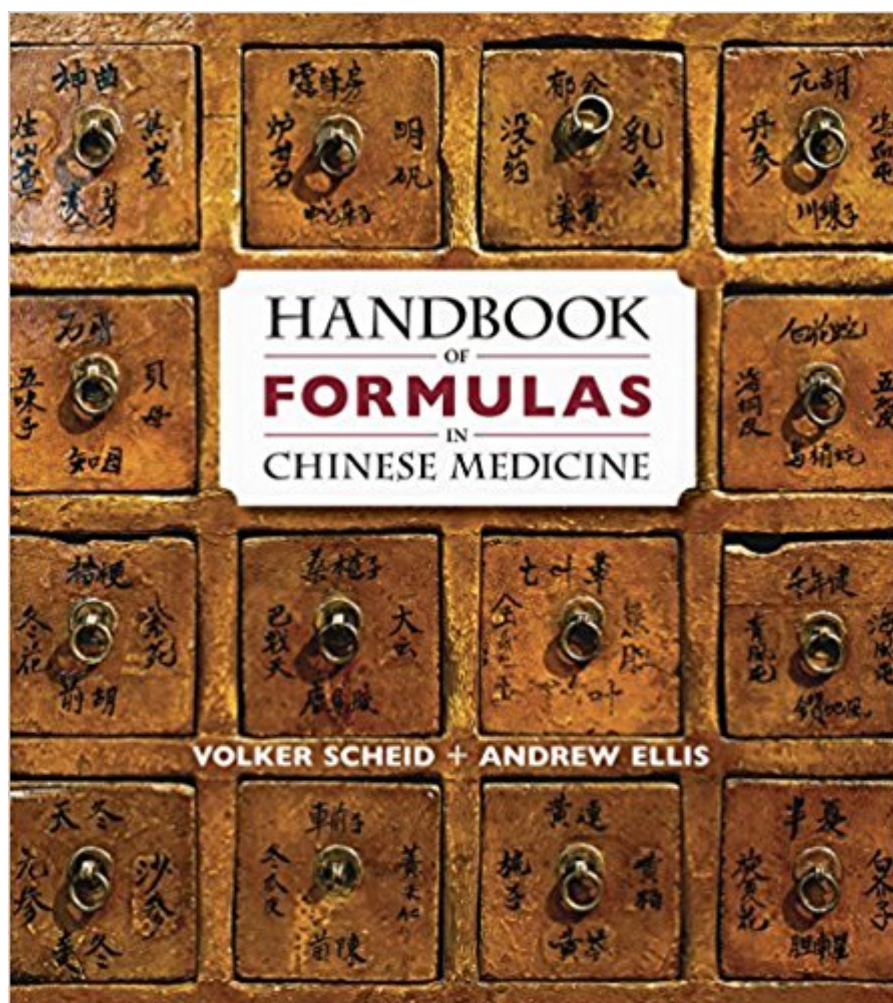


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Handbook Of Formulas In Chinese Medicine



Synopsis

Handbook of Formulas in Chinese Medicine is a concise, visual reference to over 180 of the most important herbal formulas in Chinese medicine. The book is designed to provide a snapshot of the formulas and help the reader take in key information at a glance. Each formula is presented as a two-page spread. On the left is a drawing of a person showing an aspect that is typical of the type of patient for whom the formula might be prescribed. The drawing is labelled with key symptoms. Under the drawing is a list of ingredients followed by basic information: actions, main pattern, key and secondary symptoms, tongue, pulse and abdomen. This can be absorbed in just a few moments. Additional detail is set forth in clinical notes, and other formulas with similar indications are discussed for purposes of comparison. On the right page is a full display of the composition of the formula. Each of the ingredients is color coded to show its taste and temperature, and the overall nature of the formula warming, cooling, neutral etc. can be seen at a glance. The role that each ingredient plays in the formula (chief, deputy, assistant, envoy) as well as its actions are also shown. An introduction discusses how different types of processing affect the functions of particular herbs, and there is a helpful introduction to the Japanese approach to abdominal diagnosis and its value in prescribing herbs. A formula index (by pinyin and English common name) and an index of patterns and key symptoms are included.

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Customer Reviews

Volker Scheid is a scholar physician who engages with East Asian medicine as a clinician,

researcher, and teacher. He is a principal research fellow at the University of Westminster, London (UK), where he directs EASTmedicine (East Asian Sciences & Traditions in Medicine), an innovative trans-disciplinary research center dedicated to the integration of East Asian medicines into contemporary health care. He has published widely in academic and professional journals, including two previous books: *Chinese Medicine in Contemporary China: Plurality and Synthesis* and *Currents of Tradition in Chinese Medicine, 1626-2006*. He maintains a private medical practice in London and lectures internationally. Andrew Ellis first studied Chinese medicine with Dr. James Tin Yau So at the New England School of Acupuncture. He left New England in 1983 to study Chinese language in Taiwan and apprenticed with Chinese herbalist Xu Fu-Su there for several years. Later he studied internal medicine and gynecology at the Xiamen Hospital of Chinese medicine. While there, he also specialized in the study of acupuncture with Dr. Shi Neng-Yun and dermatology with Dr. Zhang Guang-Cai. Andy is the founding owner of Spring Wind Herbs in Berkeley, California and has authored, translated, or co-translated several books on Chinese medicine including *Grasping the Wind*, *The Clinical Experience of Dr. Shi Neng-Yun*, *Notes from South Mountain*, and *Fundamentals of Chinese Medicine*.

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