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**MINISTRY OF HEALTH (MOH) MALAYSIA  
TRADITIONAL AND COMPLEMENTARY MEDICINE (T&CM) FORMULARY**

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## PART A: GENERAL INFORMATION ON MOH T&CM FORMULARY

### ABBREVIATIONS

MOH	Ministry of Health
NPRA	National Pharmaceutical Regulatory Agency
T&CM	Traditional and Complementary Medicine
TCM	Traditional Chinese Medicine
TIM	Traditional Indian Medicine
TMM	Traditional Malay Medicine

### DEFINITIONS

Herbal Granule	Processed from decocted herb or formula that contain carrier/excipient such as potato starch or raw herb powder <sup>1</sup>
Concentration ratios	The ratio of the starting herbal raw material to the resultant finished concentrated extract <sup>2</sup>
Herbal Extract	Herbal medicine materials processed into derivative form to make products such as tinctures or granules <sup>3</sup>
Practice of Traditional and Complementary Medicine (T&CM)	A form of health-related practice designed to prevent, treat or manage ailment or illness or preserve the mental and physical well-being of an individual and includes such practices as traditional Malay medicine, Islamic medical practice, homeopathy, and complementary therapies, but excludes medical and dental practices used by a medical and dental practitioner respectively. <sup>4</sup>
Raw Herbs	Fresh or dried ingredient or minimally processed, e.g. lightly roasted. <sup>3</sup>
Registered T&CM practitioner	A T&CM practitioner who is registered under Section 23 of the T&CM Act 2016 [Act 775]. <sup>4</sup>
T&CM Product	The term “T&CM product” used in this document refers to any form of medicine/ drug used in T&CM practices, encompassing natural products, cosmetic products, herbs and etc.
Traditional Chinese Medicine (TCM)	TCM is a valuable accumulation of long-term experiences in understanding life, maintaining health, and overcoming diseases based on the culture and practices of the Chinese people. TCM is divided into several sub-areas based on the methods of treatment, including Chinese herbs, acupuncture and moxibustion, Chinese cupping and tuina. <sup>5</sup>
Traditional Indian Medicine (TIM)	TIM is based on the Indian knowledge that is inherited and passed down to generations. TIM comprise a few sub-fields based on different practices including ayurveda, siddha, unani, and yoga and naturopathy. <sup>6</sup>
Traditional Malay Medicine (TMM)	TMM is a heritage of knowledge, skills and practices based on traditional theory, belief and experiences. It has a holistic approach based on the physical and spiritual elements, which include the mind, body, and spirit. <sup>7</sup>

## INTRODUCTION

The National Policy of T&CM recognises T&CM as an important component of the healthcare system, co-existing with modern medicine and contributing towards enhancing the health and quality of life of all Malaysians.<sup>8</sup>

To date, there are 16 T&CM Units established at MOH hospitals throughout Malaysia. The T&CM services offered at these T&CM Units are under the 3 major traditional medicine modalities, namely TCM, TMM and TIM. The TCM services include acupuncture and herbal therapy as an adjunct for cancer patients, TMM service includes traditional massage, while TIM services include shirodhara and external basti therapy (ayurveda), and varmam therapy (siddha). Apart from acupuncture and varmam therapy, all the other traditional medicine services offered at the T&CM Units involve the use of T&CM products. Table 1 shows the summary of the use of T&CM products in these services.

Each type of traditional medicine modality has its unique philosophy which are different from that of modern medicine. The TCM philosophy is based on the Chinese philosophy of Yin-Yang and Five Elements, which highlights the holistic principles and harmonisation with the universe.<sup>9</sup> TMM is a cultural system based on beliefs, practices, and knowledge related to wellbeing, ill-health and indisposition.<sup>10</sup> The TMM philosophy believes that there are four elements: wind, fire, water, and earth which influence the soul, mind, emotion, physique and an instability of these elements will cause an imbalance in a patient's body.<sup>11</sup> The ayurveda philosophy of TIM believes that the whole universe consists of five basic elements, namely Ether, Air, Fire, Water and Earth which are grouped into three basic forms of energy known as *tridosha*. The *tridosha* (*vata*, *pitta*, and *kapha*) exist throughout the human body and mind which govern and regulate psychophysiological responses and pathological changes.<sup>12,13</sup> The varmam philosophy believes that a block in the flow of energy points along invisible energy channels in the body leads to diseases.<sup>14</sup>

Aligned with the Malaysian National Medicines Policy 2022-2026 and the T&CM National Blueprint 2018-2027, the MOH T&CM Formulary has been established to enhance the availability of T&CM products, benefiting patients by providing them with safe and quality T&CM treatments and optimising their rational use in accordance with the current national budget. The overall governance structure of the MOH T&CM Formulary aligns with best practices as recommended in the Principles of a Sound Drug Formulary System<sup>15</sup>, where relevant to the T&CM formulary system.

This MOH T&CM Formulary compiles existing T&CM products used at the T&CM Unit, MOH healthcare facilities, providing essential information to assist relevant healthcare professionals in prescribing, dispensing, and counseling responsibilities. The listed T&CM products can only be prescribed/ utilised by registered T&CM practitioners within their specific field of practice, adhering to their respective T&CM philosophies. The T&CM products include oral administration, such as herbal granules, and external application like medicated oils and massage oils.

Guided by the Guidelines for Listing and Delisting of T&CM Products in the MOH Healthcare Facilities, the addition or removal of T&CM products within the MOH T&CM Formulary is subject to the evaluation and assessment by the MOH T&CM Formulary Technical Committee, with input from an External Review Panel where necessary, and approval by the Director General of Health. The Technical Committee comprises representatives from the Pharmacy Practice and Development Division, NPRA, T&CM Division, and T&CM Units. The product list under the MOH

T&CM Formulary shall be updated and made available to relevant parties, including T&CM Units, MOH hospitals, and applicants, on the official website at [www.moh.gov.my/tcm](http://www.moh.gov.my/tcm).

**Table 1: Summary of the T&CM Services offered at T&CM Units, MOH Hospitals and the use of T&CM products in these services.**

<b>T&amp;CM Services</b>	<b>Use of T&amp;CM Products</b>
<b>TMM</b>	
Traditional Massage	Massage oils
<b>TCM</b>	
Acupuncture	-
Herbal Therapy	Herbal granules
<b>TIM</b>	
Shirodhara (Ayurveda)	Ayurveda oils
External Basti Therapy (Ayurveda)	Ayurveda oils
Varmam (Siddha)	-

## **METHODOLOGY**

The development of this T&CM Formulary was spearheaded by the T&CM Formulary Development Committee. This committee comprised representatives from the Pharmacy Practice and Development Division, Pharmacy Policy and Strategic Planning Division, NPRA, T&CM Division, and T&CM Units in MOH hospitals. Additionally, the committee engaged a TCM academician cum practitioner as a consultant who provided expert input to ensure the accuracy and relevance of the formulary, particularly on the TCM products. The T&CM Division served as the Secretariat for this initiative. Validation of the document was undertaken by the T&CM Technical Committee, followed by the Deputy Director General of Health (Medical) and Deputy Director General of Health (Pharmacy). Final approval was granted by the Director General of Health.

### **Stakeholder Engagement**

To ensure comprehensive development, multiple engagements were conducted with key stakeholders, including T&CM practitioners, product manufacturers, and suppliers. For TCM products, information on herbal granules was also collected from manufacturers and suppliers to gain insights into the formulation, such as dosage recommendations and concentration ratios.

### **Incorporating Existing T&CM Products**

Before the development of this standardised formulary, T&CM Units relied on a list of products compiled over the years based on practitioners' clinical experience and recommendations, patient outcomes, and cost considerations. This formulary integrates existing T&CM products while organising them by practice category: TCM, TIM, and TMM. Within each category, products are listed alphabetically for ease of reference. The information provided for each category varies depending on the availability of credible reference sources.

### **Development of Product Categories**

For TCM products, the same type of herbal granule often has varying recommended doses between brands due to differences in concentration ratios, unlike allopathic medicines that require bioequivalence studies and standardised dosages for generic brands. Moreover, the primary reference sources, including the Taiwan Herbal Pharmacopoeia and Chinese Pharmacopoeia, specify dosages for raw herbs rather than granule forms. To address this variability, the formulary

includes raw herb dosages based on Taiwan Herbal Pharmacopoeia and Chinese Pharmacopoeia, along with a formula to calculate equivalent dosages for granule products.

TIM products were cataloged using standard Ayurveda references from India, with the input from a TIM expert from India who was based at a T&CM Unit. This ensured the accuracy and authenticity of product listings within the TIM category.

For TMM products, such as massage oils, variability was noted in the composition of ingredients across different products. Due to limited reference materials, the formulary categorises TMM products by their primary ingredients instead of a particular formulation. T&CM Units are permitted to use massage oils with the listed ingredients present in the product.

### **Listing and Delisting Mechanism**

T&CM Units may propose the inclusion of new products not listed in this formulary. Such requests must be substantiated with concrete justifications and supporting evidence, following the mechanisms outlined in the Guidelines for Listing and Delisting of T&CM Products in MOH Healthcare Facilities.

### **Continuous Review and Updates**

This formulary will be periodically reviewed and updated to incorporate newly approved products and remove those no longer in use. These updates ensure the formulary remains relevant and aligned with the latest developments in T&CM practices.

## **SCOPE**

This document provides the fundamental information on T&CM products used at T&CM Units in MOH healthcare facilities. It includes a list of T&CM products and safety considerations for herbs usage, such as herb-herb and herb-drug interactions, along with other guiding documents to foster safe prescribing, dispensing, and administration of the T&CM products. This document is intended as a reference for healthcare professionals involved in the practice, preparation, management, and procurement of T&CM products.

## **OBJECTIVES**

1. To serve as a reference to healthcare professionals of the available T&CM products in the T&CM Units, MOH healthcare facilities and its relevant information; and
2. To ensure T&CM products used in the MOH healthcare facilities are safe and of quality.

## PART B: SAFETY CONSIDERATIONS FOR T&CM HERBS

### HERB-DRUG INTERACTION

The TCM herbal granules used as an adjunct for cancer patients are for oral administration. Hence, the concern for herb-drug interaction exists. When two or more drugs and herbs are administered concurrently, they may cause pharmacokinetic or pharmacodynamic interactions.<sup>16,17</sup> Multiple mechanisms may contribute to the Herb-Drug Interactions for a certain drug.<sup>18</sup> The pharmacokinetic interactions caused by TCMS mainly affect the absorption, distribution, metabolism and excretion of the target drugs.<sup>18,19</sup> However, pharmacodynamic effects of Herb-Drug Interactions are less studied.<sup>19</sup> Herb-drug interactions can impact clinical safety and efficacy through additive, synergistic, or antagonistic interactions among the herbal components and drug molecules.<sup>20</sup>

**Herbs used for invigorating blood circulation** (Table 2) may affect patients on anticoagulants such as warfarin, enoxaparin, heparin, fondaparinux, rivaroxaban etc. The pharmacist should clarify with the TCM practitioner if patients prescribed these herbs are concurrently taking anticoagulants.

Patients should be informed that current herbal treatment includes these herbs. Patients should be advised to inform T&CM Unit if unusual signs and symptoms such as bruising, nosebleeds, vomiting/ coughing up blood, increased menstrual flow, red/dark brown urine, red/ black stools, purplish and mottled toes, prolonged bleedings from cuts, and/or painful swelling/ discomfort occur after taking this category of herbs.

**Table 2:** Herbs used for invigorating blood circulation that may increase risk of bleeding.<sup>16,17,21</sup>

Pinyin	Chinese Name	Scientific Name	Type
Chuan Xiong	川芎	<i>Chuanxiong Rhizoma</i>	Single Herbs
Dan Shen	丹参	<i>Salviae miltiorrhizae radix et rhizome</i>	
E Zhu	莪术	<i>Curcumae rhizome</i>	
Hong Hua	红花	<i>Carthami flos</i>	
Huai Niu Xi	淮牛膝	<i>Achyranthis bidentatae radix</i>	
Ji Xue Teng	鸡血藤	<i>Spatholigi caulis</i>	
Jiang Huang	姜黄	<i>Curmunaе longae rhizome</i>	
Mo Yao	没药	Myrrha	
Ru Xiang	乳香	Olibanum	
Tao Ren	桃仁	<i>Persicae semen</i>	
Yan Hu Suo	延胡索	<i>Corydalis rhizoma</i>	
Yi Mu Cao	益母草	<i>Leonuri herba</i>	
Yu Jin	郁金	<i>Curcumae radix</i>	
Xue Fu Zhu Yu Tang	血府逐瘀汤	<i>Angelicae Sinensis Radix, Rehmanniae Radix Recens, Persicae Semen, Carthami Flos, Citri Immaturus Fructus, Paeoniae Rubra Radix, Bupleuri Radix, Glycyrrhizae Radix et Rhizoma, Platycodi Radix, Chuanxiong Rhizoma, Cyathulae Radix</i>	Formula Herbs

## **HERB-HERB INTERACTION (CONTRAINDICATED COMBINATION/ COMPABILITY PROHIBITION)**

Contraindicated combination or compatibility prohibition should be avoided. A combination of some herbs can reduce the curative effect, produce or enhance toxic or side-effects and/ or affect the safety of herbs.<sup>9</sup> There are eighteen (18) antagonisms and nineteen (19) incompatibilities.<sup>21</sup> Antagonism happens when both of the herbs used together cause enhances toxic and adverse effects.<sup>21,24</sup> Incompatibility occurs when the combination of herbs reduces the therapeutic effect, enhances toxic and adverse effects produce new and toxic adverse effect.<sup>21,24</sup> The list of contraindicated combination is as listed in **Appendix I**.

## **PART C: T&CM PRODUCT LIST**

This T&CM product list is categorised according to the three main practice areas available at the T&CM Units, which are TCM, TIM, and TMM. All T&CM products used at T&CM Units should be registered or notified products unless otherwise exempted.

### **TCM**

The products used for TCM at selected T&CM Units encompass Single Herbs (**Appendix B**) and Formula Herbs (**Appendix C**) in the form of concentrated herbal granules for oral consumption. **Appendix D** shows the scientific names of the single herbs that may refer to the original or processed form. Formula herbs are a combination of two or more types of single herbs. Usually, a combination of herbal granules consisting of single herbs and/or formula herbs will be prescribed by the TCM practitioner according to the patients' syndrome differentiation and clinical presentations, based on TCM philosophy.

### **TIM**

Shirodhara and external basti therapy services at selected T&CM Units involve the use of Ayurvedic oils, which are medicated oils (**Appendix E**). These oils are being used externally and will be warmed before being applied on the patient. The TIM practitioner will prescribe the products to be used on the patients based on their condition according to the Ayurveda philosophy.

### **TMM**

Malay massage is a technique involving kneading, stroking, and pressing actions with the hands, accompanied by the application of herbal oils to facilitate the massage. This service is being provided by a TMM practitioner based on TMM philosophy. Massage oils containing either a single or combination of ingredients listed in **Appendix F** are used at the T&CM Units providing this service.<sup>10</sup>

### **Storage of T&CM Product**

The storage of the T&CM products should be based on the instructions on the T&CM product label, including humidity and temperature.

### **Safety and Quality of T&CM Product**

For quality assurance purposes, manufacturers/ suppliers are required to provide the Certificate of Analysis, product registration/ notification status, and/ or other relevant supporting documents.

T&CM Units should obtain the relevant information from suppliers when procuring T&CM products, with reference to the checklist in **Appendix G**.

T&CM Units providing herbal therapy services are required to conduct random sampling through regular laboratory testing of TCM products, with particular emphasis on single-herb products, within their respective Units to ensure ongoing quality assurance. The required laboratory test parameters and permissible specification limits are based on the latest requirements of the [Drug Registration Guidance Document](#). The List of Private Laboratories Complying with NPRA Requirements for Natural Product Testing is available on the [NPRA website](#). Products with laboratory test results that do not comply with the prescribed limits must be segregated and withheld from use. Where applicable and subject to the terms and conditions of purchase, T&CM Units may seek replacement products from the supplier.

### **Calculation Of Herbal Granule Dose From Raw Herbs [Based on Appendix B & C]**

The herbal granule dosage recommendation varies by manufacturer due to differences in concentration ratios. The dosage ranges in Appendix B and C refer to raw herbs. Pharmacists or assistant pharmacists will prepare herbs based on the prescription. T&CM Units must ensure suppliers provide: (i) recommended dose; (ii) raw herb to extract ratio; (E) herbal extract amount per gram of concentrated granules; and (iv) raw herb to concentrated granule ratio. This information is essential for calculating herbal granule doses and should be compiled for sharing among T&CM Units with herbal therapy as an adjunct for cancer treatment.

The following formula verifies if the prescribed herbal granule dose aligns with the recommended raw herb dosage in Appendix B and C. **The amount of raw herb per gram of granules is determined by multiplying the raw herb to extract ratio by the extract to granule ratio.** This applies to both single and formula herbs. If there's a difference between the manufacturer's recommendation and the calculated dose, the calculated dose will be used.

**Calculation of daily dose for single and formula herbal granule dose based on the dose of raw herbs in Appendix I(B) & I(C):**

$$\text{Dose of herbal granule (g)} = \frac{\text{Recommended daily dose of raw herb, x (g)}}{\text{Amount of raw herb in 1gram of concentrated herbal granule, y (g)}}$$

### **Example of Calculation for Single Herb**

#### **Bai Jiang Cao 败酱草**

Manufacturer recommended dose = 2g

Raw Herb to extract ratio = 8.4:1

Extract to Granule ratio = 0.5:1

Raw herb in 1 gram of concentrated granule, y = 8.4x0.5 = 4.2

Recommended daily dose of raw herb, x = 6 - 15g

**Calculation of daily dose for single herbal granule dose based on the dose of raw herbs in Appendix I(B):**

<b>Dose of herbal granule (g)</b>	=		$\frac{\text{Recommended daily dose of raw herb, } x \text{ (g)}}{\text{Amount of raw herb in 1 gram of concentrated herbal granule, } y \text{ (g)}}$
	=		$\frac{6 - 15 \text{ g}}{4.2}$
	=		<b>0.7 – 3.6g</b>

The manufacturer’s recommended dose in granule form (2g) is within the range of the calculated dose of this single herb (0.7 – 3.6g), based on the dose of raw herb in Appendix B. Hence, if the prescribed daily dose is within the calculated range, it will be acceptable.

**Example of Calculation for Formula Herb**

**Gan Lu Yin 甘露饮**

Manufacturer recommended dose = 9g  
 Raw Herb to extract ratio = 5.6:1  
 Extract to Granule ratio = 0.5:1  
 Raw herb in 1 gram of concentrated granule, y = 2.8 g  
 Recommended daily dose of raw herb, x = 25 g

**Calculation of daily dose for formula herbal granule dose based on the dose of raw herbs in Appendix I(C):**

<b>Dose of herbal granule (g)</b>	=		$\frac{\text{Recommended daily dose of raw herb, } x \text{ (g)}}{\text{Amount of raw herb in 1gram of concentrated herbal granule, } y \text{ (g)}}$
	=		$\frac{25 \text{ g}}{2.8}$
	=		<b>9g</b>

The manufacturer’s recommended dose is the same as the calculated dose of this formula herbal granule, based on the raw herb dose in Appendix C.

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## HERB-HERB INTERACTION (CONTRAINDICATED COMBINATION/ COMPATIBILITY PROHIBITION)

Table 1: 18 Antagonisms 十八反

Pinyin & Chinese Name	Scientific Name	Antagonises with 反	Pinyin & Chinese Name	Scientific Name
Wu Tou 乌头	<i>Radix aconiti</i>		Ban Xia 半夏	<i>Pinelliae rhizome</i>
			Gua Lou 瓜蒌	<i>Trichosanthis fructus</i>
Gan Cao 甘草	<i>Glycyrrhizae radix et rhizoma</i>		Bei Mu 贝母	<i>Fritillaria thunbergii bulbosus</i>
		Bai Lian 白蔹	<i>Ampelopsis radix</i>	
		Bai Ji 白及	<i>Bletillae rhizoma</i>	
Li Lu 藜芦	<i>Rhizoma et Radix Veratri</i>	Hai Zao 海藻	<i>Sargassum</i>	
		Da Ji 大戟	<i>Cirsii Japonici Herba Seu Radix</i>	
		Gan Sui 甘遂	<i>Kansui radix</i>	
		Yuan Hua 芫花	<i>flos genkwa</i>	
Ren Shen 人参	<i>Ginseng radix et rhizoma</i>	Sha Shen 沙参	<i>Radix Adenophorae seu Glehniae</i>	
		Xuan Shen 玄参	<i>Scrophulariae radix</i>	
		Dan Shen 丹参	<i>Salviae miltiorrhizae radix et rhizome</i>	
		Xi Xin 细辛	<i>Asari radix et rhizoma</i>	
		Bai Shao 白芍	<i>Paeoniae alba radix</i>	

Table 2: 19 Incompatibilities 十九畏

Pinyin & Chinese Name	Scientific Name	Incompatible with 畏	Pinyin & Chinese Name	Scientific Name
Liu Huang 硫磺	<i>Sulfur</i>		Mang Xiao 芒硝	<i>Natrii Sulfas</i>
Shui Yin 水银	<i>Hydrargyrum</i>		Pi Shuang 砒霜	<i>Arsenicum</i>
Lang Du 狼毒	<i>Euphorbiae ebracteolatae radix</i>		Mi Tuo Seng 密陀僧	<i>Lithargyrum</i>
Ba Dou 巴豆	<i>Crotonis semen</i>		Qian Niu 牵牛	<i>Semen pharbitidis</i>
Ding Xiang 丁香	<i>Caryophylli flos</i>		Yu Jin 郁金	<i>Curcumae radix</i>
Ya Xiao 牙硝	<i>Nitrum Depuratum</i>		San Leng 三棱	<i>Rhizoma sparganii Aconiti radix</i>
Cao Wu 草乌	<i>Aconiti Kusnezoffii radix</i>		Xi Jiao 犀角	<i>Cornu Rhinoceri</i>
Chuan Wu 川乌	<i>Radix Aconiti</i>		Wu Ling Zhi 五灵脂	<i>Trogopteroni faeces</i>
Ren Shen 人参	<i>Ginseng radix et rhizoma</i>		Chi Shi Zhi 赤石脂	<i>Halloysitum Rubrum</i>
Rou Gui 肉桂	<i>Cortex Cinnamomi</i>			

## SINGLE HERBS

### References:

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### Note:

1. Dosage are based on raw herbs and refers to the daily dose for adults. Calculations should be done for granule dosage form. Refer to the calculation formula in Part C of the main document.
2. T&CM practitioners may adjust the dose based on their clinical judgement and patients' condition where necessary.

### Ba Ji Tian 巴戟天

Morinda Root

*Morindae officianalis radix*

**Actions:** Tonify kidney *yang*, strengthen tendons and bones, dispel wind-damp

**Indication:** Deficiency of kidney *yang*, wind-damp arthralgia

**Dosage Range:** 3 – 15g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Heat signs caused by yin deficiency or damp heat patterns; difficulty urinating. should not be used in conjunction with Dan Shen.

**Storage:** Refrigerate or store in a cool dry place, and protect from mold and insects

**Type of Ingredient:** Plant

**Indication:** Sores and abscess, swollen and sore throat, venomous snake bite, heat stranguria with painful urination.

**Dosage Range:** 15 – 60g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** -

**Storage:** Refrigerate or store in a cool dry place

**Type of Ingredient:** Plant

### Bai Jiang Cao 败酱草

Patrinia Herb

*Patriniae Herba, Patrinia villose Juss, Patrinia scabiosaefolia Fisch.*

**Actions:** Clear heat and remove toxicity, activate blood and alleviate pain

**Indication:** 1. Sores and abscess due to heat-toxicity; 2. Abdominal pain due to stasis

**Dosage Range:** 3-15 g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Diarrhoea, lack of appetite or digestive weakness associated with spleen and stomach Deficiency

**Storage:** Store in a cool and dry place, and protect from mold and insects

**Type of Ingredient:** Plant

### Bai He 百合

Lily Bulb

*Lilii Bulbus*

**Actions:** Moisten lung to suppress cough, clear heart to tranquilise.

**Indication:** Lung yin deficiency syndrome, Heat yin deficiency syndrome

**Dosage Range:** 6 - 12g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Wind-cold conditions when there is phlegm, or when there is spleen deficiency with diarrhoea.

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

### Bai Mao Gen 白茅根

Lalang Grass Rhizome

*Imperatae rhizoma*

**Actions:** Cool blood and stop bleeding, clear heat and induce diuresis

**Indication:** 1. Bleeding caused by blood heat; 2. Oedema, heat stranguria dan jaundice.

**Dosage Range:** 9 – 30g

**Therapeutic Grouping:** Haemostatics

**Precaution:** -

**Contraindication:** Cold associated with Spleen Deficiency.

### Bai Hua She She Cao 白花蛇舌草

Spreading Oldenlandia Herb

*Oldenlandiae diffusa herba*

**Actions:** Clear heat and remove toxicity, excrete dampness and relieve stranguria

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Storage:** Refrigerate or store in a cool dry place, and protect from mold and insects

**Type of Ingredient:** Plant

### Bai Shao/ Bai Shao Yao 白芍/ 白芍药

Peony Root

*Paeoniae radix alba*

**Actions:** Tonify blood, astringe yin to check sweating, emolliate liver to alleviate pain, calm and suppress liver yang.

**Indication:** 1. Blood deficiency syndrome; 2. Sweating due to deficiency; 3. Hypochondriac pain, abdominal pain and muscular contracture pain of four limbs; 4. Syndrome of hyperactivity of liver yang.

**Dosage Range:** 6 – 15g

**Therapeutic Grouping:** Tonics

**Precaution:** Not suitable to be used together with Li Lu (藜芦)

**Contraindication:** Diarrhoea, spleen and stomach deficiency.

**Storage:** Store in a ventilated and dry place, and protect from insects

**Type of Ingredient:** Plant

### Bai Xian Pi 白鲜皮

Densefruit Pittany Root-bark

*Dictamni Cortex*

**Actions:** Clear heat and dry dampness, purge fire and detoxicate, dispel wind and relieve itching.

**Indication:** Jaundice, stranguria syndrome, itching and swollen vulva; eczema, damp sores, and swelling and sores due to heat toxin; dermal pruritis, damp heat arthralgia

**Dosage Range:** 5 – 15 g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Cold, deficient qi with cold in the abdomen.

**Storage:** Store in a ventilated and dry place, and protect from mold.

**Type of Ingredient:** Plant

### Bai Zhi 白芷

Dahurian Angelica Root

*Angelicae dahuricae radix*

**Actions:** Expel wind and release exterior, alleviate pain, relieve stuffy nose, dry dampness and stop leucorrhoea.

**Indication:** 1. Wind-cold external syndrome; 2. Pain syndromes such as headache, toothache, arthralgia and so on; 3. Stuffy and running nose; 4. Morbid leucorrhoea

**Dosage Range:** 3 – 11.5 g

**Therapeutic Grouping:** Exterior-releasing herbs

**Precaution:** Use with caution for blood heat induced by yin deficiency because of its pungent, fragrant, warm, dry property

**Contraindication:** Yin or blood deficiency

**Storage:** Refrigerate or store in a cool dry place, and protect from insects

**Type of Ingredient:** Plant

### Bai Zhu 白朮

White Atractylodes Rhizome

*Atractylodis macrocephalae rhizoma*

**Actions:** Tonify spleen *qi*, dry dampness, induce diuresis, arrest sweating and prevent abortion

**Indication:** 1. Spleen *qi* deficiency syndrome; 2. Syndrome of spontaneous sweating due to *qi* deficiency; 3. Threatened abortion, vomiting with poor appetite in pregnancy due to spleen deficiency

**Dosage Range:** 6 – 15g

**Therapeutic Grouping:** Tonics

**Precaution:** Use with caution in cases of yin deficiency with fluid injury by dryness-heat pathogen.

**Contraindication:** Yin deficiency with heat signs or with extreme thirst.

**Storage:** Store in a cool dry place, and protect from insects

**Type of Ingredient:** Plant

### Ban Lan Gen 板蓝根

Indigowoad Root

*Istidis radix*

**Actions:** Clear heat and remove toxicity, cool blood, alleviate sore throat

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Indication:** 1. Warm disease and external contraction of wind-heat; 2. Swollen and sore throat

**Dosage Range:** 9 – 15 g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Deficient or without true Fire toxicity.

**Storage:** Refrigerate or store in a cool dry place, and protect from mold and insects

**Type of Ingredient:** Plant

### Ban Zhi Lian 半枝莲

Barbated Skullcap Herb

*Scutellariae barbatae herba*

**Actions:** Clear heat and remove toxicity; activate blood and resolve stasis; induce diuresis and alleviate oedema

**Indication:** 1. Abscess and sores; 2. Swollen and sore throat; 3. Bleeding due to blood heat, hepatitis, nephritis

**Dosage Range:** 15 – 30g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Pregnancy, blood deficiency.

**Storage:** Store in a cool dry place, and protect from moisture.

**Type of Ingredient:** Plant

### Bo He 薄荷

Peppermint Herb

*Menthae herba*

**Actions:** Disperse wind-heat, clear head and eyes, soothe the throat, outthrust rashes.

**Indication:** Wind-heat exterior syndrome or warm disease at the defense system, dizziness and headache, blood-shot eyes with more tears, sore and itching throats, pruritus, unsmooth eruption of measles at the early stage

**Dosage Range:** 3 - 10g

**Therapeutic Grouping:** Exterior-releasing herbs

**Precaution:** Used with caution in those with yin deficiency heat and spontaneous sweating.

**Contraindication:** Nursing mothers (may slow lactation).

**Storage:** Refrigerate or store in a cool and dry place, and not store too long.

**Type of Ingredient:** Plant

### Bo Zi Ren 柏子仁

Platycladi Seed

*Platycladi Semen*

**Actions:** Calm the mind, moisten the intestine and relax the bowel, antihidrotics.

**Indication:** Syndrome of unsteadiness of heart-mind, constipation caused by intestinal dryness.

**Dosage Range:** 3 - 12g

**Therapeutic Grouping:** Tranquilising herbs

**Precaution:** Use with caution for patients with loose stool or profuse phlegm.

**Contraindication:** -

**Storage:** Store in a cool and dry place, and protect from insects and oil seeping.

**Type of Ingredient:** Plant

### Bu Gu Zhi 补骨脂

Malaytea Scurfpea Fruit

*Psoraleae fructus*

**Actions:** Warm kidney and tonify yang, secure essence and reduce urination, and warm spleen to check diarrhoea, relieve dyspnea.

**Indication:** 1. Seminal emission, spermatorrhoea, enuresis and frequent urination due to deficiency of kidney yang; 2. Impotence due to kidney yang deficiency, cold-pain in lumbar and knees; 3. Diarrhoea before dawn due to deficiency of spleen and kidney yang; 4. Dyspnoea of deficiency type due to failure of kidney to receive qi.

**Dosage Range:** 5 – 12g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Deficiency of yin when there are heat signs.

**Storage:** Store in a ventilated and dry place, and protect from moisture and insects

**Type of Ingredient:** Plant

### Cang Er Zi 苍耳子

Cocklebur Fruit

*Xanthii fructus*

**Actions:** Disperse win-cold, relieve nasal obstruction and stop pain

**Indication:** 1. Win-cold exterior syndrome; 2. Nasal stuffiness and discharge.

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Dosage Range:** 3 – 12g

**Therapeutic Grouping:** Exterior-releasing herbs

**Precaution:** Overdose will lead to toxic reactions of vomiting, abdominal pain, and diarrhoea.

**Contraindication:** Blood or yin deficiency, headache due to blood deficiency.

**Storage:** Store in a ventilated and dry place.

**Type of Ingredient:** Plant

### Cang Zhu 苍术

Atractylodes Rhizome

*Atractylodis rhizoma*

**Actions:** Dry dampness and invigorate spleen, dispel wind-dampness, release exterior.

**Indication:** 1. Syndrome of damp obstruction of middle energizer; 2. Wind-damp arthralgia; 3. Exterior syndrome of wind-cold type complicated with dampness.

**Dosage Range:** 3 – 9g

**Therapeutic Grouping:** Damp-resolving herbs

**Precaution:** -

**Contraindication:** Qi deficiency or yin deficiency with heat.

**Storage:** Store in a cool and dry place, and protect from moisture.

**Type of Ingredient:** Plant

### Chai Hu 柴胡

Bupleurum Root

*Bupleuri radix*

**Actions:** Release exterior and cure fever, soothe liver and release liver depression, ascend yang qi.

**Indication:** 1. External pathogens attack with exterior symptoms and alternating chills and fever due to Shaoyang syndrome; 2. Liver depression with qi stagnation; 3. Syndrome of sinking of middle qi.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Exterior-releasing herbs

**Precaution:** Use with caution in syndromes of yin deficiency with yang hyperactivity, stirring of liver wind, yin deficiency with effulgent fire and qi going upward adversely.

**Contraindication:** Yin Deficiency or extreme headaches or eye diseases such as conjunctivitis when caused by liver fire.

**Storage:** Store in a ventilated and dry place, and protect from insects

**Type of Ingredient:** Plant

### Che Qian Zi 车前子

Plantago Seed

*Plantaginis semen*

**Actions:** Induce diuresis to relieve stranguria, drain dampness to check diarrhoea, clear Liver-Fire to improve vision and clear Lung Heat and resolve phlegm.

**Indication:** 1. Stranguria and oedema; 2. Diarrhoea; 3. Blood-shot eye with swelling and pain, dim vision; 4. Cough due to phlegm-heat

**Dosage Range:** 5 – 15g

**Therapeutic Grouping:** Damp-excreting herbs

**Precaution:** -

**Contraindication:** -

**Storage:** Store in a cool dry place, and protect from moisture

**Type of Ingredient:** Plant

### Chen Pi 陈皮

Tangerine Peel

*Citri reticulatae pericarpium*

**Actions:** Promote flow of qi, arrest vomiting, dry dampness and resolve phlegm

**Indication:** 1. Syndrome of liver depression and qi stagnation; 2. Abdominal pain due to qi stagnation or food retention; 3. Abdominal pain and mass.

**Dosage Range:** 3 – 11.5 g

**Therapeutic Grouping:** Qi-moving herbs

**Precaution:** -

**Contraindication:** Cough with yin or qi deficiency (dry cough or coughing blood), sticky yellow phlegm.

**Storage:** Store in a dry place, and protect from mold and insects

**Type of Ingredient:** Plant

### Chi Shao 赤芍

Red Peony Root

*Paeoniae rubra radix*

**Actions:** Clear heat and cool blood, activate blood and resolve stasis, clear liver fire

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Indication:** 1. Heat entering nutrient-blood in warm diseases; 2. Syndrome of blood stasis; 3. Blood-shot eyes with swelling and pain

**Dosage Range:** 3 – 12g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** It is antagonistic to Li Lu.

**Contraindication:** Blood Deficiency

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

### Chi Xiao Dou 赤小豆

Rice Bean

*Vignae semen*

**Actions:** Induce diuresis and alleviate oedema, remove toxin and drain pus, excrete dampness and alleviate jaundice.

**Indication:** 1. Oedema; 2. Downward flow of damp turbidity to the foot; 3. Stranguria; 4. Dysentery; 5. Carbuncle; 6. Abscess and swelling; 7. Jaundice

**Dosage Range:** 9 – 30g

**Therapeutic Grouping:** Oedema-alleviating diuretics

**Precaution:** -

**Contraindication:** -

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

### Chuan Bei Mu 川贝母

Tendrilleaf Fritillary Bulb

*Fritillariae cirrhose bulbosus*

**Actions:** Clear and resolve heat-phlegm, moisten and resolve dry-phlegm, stop cough, dissipate nodulation and resolve swelling.

**Indication:** 1. Dry cough due to lung heat; 2. Scrofula, swollen abscess, acute mastitis, lung abscess.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Phlegm-resolving herbs

**Precaution:** -

**Contraindication:** Cold-Damp Phlegm conditions. Incompatible with Wu Tou (*Aconitum sp.*)

**Storage:** Store in a ventilated and dry place, and protect from insects.

**Type of Ingredient:** Plant

### Chuan Lian Zi 川楝子

Sichuan Chinaberry Fruit

*Toosendan fructus*

**Actions:** Move Qi and alleviate pain, expel ascaris; kill worms and relieve itch for external use.

**Indication:** 1. Pain due to qi stagnation; 2. Ascariasis with abdominal pain.

**Dosage Range:** 4.5 – 11.5 g

**Therapeutic Grouping:** Qi-moving herbs

**Precaution:** It is bitter, cold, and mildly toxic in property, so it can easily induce nausea, vomiting, etc. when over consumed.

**Contraindication:** Cold deficiency of the stomach and spleen.

**Storage:** Store in a ventilated and dry place, and protect from insects

**Type of Ingredient:** Plant

### Chuan Xiong 川芎

Szechwan Lovage Rhizome

*Chuanxiong Rhizoma*

**Actions:** Activate blood circulation and move qi, expel wind and alleviate pain.

**Indication:** 1. Pain due to blood stasis and qi stagnation; 2. Headache, wind-damp arthralgia.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs.

**Precaution:** Use with caution for yin deficiency with effulgent fire because of its warm and dry properties.

**Contraindication:** Headache due to deficiency of yin or from raising liver yang, abnormal bleeding; pregnancy.

**Storage:** Store in a cool and dry place, protect from insects

**Type of Ingredient:** Plant

### Da Fu Pi 大腹皮

Areca Husk

*Arecae pericarpium*

**Actions:** Move qi and remove stagnation, induce diuresis and alleviate oedema.

**Indication:** 1. Distention and fullness in stomach and abdominal; 2. Belching and acid regurgitation; 3. Constipation or diarrhoea with difficulty due to qi stagnation of spleen and stomach; 4. Oedema and weak foot.

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Dosage Range:** 4.5 – 11.5 g  
**Therapeutic Grouping:** Qi-moving herbs  
**Precaution:** -  
**Contraindication:** Weak with qi deficiency  
**Storage:** Store in a cool and dry place  
**Type of Ingredient:** Plant

### Da Huang 大黄

Rhubarb

*Rhei radix et rhizome*

**Actions:** Remove accumulation with purgative, clear heat and purge fire, cool blood and stop bleeding, remove toxicity, activate blood and dispel stasis, clear heat and resolve dampness.

**Indication:** 1. Constipation, accumulation in the stomach and intestines; 2. Excess fire-heat syndrome, blood heat syndrome manifested as hematemesis and epistaxis; 3. Sores and abscess due to heat-toxin, burn due to hot liquid or fire; 4. Stagnant Blood syndrome.

**Dosage Range:** 0.2 – 15g

**Therapeutic Grouping:** Purgative herbs

**Precaution:** It should be used with caution in case of spleen and stomach deficiency for its bitter and cold property which is easily to damage stomach qi.

**Contraindication:** Pregnancy, menstruation or lactation.

**Storage:** Preserve in a light-resistant and well-closed container

**Type of Ingredient:** Plant

### Da Zao 大枣

Jujube Fruit

*Jujubae fructus*

**Actions:** Tonify qi, tonify spleen, nourish blood and induce tranquilisation

**Indication:** 1. Spleen qi deficiency syndromes; 2. Restlessness and insomnia due to heart deficiency; 3. Blood deficiency syndromes.

**Dosage Range:** 6 – 30 g

**Therapeutic Grouping:** Tonics

**Precaution:** Use with caution in cases of damp-phlegm or food stagnation because it can help dampness produce heat, and induce distention in middle energizer.

**Contraindication:** Conditions of dampness, food stagnation, intestinal parasites and dental diseases.

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

### Dan Shen 丹参

Red Sage Root and Rhizome

*Salviae miltiorrhizae radix et rhizome*

**Actions:** Activate blood and remove stasis, cool Blood and remove abscess, relieve restlessness and induce tranquilisation

**Indication:** 1. Blood stasis; 2. Sores, abscesses, carbuncles and swellings; 3. Restlessness and insomnia.

**Dosage Range:** 5 – 15g

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs

**Precaution:** Use with caution in pregnancy.

**Contraindication:** Do not use if there is no blood stasis. Contraindicated to Li Lu.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

### Dang Gui 当归

Chinese Angelica Root

*Angelicae sinensis radix*

**Actions:** Tonify blood, activate blood, alleviate pain, regulate menstruation, and moisten intestines.

**Indication:** 1. Insufficiency of blood; 2. Pain syndromes due to blood deficiency, blood stasis, and congealing cold; 3. Irregular menstruation, amenorrhoea, and dysmenorrhoea; 4. Ulcers and sores; 5. Constipation due to intestinal fluid consumption.

**Dosage Range:** 5 – 15g

**Therapeutic Grouping:** Tonics

**Precaution:** Use with caution in cases of loose stool because it can moisten intestines to smooth stool.

**Contraindication:** Diarrhoea, abdominal distension caused by dampness or those with yin deficiency with heat signs.

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Dang Shen 党参**

Pilose Asiabell Root

*Codonopsis radix*

**Actions:** Invigorate lung-qi and spleen-qi, nourish blood, and promote the generation of body fluid.

**Indication:** 1. Syndrome of lung-spleen qi deficiency; 2. Blood deficiency syndrome or syndrome of both qi and blood deficiency.

**Dosage Range:** 9 – 30g

**Therapeutic Grouping:** Tonics

**Precaution:** Use with caution when there is acute illness.

**Contraindication:** -

**Storage:** Store in a ventilated and dry place, and protect from insects

**Type of Ingredient:** Plant

**Di Gu Pi 地骨皮**

Wolfberry Rootbark

*Lycii radices cortex*

**Actions:** Clear deficiency heat, clear lung fire, cool blood.

**Indication:** 1. Bone-steaming tidal fever, toothache and diabetes due to yin deficiency; 2. Cough due to lung heat; 3. Bleeding due to blood heat.

**Dosage Range:** 9 – 15g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** This herb should not be used by those with weakness in the spleen or stomach.

**Storage:** Store in a dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

**Du Huo 独活**

Pubescent Angelica Root

*Angelicae pubescentis radix*

**Actions:** Dispel wind-damp, alleviate pain, release exterior.

**Indication:** 1. Arthralgia due to wind, cold and dampness; 2. Exterior syndrome due to wind-cold with dampness.

**Dosage Range:** 3 – 11.5g

**Therapeutic Grouping:** Wind-damp-dispelling herbs

**Precaution:** Being pungent, fragrant, bitter and dry, it can easily damage yin and body

fluid, so it should be used cautiously to treat patients with usual constitution of yin deficiency and blood dryness.

**Contraindication:** Yin deficiency with heat signs.

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold, insects, and oil seeping.

**Type of Ingredient:** Plant

**Du Zhong 杜仲**

Eucommia Bark

*Eucommiae cortex*

**Actions:** Tonify liver and kidney, strengthen tendons and bones, and prevent abortion.

**Indication:** 1. Deficiency of liver and kidney, soreness and pain in lumbar and knees, atrophy-flaccidity and limpness of lower limbs; 2. Threatened abortion, vaginal bleeding during pregnancy, habitual abortion due to liver and kidney deficiency.

**Dosage Range:** 6 – 15g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Heat signs associated with yin deficiency. Should not be used with Xuan Shen.

**Storage:** Store in a ventilated and dry place

**Type of Ingredient:** Plant

**E Zhu 莪术**

Zedoaria Rhizome

*Curcumae rhizome*

**Actions:** Break blood and move qi, resolve food stagnation and alleviate pain

**Indication:** 1. Mass, amenorrhoea and stagnant pain of heart and abdomen; 2. Distension and pain of epigastrium and abdomen caused by food stagnation.

**Dosage Range:** 6 – 9g

**Therapeutic Grouping:** Blood-breaking and mass eliminating herbs.

**Precaution:** The herb is drastic in property with the disadvantage of consuming qi and impairing blood. Do not take long term.

**Contraindication:** Pregnancy and during menstrual periods.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Fa Ban Xia 法半夏**

Prepared Pinellia Tuber

*Pinelliae rhizome praeparatum*

**Actions:** Dry Dampness and resolve phlegm, check adverse rise of qi and stop vomiting, relieve stuffiness and dissipate nodulation, resolve swelling and alleviate pain externally.

**Indication:** 1. Damp-phlegm, cold-phlegm; 2. Nausea, vomiting, hiccup and belching; 3. Epigastric stuffiness, thoracic accumulation, plum-stone syndrome.

**Dosage Range:** 3 – 9g

**Therapeutic Grouping:** Phlegm-resolving herbs

**Precaution:** Pregnancy

**Contraindication:** Contraindicated to Wu Tou

**Storage:** Refrigerate or store in a cool dry place.

**Type of Ingredient:** Plant

**Fang Feng 防风**

Saposhnikovia Root

*Saposhnikoviae radix*

**Actions:** Dispel wind and release exterior, expel wind-damp, alleviate pain.

**Indication:** 1. Exterior wind-cold, wind-damp and exterior wind-heat syndromes; 2. Rubella and itching; 3. Wind-damp arthralgia and pain.

**Dosage Range:** 4.5 – 11.5g

**Therapeutic Grouping:** Exterior-releasing herbs

**Precaution:** Use with caution for blood deficiency and internal wind induced by heat because of its warm property.

**Contraindication:** Yin deficiency, blood deficiency or heat signs associated with yin deficiency.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects

**Type of Ingredient:** Plant

**Fo Shou/ Fo Shou Gan 佛手/ 佛手柑**

Finger citron

*Citri sarcodactylis fructus*

**Actions:** Soothe liver and regulate qi, move qi and regulate middle energizer, dry dampness and resolve dampness.

**Indication:** 1. Syndrome of liver depression and qi stagnation; 2. syndrome of qi stagnation of spleen and stomach; 3. Cough with profuse sputum due to phlegm-damp accumulation in lung.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Qi-moving herbs

**Precaution:** -

**Contraindication:** -

**Storage:** Refrigerate or store in a cool dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

**Fu Ling 茯苓**

Indian Bread

*Poria*

**Actions:** Induce diuresis and alleviate oedema.

**Indication:** 1. Oedema; 2. Dysuria

**Dosage Range:** 9 – 30g

**Therapeutic Grouping:** Damp-excreting herbs

**Precaution:** -

**Contraindication:** Frequent and copious urination associated with cold deficiency.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

**Fu Pen Zi 覆盆子**

Palmleaf Raspberry Fruit

*Rubi fructus*

**Actions:** Supplements Liver and Kidney, secure essence, reduce urination, assist Yang, improve vision.

**Indication:** 1. Seminal emission, spermatorrhoea, enuresis, frequent urination; 2. Liver and kidney deficiency, dim and poor vision.

**Dosage Range:** 6 – 12g

**Therapeutic Grouping:** Astringents

**Precaution:** -

**Contraindication:** Yin Deficiency patterns

**Storage:** Store in a ventilated and dry place, and protect from insects

**Type of Ingredient:** Plant

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Fu Shen 茯神**

Root Poria

*Poria Cum Pini Radix***Actions:** Calm the mind and drain dampness.**Indication:** Tranquilising medicinal (Heart-nourishing tranquilising medicinal).**Dosage Range:** 9 – 30g**Therapeutic Grouping:** Tranquilising herbs**Precaution:** -**Contraindication:** -**Storage:** Store in a ventilated and dry place, and protect from moisture and insects.**Type of Ingredient:** Plant**Fu Xiao Mai 浮小麦**

Blighted Wheat

*Triticum levis fructus***Actions:** Strengthen superficialities to check sweating, replenish Qi, clear Heat.**Indication:** 1. Spontaneous sweating, night sweat; 2. Bone-steaming tidal fever.**Dosage Range:** 15 – 30g**Therapeutic Grouping:** Astringents**Precaution:** -**Contraindication:** -**Storage:** Store in a dry place, and protect from insects.**Type of Ingredient:** Plant**Gan Cao 甘草**

Liquorice Root and Rhizome

*Glycyrrhizae radix et rhizoma***Actions:** Tonify qi of heart and spleen, dispel phlegm, relieve cough and dyspnea, relieve spasm and pain, clear heat and relieve toxicity, and harmonise property of medicine.**Indication:** 1. Intermittent or knotted pulse, palpitation due to heart qi deficiency; 2. Spleen deficiency syndromes; 3. Cough and dyspnea; 4. Spasm pain of abdomen and limbs; 5. Sores, ulcers, and swollen pain in throat due to Heat toxin; 6. Harmonizing property of medicine.**Dosage Range:** 2 – 11.5g**Therapeutic Grouping:** Tonics**Precaution:** Use with caution in those who tend to retain water.**Contraindication:** Excess dampness, nausea or vomiting.**Storage:** Preserve in a well-closed container, and protect from insects.**Type of Ingredient:** Plant**Gan Jiang 干姜**

Dry Ginger Rhizome

*Zingiberis rhizoma***Actions:** Warm the middle of dispel cold, restore yang and unblock meridians, warm lung and resolve retained fluid.**Indication:** 1. Spleen-stomach cold syndrome; 2. Yang exhaustion syndrome; 3. Cold-retained fluid accumulation in the lung manifested as cough and dyspnea.**Dosage Range:** 3 – 10g**Therapeutic Grouping:** Interior-warming herbs**Precaution:** Pregnancy**Contraindication:** Yin deficiency and heat signs or bleeding associated with hot blood.**Storage:** Store in a cool and dry place, and protect from moisture and insects.**Type of Ingredient:** Plant**Gao Ben 藁本**

Jehol Ligusticum Rhizome and Root

*Ligustici rhizome et radix***Actions:** Dispel wind-cold, relieve damp and alleviate pain.**Indication:** 1. Common cold due to wind-cold; 2. Exuberant yin with repelled yang; 3. Abdominal pain due to cold accumulation; 4. Difficulty in urination.**Dosage Range:** 3 – 11.5g**Therapeutic Grouping:** Exterior-releasing herbs**Precaution:** -**Contraindication:** Yin deficiency with heat signs or blood deficiency.**Storage:** Store in a cool and dry place, and protect from moisture and insects.**Type of Ingredient:** Plant**Ge Gen 葛根**

Puararia Root

*Puerariae radix***Actions:** Release exterior and cure fever, promote eruption, promote the production of fluid and relieve thirst, ascend yang to check diarrhoea.

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

**Indication:** 1. High fever of exterior syndromes; 2. Unsmooth eruption of measles that still at the beginning stage; 3. Thirst due to warm diseases and diabetes; 4. Diarrhoea due to spleen deficiency.

**Dosage Range:** 9 – 15g

**Therapeutic Grouping:** Exterior-releasing herbs

**Precaution:** -

**Contraindication:** Cold in the stomach and excessive sweating.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

### Gou Qi Zi 枸杞子

Wolfberry Fruit

*Lych fructus*

**Actions:** Nourish liver and kidney yin, supplement blood and essence, and improve vision.

**Indication:** 1. Various essence and blood deficiency syndromes; 2. Blurred vision due to liver and kidney deficiency.

**Dosage Range:** 6 – 15g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Patterns of heat and excess, spleen deficiency with dampness or loose stools.

**Storage:** Refrigerate or store in a cool and dry place, and protect from hot, moisture and insects.

**Type of Ingredient:** Plant

### Gu Sui Bu 骨碎補

Fortune's Drynaria Rhizome

*Drynariae rhizoma*

**Actions:** Supplement kidney and strengthen bone, promote tissue regeneration, activate blood to relieve pain, continue sinew and bone, hemostatic.

**Indication:** 1. Traumatic injuries, injuries of soft tissue and bone, stagnant swelling and pain; 2. Lumbago, weakness of legs, tinnitus, deafness, toothache, long term diarrhea caused by Kidney Deficiency.

**Dosage Range:** 3 – 12g

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs

**Precaution:** This herb is warm that can invigorate yang. Use with caution for yin deficiency and internal heat.

**Contraindication:** Symptoms of yin deficiency or without blood stagnation.

**Storage:** Store in a ventilated and dry place.

**Type of Ingredient:** Plant

### Gu Ya/ Dao Ya 谷芽/稻芽

Rice-grain Sprout

*Oryzae germinates fructus / Setariae fructus germinatus*

**Actions:** Promote digestion and stomach meridians entered.

**Indication:** 1. Starch food stagnation syndrome; 2. Spleen deficiency syndrome.

**Dosage Range:** 9 – 30g

**Therapeutic Grouping:** Digestant herbs

**Precaution:** Not to be used for an extended period of time.

**Contraindication:** Nursing mothers, Stagnation of food.

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

### Gua Lou/ Gua Lou Shi 瓜蒌实 / 瓜蒌

Trichosanthes

*Trichosanthis fructus*

**Actions:** Clear heat and resolve phlegm, moisten and resolve dry-phlegm, open chest and dissipate accumulation, moisten intestine and relax bowel.

**Indication:** 1. Cough and dyspnoea due to heat-phlegm, cough due to dry-phlegm; 2. Chest impediment, thoracic accumulation; 3. Lung abscess, intestine abscess and acute mastitis; 4. Constipation due to dryness of intestine.

**Dosage Range:** 9 – 15g

**Therapeutic Grouping:** Phlegm-resolving herbs

**Precaution:** -

**Contraindication:** Those with cold and damp especially when there is spleen deficiency.

**Storage:** Store in a cool dry place, and protect from mold and insects

**Type of Ingredient:** Plant

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Gua Lou Gen / Tian Hua Fen 栝楼根/天花粉**

Trichosanthes Root  
*Trichosanthis radix*

**Actions:** Clear heat and purge fire, generate body fluids and quench thirst, moisten dryness and resolve phlegm.

**Indication:** 1. Heat syndrome at qi system of warm disease and exterior heat syndrome with irritable thirst; 2. Thirst due to stomach heat and diabetes; 3. Dry cough due to lung heat; 4. Others.

**Dosage Range:** 10 – 15g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Diarrhoea or when there is no heat.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

**Guang Huo Xiang 广藿香**

Cablin Patchouli Herb  
*Pogostemonis herba*

**Actions:** Resolve dampness, arrest vomiting, release exterior

**Indication:** 1. Syndrome of damp obstruction of middle energizer; 2. Vomiting; 3. The early stage of exterior syndrome of wind-cold type, summer-damp syndrome and damp-warm syndrome.

**Dosage Range:** 3 – 11.5g

**Therapeutic Grouping:** Damp-resolving herbs

**Precaution:** -

**Contraindication:** Conditions of yin deficiency or heat.

**Storage:** Store in a cool and dry place

**Type of Ingredient:** Plant

**Gui Zhi 桂枝**

Cassia Twig  
*Cinnamomi ramulus*

**Actions:** Induce sweating and release exterior, warm and unblock the meridians, warm and reinforce the yang qi.

**Indication:** 1. Wind-cold exterior syndrome; 2. Syndrome of congealing cold with blood stasis, wind-cold arthralgia and other types of interior cold syndrome; 3. Yang deficiency syndromes.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Exterior-releasing herbs

**Precaution:** Pregnancy or heavy bleeding in women.

**Contraindication:** Warm febrile diseases, heat signs.

**Storage:** Store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

**Han Lian Cao 旱莲草/墨旱莲**

Yerbadetajo Herb  
*Ecliptae herba*

**Actions:** Nourish liver and kidney, cool blood to stop bleeding.

**Indication:** 1. Liver and kidney yin deficiency syndromes; 2. Bleeding syndromes.

**Dosage Range:** 6 – 15g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Cold deficiency symptoms associated with the spleen or kidney.

**Storage:** Store in a cool and dry place, and protect from moisture.

**Type of Ingredient:** Plant

**He Huan Pi 合欢皮**

Silktree Albizzia Bark  
*Albiziae cortex*

**Actions:** induce tranquilisation and relieve depression, activate blood and relieve swelling

**Indication:** 1. Angry, depression, restlessness, insomnia; 2. Traumatic fracture, stasis and swollen pain; 3. Abscess of lung, sores and abscess.

**Dosage Range:** 6 – 15g

**Therapeutic Grouping:** Tranquilising herbs

**Precaution:** Pregnancy

**Contraindication:** -

**Storage:** Store in a ventilated and dry place

**Type of Ingredient:** Plant

**He Shou Wu 何首乌**

Fleeceflower Root Tuber  
*Polygoni multiflori radix/ Reynoutriae multiflorae radix*

**Actions:** Tonify blood, supplement essence, relieve toxicity, moisten Intestine.

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Indication:** 1. Blood and essence deficiency syndrome; 2. Chronic malaria; 3. Ulcers and tuberculosis; 4. Constipation due to intestinal dryness.

**Dosage Range:** 3 – 6g

**Therapeutic Grouping:** Blood-Tonifying herb

**Precaution:** -

**Contraindication:** Diarrhoea or phlegm conditions associated with spleen deficiency.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects

**Type of Ingredient:** Plant

### Hong Hua 红花

Safflower

*Carthami flos*

**Actions:** Activate blood and dredge meridians, dispel stasis and alleviate pain.

**Indication:** 1. Amenorrhoea due to stasis, dysmenorrhea, postpartum abdominal stagnant pain; 2. Mass, stagnant pain of heart and abdomen, traumatic injuries, sore, abscess, swelling and pain.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs

**Precaution:** -

**Contraindication:** Pregnancy.

**Storage:** Store in a cool and dry place and preserve in a well-closed container, and protect from moisture and insects.

**Type of Ingredient:** Plant

### Hong Jing Tian 紅景天

Kirilow Rhodiola Root and Rhizome

*Rhodiolae crenulatae radix et rhizoma*

**Actions:** Promote qi and activate blood, free pulse to calm panting.

**Indication:** Tonifying and replenishing medicinal

**Dosage Range:** 3 – 6g

**Therapeutic Grouping:** Qi tonifying herbs

**Precaution:** -

**Contraindication:** -

**Storage:** Store in a ventilated and dry place, and protect from moisture and insects.

**Type of Ingredient:** Plant

### Hu Zhang 虎杖

Giant Knotweed Rhizome and Root

*Polygoni cuspidate rhizome et radix/ Reynoutria rhizoma et radix*

**Actions:** Excrete dampness and remove jaundice, clear heat and remove toxicity, resolve blood stasis and stop pain, resolve phlegm and relieve cough.

**Indication:** 1. Jaundice of damp-heat type, stranguria; 2. Scald, carbuncle, swelling and sore; 3. Amenorrhoea, dysmenorrhoea, mass, trauma and arthralgia of wind-damp type; 4. Cough due to lung heat.

**Dosage Range:** 9 – 20g

**Therapeutic Grouping:** Damp-excreting herbs

**Precaution:** Used with caution in pregnancy.

**Contraindication:** -

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

### Huai Niu Xi 淮牛膝

Twotooth Achyrantes Root

*Achyranthis bidentatae radix*

**Actions:** Activate blood and dredge meridians, tonify liver and kidney, strengthen tendon and bone, promote diuresis and relieve stranguria, conduct fire (blood) to go downward.

**Indication:** 1. Amenorrhoea due to stasis, dysmenorrhoea, postpartum abdominal pain and traumatic injuries; 2. Aching pain of lower back and knees, atrophy of lower limbs; 3. Stranguria, oedema and dysuria; 4. Headache, vertigo, swollen and painful gum, oral and lingual sore, haemetemesis, epistaxis and so on.

**Dosage Range:** 5 – 15g

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs

**Precaution:** Used with caution in pregnancy.

**Contraindication:** -

**Storage:** Store in a cool and dry place, and protect from moisture and oil seeping.

**Type of Ingredient:** Plant

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Huang Bo 黄柏**

Phellodendron Bark

*Phellodendri chinensis cortex*

**Actions:** Clear heat and dry dampness, purge fire and remove toxicity, subdue deficiency heat.

**Indication:** 1. Damp-Heat syndromes such as jaundice, dysentery, purge fire and remove toxicity, subdue deficiency heat; 2. Heat-toxin syndrome of abscess and sores; 3. Syndrome of yin deficiency and effulgent fire.

**Dosage Range:** 3 – 12g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** Overdosage and long-time taking will impair spleen and stomach

**Contraindication:** It is contraindicated for deficiency-cold syndrome.

**Storage:** Store in a ventilated and dry place, and protect from insects

**Type of Ingredient:** Plant

**Huang Jing 黄精**

Solomonseal Rhizome

*Polygonati rhizoma*

**Actions:** Nourish yin of lung, spleen and kidney, tonify qi of spleen and lung, and nourish kidney essence.

**Indication:** 1. Syndrome of dry cough due to lung deficiency; 2. syndromes of spleen and stomach deficiency; 3. Syndromes of kidney deficiency and essence insufficiency, diabetes.

**Dosage Range:** 9 – 15g

**Therapeutic Grouping:** Tonics.

**Precaution:** Use with caution for dampness accumulation due to spleen deficiency, damp-phlegm stagnation and distending abdomen due to qi stagnation because of sticky and greasy properties.

**Contraindication:** Spleen deficiency with dampness and poor digestion.

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

**Huang Lian 黄连**

Coptis Rhizome

*Coptidis rhizoma*

**Actions:** Clear heat and dry dampness, purge fire and relieve toxicity.

**Indication:** 1. Gastro-intestinal damp-heat syndrome with dysentery and vomiting; 2. Excess heat of heart, stomach and liver meridians; 3. Abscesses, deep-rooted boils and furuncles due to heat toxin or burns.

**Dosage Range:** 1.5 – 11.5g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Deficiency-cold syndrome. Overdosage and long-term use will impair spleen and stomach, yin and fluids.

**Storage:** Store in a ventilated and dry place.

**Type of Ingredient:** Plant

**Huang Qi 黄芪**

Astragalus Root

*Astragali radix*

**Actions:** Tonify qi, raise yang, tonify defensive aspect to secure superficial, relieve oedema through diuretic, dispel toxin to promote skin generation, nourish blood.

**Indication:** 1. Syndrome of spleen-lung qi deficiency; 2. Syndrome of spontaneous sweating due to qi deficiency; 3. Blood deficiency syndrome, and syndrome of both qi and blood deficiency; 4. Oedema and difficult urination due to qi deficiency; 5. Sores and ulcers difficult in bursting, or incurable after bursting.

**Dosage Range:** 9 – 30g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** It is contraindicated in cases of exterior excess with excessive pathogen, internal obstruction, yin deficiency with yang hyperactivity, early stage of sores and ulcers of excessive pathogen and no deficiency of healthy qi, because it can tonify qi, raise yang and strengthen superficial.

**Storage:** Refrigerate or store in a cool and dry place, and protect from moisture and insects.

**Type of Ingredient:** Plant

**Huang Qin 黄芩**

Scutellaria Root

*Scutellariae radix*

**Actions:** Clear heat and dry dampness, purge fire and relieve toxicity, cool Blood and stop bleeding.

**Indication:** 1. Various damp-heat syndrome such as damp-warm, summer dampness,

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stranguria syndrome, dysentery, jaundice; 2. Cough due to lung heat, the pathogens of exogenous warm disease in shaoyang manifested as alternating chill and fever, high fever in qi system; 3. Heat-toxin syndrome such as abscesses, sores, sore throat; 4. Haemorrhagia due to blood heat.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Deficiency heat in lungs, with coldness in the middle burner with diarrhoea, mothers with restless fetus due to cold conditions.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects

**Type of Ingredient:** Plant

### Huo Xiang 藿香

Agastache Herb

*Agastachis Herba*

**Actions:** Nourish yin to clear lung, resolve phlegm, boost qi.

**Indication:** Dampness-dispelling

**Dosage Range:** 4.5 – 11.5 g

**Therapeutic Grouping:** Damp-resolving herbs

**Precaution:** -

**Contraindication:** Conditions of yin deficiency or heat.

**Storage:** Store in a cool and dry place

**Type of Ingredient:** Plant

### Ji Xue Teng 鸡血藤

Suberect Spatholobus Lianoid Stem

*Spatholobi caulis*

**Actions:** Move blood and nourish blood, relax tendon and activate collateral.

**Indication:** 1. Irregular menstruation, dysmenorrhoea and amenorrhoea; 2. Wind-damp arthralgia, numbness of hands and feet, paralysis

**Dosage Range:** 9 – 15g

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs

**Precaution:** -

**Contraindication:** -

**Storage:** Store in a ventilated and dry place, and protect from moisture and insects

**Type of Ingredient:** Plant

### Jiang Huang 姜黄

Turmeric Rhizome

*Curcuma longae rhizome*

**Actions:** Activate blood and move qi, dredge meridians and alleviate pain

**Indication:** 1. Pain of heart, chest, hypochondria and abdomen due to qi stagnation and blood stasis; 2. Wind-damp arthralgia.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs

**Precaution:** -

**Contraindication:** Pregnancy, blood deficiency with signs of stagnation of blood or qi.

**Storage:** Refrigerate or store in a cool and dry place.

**Type of Ingredient:** Plant

### Jie Geng 桔梗

Platycodon Root

*Platycodis radix*

**Actions:** Ventilate lung, dispel phlegm, relieve sore throat, expel pus

**Indication:** 1. Cough with profuse phlegm, oppression in chest; 2. Swollen and painful throat, aphonia; 3. Lung abscess with pyemesis.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Phlegm-resolving herbs

**Precaution:** Overdose can cause nausea and vomiting.

**Contraindication:** Blood in the expectoration, tuberculosis

**Storage:** Refrigerate or store in a cool dry place

**Type of Ingredient:** Plant

### Jin Qian Cao 金钱草

Longhairy Antenoron Herb

*Lysimachiae Herba*

**Actions:** Excrete Damp to relieve jaundice, induce diuresis to treat stranguria, remove toxicity and relieve swelling.

**Indication:** 1. Jaundice; 2. Urolithic stranguria, heat stranguria and gallbladder stone; 3. Canbuncle, swelling, sore and deep-rooted boil, snake bite.

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Dosage Range:** 15 – 60g  
**Therapeutic Grouping:** Damp-excreting herbs  
**Precaution:** -  
**Contraindication:** -  
**Storage:** Store in a dry place  
**Type of Ingredient:** Plant

### Jin Yin Hua 金银花

Honeysuckle Flower Bud  
*Lonicerae japonicae flos*

**Actions:** Clear heat and remove toxicity, disperse Wind-Heat, clear Summer-Heat  
**Indication:** 1. Warm diseases and external contraction of wind-heat; 2. Sores and abscess due to heat-toxicity, swollen and sore throat, dysentery.  
**Dosage Range:** 6 – 30g  
**Therapeutic Grouping:** Heat-clearing herbs  
**Precaution:** Qi or yin deficiency.  
**Contraindication:** Deficiency in the spleen/stomach when there is cold or diarrhoea.  
**Storage:** Refrigerate or store in a cool dry place, and protect from insects  
**Type of Ingredient:** Plant

### Jing Jie 荆芥

Fineleaf Nepeta Herb  
*Nepetae herba*

**Actions:** Dispel wind to release exterior, outthrust rashes, eliminates sore.  
**Indication:** Exterior syndromes, itching, epistaxis, hematemesis and hematochezia.  
**Dosage Range:** 3 – 11.5g  
**Therapeutic Grouping:** Exterior-releasing herbs  
**Precaution:** -  
**Contraindication:** Should not be taken by those with spontaneous sweating or with liver signs such as headache, especially when there is a deficiency. It should not be used for skin diseases that have become full-blown.  
**Storage:** Refrigerate or store in a cool and dry place.  
**Type of Ingredient:** Plant

### Ju Hua 菊花

Chrysanthemum Flower  
*Chrysanthemi flos*

**Actions:** Disperse wind-heat, subdue liver yang, and remove liver heat to improve vision, clear lung heat.

**Indication:** 1. Wind-heat exterior syndrome and warm diseases at defense system; 2. Liver heat, wind-heat and oculus diseases due to liver deficiency; 3. Liver yang or liver heat flaming up leading to vertigo and headache.

**Dosage Range:** 5 – 12g

**Therapeutic Grouping:** Exterior-releasing herbs

**Precaution:** -

**Contraindication:** Qi deficiency with diarrhoea and/ or no appetite.

**Storage:** Refrigerate or store in a cool dry place

**Type of Ingredient:** Plant

### Ku Shen 苦参

Lightyellow Sophora Root  
*Sophorae flavescens radix*

**Actions:** Clear heat and dry dampness, purge fire and remove toxicity, kill parasites and induce diuresis.

**Indication:** 1. Various damp-heat syndromes such as dysentery, jaundice, itching vagina with leukorrhagia; 2. Heat-toxin syndrome such as sore, abscess, and sore throat, swollen and painful gum; 3. Scabies and skin itching, trichomonas vaginal itching and leukorrhagia.

**Dosage Range:** 4.5 – 9g

**Therapeutic Grouping:**

**Precaution:** -

**Contraindication:** Weakness and cold in the spleen and stomach.

**Storage:** Store in a cool and dry place, and protect from moisture

**Type of Ingredient:** Plant

### Ku Xing Ren 苦杏仁

Bitter Apricot Seed  
*Armeniaca amarum semen*

**Actions:** Relieve cough and dyspnoea, moisten intestines for relaxing bowels

**Indication:** 1. Various syndromes of cough and dyspnoea; 2. Intestinal dryness constipation.

**Dosage Range:** 3 – 11.5g

**Therapeutic Grouping:** Antitussive and antiasthmatic herbs

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Precaution:** It should not be overused for its slight toxicity. Use with caution for infants and patients with diarrhoea.

**Contraindication:** -

**Storage:** Refrigerate or store in a cool dry place, and protect from insects.

**Type of Ingredient:** Plant

### Lai Fu Zi 莱菔子

Radish Seed

*Raphani semen*

**Actions:** Promote digestion and relieve distension, direct qi downward and resolve phlegm.

**Indication:** 1. Food stagnation syndrome; 2. Cough and dyspnoea with profuse sputum, oppression in chest and poor appetite.

**Dosage Range:** 4.5 – 12g

**Therapeutic Grouping:** Digestant herbs

**Precaution:** Use with caution for qi deficiency without food stagnation and/ or phlegm accumulation.

**Contraindication:** Weak with deficient qi. It is contradicted with Ren Shen.

**Storage:** Refrigerate or store in a ventilated and dry place, and protect from mold and insects

**Type of Ingredient:** Plant

### Lian Qiao 连翘

Forsythia Fruit

*Forsythiae fructus*

**Actions:** Clear heat and remove toxicity, disperse wind-heat, clear heart-heat.

**Indication:** 1. Warm diseases and external contraction of wind-heat; 2. Abscess and sores, sore throat, scrofula, and subcutaneous nodule.

**Dosage Range:** 6 – 15g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Deficiency and cold spleen/ stomach conditions, sores that are already open or caused by yin deficiency.

**Storage:** Store in a dry place

**Type of Ingredient:** Plant

### Long Dan/ Long Dan Cao 龙胆

Chinese Gentian Root and Rhizome

*Gentianae radix et rhizoma*

**Actions:** Clear heat and dry dampness, purge fire and remove toxicity.

**Indication:** 1. Syndrome of damp-heat in liver, gallbladder and lower energizer; 2. Excess heat of liver and gallbladder and accumulated stomach fire; 3. Abscess and swelling due to heat toxin, sore throat.

**Dosage Range:** 3 – 7.5g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Diarrhoea caused by spleen/ stomach qi deficiency or by persons without true damp-heat symptoms.

**Storage:** Refrigerate or store in a cool dry place.

**Type of Ingredient:** Plant

### Lu Lu Tong 路路通

Beautiful Sweetgum Fruit

*Liquidambaris fructus*

**Actions:** Dispel wind, diuresis, help in menstruation

**Indication:** 1. Arthritis; 2. Numbness and cramps; 3. Oedema; 4. Dysmenorrhoea

**Dosage Range:** 5 – 10g

**Therapeutic Grouping:** Qi-regulating herbs

**Precaution:** May cause heart palpitations.

**Contraindication:** Pregnancy.

**Storage:** Store in a dry place.

**Type of Ingredient:** Plant

### Mai Men Dong/ Mai Dong 麦门冬/麦冬

Dwarf Lilyturf Root Tuber

*Ophiopogonis radix*

**Actions:** Nourish yin of stomach, lung and heart, clear heat of stomach, lung and heart, calm heart and induce tranquilisation.

**Indication:** 1. Stomach yin deficiency syndromes; 2. Lung yin deficiency syndromes; 3. Heart yin deficiency syndromes

**Dosage Range:** 6 – 15g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Weak spleen and stomach with coldness and diarrhoea.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Mai Ya 麦芽**

Germinated Barley

*Hordei germinates fructus***Actions:** Promote digestion and invigorate spleen, stop lactation, and release distension.**Indication:** 1. Food stagnation syndrome; 2. Terminate lactation, breast distension.**Dosage Range:** 10 – 15g**Therapeutic Grouping:** Digestant herbs**Precaution:** -**Contraindication:** Pregnancy, nursing mothers, those without food stagnation.**Storage:** Store in a cool and dry place, and protect from moisture and insects**Type of Ingredient:** Plant**Man Jing Zi 蔓荆子**

Simpleleaf Shrub Chastetree Fruit

*Viticis fructus***Actions:** Disperse wind-heat, relieve pain**Indication:** 1. Wind-heat exterior syndrome; 2. Pain syndromes.**Dosage Range:** 5 – 12 g**Therapeutic Grouping:** Exterior-releasing herbs**Precaution:** -**Contraindication:** Blood, yin, or stomach deficiency.**Storage:** Store in a ventilated and dry place.**Type of Ingredient:** Plant**Mo Yao 没药**

Myrrh

*Myrrha***Actions:** Activate Blood and alleviate pain, resolve swelling and promote tissue regeneration.**Indication:** 1. Pain due to qi stagnation and blood stasis; 2. Traumatic injuries, sore, abscess, carbuncle and swelling.**Dosage Range:** 3 – 5g**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs**Precaution:** This herb is drastically pungent with strong stimulation to stomach and easily causes nausea and vomiting. It should not be taken in large doses or for a long time. Use with caution for patients with weak stomach.**Contraindication:** Pregnancy**Storage:** Store in a cool and dry place.**Type of Ingredient:** Plant**Mu Dan Pi 牡丹皮**

Tree Peony Bark

*Moutan Radicis Cortex***Actions:** Clear heat and cool blood, activate blood and resolve stasis, reduce deficiency heat.**Indication:** 1. Heat entering nutrient-blood system in warm diseases; 2. Syndrome of blood stasis; 3. Syndrome of deficiency heat**Dosage Range:** 6 – 12g**Therapeutic Grouping:** Heat-clearing herbs**Precaution:** -**Contraindication:** Pregnancy, excessive menstrual flow.**Storage:** Store in a ventilated and dry place**Type of Ingredient:** Plant**Niu Bang Zi 牛蒡子**

Great Burdock Achene

*Arctii fructus***Actions:** Disperse wind-heat, clear the toxic heat, relieve sore throat, promote eruption.**Indication:** 1. Wind-heat exterior syndrome or warm diseases at the defense system; 2. Heat toxin syndrome such as swollen and painful throat, ulcer and carbuncle, mumps; 3. Unsmooth eruption of measles at the early stage.**Dosage Range:** 6 – 12g**Therapeutic Grouping:** Exterior-releasing herbs**Precaution:** It is not suitable for deficiency-cold loose stool because of its cold property and the action of lubricating the intestines.**Contraindication:** Diarrhoea**Storage:** Store in a cool and dry place, and protect from moisture**Type of Ingredient:** Plant**Nu Zhen Zi 女贞子**

Glossy Privet Fruit

*Ligustri lucidi fructus***Actions:** Nourish Liver and Kidney, improve sight**Indication:** Syndromes of liver and kidney yin deficiency**Dosage Range:** 6 – 12g**Therapeutic Grouping:** Tonics

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

**Precaution:** -

**Contraindication:** Yang deficiency of the spleen with cold and diarrhoea.

**Storage:** Store in a dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

**Pei Lan 佩兰**

Fortune Eupatorium Herb

*Eupatorh herba*

**Actions:** Resolve dampness, release exterior.

**Indication:** 1. Syndrome of damp obstruction of middle energizer; 2. The early stage of summer-damp syndrome and damp-warm syndrome.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Damp-resolving herbs

**Precaution:** -

**Contraindication:** Yin deficiency

**Storage:** Store in a cool and dry place.

**Type of Ingredient:** Plant

**Pi Pa Ye 枇杷叶**

Loquat Leaf

*Eriobotryae folium*

**Actions:** Clear lung heat and resolve phlegm, stop cough and relieve dyspnea, clear stomach and stop vomiting

**Indication:** 1. Cough due to lung heat; 2. Vomiting caused by stomach heat.

**Dosage Range:** 6 – 12g

**Therapeutic Grouping:** Antitussive and antiasthmatic herbs

**Precaution:** -

**Contraindication:** Cold

**Storage:** Store in a cool and dry place, and protect from moisture.

**Type of Ingredient:** Plant

**Pu Gong Ying 蒲公英**

Mongolian Dandelion Herb

*Taraxaci herba*

**Actions:** Clear heat and remove toxicity, clear heat from liver, stomach and lung, clear heat and remove dampness.

**Indication:** 1. Sores and abscess due to heat-toxicity; 2. Swollen and sore throat, swelling and pain of gum, red eyes with swelling and pain; 3. All syndromes of damp-heat.

**Dosage Range:** 9 – 15g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** Overdosage may cause laxness.

**Contraindication:** -

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

**Pu Huang 蒲黄**

Cattail Pollen

*Typhae pollen*

**Actions:** Hemostatic, dissipate stasis, induce diuresis and relieve strangury.

**Indication:** Bleeding, pain due to blood stasis, blood stranguria and hematuria

**Dosage Range:** 5 – 10g

**Therapeutic Grouping:** Hemostatics

**Precaution:** -

**Contraindication:** Pregnancy

**Storage:** Store in a ventilated and dry place, and protect from moisture and insects.

**Type of Ingredient:** Plant

**Qing Pi 青皮**

Green Tangerine Peel

*Citri reticulatae pericarpium viride*

**Actions:** Soothe liver and breaks qi, promote digestion and remove food stagnation.

**Indication:** Syndrome of liver depression and qi stagnation, abdominal pain due to qi stagnation or food retention, abdominal pain and mass.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Qi-moving herbs

**Precaution:** Use with caution by individuals who are weak with low energy due to spleen qi deficiency.

**Contraindication:** -

**Storage:** Store in a ventilated and dry place, and protect from insects.

**Type of Ingredient:** Plant

**Quan Shen 拳参**

Bistortae Rhizoma

*Polygonum bistorta*

**Actions:** Clear heat and remove toxicity, reduce swelling, stop bleeding.

**Indication:** Diarrhoea, cough due to lung heat, swelling, mouth ulcer, haemorrhoid, snake bites.

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Dosage Range:** 5 – 10g  
**Therapeutic Grouping:** Heat-clearing herbs  
**Precaution:** -  
**Contraindication:** -  
**Storage:** Store in a cool and dry place.  
**Type of Ingredient:** Plant

### Rou Cong Rong 肉苁蓉

Desert-living Cistanche  
*Cistanches herba*

**Actions:** Tonify kidney yang, supplement essence and blood, moisten intestines to smooth stool.

**Indication:** 1. Deficiency of kidney yang, insufficiency of essence and blood; 2. Constipation due to intestinal fluid consumption.

**Dosage Range:** 6 – 12g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Yin deficiency with heat signs or when there is diarrhoea from either deficient spleen or stomach or pathogenic heat.

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

### Rou Gui 肉桂

Cinnamon Bark  
*Cinnamomi cortex*

**Actions:** Warm and tonify the life gate fire, conduct fire back to its origin, warm the middle and fortify spleen, warm the meridian and dissipate cold to relieve pain.

**Indication:** Yang-deficiency syndrome, all pain syndromes due to congealing cold, congealing cold and blood stasis syndrome.

**Dosage Range:** 1 – 5g

**Therapeutic Grouping:**

**Precaution:** -

**Contraindication:** Syndrome of yin deficiency with fire effulgent, hemorrhage due to blood heat and pregnancy. It is incompatible with Chi Shi Zhi.

**Storage:** Refrigerate and preserve in a well-closed container.

**Type of Ingredient:** Plant

### Ru Xiang 乳香

Frankincense  
*Olibanum*

**Actions:** Activate blood, move qi and alleviate pain, resolve swelling and promote tissue regeneration.

**Indication:** 1. Pain due to qi stagnation and blood stasis; 2. Traumatic injuries, sore, abscess, carbuncle and swelling.

**Dosage Range:** 3 – 6g

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs

**Precaution:** The herb is drastically pungent with strong stimulation to stomach and easily causes nausea and vomiting. So it should not be taken by large dose or for a long time. Use with cautions for patients with weak stomach.

**Contraindication:** Pregnancy and Spleen Deficiency.

**Storage:** Store in a cool and dry place

**Type of Ingredient:** Plant

### San Qi 三七

Notoginseng Root  
*Notoginseng radix*

**Actions:** Resolve blood stasis and stop bleeding, activate blood and alleviate pain

**Indication:** 1. Bleeding; 2. Traumatic injury, swelling and pain due to blood stasis.

**Dosage Range:** 3 – 11.5g

**Therapeutic Grouping:** Hemostatics

**Precaution:** Use with caution in blood deficiency or yin deficiency or without stagnation of blood.

**Contraindication:** Pregnancy

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

### Sang Bai Pi 桑白皮

Mulberry Root bark  
*Mori cortex*

**Actions:** Purge lung to relieve dyspnoea, induce diuresis to alleviate oedema.

**Indication:** 1. Cough and dyspnoea due to lung heat; 2. Oedema

**Dosage Range:** 6 – 12g

**Therapeutic Grouping:** Antitussive and antiasthmatic herbs.

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Precaution:** It should be used with caution for patients with much urine.

**Contraindication:** It is contraindicated for lung cold and wind-cold cough patients for its cold and descending property.

**Storage:** Store in a ventilated and dry place, and protect from moisture and insects.

**Type of Ingredient:** Plant

### Sang Ji Sheng 桑寄生

Chinese Taxillus Herb

*Taxilli herba*

**Actions:** Dispel wind-damp, tonify liver and kidney, strengthen tendons and bones, prevent miscarriage.

**Indication:** 1. Arthralgia syndrome due to wind-damp; 2. Deficiency of liver and kidney, threatened abortion.

**Dosage Range:** 9 – 15g

**Therapeutic Grouping:** Wind-Damp-dispelling herbs

**Precaution:** -

**Contraindication:** -

**Storage:** Store in a ventilated and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

### Sang Shen/ Sang Shen Zi 桑椹

Mulberry Fruit

*Mori fructus*

**Actions:** Rejuvenate yin and replenishing blood, improve hydration.

**Indication:** 1. Dizziness and vertigo; 2. Insomnia; 3. Thirsty; 4. Constipation.

**Dosage Range:** 9 – 15g

**Therapeutic Grouping:** Exterior-releasing herbs

**Precaution:** -

**Contraindication:** Diarrhoea due to spleen deficiency.

**Storage:** Store in a cool and dry place, and protect from insects

**Type of Ingredient:** Plant

### Sang Ye 桑葉

Mulberry Leaf

*Mori folium*

**Actions:** Disperse wind-heat, clear lung and moisten dryness, clear liver to improve vision.

**Indication:** Wind-heat exterior syndrome and warm diseases at the defense system, lung heat or dryness-heat cough, oculus diseases, headache and dizziness due to liver heat.

**Dosage Range:** 3 – 12g

**Therapeutic Grouping:** Exterior-releasing herbs

**Precaution:** -

**Contraindication:** Weakness and cold in the lungs.

**Storage:** Store in a cool and dry place, and protect from moisture.

**Type of Ingredient:** Plant

### Sha Ren 砂仁

Villous Amomum Fruit

*Amomi fructus*

**Actions:** Resolve dampness and move qi, warm middle energizer and arrest vomiting, check diarrhoea and prevent abortion.

**Indication:** 1. Syndrome of damp obstruction and qi stagnation of spleen and stomach; 2. Vomiting and diarrhoea due to deficiency-cold of spleen and stomach; 3. Threatened abortion due to qi stagnation

**Dosage Range:** 3 – 7.5g

**Therapeutic Grouping:** Damp-resolving herbs

**Precaution:** -

**Contraindication:** Yin Deficiency when there are heat signs.

**Storage:** Refrigerate or store in a cool and dry place.

**Type of Ingredient:** Plant

### Sha Shen(Bei) 北沙参

Coastal Glehnia Root

*Glehniae radix*

**Actions:** Nourish yin of lung and stomach, clear heat of lung and stomach.

**Indication:** 1. Lung yin deficiency syndromes; 2. Stomach yin deficiency syndromes

**Dosage Range:** 4.5 – 12g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Wind-cold or weak cold spleen.

**Storage:** Store in a cool and dry place, and protect from moisture and insects

**Type of Ingredient:** Plant

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Shan Ci Gu 山慈菇**

Appendiculate Cremastra Pseudobulb  
*Cremastrae Pseudobulbus*  
*Pleiones Pseudobulbus*

**Actions:** Clear heat and remove toxicity, resolve phlegm.

**Indication:** 1. Reduce swelling and remove toxin; 2. Insect and snake bites.

**Dosage Range:** 3 – 9g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** -

**Storage:** Store in a cool dry place.

**Type of Ingredient:** Plant

**Shan Dou Gen 山豆根**

Vietnamese Sophora Root  
*Sophorae tonkinensis radix et rhizoma*

**Actions:** Clear heat and remove toxicity, alleviate sore throat and relieve swelling.

**Indication:** 1. Swollen and sore throat; 2. Abscess with swelling due to heat-toxicity

**Dosage Range:** 3 – 11.5g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** It is extremely bitter and cold, and poisonous; overdosage should be avoided since that may easily cause nausea, vomiting, dizziness, headache, diarrhoea, and abdominal pain, weakness of four extremities, palpitation, and oppression in chest, even deadly cold hands and feet, spasm, and so on.

**Contraindication:** Pregnancy, diarrhoea caused by spleen qi deficiency.

**Storage:** Store in a ventilated and dry place, and protect from insects

**Type of Ingredient:** Plant

**Shan Yao 山药**

Chinese yam  
*Dioscoreae rhizoma*

**Actions:** Tonify qi, nourish yin, and tonify spleen, lung and kidney.

**Indication:** 1. Spleen qi deficiency syndromes; 2. Lung qi deficiency syndromes; 3. Kidney deficiency syndromes; 4. For diabetes due to both qi and yin deficiency

**Dosage Range:** 10 – 30g

**Therapeutic Grouping:** Tonics

**Precaution:** Use with caution when there is excess heat or dampness, especially dampness in the abdomen.

**Contraindication:**

**Storage:** Refrigerate or store in a cool dry place

**Type of Ingredient:** Plant

**Shan Zha 山楂**

Hawthorn Fruit  
*Crataegi fructus*

**Actions:** Promote digestion and dissipate food stagnation, activate blood and resolve stasis.

**Indication:** 1. Food stagnation; 2. Chest and abdominal pain, dysmenorrhoea due to blood stagnation.

**Dosage Range:** 3 – 15g

**Therapeutic Grouping:** Digestant herbs

**Precaution:** Used with caution in peptic ulcer

**Contraindication:** Spleen and stomach deficiency.

**Storage:** Store in a ventilated and dry place, and protect from insects.

**Type of Ingredient:** Plant

**Shan Zhi Zi/ Zhi Zi 山梔子/梔子**

Capejasmine Fruit  
*Gardeniae fructus*

**Actions:** Purge Fire and eliminate irritability, cool blood and stop bleeding, clear heat and relieve toxicity, clear and excrete damp-heat.

**Indication:** 1. Irritability and restlessness due to exuberant heat at qi system of arm diseases; 2. Excess heat syndrome of heart, liver and stomach; 3. Bleeding due to blood heat; 4. Heat-toxin syndrome; 5. Jaundice and stranguria due to damp-heat.

**Dosage Range:** 3 – 11.5g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** Being strongly bitter in flavor and cold in nature, it is not good for deficiency-cold syndrome because it can easily impair spleen and stomach.

**Contraindication:** Diarrhoea or cold with deficiency.

**Storage:** Refrigerate or store in a cool dry place.

**Type of Ingredient:** Plant

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Shan Zhu Yu 山茱萸**

Cornus Sarcocarp

*Corni sarcocarpium***Actions:** Tonify liver and kidney, secure essence and astringe sweat, stop bleeding.**Indication:** 1. Insufficiency of liver and kidney; 2. Seminal emission, spermatorrhoea, enuresis, frequent urination; 3. Metrorrhagia and metrostaxis; 4. Profuse sweating and collapse due to deficiency.**Dosage Range:** 5 – 12g**Therapeutic Grouping:** Astringents**Precaution:** -**Contraindication:** Fire symptoms or damp-heat and difficult or painful urination.**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.**Type of Ingredient:** Plant**She Chuang Zi 蛇床子**

Common Cnidium Fruit

*Cnidii fructus***Actions:** Dry dampness, kill parasites and relieve itching for external application, warm kidney and strengthen yang, dispel cold and dry dampness for internal application.**Indication:** 1. Eczema, scabies, tinea and itching of skin; 2. Syndrome of kidney yang deficiency; 3. Leukorrhagia and arthralgia due to cold-damp.**Dosage Range:** 3 – 11.5g**Therapeutic Grouping:** Herbs for toxin-counteracting, parasites-killing, putridity resolving and wound-healing herbs**Precaution:** -**Contraindication:** Conditions of internal damp-heat, yin deficiency with heat signs.**Storage:** Store in a dry place.**Type of Ingredient:** Plant**Shen Qu 神曲**

Medicated Leaven

*Massa medicata fermentata***Actions:** Promote digestion and harmonise stomach**Indication:** Food stagnation**Dosage Range:** 6 – 15g**Therapeutic Grouping:** Digestant herbs**Precaution:** -**Contraindication:** Pregnancy, stomach Fire.**Storage:** Refrigerate or store in a cool dry place**Type of Ingredient:** Plant**Sheng Di Huang 生地黃**

Dried Rehmannia Root Tuber

*Rehmanniae radix***Actions:** Clear heat and cool blood, stop bleeding, nourish yin.**Indication:** 1. Heat entering nutrient-blood in warm diseases; 2. Bleeding due to blood heat; 3. Syndrome of yin deficiency.**Dosage Range:** 9 – 30g**Therapeutic Grouping:** Heat-clearing herbs**Precaution:** Used with caution in spleen deficiency and diarrhoea.**Contraindication:** Pregnancy. Spleen qi or yang deficiency especially when there is dampness in conditions such as diarrhoea, lack of appetite or excess phlegm.**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.**Type of Ingredient:** Plant**Sheng Jiang 生姜**

Fresh Ginger Rhizome

*Zingiberis rhizoma recens***Actions:** Disperse wind-cold, warm the middle energizer to stop vomiting, warm lung to stop cough.**Indication:** 1. Wind-cold exterior syndrome; 2. Stomach cold and vomiting syndrome; 3. Cough due to cold of the lung.**Dosage Range:** 3 – 10g**Therapeutic Grouping:** Exterior-releasing herbs**Precaution:** Use with caution for yin deficiency with internal heat and heat exuberance because it helps promote fire and injure yin.**Contraindication:** Exterior deficiency with sweating or damp heat conditions.**Storage:** Store in a cool damp place, not to freeze.**Type of Ingredient:** Plant

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

**Sheng Ma 升麻**

Largetrifolious Bugbane Rhizome

*Cimicifugae rhizoma***Actions:** Release exterior and cure fever, promote eruption, clear heat and relieve toxicity, ascending yang qi.**Indication:** 1. Fever due to exterior syndrome; 2. Unsmooth eruption of measles that still at the beginning stage; 3. Toxic heat syndromes; 4. Sinking of middle qi.**Dosage Range:** 3 – 11.5g**Therapeutic Grouping:** Exterior-releasing herbs**Precaution:** -**Contraindication:** Full-blown measles or yin deficiency, excess in the upper regions and deficiency in the lower part of the body.**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.**Type of Ingredient:** Plant**Shi Chang Pu 石菖蒲**

Acrours Rhizome

*Acori tatarinowii rhizoma***Actions:** Induce resuscitation and refresh mind, resolve dampness and harmonise stomach, calm heart, and induce tranquilisation.**Indication:** 1. Block pattern of coma; 2. Retention of dampness in the middle energizer; 3. Insomnia and amnesia.**Dosage Range:** 3 – 10g**Therapeutic Grouping:** Resuscitative herbs**Precaution:** Excessive sweating or spermatorrhoea.**Contraindication:** Yin deficiency with heat signs.**Storage:** Store in a dry place, and protect from mold.**Type of Ingredient:** Plant**Shi Hu 石斛**

Dendrobium stem

*Dendrobii caulis***Actions:** Nourish yin of stomach and kidney, clear heat of stomach and descend kidney fire.**Indication:** 1. Stomach yin deficiency syndromes; 2. Kidney yin deficiency syndromes.**Dosage Range:** 6 – 15g**Therapeutic Grouping:** Tonics**Precaution:** -**Contraindication:** Absence of signs of heat and dryness or in the beginning of febrile diseases.**Storage:** Store in a ventilated and dry place, and protect from moisture.**Type of Ingredient:** Plant**Shi Jian Chuan 石见穿**

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*Herba salviae chinensis/ Salvia chinensis Benth***Actions:** Transform stasis and dissipate nodules, clear heat and drain dampness**Indication:** pain and swelling, epigastric and hypochondriac distension and pain.**Dosage Range:** 6 - 15g**Therapeutic Grouping:** Herbs that invigorate the blood**Precaution:** -**Contraindication:** -**Storage:** Store in a dry place, protect from moisture.**Type of Ingredient:** Plant**Shu Di Huang 熟地黄**

Prepared Rehmannia Root

*Rehmanniae radix preparata***Actions:** Tonify blood, nourish yin of liver and kidney, supplement essence.**Indication:** 1. Blood deficiency syndrome; 2. Deficiency of liver-kidney yin; 3. Syndrome of both essence and blood deficiency.**Dosage Range:** 9 – 15g**Therapeutic Grouping:** Tonics**Precaution:** Use with caution by those with weak digestion and spleen qi.**Contraindication:** Stagnation of qi or phlegm.**Storage:** Store in a cool dry place.**Type of Ingredient:** Plant**Suan Zao Ren 酸枣仁**

Jujube Seed

*Ziziphi spinosae semen***Actions:** Tonify heart and nourish liver, induce tranquilisation, check sweating.**Indication:** 1. Syndrome of unsteadiness of heart-mind; 2. Hyperhidrosis due to deficiency.**Dosage Range:** 3 – 18g**Therapeutic Grouping:** Tranquilising herbs

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

**Precaution:** -

**Contraindication:** Extreme fire in the body or severe diarrhoea.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

### Tai Zi Shen 太子参

Heterophylly Falsestarwort Root

*Pseudostellariae radix*

**Actions:** Tonify qi, nourish yin.

**Indication:** Both qi and yin deficiency of spleen, lung and heart.

**Dosage Range:** 9 – 30g

**Therapeutic Grouping:** Tonics.

**Precaution:** -

**Contraindication:** Should not be used with Li Lu.

**Storage:** Store in a cool and dry place, and protect from moisture and insects.

**Type of Ingredient:** Plant

### Tao Ren 桃仁

Peach Kernel

*Persicae semen*

**Actions:** Activate blood and resolve stasis, moisten intestine and relax bowel, stop cough and relieve dyspnea.

**Indication:** 1. Syndrome of Blood stasis; 2. Lung abscess and intestine abscess; 3. Constipation due to dry intestine.

**Dosage Range:** 4.5 – 10g

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs

**Precaution:** Use with caution for loose stool. Do not overuse because of its toxicity.

**Contraindication:** Pregnancy

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

### Teng Li Gen 藤梨根

-

*Actinidiae Radix*

**Actions:** Clears heat and removes toxicity, disperses wind and promotes diuresis, invigorates the blood and dissipates nodules

**Indication:** Rheumatic arthralgia, sores and abscesses, traumatic injuries

**Dosage Range:** 15 – 60g

**Therapeutic Grouping:** Herbs that clear heat

**Precaution:** -

**Contraindication:** -

**Storage:** Store in a dry place, protect from moisture.

**Type of Ingredient:** Plant

### Tian Ma 天麻

Gastrodia Tuber

*Gastrodiae rhizoma*

**Actions:** Extinguish wind and stop spasm, pacify liver yang, dispel wind and unblock collateral.

**Indication:** 1. Syndrome of stirring of liver wind; 2. Syndrome of liver yang hyperactivity; 3. Wind stroke, wind-damp arthralgia

**Dosage Range:** 3 – 11.5g

**Therapeutic Grouping:** Wind-extinguishing and spasm-stopping herbs

**Precaution:** Should not be taken in large doses or for extended period of time.

**Contraindication:** -

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold.

**Type of Ingredient:** Plant

### Ting Li Zi 葶苈子

Pepperweed Seed/ Tansymustard Seed

*Lepidii semen/ Descurainiae semen*

**Actions:** Purge lung to relieve dyspnea, induce diuresis to alleviate oedema

**Indication:** 1. Cough and dyspnea due to phlegm congestion of lung; 2. Oedema, pleural and peritoneal fluid.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Antitussive and antiasthmatic herbs

**Precaution:** With strong action it can damage healthy qi, so it is fit for excess syndromes. It should be used with cautions for lung qi deficiency cough and spleen deficiency oedema.

**Contraindication:** -

**Storage:** Store in a ventilated and dry place

**Type of Ingredient:** Plant

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Tu Fu Ling 土茯苓**

Smooth Greenbrier Rhizome

*Smilacis glabrae rhizoma***Actions:** Clear heat and remove toxicity, excrete dampness.**Indication:** 1. Abscess and sores; 2. Stranguria, leucorrhoea, eczema and pruritus.**Dosage Range:** 15 – 60g**Therapeutic Grouping:** Heat-clearing herbs**Precaution:** -**Contraindication:** -**Storage:** Refrigerate or store in a cool and dry place**Type of Ingredient:** Plant**Tu Si Zi 菟丝子**

Chinese Dodder Seed

*Cuscutae semen***Actions:** Tonify kidney, nourish essence, nourish liver to improve vision, secure essence, reduce urination and stop leukorrhagia, tonify spleen to check diarrhoea, previous abortion.**Indication:** 1. Impotence, seminal emission, sterility, enuresis, frequent urination, leukorrhagia due to kidney deficiency; 2. Deficiency of liver and kidney, dim and poor vision; 3. Deficiency of both spleen and kidney, loose stool and diarrhoea.**Dosage Range:** 6 – 12g**Therapeutic Grouping:** Tonics**Precaution:** -**Contraindication:** Pregnancy**Storage:** Refrigerate or store in a cool and dry place, and protect from moisture.**Type of Ingredient:** Plant**Wang Bu Liu Xing 王不留行**

Cowherb Seed

*Vaccariae semen***Actions:** Activate blood and regulate menstruation, promote diuresis, promote lactation and dissolve oedema**Indication:** 1. Amenorrhoea; 2. Dysmenorrhoea; 3. Lactation; 4. Oedema; 5. Pain.**Dosage Range:** 4.5 – 11.5g**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs**Precaution:** -**Contraindication:** Pregnancy**Storage:** Refrigerate or store in a cool and dry place, and protect from insects**Type of Ingredient:** Plant**Wei Ling Xian 威灵仙**

Clematis Root

*Clematidis radix et rhizoma***Actions:** Dispel wind-damp, unblock collaterals and alleviate pain.**Indication:** 1. Arthralgia syndrome due to wind-damp.**Dosage Range:** 6 – 12g**Therapeutic Grouping:** Wind-damp-dispelling herbs**Precaution:** -**Contraindication:** Deficiency of either qi or blood.**Storage:** Store in a ventilated and dry place**Type of Ingredient:** Plant**Wu Ling Zhi 五灵脂**

Flying Squirrel feces

*Troglodyteri sive Pteromi***Actions:** Disperses congealed blood in the lower abdomen and uterus and relieves pain; promotes childhood nutrition with cold stagnation and focal abdominal swelling.**Indication:** Fibroids, ovarian and uterine cysts, tumors, swollen abdomen caused by malnutrition.**Dosage Range:** 3 – 9g**Therapeutic Grouping:** Herbs that invigorate the Blood**Precaution:** -**Contraindication:** Pregnancy. Traditionally not to be used with Ginseng.**Storage:** -**Type of Ingredient:** Excrement**Wu Mei 乌梅**

Dark Plum Fruit

*Mume fructus***Actions:** Astringe intestines to check diarrhoea, astringe Lung to check cough, quiet ascaris, promote the generation of fluid.**Indication:** 1. Chronic diarrhoea and dysentery; 2. Chronic cough due to lung deficiency; 3. Abdominal pain due to ascaris; 4. Diabetes due to deficiency heat

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Dosage Range:** 6 – 12g

**Therapeutic Grouping:** Astringents

**Precaution:** -

**Contraindication:** Excess and stagnation with internal heat or when there is an external pathogenic influence present.

**Storage:** Store in a cool and dry place, and protect from moisture.

**Type of Ingredient:** Plant

### Wu Wei Zi 五味子

Schisandra fruit

*Schisandrae fructus*

**Actions:** Astringe lung and intestines, secure essence replenish qi and nourish kidney, promote the generation of fluid to relieve thirst, calm heart and induce tranquilisation.

**Indication:** 1. Chronic cough and dyspnoea of deficiency type; 2. Chronic diarrhoea; 3. Seminal emission and spermatorrhoea; 4. Spontaneous sweating, night sweat; 5. Thirst due to fluid injury, diabetes; 6. Palpitations, insomnia, and dream-disturbed sleep

**Dosage Range:** 1.5 – 7.5g

**Therapeutic Grouping:** Astringents

**Precaution:** -

**Contraindication:** Internal heat or externally contracted disease.

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold.

**Type of Ingredient:** Plant

### Xi Yang Shen 西洋参

American Ginseng

*Panax quinquefolii radix*

**Actions:** Tonify qi, nourish yin, clear heat and promote the generation of body fluid.

**Indication:** 1. Syndrome of both *qi* and *yin* deficiency, diabetes; 2. Both *qi* and *yin* deficiency with effulgent fire, cough with hemoptysis.

**Dosage Range:** 3 – 12g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Symptoms of a cold damp stomach.

**Storage:** Refrigerate or store in a cool and dry place, preserve in a well-closed container, and protect from light, dust, insects and oil seeping.

**Type of Ingredient:** Plant

### Xia Ku Cao 夏枯草

Prunella Spike

*Prunellae spica*

**Actions:** Clear and purge liver fire, relieve toxicity and dissipate nodulation

**Indication:** 1. Up-flaming of liver fire; 2. Phlegm and fire combined, sores and abscesses due to heat toxin.

**Dosage Range:** 9 – 15g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Weak stomach or spleen associated with coldness.

**Storage:** Refrigerate or store in a cool dry place

**Type of Ingredient:** Plant

### Xian He Cao 仙鹤草

Hairyvein Agrimonia Herb

*Agrimoniae herba*

**Actions:** Astringe and stop bleeding, check dysentery, tonify deficiency.

**Indication:** 1. Bleeding; 2. Diarrhoea and dysentery

**Dosage Range:** 6 – 15g

**Therapeutic Grouping:** Hemostatics

**Precaution:** Extreme Heat of Fire symptoms.

**Contraindication:** -

**Storage:** Store in a ventilated and dry place, and protect from moisture and mold.

**Type of Ingredient:** Plant

### Xiang Fu 香附

Cyperus Rhizome

*Cyperi rhizoma*

**Actions:** Soothe liver and regulate qi, regulate menorrhoea and alleviate pain.

**Indication:** 1. Liver depression and qi stagnation syndrome; 2. Menoxenia, dysmenorrhoea, breast distending pain.

**Dosage Range:** 6 – 11.5g

**Therapeutic Grouping:** Qi-moving herbs

**Precaution:** -

**Contraindication:** -

**Storage:** Store in a ventilated and dry place, and protect from insects

**Type of Ingredient:** Plant

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Xiao Hui Xiang 小茴香**

Fennel Fruit

*Foeniculi fructus***Actions:** Dissipate cold and relieve pain, regulates qi to harmonise stomach.**Indication:** Hernia with abdominal pain, dysmenorrhea, congealing cold and qi stagnation in middle energizer.**Dosage Range:** 3 – 11.5g**Therapeutic Grouping:** Interior-warming herbs**Precaution:** -**Contraindication:** Yin deficiency with heat signs or excess heat.**Storage:** Store in a cool and dry place.**Type of Ingredient:** Plant**Xie Bai 薤白**

Longstamen Onion Bulb

*Allii macrostemonis bulbosus***Actions:** Activate yang and dissipate nodulation, move qi and relieve stagnation.**Indication:** 1. Chest impediment; 2. Chest and abdominal distension, diarrhoea, and dysentery with tenesmus.**Dosage Range:** 5 – 10g**Therapeutic Grouping:** Qi-moving herbs**Precaution:** -**Contraindication:** -**Storage:** Store in a ventilated and dry place, and protect from insects.**Type of Ingredient:** Plant**Xin Yi 辛夷**

Magnolia Flower Bud

*Magnoliae flos***Actions:** Disperse wind, relieve stuffy nose.**Indication:** Wind-Cold exterior syndrome, nasal stuffiness and discharge.**Dosage Range:** 3 – 11.5g**Therapeutic Grouping:** Exterior-releasing herbs**Precaution:** Overdose may cause dizziness and/ or red eyes.**Contraindication:** Yin deficient with signs of Heat.**Storage:** Refrigerate or store in a cool and dry place.**Type of Ingredient:** Plant**Xu Duan 续断**

Dipsacus Root

*Dipsaci radix***Actions:** Tonify liver and kidney, strengthen tendons and bones, promote blood circulation, continue the physique, and prevent abortion.**Indication:** 1. Deficiency of liver and kidney, weak tendons and bones; 2. Falling, hitting and other injuries, hematoma, swelling and pain, tendons injuries and fracture; 3. Threatened abortion, vaginal bleeding during pregnancy, habitual abortion.**Dosage Range:** 9 – 15g**Therapeutic Grouping:** Tonics**Precaution:** -**Contraindication:** Yin deficiency with signs of heat.**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.**Type of Ingredient:** Plant**Xuan Shen 玄参**

Scrophularia Root

*Scrophulariae radix***Actions:** Clear heat and cool blood, purge fire, remove toxicity, nourish yin for lowering fire.**Indication:** 1. Heat entering nutrient-blood in warm diseases; 2. Swollen and sore throat, sores and abscess, scrofula and subcutaneous nodule; 3. Yin deficiency with body fluid consumption, strain cough and bone-steaming.**Dosage Range:** 9 – 15g**Therapeutic Grouping:** Heat-clearing herbs**Precaution:** It is antagonistic to Li Lu.**Contraindication:** Spleen or stomach deficiency or dampness especially when there is diarrhoea.**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.**Type of Ingredient:** Plant**Yan Hu Suo 延胡索**

Corydalis Tuber

*Corydalis Rhizoma***Actions:** Activate blood, promote flow of qi, alleviate pain.**Indication:** Pain due to blood stasis and qi stagnation.**Dosage Range:** 3 – 12g

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs

**Precaution:** -

**Contraindication:** Pregnancy

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

#### Ye Jiao Teng/ Shou Wu Teng 夜交藤/ 首乌藤

Polygonum Vine

*Polygoni Multiflori Caulis*

**Actions:** Nourish heart and induce tranquilisation, dispel wind and unblock collateral.

**Indication:** 1. Insomnia due to restlessness of deficiency, dream-disturbed sleep; 2. Pain of body due to blood deficiency, wind-damp arthralgia; 3. Itching rash of skin.

**Dosage Range:** 9 – 15g

**Therapeutic Grouping:** Tranquilising herbs

**Precaution:** -

**Contraindication:** Diarrhoea

**Storage:** Refrigerate or store in a cool dry place.

**Type of Ingredient:** Plant

#### Yi Mu Cao 益母草

Motherwort Herb

*Leonuri herba*

**Actions:** Activate blood and regulate menstruation, promote diuresis and dissolve oedema, clear heat and relieve toxicity.

**Indication:** 1. Various syndromes caused by blood stasis such as amenorrhoea due to stasis, dysmenorrhoea, and postpartum abdominal stagnant pain; 2. Oedema, dysuria; 3. Sore and abscess.

**Dosage Range:** 9 – 30g

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs

**Precaution:** -

**Contraindication:** Pregnancy, blood deficiency, yin deficiency.

**Storage:** Store in a dry place

**Type of Ingredient:** Plant

#### Yi Yi Ren 薏苡仁

Coix Seed

*Coicis semen*

**Actions:** Induce diuresis and drain dampness, invigorate spleen to check diarrhoea, treat arthralgia, clear heat, and drain pus

**Indication:** 1. Oedema, dysuria and downward flow of damp turbidity to the foot; 2. Diarrhoea due to spleen deficiency; 3. Arthralgia; 4. Pulmonary abscess and intestinal abscess.

**Dosage Range:** 9 – 30g

**Therapeutic Grouping:** Damp-excreting herbs

**Precaution:** Use with caution in pregnancy.

**Contraindication:** -

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

#### Yi Zhi/ Yi Zhi Ren 益智

Sharpleaf Galangal Fruit

*Alpiniae oxyphyllae fructus*

**Actions:** Tonify kidney yang, secure essence and reduce urination, warm spleen yang, check salivation, check diarrhoea.

**Indication:** 1. Seminal emission, spermatorrhoea, enuresis and frequent urination due to insecurity of kidney deficiency; 2. Excessive salivation and diarrhoea due to deficiency cold of spleen and kidney.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** -

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

#### Yin Chen/ Yin Chen Hao 茵陈

Oriental Wormwood Herb

*Artemisiae scopariae herba/ Artemisiae herba*

**Actions:** Excrete Dampness and alleviate jaundice, clear Heat and remove toxicity.

**Indication:** 1. Jaundice; 2. Eczema and itching

**Dosage Range:** 6 – 30g

**Therapeutic Grouping:** Damp-excreting herbs

**Precaution:** -

**Contraindication:** It is contraindicated for jaundice with yellowish skin due to accumulation of blood or sallow yellow due to blood deficiency.

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Storage:** Store in a ventilated and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

### Yin Yang Huo 淫羊藿

Epimedium Leaf

*Epimedii folium*

**Actions:** Tonify kidney and warm yang, strengthen tendons and bones, dispel wind-damp.

**Indication:** 1. Deficiency of kidney yang; 2. Wind, cold and damp arthralgia.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Pregnancy

**Storage:** Store in a ventilated and dry place

**Type of Ingredient:** Plant

### Yu Jin 郁金

Curcuma Root

*Curcumae radix*

**Actions:** Activate blood and alleviate pain, move qi and relieve depression, clear heat and cool blood, promote excretion of bile and remove jaundice.

**Indication:** 1. Pain of chest, hypochondria and abdomen due to qi stagnation and blood stasis; 2. Unconsciousness of heat syndrome and epilepsy; 3. Haematemesis, epistaxis, vicarious menstruation, hematuria, blood stranguria; 4. Damp-heat jaundice, gall bladder stones.

**Dosage Range:** 3 – 11.5g

**Therapeutic Grouping:** Blood-activating and stasis-resolving herbs

**Precaution:** Used with caution in yin deficiency from blood loss.

**Contraindication:** Pregnancy, absence of signs of stagnant blood or qi.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

### Yu Xing Cao 鱼腥草

Heartleaf Houttuynia Herb

*Houttuyniae herba*

**Actions:** Clear heat and remove toxicity, cure abscess and discharge pus, clear lung heat, clear heat and remove dampness

**Indication:** 1. Sores and abscess due to heat-toxicity, cough due to lung heat; 2. Various syndromes of damp-heat;

**Dosage Range:** 10 – 30g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Cold from deficiency symptoms.

**Storage:** Refrigerate or store in a dry place, and protect from insects.

**Type of Ingredient:** Plant

### Yu Zhu 玉竹

Fragrant Solomonseal Rhizome

*Polygonati odorati rhizoma*

**Actions:** Nourish yin of lung and stomach, clear heat of lung and stomach.

**Indication:** 1. Lung yin deficiency syndromes; 2. Stomach yin deficiency syndrome

**Dosage Range:** 6 – 12g

**Therapeutic Grouping:** Tonics

**Precaution:** -

**Contraindication:** Cold damp phlegm in the stomach.

**Storage:** Refrigerate or store in a ventilated and dry place, and protect from mold and insects

**Type of Ingredient:** Plant

### Yuan Zhi 远志

Polygala Root

*Polygalae radix*

**Actions:** Calm heart and induce tranquilisation, dispel phlegm for resuscitation, cure abscess and relieve swelling.

**Indication:** 1. Syndrome of unsteadiness of heart-mind; 2. Epilepsy and mania due to phlegm obstruction of heart; 3. Cough with profuse phlegm; 4. Abscess, deep-rooted carbuncle and swollen sores.

**Dosage Range:** 3 – 12g

**Therapeutic Grouping:** Tranquilising herbs

**Precaution:** It should be used with caution for excess fire or phlegm-heat or gastritis and duodenal ulcer.

**Contraindication:** Yin deficient heat signs.

**Storage:** Store in a ventilated and dry place

**Type of Ingredient:** Plant

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Ze Xie 泽泻**

Alisma Rhizome  
*Alismatis rhizoma*

**Actions:** Induce diuresis and drain dampness, purge heat

**Indication:** 1. Oedema and dysuria; 2. Phlegm-fluid retention; 3. Stranguria and diarrhoea

**Dosage Range:** 6 – 12g

**Therapeutic Grouping:** Damp-excreting herbs

**Precaution:** -

**Contraindication:** Excretions caused by kidney yang deficiency, such as seminal emission or vaginal discharge, and damp-cold conditions.

**Storage:** Store in a ventilated and dry place, and protect from insects.

**Type of Ingredient:** Plant

**Zhe Bei Mu 浙贝母**

Thunberg Fritillary Bulb  
*Fritillariae thunbergii bulbos*

**Actions:** Clear and resolve heat-phlegm, dissipate nodulation and cure abscess

**Indication:** 1. Cough due to wind-heat, phlegm-heat; 2. Scrofula, goiter, tumor, sore and abscess.

**Dosage Range:** 4.5 – 10g

**Therapeutic Grouping:** Phlegm-resolving herbs

**Precaution:** -

**Contraindication:** Cold and damp phlegm.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects

**Type of Ingredient:** Plant

**Zhi Ke/Qiao 枳壳**

Bitter Orange  
*Aurantii fructus/ Citri fructus immaturus*

**Actions:** Move qi, soothe chest and middle energizer, relieve distention

**Indication:** 1. Food stagnation in gastrointestinal; 2. Diarrhoea and dysentery of damp-heat type; 3. Chest impediment, thoracic accumulation, chest and hypochondic pain due to qi stagnation.

**Dosage Range:** 3 – 10g

**Therapeutic Grouping:** Qi-moving herbs

**Precaution:** -

**Contraindication:** -

**Storage:** Store in a ventilated and dry place, and protect from insects

**Type of Ingredient:** Plant

**Zhi Mu 知母**

Anemarrhena Rhizome  
*Anemarrhenae rhizoma*

**Actions:** Clear heat and purge fire (clear the excess heat at qi system and clear the excess heart of lung and stomach, nourishing yin and moisten dryness.

**Indication:** 1. Excess heat syndrome at qi system of warm disease; 2. Cough due to lung heat and dry cough due to yin deficiency; 3. Stomach heat syndrome manifested as thirst due to fluids consumptions; 4. Kidney yin deficiency with hyperactivity of deficiency fire.

**Dosage Range:** 6 – 12g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** It is not suitable for deficiency cold syndrome.

**Contraindication:** Spleen deficiency with loose stools and/or diarrhoea, yin deficiency heat.

**Storage:** Refrigerate or store in a cool and dry place, and protect from insects.

**Type of Ingredient:** Plant

**Zhu Ling 猪苓**

Agaric  
*Polyporus*

**Actions:** Induce diuresis to alleviate oedema

**Indication:** 1. Dysuria, oedema; 2. Diarrhoea.

**Dosage Range:** 6 – 15g

**Therapeutic Grouping:** Damp-excreting herbs

**Precaution:** -

**Contraindication:** Absence of dampness

**Storage:** Store in a ventilated and dry place, and protect from moisture and color changing

**Type of Ingredient:** Plant

**Zi Cao 紫草**

Arnebia Root  
*Arnebiae radix*

**Actions:** Clear heat and cool blood, purge fire, activate blood and resolve stasis, remove toxicity and promote eruption.

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**Indication:** 1. Heat entering nutrient-blood in warm diseases manifested as dark-purple macular eruption; 2. Measles without adequate eruption; 3 sores and ulcers, eczema, burn due to hot liquid or fire.

**Dosage Range:** 5 – 11.5g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Diarrhoea due to Deficiency of Spleen or Intestines.

**Storage:** Store in a cool and dry place, and protect from moisture.

**Type of Ingredient:** Plant

### Zi Hua Di Ding 紫花地丁

Philippine Violet Herb

*Violae herba*

**Actions:** Clear heat and remove toxicity, cool blood and relieve swelling

**Indication:** 1. Sores and abscess due to heat-toxicity; 2. Venomous snake bites.

**Dosage Range:** 15 – 30g

**Therapeutic Grouping:** Heat-clearing herbs

**Precaution:** -

**Contraindication:** Deficiency with cold.

**Storage:** Store in a ventilated and dry place.

**Type of Ingredient:** Plant

### Zi Su Ye 紫苏叶

Perilla Leaf

*Perillae folium*

**Actions:** Disperse wind-cold, promote qi flow and soothe the middle.

**Indication:** 1. Wind-Cold exterior syndrome; 2. Stagnation of spleen and stomach qi, fullness sensation of chest and vomit.

**Dosage Range:** 5 – 11.5g

**Therapeutic Grouping:** Exterior-releasing herbs

**Precaution:** -

**Contraindication:** External diseases where there is already sweating, damp-heat condition.

**Storage:** Store in a cool and dry place

**Type of Ingredient:** Plant

### Zi Wan 紫菀

Tatarian Aster Root and Rhizome

*Asteris radix et rhizoma*

**Actions:** Moisten lung to resolve phlegm and stop cough.

**Indication:** Cough with phlegm

**Dosage Range:** 5 – 11.5g

**Therapeutic Grouping:** Antitussive and antiasthmatic herbs

**Precaution:** Long-term use is not recommended.

**Contraindication:** Yin deficiency.

**Storage:** Refrigerate or store in a cool and dry place, and protect from mold and insects.

**Type of Ingredient:** Plant

## FORMULA HERBS

### Notes:

- Dosage range is the daily dose based on raw herbs (in grams) in the Taiwan Herbal Pharmacopeia. Dosage range from the Chinese Pharmacopeia for the same formula can also be accepted.
- Formulas that are not found in Taiwan Herbal Pharmacopeia are from other sources as indicated in the references.
- Strength of concentrated herbal granules may vary from manufacturer to manufacturer. Dosing guide shall be based on individual manufacturers' recommendation.
- Dosage are based on raw herbs. Calculations should be done for granule dosage form. Refer to calculation formula in Part C of the main document.
- T&CM practitioners may adjust the dose based on their clinical judgement and patients' condition where necessary.

### References:

- Taiwan Herbal Pharmacopoeia, 2022
- Chinese Pharmacopeia 2020 (Volume I)
- Formulas of TCM, 2<sup>nd</sup> Edition, 2007
- Chinese Herbal Medicine Formulas & Strategies 2<sup>nd</sup> Edition, 2009
- Chinese Herbal Formulas and Applications, Pharmacological Effects & Clinical Research, 2009
- Textbook for TCM Formulas (方剂学), 2003
- Chinese Traditional Herbal Medicine Vol II, Materia Medica and Herbal Resource 1998
- Taipei Hospital TCM Reference (<https://www.tph.mohw.gov.tw>)

#### 安中散 An Zhong San

*Glycyrrhizae Radix et Rhizoma 6g, Corydalis Rhizoma 3g, Alpiniae Officinarum Rhizoma 3g, Zingiberis Rhizoma 3g, Foeniculi Fructus 3g, Cinnamomi Cortex 3g, Ostreae Concha Preparata 3g*

Action	: Warm the middle to dissipate cold and relieve pain.
Indication	: Qi stagnation in spleen-stomach due to cold congealing, stomach duct and abdomen pain, acid vomiting, food accumulation and poor digestion, distention and fullness.
Dosage Range	: 24g daily
Therapeutic Grouping	: Middle-Warming and Cold-Dispelling Formula
Precaution	: Not recommended for chest or abdominal pain caused by inflammation.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants and mineral

#### 八正散 Ba Zheng San

*Plantaginis semen 3g, Dianthi Herba 3g, Talcum 3g, Rhei Radix et Rhizoma 3g, Gardeniae Fructus 3g, Polygoni Avicularis Herba 3g, Akebiae Caulis 3g, Glycyrrhizae Radix Tenuis or Glycyrrhizae Radix et Rhizoma 3g, Junci Medulla 2g*

Action	: Clear heat and purge fire, induce diuresis and relieve strangury.
Indication	: Heat accumulating in the bladder and difficult painful urination
Dosage Range	: 26g daily
Therapeutic Grouping	: Heat-Clearing and Damp-Dispelling Formula
Precaution	: Should not be used without significant modification in treating conditions of cold from deficiency.

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

Contraindication	: This formula is contraindicated for long term use and during pregnancy.
Storage	: Cool dry place.
Type of Ingredient	: Plants & mineral ( <i>talcum</i> )

**百合固金汤 Bai He Gu Jin Tang**

*Rehmanniae Radix Recens 4g, Rehmanniae Radix Praeparata 6g, Ophiopogonis Radix 3g, Lili Bulbus 2g, Paeoniae Alba Radix 2g, Angelicae Sinensis Radix 2g, Fritillariae Cirrhosae Bulbus 2g, Glycyrrhizae Radix et Rhizoma 2g, Scrophulariae Radix 1.6g, Platycodi Radix 1.6g*

Action	: Nourish yin and clear heat, moisten the lung to resolve phlegm.
Indication	: Lung-kidney yin deficiency, deficiency fire flaming upward, dry and painful throat, cough and panting.
Dosage Range	: 26.2 g daily
Therapeutic Grouping	: Nourishing and Moistening Formula
Precaution	: Most of the herbs in this formula are of a sweet, cold, and cloying nature. Hence, it should be used with caution or modified (using herbs that strengthen the Spleen and regulate the qi) in cases with spleen deficiency or food stagnation. Failure to do so may result in indigestion or diarrhea.
Contraindication	: Deficient spleen or food stagnation.
Storage	: Cool dry place.
Type of Ingredient	: Plants

**半夏泻心汤 Ban Xia Xie Xin Tang**

*Pinelliae Rhizoma Praeparatum 7.5g, Scutellariae Radix 4.5g, Zingiberis Rhizoma 4.5g, Ginseng Radix 4.5g, Coptidis Rhizoma 1.5g, Jujubae Fructus 3g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 4.5g*

Action	: Harmonise the stomach to downbear counterflow.
Indication	: Cold damage induced by early purgation, stuffiness and fullness below the heart, vomiting and borborigmus.
Dosage Range	: 30g
Therapeutic Grouping	: Intestine and Stomach Harmonising Formula
Precaution	: Epigastric distention and fullness or pain caused by accumulation of phlegm and heat, food stagnation, or qi stagnation.
Contraindication	: Nausea and vomiting caused by yin deficiency.
Storage	: Cool dry place
Type of Ingredient	: Plants

**保和丸 Bao He Wan**

*Crataegi Fructus 12g, Massa Medicata Fermentata 4g, Pinelliae Rhizoma Praeparatum 4g, Poria 4g, CitriReticulatae Pericarpium 2g, Forsythiae Fructus 2g, Raphani Semen 2g*

Action	: Resolve accumulation and harmonise the stomach.
Indication	: Food accumulation and stagnation, stuffiness and fullness in the chest and diaphragm, belching and acid regurgitation, abdominal pain and diarrhea.
Dosage Range	: 30g daily

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

Therapeutic Grouping	: Reducing, Guiding, and Dissolving Formula that Treat Food Stagnation
Precaution	: This formula should not be used for a long time. For deficiency of healthy qi with or without internal cold, it should be modified appropriately. Avoid oily, greasy, or fatty foods while taking this formula. Use with caution during pregnancy.
Contraindication	: Not suitable for food stagnation due to Spleen deficiency.
Storage	: Cool dry place.
Type of Ingredient	: Plants

**补中益气汤 Bu Zhong Yi Qi Tang**

*Astragali Radix 6g, Ginseng Radix 4g, Atractylodis Macrocephalae Rhizoma 2g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 4g, Angelicae Sinensis Radix 2g, Citri Reticulatae Pericarpium 2g, Cimiicifugae Rhizoma 1g, Bupleuri Radix 1g, Zingiberis Rhizoma Recens 3g, Jujubae Fructus 2g*

Action	: Tonify the middle and replenish qi, harmonise and tonify the spleen and stomach.
Indication	: Overexertion and fatigue, poor appetite and tasteless, spleen-stomach weakness and deficiency of original qi.
Dosage Range	: 27g daily
Therapeutic Grouping	: Qi-Tonifying Formula
Precaution	: Yin deficiency or interior heat.
Contraindication	: Fever due to heat from yin deficiency or for excess disorders caused by the contraction of external pathogens; patterns rooted in deficiency of the lower base.
Storage	: Cool dry place
Type of Ingredient	: Plants

**柴胡加龙骨牡蛎汤 Chai Hu Jia Long Gu Mu Li Tang**

*Pinelliae Rhizoma Praeparatum 3g, Jujubae Fructus 2g, Bupleuri Radix 5g, Zingiberis Rhizoma Recens 2g, Ginseng Radix et Rhizoma 2g, Draconis Os Preparata 2g, Cinnamomi Ramulus 2g, Poria 2g, Rhei Radix et Rhizoma 2.5g, Ostreae Concha Preparata 2g, Scutellariae Radix 2g*

Action	: Harmonise and release the lesser yang, settle fright, and tranquilise.
Indication	: Cold damage with inappropriate purgation, fullness in the chest, vexation and fright, delirious speech, heaviness of the whole body, inability to turn sides.
Dosage Range	: 26.5g daily
Therapeutic Grouping	: Sedative Formulas that Calm the Shen (Spirit)
Precaution	: Use with caution in those with spleen and stomach deficiencies, as Os Draconis and Concha Ostreae are hard to digest.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants, mineral, and animal

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**柴胡疏肝汤 Chai Hu Shu Gan Tang**

*Pericarpium Citri Reticulatae 6g, Radix Bupleuri 6g, Rhizoma Chuanxiong 4.5g, Fructus Citri Aurantii 4.5g, Radix Paeoniae Alba 4.5g, Radix et Rhizoma Glycyrrhizae Preparata cum Melle 1.5g, Rhizoma Cyperi 4.5g*

Action	: Soothes the liver and removes qi stagnation, promotes qi flow and relieves pain.
Indication	: Stagnation of liver qi marked by hypochondriac pain, chest distress, susceptibility to sighing, emotional depression or susceptibility to anger, or eructation, epigastric and abdominal distension and fullness, and taut pulse.
Dosage Range	: 29.5g
Therapeutic Grouping	: Liver and Spleen Harmonizing Formula
Precaution	: Not recommended in patients with yin-deficient heat characterised by signs and symptoms such as a red tongue with little tongue coating, a dry mouth and throat, restlessness, and insomnia. Similarly, this formula should be discontinued in those who develop these symptoms after taking this formula.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**獨活寄生汤 Du Huo Ji Sheng Tang**

*Angelicae Pubescentis Radix 3g, Taxili Herba 2g, Eucommiae Cortex 2g, Cyathulae Radix 2g, Asari Radix et Rhizoma 2g, Gentianae Macrophyllae Radix 2g, Poria 2g, Cinnamomi Cortex Rarus 2g, Saposhnikoviae Radix 2g, Chuanxiong Rhizoma 2g, Ginseng Radix 2g, Glycyrrhizae Radix et Rhizoma 2g, Angelicae Sinensis Radix 2g, Paeoniae Alba Radix 2g, Rehmanniae Radix Recens 2g*

Action	: Dispel wind-dampness, resolve painful impediment, tonify qi and blood.
Indication	: Wind-cold dampness impediment, cold pain of lumbar and knees, inhibited bending and stretching of the legs.
Dosage Range	: 31g daily
Therapeutic Grouping	: Wind-Damp Dispelling Formulas
Precaution	: Pregnancy
Contraindication	: This formula is contraindicated in <i>bi zheng</i> (painful obstruction syndrome) caused by excess heat or damp-heat.
Storage	: Cool dry place
Type of Ingredient	: Plants

**甘露饮 Gan Lu Yin**

*Rehmanniae Radix praeparata 2.5g, Ohiopogonis Radix 2.5g, Citri Immaturus Fructus 2.5g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 2.5g, Artemisiae Scopariae Herba 2.5g, Eriobotryae Folium 2.5g, Dendrobii Caulis 2.5g, Scutellariae Radix 2.5g, Rehmaniae Radix Recens 2.5g, Asparagi Radix 2.5g*

Action	: Nourish yin and clear dampness-heat.
Indication	: Dampness-heat of stomach meridian, fetid mouth odour and sore throat, mouth and tongue sores, gum atrophy and swollen gums.
Dosage Range	: 25g daily

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

Therapeutic	: Zang-Fu Clearing Formula
Grouping	
Precaution	: -
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**甘麦大枣汤 Gan Mai Da Zao Tang**

*Glycyrrhizae Radix et Rhizoma 6g, Triticum Fructus 12g, Jujubae Fructus 6g*

Action	: Nourish the heart to tranquilise, harmonise the middle to relax tension.
Indication	: Woman hysteria, rapid sorrow and crying, night crying in babies and insomnia.
Dosage Range	: 24g daily
Therapeutic	: Nourishing Formulas that Calm the Shen (Spirit)
Grouping	
Precaution	: -
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**归脾汤 Gui Pi Tang**

*Ginseng Radix 3g, Longan Arillus 3g, Astragali Radix 3g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 1.5g, Atractylodis Macrocephalae Rhizoma 3g, Poria 3g, Aucklandiae Radix 1.5g, Angelicae Sinensis Radix 3g, Ziziphi Spinosa Semen 3g, Polygalae Radix 3g, Zingiberis Rhizoma Recens 2g, Jujubae Fructus 2g*

Action	: Fortify the spleen and calm the heart, replenish qi and tonify blood
Indication	: Dual deficiency of the heart and spleen, deficiency of qi and blood, palpitations, insomnia, poor appetite, fatigue and menstrual irregularities.
Dosage Range	: 31g daily
Therapeutic	: Blood-Tonifying Formula
Grouping	
Precaution	: While taking this formula, avoid excessive thinking and worrying, refrain from physical exhaustion, and cease eating foods that are raw and cold in nature.
Contraindication	: Interior heat or yin deficiency with a rapid pulse.
Storage	: Cool dry place
Type of Ingredient	: Plants

**桂枝加龙骨牡蛎汤 Gui Zhi Jia Long Gu Mu Li Tang**

*Ramulus Cinnamomi 9g, Radix Paeoniae Alba 9g, Os Draconis 9g, Concha Ostreae 9g, Rhizoma Zingiberis Recens 9g, Fructus Jujubae 36g\* (12 pcs), Radix et Rhizoma Glycyrrhizae 6g*

\* with estimation of one piece of *Fructus Jujubae* is equivalent to 3g.

Action	: Tonifies yin and yang, harmonizes the <i>ying</i> (nutritive) and <i>wei</i> (defensive) levels, stabilises <i>jing</i> (essence).
Indication	: Arthritis, rheumatoid arthritis, gouty arthritis, peri-arthritis of the shoulders, sciatica, and connective tissue disorders.
Dosage Range	: 87g daily

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

Therapeutic Grouping	: Jing (Essence)-Stabilizing Formula to Stop Leakage
Precaution	: Although this is a harmonising formula, the pattern treated is one of deficiency. This will be reflected in a floating or big but weak pulse. This formula is not indicated when the pulse is deep and thin but full, or superficial but forceful.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants, mineral, and animal

#### 桂枝芍药知母汤 **Gui Zhi Shao Yao Zhi Mu Tang**

*Cinnamomi Ramulus 4g, Paeoniae Alba Radix 3g, Glycyrrhizae Radix et Rhizoma 2g, Ephedrae Herba 2g, Zingiberis Rhizoma Recens 5g, Atractylodis Macrocephalae Rhizoma 5g, Anemarrhenae Rhizoma 4g, Saposhnikoviae Radix 4g, Aconiti Lateralis Radix Preparata 2g*

Action	: Dispel wind and drain dampness, warm the meridian to relieve pain.
Indication	: Wind-Dampness arthralgia syndrome, painful limb joints, numbness of swollen feet, dizziness and shortness of breath, vexation and nausea.
Dosage Range	: 31g daily
Therapeutic Grouping	: Damp-Heat Dispelling Formulas
Precaution	: It is too warm in its unmodified form for patients with internal heat.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

#*Ephedrae Herba* not available in formulations registered in Malaysia. It is prohibited as it contains scheduled poison listed under the Poisons Act 1952.

#### 桂枝汤 **Gui Zhi Tang**

*Ramulus cinnamomi 9g, Radix Paeoniae 9g, Radix Glycyrrhizae Praeparata 9g, Rhizoma Zingiberis Recens 9g, Fructus Ziziphi Jujubae 9g\* (3pcs)*

\* with estimation one piece of *Fructus Ziziphi Jujubae* is equivalent to 3g.

Action	: Eliminates pathogenic factors from the skin, releases the exterior, regulates nutritive qi and defensive qi.
Indication	: Exterior deficiency syndrome due to externally contracted wind-cold with the manifestation of headache, fever, sweating with aversion to cold, nasal hoarseness, retching, white tongue coating, no thirst, floating and tardy or floating and weak pulse.
Dosage Range	: 45g daily
Therapeutic Grouping	: Acrid and Warm Exterior-Releasing Formula
Precaution	: -
Contraindication	: <i>Taiyang</i> cold syndrome; wind-heat syndrome, exterior cold and interior heat, absence of perspiration with irritability, exterior excess conditions without perspiration, or beginning stages of febrile disorders with fever, sore throat, and thirst; frequent alcohol drinker (damp-heat accumulation).
Storage	: Cool dry place
Type of Ingredient	: Plants

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

**黄芪五物汤 Huang Qi Wu Wu Tang**

*Astragali Radix 10g, Paeoniae Alba Radix 5g, Cinnamomi Ramulus 5g, Zingiberis Rhizoma Recens 5g, Jujubae Fructus 3g.*

Action	: Tonify qi and blood, harmonise the nutrient and defense.
Indication	: Nutrient-defense qi and blood deficiency, invade wind pathogen, nutrient-blood obstruction, numbness of muscle and fatigue limbs.
Dosage Range	: 28g daily
Therapeutic Grouping	: Channel-Warming and Cold-Dispersing Formulas
Precaution	: Not advisable for arthralgia of blood origin due to heat, as the drugs in the formula are warm.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**藿香正气散 Huo Xiang Zheng Qi San**

*Arecae Pericarpium 3g, Poria 3g, Angelicae Dahuricae Radix 3g, Perillae Folium 3g, Citri Reticulatae Pericarpium 2g, Platycodonis Radix 2g, Atractylodis Macrocephalae Rhizoma 2g, Magnoliae Cortex 2g, Pinelliae Rhizoma Fermentatum 2g, Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle 1g, Agastachis Herba 3g, Zingiberis Rhizoma Recens 3g, Jujubae Fructus 1g*

Action	: Release the exterior and resolve dampness, regulate qi and harmonise the middle.
Indication	: Wind-cold induced by exopathogen, gastrointestinal discomfort, indigestion, vomiting and diarrhea, food stagnation, summerheat stroke and failure to acclimatise to a new environment.
Dosage Range	: 30g daily
Therapeutic Grouping	: Damp-Drying and Stomach-Harmonizing Formulas
Precaution	: Use with caution in patients with thirst and a yellow, greasy tongue coating due to damp-heat.
Contraindication	: Contraindicated in patients with yin and blood deficiencies.
Storage	: Cool dry place
Type of Ingredient	: Plants

**济生肾气丸 Ji Sheng Shen Qi Wan**

*Rehmanniae Radix Praeparata 8g, Corni Sarcocarpium 4g, Dioscorae Rhizoma 4g, Poria 6g, Moutan Radicis Cortex 3g, Alismatis Rhizoma 3g, Acotini Lateralis Radix Praeparata 1g, Cinnamomi Cortex 1g, Achyranthis Bidentatae Radix 2g, Plantaginis Semen 2g*

Action	: Warm the kidney and resolve qi, induce diuresis to alleviate edema.
Indication	: Kidney yang deficiency, heavy aching lumbar and knees, inhibited urination
Dosage Range	: 34g daily
Therapeutic Grouping	: Yang-Tonifying Formulas
Precaution	: Use of this formula is sometimes associated with gastrointestinal irritation.

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

Contraindication	: Yin-deficient fire, excess fire and damaged body fluids, and the presence of an exterior condition.
Storage	: Cool dry place
Type of Ingredient	: Plants

**加味道遥散 Jia Wei Xiao Yao San**

*Angelicae Sinensis Radix 4g, Atractylodis Macrocephalae Rhizoma 4g, Paeoniae Alba Radix 4g, Bupleuri Radix 4g, Poria 4g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 2g, Moutan Radicis Cortex 2.5g, Gardeniae Fructus 2.5g, Zingiberis Rhizoma Tostum 4g, Methae Herba 2g*

Action	: Soothe the liver and release depression, clear heat to cool the blood.
Indication	: Liver depression, blood deficiency and fever, menstrual irregularities, disquieted fearful throbbing.
Dosage Range	: 33g daily
Therapeutic	: Liver and Spleen Harmonising Formula
Grouping	
Precaution	: Pregnancy
Contraindication	: Contraindicated in individuals with underlying Deficiency and Cold.
Storage	: Cool dry place
Type of Ingredient	: Plants

**荆防败毒散 Jing Fang Bai Du San**

*Nepetae Herba 3g, Saposhnikoviae Radix 3g, Notopterygii Rhizoma et Radix 3g, Angelicae Pubescentis Radix 3g, Bupleuri Radix 3g, Peucedani Radix 3g, Chuanxiong Rhizoma 3g, Citri Fructus Immaturus 3g, Platycodonis Radix 3g, Poria 3g, Glycyrrhizae Radix et Rhizoma 1.5g, Zingiberis Rhizoma Recens 3g, Menthae Herba 1g*

Action	: Promote sweating to release the exterior, disperse wind and dispel dampness.
Indication	: Wind-cold and dampness induced by exopathogen, aversion to cold with fever, contracture of the head and neck, limb and body pain, mumps.
Dosage Range	: 35.5g daily
Therapeutic	: Formula that Treat Abscesses and Sores
Grouping	
Precaution	: Avoid food that are raw, cold, oily, or greasy while taking this formula.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**九味羌活汤 Jiu Wei Qiang Huo Tang**

*Notopterygii Rhizoma et Radix 3g, Saposhnikoviae Radix 3g, Atractylodis Rhizoma 3g, Asari Radix et Rhizoma 1g, Chuanxiong Rhizoma 2g, Angelicae Dahuricae Radix 2g, Rehmanniae Radix Recens 2g, Scutellariae Radix 2g, Glycyrrhizae Radix et Rhizoma 2g, Zingiberis Rhizoma Recens 3g, Allii Fistulosi Bulbus Recens 3g*

Action	: Release the exterior, dispel dampness and clear interior heat.
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*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

Indication	: Wind-cold and dampness induced by exopathogen, headache, contracture of neck and limb pain.
Dosage Range	: 26g daily
Therapeutic	: Acrid and Warm Exterior-Releasing Formula
Grouping	
Precaution	: Use with caution in patients with yin, qi or body fluid deficiencies.
Contraindication	: Contraindicated in patients with wind-heat, yin-deficient heat, or generalised weakness and deficiency with heat.
Storage	: Cool dry place
Type of Ingredient	: Plants

**理中汤 Li Zhong Tang**

*Radix et Rhizoma Ginseng 9g, Radix et Rhizoma Glycyrrhizae 9g, Rhizoma Zingiberis 9g, Rhizoma Atactylodeis Macrocephalae 9g*

Action	: Warm the centre, dispel cold, supplement qi, and fortify the spleen.
Indication	: Treats vacuity-cold in the central burner. Symptoms include nausea and vomiting, abdominal pain, fullness in the abdomen with no desire to eat, diarrhoea (duck stool), a pale tongue with a white fur, and a pulse that is slow and moderate, or deep and fine. It may also be used to treat yang-vacuity bleeding, childhood fright, thoracic <i>bi</i> , and sudden turmoil disorder (including vomiting and nausea).
Dosage Range	: 36g daily
Therapeutic	: Middle-Warming and Cold-Dispelling Formula
Grouping	
Precaution	: Pregnancy
Contraindication	: Contraindicated in patients of exterior wind invasion with fever; conditions characterised by interior heat with yin deficiency.
Storage	: Cool dry place
Type of Ingredient	: Plants

**苓桂朮甘汤 Ling Gui Zhu Gan Tang**

*Poria 10g, Cinnamomi Ramulus 7.5g, Atractylodis Macrocephalae Rhizoma 7.5g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 5g*

Action	: Fortify the spleen and drain dampness, warm and resolve phlegm.
Indication	: Phlegm-retained fluid disease, fullness and distention in the chest and hypochondrium, dizziness and palpitations, shortness of breath and cough.
Dosage Range	: 30g daily
Therapeutic	: Warm Formula that Dissolve Dampness
Grouping	
Precaution	: -
Contraindication	: Yin and/ or body fluid deficiencies.
Storage	: Cool dry place
Type of Ingredient	: Plants

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**六味地黄丸 Liu Wei Di Huang Wan**

*Rehmanniae Radix Praeparata 8g, Corni Sarcocarpium 4g, Dioscoreae Rhizoma 4g, Alismatis Rhizoma 3g, Moutan Radicis Cortex 3g, Poria 3g*

Action	: Nourish yin to tonify the kidney.
Indication	: Deficiency of the liver and kidney, lumbago and sore feet, dizziness and blurred vision, wasting-thirst, dry tongue and sore throat, heel pain.
Dosage Range	: 25g daily
Therapeutic	: Yin-Tonifying Formula
Grouping	
Precaution	: Use with caution in humid areas where diseases are predominantly caused by dampness and in patients who have spleen and stomach deficiencies, as it may cause loose stools.
Contraindication	: Yang deficiency, exterior conditions, high fever, or alternating chills and fever.
Storage	: Cool dry place
Type of Ingredient	: Plants

**麦门冬汤 Mai Men Dong Tang**

*Ophiopogonis Radix 70g, Tuber Pinelliae 10g, Radix Ginseng 6g, Radix Glycyrrhizae 6g, Semen Oryza 5g, Fructus jujube 12g\* (4pcs)*

\* with estimation one piece of *Fructus Jujubae* is equivalent to 3g.

Action	: Enriched and nourishes lung and stomach yin, down bears qi counterflow and harmonises middle energiser.
Indication	: Lung atrophy due to lung and stomach yin deficiency marked by cough and spitting frothy sputum, shortness of breath and panting, dry throat and pharynx, dry and red tongue with little tongue coating, rapid and vacuity pulse; or vomiting, retching, decreased food intake, thirsty, dry pharynx, red tongue with little tongue coating, vacuity and rapid pulse due to stomach yin deficiency.
Dosage Range	: 109g daily
Therapeutic	: Nourishing and Moistening Formulas
Grouping	
Precaution	: High fever and irritability, where the pathogenic influence remains in the exterior, and the qi and yin have yet to be affected.
Contraindication	: Cases with dampness or lung atrophy due to cold from deficiency.
Storage	: Cool dry place
Type of Ingredient	: Plants

**宁嗽丸 Ning Sou Wan**

*Platycodi Radix 3g, Dendrobii Caulis 3g, Pinelliae Rhizoma Praeparatum 3g, Fritillariae Cirrhosae Bulbus 3g, Perillae Fructus 3g, Poria 3g, Menthae Herba 2.3g, Armeniacae Amarum Semen praeparatum 2.3g, Mori Radicis Cortex 2.3g, Citri Exocarpium Rubrum 1.5g, Oryzae Germinatus Fructus 1.5g, Glycyrrhizae Radix et Rhizoma 0.8g*

Action	: Suppress and calm cough, clear the lung and resolve phlegm.
Indication	: Cough with copious phlegm and rapid breathing, white and sticky phlegm or yellow phlegm.
Dosage Range	: 28.7g daily
Therapeutic	: Acrid and Cold Exterior-Releasing Formul
Grouping	
Precaution	: -

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**平胃散 Ping Wei San**

*Citri Reticulatae Pericarpium 5g, Magnoliae Cortex 5g, Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle 3g, Atractylodis Rhizoma 8g, Zingiberis Rhizoma Recens 3g, Jujubae Fructus 2g*

Action	: Dry dampness to fortify the spleen, regulate qi and harmonise the middle.
Indication	: Spleen-stomach stagnation, distention and fullness in stomach duct and abdomen, nausea and vomiting, belching and acid regurgitation.
Dosage Range	: 28.7g daily
Therapeutic	: Damp-Drying and Stomach-Harmonizing Formulas
Grouping	
Precaution	: -
Contraindication	: Pregnancy; yin or blood deficiency.
Storage	: Cool dry place
Type of Ingredient	: Plants

**润肠通便 Run Chang Wan**

*Radix et Rhizoma Rhei 15g, Semen Persicae (soaked) 30g, Fructus Cannabis 37.5g, Radix Angelicae Sinensis 15g, Rhizoma et Radix Notoptergii 15g*

Action	: Lubricates the intestines and promotes defaecation, tonifies blood circulation and dispels wind.
Indication	: Constipation characterised by blood deficiency: habitual constipation, constipation in elderly or weak individuals, dry and hard stools, lack of appetite, lethargy, dizziness, and palpitations.
Dosage Range	: 112.5g daily
Therapeutic	: Moist Laxative
Grouping	
Precaution	: Pregnancy
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**散肿溃坚汤 San Zhong Kui Jian Tang**

*Scutellariae Radix 4g, Gentianae Radix et Rhizoma 2.5g, Trichosanthis Radix 2.5g, Phellodendri Cortex 4g, Anemarrhenae Rhizoma 2.5g, Platycodonis Radix 2.5g, Eckloniae Thallus 2.5g, Bupleuri Radix 2.5g, Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle 1.5g, Sparganii Rhizoma 1.5g, Curcumae Rhizoma 1.5g, Forsythiae Fructus 1.5g, Puerariae Radix 1.5g, Paeoniae Radix Alba 1g, Rootlet of Angelicae Sinensis Radix 1g, Coptidis Rhizoma 1g, Cimicifugae Rhizoma 0.5g*

Action	: Clear Heat and detoxicate, break accumulation and promote rupture.
Indication	: Scrofula and subcutaneous node.
Dosage Range	: 34g daily
Therapeutic	: Formula that Treats External Abscesses and Sores
Grouping	
Precaution	: -
Contraindication	: -

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

Storage	: Cool dry place
Type of Ingredient	: Plants

**沙参麦冬汤 Sha Shen Mai Dong Tang**

*Radix Glehniae seu Adenophorae 9g, Radix Ophiopogonis 9g, Rhizoma Polygonati Odorati 6g, Folium Mori 4.5g, Radix Trichosanthis 4.5g, Semen Lablab Album 4.5g, Radix et Rhizoma Glycyrrhizae 3g*

Action	: Clears and nourishes the lungs and stomach, generates fluids, moistens dryness.
Indication	: Stomach and lung yin deficiency, dryness injuring the lungs and stomach, atrophy disorder (wei syndrome) due to lung heat with fluid deficiency.
Dosage Range	: 40.5g daily
Therapeutic Grouping	: Nourishing and Moistening Formula
Precaution	: -
Contraindication	: Patterns characterised by heat excess damaging the body fluids.
Storage	: Cool dry place
Type of Ingredient	: Plants

**上中下通用痛风丸 Shang Zhong Xia Tong Yong Tong Feng Wan**

*Arisaematis Rhizoma Preparatum 4g, Atractylodis Rhizoma 4g, Phellodendri Cortex 4g, Chuanxiong Rhizoma 2g, Angelicae Dahuricae Radix 2g, Massa Medicata Fermentata 2g, Persicae Semen 2g, Clematidis Radix et Rhizoma 1g, Notopterygii Rhizoma et Radix 1g, Stephaniae Tetrandrae Radix 2g, Cinnamomi Ramulus 1g, Carthami Flos 0.5g, Gentianae Radix et Rhizoma 2g*

Action	: Disperse wind and dispel phlegm, clear heat and dry dampness, activate blood to relieve pain.
Indication	: Wind-cold and dampness induced by exopathogen with phlegm-heat, inhibited blood vessels, joint pain.
Dosage Range	: 27.5g daily
Therapeutic Grouping	: Wind-Damp Dispelling Formulas
Precaution	: -
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**芍药甘草汤 Shao Yao Gan Cao Tang**

*Paeoniae Alba Radix 12g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 12g*

Action	: Relax tension to relieve pain.
Indication	: Abdominal pain and foot spasm.
Dosage Range	: 24g daily
Therapeutic Grouping	: Blood-Tonifying Formulas
Precaution	: Use with caution in patients with hypertension, since this formula contains a high dose of Gan Cao ( <i>Radix et Rhizoma Glycyrrhizae</i> ) and may cause water retention. Avoid cold or raw, pungent or spicy, and oily or greasy foods while taking this formula.

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**参苓白术散 Shen Ling Bai Zhu San**

*Lablab Album Semen 2.3g, Ginseng Radix 3g, Poria 3g, Atractylodis Macrocephalae Rhizoma 3g, Glycyrrhizae Radix et Rhizoma 3g, Dioscoreae Rhizoma 3g, Nelumbinis Sarcocarpium 1.5g, Platycodi Radix 1.5g, Coicis Semen 1.5g, Amomi Fructus 1.5g, Jujubae Fructus 1.5g*

Action	: Tonify qi and fortify the spleen, drain dampness and harmonise the stomach.
Indication	: Spleen-Stomach weakness, poor appetite and sloppy stool.
Dosage Range	: 24.8g daily
Therapeutic	: Qi-Tonifying Formula
Grouping	
Precaution	: Use with caution in yin-deficient fire and yin deficiency, during pregnancy, and in patients with exterior or interior heat conditions.
Contraindication	: Strong conformation and Excess.
Storage	: Cool dry place
Type of Ingredient	: Plants

**生脉散 Sheng Mai San**

*Radix et Rhizoma Ginseng 10g, Radix Ophiopogonis 10-15g, Fructus Schisandrae 6g*

Action	: Replenishes the qi and promotes the production of body fluid, astringes yin and arrests perspiration.
Indication	: 1) Syndrome of qi and yin impairment caused by warm-heat and summer-heat marked by polyhidrosis, mental fatigue, lassitude, short breath and disinclination to talk, dry throat and thirst, dry reddened tongue with little coating, feeble and rapid pulse. 2) Syndrome of the lung deficiency due to qi and yin impairment caused by prolonged cough manifest as dry cough with little sputum, short breath, spontaneous swearing, dryness of the mouth and tongue, forceless and thready pulse.
Dosage Range	: 26 – 31g daily
Therapeutic	: Qi-Tonifying Formulas
Grouping	
Precaution	: -
Contraindication	: Contraindicated in patients with exterior syndromes or interior heat conditions. Not recommended for chronic cough with Lung deficiency accompanied by an exterior syndrome.
Storage	: Cool dry place
Type of Ingredient	: Plants

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**十味败毒散 Shi Wei Bai Du San**

*Bupleuri Radix 3g, Angelica pubescentis Radix 3g, Cerasi Cortex 3g, Saposhnikoviae Radix 3g, Platycodi Radix 3g, Chuanxiong Rhizoma 3g, Poria 4g, Schizonepetae Herba 1g, Glycyrrhizae Radix 1g, Zingiberis Rhizoma 1g*

Action	: Disperses wind, transforms dampness, clears heat, and resolves toxicity.
Indication	: Acne, boils, dermal abscesses, eczema, hives, mastitis, inflamed lymph nodes, internal or external ear infections, and sties.
Dosage Range	: 25g daily
Therapeutic	: Formula that Treats External Abscesses and Sores
Grouping	
Precaution	: -
Contraindication	: Toxic sores that have already suppurred.
Storage	: Cool dry place
Type of Ingredient	: Plants

**四君子汤 Si Jun Zi Tang**

*Ginseng Radix 6g, Poria 6g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 3g, Atracylodis Macrophalae Rhizoma 6g, Zingiberis Rhizoma Recens 3g, Jujubae Fructus 2g*

Action	: Replenish qi and fortify the spleen.
Indication	: Spleen-stomach qi deficiency, indigestion, pale complexion, poor appetite and sloppy stool.
Dosage Range	: 26g daily
Therapeutic	: Qi-Tonifying Formulas
Grouping	
Precaution	: Si Jun Zi Tang, while gentle, is slightly warm. Long-term use of this formula may cause a dry mouth, dry tongue, thirst, or irritability. Use with caution or avoid in patients who have high fever, yin-deficient heat, excess heat, qi stagnation, body fluid deficiency, irritability, thirst, or constipation.
Contraindication	: Excess conditions.
Storage	: Cool dry place
Type of Ingredient	: Plants

**四逆散 Si Ni San**

*Glycyrrhizae Radix et Rhizoma 6g, Aurantii Immaturus Fructus 6g, Bupleuri Radix 6g, Paeoniae Alba Radix 6g*

Action	: Soothe the Liver and regulate the Spleen.
Indication	: Reversal of cold extremities, cough and palpitations, inhibited urination, abdominal pain and heaviness dysentery.
Dosage Range	: 24g daily
Therapeutic	: Liver and Spleen Harmonising Formula
Grouping	
Precaution	: Frigid extremities is a symptom that may have various causes. Si Ni San must not be used indiscriminately as a symptomatic treatment for frigid extremities. Instead, it should only be used for cold hands and feet caused by blocked qi circulation failing to warm the extremities.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**四物汤 Si Wu Tang**

*Rehmanniae Radix Praeparata 7.5g, Paeoniae Alba Radix 7.5g, Angelicae Sinensis Radix 7.5g, Chuanxiong Rhizoma 7.5g*

Action	: Tonify and harmonise blood.
Indication	: Dual deficiency of qi and blood, fatigue and debility.
Dosage Range	: 30g daily
Therapeutic	: Blood Tonifying Formula
Grouping	
Precaution	: Use with caution: (i) in patients with deficiency of the Spleen and Stomach, because the stagnating nature of <i>Rehmanniae Radix Praeparata</i> could affect digestion; (ii) pregnancy; and (iii) at low doses in infants.
Contraindication	: Not suitable for patients who suffer from blood or qi collapse, yin deficiency with heat, or those with middle <i>jiao</i> deficiency manifesting in diarrhoea.
Storage	: Cool dry place
Type of Ingredient	: Plants

**酸枣仁汤 Suan Zao Ren Tang**

*Ziziphi spinosae Semen 12-18g, Radix Glycyrrhizae 3g, Anemarrhenae Rhizoma 6g, Poria 6g, Chuanxiong Rhizoma 6g*

Action	: Nourishes the blood and tranquilises the mind, clears heat and relieves restlessness.
Indication	: Syndrome of the liver-blood deficiency with disturbance of interior heat marked by insomnia, vexation due to consumption, dizziness, vertigo, dry throat and mouth, reddened tongue, taut and thready pulse.
Dosage Range	: 33 - 39g daily
Therapeutic	: Nourishing Formulas that Calm the Shen (Spirit)
Grouping	
Precaution	: Use with caution in cases with loose stools.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**天王补心汤 Tian Wang Bu Xin Dan**

*Radix Ginseng 15g, Poria 15g, Poria 15g, Radix Scrophulariae 15g, Radix Salviae Miltiorrhizae 15g, Radix Platycodi 15g, Radix Polygalae 15g, Radix Angelicae Sinensis 30g, Fructus Schisandrae 30g, Radix Ophiopogonis 30g, Radix Asparagi 30g, Semen Pltycladi 30g, Semen Zizih Spinosae 30g, Radix Rehmanniae Praeparata 120g*

Action	: Nourishes the yin and enriched the blood, eases the heart and tranquilises the mind.
Indication	: Syndromes of mental derangement due to deficiency of the yin and blood marked by palpitation, insomnia, vexation due to deficiency, mental fatigue, nocturnal emission, amnesia, feverish sensation in the palms and soles, ulcerated tongue, constipation, reddened tongue with little coating, thready and rapid pulse.
Dosage Range	: 18 - 27g of the grinded fine powder of the ingredients above.
Therapeutic	: Nourishing Formulas that Calm the Shen (Spirit)
Grouping	

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

Precaution	: Use with caution in those with a weak and deficient spleen and stomach manifesting as poor appetite and greasy tough coating.
Contraindication	: Not for spleen and stomach weakness with tendency to bloat, loose stools, edema and fluid retention.
Storage	: Cool dry place
Type of Ingredient	: Plants

**温胆汤 Wen Dan Tang**

*Pinelliae Rhizoma 5g, Bambusae Caulis In Taenia 5g, Aurantii Immaturus Fructus 5g, Citri Reticulatae Pericarpium 7.5g, Zingiberis Rhizoma Recens 5g, Glycyrrhizae Radix et Rhizoma 2.5g, Poria 4g, Jujubae Fructus 1g*

Action	: Warm the gallbladder and harmonise the stomach, dispel phlegm to stop vomiting.
Indication	: Gallbladder deficiency and insomnia, phlegm-heat harassing upward, vexation of deficiency type and fright palpitations, bitter taste in the mouth and vomiting.
Dosage Range	: 35g daily
Therapeutic	: Damp-Drying and Phlegm-Dissolving Formula
Grouping	
Precaution	: -
Contraindication	: Insomnia caused by heart deficiency, palpitations caused by blood deficiency, dizziness and vertigo caused by yin deficiency, and vomiting or nausea caused by stomach cold.
Storage	: Cool dry place
Type of Ingredient	: Plant

**五苓散 Wu Ling San**

*Popyporus 4.5g, Alismatis Rhizoma 7.5g, Poria 4.5g, Cinnamomi Ramulus 3g, Atractylodis Macrocephalae Rhizoma 4.5g*

Action	: Resolve qi and drain water, fortify the spleen and dispel dampness.
Indication	: Internal stagnation of fluid-dampness, exterior syndrome, inhibited urination, polydipsia and thirst, vomiting immediately when drinking water and diarrhoea.
Dosage Range	: 24g daily
Therapeutic	: Water-Regulating and Damp-Resolving Formula
Grouping	
Precaution	: In patients with spleen or kidney qi deficiency, the dosage and duration of use of this formula must be carefully limited. Because this formula eliminates excess body fluids through the urine, it should not be used for a prolonged period of time.
Contraindication	: Thirst due to heat excess or from yin deficiency.
Storage	: Cool dry place
Type of Ingredient	: Plants

**香砂六君子汤 Xiang Sha Liu Jun Zi Tang**

*Ginseng Radix 2.5g, Atractylodis Macrocephalae Rhizoma 5g, Poria 5g, Glycyrrhizae Radix et Rhizoma 2g, Citri Reticulatae Pericarpium 2g, Pinelliae Rhizoma Praeparatum 2.5g, Amomi Fructus 2g, Aucklandiae Radix 2g, Zingiberis Rhizoma Recens 5g*

Action	: Fortify the spleen and nourish the stomach.
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*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

Indication	: Qi deficiency and phlegm-retained fluid, stuffiness and oppression in vomiting, abdominal distention.
Dosage Range	: 28g daily
Therapeutic	: Qi-Tonifying Formulas
Grouping	
Precaution	: Avoid raw and cold foods.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**小柴胡汤 Xiao Chai Hu Tang**

*Bupleuri Radix 8g, Scutellariae Radix 3g, Ginseng Radix 3g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 3g, Pinelliae Rhizoma Praeparatum 5g, Zingiberis Rhizoma Recens 3g, Jujubae Fructus 2g*

Action	: Harmonise and release the lesser yang.
Indication	: Lesser yang syndrome, alternating chills and fever, fullness in the chest and hypochondrium, poor appetite, vexation and nausea, bitter taste in the mouth, dry throat and dizzy vision.
Dosage Range	: 27g daily
Therapeutic	: Shaoyang Harmonising Formulas
Grouping	
Precaution	: Used with caution in patients with yin and/ or blood deficiencies, in patients with upper excess and lower deficiency or in patients with liver fire. Inappropriate use of this formula may result in headache, dizziness, or bleeding gums. Patients who show sweating before recovery should be monitored closely to prevent excessive sweating from injuring yin. Avoid cold, raw, pungent, and spicy foods. Not suitable for long-term use.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**小建中湯 Xiao Jian Zhong Tang**

*Cinnamomi Ramulus 4.5g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 3g, Jujubae Fructus 4.5g, Paeoniae Alba Radix 9g, Zingiberis Rhizoma Recens 4.5g, Maltose 1g*

Action	: Warm the middle to onify deficiency, harmonise the interior and relax tension.
Indication	: Spleen-stomach deficiency cold, abdominal urgency and abdominal pain.
Dosage Range	: 26.5g daily
Therapeutic	: Middle-Warming and Cold-Dispelling Formulas
Grouping	
Precaution	: Not recommended for treating vomiting because the sweet herbs in this formula will create more stagnation and promote Stomach qi reversal.
Contraindication	: Cases of yin-deficient fire and conditions characterised by middle <i>jiao</i> stagnation; intestinal parasites.
Storage	: Cool dry place
Type of Ingredient	: Plants

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**小青龙汤 Xiao Qing Long Tang**

*Ephedrae Herba*# 4g, *Paeoniae Alba Radix* 4g, *Schisandrae Chinensis Fructus* 1.5g, *Zingiberis Rhizoma* 4g, *Glycyrrhizae Radix et Rhizoma Praeparata cum Melle* 4g, *Cinnamomi Ramulus* 4g, *Pinelliae Rhizoma Praeparatum* 4g, *Asari Radix et Rhizoma* 1.5g

Action	: Release the exterior to dissipate cold, warm the lung and resolve fluid retention.
Indication	: Wind-cold induced by exopathogen, internal stagnation of fluid-dampness, aversion to cold with fever, absence of sweating, cough and panting, white and watery Phlegm.
Dosage Range	: 27g daily
Therapeutic Grouping	: Acrid and Warm Exterior-Releasing Formula
Precaution	: Should not be taken for a prolonged period of time. It should be discontinued when the desired effects have been achieved.
Contraindication	: Heat condition with a sore throat or a rapid pulse; wind-heat or beginning stages of <i>wen bing</i> (warm disease); yin deficiency with dry cough or thirst; phlegm-heat conditions with thick, yellow sputum; cough with streaks of blood in the sputum; and cough with thick, yellow sputum, thirst, a red tongue with yellow tongue coating, and a rapid pulse.
Storage	: Cool dry place
Type of Ingredient	: Plants

#*Ephedrae Herba* is not available in formulations registered in Malaysia. It is prohibited as it contains scheduled poison listed under the Poisons Act 1952.

**逍遥散 Xiao Yao San**

*Glycyrrhizae Radix et Rhizoma Praeparata cum Melle* 2g, *Paeoniae Alba Radix* 4g, *Angelica Sinensis Radix* 4g, *Poria* 4g, *Atractylodis Macrocephalae Rhizoma* 4g, *Bupleuri Radix* 4g, *Zingiberis Rhizoma Tostum* 4g, *menthae Herba* 2g

Action	: Soothe the liver and release depression, nourish blood and fortify the spleen.
Indication	: Blood-deficiency, overexertion and fatigue, heavy head and blurred vision, menstrual irregularities, lassitude of spirit, poor appetite, nutrient–defense disharmony.
Dosage Range	: 28g daily
Therapeutic Grouping	: Liver and Spleen Harmonising Formula
Precaution	: Use with caution during pregnancy, qi stagnation with underlying liver and kidney yin deficiencies, characterised by symptoms such as hypochondriac pain, chest and abdominal fullness and distention, a dry mouth and throat, a red tongue with little tongue coating, and a deep pulse.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

**辛夷清肺汤 Xin Yi Qing Fei Tang**

*Magnoliae Flos 2g, Scutellariae Radix 3g, Gardeniae Fructus 3g, Ophiopogonis Radix 3g, Lillii Bulbus 3g, Gypsum Fibrosum 3g, Anemarrhenae Rhizoma 3g, Glycyrrhizae Radix et Rhizoma 1.5g, Eriobotryae Folium 3g, Cimicifugae Rhizoma 1g*

Action	: Clear lung heat
Indication	: Nasal congestion and nasal polyp.
Dosage Range	: 25.5g daily
Therapeutic	: Acrid and Cold Exterior-Releasing Formula
Grouping	
Precaution	: -
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**辛夷散 Xin Yi San**

*Magnoliae Flos 2.5g, Asari Radix et Rhizoma 2.5g, Ligustici Rhizoma et Radix 2.5g, Cimicifugae Rhizoma 2.5g, Chuanxiong Rhizoma 2.5g, Akebiae Caulis 2.5g, Saposhnikovia Radix 2.5g, Glycyrrhizae Radix et Rhizoma 2.5g, Angelicae Dahuricae Radix 2.5g, Camelliae Sinensis Folium 2.5g*

Action	: Disperse wind-cold, dispel dampness pathogen and relieve stuffy nose.
Indication	: Nasal congestion induced by the initial stage of common cold, watery nasal mucus.
Dosage Range	: 25g daily
Therapeutic	: Acrid and Warm Exterior-Releasing Formula
Grouping	
Precaution	: -
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**旋覆代赭石汤 Xuan Fu Dai Zhe Shi Tang**

*Inulae Flos 4.5g, Ginseng Radix 3g, Zingiberis Rhizoma Recens 7.5g, Pinelliae Rhizoma Praeparatum 7.5g, Haematium 1.5g, Jujubae Fructus 4g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 4.5g*

Action	: Reinforce the healthy qi and tonify stomach, downbear conterflow and resolve phlegm.
Indication	: After sweating, vomiting and diarrhoea, stuffiness below the heart and belch persistently.
Dosage Range	: 32.5g
Therapeutic	: Qi-Descending Formula
Grouping	
Precaution	: -
Contraindication	: Morning sickness
Storage	: Cool dry place
Type of Ingredient	: Plants and mineral

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**血府逐瘀汤 Xue Fu Zhu Yu Tang**

*Angelicae Sinensis Radix 4.5g, Rehmanniae Radix Recens 4.5g, Persicae Semen 6g, Carthami Flos 4.5g, Citri Immaturus Fructus 3g, Paeoniae Rubra Radix 3g, Bupleuri Radix 1.5g, Glycyrrhizae Radix et Rhizoma 1.5g, Platycodi Radix 2.3g, Chuanxiong Rhizoma 2.3g, Cyathulae Radix 4.5g*

Action	: Activate blood and resolve stasis, move qi to relieve pain.
Indication	: Blood stasis in the chest, late afternoon tidal fever, chest pain for years, headache, persistent hiccup, internal heat, vexation and oppression, palpitations and insomnia.
Dosage Range	: 37.6g
Therapeutic Grouping	: Blood-Invigorating and Stasis-Removing Formula
Precaution	: -
Contraindication	: Pregnancy, hypermenorrhea, weak or debilitated, bleeding diathesis, active haemorrhagic disorder.
Storage	: Cool dry place
Type of Ingredient	: Plants

**养心汤 Yang Xin Tang**

*Astragali Radix Praeparata cum Melle 3g, Poria cum Pini Radix 3g, Poria 3g, Pinelliae Rhizoma Fermentatum 3g, Angelicae Sinensis Radix 3g, Chuanxiong Rhizoma 3g, Polygalae Radix 2g, Ziziphi Spinosae Semen 2g, Cinnamomi Cortex 2g, Platycladi Semen 2g, Schisandrae Chinensis Fructus 2g, Ginseng Radix et Rhizoma 2g, Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle 1g, Zingiberis Rhizoma Recens 1g, Jujubae Fructus 1g.*

Action	: Tonify blood and nourish the heart, tranquilise and stabilise the mind.
Indication	: Heart blood deficiency, disquieted heart spirit, insomnia, and profuse dreaming.
Dosage Range	: 33g
Therapeutic Grouping	: Nourishing Formulas that Calm the Shen (Spirit)
Precaution	: -
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants

**一贯煎 Yi Guan Jian**

*Radix Glehniae 10g, Radix Ophiopogonis 10g, Radix Angelicae Sinensis 10g, Radix rehmanniae 30g, Fructus Lycii 12g, Fructus Toosendan 5g*

Action	: Nourishes yin and disperses the stagnated liver-qi.
Indication	: Deficiency syndrome of yin concomitant with stagnation of the liver qi marked by chest, epigastric, and hypochondriac pain, acid regurgitation, dry throat and mouth, reddened tongue with little saliva, thready and weak pulse, or weak and taut pulse. it can also be used to treat hernia.
Dosage Range	: 77g
Therapeutic Grouping	: Yin-Tonifying Formula
Precaution	: -

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

Contraindication	: Hypochondriac pain caused by liver fire rising without underlying deficiency; qi and blood stagnation or phlegm accumulation.
Storage	: Cool dry place
Type of Ingredient	: Plants

**茵陈蒿汤 Yin Chen Hao Tang**

*Artemisiae Scopariae Herba 18g, Rhei Radix et Rhizoma 6g, Gardeniae Fructus 6g*

Action	: Clear heat and drain dampness.
Indication	: Yang jaundice and fever, sweating from the head, body without sweating, thirst, abdominal slight fullness, short and reddish urine.
Dosage Range	: 30g
Therapeutic Grouping	: Heat-Clearing and Damp-Dispelling Formula
Precaution	: -
Contraindication	: Pregnancy, yin-type jaundice or jaundice in which dampness predominates.
Storage	: Cool dry place
Type of Ingredient	: Plants

**银翘散 Yin Qiao San**

*Forsythiae Fructus 5g, Lonicerae Flos 5g, Platycodi Radix 3g, Menthae Herba 3g, Lophatheri Caulis et Folium 2g, Glycyrrhizae Radix et Rhizoma 2.5g, Schizonepetae Herba 2g, Sojae Semen Preparatum 2.5g, Arctii Fructus 3g, Phragmitis Rhizoma 2g*

Action	: Outthrust through the exterior with pungent-cool, clear heat and detoxicate.
Indication	: The initial stage of warm disease, slight aversion to wind-cold with fever, headache and thirst, cough and sore throat.
Dosage Range	: 30g
Therapeutic Grouping	: Acrid and Cold Exterior-Releasing Formulas
Precaution	: Avoid foods that are oily, greasy, raw, cold, or sour in nature while taking this herbal formula.
Contraindication	: Cases of wind-cold invasion or in initial stages of damp-heat conditions
Storage	: Cool dry place
Type of Ingredient	: Plants

**玉女煎 Yu Nu Jian**

*Gypsum Fibrosum Crudum 10g, Rehmanniae Radix Praeparata 10g, Ophiopogonis Radix 5g, Anemarrhenae Rhizoma 4g, Achyranthis Bidentatae Radix 4g*

Action	: Clear stomach and nourish yin.
Indication	: Yin deficiency and stomach heat, vexing heat and thirst, headache and toothache.
Dosage Range	: 33g
Therapeutic Grouping	: Zang Fu Clearing Formulas
Precaution	: -
Contraindication	: Cases of loose stools due to deficiency and cold of the spleen and stomach.

Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.

Storage	: Cool dry place
Type of Ingredient	: Plants and mineral

**玉屏風散 Yu Ping Feng San**

*Astragali Radix 15g, Saposhnikoviae Radix 5g, Atractylodis Macrocephalae Rhizoma 5g, Zingiberis Rhizoma Recens 3g, Jujubae Fructus 2g*

Action	: Tonify qi and secure the exterior to stop sweating.
Indication	: Exterior deficiency and spontaneous sweating, weakness and wind-cold induced by exopathogen.
Dosage Range	: 30g
Therapeutic	: Exterior-Stabilising Formula to Stop Perspiration
Grouping	
Precaution	: -
Contraindication	: Patients with exterior syndrome with spontaneous sweating; individuals with night sweating caused by yin deficiency.
Storage	: Cool dry place
Type of Ingredient	: Plants

**真人活命饮 Zhen Ren Huo Ming Yin**

*Radix Angelicae Dahuricae 3g, Bulbus Fritillariae 3g, Radix Saposhnikoviae 3g, Extremitas Radix Angelicae Sinensis 3g, Radix et Rhizoma Glycyrrhizae 3g, Spina Gleditsiae (dry-fried) 3g, Squama Manis<sup>#</sup> 3g, Radix Trichosanthis 3g, Myrrha 3g, Gummi Olibanum 3g, Flos Lonicerae Japonicae 9g, Pericarpium Citri Reticulatae 9g*

Action	: Dissipate stasis, disperse swelling, clear heat, resolve toxin, transform pus, and engender flesh.
Indication	: Treats the initial stage of yang swellings (red, hot, and painful) and encourages suppuration. The list of swellings treated by this formula include inflamed lymph nodes, boils, breast abscesses, appendicular abscess, suppurative tonsillitis, and inflamed, deeplying cysts. This formula can also help close sores that have already suppurated.
Dosage Range	: 48g daily
Therapeutic	: Formula that Treats External Abscesses and Sores
Grouping	
Precaution	: -
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants and animal

*# Squama Manis is not available in formulations registered in Malaysia as it is a protected species under the Wildlife Conservation Act 2010 [Act 716].*

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**炙甘草汤 Zhi Gan Cao Tang**

*Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 3g, Zingiberis Rhizoma Recens 2.5g, Cinnamomi Ramulus 2.5g, Ginseng Radix 1.5g, Rehmanniae Radix Recens 12g, Asini Corii Colla 1.5g, Ophiopogonis Radix 2.5g, Cannabis Fructus 3g, Jujubae Fructus 3g*

Action	: Tonify qi and blood, enrich yin and rehabilitate vessel.
Indication	: Deficiency of qi and blood, bound pulse, palpitations, shortness of breath, oppression in the chest, consumptive disease, and lung atrophy.
Dosage Range	: 31.5g daily
Therapeutic	: Blood-Tonifying Formulas
Grouping	
Precaution	: Use with caution in patients with diarrhea and dysentery.
Contraindication	: Individuals with severe edema or a fine pulse.
Storage	: Cool dry place
Type of Ingredient	: Plants and animal

**止嗽散 Zhi Sou San**

*Platycodi Radix 5g, Schizonepetae Herba 5g, Asteris Radix et Rhizoma 5g, Stemonae Radix 5g, Cynanchi Stauntonii Rhizoma et Radix 5g, Glycyrrhizae Radix et Rhizoma 2g, Citri Reticulatae Pericarpium 2.5g*

Action	: Disperse wind to release the exterior, resolve phlegm and suppress cough.
Indication	: Cough induced by exopathogen and inhibited expectoration.
Dosage Range	: 29.5g daily
Therapeutic	: Acrid and Cold Exterior-Releasing Formula
Grouping	
Precaution	: -
Contraindication	: Not suitable for chronic cough caused by yin deficiency, lung heat, or phlegm heat; this formula should be used with extreme caution if the cough is accompanied by blood-streaked phlegm.
Storage	: Cool dry place
Type of Ingredient	: Plants

**猪苓汤 Zhu Ling Tang**

*Polyporus 6g, Poria 6g, Asini Corii Colla 6g, Talcum 6g, Alismatis Rhizoma 6g*

Action	: Nourish yin, clear heat and drain water.
Indication	: Binding of water and heat, internal heat damage to yin, fever, thirst, inhibited urination, vexation and insomnia.
Dosage Range	: 30g daily
Therapeutic	: Water-Regulating and Damp-Resolving Formula
Grouping	
Precaution	: This formula is forbidden to be administered to cases with yin and fluids exhaustion due to exuberant heat.
Contraindication	: -
Storage	: Cool dry place
Type of Ingredient	: Plants, animal, and mineral

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

**竹叶石膏汤 Zhu Ye Shi Gao Tang**

*Lophatheri Caulis et Folium 2g, Gypsum Fibrosum 16g, Pinelliae Rhizoma Praeparatum 4g, Ginseng Radix 3g, Glycyrrhizae Radix et Rhizoma Praeparata cum Melle 2g, Oryzae Semen 6g, Ophiopogonis Radix 6g*

Action	: Tonify qi and harmonise the stomach.
Indication	: Late stage of febrile disease, dual damage of qi and ying, dry retching, shortage of qi, thirst, vacuous, large and feeble pulse.
Dosage Range	: 39g daily
Therapeutic	: Qi (Energy) Level-Clearing Formula
Grouping	
Precaution	: -
Contraindication	: Acute conditions of excess heat without underlying deficiencies. It is also contraindicated in individuals with fever, a stifling sensation in the chest, dry heaves, and a yellow, greasy tongue coating caused by damp accumulation.
Storage	: Cool dry place
Type of Ingredient	: Plants and mineral

*Note: Terms used in this list is based on TCM philosophy and may differ in meaning from the terms used in allopathic medicine.*

## Scientific Names\* of TCM Single Herbs

Pin Yin Name	Chinese Name	Scientific Names*
Ba Ji Tian	巴戟天	<ul style="list-style-type: none"> <li>• <i>Morindae officianalis radix</i></li> <li>• <i>Morinda officinalis How. radix</i></li> </ul>
Bai He	百合	<ul style="list-style-type: none"> <li>• <i>Lilii Bulbus</i></li> <li>• <i>Lilium lancifolium Thunb., Lilium brownii F.E.Br. var. viridulum Baker</i></li> <li>• <i>Lilium pumilum Redouté (Fam. Liliaceae).</i></li> </ul>
Bai Hua She She Cao	白花蛇舌草	<ul style="list-style-type: none"> <li>• <i>Oldenlandiae diffusae herba</i></li> <li>• <i>Oldenlandia diffusa (Willd.) Roxb. (Fam. Rubiaceae)</i></li> </ul>
Bai Jiang Cao	败酱草	<ul style="list-style-type: none"> <li>• <i>Patriniae Herba</i></li> <li>• <i>Patrinia villose Juss</i></li> <li>• <i>Patrinia scabiosaefolia Fisch. ex Link.</i></li> </ul>
Bai Mao Gen	白茅根	<ul style="list-style-type: none"> <li>• <i>Imperatae rhizoma</i></li> <li>• <i>Imperata cylindrica Beauv. var. major (Nees) C. E. Hubb.rhizoma</i></li> <li>• <i>Imperata cylindrica (L.) Raeusch. (Fam. Gramineae)</i></li> </ul>
Bai Shao/ Bai Shao Yao	白芍/ 白芍药	<ul style="list-style-type: none"> <li>• <i>Paeoniae radix alba</i></li> <li>• <i>Paeonia lactiflora pall. Radix</i></li> </ul>
Bai Xian Pi	白鲜皮	<ul style="list-style-type: none"> <li>• <i>Dictamni Cortex</i></li> <li>• <i>Dictamnus dasycarpus Turcz. (Fam. Rutaceae)</i></li> </ul>
Bai Zhi	白芷	<ul style="list-style-type: none"> <li>• <i>Angelicae dahuricae radix</i></li> <li>• <i>Angelica dahurica (Fisch.ex Hoffm.) Benth.et Hook.f.</i></li> <li>• <i>Angelica dahurica (Fisch.ex Hoffm.) Benth et. Hook. f.var.formosana (Boiss.) Shan et Yuan radix</i></li> </ul>
Bai Zhu	白朮	<ul style="list-style-type: none"> <li>• <i>Atractylodis macrocephalae rhizoma</i></li> <li>• <i>Atractylodes macrocephala Koidz.rhizoma</i></li> </ul>
Ban Lan Gen	板蓝根	<ul style="list-style-type: none"> <li>• <i>Istidis radix</i></li> <li>• <i>Isatis indigotica Fort. Radix</i></li> </ul>
Ban Zhi Lian	半枝莲	<ul style="list-style-type: none"> <li>• <i>Scutellariae barbatae herba</i></li> <li>• <i>Scutellaria barbata D.</i></li> <li>• <i>Don (Fam. Labiatae)</i></li> </ul>
Bo He	薄荷	<ul style="list-style-type: none"> <li>• <i>Menthae herba</i></li> <li>• <i>Mentha canadensis L. (Mentha haplocalyx Briq.) and the similar</i></li> <li>• <i>species (Fam. Labiatae).</i></li> </ul>
Bo Zi Ren	柏子仁	<ul style="list-style-type: none"> <li>• <i>Platycladi Semen</i></li> </ul>
Bu Gu Zhi	补骨脂	<ul style="list-style-type: none"> <li>• <i>Psoraleae fructus</i></li> <li>• <i>Platycladus orientalis (L.) Franco (Fam. Cupressaceae).</i></li> </ul>
Cang Er Zi	苍耳子	<ul style="list-style-type: none"> <li>• <i>Xanthii fructus</i></li> <li>• <i>Xanthium sibiricum Patr.fructus</i></li> </ul>
Cang Zhu	苍术	<ul style="list-style-type: none"> <li>• <i>Atractylodis rhizoma</i></li> </ul>

\*Note: The scientific names may refer to the herbs in its processed/ original form.

## Scientific Names\* of TCM Single Herbs

Pin Yin Name	Chinese Name	Scientific Names*
		<ul style="list-style-type: none"> <li>• <i>Atractylodes lancea</i> (Thunb.) DC/ <i>Atractylodes chinensis</i> (DC.) Koidz. rhizoma</li> </ul>
Chai Hu	柴胡	<ul style="list-style-type: none"> <li>• <i>Bupleuri radix</i></li> <li>• <i>Bupleurum chinensis</i> DC./ <i>Bupleurum scorzonerifolium</i> Willd. Radix</li> </ul>
Che Qian Zi	车前子	<ul style="list-style-type: none"> <li>• <i>Plantaginis semen</i></li> <li>• <i>Plantago asiatica</i> L./ <i>P. depressa</i> Willd. semen</li> </ul>
Chen Pi	陈皮	<ul style="list-style-type: none"> <li>• <i>Citri reticulatae pericarpium</i></li> <li>• <i>Citrus reticulata</i> Blanco pericarpium</li> </ul>
Chi Shao	赤芍	<ul style="list-style-type: none"> <li>• <i>Paeoniae rubra radix</i></li> <li>• <i>Paeonia lactiflora</i> Pall./ <i>P. veitchii</i> Lynch radix</li> </ul>
Chi Xiao Dou	赤小豆	<ul style="list-style-type: none"> <li>• <i>Vignae semen</i></li> <li>• Dried ripe seed of <i>Vigna umbellata</i> (Thunb.) Ohwi &amp; H. Ohashi (Fam. Leguminosae).</li> </ul>
Chuan Bei Mu	川贝母	<ul style="list-style-type: none"> <li>• <i>Fritillariae cirrhose bulbus</i></li> <li>• <i>Fritillaria cirrhosa</i> D. Don,</li> <li>• <i>Fritillaria unibracteata</i> P.K.Hsiao &amp; K.C.Hsia,</li> <li>• <i>Fritillaria przewalskii</i> Maxim. ex Batalin,</li> <li>• <i>Fritillaria delavayi</i> Franch., <i>Fritillaria taipaiensis</i> P.Y.Li</li> <li>• or <i>Fritillaria unibracteata</i> P.K.Hsiao &amp; K.C.Hsia var.</li> <li>• <i>wabuensis</i>(S.Y.Tang &amp; S.C.Yueh) Z.D.Liu, Shu Wang &amp; S.C.Chen (Fam. Liliaceae)</li> </ul>
Chuan Lian Zi	川楝子	<ul style="list-style-type: none"> <li>• <i>Toosendan fructus</i></li> <li>• <i>Melia toosendan</i> Sieb. et Zucc.fructus</li> </ul>
Chuan Xiong	川芎	<ul style="list-style-type: none"> <li>• <i>Chuanxiong Rhizoma</i></li> <li>• <i>Ligusticum chuanxiong</i> Hort.Rhizoma</li> </ul>
Da Fu Pi	大腹皮	<ul style="list-style-type: none"> <li>• <i>Arecae pericarpium</i></li> <li>• <i>Areca catechu</i> L. pericarpium</li> </ul>
Da Huang	大黄	<ul style="list-style-type: none"> <li>• <i>Rhei radix et rhizome</i></li> <li>• <i>Rheum palmatum</i> L., <i>R.tanguticum</i> Maxim.ex Balf./ <i>R.officinale</i> Baill radix et rhizome</li> </ul>
Da Zao	大枣	<ul style="list-style-type: none"> <li>• <i>Jujubae fructus</i></li> <li>• <i>Ziziphus jujuba</i> Mill. fructus</li> </ul>
Dan Shen	丹参	<ul style="list-style-type: none"> <li>• <i>Salviae miltiorrhizae radix et rhizome</i></li> <li>• <i>Salvia miltiorrhiza</i> Bge.radix</li> </ul>
Dang Gui	当归	<ul style="list-style-type: none"> <li>• <i>Angelicae sinensis radix</i></li> <li>• <i>Aaugellica sinensis</i>(Oliv) Diels. Radix</li> </ul>
Dang Shen	党参	<ul style="list-style-type: none"> <li>• <i>Codonopsis radix</i></li> <li>• <i>Codonopsis pilosula</i> (Franch.)Nannf., <i>C. Pulosula</i> Nannf. Var.<i>modesta</i>(Nannf.)L.T.Shen/ <i>C.tangshen</i> Oliv. Radix</li> </ul>
Di Gu Pi	地骨皮	<ul style="list-style-type: none"> <li>• <i>Lycii radices cortex</i></li> <li>• <i>Lycium chinense</i> Mill/ <i>L. barbarum</i> L. cortex</li> </ul>

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## Scientific Names\* of TCM Single Herbs

Pin Yin Name	Chinese Name	Scientific Names*
Du Huo	独活	<ul style="list-style-type: none"> <li>• <i>Angelicae pubescentis radix</i></li> <li>• <i>Angelica pubescens Maxim. f. biserrata Shan et Yuan radix</i></li> </ul>
Du Zhong	杜仲	<ul style="list-style-type: none"> <li>• <i>Eucommiae cortex</i></li> <li>• <i>Eucommia ulmoides Oliv.cortex</i></li> </ul>
E Zhu	莪术	<ul style="list-style-type: none"> <li>• <i>Curcumae rhizome</i></li> <li>• <i>Curcuma phaeocaulis Val./ C.wenyujin Y.H.Chenet C.Ling, C.kwangsiensis S.lee et C.F.Liang rhizome</i></li> </ul>
Fa Ban Xia	法半夏	<ul style="list-style-type: none"> <li>• <i>Pinelliae rhizome praeparatum</i></li> <li>• <i>Pinellia ternata(Thunb) Breit.rhizome</i></li> </ul>
Fang Feng	防风	<ul style="list-style-type: none"> <li>• <i>Saposhnikoviae radix</i></li> <li>• <i>Saposhnikovia divaricata(Turez.)Schischk</i></li> </ul>
Fo Shou	佛手	<ul style="list-style-type: none"> <li>• <i>Citri sarcodactylis fructus</i></li> <li>• <i>Citrus medica L. Var. Sarcodactylis Swingle fructus</i></li> </ul>
Fu Ling	茯苓	<ul style="list-style-type: none"> <li>• <i>Poria</i></li> <li>• <i>Poria cocos (Schw.) Wolf</i></li> </ul>
Fu Pen Zi	覆盆子	<ul style="list-style-type: none"> <li>• <i>Rubi fructus</i></li> <li>• <i>Rubus chingii Hu fructus</i></li> </ul>
Fu Shen	茯神	<ul style="list-style-type: none"> <li>• <i>Poria Cum Pini Radix</i></li> <li>• <i>Wolfiporia extensa (Peck) Ginns (Poria cocos (Schwein.) F.A.Wolf) (Fam.Polyporaceae)</i></li> </ul>
Fu Xiao Mai	浮小麦	<ul style="list-style-type: none"> <li>• <i>Tritici levis fructus</i></li> <li>• <i>Triticum aestivum L.fructus</i></li> </ul>
Gan Cao	甘草	<ul style="list-style-type: none"> <li>• <i>Glycyrrhizae radix et rhizoma</i></li> <li>• <i>Glycyrrhiza uralensis Fisch., G.inflata Bat./ G.glabra L.radix et rhizoma</i></li> </ul>
Gan Jiang	干姜	<ul style="list-style-type: none"> <li>• <i>Zingiberis rhizoma</i></li> <li>• <i>Zingiber officinale Rosc.rhizoma</i></li> </ul>
Gao Ben	藁本	<ul style="list-style-type: none"> <li>• <i>Ligustici rhizome et radix</i></li> <li>• <i>Ligusticum sinensis Oliv./ Ligusticum jeholense Nakai et Kitag.rhizome et radix</i></li> </ul>
Ge Gen	葛根	<ul style="list-style-type: none"> <li>• <i>Puerariae radix</i></li> <li>• <i>Pueraria lobata (Willd.)Ohwi / Pueraria thomsonii Benth. Radix</i></li> </ul>
Gou Qi Zi	枸杞子	<ul style="list-style-type: none"> <li>• <i>Lych fructus</i></li> <li>• <i>Lycium barbarum L.fructus</i></li> </ul>
Gu Sui Bu	骨碎補	<ul style="list-style-type: none"> <li>• <i>Drynariae rhizoma</i></li> <li>• <i>Drynaria roosii Nakaike (Fam. Polypodiaceae).</i></li> </ul>
Gu Ya	谷芽	<ul style="list-style-type: none"> <li>• <i>Oryzae germinates fructus / Setariae fructus germinatus</i></li> <li>• <i>Setaria italica (L.) Beauv.fructus germinatus</i></li> </ul>
Gua Lou	瓜蒌	<ul style="list-style-type: none"> <li>• <i>Trichosanthis fructus</i></li> <li>• <i>Trichosanthes kirilowii Maxim./ T. rosthornii Harms fructus</i></li> </ul>

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## Scientific Names\* of TCM Single Herbs

Pin Yin Name	Chinese Name	Scientific Names*
Gua Lou Gen	栝楼根(天花粉)	<ul style="list-style-type: none"> <li>• <i>Trichosanthis radix</i></li> <li>• <i>Trichosanthes kirilowii Maxim./ T. rosthornii Harms radix</i></li> </ul>
Guang Huo Xiang	广藿香	<ul style="list-style-type: none"> <li>• <i>Pogostemonis herba</i></li> <li>• <i>Pogostemon cablin (Blanco) Benth (Fam. Labiatae).</i></li> </ul>
Gui Zhi	桂枝	<ul style="list-style-type: none"> <li>• <i>Cinnamomi ramulus</i></li> <li>• <i>Cinnamomum cassia Presl</i></li> </ul>
Han Lian Cao	旱莲草	<ul style="list-style-type: none"> <li>• <i>Ecliptae herba</i></li> <li>• <i>Eclipta prostrata L.</i></li> </ul>
He Huan Pi	合欢皮	<ul style="list-style-type: none"> <li>• <i>Albiziae cortex</i></li> <li>• <i>Albizia julibrissin Durazz.cortex</i></li> </ul>
He Shou Wu	何首乌	<ul style="list-style-type: none"> <li>• <i>Polygoni multiflori radix/ Reynoutriae multiflorae radix</i></li> <li>• <i>Polygonum multiflorum Thuna. radix</i></li> </ul>
Hong Hua	红花	<ul style="list-style-type: none"> <li>• <i>Carthami flos</i></li> <li>• <i>Carthamus tinctorius L. flos</i></li> </ul>
Hong Jing Tian	紅景天	<ul style="list-style-type: none"> <li>• <i>Rhodiolae crenulatae radix et rhizoma</i></li> <li>• <i>Rhodiola crenulata (Hook.f. &amp; Thomson)</i></li> <li>• <i>H.Ohba (Fam. Crassulaceae)</i></li> </ul>
Hu Zhang	虎杖	<ul style="list-style-type: none"> <li>• <i>Polygoni cuspidate rhizome et radix/ Reynoutriae rhizoma et radix</i></li> <li>• <i>Polygonum cuspidatum Sieb. et Zucc. rhizoma et radix</i></li> </ul>
Huai Niu Xi	淮牛膝	<ul style="list-style-type: none"> <li>• <i>Achyranthis bidentatae radix</i></li> <li>• <i>Achyranthes bidentata Blume radix</i></li> </ul>
Huang Bo	黃柏	<ul style="list-style-type: none"> <li>• <i>Phellodendri chinensis cortex</i></li> <li>• <i>Phellodendron chinense Schneid./ P. amurense Rupr.</i></li> </ul>
Huang Jing	黃精	<ul style="list-style-type: none"> <li>• <i>Polygonati rhizoma</i></li> <li>• <i>Polygonatum sibiricum Red.; kingianum Coll.et Hemsl.; P.cyrtonema Hua rhizoma</i></li> </ul>
Huang Lian	黃連	<ul style="list-style-type: none"> <li>• <i>Coptidis rhizoma</i></li> <li>• <i>Coptis chinensis Franch., C. deltoidea C. Y.Cheng et Hsiao/ C. teeta Wall. rhizoma</i></li> </ul>
Huang Qi	黃芪	<ul style="list-style-type: none"> <li>• <i>Astragali radix</i></li> <li>• <i>Astragalus memranaceus (Fisch.)Bge.var.mongholicus (Bge.)Hsiao/ A.membranaceus(Fisch.)Bge radix</i></li> </ul>
Huang Qin	黃芩	<ul style="list-style-type: none"> <li>• <i>Scutellariae radix</i></li> <li>• <i>Scutellaria baicalensis Georgi radix</i></li> </ul>
Huo Xiang	藿香	<ul style="list-style-type: none"> <li>• <i>Agastachis Herba</i></li> <li>• <i>Agastache</i></li> <li>• <i>rugosa (Fisch. &amp; C.A.Mey.) Kuntze (Fam. Labiatae).</i></li> </ul>
Ji Xue Teng	鸡血藤	<ul style="list-style-type: none"> <li>• <i>Spathologi caulis</i></li> <li>• <i>Spatholobus suberectus Dunn caulis</i></li> </ul>

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## Scientific Names\* of TCM Single Herbs

Pin Yin Name	Chinese Name	Scientific Names*
Jiang Huang	姜黄	<ul style="list-style-type: none"> <li>• <i>Curmuna longae rhizome</i></li> <li>• <i>Curcuma longa.L.rhizome</i></li> </ul>
Jie Geng	桔梗	<ul style="list-style-type: none"> <li>• <i>Platycodis radix</i></li> <li>• <i>Platycodon grandiflorus (Jacq.) A. DC. Radix</i></li> </ul>
Jin Qian Cao	金钱草	<ul style="list-style-type: none"> <li>• <i>Lysimachiae Herba</i></li> <li>• <i>Lysimachia christinae Hance</i></li> </ul>
Jin Yin Hua	金银花	<ul style="list-style-type: none"> <li>• <i>Lonicerae japonicae flos</i></li> <li>• <i>Lonicera japonica Thund.,L. hypoglauca Miq.,L. confusa DC./ L. dasystyla Rehd. flos</i></li> </ul>
Jing Jie	荊芥	<ul style="list-style-type: none"> <li>• <i>Nepetae herba</i></li> <li>• <i>Nepeta tenuifolia Benth. (Fam. Labiatae).</i></li> <li>• <i>Schizonepeta tenuifolia Briq.</i></li> </ul>
Ju Hua	菊花	<ul style="list-style-type: none"> <li>• <i>Chrysanthemi flos</i></li> <li>• <i>Chrysanthemum morifolium Ramat. flos</i></li> </ul>
Ku Shen	苦参	<ul style="list-style-type: none"> <li>• <i>Sophorae flavescens radix</i></li> <li>• <i>Sophora flavescens Ait. radix</i></li> </ul>
Ku Xing Ren	苦杏仁	<ul style="list-style-type: none"> <li>• <i>Armeniaca amarum semen</i></li> <li>• <i>Prunues armeniaca L. var. ansu Maxim,P.sibirica L, P.mandshurica (Maxim.) Koehne/ P. armeniaca L. semen</i></li> </ul>
Lai Fu Zi	莱菔子	<ul style="list-style-type: none"> <li>• <i>Raphani semen</i></li> <li>• <i>Raphanus sativus L.semen</i></li> </ul>
Lian Qiao	连翘	<ul style="list-style-type: none"> <li>• <i>Forsythiae fructus</i></li> <li>• <i>Forsythia suspensa (Thunb.) Vahl fructus</i></li> </ul>
Long Dan Cao	龙胆草	<ul style="list-style-type: none"> <li>• <i>Gentianae radix et rhizoma</i></li> <li>• <i>Gentiana manshurica Kitag.,G. scabra Bge.,G. triflora Pall./ G. rigescens Franch. radix et rhizoma</i></li> </ul>
Lu Lu Tong	路路通	<ul style="list-style-type: none"> <li>• <i>Liquidambaris fructus</i></li> <li>• <i>Liquidambar formosana Hance fructus</i></li> </ul>
Mai Men Dong	麦门冬	<ul style="list-style-type: none"> <li>• <i>Ophiopogonis radix</i></li> <li>• <i>Ophiopogon japonicus(Thunb.)Ker-Gawl. radix</i></li> </ul>
Mai Ya	麥芽	<ul style="list-style-type: none"> <li>• <i>Hordei germinates fructus</i></li> <li>• <i>Hordeum vulgare L. fructus</i></li> </ul>
Man Jing Zi	蔓荊子	<ul style="list-style-type: none"> <li>• <i>Vitidis fructus</i></li> <li>• <i>Vitex trifolia L.var. simplicifolia Cham./ Vitex trifolia L. fructus</i></li> </ul>
Mo Yao	没药	<ul style="list-style-type: none"> <li>• <i>Myrrha</i></li> <li>• <i>Commiphora myrrha Engl.</i></li> </ul>
Mu Dan Pi	牡丹皮	<ul style="list-style-type: none"> <li>• <i>Moutan Radicis Cortex</i></li> <li>• <i>Paeonia suffruticosa Andr.Cortex</i></li> </ul>
Niu Bang Zi	牛蒡子	<ul style="list-style-type: none"> <li>• <i>Arctii fructus</i></li> <li>• <i>Arctium lappa L.fructus</i></li> </ul>
Nu Zhen Zi	女贞子	<ul style="list-style-type: none"> <li>• <i>Ligustri lucidi fructus</i></li> <li>• <i>Ligustrum lucidum Ait.fructus</i></li> </ul>
Pei Lan	佩兰	<ul style="list-style-type: none"> <li>• <i>Eupatorh herba</i></li> <li>• <i>Eupatorium fortunei Turcz. Fructus</i></li> </ul>
Pi Pa Ye	枇杷叶	<ul style="list-style-type: none"> <li>• <i>Eriobotryae folium</i></li> <li>• <i>Eriobotrya japonica (Thunb.) Lindl. Folium</i></li> </ul>

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## Scientific Names\* of TCM Single Herbs

Pin Yin Name	Chinese Name	Scientific Names*
Pu Gong Ying	蒲公英	<ul style="list-style-type: none"> <li>• <i>Taraxaci herba</i></li> <li>• <i>Taraxacum mongolicum</i> Hand.–Mazz., <i>T. sinicum</i> Kitag.</li> </ul>
Pu Huang	蒲黄	<ul style="list-style-type: none"> <li>• <i>Typhae pollen</i></li> <li>• <i>Typha angustifolia</i> L. or <i>Typha orientalis</i> C.Presl and similar species (Fam. Typhaceae).</li> </ul>
Qing Pi	青皮	<ul style="list-style-type: none"> <li>• <i>Citri reticulatae pericarpium viride</i></li> <li>• <i>Citrus reticulata</i> Blanco (Fam. Rutaceae)</li> </ul>
Quan Shen	拳参	<ul style="list-style-type: none"> <li>• <i>Polygonum bistorta</i></li> <li>• <i>Polygonum bistorta</i> L.</li> </ul>
Rou Cong Rong	肉苁蓉	<ul style="list-style-type: none"> <li>• <i>Cistanches herba</i></li> <li>• <i>Cistanche deserticola</i> Y.C.Ma herba</li> </ul>
Rou Gui	肉桂	<ul style="list-style-type: none"> <li>• <i>Cinnamomi cortex</i></li> <li>• <i>Cinnamomum</i></li> <li>• <i>cassia</i> (L.) J.Presl (Fam. Lauraceae)</li> </ul>
Ru Xiang	乳香	<ul style="list-style-type: none"> <li>• <i>Olibanum</i></li> <li>• <i>Boswellia carterii</i> Birdw</li> </ul>
San Qi	三七	<ul style="list-style-type: none"> <li>• <i>Notoginseng radix</i></li> <li>• <i>Panax notoginseng</i> (Burk.) F. H. Chen radix</li> </ul>
Sang Bai Pi	桑白皮	<ul style="list-style-type: none"> <li>• <i>Mori cortex</i></li> <li>• <i>Morus alba</i> L. cortex</li> </ul>
Sang Ji Sheng	桑寄生	<ul style="list-style-type: none"> <li>• <i>Taxilli herba</i></li> <li>• <i>Taxillus chinensis</i> (DC.) Danser herba</li> </ul>
Sang Shen Zi	桑椹子	<ul style="list-style-type: none"> <li>• <i>Mori fructus</i></li> <li>• <i>Morus alba</i> L. fructus</li> </ul>
Sang Ye	桑葉	<ul style="list-style-type: none"> <li>• <i>Mori folium</i></li> <li>• <i>Morus alba</i> L. (Fam. Moraceae)</li> </ul>
Sha Ren	砂仁	<ul style="list-style-type: none"> <li>• <i>Amomi fructus</i></li> <li>• <i>Amomum villosum</i> Lour., <i>A. villosum</i> Lour. Var. <i>xanthioides</i> T.L.Wu et Senjen/ <i>A. longiligulare</i> T.L.Wu fructus</li> </ul>
Sha Shen	北沙参	<ul style="list-style-type: none"> <li>• <i>Glehniae radix</i></li> <li>• <i>Glehnia littoralis</i> Fr. Schmidt ex Miq. Radix</li> </ul>
Shan Ci Gu	山慈菇	<ul style="list-style-type: none"> <li>• <i>Cremastrae Pseudobulbus</i> / <i>Pleiones Pseudobulbus</i></li> <li>• <i>Cremastra appendiculata</i> (D.Don) Makino, <i>Pleione bulbocodioides</i> (Franch.) Rolfe/ <i>P. yunnanens</i> Rolfe <i>Pseudobulbus</i></li> </ul>
Shan Dou Gen	山豆根	<ul style="list-style-type: none"> <li>• <i>Sophorae tonkinensis radix et rhizoma</i></li> <li>• <i>Sophora tonkinensis</i> Gapnep. radix et rhizoma</li> </ul>
Shan Yao	山药	<ul style="list-style-type: none"> <li>• <i>Dioscoreae rhizoma</i></li> <li>• <i>Dioscorea opposita</i> Thunb. Rhizoma</li> </ul>
Shan Zha	山楂	<ul style="list-style-type: none"> <li>• <i>Crataegi fructus</i></li> <li>• <i>Crataegus pinnatifida</i> Bge. var. <i>major</i> N.E.Br./ <i>C. pinnatifida</i> Bge. Fructus</li> </ul>
Shan Zhi Zi	山梔子	<ul style="list-style-type: none"> <li>• <i>Gardeniae fructus</i></li> <li>• <i>Gardenia jasminoides</i> Ellis fructus</li> </ul>

\*Note: The scientific names may refer to the herbs in its processed/ original form.

## Scientific Names\* of TCM Single Herbs

Pin Yin Name	Chinese Name	Scientific Names*
Shan Zhu Yu	山茱萸	<ul style="list-style-type: none"> <li>• <i>Corni sarcocarpium</i></li> <li>• <i>Cornus officinalis Sieb.et Zucc.</i></li> </ul>
She Chuang Zi	蛇床子	<ul style="list-style-type: none"> <li>• <i>Cnidii fructus</i></li> <li>• <i>Cnidium monnieri (L.) Cuss. Fructus</i></li> </ul>
Shen Qu	神曲	<ul style="list-style-type: none"> <li>• <i>Massa medicata fermentata</i></li> </ul>
Sheng Di Huang	生地黃	<ul style="list-style-type: none"> <li>• <i>Rehmanniae radix</i></li> <li>• <i>Rehmannia glutinosa Libosch.radix</i></li> </ul>
Sheng Jiang	生姜	<ul style="list-style-type: none"> <li>• <i>Zingiberis rhizoma recens</i></li> <li>• <i>Zingiber officinale Rosc.rhizoma</i></li> </ul>
Sheng Ma	升麻	<ul style="list-style-type: none"> <li>• <i>Cimicifugae rhizoma</i></li> <li>• <i>Cimicifuga heracleifolia Kom., Cimicifuga dahurica (Turcz.) Maxim/ Cimicifuga foetida .L rhizoma</i></li> </ul>
Shi Chang Pu	石菖蒲	<ul style="list-style-type: none"> <li>• <i>Acori tatarinowii rhizoma</i></li> <li>• <i>Acorus tatarinowii Schott. rhizoma</i></li> </ul>
Shi Hu	石斛	<ul style="list-style-type: none"> <li>• <i>Dendrobii caulis</i></li> <li>• <i>Dendrobium loddigesii Rolfe.; D.fimbriatum hook.var.oculatum Hook.;D. Chrysanthum wall.; D.candidum wall.ex Lindl.; D.nobile Lindl. Caulis</i></li> </ul>
Shi Jian Chuan	石见穿	<ul style="list-style-type: none"> <li>• <i>Herba salviae chinensis</i></li> <li>• <i>Salvia chinensis Benth</i></li> </ul>
Shu Di Huang	熟地黄	<ul style="list-style-type: none"> <li>• <i>Rehmanniae radix preparata</i></li> <li>• <i>Rehmannia glutinosa (Gdertn) libosch. Radix</i></li> </ul>
Suan Zao Ren	酸枣仁	<ul style="list-style-type: none"> <li>• <i>Ziziphi spinosae semen</i></li> <li>• <i>Ziziphus jujuba Mill. var. spinosa (Bunge)Hu ex H. F. Chou semen</i></li> </ul>
Tai Zi Shen	太子参	<ul style="list-style-type: none"> <li>• <i>Pseudostellariae radix</i></li> <li>• <i>Peseudostellaria heterophylla (Miq.)Pax ex pax et Hoffm. Radix</i></li> </ul>
Tao Ren	桃仁	<ul style="list-style-type: none"> <li>• <i>Persicae semen</i></li> <li>• <i>Prunus persica(L.)Batsch 或山桃 P.davidiana (Carr.) Franch. semen</i></li> </ul>
Teng Li Gen	藤梨根	<ul style="list-style-type: none"> <li>• <i>Actinidiae Radix</i></li> <li>• <i>Actinidia chinensis Planch.</i></li> </ul>
Tian Ma	天麻	<ul style="list-style-type: none"> <li>• <i>Gastrodiae rhizoma</i></li> <li>• <i>Gastrodia elata Bl. Rhizoma</i></li> </ul>
Ting Li Zi	葶苈子	<ul style="list-style-type: none"> <li>• <i>Lepidii semen/ Descurainiae semen</i></li> <li>• <i>Lepidium apetalum Willd., Descurinia sophia (L.) Webb ex Prantl semen</i></li> </ul>
Tu Fu Ling	土茯苓	<ul style="list-style-type: none"> <li>• <i>Smilacis glabrae rhizoma</i></li> <li>• <i>Smilax glabra Roxb. Rhizoma</i></li> </ul>
Tu Si Zi	菟丝子	<ul style="list-style-type: none"> <li>• <i>Cuscutae semen</i></li> <li>• <i>Cuscuta chinensis Lam.; C.japonicaChoisy semen</i></li> </ul>
Wang Bu Liu Xing	王不留行	<ul style="list-style-type: none"> <li>• <i>Vaccariae semen</i></li> <li>• <i>Vaccaria segetalis(Neck.)Garcke semen</i></li> </ul>
Wei Ling Xian	威灵仙	<ul style="list-style-type: none"> <li>• <i>Clematidis radix et rhizoma</i></li> <li>• <i>Clematis chinensis Osbeck, C.hexapetala Pall./ C.manshurica Rupr. Radix et rhizoma</i></li> </ul>

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## Scientific Names\* of TCM Single Herbs

Pin Yin Name	Chinese Name	Scientific Names*
Wu Ling Zhi	五灵脂	<ul style="list-style-type: none"> <li>• <i>Trogopteroni sue Pteromi</i></li> </ul>
Wu Mei	乌梅	<ul style="list-style-type: none"> <li>• <i>Prunus mume (Siebold) Siebold &amp; Zucc. (Fam. Rosaceae).</i></li> </ul>
Wu Wei Zi	北五味子	<ul style="list-style-type: none"> <li>• <i>Schisandrae fructus</i></li> </ul>
	南五味子	<ul style="list-style-type: none"> <li>• <i>Schisandra chinensis (Turcz.) Baill fructus</i></li> <li>• <i>Schisandra sphenanthera Rehd. et Wils. Fructus</i></li> </ul>
Xi Yang Shen	西洋参	<ul style="list-style-type: none"> <li>• <i>Panax quinquefolii radix</i></li> <li>• <i>Panax quinquefolium L. radix</i></li> </ul>
Xia Ku Cao	夏枯草	<ul style="list-style-type: none"> <li>• <i>Prunellae spica</i></li> <li>• <i>Prunella vulgaris L.</i></li> </ul>
Xian He Cao	仙鹤草	<ul style="list-style-type: none"> <li>• <i>Agrimoniae herba</i></li> <li>• <i>Agrimonia pilosa Ledeb.</i></li> </ul>
Xiang Fu	香附	<ul style="list-style-type: none"> <li>• <i>Cyperus rotundus L. rhizoma</i></li> </ul>
Xiao Hui Xiang	小茴香	<ul style="list-style-type: none"> <li>• <i>Foeniculi fructus</i></li> <li>• <i>Foeniculum vulgare Mill. (Fam. Umbelliferae)</i></li> </ul>
Xie Bai	薤白	<ul style="list-style-type: none"> <li>• <i>Allii macrostemonis bulbus</i></li> <li>• <i>Allium macrostemon Bge./ A . chinensis G. Don bulbus</i></li> </ul>
Xin Yi	辛夷	<ul style="list-style-type: none"> <li>• <i>Magnoliae flos</i></li> <li>• <i>Magnolia biondii Pamp., Magnolia denudata Desr.</i></li> <li>• <i>Magnolia sprengeri Pamp. (Fam. Magnoliaceae)</i></li> </ul>
Xu Duan	续断	<ul style="list-style-type: none"> <li>• <i>Dipsaci radix</i></li> <li>• <i>Dipsacus asperoides C.Y.Cheng et T.M.Ai radix</i></li> <li>• <i>Dipsacus inermis Wall.(Fam. Dipsacaceae)</i></li> </ul>
Xuan Shen	玄参	<ul style="list-style-type: none"> <li>• <i>Scrophulariae radix</i></li> <li>• <i>Scrophularia ningpoensis Hemsl. Radix</i></li> </ul>
Yan Hu Suo	延胡索	<ul style="list-style-type: none"> <li>• <i>Corydalis Rhizoma</i></li> <li>• <i>Corydalis yanhusuo W.T.Wang Rhizoma</i></li> </ul>
Ye Jiao Teng	夜交藤	<ul style="list-style-type: none"> <li>• <i>Polygoni Multiflori Caulis</i></li> <li>• <i>Reynoutria multiflora (Thunb.) Moldenke (Polygonum multiflorum Thunb.) (Fam. Polygonaceae).</i></li> </ul>
Yi Mu Cao	益母草	<ul style="list-style-type: none"> <li>• <i>Leonuri herba</i></li> <li>• <i>Leonurus heterophyllus Sweet</i></li> </ul>
Yi Yi Ren	薏苡仁	<ul style="list-style-type: none"> <li>• <i>Coicis semen</i></li> <li>• <i>Coix lacryma-jobi L.var.ma-yuen (Roman.) Stapf semen</i></li> </ul>
Yi Zhi Ren	益智仁	<ul style="list-style-type: none"> <li>• <i>Alpiniae oxyphyllae fructus</i></li> <li>• <i>Alpinia oxyphylla Miq. Fructus</i></li> </ul>
Yin Chen Hao	茵陈蒿	<ul style="list-style-type: none"> <li>• <i>Artemisiae scopariae herba</i></li> <li>• <i>Artemisiae herba</i></li> </ul>
Yin Yang Huo	淫羊藿	<ul style="list-style-type: none"> <li>• <i>Epimedii folium</i></li> <li>• <i>Epimedium sagittatum (Siebold &amp; Zucc.) Maxim.,</i></li> <li>• <i>Epimedium koreanum Nakai,</i></li> <li>• <i>Epimedium brevicornu Maxim.,</i></li> </ul>

\*Note: The scientific names may refer to the herbs in its processed/ original form.

## Scientific Names\* of TCM Single Herbs

Pin Yin Name	Chinese Name	Scientific Names*
		<ul style="list-style-type: none"> <li>• <i>Epimedium pubescens</i></li> <li>• <i>Maxim. (Fam. Berberidaceae)</i></li> </ul>
Yu Jin	郁金	<ul style="list-style-type: none"> <li>• <i>Curcumae radix</i></li> <li>• <i>Curcuma wenyujin Y.H.Chen et C.Ling, C.longa L., C.kwangsiensis S.Lee et C.F.Liang/ C.phaeocaulis Val. Radix</i></li> </ul>
Yu Xing Cao	鱼腥草	<ul style="list-style-type: none"> <li>• <i>Houttuyniae herba</i></li> <li>• <i>Houttuynia cordata Thunb. (Fam. Saururaceae)</i></li> </ul>
Yu Zhu	玉竹	<ul style="list-style-type: none"> <li>• <i>Polygonati odorati rhizoma</i></li> <li>• <i>Polygonatum odoratum (Mill.) Druce (Fam. Liliaceae).</i></li> </ul>
Yuan Zhi	远志	<ul style="list-style-type: none"> <li>• <i>Polygalae radix</i></li> <li>• <i>Polygala tenuifolia Willd.</i></li> <li>• <i>Polygala sibirica L. (Fam. Polygalaceae).</i></li> </ul>
Ze Xie	泽泻	<ul style="list-style-type: none"> <li>• <i>Alismatis rhizoma</i></li> <li>• <i>Alisma plantagoaquatica</i></li> <li>• <i>L. subsp. orientale (Sam.) Sam. (Fam. Alismataceae)</i></li> </ul>
Zhe Bei Mu	浙贝母	<ul style="list-style-type: none"> <li>• <i>Fritillariae thunbergii bulbus</i></li> <li>• <i>Fritillaria thunbergii Miq. (Fam. Liliaceae)</i></li> </ul>
Zhi Ke/Qiao	枳壳	<ul style="list-style-type: none"> <li>• <i>Aurantii fructus/ Citri fructus immaturus</i></li> <li>• <i>Citrus aurantium L/ C.sinensis Osbeck fructus</i></li> </ul>
Zhi Mu	知母	<ul style="list-style-type: none"> <li>• <i>Anemarrhenae rhizoma</i></li> <li>• <i>Anemarrhena asphodeloides Bge. Rhizoma</i></li> </ul>
Zhu Ling	猪苓	<ul style="list-style-type: none"> <li>• <i>Polyporus</i></li> <li>• <i>Polyporus umbellatus(Pers.) Fries</i></li> </ul>
Zi Cao	紫草	<ul style="list-style-type: none"> <li>• <i>Arnebiae radix</i></li> <li>• <i>Arnebia euchroma (Royle) Johnst., Lithospermum erythrorhizon Sieb. et Zucc./ A. guttata Bungeradix</i></li> </ul>
Zi Hua Di Ding	紫花地丁	<ul style="list-style-type: none"> <li>• <i>Violae herba</i></li> <li>• <i>Viola yedoensis Makino</i></li> </ul>
Zi Su Ye	紫苏叶	<ul style="list-style-type: none"> <li>• <i>Perillae folium</i></li> <li>• <i>Perilla frutescens(L.)Britt. Folium</i></li> </ul>
Zi Wan	紫菀	<ul style="list-style-type: none"> <li>• <i>Asteris radix et rhizoma</i></li> <li>• <i>Aster tataricus L.f.radix et rhizoma</i></li> </ul>

\*Note: The scientific names may refer to the herbs in its processed/ original form.

## AYURVEDA OIL

Oils Used for Shirodhara	Oils Used for External Basti Therapy
1. Ashwagandhadi Taila 2. Eladi Kerataila 3. Kshirabala Taila	1. Dhanwantaram Taila 2. Mahanarayana Taila 3. Sahacharadi Taila

### Description of Ayurveda Oils

1. Name of the Ayurveda Oil : Ashwagandha(di) Taila  
 Type of formulation : Mixed

#### Contents of the oil:

No.	Ayurvedic Name	Scientific Name
1	Ashwagandha	<i>Withania somnifera</i>
2	Jala	Water
3	Taila	<i>Sesamum indicum</i> oil
4	Go Kshira	Cow's milk
5	Mrinala	<i>Nelumbium speciosum</i> - stalk
6	Shaluka	<i>Nelumbium speciosum</i> – tuber / rhizome
7	Bisa	<i>Nelumbium speciosum</i> - stalk
8	Kinjalka	<i>Nelumbium speciosum</i> - stamens
9	Malati	<i>Jasminum sambac</i>
10	Hribera	<i>Pavonia odorata</i>
11	Madhuka	<i>Glycyrrhiza glabra</i>
12	Sariba	<i>Hemidesmus indicus</i>
13	Kamala	<i>Nelumbium speciosum</i> - flower
14	Meda	<i>Polygonatum cirrhifolium</i>
15	Punarnava	<i>Boerhavia diffusa</i>
16	Draksha	<i>Vitis vinifera</i>
17	Manjishta	<i>Rubia cordifolia</i>
18	Brihati	<i>Solanum indicum</i>
19	Kantakari	<i>Solanum xanthocarpum</i>
20	Ela	<i>Elettaria cardamomum</i>
21	Haritaki	<i>Terminalia chebula</i>
22	Vibhitaki	<i>Terminalia bellerica</i>
23	Amalaki	<i>Emblia ooficinalis / Phyllanthus emblica</i>
24	Musta	<i>Cyperus rotundus</i>
25	Padmaka	<i>Prunus puddum / cerasoides</i>
26	Chandana	<i>Samtalam album</i>

#### Indication:

*Vataroga* (Diseases caused due to the aggravation of *Vata dosha*), *Raktapitta* (Bleeding disorders), *Asrgdhara* (Menorrhagia or Metrorrhagia or both), *Yoni vikara* (Disorders of female genital tract), *Mamsa kshaya* (Muscle atrophy)

<b>Dosage range</b>	: Used externally as well as internally
<b>For Shirodhara</b>	: 3 litre / session – externally
<b>Precaution</b>	: Safe to use
<b>Contraindication</b>	: NIL
<b>Storage</b>	: At room room temperature, in a dry place

Reference : (i) *Ayurvedic Formulary of India – Part II page 102*; (ii) *Chakradatta – Vatavyadhi Chikitsa, Chikitsa sthana / Shloka - 141-145*

<b>2. Name of the Ayurveda Oil</b>	<b>: Eladi kerataila</b>
<b>Type of formulation</b>	<b>: Mixed</b>

**Contents of the oil:**

No.	Ayurvedic name	Scientific name
1	Kera Taila	<i>Cocus nucifera</i> (Coconut oil)
2	Ela	<i>Elettaria cardamomum</i>
3	Sthula ela	<i>Amomum subulatum</i>
4	Turushka	<i>Hydocarpus laurifolia</i>
5	Kushta	<i>Saussurea lappa</i>
6	Phalini	<i>Callicarpa macrophylla</i>
7	Mamsi	<i>Nardostachys jatamamsi</i>
8	Jaladhyamaka	<i>Coleus zeylanicus</i>
9	Sprikka	<i>Anisomeles malabarica</i>
10	Choraka	<i>Angelica archagelica</i>
11	Chochapatra	<i>Cinnamomum zeylanicum</i>
12	Tagara	<i>Valeriana wallichii</i>
13	Sthauneya	<i>Taxus baccata</i>
14	Jati	<i>Myristica fragrans</i>
15	Rasa	<i>Commiphora myrrha</i>
16	Shukti	<i>Ostrea edulis</i>
17	Vyaghranaka	<i>Capparis sepiaria</i>
18	Marahva	<i>Cedrus deodara</i>
19	Agaru	<i>Aquillaria agallocha</i>
20	Shrivasaka	<i>Pinus longifolia</i>
21	Kumkuma	<i>Crocus sativus</i>
22	Chanda	<i>Costus speciosus</i>
23	Guggulu	<i>Commiphora mukul</i>
24	Devadhupa	<i>Shorea robusta</i>
25	Khapura	<i>Boswellia serrata</i>
26	Punnaga	<i>Calophyllum inophyllum</i>
27	Nagahva	<i>Mesua ferrea</i>

**Indication:**

*Vata-kapharoga* (Diseases due to *Vata and Kapha dosha*), *Visha* (Poison), *Kandu* (Itching), *Pitika* (Boils), *Kota* (Urticaria), *Varna prasadana* (Improves complexion)

<b>Dosage range</b>	: Used externally
<b>For Shirodhara</b>	: 3 litre / session - Externally
<b>Precaution</b>	: Safe to use
<b>Contraindication</b>	: None
<b>Storage</b>	: At room room temperature, in a dry place

Reference: (i) *Sahasrayogam – Taila prakaranam* / (ii) *Ashtanga Hridayam, Sutra sthana, Chapter 15 – Shloka 43 - 44*

3. **Name of the Ayurveda Oil** : **Kshirabala Taila**  
**Type of formulation** : **Mixed**

**Contents of the oil:**

No.	Ayurvedic Name	Scientific Name
1	Bala moola	<i>Sida cordifolia</i> – Decoction
2	Go kshira	Cow's milk
3.	Jala	Water
4.	Tila taila	<i>Sesamum indicum</i> – oil

**Indication:**

Ashiti Vata roga (80 diseases caused due to the imbalance of Vata dosha), *Vatarakta* (Gout), *Vataroga* (Disease due to *Vata dosha*), *Shukra Dosha* (Vitiating of semen), *Rajodosh*a (Menstrual disorder), *Karshya* (Emaciation), *Svarabheda* (Hoarseness of voice), Used as *Rasayana* (Nutrient to body and mind with adaptogenic-immuno-neuro-endocrinomodulator properties)

- Dosage range** : Used externally as well as internally  
**For Shirodhara** : 3 litre / session- Externally  
**Precaution** : Safe to use  
**Contraindication** : None  
**Storage** : At room temperature, in a dry place

Reference : (i) *Sahasrayogam – Taila prakaranam*; (ii) *Ayurvedic Formulary of India – Part I – Volume I ( P.no 378)*; (iii) *Ashtanga Hridaya, Vatarakta chikitsa – Adhyaya 22/ Shloka 45-46*

4. **Name of the Ayurveda Oil** : **Dhanvantaram / Dhanwantaram Taila**  
**Type of formulation** : **Mixed**

**Contents of the oil :**

No.	Ayurvedic name	Scientific name
1	Bala	<i>Sida cardifolia</i>
2	Jala	Water
3	Go Kshira (Paya)	Cow's milk
4	Yava	<i>Hordeum vulgare</i>
5	Kola	<i>Zizhyus jujuba</i>
6	Kulattha	<i>Dolichos biflorus</i>
7	Bilva	<i>Aegle marmelos</i>
8	Shyonaka	<i>Oroxylum indicum</i>
9	Gambhari	<i>Gmelina arbores</i>
10	Patala	<i>Stereospermum suaveolens</i>
11	Agnimantha	<i>Premna mucronata</i>
12	Salaparni	<i>Desmodium gangeticum</i>
13	Prsniparni	<i>Uraria picta</i>
14	Brhati	<i>Solanum indicum</i>

15	Kantakari	<i>Solanum xanthocarpum</i>
16	Gokshura	<i>Tribulus terrestris</i>
17	Jala	<i>Water</i>
18	Tila Taila	<i>Sesamum indicum – Sesame oil</i>
19	Meda	<i>Polygonatum cirrhifolium</i>
20	Mahameda	<i>Polygonatum verticillatum</i>
21	Devadaru	<i>Cedrus deodora</i>
22	Manjishta	<i>Rubia cardifolia</i>
23	Kakoli	<i>Fritillaria roylei</i>
24	Kshirakakoli	<i>Lilium polyphyllum</i>
25	Chandana	<i>Pterocarpus santalinus</i>
26	Sariva	<i>Hemidesmus indicus</i>
27	Kustha	<i>Sausserrea lappa</i>
28	Tagara	<i>Valeriana wallichii</i>
29	Jivaka	<i>Malaxis acuminata / Microstylis wallichii</i>
30	Rshabaka	<i>Manilkara hexandra / Mimusops hexandra</i>
31	Sandhava lavana	<i>Rock salt</i>
32	Kalanusari ( Tagara)	<i>Valeriana wallichii</i>
33	Saileya	<i>Convolvulus pluricaulis</i>
34	Vacha	<i>Acorus calamus</i>
35	Agaru	<i>Aquilaria agallocha</i>
36	Punarnava	<i>Boerhavia diffusa</i>
37	Ashvagandha	<i>Withania somnifera</i>
38	Vari (Satavari)	<i>Asparagus racemosus</i>
39	Kshirashukla (Kshiravidari)	<i>Ipomea mauritiana</i>
40	Yashti	<i>Glycyrrhiza glabra</i>
41	Haritaki	<i>Terminalia chebula</i>
42	Bibhitaki	<i>Terminalia bellerica</i>
43	Amalaki	<i>Emblica officinalis</i>
44	Satahva	<i>Anethum graveolens</i>
45	Mashaparni	<i>Teramnus labialis</i>
46	Mudgaparni	<i>Phaseolus trilobus</i>
47	Ela	<i>Elettaria cardomum</i>
48	Tvak	<i>Cinnamomum camphora</i>
49	Patra	<i>Cinnamomum tamala</i>

**Indication:**

*Vataroga* (Diseases due to *Vata dosha*), *Pakshavadha* (Paralysis/ Hemiplegia), *Sarvanga vata* (Quadriplegia), *Dhatukshaya* (Tissue wasting), *Sutika roga* (Puerperal disease), *Balaroga* (Diseases of children)

**Dosage range:** Used externally as well as internally

**For External Basti therapy:** 200 – 300 millilitre / session – externally

**Precaution:** Safe to use

**Contraindication:** NIL

**Storage:** At room room temperature, in a dry place

*Reference:* (i) *Ayurvedic Formulary of India – Part I – Volume I (P.no 394)*; (ii) *Vaidyayoga ratnavali, Taila prakaranam, P.no 244/ Ashtanga Hridayam, Sarira sthana, Chapter 2*

5. Name of the Ayurveda Oil : Mahanarayana taila  
Type of formulation : Mixed

**Contents of the oil:**

No.	Ayurvedic Name	Scientific Name
1	Bilva	<i>Aegle marmelos</i>
2	Ashvagandha	<i>Withania somnifera</i>
3	Brihati	<i>Solanum indicum</i>
4	Gokshura	<i>Tribulus terrestris</i>
5	Shyonaka	<i>Oroxylum indicum</i>
6	Vatyalaka (Bala)	<i>Sida cardifolia</i>
7	Paribhadra	<i>Erythrina variegata</i>
8	Kshudra (Kantakari)	<i>Solanum xanthocarpum</i>
9	Kathila ( Rakta punarnava)	<i>Boerrhavia diffusa</i>
10	Atibala	<i>Abutilon indicum</i>
11	Agnimantha	<i>Premna mucronata</i>
12	Sarani (Prasarini)	<i>Paederia foetida</i>
13	Patala	<i>Stereospermum suaveolens</i>
14	Jala	Water
15	Tila Taila	<i>Sesamum indicum – Sesame oil</i>
16	Aja dugdha	Goat's milk
17	Satavari rasa	<i>Asparagus racemosus – juice</i>
18	Rasna	<i>Pluchea lanceolata</i>
19	Ashvagandha	<i>Withania somnifera</i>
20	Misi (Misreya)	<i>Anethum sowa / Peucedanum graveolens</i>
21	Daru (Devadaru)	<i>Cedrus deodora</i>
22	Kushta	<i>Sauserea lappa</i>
23	Shalaparni	<i>Desmodium gangeticum</i>
24	Prsniparni	<i>Uraria picta</i>
25	Mudgaparni	<i>Phaseolus trilobus</i>
26	Mashaparni	<i>Teramnus labialis</i>
27	Agaru	<i>Aquillaria agallocha</i>
28	Naga kesara	<i>Mesua ferrea</i>
29	Saindhava lavana	Rock salt
30	Jatamamsi	<i>Nardostachys jatamamsi</i>
31	Haridra	<i>Curcuma longa</i>
32	Daruharidra	<i>Berberis aristata</i>
33	Saileya	<i>Parmelia perlata</i>
34	Rakta chandana	<i>Pterocarpus santalinus</i>
35	Pushkara	<i>Inula racemosa</i>
36	Ela	<i>Elettaria cardomum</i>
37	Manjishta ( Asra)	<i>Rubia cardifolia</i>
38	Yashti	<i>Glycyrrhiza glabra</i>
39	Tagara	<i>Valeriana wallichii</i>
40	Abda (Musta)	<i>Cyperus rotundus</i>
41	Patra	<i>Cinnamomum tamala</i>
42	Bhrnga	<i>Eclipta alba</i>
43	Jivaka	<i>Malaxis acuminata / Microstylis wallichii</i>
44	Rshabaka	<i>Manilkara hexandra / Mimusops hexandra</i>

45	Meda	<i>Polygonatum cirrhifolium</i>
46	Mahameda	<i>Polygonatum verticillatum</i>
47	Kakoli	<i>Fritillaria roylei</i>
48	Kshira kakoli	<i>Lilium polyphyllum</i>
49	Riddhi	<i>Habenaria intermedia</i>
50	Vriddhi	<i>Habenaria intermedia</i>
51	Ambu (hribera)	<i>Pavonia odorata</i>
52	Vacha	<i>Acorus calamus</i>
53	Palasa	<i>Butea monosperma</i>
54	Sthauneya	<i>Clerodendrum infornunatum</i>
55	Vrschiraka (Sveta punarnava)	<i>Boerhavia erecta</i>
56	Choraka	<i>Angelica gluca</i>
57	Karpura	<i>Cinnamomum camphora</i>
58	Kasmira (Kumkuma)	<i>Crocus sativus</i>
59	Mrgandaja (Mrgamada)	Musk

**Indication:**

*Ardita* (Facial palsy), *Badhiratva* (Deafness), *Pangutva* (Paraplegia), *Gatra kampa* (Tremors), *Manya stambha* (Neck rigidity/ Torticollis), *Hanustambha* (Lock jaw), *Ekangasosha* (Wasting of one limb), *Shukra kshaya* (Oligospermia), *Vandhyatva* (Infertility), *Shiroruja* (Headache), *Jihvastambha* (Glossal palsy), *Danta shula* (Dental pain), *Unmada* (Mania/ Psychosis), *Kubja* (Hump-back/ Kyphosis), *Jvara* (Fever), *Jara* (Senility/ Progeriasis), *Karshya* (Emaciation), *Snayu Bhagna* (Tendon tear), *Asthi Bhagna* (Bone fracture)

<b>Dosage range</b>	: Used externally as well as internally
<b>For External Basti therapy</b>	: 200—300 millilitre / session – externally
<b>Precaution</b>	: Safe to use
<b>Contraindication</b>	: NIL
<b>Storage</b>	: At room room temperature, in a dry place

Reference : (i) *Ayurvedic Formulary of India – Part I – Volume I ( P.no 436)*; (ii) *Bhaishjya Ratnavali, Vatavyadhi Adhikara / Shloka 151-162*

6. **Name of the Ayurveda Oil** : **Sahacharadi Taila**  
**Type of formulation** : **Mixed**

**Contents of the oil:**

No.	Ayurvedic Name	Scientific name
1	Sahachara	<i>Strobilanthes ciliates</i>
2	Bilva	<i>Aegle marmelos</i>
3	Shyonaka	<i>Oroxylum indicum</i>
4	Gambhari	<i>Gmelina arbores</i>
5	Patala	<i>Stereospermum suaveolens</i>
6	Agnimantha	<i>Premna mucronata</i>
7	Salaparni	<i>Desmodium gangeticum</i>
8	Prsniparni	<i>Uraria picta</i>
9	Brhati	<i>Solanum indicum</i>
10	Kantakari	<i>Solanum xanthocarpum</i>
11	Gokshura	<i>Tribulus terrestris</i>
12	Abhiru ( Satavari)	<i>Asparagus racemosus</i>

13	Jala	<i>Water</i>
14	Sevya (Ushira)	<i>Vetiveria zizinooides</i>
15	Nakha ( Vyaghranakha)	<i>Capparis sepiara</i>
16	Kustha	<i>Sauserria lappa</i>
17	Hima ( Sveta chandana)	<i>Santalum album</i>
18	Ela	<i>Elettaria cardomum</i>
19	Sprk	<i>Anisomeles malabarica</i>
20	Priyangu	<i>Callicarpa macrophylla</i>
21	Nalika	<i>Hibiscus cannabinus</i>
22	Ambu (hribera)	<i>Pavonia odorata</i>
23	Silaja (Saileya)	<i>Parmelia perlata</i>
24	Lohta ( Manjishta)	<i>Rubia cardifolia</i>
25	Nalada ( Jatamamsi)	<i>Nardostachys jatamamsi</i>
26	Loha ( Agarū)	<i>Aquilaria agallocha</i>
27	Surahva (Devadaru)	<i>Cedrus deodora</i>
28	Kopana (Choraka)	<i>Angelica glauca</i>
29	Misi ( Mishreya)	<i>Anethum sowa</i>
30	Turushka	<i>Liquid amber orientalis</i>
31	Nata ( Tagara)	<i>Valeriana wallichii</i>
32	Go kshira	Cow's milk
33	Tila Taila	<i>Sesamum indicum</i> – Sesame Oil

**Indication:**

*Vata vyadhi* (Diseases due to *Vata dosha*), *Kampa* (Tremor), *Gulma* (Abdominal lump), *Unmada* (Mania/ Psychosis), *Punasa* (Chronic rhinitis/ sinusitis), *Yoniroga* (Diseases of the female genital tract), *Akshepa* (Convulsions), *Urustambha* (Stiffness in thigh muscles), *Sosha* (Cachexia)

**Dosage range**

: Used externally as well as internally

**For External Basti therapy**

: 200 – 300 millilitre / session – externally

**Precaution**

: Safe to use

**Contraindication**

: NIL

**Storage**

: At room room temperature, in a dry place

*Reference: (i) Ayurvedic Formulary of India – Part I – Volume I ( P.no 456); (ii) Ashtanga Hridaya, Chikitsa sthana, Adhyaya 21 / Shloka 66-68 Sahasra yogam, Taila prakaranam*

## **Glossary**

### ***Vata Dosh:***

*Vata* is derived from the elements of Air and Ether, representing the energy of movement. It regulates the body's vital life force and drives the functions of both *pitta* and *kapha*. Physiologically, *vata* governs all movement-related activities, including breathing, blinking, talking, nerve impulses, muscle and tissue movements, circulation, digestion, elimination, urination, and menstruation. When balanced, *vata* promotes creativity and flexibility. However, an imbalance can lead to fear, anxiety, degeneration, and abnormal movements.

### ***Kapha Dosh:***

*Kapha* is primarily composed of the Earth and Water elements, representing the energy of building and lubrication. It supports the formation of physical structure and ensures the smooth functioning of all body parts. Physiologically, *kapha* moistens food, provides bulk to tissues, lubricates joints, stores energy, and is associated with cool bodily fluids such as water, mucus, and lymph. When balanced, *kapha* manifests as love, calmness, and forgiveness. However, an imbalance can lead to greed, possessiveness, depression, and congestive disorders.

## TRADITIONAL MASSAGE OIL

### Contents/ Ingredients of Massage Oil

No.	Scientific Name of the Content of Massage Oil	Common Name (English/ Malay)	Traditional Use*
1	<i>Argania spinosa</i>	Argan oil/ <i>Minyak Argan</i>	Help relieve pain associated with rheumatism
2	<i>Cinnamomum camphora</i>	<i>Camphor essential oil / white camphor essential oil</i>	Mainly in liniments to relieve muscle pains and arthritis
3	<i>Citrus aurantiifolia</i> (Lime essential oil))	Citrus oil/ <i>Minyak Citrus / Minyak Limau Nipis</i>	Help relieve joint/muscle pain associated with sprain/ strain/ rheumatoid arthritis
4	<i>Citrus hystrix DC</i>	Kaffir Lime/ <i>Limau Purut</i>	Stomachache related to dyspepsia; headache
5	<i>Cocos nucifera L.</i>	Virgin Coconut oil/ <i>Minyak kelapa dara</i>	Commonly used as base oil for massage
6	<i>Cymbopogon Nardus</i>	Ceylon citronella essential oil/ Citronella essential oil/ <i>Serai wangi</i>	Used in the production of massage oils to ease, abdominal pain
7	<i>Eucalyptus Globulus</i>	Eucalyptus oil	Help relieve joint/muscle pain associated with sprain/ strain/ rheumatoid arthritis; headache; relieve colds/ cough
8	<i>Menthol</i> <ul style="list-style-type: none"> <li>• <i>Mentha arvensis</i></li> <li>• <i>Mentha × piperita</i></li> <li>• <i>Mentha spicata</i></li> <li>• <i>RAcemenhol</i></li> </ul>	Menthol <ul style="list-style-type: none"> <li>• Cornmint essential oil</li> <li>• Peppermint essential oil (<i>Minyak Daun Pudina</i>)</li> <li>• Spearmint essential oil</li> <li>• Synthetic menthol</li> </ul>	<ul style="list-style-type: none"> <li>• As a nervine/ calmative.</li> <li>• As a carminative/ antispasmodic for symptomatic relief of digestive discomfort.</li> </ul> <p><i>Mentha arvensis</i></p> <ul style="list-style-type: none"> <li>• Help relieve joint/ muscle pain associated with sprain/ strain/ rheumatoid arthritis.</li> </ul> <p><i>Mentha × piperita</i></p> <ul style="list-style-type: none"> <li>• Help relieve joint/ muscle pain associated with sprain/ strain/ rheumatoid arthritis.</li> </ul> <p><i>Mentha spicata</i></p> <ul style="list-style-type: none"> <li>• Help relieve headache</li> </ul> <p><i>RAcemenhol</i></p> <ul style="list-style-type: none"> <li>• <i>Treat occasional minor irritation and pain</i></li> </ul>
9	<i>Olea europaea</i>	Olive oil/ <i>Minyak Zaitun</i>	Commonly used as base oil for massage
10	<i>Ricinus communis</i>	Castor oil/ <i>Minyak Kastor</i>	Commonly used as base oil for massage

No.	Scientific Name of the Content of Massage Oil	Common Name (English/ Malay)	Traditional Use*
11	<i>Rosmarinus officinalis</i>	Rosemary essential oil/ <i>Minyak Daun Rosemary</i>	Help relieve joint/muscle pain associated with sprain/ strain/ rheumatoid arthritis
12	<i>Simmondsia californica</i>	Jojoba oil/ <i>Minyak Jojoba</i>	Commonly used as base oil for massage
13	<i>Vitis vinifera</i>	Grape Seed Oil/ <i>Minyak Biji Anggur</i>	Commonly used as base oil for massage
14		<i>Mineral Oil</i>	Commonly used as base oil for massage

Notes:

\*Based on available references.

## References:

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**REFERENCE CHECKLIST FOR PURCHASING TRADITIONAL & COMPLEMENTARY MEDICINE (T&CM) PRODUCTS**

NO.	DOCUMENTS	YES	NO	REMARKS
1	Proof of product registration/ notification issued by NPRA			
2	Certificate of Analysis (CoA)			
3	Good manufacturing practice (GMP) certificate (if applicable)			
4	Certificate of Free Sale (if applicable)			
5	Product label & information (including indication, dosage form, instructions, etc.)			
6	Scientific name(s) of active ingredient(s)			
7	Type of excipients and additives used (e.g. starch, lactose, dextrin, cellulose, etc)			
8	Precautions and contraindications (if applicable)			
9	Storage of product (temperature, humidity, protect from light, etc)			
10	Manufacturer's recommended dose *			
11	Raw herb to extract conversion ratio*			
12	Herbal granule concentration ratio (i.e. how many grams (g) of extract in 1g of concentrated granules)*			
13	Raw herb to concentrated granule ratio (the amount of raw herbs equivalent to 1g of concentrated granule)*			
14	Declaration of products containing animal sources - state the origins of the ingredients used in preparing the product (if relevant), including the scientific name and common name of the animal source, part used, and country of origin. A valid health declaration or Transmissible Spongiform Encephalopathies (TSE) risk evaluation certificate must be attached.			
15	Halal Certificate (if applicable)			

Note:

\* Mandatory for single herbs and formula herbs granules.

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Dang Gui	B-6	<b><u>L (4)</u></b>		Tao Ren	B-24
Dang Shen	B-7	Lai Fu Zi	B-16	Teng Li Gen	B-24
Di Gu Pi	B-7	Lian Qiao	B-16	Tian Hua Fen	B-11
Du Huo	B-7	Long Dan Cao	B-16	Tian Ma	B-24
Du Zhong	B-7	Lu Lu Tong	B-16	Ting Li Zi	B-24
				Tu Fu Ling	B-25
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E Zhu	B-7	Mai Men Dong	B-16		
		Mai Ya	B-17	<b><u>W (5)</u></b>	
<b><u>F (7)</u></b>		Man Jing Zi	B-17	Wang Bu Liu Xing	B-25
Fa Ban Xia	B-8	Mo Yao	B-17	Wei Ling Xian	B-25
Fang Feng	B-8	Mu Dan Pi	B-17	Wu Ling Zhi	B-25
Fo Shou	B-8			Wu Mei	B-25
Fu Ling	B-8	<b><u>N (2)</u></b>		Wu Wei Zi	B-26
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Fu Shen	B-9	Nu Zhen Zi	B-17	<b><u>X (9)</u></b>	
Fu Xiao Mai	B-9			Xi Yang Shen	B-26
		<b><u>P (4)</u></b>		Xia Ku Cao	B-26
<b><u>G (11)</u></b>		Pei Lan	B-18	Xian He Cao	B-26
Gan Cao	B-9	Pi Pa Ye	B-18	Xiang Fu	B-26
Gan Jiang	B-9	Pu Gong Ying	B-18	Xiao Hui Xiang	B-27
Gao Ben	B-9	Pu Huang	B-18	Xie Bai	B-27
Ge Gen	B-9			Xin Yi	B-27
Gou Qi Zi	B-10	<b><u>Q (2)</u></b>		Xu Duan	B-27
Gu Sui Bu	B-10	Qing Pi	B-18	Xuan Shen	B-27
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Yi Zhi Ren	B-28
Yin Chen Hao	B-28
Yin Yang Huo	B-29
Yu Jin	B-29
Yu Xing Cao	B-29
Yu Zhu	B-29
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Zhe Bei Mu	B-30
Zhi Ke/ Zhi Qiao	B-30
Zhi Mu	B-30
Zhi Zi	B-21
Zhu Ling	B-30
Zi Cao	B-30
Zi Hua Di Ding	B-31
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<b><u>B (5)</u></b>		<b><u>S (11)</u></b>	
Ba Zheng San	C-1	San Zhong Kui Jian Tang	C-11
Bai He Gu Jin Tang	C-2	Sha Shen Mai Dong Tang	C-12
Ban Xia Xie Xin Tang	C-2	Shang Zhong Xia Tong Yong Tong	
Bao He Wan	C-2	Feng Wan	C-12
Bu Zhong Yi Qi Tang	C-3	Shao Yao Gan Cao Tang	C-12
<b><u>C (2)</u></b>		Shen Ling Bai Zhu San	C-13
Chai Hu Jia Long Gu Mu Li Tang	C-3	Sheng Mai Shan	C-13
Chai Hu Shu Gan Tang	C-4	Shi Wei Bai Du San	C-14
<b><u>D (1)</u></b>		Si Jun Zi Tang	C-14
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Gan Lu Yin	C-4	Suan Zao Ren Tang	C-15
Gan Mai Da Zao Tang	C-5	<b><u>T (1)</u></b>	
Gui Pi Tang	C-5	Tian Wang Bu Xin Dan	C-15
Gui Zhi Jia Long Gu Mu Li Tang	C-5	<b><u>W (2)</u></b>	
Gui Zhi Shao Yao Zhi Mu Tang	C-6	Wen Dan Tang	C-16
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<b><u>H (2)</u></b>		<b><u>X (9)</u></b>	
Huang Qi Wu Wu Tang	C-7	Xiang Sha Liu Jun Zi Tang	C-16
Huo Xiang Zheng Qi San	C-7	Xiao Chai Hu Tang	C-17
<b><u>J (4)</u></b>		Xiao Jian Zhong Tang	C-17
Ji Sheng Shen Qi Wan	C-7	Xiao Qing Long Tang	C-18
Jia Wei Xiao Yao San	C-8	Xiao Yao San	C-18
Jing Fang Bai Du San	C-8	Xin Yi Qing Fei Tang	C-19
Jiu Wei Qiang Huo Tang	C-8	Xin Yi San	C-19
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#### **Oils Used for Shirodhara**

Ashwagandha(di) Taila	E-1
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Kshirabala Taila	E-3

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## TMM (Massage Oil)

### **Ingredients of Massage Oils**

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<i>Citrus aurantiifolia</i>	F-1
<i>Citrus hystrix DC</i>	F-1
<i>Cocos nucifera L.</i>	F-1
<i>Cymbopogon Nardus</i>	F-1
<i>Eucalyptus Globulus</i>	F-1
<i>Menthol (Mentha arvensis, Mentha x piperita, Mentha spicata, RAcementhol)</i>	F-1
<i>Olea europaea</i>	F-1
<i>Ricinus communis</i>	F-1
<i>Rosmarinus officinalis</i>	F-2
<i>Simmondsia californica</i>	F-2
<i>Vitis vinifera</i>	F-2