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| Nota di contenuto | Contents; Preface; Chapter 1 First Week; I. General Information; Chinese materia medica and its science; How to learn science of Chinese materia medica; Classification of Chinese medicinals; Daily practice; II. Property Theory of Chinese Materia Medica; The four Qi and five flavors (, Si Qi Wu Wei); Daily practices; Ascending and descending, floating and sinking; Channel tropism; Daily practice; III. Influencing Factors of Chinese Medicinal Therapeutic Effects; Quality of Chinese medicinal; Production area and harvesting of Chinese materia medica; Processing of Chinese materia medica Daily practiceUsage of Chinese materia medica; Storage of Chinese materia medica; IV. Combination and its Contraindication of Chinese Materia Medica; Combination of Chinese materia medica; Daily practice; Prevention of adverse reactions of Chinese materia medica; Dosage of Chinese materia medica; Dosage of Chinese materia medica; Daily practice; Chapter 2 Second Week; Medicinals that Release the Exterior; I. Acrid-Warm Medicinals that Release the Exterior; Ma Huang herba ephedrae ephedra; Daily practices; Gui Zhi ramulus cinnamomi cinnamon twig; Zi Su Ye folium perillae perilla leaf Niu Bang zi fructus arctii great burdock achene Ju Hua flos chrysanthemi chrysanthemum flower; Ge Gen radix puerariae lobatae kudzuvine root; Chai Hu radix bupleuri bupleurum; Daily |

practices; Chapter 3 Third Week; Medicinals that Clear Heat; I. Medicinals that Clear Heat and Drain Fire; Shi Gao gypsum fibrosum gypsum; Daily practices; Zhi Mu rhizoma anemarrhenae common anemarrhena rhizome; Zhi Zi fructus gardeniae gardenia; Daily practices; Huang Lian rhizoma coptidis coptis rhizome; Huang Qin radix scutellariae scutellaria root; Daily practices
Huang Bai cortex phellodendri chinensis amur cork-tree barkDaily practices; Huang Bai cortex phellodendri chinensis amur cork-tree bark; Ku Shen radix sophorae flavescens light yellow sophora root; Daily practices; Long Dan Cao radix et rhizoma gentianae chinese gentian; Xia Ku Cao spica prunellae common self-heal fruit-spike; Xuan Shen radix scrophulariae figwort root; Daily practices; II. Medicinals that Clear Heat and Resolve Toxins; Jin Yin Hua flos lonicerae japonicae honeysuckle flower; [Addendum] Ren Dong Teng caulis lonicerae japonicae honeysuckle
Lian Qiao fructus forsythiae weeping forsythia capsule

Sommario/riassunto

This book aims to provide readers with adequate knowledge for clinical application of Chinese medicine, which is in line with the fundamental principle of "correspondence of Chinese medicinals and patterns." It contains a brief introduction to relative theories, divides these medicinals by actions into categories such as exterior-releasing, heat-clearing, purgative, dampness-dispelling, fluid retention-disinhibiting, interior-warming, qi-regulating, blood-invigorating, blood-stanching, food accumulation-relieving, phlegm, cough- and wheezing-arresting, mind-tranquilizing, liver-calming, orifice
