

Chinese Herbal Medicine – Formula Study Guide

version 0.1

Chinese Herbal Medicine Course Materials Research Project (CHM-CMR)

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Book History

September 2003:	Initial book
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Introduction

This is the Beta test version of this book.

Why this book

This book is created for students of Chinese herbal medicine.

There are many good study guides around, but this one includes all information a student needs to know in order to pass the examinations.

Every page contains the information of a herbal formula. For example: Pinyin name, Chinese characters, English name, actions, indication, the ingredients with the hierarchical position, category and dosage, taste (flavour), temperature (nature), and channel entry, and of course the action of every single ingredient in the formula.






Further symptoms, pulse image, tongue, remarks, and contra-indications.

All in a graphical pleasing way.

How to Use this book

Read the chapter of your interest. The tables are easy to read and understand.

Legend

Symbol	Description
-	Meaning 'slightly'. For example: slightly-bitter, slightly-warm.
+	Means 'very'. Like very-hot.
	Remark or Extra Information.
	Yin Yang not happy, means List of symptoms.
	Caution or contra-indications.
	Means: slightly-toxic
	Means: toxic

Channel Abbreviations

Code	Channel
G	Gān - Liver
D	Dǎn - Gallbladder
X	Xīn - Heart
XB	Xīn Bāo - Pericard
P	Pí - Spleen
W	Wèi - Stomach

F	Fèi - Lung
DC	Dà Cháng – Large Intestine
S	Shèn - Kidney
PG	Páng Guāng – Urinary Bladder
SJ	Sān Jiāo – Triple Warmer/Burner
XC	Xiǎo Cháng – Small Intestine

For whom intended

Chinese herbal medicine students and practitioners.

History

The creation of this book started in September 2003. Ever since we are working on it. This version is a beta version. In the future it will be published as a book.

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