋黄 3 枚(冲)。浓煎分 3 次服。

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适应证 主治阴虚崩漏。症见出血量多而色较红、眩晕少寐、健忘耳鸣，腰腿酸软，舌红少苔，脉细虚数。

病　例 李××，女，25岁，未婚。经期超前，经行身热量多，健忘，腰膝酸软，流血量多，兼见眩晕不寐，耳鸣，舌红少苔，脉虚数。用上方3剂，复诊时晕轮血少，心神宁定。复进3剂，出血已止。后经随访，此病已愈。

方药4 地榆45克，醋、水各半煎服，每日1剂。

适应证 主治下焦血热之崩漏。症见出血量多，色红，面赤口干，渴欲凉饮，烦躁不安，舌红脉数。

病　例 姚××，女，35岁。患功能性子宫出血1年多，经治疗未能获效。形体逐渐消瘦，精神倦怠。月经量多，淋漓不断，心烦少寐，小便短赤，大便干燥，舌质红少苔，脉数。经用上方治疗，4剂止血，续服9服痊愈。追访3个月，未见复发，并能参加轻度劳动。

方药5 柴胡9克，当归10克，白芍12克，白术9克，茯苓12克，丹皮9克，栀子6克，蒲黄炭9克，煅牡蛎30克，甘草6克。水煎分两次服，每日1剂。

适应证 主治肝郁化热之崩漏。症见月经量多，淋漓不断，胸闷胁痛，乳房胀痛，舌质红，苔薄黄，脉虚弦数。

病　例 王××，女，41岁。月经淋漓不断已逾月余。量较多，色暗红，伴有胸胁乳房胀痛，少腹坠胀，舌质红苔薄黄，脉虚弦数。服上方3剂症见轻。复依原方减蒲黄，加当归12克，阿胶10克（烊化），继服6剂，病愈。3个月后随访，月经正常。

方药6 鹿角片10克，炙龟板10克，当归10克，白芍10克。水煎服分两次，每日1剂。

适应证 主治肝肾虚亏，固摄无权之崩漏。症见出血持续不断，腰背酸痛，少腹拘急，头晕目眩，苔白，脉细弱。

病　例 张××，女，35岁。月经超前已1年多，近2个

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月淋漓不断。诊为功能性子宫出血。症见月经色淡，腰膝酸软，头晕目眩，少腹胀痛，舌淡苔白，脉沉细。服上方9剂病愈。半年后随访，月经正常。

3.2 痛经

方药1 丹参15克，乌药10克，枳壳12克，香附12克，当归10克，桃仁10克，红花10克，元胡10克。水煎服。

适应证 主治气滞血瘀之痛经。症见经前或经期小腹胀痛，甚至剧痛难忍，经行不畅，夹有血块，块下痛减，乳房亦有胀痛。舌质紫暗或有瘀斑，脉沉涩。

病 例 王××，女，22岁。经期少腹胀痛4年，近半年来加重。行经开始，即下腹胀痛下坠。痛重时面色苍白，冷汗出，恶心，肢冷，须用阿托品等止痛针方能缓解。患者脉沉涩，舌黯红，苔薄白。诊为气滞血瘀之痛经。给予上方6剂。疼痛顿减。嘱其经前服用上方7剂，连服3个月经周期，后经随访，病获痊愈。

方药2 南瓜蒂2枚，红花15克。水煎2次去渣，再加入红糖32克，于经前分3天服用。

适应证 主治冲任损伤，气滞血瘀之痛经。经前腹痛，经量少，腰酸痛。痛重时，肢冷汗出，恶心呕吐。

病 例 尚××，女，23岁。痛经已3年。月经周期正常，月经量少，经前即腹胀，腹痛，腰背不适，经期胀痛增剧，舌质暗红，脉细涩。给以上方治疗，服用两个月经周期而愈。

方药3 当归9克，川芎6克，炮姜6克，肉桂3克，丹皮9克，桃仁6克，元胡9克，炙甘草6克。水煎分2次服，每日1剂。

适应证 主治寒湿瘀滞之痛经。症见经期少腹冷痛，得温则减。经行不畅，色暗红混有血块，苔白润，舌边有紫斑，脉沉涩。

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病　例　李××，女，20岁，未婚。痛经已3年。近来痛经加重，有时不能忍受，得温少减，经色淡夹有血块，苔白，脉沉细。服上方3剂痛大减。嘱其经前服3剂，连服3个月经周期，痛经遂愈。1年后随访未复发。

方药4　益母草30克，香附10克，赤芍15克，丹参10克，桂枝10克，山楂30克，山皂刺10克，水煎分两次服。经前服用4剂，每日1剂。

适应证　主治气滞血瘀之痛经。症见下腹坠痛行经不畅，兼两胁胀痛或乳房肿痛，经色暗红，舌质紫，脉沉细。

病　例　刘××，女，20岁。经期腹痛，呈绞痛，坠痛，伴腰痛、乳房胀痛，经少色紫，舌质紫暗，脉弦细涩。诊为气滞血瘀之痛经。予以上方3剂，疼痛大减。嘱其每次经前服用5剂，患者遵嘱服用3个月经周期。痛经遂愈。

方药5　艾叶9克，红糖15克。水煎服。

适应证　主治虚寒性痛经。

病　例　高×，女，22岁，未婚。月经周期延后，经前即少腹隐隐作痛，有时剧痛，有冷感，得温则痛减，喜按，月经量少，色淡。舌质淡胖，脉迟弱。诊为虚寒性痛经，予以上方治疗，嘱其每次经期连服5剂。3个月后追访，痛经痊愈。

方药6　生蒲黄、炒五灵脂各9克，酒丹参30克。水煎服分两次服，每日1剂。

适应证　主治血瘀之痛经。

病　例　山××，19岁，未婚。自述经期涉水，时值初冬，经行顿止。此后每次月经来潮前，少腹及腰部坠胀痛疼，痛剧如锥刺刀割。经行不畅，量亦涩少，色紫、暗夹有血块。舌质暗红，有瘀斑，脉细涩。诊为血瘀痛经。予上方治疗，服3剂后，疼痛大减。嘱其每次行经前以原方服5剂，每日1剂，连服3个月经周期。5个月后追访，痛经未复发。

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3.3 闭经

方药 1 黄芪 15 克，党参 9 克，当归 9 克，白术 6 克，白芍 6 克，制香附 6 克，柴胡 3 克，木香 6 克，炙甘草 3 克。水煎分 2 次服。

适应证 肝郁不舒，气血亏虚之闭经。症见月经量少，渐至闭经。胸胁乳房胀痛，面黄体倦，头目眩晕，食欲不振，舌淡苔白，脉弦缓。

病 例 陈××，22 岁，未婚。月经期因情志抑郁，突然月经停止，今已 6 个月经血未潮。少腹胀痛，胸胁及两乳房胀痛，纳呆，形体消瘦，白带多，疲乏无力，舌淡苔白，脉沉弦，证属气血亏虚，肝失疏泄之闭经。服上方 12 剂，少腹痛止，又进 15 剂，月经来潮，余证亦愈。半年后随访，月经正常。

方药 2 当归 9 克，肉桂 6 克，川芎 6 克，丹皮 6 克，阿胶 6 克（烊化），丹参 9 克，炮姜 6 克，吴茱萸 4 克，川牛膝 9 克，党参 9 克，炙甘草 6 克。水煎分 2 次服。

适应证 主治寒湿凝血之闭经。症见少腹冷痛，四肢不温，喜暖怕冷，白带较多，经血逾期不潮，舌淡苔白滑；脉沉迟。

病 例 袁××，女，21 岁，未婚。素体虚弱，因经期受寒湿侵袭，今已 3 个月经血未潮，少腹冷痛，四肢不温。喜暖怕冷，腰酸无力，食少便溏，舌淡苔白，脉沉细弱。证属寒凝血滞，治宜温经散寒。服用上方 3 剂少腹痛减，继服 6 剂，月经来潮。嘱其下次经前再服 3 剂以善其后。半年后随访，月经正常。

方药 3 当归尾 9 克，鸡血藤 15 克，泽兰叶 9 克，香附 9 克，红花 9 克，益母草 12 克，桃仁 12 克，川芎 6 克。水煎分 3 次服，每日 1 剂。

适应证 主治血瘀之经闭。下腹胀疼拒按，胸脘胀闷，经血不潮，舌质黯或有瘀斑，脉沉弦。

病 例 赵××，女，33 岁，已婚。近 3 个月未行经，妇

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科检查未孕。少腹胀满疼痛，按之痛剧，胸脘痞闷，食量减少，舌边有瘀点，脉沉细涩，证属瘀血内结，治宜活血化瘀法。服上方 10 剂，月经来潮。嘱下月行经前再服 3 剂巩固疗效。半年后随访，月经恢复正常。

3.4 急性盆腔炎

方　药　银花 30 克，连翘 15 克，地丁 15 克，败酱草 30 克，赤芍 9 克，黄芩 9 克，香附 9 克，益母草 12 克，水煎分 3 次服。

适应证　适用于湿热毒邪，内侵胞宫之急性盆腔炎。症见发热恶寒，下肢沉重，少腹胀痛拒按，腰坠痛，白带多，或黄带粘稠，舌质红，苔黄腻，脉滑数。

病　例　张××，女，30 岁。有慢性盆腔炎史。曾流产 2 次，至今未怀孕。近两月腰及少腹坠胀疼痛加剧，经妇科检查诊为急性盆腔炎。兼见黄带颇多，经血暗红并有血块，小便黄，大便干，舌红苔黄，脉弦滑而数。证属湿热毒邪内侵胞宫，治宜清热解毒法，服上方 6 剂证减。又服 12 剂诸证皆愈。2 年后随访，生一男婴。

3.5 慢性盆腔炎

方　药　党参 9 克，白术 9 克，黄芪 15 克，川牛膝 15 克，元胡 9 克，红花 9 克，赤芍 12 克，香附 6 克，薏苡仁 15 克，连翘 15 克，炙甘草 6 克。水煎分两次服。

适应证　主治湿热内侵，瘀血阻滞的慢性盆腔炎。少腹隐隐作痛，胀坠，腰酸痛，经期延长或月经过多，白带增多，四肢乏力，舌质暗，苔薄白，脉弦。

病　例　梁××，女，30 岁。6 年前顺产一女，其后常感腰痛。近 1 年腰痛加重，兼见少腹胀坠，带下色黄，量多，食少乏力，月经周期延长，量多色淡有血块，小便黄，舌红苔薄白，脉

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沉滑。妇科检查：子宫颈流血，分泌物色黄，子宫体活动不良，双侧附件可扪到索状物，压痛明显。诊为慢性盆腔炎。用上方服24剂痊愈。1年后追访，此病根除。

3.6 子宫颈糜烂

方　药　蛇床子，黄柏，黄芩，苦参，贯众各15克，川椒9克。煎水熏洗阴道，每日5剂。

适应证　主治湿热内侵子宫之宫颈糜烂证。症见腰痛，少腹坠胀，白带或黄带增多，舌苔黄腻，脉沉弦。亦可治疗老年性阴道炎。

病　例　王××，女，40岁。腰痛少腹坠胀近10年。近2年症状加重，黄带增多。妇科检查：宫颈表面红肿肥大，宫颈凸凹不平，呈乳头状，诊为中度子宫颈糜烂。用上方煎汤熏洗，两个月治愈。

3.7 月经不调

方　药　当归9克，川芎9克，白芍12克，生地12克，制香附9克，艾叶6克，茜草6克，川续断9克，炒白术10克，益母草15克，炙甘草6克。水煎分2次加红糖冲服。

适应证　适于月经不调，证属脾肾两虚者。症见月经不调，色淡，淋漓不断，或每月来潮2～3次，腹部喜温喜按，舌淡苔无，脉虚弱。

病　例　田××，女，19岁，未婚。月经从初潮起，即周期不规律已5年。每月来潮2～3次，量少，色淡，近4个月来加重，夜间经量较多，经期有小腹及腰背痛，腹部喜按喜暖，大便溏，食欲欠佳，睡眠梦多，记忆力减退，面黄。脉细两尺弱，舌淡无苔。乃脾胃两虚之证。治宜温脾益肾。予上方6剂，诸证减轻。嘱其每次行经前服上方6剂，连服3个月经周期。后经随访，诸证皆愈。

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3.8 外阴白斑病

方药 1 苦参 15 克，蛇床子 10 克，龙胆草 10 克，黄柏 10 克，山栀 10 克，赤芍 12 克，当归 10 克，白鲜皮 10 克，生姜皮 3 克，生甘草 3 克。水煎服，每日 1 剂。

阴痒外洗方：苦参 60 克，白鲜皮 30 克，蛇床子 60 克，花椒 20 克，生石矾 10 克（后下）。先将前五味药水煎，后加入生石矾，去渣熏洗阴痒部。每日早晚各洗 1 次，每剂用两日。

适应证 主治风湿热毒所致之阴痒。症见阴部瘙痒、疼痛，外阴部上皮组织增生、肥大及角化，萎缩生白斑。

病 例 常××，女，33 岁，已婚。患者外阴部瘙痒，白带增多 1 年余。近来阴部红肿灼痛，奇痒难忍，尤以外阴右侧为著。经医院妇科检查及其外阴肿块组织活检报告诊为："外阴白斑"，其脉弦滑而数，舌质红，苔黄腻。此乃风毒湿热，久蕴于下所致。治宜清肝利湿，祛风散毒。予以上方内服，用阴痒外洗方熏洗。内外兼治 5 天，阴部红肿灼痛渐消，痒痛大减，继用两方，治疗 20 余天，病已痊愈。4 年后追访未复发。

方药 2 野菊花 30 克，蛇床子 30 克，荆芥 15 克，防风 15 克，透骨草 15 克。水煎熏洗患处，每天两次。

适应证 主治风湿热毒所致之外阴白斑。

病 例 邱××，女，45 岁，已婚。外阴部瘙痒半年余，伴有肿痛。经妇科检查：诊为外阴白斑病，以上方水煎熏洗外阴部，每日早晚各 1 次，继续治疗 15 天，诸证皆除，追访未复发。

3.9 妊娠呕吐

方 药 紫苏叶 6 克，黄连 3 克，竹茹 9 克，陈皮 6 克，生枇杷叶 9 克，水煎分多次服。

适应证 主治胃热之妊娠呕吐。症见呕吐频繁，饮食即吐，

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嗳气太息，头胀目眩，苔薄白或微黄，脉弦滑。

病　例　杨××，女，25岁。妊娠2月余。怀孕1月后即频繁呕吐，饮食难进，时吐酸苦水，头晕眼花，口干喜凉，舌苔黄，脉弦滑。诸药治疗无效。改用上方3剂，呕吐减轻。继服3剂，诸证皆愈。嘱其用苏叶3克，黄连1克，开水冲泡代茶频服，以防复发。

3.10　妊娠水肿

方　药　生白术12克，茯苓30克，车前子9克（包），生姜皮9克，陈皮6克。水煎分两次服，每日1剂。

适应证　主治脾虚失职，水湿不化之妊娠水肿。症见面目四肢浮肿，食少乏力，大便溏，小便少，舌淡苔薄白，脉虚缓。

病　例　刘×，女，25岁。妊娠7个月，一周前下肢轻度浮肿。近3天下肢肿甚，按之凹陷不起，头面亦有轻度浮肿，小便少，食欲不振，少气懒言，舌淡苔白，脉缓无力。诊为脾虚子肿。用上方3剂，浮肿减轻。继服6剂，水肿遂愈。半年后随访顺产一女。

3.11　先兆流产

方药1　桑寄生24克，菟丝子18克，续断15克，狗脊9克，阿胶9克（烊化），杜仲15克。水煎分2次服，每日1剂。

适应证　主治肾气虚弱，冲任不固之流产。症见下腹坠胀痛，阴道少量流血，体倦乏力，背酸痛，舌淡苔白，脉沉弱。

病　例　袁×，女，26岁。妊娠3个月，于1天前开始阴道不时下血，腰膝酸痛，下腹坠胀，妇科检查：子宫口未开，子宫大小与妊娠月份相符。尿妊娠试验阳性。脉沉弱，舌淡苔白，证属肾气虚弱，冲任不固。服上方6剂血止，续服3剂病瘥。

方药2　炒杜仲9克，炒白术10克，炒当归6克，炙黄芪15克，川断9克，水煎分两次服。如病情急剧，需每日1剂。

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病情稳定时，需间日1剂，服至越过流产期。

适应证 主治脾肾两虚，冲任不固之流产。症见孕期腰酸痛，小腹下坠，或阴道流血，食少乏力，头晕耳鸣，小便频数，舌淡苔白，脉沉弱。

病 例 秦××，女，29岁。怀孕3月后，因跌倒流产。嗣后发生3次流产。均在怀孕4个月时间，现又怀孕3个月，阴道流血，腰痛腹坠，舌质淡，苔白，脉沉弱。证属脾肾两虚，胎气不固。治宜益气健脾，益肾固胎。服用上方16剂血止症减。为保胞胎牢固，嘱其遵原方间日服1剂，服至妊娠期5个月。后足月顺产一男婴。

方药3 陈艾叶6克，新鲜鸡蛋2个。先水煎陈艾叶，去渣，后入去壳鸡蛋2个，待蛋熟，食蛋饮汤。每日1～2剂。

适应证 主治冲任虚寒之先兆流产。症见少腹冷痛下坠，或阴道流血，舌淡苔白，脉沉弱。

病 例 夏××，30岁。既往曾多次流产。今怀孕已3个月，晨起突腰胀腹痛，阴部下血渐多。服上方两剂，出血渐少。继服两剂，出血及腰痛均愈。为巩固疗效，服3剂。后顺产一男婴，母子均安。

3.12 产后腹痛

方 药 当归12克，党参9克，白术12克，肉桂6克，炮姜3克，焦山楂6克，木香6克，炙甘草6克。水煎分2次服。

适应证 适于产后虚寒腹痛。症见小腹冷痛，得温稍减，四肢不温，舌淡苔白，脉沉弱。

病 例 王××，女，26岁。患者产后即腹痛。近10天加重，得温稍减。食欲欠佳，四肢无力，舌淡苔白，脉沉弱，诊为虚寒性腹痛，服上方6剂，病愈。

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3.13 产后泄泻

方　药　制香附9克，炮姜6克，肉桂3克，焦山楂9克，白术9克，补骨脂9克。水煎分2次服。

适应证　主治产后脾肾虚寒之泄泻。兼见形寒怕冷，腰酸乏力，面色萎黄，口干不渴，舌苔薄白，脉沉弱。

病　例　宋××，女，25岁。今流产20余天，突然泄泻，日3～4次。兼见纳呆食少，腰酸腹痛，面色萎黄，形寒肢冷，舌苔薄白，脉沉细迟，诊为脾肾虚寒证。治宜温补脾肾。投以上方3剂，泄泻好转，又感口干舌燥，原方加乌梅6克，继服3剂，病遂痊愈。

3.14 产后发热

方　药　柴胡15克，黄芩9克，党参9克，丹皮9克，当归9克，桃仁9克，益母草15克，川芎6克，甘草3克，炮姜3克。水煎分2次服，每日1剂。呕吐者可加半夏、竹茹。鼻塞咳嗽者加杏仁、桔梗、橘红。热重者加青蒿、知母、石膏、竹茹。腹痛者加山楂、蒲黄。

适应证　主治产后外感，邪陷血室之发热。证见往来寒热，头晕，心悸，口干苦，苔薄白，脉弦。

病　例　王××，女，27岁。产后6日高热达40℃，胸透正常，恶露、乳房亦无异常发现。白细胞总数15260／mm^3，中性86%，淋巴14%，服用消炎痛退热剂，高热缓解。两日后又发热、恶寒、头昏、心悸、口苦。胸透、心电图皆正常，血、尿培养均为阴性，用青、链霉素治疗，热仍不退，体温在38℃～40℃之间。服用上方治疗，体温逐渐下降。共投6剂，体温正常，疗效巩固。

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3.15 产后缺乳

方　药　党参12克，生黄芪12克，麦冬9克，通草6克，穿山甲10克，王不留行10克，陈皮6克，当归9克。水煎分2次服，每日1剂。

适应证　适于产后气血两虚之缺乳。症见产后乳汁不行，或甚少，乳房无胀痛，面色㿠白，食少便稀，舌淡无苔，脉虚细。

病　例　房××，女，27岁。产后乳汁甚少，乳房无胀痛，体笨乏力，食少便溏，舌淡苔白，脉细弱。服上方6剂，乳汁渐多，又服3剂，乳汁量基本正常。为巩固疗效嘱以王不留行1两、猪蹄1只，同炖。猪蹄炖烂后，去药渣与浮油，加食盐少许，分两次吃肉喝汤。

3.16 子宫脱垂

方　药　黄芪30克、党参15克、当归9克，白术12克、陈皮6克，升麻9克，柴胡6克，葛根9克。水煎分2次服。

适应证　主治气虚下陷之子宫脱垂。兼见下腹重坠，劳累加重，腰酸腰痛，精神疲乏，心悸气短，舌淡苔薄白，脉缓弱。

病　例　黄××，女，39岁。产后因劳动过早，致子宫脱垂已1年。时轻时重，少腹坠胀，腰膝酸痛，疲乏，短气，舌淡苔薄白，脉缓弱。服上方16剂，诸症基本治愈。复以补中益气丸继服3个月善后，病未复发。

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4. 儿科疾病

4.1 小儿上呼吸道感染

方药 1 桑叶 9 克，薄荷 3 克，金银花 10 克，牛蒡子 6 克，桔梗 3 克，杏仁 6 克。水煎分 3 次服，每日 1 剂。

适应证 主治外感风热，咳嗽不爽，痰黄粘稠，发热头痛，恶风；舌质淡，苔薄黄，脉浮数。

病 例 汪××，女，1 岁。患儿发热，咳嗽。医院诊为上呼吸道感染，用抗生素、止咳糖浆治疗 2 天，仍发热，咳嗽，测体温 38.5℃。苔薄黄，脉浮数。证属风热犯肺，治宜疏风清热宣肺化痰，用上方 2 剂，热退，又服 2 剂病愈。

方药 2 生石膏 18 克，金银花 20 克，知母 6 克，板兰根 20 克，元参 9 克，连翘 6 克，生地 15 克，薄荷 3 克，竹茹 3 克，炙甘草 3 克。水煎分 3 次服，每日 1 剂。

适应证 主治风热之邪入里，因致阳明气分热盛。症见高热，烦渴，口干咽肿，舌红苔黄，脉洪数。

病 例 袁××，男，4 岁。患儿高热咽痛，西医诊为上呼吸道感染，扁桃体炎。体温 38.2℃，白细胞 12000／mm^3。用抗菌消炎治疗无效。发热口渴，咽喉肿痛，舌红苔黄，小便黄赤，脉洪数。诊为阳明气分热盛。治宜泄热解毒，滋阴凉血。服上方 4 剂病愈。

4.2 小儿肺炎

方药 1 生石膏 15 克，鱼腥草 15 克，杏仁 6 克，炙麻黄 3 克，银花 15 克，陈皮 3 克，板兰根 15 克，炙甘草 2 克。水煎分 3 次服，每日 1 剂。

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适应证 主治痰热壅肺之小儿支气管肺炎。

病 例 钟××，男，5岁。患儿感冒3天后，继则出现发烧、咳喘痰多，鼻翼煽动，口渴纳呆，精神不振。查体温38.1℃，两肺布满干湿罗音，指纹青紫，脉滑数，舌红苔黄。诊为小儿支气管肺炎。辨证：痰热壅肺。服上方3剂，体温降至36.4℃，喘咳减轻。原方继服3剂病痊。

方药2 银花15克，连翘15克，杏仁6克，甘草3克，生石膏15克，知母9克，麻黄3克。水煎分3次服。

适应证 阳明气分热盛，侵烁肺金，生痰化热之支气管肺炎。症见壮热口渴，咳嗽气喘，咯吐黄痰，面赤烦燥，舌苔黄，脉滑数。

病 例 时××，男，6岁。感冒后并发肺炎。症见高热，咳嗽痰稠色黄，气喘，面赤，烦躁，唇干，舌红微黄，脉洪数。体温38.8℃。证属肺胃热盛，痰浊上壅。予以上方治疗。服3剂，热退至37℃。继服3剂病痊。

4.3 小儿哮喘

方 药 麻黄6克，干姜3克，细辛0.5克，半夏6克，五味子3克，苏子6克，白芍6克，炙甘草3克。水煎分3次服，每日1剂。

适应证 主治风寒外束，痰浊蒙肺之寒性哮喘。症见咳嗽气促，喉间有哮喘声，咳痰清稀色白，呈粘沫状，形寒肢冷，口不渴，舌苔薄白或白腻，脉滑紧。

病 例 李××，女，4岁。患儿2岁时，冬季因感冒而发作哮喘，当时未治愈。以后每遇寒即哮喘发作，夜间咳喘加重，吐粘沫状痰，痰清稀色白，口不渴，舌苔白腻，脉紧滑，服上方3剂症减，又服6剂病愈。2年后随访未复发。

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4.4 小儿泄泻

方药 1 党参 9 克，白术 6 克，山药 9 克，葛根 6 克，山楂 9 克。水煎分 3 次服。

适应证 主治内伤饮食，脾胃虚弱之泄泻。症见大便稀溏，脘腹胀满，不思饮食，脐腹隐痛，神疲倦怠，舌淡苔白，脉虚弱。

病 例 朱××，男，2 岁。患儿一月前曾患急性腹泻，经西药治疗而愈。近 10 天来又大便稀溏，每日 3～5 次，夹有不消化食物，不思乳食，啼哭不安，肌肉消瘦，神疲乏力。诊为脾胃虚弱内伤饮食之泄泻。服上方 3 剂，泄泻愈。仍不思乳食，腹胀，上方加陈皮 6 克，砂仁 2 克。服 3 剂，病瘥。

方药 2 藿香 6 克，白芷 3 克，陈皮 3 克，生姜 3 克，厚朴 3 克，白术 9 克，茯苓 15 克，焦山楂 9 克。水煎分 3 次服。

适应证 主治外感风寒，侵犯脾胃之泄泻，症见便溏多泡沫，或有水样便。肠鸣腹痛，恶寒发热，不思饮食，舌苔白腻，脉浮缓。

病 例 李×，女，3 岁。患儿感冒 2 日，腹泻清稀，甚则如水样。恶寒发热，鼻流清涕，不思乳食，体温 37.6℃，轻度脱水，舌苔薄白，脉浮缓。诊为外感风寒，内伤脾胃。治宜解表化湿，健脾和胃。服上方 3 剂，症状减轻，仍有轻度腹泻。又服 3 剂，病瘥。

方药 3 附子 3 克，干姜 6 克，白术 6 克，党参 6 克，黄连 1 克，炙甘草 3 克。水煎分 3 次服。

适应证 主治脾肾虚寒虚火上泛之泄泻。证见久泻不止，完谷不化，形寒怕冷，咽痛口干，舌红苔白，脉细弱。

病 例 汪×，男，3 岁。一月前因内伤饮食，出现腹胀，吐泻，发热。用西药治疗缓解。两天前又因受凉腹泻加重，每日 7～8 次，大便稀薄，完谷不化，四肢不温，精神萎靡，不欲乳

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食，口干咽痛，舌苔白而少津，脉沉细。证属脾肾虚寒虚火上炎。治宜温补脾肾，引火归源。予以上方，服3剂诸症好转，大便次数减少，继服6剂病愈。

方药4 炒山药、生山药各100克。共研细粉，米汤或开水冲成稀粥，加白糖调服。1至2岁，每次服3克；3至5岁，每次服6克；5岁以上者，每次服9克，每日3次。

适应证 主治脾气虚弱，运化失常之泄泻。症见大便稀溏，完谷不化，时轻时重，肌肉消瘦，神疲倦怠，舌淡苔白，脉沉缓。

病 例 张×，男，2岁。患儿腹泻3个月，时轻时重，曾服西药多次，疗效不显。现仍腹泻如水，完谷不化。形体消瘦，神疲倦怠，舌淡苔白，脉细弱。用上方治疗，每服3克，每日3次。服至7天泄泻遂愈。

4.5 小儿菌痢

方 药 黄连3克，黄柏3克，白头翁9克，栀子4克，木香4克，槟榔6克。水煎分3次服，日服1剂。

适应证 主治湿热积滞，蕴结肠中之痢疾。症见高热，恶心厌食，心烦躁乱，下痢脓血，里急后重，小便黄，舌质红，苔黄腻，脉弦数。

病 例 袁××，女，1岁半。半月前患痢疾。体温由38.5℃上升至39.8℃。大便脓血，口渴壮热，烦躁抽搐，腹痛剧烈，后重特甚。诊为中毒性菌痢，入院治疗。经西医治疗3天，体温降至38.1℃，症状略有减轻。仍每天大便脓血7～8次。舌红苔黄，脉急弦数。证属热毒壅盛肠道，燔灼气血之疫毒痢。予以上方治疗，服3剂病情好转，又服3剂诸证皆愈。1月后随访患儿恢复健康。

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4.6 小儿麻疹

方　药　葛根9克，升麻3克，蝉衣6克，荆芥6克，前胡3克，生甘草2克。水煎分3次服。

适应证　麻疹初期，症见发热，微恶风寒，鼻塞流涕，喷嚏，咳嗽，泪水汪汪，倦怠思睡，小便短黄，舌苔薄白或微黄，脉浮数。

病　例　孙××，男，2岁。患儿发热3天，鼻寒流涕，泪水汪汪，咳嗽，查口腔两颊粘膜红赤，臼齿处可见麻疹粘膜斑，小便短赤，苔薄黄，脉浮数。体温38℃。用上方4剂，疹已出齐，诸症随之而解。

4.7 麻疹合并肺炎

方　药　麻黄3克，石膏15克，葛根5克，板兰根15克，黄芩3克，鱼腥草15克，前胡6克，杏仁3克，炙甘草1克。水煎分3次服。

适应证　主治疹毒袭肺，生热化痰之肺炎。症见疹点不多，或疹见早回，或疹点色紫，高热不退，咳嗽气促，鼻翼煽动，口渴唇燥，舌苔黄，脉沉数。

病　例　刘××，男，1岁。患儿出疹6天，于第4天发热咳嗽甚喘，口渴引饮，疹点色紫，诊为麻疹并发肺炎。用西药2天，症状未见好转，体温39.1℃。症见咳嗽气促、鼻翼煽动，壮热口渴，舌苔黄燥，脉沉数。证属疹毒袭肺，生痰化热。服上方3剂，体温37。9℃，症情减轻，又服2剂，病遂愈。

4.8 小儿百日咳

方药1　桑白皮6克，黄芩3克，苏子3克，川贝母6克，白僵蚕3克，炙枇叶6克，杏仁6克，栀子3克，炙甘草1克。水煎分3次服。

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适应证 主治痰热犯肺，肺失清肃之顿咳（百日咳痉挛期）。症见阵发性咳嗽，日轻夜重，甚者深吸气时有鸡鸣音。待吐出痰涎及食物后，顿咳暂时缓解。但每日多次或数十次反复发作。舌红苔黄，脉弦滑数。

病 例 李×，女，3岁。顿咳已月余，每日阵发性咳嗽十余次。症见咳甚呕吐痰涎及食物，呼吸出现鸡鸣音。眼角青紫，舌苔燥黄，脉弦滑数。证属痰热犯肺，清肃失职。治宜清热化痰，平喘止咳。服上方3剂，顿咳减轻。又服3剂病愈。

4.9 小儿呕吐

方 药 神曲6克，陈皮3克，砂仁3克，生姜3克，枳壳3克。水煎分3次服。

适应证 主治小儿伤食呕吐。吐出物多呈酸腐乳块，或不消化食物。口臭腹胀，舌苔厚腻。

病 例 李××，女，10个月。近日婴儿常呕吐不消化食物，有时吐酸腐乳块，苔厚腻。诊为伤食所致。治宜和胃消食。服上方3剂而痊愈。

4.10 小儿腮腺炎

方药1 板兰根15克，黄芩6克，连翘6克，薄荷3克，玄参5克，桔梗3克，升麻2克，生甘草3克。水煎分3次服，每日1剂。

适应证 主治风热外袭，经脉郁闭之腮腺炎。症见腮部漫肿，胀痛，坚硬拒按，发热烦燥，头痛，口渴，舌红苔黄，脉浮数。

病 例 王××，男，4岁。患儿腮部漫肿胀痛，发热烦躁，口渴，舌苔黄，脉浮数。诊为腮腺炎。服上方3剂，另用紫金锭水调匀，外敷患处，肿痛减轻。复予3剂，药尽病除。

方药2 板兰根30克，蒲公英30克。水煎分3次服，每日

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1 剂。

适应证 主治火毒上犯，经络郁闭之腮腺炎。症见腮部肿大胀痛，红硬拒按，发热，口燥，舌红苔黄，脉弦数。

病 例 赵×，女，5 岁。患儿腮部肿大 3 日。红硬拒按，发热口渴，小便黄，大便干，舌红苔黄，脉弦数。服上方 4 剂，病愈。

4.11 小儿夏季热

方 药 青蒿 3 克，荷叶 3 克，黄芩 6 克，银花 6 克，滑石 6 克，竹叶 1 克，花粉 6 克，麦冬 6 克，炙甘草 2 克。水煎分 3 次服，每日 1 剂。

适应证 主治暑热伤阴证。每逢夏季即持续发热，午后尤甚，无汗，口渴唇燥，舌红苔黄，脉细数。

病 例 李×，男，4 岁。患儿每年夏季发热，体温 37.5℃，口渴多饮，喜凉恶热，无汗，舌红苔黄，脉细数。诊为小儿夏季热。证属暑热伤阴。治宜清热祛暑，养阴生津。服上方 6 剂，病遂痊愈。两年后随访病未复发。

4.12 小儿遗尿

方药 1 补骨脂 30 克，菟丝子 20 克，炒后共研细粉，3 岁～9 岁，每次 3 克；10 岁～12 岁，每次 6 克，睡前温水送服一次。

适应证 主治下元虚寒，不能温化水液之遗尿病。症见睡眠中小便自遗，醒后方觉。神疲怯寒，腰膝酸软，小便清长，手足不温，舌质淡，苔薄白，脉沉无力。

病 例 陈×，男，5 岁。患儿经常在睡眠中遗尿，但醒后方知。腰膝酸软，四肢不温，小便清长，舌质淡，脉沉缓。服上方 30 天病愈。

方药 2 党参 6 克，黄芪 3 克，山药 9 克，升麻 1 克，益智

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仁6克，桑螵蛸3克。水煎分3次服，每日1剂。

适应证 主治脾肺气虚，水液无制，膀胱不约之遗尿病。症见经常遗尿，在睡眠中尤甚。神疲乏力，少气懒言，食欲不振，大便溏薄，常自汗出，舌苔薄白，脉细无力。

病 例 汪×，男，6岁。于患肺炎愈后，经常遗尿，在睡眠中尤甚。每夜尿床，醒后方知。兼见食欲减少，神疲面胱，少气懒言，大便稀薄，脉弦细涩。共服上方16剂病瘥。

4.13 小儿口腔炎

方药1 黄连0.5克，黄柏2克，黄芩1.5克，石膏10克，生地15克，木通3克，竹叶3克，连翘3克，生甘草1.5克。水煎分3次服，日3剂。

适应证 主治心脾积热，上熏口舌之口腔炎证。症见口腔溃疡较多，或满口糜烂，周围红赤，灼热疼痛，饮食困难，烦躁哭啼，流涎，小便黄，大便干，舌红苔黄，脉滑数。

病 例 宋××，男，8个月。患儿舌边及齿龈多边发生溃疡，不能吮乳，烦躁多啼已7天，多次治疗无效。口干口臭，便秘尿黄，脉滑数，舌红苔黄。用上方清泄心脾积热，服3剂症轻。又服3剂病愈。随访未复发。

方药2 硼砂9克，冰片6克，石膏15克，青黛10克，共研细粉，以少许撒口腔患处，每日5～6次。

适应证 小儿口疮

病 例 刘×，男，1岁。患儿口颊上腭、牙龈部均有大小不同的溃疡。烦躁啼哭，吮吸乳汁及饮食困难，嘱家长以上方外用，每日5～6次以少许药粉撒患处，5日后口疮痊愈。随访未复发。

方药3 硼砂1.8克，冰片0.9克，朱砂、颅胡粉各1.5克。共研细粉。徐徐兑八蜂蜜12克，搅成糊状，用棉签蘸蜜剂涂之。每日涂5～6次。

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适应证 主治小儿口舌生疮。

病 例 王××，女，2岁。患儿舌尖、舌面有大小不同的溃疡面，啼哭疼痛，饮食困难。用上方每日涂5～6次，3天病愈。

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5. 五官科疾病

5.1 多发性麦粒肿

方　药　全蝎 9 克，大黄 5 克，银花 20 克，甘草 3 克，共为细粉，每服 2 克，每日 3 次，白水送下。

适应证　主治脾经郁火上犯眼睑之麦粒肿。伴有眼睑红赤，舌苔黄，脉滑数。

病　例　金××，男，7 岁。1 年来双眼反复生麦粒肿，此愈彼起，曾行麦粒肿切开术两次，终未根除。症见双眼睑缘红赤，上下睑有 4 处麦粒肿，内眦部感染较重，便赤，苔黄，脉数。服上方 6 天，间日外用黄连素液湿敷。症状明显减轻，继服 6 天，诸证悉除。追访半年未复发。

5.2 急性结膜炎

方　药　薄荷 10 克，防风 8 克，菊花 10 克，山栀 7 克，龙胆草 6 克，银花 15 克，僵蚕 12 克，重楼 8 克，天麻 8 克，川芎 10 克，水煎分 2 次服，每日 1 剂。

适应证　主治肝脾郁热，复加风热外袭之急性结膜炎。证见恶寒发热，目赤肿痛，舌红苔黄，脉弦数。

病　例　陈××，女，15 岁。恶寒发热，双目红、肿、微痛 1 天。继而痛势增剧，入夜尤甚。伴恶寒发热，鼻流浊涕，烦渴，舌红苔黄，脉浮弦数。证属肝脾郁热，风热外袭，壅滞络脉，肺气失宣所致。予上方 3 剂，服后微汗，发热退，目肿见消。乃风热表证已解，而肝脾郁热未清。仍遵上方去防风、薄荷，加黄连 5 克，甘草 6 克，全蝎 5 克，连进 3 剂而愈。随访半年未复发。

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5.3 角膜炎

方　药　生地15克，知母12克，白芷15克，当归12克，赤芍12克，丹皮12克，黄柏9克，青葙子12克，菊花9克。水煎分两次服，每日1剂。

适应证　主治肝经蕴热，上攻眼目之角膜炎。证见角膜红赤，视力减退，畏光，流泪，疼痛。舌红苔黄，脉弦数。

病　例　胥××，男，39岁。半月前被麦芒刺伤左眼，随即出现角膜红赤，流泪。几天后左眼畏光，不敢睁眼。视力下降。经用氯霉素眼药水点眼，口服抗生素，眼红稍轻。但仍畏光，流泪，疼痛。查左眼视力0.2，右眼1.2，左侧角膜灰白色浸润，诊为角膜炎。予上方6剂，畏光流泪、疼痛减轻。继服15剂，角膜灰白色浸润接近愈合。又进20剂，左眼视力恢复到1.0，病情稳定，观察2年未复发。

5.4 慢性单纯性青光眼

方　药　盐知母12克，盐黄柏12克，生熟地各9克，泽泻6克，茯神6克，山药9克，丹皮9克，菊花9克，石斛9克，生甘草3克。水煎分2次服，每日1剂。

适应证　适于阴虚火旺之五风内障。证见眼胀、头痛，视力减退，或伴心悸健忘、多梦，口苦咽干，舌质绛苔薄白，脉细数。

病　例　王×，男，38岁。视物模糊5年余。初起右眼发胀，发红，流泪，畏光。继而头痛，视力减退。经检查：视力右0.4、左1.0，右眼压高56mmHg。眼底：右眼视神经乳头生理凹陷较大，虹膜发胀，前房浅。瞳孔对光反应迟钝，诊为慢性单纯性青光眼。经内服降压药及用点眼缩瞳剂2%毛果云香碱液，眼压未降。诊见右眼发红发胀，视力减退。伴有心悸健忘，夜寐梦多，食欲不振，口苦咽干，小便赤涩，舌绛少苔，脉细数。症

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属相火内旺，心神不藏，真阴亏损，目失所养。法当滋阴降火。服上方 20 剂，视力增强，右 0.7，左 1.2。右眼压降至 20mmHg。瞳孔对光反应良好，视力右 1.0，余症亦瘥。遂改用杞菊地黄丸以善其后，随访 1 年未复发。

5.5 化脓性中耳炎

方　药　冰片 9 克，樟丹（脑）12 克，枯矾 9 克，煅龙骨 15 克，猪苦胆 1 个（焙干）。共研极细粉，装瓷瓶内密封备用。用时先取双氧水洗净患耳脓汁，拭干后吹上药粉少许，每日用药 1 次。

适应证　用于火热内盛，上犯耳窍而致的急、慢性化脓性中耳炎。

病　例　赵××，男，24 岁。右耳从 12 岁开始流脓，时轻时重。多方治疗，未能治愈。查见右耳耳内脓性分泌物，拭净后见鼓膜中央穿孔。诊为右耳慢性化脓性中耳炎。用上法治疗 12 天，耳内便无脓性分泌物。嘱其继续用药 1 个月，以巩固疗效。追访 3 年未见复发。

5.6 鼻窦炎

方　药　银花 30 克，蒲公英 30 克，黄芩 12 克，大青叶 15 克，鱼腥草 30 克，苍耳子 15 克，细辛 4 克，生石膏 30 克，白芷 12 克，辛夷 9 克。水煎分 2 次服，每日 1 剂。

适应证　用于肺胃蕴热，循经上扰之鼻渊。症见鼻流黄色浊涕，伴有前额头痛，舌质红苔薄黄，脉弦数。

病　例　刘××，女，60 岁。左鼻孔流黄脓浊涕 1 个月，呼吸亦感气味腥臭。眉额及眼眶疼痛，鼻息时通时塞，张口呼吸睡眠。舌质红苔薄黄，脉弦数。服上方 6 剂，浊涕变稀，但仍有少量脓样物，晨起腥臭味减轻。原方续服 3 剂，鼻涕及鼻息均恢复正常。1 年内追访 2 次，未见复发。

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5.7 复发性口疮

方　药　银花 15 克，知母 12 克，天花粉 10 克，天冬 15 克，黄柏 12 克，黄精 12 克，菟丝子 18 克，竹叶 10 克，甘草 6 克。水煎分两次服，每日 1 剂。

适应证　治脾肾阴虚，虚火上炎之口疮。证见口腔溃疡，反复发作，久治不愈。局部疼痛，口干烦渴，舌红少苔，脉细数。

病　例　孔××，男，18 岁。患口腔溃疡 1 年。反复发作，局部疼痛。口干咽燥，尿黄便秘。口腔内有十多个豆大溃疡。舌红苔少，脉细数。服上药 16 剂，溃疡及诸症皆愈。随访 1 年，未再复发。

5.8 牙痛

方药 1　荜拨 3 克，良姜 3 克，白芷 3 克，细辛 3 克。上药焙黄，共研细粉，每次吸 1 克。左疼吸左鼻，右疼吸右鼻，可以立刻止痛。每日早、午、晚吸三次。如疼甚可多吸两次。配合针刺合谷、足三里两穴，更有捷效。

适应证　适于虚寒性之牙痛。

病　例　吴××，男，34 岁。患神经性牙痛 6 年，时轻时重，遇凉即发，久治无效。用本方治疗 5 天，痛止。半年未复发。

方药 2　生地 30 克，熟地 30 克，玄参 15 克，骨碎补 9 克，银花 15 克，细辛 3 克。水煎服，每日 1 剂。

适应证　主治阴虚火旺之牙痛。局部轻微红肿，剧痛难忍。腰膝酸软，手足心热，头晕耳鸣咽燥，舌红少苔，脉细数。

病　例　杨××，男，40 岁。右下牙齿剧痛已 20 余天，用抗生素等消炎药疗效不显，诊见右下第二臼齿齿龈轻微发红，剧痛难忍，入夜尤甚，头晕耳鸣，口干舌燥，舌红少苔，脉细数。服上方 6 剂，诸症痊愈，随访 1 年，未再复发。

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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 PROVENPRESCRIPTIONS	单验方
5	COMMONLY USED CHINESE PATENT MEDICINES	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

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11 SURGERY	外科学
12 GYNECOLOGY	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	护理学
21 CLINICALEIALOGUE	临床会话

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