

**Chapter 1 : Chinese Herbal Prescriptions: Let Nature Heal**

*Home > Chinese Medicine Basics > Chinese Herbal Prescriptions How a Traditional Chinese Doctor Prescribes Herbal Formulas Herb Formulas are developed to use each herb to its greatest advantage.*

Scientists working in China and Japan during the past four decades have demonstrated that the herb materials contain active components that can explain many of their claimed actions. Modern drugs have been developed from the herbs, such as treatments for asthma and hay fever from Chinese ephedra, hepatitis remedies from schizandra fruits and licorice roots, and a number of anticancer agents from trees and shrubs. More than three hundred herbs that are commonly used today have a history of use that goes back at least 2,000 years. Over that time, a vast amount of experience has been gained that has gone towards perfecting their clinical applications. According to Chinese clinical studies, these herbs, and others that have been added to the list of useful items over the centuries, can greatly increase the effectiveness of modern drug treatments, reduce their side-effects, and sometimes replace them completely. In China, the two most common methods of applying herb therapies are to make a decoction a strong tea that must be simmered for about an hour or more and to make large honey-bound pills. Both of these forms meet with considerable resistance in Western countries. The teas are deemed too time-consuming, smelly, and awful-tasting to justify their use, and the honey pills boluses are sticky, difficult to chew, and bad tasting. Thus, modern forms that are more acceptable have been developed for most applications. The two popular forms to replace the standard Chinese preparations are extract powders or granules and smooth, easy-to-swallow tablets or capsules. The extracts are made by producing a large batch of tea and then removing the water and producing a powder or tiny pellets; the resulting material is swallowed down with some water or mixed with hot water to make a tea. Tablets and capsules contain either powdered herbs or dried extracts or a combination of the two. Despite the convenience, one must take a substantial quantity of these prepared forms compared to the amount of drugs one takes. For example, doses of the dried extracts range from teaspoons each time, two to three times per day, and the tablets or capsules range from about units each time, two to three times per day. The herb materials used in all these preparations are gathered from wild supplies or cultivated, usually in China some come from India, the Mid-East, or elsewhere. There are an estimated 6,000 species in use, including nearly 1,000 materials derived from animal sources and over minerals, all of them categorized under the general heading "herbs. These materials are then combined in a formulation; the ingredients and amounts of each item depend on the nature of the condition to be treated. In some cases, a practitioner of Chinese medicine will design a specific formulation for an individual patient, which might be changed frequently over a course of treatment. In other cases, one or more formulas already prepared for ingestion without modification are selected for use. The outcome is monitored, and the determination of whether to continue the current formula, change to another, or discontinue use is made on the basis of actual versus desired outcomes and the obvious or subtle effects of using the herbs. As a general rule, acute ailments those that arise suddenly and are to be treated right away are treated for a period of days. If an outbreak of influenza or eruption of herpes virus is caught early enough, a one or two day treatment will prevent further development of the disease. In the case of acute active hepatitis causing jaundice, a treatment of days may be necessary. For chronic diseases those that have persisted for several months or years, the treatment time is often dependent on the dosage used and the ability of the individual to undertake all necessary steps to overcome the disease perhaps changing diet, lowering stress, and increasing exercise. When a high-dosage therapy is applied, most chronic ailments can come under control and some are cured by a treatment of about three months duration. If the daily dosage is lowered because of inability to take the higher doses, the treatment time increases-perhaps to months. Examples of chronic ailments are autoimmune disorders and degenerative diseases associated with aging. In some cases, herbs are taken daily, for an indefinite period, just as some drugs are taken daily. This is typically the situation when there are genetic disorders or permanent damage that cannot be entirely reversed, problems of aging, and ailments that have been left for too long without effective treatment. The main reason that more Westerners are turning to Chinese herbs rather than local herbs is because of the vast scope of experience in using the Chinese materials.

In every province of China, there are large schools of traditional Chinese medicine, research institutes, and teaching hospitals, where thousands of practitioners each year gain training in the use of herbs. The written heritage of Chinese medicine is quite rich. Ancient books are retained, with increasing numbers of commentaries. New books are written by practitioners who have had several decades of personal experience or by compilers who scan the vast diverse modern literature and arrange the results of clinical trials into neat categories. American practitioners are usually trained at any one of about 45 colleges in the U. Certification is offered at the national level and licensing or registration is offered now by most states. Many doctors from China have come to the U. Continuing education is provided through numerous symposia offered by the colleges and professional organizations devoted to Oriental medicine. Often, these meetings focus on the treatment of specific diseases or training in the use of a specialized acupuncture technique or valuable herb formula. Chinese herbs are provided in the U. Thus, they are not strictly regulated by the FDA except for monitoring the cleanliness of manufacturing facilities for those materials made in the U. Random testing of crude herb materials and herb products made in the U. Imported products must be used with some caution, as some of them are problematic, yet get past the investigators. There are a few patent remedies that are labeled with only herb ingredients, but also contain several Western drugs. Some patents from China contain only Western drugs and say so on the box, in Chinese, but purchasers may be unaware of this because they are told only that this is an effective remedy that came from China. Thus, imported Chinese herb products should be taken solely on the basis of a prescription from a trained health professional. Adverse responses to Chinese herbs are monitored at the Institute for Traditional Medicine through its contacts with numerous practitioners around the country and subscriptions to technical journals published in China and Japan. Negative interactions with Western drugs have not been noted for any of the common herb materials when used in the normal dosage range. A few people experience allergic reaction to individual herbs, a problem that often cannot be predicted in advance since these are idiosyncratic responses. A more common reaction is a gastro-intestinal response, which might include constipation or diarrhea, nausea or bloating. Such reactions may occur if the individual has poor digestive functions, or if the herbal formula is not quite right for the needs of the individual. Taking the herbs at a different time in relation to meals may be helpful in resolving some of the gastro-intestinal reactions. In a few cases, use of Chinese herb formulas may cause dizziness, headache, agitation, sleepiness, hungry feeling, lowered appetite, sensation of heat or cold, or other sensory reactions. If such responses persist after about three days of using the herbs, it may be necessary to change formulas. Successful treatments based on the application of Chinese herbs are also monitored at the Institute. However, most American practitioners find themselves too busy because of the small number of practitioners in this country to prepare detailed reports of their successful cases; thus, it is necessary to rely primarily on the large-scale clinical trials conducted in China for the purpose of learning about the success rates. Such clinical reports, published in the Chinese language, are abstracted and published in English by the Chinese University of Hong Kong. These reports, and other translated materials, are compiled by the Institute and sent to practitioners in a variety of formats, including a technical series called Clinical Tips. Trials supported by the Institute for Traditional Medicine in the U. Following are some examples of common ingredients of Chinese formulas that have become widely used because of their reliable action, the quick results usually experienced, and the diversity of therapeutic activities that can be obtained from each. These reviews serve as examples of what Chinese doctors must know. It will be noted that the dosage range is often very large, reflecting various uses and different methods of application. Astragalus normalizes immune responses used for immune deficiency, allergies, and autoimmunity, benefits digestive functions, and treats disorders of the skin from burns to carbuncles. Astragalus is used as a promoter of the functions of several other herbs, such as salvia and tang-kuei mentioned below. It is used in the treatment of AIDS and hepatitis, for chronic colitis, senility, and cardiovascular diseases. Cancer patients who take this herb can often avoid the white blood cell deficiencies leukopenia that occur with chemotherapy. The root is rich in polysaccharides and flavonoids that produce the beneficial effects. Astragalus may be used by itself, usually as a liquid extract, or in combination with other herbs in the form of teas, pills, or tablets. Dosage is from grams per day, depending on the application and form. Atractylodes baizhu The rhizomes of atractylodes are considered very important to the treatment of

digestive disorders and problems of moisture accumulation. The herb helps move moisture and nutrients from the digestive tract to the blood, reducing problems of diarrhea, gas, and bloating, and helps move moisture from the body tissues to the bladder for elimination, alleviating edema. The herb is frequently included in tonic prescriptions, and the herb is rarely used by itself. Dosage is from milligrams in capsules and tablets to 15 grams per day in the form of decoction.

**Bupleurum chaihu** The thin roots of bupleurum are one of the most frequently used herbs in the Japanese practice of Oriental medicine. Doctors in Japan have found it useful in the treatment of liver diseases, skin ailments, arthritis, menopausal syndrome, withdrawal from corticosteroid use, nephritis, stress-induced ulcers, and mental disorders. The roots are rich in saponins that reduce inflammation and regulate hormone levels. The herb is not used by itself, but rather in formulas with about four to twelve ingredients, made as teas, pills, or tablets. Dosage ranges from a few hundred milligrams of powder to about 15 grams in tea per day.

**Cinnamon guizhi and rougi** The twigs guizhi and bark rougi of this large tropical tree are said to warm the body, invigorate the circulation, and harmonize the energy of the upper and lower body. Modern studies demonstrate that cinnamon reduces allergy reactions. Traditionally, cinnamon twig is used when the peripheral circulation is poor and cinnamon bark is used when the entire body is cold. If the upper body is warm and the lower body is cold, then cinnamon will correct the imbalance. Cinnamon is usually cooked together with other herbs to make a warming tea, or powdered with other herbs to make a pill or tablet that regulates circulation of blood.

**Coptis huanglian** This rhizome underground stem is one of the most bitter herbs used in Chinese medicine. It is rich in alkaloids that inhibit infections and calm nervous agitation; it is usually combined with other bitter-tasting herbs, such as phellodendron, scute, and gardenia, to promote these actions. Examples of its many uses include treatment of skin diseases, intestinal infections, hypertension, and insomnia. Coptis is a close relative of an extremely bitter and very useful American herb, goldenseal. Because of its taste, coptis is most often used in the form of pills or tablets. Typical dosage is from a few hundred milligrams of powder to 3 grams in decoction per day.

**Ginger jiang** The fibrous rhizome of this herb is highly spicy and said to benefit digestion, neutralize poisons in food, ventilate the lungs, and warm the circulation to the limbs. Today, ginger is commonly used as a spice in cooking; as a medicine it has been shown helpful in counteracting nausea from various causes including morning sickness, motion sickness, and food contamination. Many herbalists use ginger in the treatment of cough it acts as an expectorant and common cold. Ginger is used in making teas and the powder is encapsulated for easy consumption. Typical dosage is from a few milligrams used as an assistant in herb formulas to about 3 grams per day in making decoctions. Instant tea granules sugar or honey base are available.

**Ginseng renshen** The root has long been cherished as a disease-preventive and a life preserver. It calms the spirit, nourishes the viscera, and helps one gain wisdom. Modern applications include normalizing blood pressure, regulating blood sugar, resisting fatigue, increasing oxygen utilization, and enhancing immune functions. Traditionally, the root is cooked in a double boiler to make a tea, used either alone or with several other herbs.

**Chapter 2 : 18 Herbal Supplements with Risky Drug Interactions**

*Chinese herbs may not be strong enough for cancer treatment, but they can help with cancer recovery after the body is weakened by surgery and chemotherapy. There exist plenty of strengthening herbs to bring the body back to normal in a relatively short.*

Diagnosis and treatment in Traditional Chinese Medicine TCM is based on thousands of years of studying the purpose, flow, and impact of Qi energy in the body. TCM therapies include acupuncture, Chinese herbs, Asian bodywork, moxibustion, cupping and Qigong, to name a few. This energy flows in channels known as meridians that connect all of our major organs. According to Chinese medical theory, illness arises when the cyclical flow of Qi in the meridians becomes unbalanced or is blocked. The most well-known traditional Chinese medical procedure, acupuncture is the practice of inserting sterilized, stainless-steel needles that are often as fine as a human hair into the body at specific points to relieve pain or treat a disease. Acupuncture points are areas of designated electrical sensitivity. Stimulation of these points has been shown to be effective in the treatment of specific health problems. They have been mapped out by the Chinese over a period of more than 2,000 years. What is the history of acupuncture? The earliest recorded use of acupuncture dates from BCE. Knowledge of acupuncture spread from China along Arab trade routes towards the West. Up until the early 1900s, however, most Americans had never heard of acupuncture. The use of acupuncture is on the rise in the United States. Between 1990 and 2000 the number of visits among adults nearly tripled, rising from 1.5 million to 4.5 million. There is increasing scientific evidence proving the efficacy of acupuncture for the treatment of medical ailments, including chemotherapy-induced nausea, autoimmune disorders, chronic back pain, hypertension, and allergic rhinitis. The World Health Organization recognizes almost one hundred diseases, symptoms, or conditions for which acupuncture is effective. Much of the research on acupuncture and Chinese herbal medicine is being conducted by universities, research institutions, and the National Institutes of Health. How does acupuncture work? The insertion of needles into specific points can alter biochemical and physiological conditions in order to treat a wide variety of illnesses. Research suggests that the needling process, and other modalities used in acupuncture, may produce their complex effects in a wide variety of ways in the brain and the body. For example, stimulated nerve fibers are believed to transmit signals to the spinal cord and brain, thus activating parts of the central nervous system. The spinal cord and brain then release certain hormones responsible for making us feel better overall and, more specifically, feel less pain. Acupuncture may regulate blood circulation and body temperature. It may also affect white blood cell activity responsible for our immune function, reduce cholesterol and triglyceride levels, and regulate blood sugar levels. In general, acupuncture appears to transmit its effects via electric, neurologic, hormonal, lymphatic, and electromagnetic wave pathways. What does an acupuncturist do? In addition to asking questions about your health, the acupuncturist may want to take your pulse at several locations along the wrist, and look at your tongue to observe its shape, color, and coating. He or she may also observe the color and texture of your skin, your complexion, and other physical characteristics that offer clues to your health. The acupuncturist then asks you to lie down on a padded examining table, and he or she inserts the needles, twirling or gently stimulating each as it goes in. You may not feel the needles at all, or you may feel a quick twinge that subsides as soon as the needle is completely in. Once the needles are all in place, you rest for 15 to 60 minutes. At the end of the session, the acupuncturist quickly and painlessly removes the needles. The acupuncturist might also discuss diet, exercise, and lifestyle recommendations, as well as herbal supplements. How many acupuncture treatments do I need? The number of acupuncture treatments you need depends on the complexity of your illness, whether it is a chronic or recent condition, and your general health. For example, you may need only one treatment for a recent wrist sprain, whereas for a long-standing, chronic illness you may need treatments once or twice a week for several months to get desired results. What conditions does acupuncture treat? Acupuncture is particularly effective for pain relief and for post-surgery and chemotherapy-associated nausea and vomiting. In addition, both the World Health Organization and the National Institutes of Health recognize that acupuncture can be a helpful part of a treatment plan for many illnesses. A partial list includes: You can safely combine acupuncture

with prescription drugs and other conventional treatments, but it is important for your primary care physician to be aware of and to monitor how your acupuncture treatment may be affecting your conventional therapies. Does my medical insurance cover Chinese medical treatments? Acupuncture is currently covered by many major insurance companies in the United States; however, acupuncture coverage varies greatly depending on the company and individual plan. There are also many components to an acupuncture treatment which an insurance company may only cover partly or not at all. It is important to check with your insurance company to see what coverage your plan offers. What conditions are appropriately treated by Chinese herbal medicine? Chinese herbal medicine treats the full range of human disease such as acute illness--like flu and the common cold--to chronic disease, such as allergies, gynecological disorders, autoimmune diseases, chronic viral diseases, and degenerative diseases due to aging. Herbal medicine can also help to maintain or create balance and health before disease sets in. What is Chinese Herbal Medicine? Chinese Herbal Medicine is one of the great herbal systems of the world. Therapeutic categories include digestives, materials that improve circulation, nervous system calming agents, antimicrobials and more. What types of substances are used in Chinese medicine? Traditional Chinese herbal medicine consists of over 11, substances derived from plant, animal, and mineral sources. If you are opposed to the use of animal products in your treatment, please let your practitioner know. AOMA practitioners do not use substances from endangered species. How does Chinese herbal medicine differ from pharmaceutical drugs? Many pharmaceuticals are derived from herbal medicine. Using the whole plant in herbal medicine is more balanced and less likely to cause side effects. Chinese herbs are usually prescribed in combination to increase the efficacy of the formula and help decrease any possible side effects. Most importantly, for an herbalist, the goal of treatment is not to simply relieve symptoms but to treat the internal imbalance at the root of the problem. I take pharmaceutical drugs--can I still take Chinese herbs? It is very important to let your practitioner know about any pharmaceuticals that you are currently taking. In most cases, taking Chinese herbs is not contraindicated for people who are also taking pharmaceutical drugs. There are some exceptions to this, however, so it is very important to only take herbs that have been prescribed by a licensed practitioner. Chinese herbal medicine can be used to treat a wide variety of conditions, including, but not limited to: Skin conditions, including eczema, psoriasis, acne, rosacea, and hives, Gastrointestinal disorders, including irritable bowel syndrome, chronic constipation, and ulcerative colitis, Gynecological conditions, including pre-menstrual syndrome and dysmenorrhea, endometriosis, and infertility, Respiratory conditions, including asthma, bronchitis, chronic coughs, and allergies, Rheumatological conditions e. How long will I need to take Chinese herbs? This can vary on a case-by-case basis. Generally, if an acute condition is being treated, you can expect to see results fairly quickly using herbs. If the condition is more chronic, you may need to take the herbs for a longer period of time before you achieve lasting results. What forms do the herbs come in? The four basic forms of Chinese herbs are pills, powders, tinctures, and teas made from bulk herbs. All of the forms are effective, but you should discuss with your practitioner which will work best for you. Bulk herbs are the most potent, but they also require the most work. You will need to boil the herbs at home to make a tea. Usually, a new batch of herbs will need to be boiled every two days. Powdered herbs have already been processed, so you just need to measure them out and dissolve them in hot water. The advantage of both the bulk and powdered herbs is that your practitioner is able to make a customized formula based on your specific symptoms. The drawback is that many herbs have a strong flavor that you may or may not find pleasant. Both the bulk and powdered herbs can be used in topical applications to treat various skin conditions or traumatic injuries with bruising or swelling. The pills are the most convenient form, and are a good choice for people who may need to be on a formula for an extended period of time. You may need to take more than one formula at a time to address your symptoms. They are also a very convenient and portable method of taking the herbs, but are not suitable for people who cannot tolerate alcohol. Where do you get your herbs? These standards require that the medicinals receive rigorous testing for heavy metals, bacteria, pesticides, and other contaminants. Further, all materials can be traced to their source and have batch number controls consistent with best practices. The vast majority of the herbs sold through our dispensary are grown in China and distributed through American companies that also comply with GMP.

## Chapter 3 : Prescriptions of Chinese Herbal Medicines for Insomnia in Taiwan during

*Background. Chinese herbal medicine (CHM) has been commonly used for treating osteoarthritis in Asia for centuries. This study aimed to conduct a large-scale pharmaco-epidemiologic study and evaluate the frequency and patterns of CHM used in treating osteoarthritis in Taiwan.*

Today there are thousands of plants, animals and minerals that comprise Chinese Herbal Medicine. Typically Chinese herbs are never used by themselves, although the media will highlight a specific herb and its magical medicinal properties, it is always best to consult with an herbal practitioner before purchasing a single herb. Herbs have been proven to work best combined in a formula. The formula can be administered the following ways: Raw Herbs - Raw herbs can be boiled down into a decoction and drank by the patient. Although this is the most potent way to ingest Chinese herbal medicine, it may not be the safest. These granules can then be added to warm water and ingested. Some formulas are very bitter and encapsulating makes them easier to swallow. The downside is, since Chinese Herbal medicine involves using all your senses, taking a capsule eliminates the ability to taste and smell the herbs, as their essential oils also play a role in healing your body. This is considered the least effective way to take Chinese herbs. However, it is better for a patient to take tea pills than no medicine at all. Chinese Herbs can help a wide range of symptoms and diseases including infertility, immunity, stress, the common cold, lower back pain, whole body pain, high blood pressure, menopausal symptoms, painful menstruation, insomnia, etc. Chinese herbs grow in nature but they are still considered a medicine, and thus may conflict with drugs you are already taking. All medical inquiries should begin with a consultation with your primary health care provider. Then consult a licensed professional before trying any herbal product. Information contained within this site is to be used at your own risk. Teresa Wlasiuk - All Rights Reserved. You should not use the information contained herein for diagnosing a health problem or disease, or prescribing any medication. You should carefully read all product packaging. If you have or suspect that you have a medical problem, promptly call your health care provider. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Information on this website may contain technical inaccuracies or typographical errors. Information may be changed or updated without prior notice.

**Chapter 4 : Chinese Herbs Overland Park, Kansas (KS) - Eastern Healing Solutions**

*Pocket Handbook of Chinese Herbal Prescriptions on calendrierdelascience.com \*FREE\* shipping on qualifying offers. A unique handy reference, allowing you to quickly find basic information on any of commonly used classic Chinese herbal formulas.*

Received Aug 14; Accepted Feb This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited. This article has been cited by other articles in PMC. Abstract Chinese herbal medicine CHM has been commonly used for treating insomnia in Asian countries for centuries. The aim of this study was to conduct a large-scale pharmaco-epidemiologic study and evaluate the frequency and patterns of CHM use in treating insomnia. Patients with insomnia were identified from the diagnostic code of International Classification of Disease among claimed visiting files. Corresponding prescription files were analyzed, and an association rule was applied to evaluate the co-prescription of CHM. Results showed that there were 16 subjects who visited TCM clinics for insomnia in Taiwan during and received a total of 29 CHM prescriptions. Subjects between 40 and 49 years of age comprised the largest number of those treated. In addition, female subjects used CHMs for insomnia more frequently than male subjects. There was an average of 4. Shou-wu-teng Polygonum multiflorum was the most commonly prescribed single Chinese herb, while Suan-zao-ren-tang was the most commonly prescribed Chinese herbal formula. According to the association rule, the most commonly prescribed CHM drug combination was Suan-zao-ren-tang plus Long-dan-xie-gan-tang, while the most commonly prescribed triple drug combination was Suan-zao-ren-tang, Albizia julibrissin, and P. Nevertheless, further clinical trials are needed to evaluate the efficacy and safety of these CHMs for treating insomnia. Introduction Insomnia is a common health problem in the general population worldwide [ 1 ]. Individuals with insomnia may suffer from the inability to fall asleep, remain asleep, or have non-restorative sleep, thereby influencing their daytime functioning [ 2 ]. From an etiologic point of view, this sleep disorder can be characterized as primary insomnia, which does not result from physical or mental factors [ 3 ]. In contrast, secondary insomnia is caused by factors, such as psychological, psychosocial, or drug dependency [ 4 ]. However, occasionally there is no definite causal relationship between precipitating factors and the occurrence of insomnia; hence, this form of insomnia could be considered a co-morbid condition [ 5 ]. Therapy for insomnia in Western medicine is mainly based on prescribed medications such as benzodiazepines, antidepressants, anticonvulsants, or over-the-counter antihistamines [ 5 ]. However, these medications are sometimes associated with adverse effects and are not suitable for long-term use [ 5 ]. Accordingly, Chinese herbal medicines CHMs are frequently used in the treatment of insomnia. Several studies have shown that treatment with CHMs effectively improve sleep quality, prolong sleep duration and exhibit fewer side effects than Western medicines, including lethargy, dry mouth and dizziness [ 11 - 13 ]. However, there have been no large-scale pharmaco-epidemiologic studies of CHMs for the treatment of insomnia. With respect to their use in clinical practice, prescriptions of CHMs for insomnia largely reflect the experience of the Chinese herbal doctor or what is recommended by traditional Chinese texts. Therefore, the optimal CHM prescription for the treatment of insomnia remains to be clinically or scientifically established. In addition, the Taiwanese are allowed to visit primary-care clinics or hospitals without a referral. Because all claim data are available to researchers in an electronic form, a large-scale survey of pharmaco-epidemiologic issues can be feasibly conducted. The aim of the current study was to explore the frequency and pattern of CHM use in subjects with insomnia by analyzing the NHI database for the year in Taiwan. Subjects and Methods 2. The structure of the claim files is described in detail at the NHIRD Web site and in our previous publications [ 10 ]. DAT , for the year in Taiwan. The office-visit files recorded the dates of encounters, the medical-care facilities and specialties, the patient genders, the patient birth dates, and up to three diagnoses according to the International Classification of Diseases, Ninth Revision, Clinical Modification ICD9CM. For privacy protection, the unique identifiers of the patients and institutions were scrambled cryptographically to assure anonymity. A CHM prescription contained one or more Chinese

herbs or herbal formulae. A single Chinese herb or herbal formula was processed into powder or fine granules in Taiwan, and were easily mixed and dispensed into small packages so that each prescription could be taken one at a time. In addition, only licensed TCM physicians are eligible for reimbursement. The insurance benefits of TCM in Taiwan include CHMs, acupuncture and traumatologic manipulative therapy, which is especially designed for joint dislocations. Study Design Although the concept of disease states in TCM is quite different from that in Western medicine, the TCM physicians in Taiwan have been requested to code for office-visit claims with a diagnosis based on the ICD-9-CM designation no more than three diagnostic codes at each visit. In this study, we chose the data of subjects with a single diagnostic code for insomnia. Patient management via TCM often includes a single prescription from a TCM physician that may contain an individual Chinese herb or multiple herbs of various dosages. Examples include a compound Fu-Fang, a classical formula regimen, remedy or Fang-Ji that is a combination of compatible Chinese herbs in fixed dosages according to classical or well-known texts of Chinese medicine, a classic formula combined with some Chinese herbs Chia-Chien-Fang or several formulae combined together with or without one or several Chinese herbs. Regular statistics were displayed for the use frequency and patterns of CHM prescriptions for insomnia. Association rule mining, originally developed in the 1980s to identify which groups or sets of items were likely to be purchased together, was applied to analyze the prescription rates of the Chinese herbals for insomnia [ 15 , 16 ]. The association rule was applied for the prescription analysis in the following manner: The support factor is the ratio of co-prescriptions of all prescriptions. The confidence factor is the ratio of co-prescriptions to prescriptions for drug A. When executing the program to identify association rules in our data set, we chose 0. Results Among the 22 valid beneficiaries of the NHI at the end of 1998 in Taiwan, 6 subjects. Among these subjects with insomnia, there were 29 CHM prescriptions. The peak age of these subjects with insomnia treated by TCM was between 40 and 49 years. In addition, female subjects used CHM for insomnia more frequently than male subjects. female: Table 1 Age-specific frequency for the use of Chinese herbal medicines in patients with insomnia under the National Health Insurance in Taiwan during

**Chapter 5 : Chinese herbology - Wikipedia**

*Introduction. Traditional Chinese medicine (TCM) originated in ancient China and has evolved over thousands of years. TCM practitioners use herbal medicines and various mind and body practices, such as acupuncture and tai chi, to treat or prevent health problems.*

Received Nov 26; Accepted Feb This article has been cited by other articles in PMC. Abstract Background Chinese herbal medicine CHM has been commonly used for treating osteoarthritis in Asia for centuries. This study aimed to conduct a large-scale pharmaco-epidemiologic study and evaluate the frequency and patterns of CHM used in treating osteoarthritis in Taiwan. Methods A complete database total 22,, beneficiaries of traditional Chinese medicine TCM outpatient claims offered by the National Health Insurance program in Taiwan for the year was employed for this research. Patients with osteoarthritis were identified according to the diagnostic code of the International Classification of Disease among claimed visiting files. Corresponding prescription files were analyzed, and an association rule was applied to evaluate the co-prescription of CHM for treating osteoarthritis. In addition, female subjects used CHMs for osteoarthritis more frequently than male subjects female: There was an average of 5. Du-zhong Eucommia bark was the most commonly prescribed Chinese single herb, while Du-huo-ji-sheng-tang was the most commonly prescribed Chinese herbal formula for osteoarthritis. According to the association rule, the most commonly prescribed formula was Du-huo-ji-sheng-tang plus Shen-tong-zhu-yu-tang, and the most commonly prescribed triple-drug combination was Du-huo-ji-sheng-tang, Gu-sui-pu Drynaria fortune Kunze J. Nevertheless, further clinical trials are needed to evaluate the efficacy and safety of these CHMs for treating osteoarthritis. Association rule, Chinese herbal medicine, National health insurance, Osteoarthritis, Pharmaco-epidemiology, Traditional Chinese medicine Background Osteoarthritis OA is a degenerative joint disease which relates to aging, and affects the joint of hands, hips, knees, spine, and feet [ 1 , 2 ]. OA is the most common form of joint disease in human sparing no race or geographic area [ 3 - 5 ]. Patients with OA suffered from swelling and pain of joints, limitation of joint motion range, limitation in walking and stair climbing, and lower quality of life [ 8 ]. The managements for OA includes weight reduction, rehabilitation, and pharmacologic therapies [ 9 ]. The most common western medicine used in treating OA is non-steroidal anti-inflammatory drugs, but some people had adverse drug reactions like gastrointestinal ulcer, bleeding and renal insufficiency [ 10 ]. OA is one of the most common musculoskeletal diseases in Taiwan. The etiology of OA is still not fully clear, but the age, genetic, biomechanical, inflammatory, and metabolic changes of joints are the main factors [ 12 , 13 ]. And obesity may alter daily biomechanical exposures and make a damage effects on inflammation in OA joints [ 14 ]. In addition, the osteoporosis is highly associated with the prevalence of OA in menopausal women [ 18 - 20 ]. And the subchondral bone loss was a feature of osteoporosis and the early stage of OA [ 21 ]. Since there are many adverse side effects of conventional western medication in treating OA [ 22 ], more and more OA patients use complementary and alternative medicine CAM to improve the symptoms and signs of the disease joints [ 23 ]. Chinese herbal medicine [ 24 , 25 ], acupuncture [ 26 ], dry cupping [ 27 ], herbal patch [ 28 ] or other CAM therapies [ 29 ] were the common CAM widely accepted by OA patients. DAT were also identified. Patients and institutional privacies were protected by scrambling cryptogram. Data of Chinese herbal formulae and Chinese single herbs were provided in prescription files, which could reveal the prescription and the utilization patterns. The details of NHIRD data have been described in previous prescription patterns and the utilization analysis of CHM in different diseases like insomnia [ 32 ], constipation [ 33 ], chronic hepatitis [ 34 ], inflammatory bowel disease [ 35 ], liver cancer [ 36 ] and allergic rhinitis [ 37 ]. Frequency and patterns of Chinese formulae or Chinese single herbs use were taken into regular statistics by the Statistical Package for Social Science version As the support factor and confidence factor were the main determining factors, in this study, we set 0. Results There were totally 6,, TCM outpatients Among these TCM outpatients, 37, 0. In this study, we extracted 20, patients There were totally 32, CHM prescriptions for these 20, patients. Table 1 Age-sex-specific frequency for the use of Chinese herbal medicines in patients with osteoarthritis under the national health insurance in Taiwan during Age years

Subjects with osteoarthritis using Chinese herbal medicines.

*Extensive Chinese Herbal Pharmacy. The Chinese Materia Medica, a pharmacological reference book used by Traditional Chinese Medicine (TCM) practitioners, describes thousands of medicinal substances, which have been successfully used for thousands of years.*

We imposed no language restriction. We also checked the reference lists of the included papers and previous systematic reviews [ 7 – 14 ] for relevant articles. In order to obtain a full coverage of the topic, we had not set any specification for outcome measure and study quality. In addition, to derive a general picture of TCM pattern utilization, studies were excluded if they 1 had less than 30 subjects; 2 examined male or female only; 3 focused on subjects aged below 18 or above 70 years; 4 focused on a particular life transition period or a specific TCM pattern; 5 had no statistical information regarding the frequency of individual TCM pattern; or 6 were duplicated publications. Data Extraction Process Any disagreement about the eligibility of a study was resolved by discussion between the two researchers who independently selected the relevant publications and by consultation with the senior authors Wing-Fai Yeung and Ka-Fai Chung. For each study, the following variables were extracted: Study Quality Assessment We assessed the methodological quality using the Jadad scale [ 23 ]. Points are awarded if the study is described as randomized, 1 point; has appropriate randomization method, 1 point; is described as double-blind, 1 point; uses appropriate blinding method, 1 point; or has description of withdrawals and dropouts, 1 point. Results The search yielded potential titles for review, of which were duplicated records and were excluded for reasons of irrelevance. The full text of was retrieved for detailed assessment, of which were excluded for various reasons Figure 1. Of the studies on CHM for depression, 61 of them examined pattern-based treatment. A total of 27 different TCM patterns were identified in the 61 studies. We analyzed the most commonly studied TCM patterns: These four commonly studied TCM patterns were described in 42 of the 61 studies The participants had a mean age of The participants were suffering from depression unspecified in 33 of the 42 studies, six studies on poststroke depression and three on depression comorbid with diabetes. The most common TCM patterns diagnosed in people with depression. The criteria used for TCM pattern diagnosis were reported in 27 of the 42 studies. However, none of the studies described other details of the diagnostic procedure and the background of practitioners who made the pattern diagnosis. Methodological Quality Twenty-three Liver qi Depression According to the TCM theory, liver qi depression is an impairment of the liver function, obstructing free movement of qi and resulting in stagnation of qi in liver [ 21 ]. Nineteen studies examined CHM treatment in patients with liver qi depression. Xiaoyao decoction was investigated in 13 Seventeen studies reported the ingredients of the CHM formulas for the treatment of liver qi depression. Chai Hu Bupleurum chinense DC. These five herbs were chosen for treating liver qi depression in more than half of the 17 studies that had reported the CHM ingredients Table 2. The mean effective rate of Xiaoyao decoction for the treatment of liver qi depression was Tables 3 and 4 present the overall efficacy of pattern-based CHM monotherapy and CHM-antidepressant combination for liver qi depression. The commonly used Chinese herbal medicine for depression in subjects diagnosed with different TCM patterns. Liver Depression and Spleen Deficiency According to the TCM theory, liver depression and spleen deficiency is a pathological change in which the transporting and transforming function of the spleen is affected by depressed liver qi, leading to spleen deficiency [ 21 ]. Of the 13 studies on liver depression and spleen deficiency, three studies examined CHM alone and 10 investigated CHM-antidepressant combination. The most frequently used CHM formula was also Xiaoyao decoction, which was used in 9 of the 13 studies. Nine of the 13 studies provided ingredients of the CHM formulas. The commonly used single herbs for the treatment of liver depression and spleen deficiency were Bai Shao Paeonia lactiflora Pall. Diels , and Bai Zhu Atractylodes macrocephala Koidz. Only one study was conducted on Xiaoyao decoction monotherapy for liver depression and spleen deficiency, and the HAMD change score was 7. The mean effective rate of Xiaoyao decoction-antidepressant combination for liver depression and spleen deficiency was Tables 3 and 4 show the overall efficacy of pattern-based CHM monotherapy and CHM-antidepressant combination for liver depression and spleen deficiency. Dual Deficiency of the Heart and Spleen Dual

deficiency of the heart and spleen is a condition in which both heart blood and spleen qi are deficient, leading to disordered heart function and an impairment of the transporting and transforming function of spleen [ 21 ]. Of the 10 relevant studies, seven different CHM formulas were used. The frequently used single herbs for dual deficiency of the heart and spleen were Gan Cao *Glycyrrhiza uralensis* Fisch. Franco , Da Zao *Ziziphus jujua* Mill. The mean effective rate of CHM monotherapy for dual deficiency of the heart and spleen was Liver Depression and qi Stagnation Liver depression and qi stagnation is a pathological change in which liver is depressed, leading to impeded circulation of qi and stagnation of qi movement [ 21 ]. The commonly used single herbs were Bai Shao *Paeonia lactiflora* Pall. The mean effective rate of CHM monotherapy for liver depression and qi stagnation was Discussion This study is the first systematic review of English and Chinese literature, involving 61 studies and subjects on the classification and treatment of depression using the TCM diagnostic system. We found that the TCM pattern diagnoses for depression were diverse. Among 27 different TCM patterns identified, liver qi depression was the most commonly diagnosed TCM pattern in people with depression, followed by liver depression and spleen deficiency, dual deficiency of the heart and spleen, and liver depression and qi stagnation. With regard to CHM treatment, Xiaoyao decoction was the most frequently used herbal formula for the treatment of liver qi depression and liver depression and spleen deficiency, while Chaihu Shugan decoction was often used for liver depression and qi stagnation. For dual deficiency of the heart and spleen, no single formula could be regarded as commonly used across TCM practitioners. The results suggest that TCM practitioners may be more consistent in the treatment of depression involving liver depression than other patterns. The abundance of low-quality studies highlights that knowledge and experience in conducting high-quality RCTs may be limited. It further suggests that institutional review boards and publishing journals should play an active role in monitoring the standards of clinical trials. The present paper found that Bai Shao *Paeonia lactiflora* Pall. Animal studies have found that extract from Bai Shao produces antidepressant effects in chronic unpredictable stress-induced depression model in mice and rats [ 66 ]. The antidepressant effects are likely mediated by inhibition of the monoamine oxidase activity and oxidative stress, upregulation of neurotrophins, and modulation of the function of the hypothalamic-pituitary-adrenal axis [ 66 ]. Pharmacological studies of Chai Hu have shown that it has hepatoprotective, anti-inflammatory, antipyretic, analgesic, and immunomodulatory effects [ 67 – 70 ]; however, its antidepressant effects remain unclear. Therefore, some of the commonly used herbs identified in this review may not primarily be targeted at depression; instead, they indirectly alleviate depression by enhancing or harmonizing the actions of other herbs. In view of the common use of Chai Hu in the treatment of depression, further studies on its antidepressant effects are warranted. Xiang Fu *Cyperus rotundus* L. Franco , which has a function of nourishing the heart and tranquilizing shen, was specific for dual deficiency of the heart and spleen. Yu Jin *Curcuma wenyujin* Y. Lin was commonly used for liver depression and qi stagnation and dual deficiency of the heart and spleen, Fu Ling *Poria Cocos* Schw Wolf. Diels and Bai Zhu *Atractylodes macrocephala* Koidz. Since three of the four commonly diagnosed TCM patterns in people with depression involve liver depression and two involve spleen deficiency, the prescription of Chinese herbs for different TCM patterns are inevitably overlapping. A lack of consistency across TCM practitioners in their selection of herbal formulas and pattern-based prescription of individual herbs may also lead to variation in CHM treatment [ 70 ]. Considering the limited number of studies available, further research on pattern-based CHM treatment for depression is warranted. As a whole, there is no evidence to suggest CHM-antidepressant combination has higher efficacy than CHM monotherapy for depression. We found that the effective rate was generally high for pattern-based treatment in liver qi depression and was similar between CHM monotherapy and CHM-antidepressant combination. For dual deficiency of the heart and spleen, the efficacy of pattern-based CHM treatment was relatively weaker, especially CHM-antidepressant combination, which had a mean effective rate of For liver depression and qi stagnation, the efficacy of CHM monotherapy and CHM-antidepressant combination was similar, except for a relatively low mean effective rate of CHM-antidepressant combination It is clear that further studies with better methodological quality are needed to delineate the efficacy of pattern-based CHM treatment in depression. There are some methodologic limitations of the study. Future studies using both Western and Chinese medicine systems in diagnosis and

severity assessment may facilitate Western-Chinese medicine integration in the understanding and treatment of depression. Although we reported the pattern diagnosis by the authors, the procedure and quality of the diagnostic process was uncertain. Such uncertainties would inevitably lead to discrepancies in the selection of herbs in treatment. Although a large number of studies were reviewed, this paper only summarized the effective rate and HAMD change score based on RCTs; meta-analysis was not possible due to difference in study design and low methodological quality of the studies. Despite the limitations, the present study, for the first time, systematically and comprehensively summarized important data on pattern-based CHM treatment for depression. Our data should be useful for both clinical practice and future research. More high quality studies incorporating TCM pattern differentiation and treatment principle are needed to examine the efficacy of TCM treatments and the additional benefit of pattern differentiation. Conclusion We found that liver qi depression, liver depression and spleen deficiency, dual deficiency of the heart and spleen, and liver depression and qi stagnation were the most commonly studied TCM patterns in people with depression. In addition, Bai Shao Paeonia lactiflora Pall. Due to the limited number of studies on TCM pattern-based treatment of depression and their low methodological quality, we are unable to draw any conclusion regarding which herbal formulas have higher efficacy and which TCM patterns respond better to CHM. Conflict of Interests The authors have no conflict of interests to report. Tat-Chi Ziea, and B. View at Google Scholar Y. View at Google Scholar B. View at Google Scholar D. View at Google Scholar E. View at Google Scholar F. View at Google Scholar G. View at Google Scholar H. View at Google Scholar J. View at Google Scholar K. View at Google Scholar L. View at Google Scholar M. View at Google Scholar P. View at Google Scholar R.

**Chapter 7 : An Introduction to Chinese Herbs**

*Chinese herbs are very effective for the following: skin rash, beauty enhancement, female fertility, virility, cancer recovery, anxiety and sleeplessness, flu and cough, joint pains, allergies, digestive problems, low energy, delay aging, detox, menopause and so on.*

Xarelto rivaroxaban low molecular weight heparins like enoxaparin or dalteparin. Check with your health care provider before using feverfew; you can check for other drug interactions with feverfew here. Ginkgo Biloba The use of ginkgo extract dates back centuries in traditional Chinese medicine. Ginkgo may decrease antiviral effects of drugs used in HIV, such as efavirenz or indinavir. Ginkgo can also alter the actions of medicines metabolized through the liver; the list is extensive but includes agents such as omeprazole Prilosec OTC , fluvastatin Lescol , and donepezil Aricept. Avoid ginkgo in patients who take seizure medications , blood thinners or diabetes drugs. Ginkgo interacts with close to drugs; have a pharmacist check for interactions before use. Goldenseal Goldenseal is a flowering herb that grows in the northeast United States. Common uses for goldenseal include skin infections, for cold and flu symptoms, and to treat diarrhea, but evidence is weak for these uses. There are over 60 possible drug interactions with goldenseal. Two of the more serious interactions occur with certain antipsychotic drugs - using pimozide or thioridazine with goldenseal is not recommended, as antipsychotic blood levels may rise leading to an irregular heart rhythm. Goldenseal may affect liver enzymes that can alter blood levels of certain drugs; always have your pharmacist run a drug interaction screen on all of your medicines, OTC drugs, or herbs. Garlic Garlic is a commonly used flavoring agent, food product and herbal supplement. There are many conditions garlic has been used for - to reduce cholesterol and triglycerides, to prevent cancer, to lower blood sugar levels, and to reduce menstrual pain, among other uses. Garlic has been reported to moderately affect blood clotting and blood sugar levels and may affect people who take blood thinning agents like aspirin, warfarin, or clopidogrel Plavix. There are other possible garlic interactions, so be sure to review all possible drug interactions with garlic and speak with your healthcare provider. Green Tea Green tea is a popular drink that originated in China and has been promoted for stomach disorders, to lower cholesterol, as an anti-cancer antioxidant, as a stimulant, and to lessen belly fat, among other uses. Dried green tea leaves contain vitamin K, which can increase blood clotting. Large amounts of vitamin K may interfere with the activity of some blood thinners. Patients treated with warfarin should probably avoid large amounts of green tea as it can interfere with the blood-thinning capabilities of warfarin. Ginger Ginger is a commonly used flavoring agent, food product, and herbal supplement. Ginger has been used in the treatment and prevention of motion sickness, vertigo, to increase appetite, and to reduce stomach acidity. Ginger has also been used by some women under medical supervision to reduce severe nausea and vomiting in pregnancy. Drug interactions with ginger are not well documented; however, it is known to inhibit thromboxane synthetase, which can prolong bleeding time and may cause interactions with anticoagulants like warfarin , aspirin , or other blood thinners. Check other possible ginger-drug interactions here. It is important to remember that the best way to handle any possible drug interaction is to predict it and prevent it. In order to do that, you need to be proactive in checking for possible drug interactions yourself in addition to asking your health care provider to screen for interactions. Tell your doctor or pharmacist about all the medications you take, including:

**Chapter 8 : Traditional Chinese medicine - Wikipedia**

*FEMALE FERTILITY - - A Chinese herbal prescription. This formula has to work in four areas: 1) Maintain regular menstruation, because irregularity can lessen the chances of pregnancy.*

In TCM, herbs are often used in conjunction with such other techniques as acupuncture or massage. Chinese herbalism is a holistic medical system, meaning that it looks at treating a patient as a whole person, looking at the mental and spiritual health as well as the physical health, of the individual. Illness is seen as a disharmony or imbalance among these aspects of the individual. Chinese herbalism has been practiced for over 4,000 years. It is believed to have been authored by Huang Ti during his reign over China, which started about 2697 BC. Since that time, herbal practices have been more extensively documented and refined. In modern China, traditional Chinese herbalism is taught alongside conventional Western pharmacology. Chinese herbal remedies have been used in the West only relatively recently, over the past two decades. These remedies are more gentle and natural than conventional medicines. In addition, they have fewer unpleasant side effects. Individuals with chronic disorders in particular are increasingly drawn to the holistic aspect of Chinese herbalism and TCM in general. Tribal shamans and holy men who lived as hermits in the mountains of China as early as 6000 BC. After the Han dynasty, the next great age of Chinese medicine was under the Tang emperors, who ruled from 618 AD. Under the Song 960 AD. One important difference between the development of medicine in China and in the West is the greater interest in the West in surgical procedures and techniques. These principles, yin and yang, are mutually dependent as well as polar opposites. They are basic concepts in traditional Chinese medicine. Yin represents everything that is cold, moist, dim, passive, slow, heavy, and moving downward or inward; while yang represents heat, dryness, brightness, activity, rapidity, lightness, and upward or outward motion. Both forces are equally necessary in nature and in human well-being, and neither force can exist without the other. The dynamic interaction of these two principles is reflected in the cycles of the seasons, the human life cycle, and other natural phenomena. One objective of traditional Chinese medicine is to keep yin and yang in harmonious balance within a person. In addition to yin and yang, Taoist teachers also believed that the Tao produced a third force, primordial energy or qi also spelled chi or ki. The interplay between yin, yang, and qi gave rise to the Five Elements of water, metal, earth, wood, and fire. These entities are all reflected in the structure and functioning of the human body. Instead they built up an understanding of the location and functions of the major organs over centuries of observation, and then correlated them with the principles of yin, yang, qi, and the Five Elements. Thus wood is related to the liver yin and the gall bladder yang; fire to the heart yin and the small intestine yang; earth to the spleen yin and the stomach yang; metal to the lungs yin and the large intestine yang; and water to the kidneys yin and the bladder yang. The Chinese also believed that the body contains Five Essential Substances, which include blood, spirit, vital essence a principle of growth and development produced by the body from qi and blood, fluids all body fluids other than blood, such as saliva, spinal fluid, sweat, etc. Benefits Because it is a safe and inexpensive solution to health problems of all kinds, Chinese herbalism is very popular in China. In recent years, herbalism has been modernized with the introduction of quality control. For example, herbs are subjected to absorption spectrometry to determine levels of heavy metals found in some. Because they are standardized, Chinese herbs are safer for self-treatment. Chinese herbalism offers unique advice regarding what foods can help and what can hinder, and a herbalist can help an individual discover what he is allergic to. In addition, Chinese herbs stimulate the immune system and provide beneficial nutrients, aside from their role in curing illness. Anderson Hospital in Texas, medical research has confirmed that patients undergoing chemotherapy were shown to have an improved degree of immune function when they took the tonic herb astragalus huang qi. It is well known that chemotherapy suppresses the immune system. Research also showed that T-cell and macrophage activity and interferon production were increased in patients using the Chinese herbs ganoderma, lentinus, and polyporus, helping the body fight cancer cells. Agents also found in ganoderma were found to inhibit platelet aggregation and thrombocyte formation, which would be helpful to counter circulation and heart problems. An ingredient of ginseng was found to promote adrenal function, which would give the herb properties of enhancing many

hormone functions in the body. Description Chinese herbal treatment differs from Western herbalism in several respects. There are many formulas used within traditional Chinese medicine to treat certain common imbalance patterns. These formulas can be modified to fit specific individuals more closely. A traditional Chinese herbal formula typically contains four classes of ingredients, arranged in a hierarchical order: Methods of diagnosis A Chinese herbalist will not prescribe a particular herb on the strength of symptoms only, but will take into consideration the physical condition, emotional health, and mental state of the patient. The practitioner then listens to the sounds the body makes when breathing. He or she may smell the breath, body odor, or sputum in diagnosis. TCM practitioners take an extensive medical history of a patient. He or she may ask about dietary habits, lifestyle, and sleep patterns. The patient will be questioned about chief medical complaints, as well as on his or her particular emotional state and sexual practices. Chinese herbalists employ touch as a diagnostic tool. Another chief component of Chinese medical diagnosis is pulse diagnosis, or sphygmology. This is a very refined art that takes practitioners years to master. Some practitioners can detect 12 different pulse points that correspond to the 12 major organs in Chinese medicine. There are over 30 pulse qualities that practitioners are able to detect on each point. The strength, speed, quality, and rhythm of the pulse, to name a few, will be determined before a diagnosis is given. Herbs Chinese herbs may be used alone or in combination. Relatively few are used alone for medicinal purposes. Every herb has four basic healing properties: Yang, or warming, herbs treat cold deficiencies. They are frequently used in the treatment of the upper respiratory tract, skin, or extremities. Yin, or cooling, herbs, treat conditions of excessive heat. They are most often used to treat internal conditions and problems with organs. Herbs can also be neutral in nature. Sour herbs have a concentrating action. They are prescribed to treat bodily excess conditions, such as diarrhea, and concentrate qi. Bitter herbs have an eliminating or moving downward action. They are used to treat coughs, constipation, and heart problems. Sweet or bland herbs have a harmonizing action. They are used as restorative herbs and to treat pain. Spicy herbs have a stimulating action. They are prescribed to improve blood and qi circulation. Salty herbs have a softening action. They are used to treat constipation and other digestion problems. Note that Chinese medicine does not have the anatomical correlation for organ names. Sour herbs have an affinity for the Liver and Gallbladder. Bitter herbs act on the Heart and Small Intestine. Sweet and bland herbs affect the Stomach and Spleen. Spicy herbs have an affinity for the Lungs and Large Intestine, whereas salty herbs act on the Kidneys and Bladder. Chinese herbs are lastly classified according to their specific actions, which are divided into four effects. Herbs that dispel are used to treat an accumulation, sluggishness, or spasm by relaxing or redistributing. Herbs with an astringent action are used to consolidate or restrain a condition characterized by discharge or excessive elimination. Herbs that purge treat an obstruction or "poison" by encouraging elimination and detoxification. Tonifying herbs nourish, support, and calm where there is a deficiency. Treatment of diabetes The incidence of diabetes has increased quite dramatically in recent years, especially in the United States, where in general people take less exercise, and food is taken in greater quantity with a general reduction in quality. This increase has led to a scramble to find new solutions to the problem, and many researchers have focused their interest on Chinese herbal remedies. In the search for more effective and more convenient treatments, the alkaloid berberine has come under close scrutiny for its many uses, among them the treatment of diabetes. In trials, rats given a mixture of berberine and alloxan showed less likelihood of incurring a rise in blood sugar. Patients suffering from type II diabetes who were given between 100 and 200 mg of berberine daily for between one and three months showed a reduction in blood sugar levels, when the drug was taken in conjunction with a controlled diet. Treatment of AIDS and cancer Independent researchers are investigating indications that Chinese herbalism can reduce the toxicity of chemotherapy and other medications, in addition to stimulating immune responses. Treatment of diarrhea associated with cholera A team of researchers in Japan has found that some traditional Chinese herbal formulations inhibit the toxin produced by *Vibrio cholerae*, the microorganism that causes cholera. These preparations appear to be helpful when given in addition to oral rehydration treatment for diarrhea associated with cholera. Treatment of atopic dermatitis Some physicians have found Chinese herbal remedies useful in relieving the symptoms of atopic dermatitis, a chronic disorder of the skin that is difficult to treat. Herbal remedies have the advantage of relieving the itching and inflammation associated with atopic dermatitis

without the long-term toxic side effects of conventional medications. Preparations Those who are unfamiliar with Chinese herbs and their uses should consult a practitioner before starting any treatment. Once a remedy is prescribed, it may be purchased at Oriental markets or health food stores. Most Chinese remedies prepared for Western markets are standardized and sold in ready-to-use formulations, with instructions for dosage. A Chinese herbalist may prescribe herbs to be made into tea or taken as capsules. Precautions It is best to avoid Chinese herbs that are not sold in a standardized form. Herbs can vary considerably in potency, depending on the time and place of their harvesting. In addition, cases have been reported in Europe as well as the United States of dried Chinese herbs contaminated by sewage or other forms of pollution.

### Chapter 9 : Chinese Herbal Medicine | Golden Needle - Dr. Teresa Wlasiuk

*Some Chinese herbs are incompatible with certain prescription drugs or foods. Others should not be taken during pregnancy. Because of possible interactions, persons who are interested in taking traditional Chinese herbal remedies should not try to diagnose or treat themselves with these preparations.*