

中藥常用方劑效能、適應症
語意解析及英譯彙編

衛生福利部

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1. 一貫煎

方名	一貫煎	Yi-Guan-Jian (Yi-Guan-Jian)
類別	補養之劑	Formula Supplementing Formula
效能	滋陰疏肝。 語意解析： 補養肝血腎陰，兼調暢肝氣。	Enriches yin and courses the liver. This formula supplements liver blood and kidney yin, as well as regulating liver qi.
適應症	無。 語意解析： 無。	None. None.
出處	《續名醫類案》	- Syu-Ming-Yi-Lei-An (Xu-Ming-Yi-Lei-An)
組成	北沙參 麥門冬 當歸 生地黃 枸杞子 川楝子	Glehniae Radix; Ophiopogonis Radix; Angelicae Sinensis Radix; Rehmanniae Radix Recens; Lycii Fructus; Toosendan Fructus

2. 二陳湯

方名	二陳湯	Er-Chen-Tang (Er-Chen-Tang)
類別	祛痰之劑	Phlegm-Dispelling
效能	燥濕化痰、理氣和中。	Dry dampness to resolve phlegm, regulate qi and harmonize the middle.
	<p>語意解析:</p> <p>去除體內的不正常水液堆積，調理腹腔的不適感，使得腸胃蠕動得以順暢。</p>	<p>This formula removes abnormal accumulations of fluid, relieves discomfort in the abdominal cavities, and restores normal peristalsis.</p>
適應症	濕痰咳嗽，痰多色白，胸膈脹滿，噁心嘔吐，脾胃不和。	Phlegm-dampness and cough, copious and white phlegm, fullness and distention in the chest and diaphragm, nausea and vomiting, spleen-stomach disharmony.
	<p>語意解析:</p> <p>治療因體內水液代謝不正常，所引起的咳嗽、痰多色白，或是胸腔悶脹感，噁心嘔吐感等腸胃不適症。</p>	<p>This formula treats abnormal accumulations of fluid in the body that cause cough, expectoration of copious white phlegm, oppression and bloating in the chest, and gastrointestinal discomforts such as nausea and vomiting.</p>
出處	《太平惠民和劑局方》	Prescription of Peaceful Benevolent Dispensary Tai-Ping-Huei-Min-He-Ji-Jyu-Fang (Tai-Ping-Hui-Min-He-Ji-Ju-Fang)
組成	半夏 陳皮 茯苓 炙甘草 生薑	Pinelliae Rhizoma; Citri Reticulatae Pericarpium; Poria; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Zingiberis Rhizoma Recens

3. 八味地黃丸

方名	八味地黃丸	Ba-Wei-Di-Huang-Wan (Ba-Wei-Di-Huang-Wan)
類別	補養之劑	Supplementing formula
效能	溫補腎陽。 語意解析: 促進身體產生熱能及減緩人體機能衰退，改善疲勞及倦怠感。	Warm and tonify kidney yang. This formula enhances the body's function of creating heat and reduces the impairment of the qi dynamic that causes fatigue.
適應症	腎陽虛弱、命門火衰、夜尿、自汗、耳鳴。 語意解析: 治療中老年因退化或內分泌失調所引起的頭暈目眩耳鳴，連帶因過度勞累，引起腰部不適；幫助身體產熱禦寒，改善夜晚頻尿的困擾，減少非動作性流汗。	Kidney yang deficiency, debilitation of the life gate fire, nocturia, spontaneous sweating and tinnitus. This formula treats headache, dizzy vision, and tinnitus fatigue and lumbar discomfort in the elderly due to degeneration and endocrine disorders. It helps the body generate heat to ward off cold, and improves frequent urination at night and reduces sweating unassociated with physical activity.
出處	《醫方集解》	Collected Explanation on Prescriptions Yi-Fang-Ji-Jie (Yi-Fang-Ji-Jie)
組成	茯苓 牡丹皮 澤瀉 熟地黃 山茱萸 山藥 炮附子 肉桂 ※傳統製劑加蜂蜜適量。	Poria; Moutan Radicis Cortex; Alismatis Rhizoma; Rehmanniae Radix Praeparata; Corni Sarcocarpium; Dioscoreae Rhizoma; Aconiti Lateralis Radix Preparata; Cinnamomi Cortex ※Add honey q.s. to make pills in traditional formula.
注意事項	肝陽上亢(高血壓)者慎服。	Use with care in ascendant hyperactivity of liver yang (high blood pressure).

4. 八珍湯

方名	八珍湯	Ba-Jhen-Tang (Ba-Zhen-Tang)
類別	補養之劑	Supplementing formula
效能	雙補氣血。 語意解析: 透過滋補人體氣血之不足，進而改善虛弱的症狀。	Tonify both qi and blood. This formula supplements qi and blood reduce vacuity and weakness.
適應症	氣血兩虛、神疲肢倦、食慾不振、面黃肌瘦。 語意解析: 治療病後或因失血過多導致的氣血虛弱，症狀包含精神倦怠、四肢無力或消瘦、胃口不好、面色萎黃等。	Dual deficiency of qi and blood, lassitude of spirit and fatigue of limbs, poor appetite, yellow complexion and emaciation. Qi-blood vacuity after treatment of illness or due to excessive loss of blood, manifesting lassitude of spirit, lack of strength in the limbs, or emaciation, poor appetite, and a withered yellow facial complexion.
出處	《證治準繩》	Standards for Diagnosis and Treatment Jheng-Jhih-Jhun-Sheng (Zheng-Zhi-Zhun-Sheng)
組成	當歸 川芎 白芍 熟地黃 人參 白朮 茯苓 炙甘草 生薑 大棗	Angelicae Sinensis Radix; Chuanxiong Rhizoma; Paeoniae Alba Radix; Rehmanniae Radix Praeparata; Ginseng Radix et Rhizoma; Atractylodis Macrocephalae Rhizoma; Poria; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Zingiberis Rhizoma Recens; Jujubae Fructus

5. 十全大補湯

方名	十全大補湯	Shih-Cyuan-Da-Bu-Tang (Shih-Quan-Da-Bu-Tang)
類別	補養之劑	Supplementing formula
效能	雙補氣血。 語意解析： 透過滋補人體氣血之不足，進而改善虛弱的症狀。	Tonify both qi and blood. This formula supplements qi and blood reduce vacuity and weakness.
適應症	氣血兩虛、神疲肢倦、食慾不振、面黃肌瘦。 語意解析： 治療病後或因失血過多導致的氣血虛弱，症狀包含精神倦怠、四肢無力或消瘦、胃口不好、面色萎黃等。	Dual deficiency of qi and blood, lassitude of spirit and fatigue of limbs, poor appetite, yellow complexion and emaciation. Qi-blood vacuity after treatment of illness or due to excessive loss of blood, manifesting lassitude of spirit, lack of strength in the limbs, or emaciation, poor appetite, and a withered yellow facial complexion.
出處	《太平惠民和劑局方》	Prescription of Peaceful Benevolent Dispensary Tai-Ping-Huei-Min-He-Ji-Jyu- Fang (Tai-Ping-Hui-Min-He-Ji-Ju-Fang)
組成	茯苓 白朮 人參 熟地黃 白芍 炙甘草 黃耆 肉桂 當歸 川芎 生薑 大棗 ※傳統製劑不加生薑、大棗；加蜂蜜適量。	Poria; Atractylodis Macrocephalae Rhizoma; Ginseng Radix et Rhizoma; Rehmanniae Radix Praeparata; Paeoniae Alba Radix; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Astragali Radix; Cinnamomi Cortex; Angelicae Sinensis Radix; Chuanxiong Rhizoma; Zingiberis Rhizoma Recens; Jujubae Fructus

※ Without Zingiberis Rhizoma Recens and Jujubae Fructus, add honey q.s. to make pills in traditional formula.

注意
事項

陰虛火旺、肝陽上亢(高血壓)者
慎服。

Use with care in ascendant
hyperactivity of liver yang (high blood
pressure).

6. 三黃瀉心湯

方名	三黃瀉心湯	San-Huang-Sie-Sin-Tang (San-Huang-Xie-Xin-Tang)
類別	清熱解毒	Heat-Clearing Toxin-Resolving Formula
效能	瀉火解毒。 語意解析： 透過清除腸胃道及心肺的熱邪，進而消除體內熱毒。	Purge fire and detoxicate. This formula clears heat from the stomach, intestines and from the heart and lung, to eliminate heat toxin from the body.
適應症	三焦實熱，口舌生瘡，吐血衄血，胸膈煩熱，大便秘結，小便赤澀。 語意解析： 治療體內熱毒過盛所引發的急性消化道出血、鼻血、煩躁、口腔及舌面潰傷、舌瘡、便秘、小便黃赤澀痛等證。	Triple energizers excess heat, mouth and tongue sores, hematemesis and epistaxis, vexing heat in the chest and diaphragm, constipation and reddish painful urination. This formula treats acute digestive tract hemorrhage, nosebleed, vexation and agitation, mouth and tongue ulcers, tongue sores, constipation, and rough voidings of deep yellow or reddish urine due to excessive heat toxin from with the body.
出處	《金匱要略》	Synopsis of Golden Jin-Kuei-Yao-Lyue (Jin-Kui-Yao-Lue)
組成	大黃 黃連 黃芩 ※傳統製劑加蜂蜜適量。(或米糊為丸)	Rhei Radix et Rhizoma; Coptidis Rhizoma; Scutellariae Radix ※Add honey q.s. to make pills in traditional formula. (or Add rice paste)

7. 大柴胡湯

方名	大柴胡湯	Da-Chai-Hu-Tang (Da-Chai-Hu-Tang)
類別	和解之劑	Harmonizing Formula
效能	<p>和解少陽，瀉下熱結。</p> <p>語意解析：</p> <p>以和解法使人體表裏(肌表與臟腑)之間的樞紐恢復氣機雙向調節作用，並透過瀉下使腸道鬱滯外出達到解熱作用。</p>	<p>Harmonize and release the lesser yang, drastic (purgative) heat-accumulation.</p> <p>This formula harmonizes lesser yang, which is the pivot between the body's exterior (fleshy surface) and its interior (internal organs), to restore the normal two-way qi dynamic between the two. It also uses purges the stagnation in the intestinal tract to abate fever.</p>
適應症	<p>傷寒入陽明，少陽未盡，寒熱往來，心下鞭滿，嘔吐不止，心煩便秘。</p> <p>語意解析：</p> <p>傷寒論的六經辨證，根據外感症狀特點，劃分為六個證型階段，分別為太陽病、陽明病、少陽病、太陰病、少陰病、厥陰病，以此說明外感的病勢，以及相互間的傳變關係。本方治療邪犯少陽(肌表與臟腑之間氣機流通的樞紐)，氣機雙向調節功能不暢，邪漸入陽明，所出現一系列的腸胃道症狀，如胃有脹滿感且有壓痛、嘔吐、心煩、便秘等，若少陽邪未盡則可能出現一會怕冷、一會怕熱症狀。</p>	<p>Cold damage entering yang brightness, incompletely release the lesser yang disease, alternating chills and fever, stuffiness and fullness below the heart, persistent vomiting, vexation and constipation.</p> <p>The six-channel pattern identification scheme of the Shang-Han-Lun delineates six stages according to symptoms of external contractions. These are greater yang, yang brightness, lesser yang, greater yin, lesser yin, and reverting yin. The scheme describes the dynamics of external contractions and the relationship between the stages. Da-Chai-Hu-Tang treats conditions arising when evils (pathogens) invade the lesser yang, which is the pivot of qi flow between the fleshy exterior and interior containing the internal organs, and when, as a result of the of</p>

		the disturbance of the pivot, they gradually invade yang brightness, giving rise to a series of gastrointestinal symptoms such as fullness in the stomach with palpatory tenderness, vomiting, heart vexation, and constipation. If residual evils (pathogens) remain the in the lesser yang, there will be alternating fever and aversion to cold.
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	柴胡 黃芩 白芍 半夏 生薑 枳實 大棗 大黃	Bupleuri Radix; Scutellariae Radix; Paeoniae Alba Radix; Pinelliae Rhizoma; Zingiberis Rhizoma Recens; Aurantii Fructus Immaturus; Jujubae Fructus; Rhei Radix et Rhizoma

8. 小青龍湯

方名	小青龍湯	Siao-Cing-Long-Tang (Xiao-Qing-Long-Tang)
類別	發表之劑	Exterior-Resolving Formula
效能	解表散寒、溫肺化飲。	Release the exterior to dissipate cold, warm the lung and resolve fluid retention.
	<p>語意解析: 將所感受的外來風寒邪氣驅逐而出，同時將肺部中偏寒性的水濕，以處方中的溫藥代謝化開。</p>	<p>This formula drives out externally contracted wind-cold. Its warm-natured ingredients also metabolize cold-natured water-damp in the lung.</p>
適應症	外感風寒，內停水飲，惡寒發熱，無汗，咳嗽氣喘，痰白清稀。	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.
	<p>語意解析: 治療因感受風寒邪氣，造成體內水分代謝失常及滯留，導致身體出現既發燒又怕冷，也沒有流汗，一咳嗽就喘氣明顯，痰顏色清白如水等症狀。</p>	<p>This formula treats externally contracted wind-cold causing disturbances of fluid metabolism and the resultant accumulation of fluid, which in turn give rise to fever and aversion to cold without sweating, and pronounced panting triggered by cough, and expectoration of clear white watery phlegm.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	麻黃 白芍 五味子 乾薑 炙甘草 桂枝 半夏 細辛	Ephedrae Herba; Paeoniae Alba Radix; Schisandrae Fructus; Zingiberis Rhizoma; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Cinnamomi Ramulus; Pinelliae Rhizoma; Asari Radix

9. 小建中湯

方名	小建中湯	Siao-Jian-Jhong-Tang (Xiao-Jian-Zhong-Tang)
類別	祛寒之劑	Cold-Dispelling Formula
效能	溫中補虛、和裏緩急。	Warm the middle to tonify deficiency, harmonize the interior and relax tension.
	<p>語意解析:</p> <p>強健各種體內活動機能，改善機能虛損及腸胃道消化力低下，緩急止痛。</p>	<p>This formula strengthens various bodily functions to improve functional insufficiencies and digestive performance, as well as relieving tension and pain.</p>
適應症	脾胃虛寒、裏急腹痛。	Spleen-stomach deficiency cold, abdominal urgency and abdominal pain.
	<p>語意解析:</p> <p>因脾胃功能低落且偏寒造成腸道蠕動過快引起腹痛現象，大便時會急迫慾便，有便不盡的感覺。</p>	<p>This formula treats defecatory urgency and sensations of incomplete defecation due accelerated peristalsis resulting from impaired spleen-stomach function and internal cold.</p>
出處	《傷寒金匱方》	Febrile and Golden Cabinet Formula Shang-Han-Jin-Kuei-Fang (Shang-Han-Jin-Kui-Fang)
組成	桂枝 炙甘草 大棗 白芍 生薑 膠飴	Cinnamomi Ramulus; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Jujubae Fructus; Paeoniae Alba Radix; Zingiberis Rhizoma Recens; Maltose
注意事項	嘔家慎服	Use with care in people with vomiting.

10. 小柴胡湯

方名	小柴胡湯	Siao-Chai-Hu-Tang (Xiao-Chai-Hu-Tang)
類別	和解之劑	Harmonizing Formula
效能	<p>和解少陽。</p> <p>語意解析: 將進入身體表裡之間外感邪氣驅逐而出，同時調暢受外邪引響的氣機運行，調和脾胃功能。</p>	<p>Harmonize and release the lesser yang.</p> <p>This formula expels evil qi (pathogens) from between the exterior and interior. At the same time, it addresses the disturbance in the qi dynamic caused by the evil and harmonizes spleen and stomach functions.</p>
適應症	<p>少陽證，往來寒熱，胸脇苦滿，默默不欲飲食，心煩喜嘔，口苦，咽乾，目眩。</p> <p>語意解析: 當外感邪氣進入身體表裡之間，影響正常氣機運行，而出現發熱和怕冷感交替，胸部和胸肋部位滿悶不適，煩躁伴反胃感、口苦、咽喉乾燥、眩暈等症狀。</p>	<p>Lesser yang syndrome, alternating chills and fever, fullness in the chest and hypochondrium, poor appetite, vexation and feel nauseated, bitter taste in the mouth, dry throat and dizzy vision.</p> <p>Penetration of external evils (pathogens) to between the exterior and interior disturbs the normal action of qi, giving rise to alternating fever and cold sensation, fullness and oppression in the chest and rib-side, vexation and agitation, together with nausea, bitter taste in the mouth, dry throat, and dizziness.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	<p>柴胡 黃芩 人參 炙甘草 半夏 生薑 大棗</p>	<p>Bupleuri Radix; Scutellariae Radix; Ginseng Radix et Rhizoma; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Pinelliae Rhizoma; Zingiberis Rhizoma Recens; Jujubae Fructus</p>

11. 川芎茶調散

方名	川芎茶調散	Chuan-Cyong-Cha-Tiao-San (Chuan-Qiong-Cha-Tiao-San)
類別	發表之劑	Exterior-Resolving Formula
效能	祛風、止痛。 語意解析: 驅散以風邪為主之外來病邪，緩解頭痛。	Dispels wind and relieves pain. This formula expels wind and other external evils (exogenous pathogens) to relieve headache.
適應症	偏正頭痛。 語意解析: 緩解外感風邪導致的頭痛、偏頭痛、或巔頂頭痛等各類頭痛症狀。(註：風邪的特性為易夾帶其他邪氣，且症狀變化多、病位無定處。)	Migraine and aching all over the head. This formula treats headache and migraine or vertex headache caused by externally contracted wind evils. (Note that wind has the propensity to carry other evils with it and is marked by variability of symptoms and symptoms of unfixed location).
出處	《太平惠民和劑局》	Prescription of Peaceful Benevolent Dispensary Tai-Ping-Huei-Min-He-Ji-Jyu- Fang (Tai-Ping-Hui-Min-He-Ji-Ju-Fang)
組成	白芷 甘草 羌活 荊芥 川芎 細辛 防風 薄荷	Angelicae Dahuricae Radix; Glycyrrhizae Radix et Rhizoma; Notopterygii Rhizoma et Radix; Nepetae Herba; Chuanxiong Rhizoma; Asari Radix ; Saposhnikoviae Radix; Menthae Herba

12. 五苓散

方名	五苓散	Wu-Ling-San (Wu-Ling-San)
類別	利濕之劑	Dampness-disinhibiting formula
效能	化氣利水，健脾祛濕。	Resolve qi and drain water, fortify the spleen and dispel dampness.
	<p>語意解析：</p> <p>加強膀胱氣化的功能，使小便通利順暢，加強脾氣的運化功能，以祛除身體中停滯的水液。</p>	<p>This formula strengthens the bladder's qi transformation to make urine flow smoothly. It also strengthens the spleen's movement and transformation function, to rid the body of stagnant water.</p>
適應症	內停水濕，外有表證，小便不利，煩渴欲飲，水入即吐，泄瀉。	Internal stagnation of fluid- dampness, exterior syndrome, inhibited urination, polydipsia and thirst, vomiting immediately when drinking water and diarrhea.
	<p>語意解析：</p> <p>治療體內本有水液代謝失常，後又受到外感邪氣侵犯，而出現小便困難不順暢，煩躁，煩熱口渴想喝水，喝水後又馬上吐出，大便水瀉等症狀。</p>	<p>This formula treats abnormalities in water metabolism with subsequent contraction of external evils, giving rise to inhibited urination and difficult voiding with vexation and agitation, thirst with desire to take fluids, immediate vomiting after drinking, and watery diarrhea.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	豬苓 澤瀉 茯苓 桂枝 白朮	Polyporus; Alismatis Rhizoma; Poria; Cinnamomi Ramulus; Atractylodis Macrocephalae Rhizoma

13. 六君子湯

方名	六君子湯	Liou-Jyun-Zih-Tang (Liu-Jun-Zi-Tang)
類別	補養之劑	Supplementing formula
效能	補氣和中。 語意解析: 補充、調和脾氣，使腸胃消化運行功能增強。	Tonify qi and harmonize the middle. Supplements and regulates spleen qi, enhancing the spleen and stomach's movement and transformation function.
適應症	脾胃虛弱、食慾不振、消化不良、大便溏泄、氣虛有痰。 語意解析: 治療因為脾氣虛弱而導致脾胃運行消化的機能低下，使得食量明顯減少，大便不成形似溏泥狀，以及容易生痰等症狀。	Spleen-stomach weakness, poor appetite, indigestion, sloppy stool and qi deficiency with phlegm. Treats poor digestion due to weakness of spleen qi affecting its movement and transformation function, resulting in markedly diminished appetite, loose unformed stool, and tendency to produce phlegm.
出處	《太平惠民和劑局方》	Prescription of Peaceful Benevolent Dispensary Tai-Ping-Huei-Min-He-Ji-Jyu- Fang (Tai-Ping-Hui-Min-He-Ji-Ju-Fang)
組成	人參 白朮 茯苓 半夏 炙甘草 陳皮 生薑 大棗	Ginseng Radix et Rhizoma; Atractylodis Macrocephalae Rhizoma; Poria; Pinelliae Rhizoma; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Citri Reticulatae Pericarpium; Zingiberis Rhizoma Recens; Jujubae Fructus

14. 六味地黃丸

方名	六味地黃丸	Liou-Wei-Di-Huang-Wan (Liu-Wei-Di-Huang-Wan)
類別	補養之劑	Supplementing formula
效能	滋陰補腎。 語意解析： 滋補先天不足，長期過勞，或年老退化的人身之營養物質。	Nourish yin to tonify the kidney. This formula supplements congenital insufficiencies, long-term overexertion, or degeneration of bodily nutrients in the elderly.
適應症	肝腎不足、腰痛足痠、頭暈目眩、消渴、舌燥喉痛、足跟作痛。 語意解析： 治療因先天不足，長期過勞，或年老退化，而導致的營養物質不足。產生腰膝足跟痠痛或疼痛，頭目眩暈，喉嚨乾痛，舌頭乾燥，喝水也難以解渴。	Deficiency of the liver and kidney, lumbago and sore feet, dizziness and blurred vision, wasting-thirst, dry tongue and sore throat, heel pain. This formula congenital insufficiencies, long-term overexertion, or degeneration in old age causing decline in bodily nutrients.
出處	《小兒藥證直訣》	Key to Therapeutics of Children's Diseases Siao-Er-Yao-Jheng-Jhih-Jyue (Xiao-Er-Yao-Zheng-Zhi-Jue)
組成	熟地黃 山茱萸 山藥 澤瀉 牡丹皮 茯苓 ※傳統製劑加蜂蜜適量	Rehmanniae Radix Praeparata; Corni Sarcocarpium; Dioscoreae Rhizoma; Alismatis Rhizoma; Moutan Radicis Cortex; Poria ※Add honey q.s. to make pills in traditional formula.
注意事項	大便稀溏者慎用。	Use with care in patients with loose stools.

15. 天王補心丹

方名	天王補心丹	Tian-Wang-Bu-Sin-Dan (Tian-Wang-Bu-Xin-Dan)
類別	安神之劑	Spirit-Quieting Formula
效能	寧心、化痰涎、祛煩熱、滋陰養血。	Quits the spirit, transform phlegm and drool, dispels vexing heat, as well as enriching yin and nourishing the blood.
	<p>語意解析:</p> <p>安定精神與情緒，化除口中痰液涎液，緩解煩躁發熱，補強身體營養物質的生成機能。</p>	<p>This formula calms the spirit and emotion, eliminates phlegm and drool-like fluid, relieves vexation, agitation, and fever, and enhances the production of bodily nutrients.</p>
適應症	思慮過度、神志不寧、咽乾口燥、健忘怔忡、口舌生瘡。	Excessive thought and anxiety, disquieted spirit, dry throat and mouth, forgetfulness, fearful throbbing (severe palpitations), and mouth and tongue sores.
	<p>語意解析:</p> <p>治療用腦過度，勞心過度，精神和情緒不穩定、短期記憶力降低，易受到驚嚇和自覺心悸，口腔咽喉乾燥不適，引起口腔及舌黏膜自發性潰瘍。</p>	<p>This formula treats excessive mental activity and overwork, mental and emotional instability, impaired short-term memory, susceptibility to fright, subjective palpitations, dry mouth and throat, and ulceration of the mouth and tongue.</p>
出處	《萬病回春》	Recovery from All Ailments Wan-Bing-Huei-Chun (Wan-Bing-Hui-Chun)
組成	生地黃 熟地黃 人參 遠志 石菖蒲 玄參	Rehmanniae Radix; Rehmanniae Radix Praeparata; Ginseng Radix et Rhizoma; Polygalae Radix; Acori Graminei Rhizoma; Scrophulariae Radix;

柏子仁
桔梗
天門冬
丹參
酸棗仁
麥門冬
茯神
當歸
五味子
黃連

Platycladi Semen;
Platycodonis Radix;
Asparagi Radix;
Salviae Miltiorrhizae Radix;
Zizyphi Spinosi Semen;
Ophiopogonis Radix;
Poria cum Pini Radix;
Angelicae Sinensis Radix;
Schisandrae Fructus;
Coptidis Rhizoma;

16. 天麻鉤藤飲

方名	天麻鉤藤飲	Tian-Ma-Gou-Teng-Yin (Tian-Ma-Gou-Teng-Yin)
類別	治風之劑	Wind-Controlling Formula
效能	無。	None.
	語意解析： 無。	None.
適應症	肝風內動之頭痛暈眩、耳鳴眼花。	Headache, dizziness, tinnitus, and flowery vision (dizzy vision) due to liver wind stirring internally.
	語意解析： 治療因肝經氣機不暢導致的頭痛、眩暈、急躁易怒、耳鳴、看東西模糊不清。	Treats headache, dizziness, agitation and irascibility, tinnitus, and blurred vision due to severe disturbance of the qi dynamic in the liver channel.
出處	《雜病證治新義》	- Za-Bing-Jheng-Jih-Sin-Yi (Za-Bing-Zheng-Zhi-Xin-Yi)
組成	天麻 鉤藤 川牛膝 石決明 杜仲 黃芩 梔子 益母草 桑寄生 夜交藤 茯神	Gastrodiae Rhizoma; Uncariae Ramulus Cum Uncis; Achyranthis Bidentatae Radix; Haliotidis Concha; Eucommiae Cortex; Scutellariae Radix; Gardeniae Fructus; Leonuri Herba; Taxilli Herba; Polygoni Multiflori Caulis; Poria cum Pini Radix

17. 加味逍遙散

方名	加味逍遙散	Jia-Wei-Siao-Yao-San (Jia-Wei-Xiao-Yao-San)
類別	和解之劑	Harmonizing Formula
效能	疏肝解鬱、清熱涼血。	Soothe the liver and release depression, clear heat to cool the blood.
	語意解析: 穩定情緒與自律神經失調情形，改善生活品質。	Stabilizes emotion and the autonomic nervous system to enhance quality of life.
適應症	肝鬱血虛發熱、月經不調、怔忡不寧。	Liver depression, blood deficiency and fever, menstrual irregularities, disquieted fearful throbbing.
	語意解析: 治療因情緒或憂慮所致之自律神經失調、焦慮緊張、躁動不安、心神不寧、煩躁易怒，以及月經質、量、週期的異常。	Treats imbalance of the autonomic nervous system giving rise to anxiety, agitation, and irascibility, as well as abnormalities in the volume, consistency, and duration of menstrual discharge.
出處	《證治準繩》	Standards for Diagnosis and Treatment Jheng-Jhih-Jhun-Sheng (Zheng-Zhi-Zhun-Sheng)
組成	當歸 白朮 白芍 柴胡 茯苓 炙甘草 牡丹皮 山梔子 煨薑 薄荷	Angelicae Sinensis Radix; Atractylodis Macrocephalae Rhizoma; Paeoniae Alba Radix; Bupleuri Radix; Poria; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Moutan Radicis Cortex; Gardeniae Fructus; Zingiberis Rhizoma Tostum; Menthae Herba

18. 半夏瀉心湯

方名	半夏瀉心湯	Ban-Sia-Sie-Sin-Tang (Ban-Xia-Xie-Xin-Tang)
類別	和解之劑	Harmonizing Formula
效能	和胃降逆。	Harmonize the stomach to downbear counterflow.
	<p>語意解析:</p> <p>治療因胃食道逆流或慢性胃炎所致之胃痛、泛酸。</p>	<p>Treats stomach pain and acid upflow caused by gastroesophageal reflux (GERD) or chronic gastritis.</p>
適應症	傷寒下早，心下痞滿，嘔而腸鳴。	Cold damage induced by early purgation, stuffiness and fullness below the heart, vomiting and borborigmus.
	<p>語意解析:</p> <p>因古代醫家治療感受到外邪影響而過早使用瀉下療法，導致出現腹部悶滿不適，或可伴有噁心嘔吐與腸道蠕動過快等症狀。</p>	<p>This formula was traditionally used to treat premature purgation in contraction of external evils (exogenous pathogens) giving rise to abdominal fullness and discomfort and sometimes to nausea and vomiting from accelerated peristalsis.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	半夏 黃芩 乾薑 人參 黃連 大棗 炙甘草	Pinelliae Rhizoma; Scutellariae Radix; Zingiberis Rhizoma; Ginseng Radix et Rhizoma; Coptidis Rhizoma; Jujubae Fructus; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle

19. 四君子湯

方名	四君子湯	Sih-Jyun-Zih-Tang (Si-Jun-Zi-Tang)
類別	補養之劑	Supplementing formula
效能	益氣健脾。 語意解析： 補充、調和脾氣，使腸胃消化運行功能增強。	Replenish qi and fortify the spleen. Supplements and regulates spleen qi, enhancing the spleen and stomach's movement and transformation function.
適應症	脾胃氣虛、消化不良、面色蒼白、食少便溏。 語意解析： 治療因為脾氣虛弱而導致脾胃運行消化的機能低下，使得食量明顯減少，臉色蒼白無血色，及大便不成形似溏泥狀等症狀。	Spleen-stomach qi deficiency, indigestion, pale complexion, poor appetite and sloppy stool. This formula treats poor digestion due to weakness of spleen qi, giving rise to markedly reduced appetite, somber facial complexion lacking in color, and sloppy or muddy unformed stools.
出處	《醫方集解》	Collected Explanation on Prescriptions Yi-Fang-Ji-Jie (Yi-Fang-Ji-Jie)
組成	人參 茯苓 炙甘草 白朮 生薑 大棗	Ginseng Radix et Rhizoma; Poria; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Atractylodis Macrocephalae Rhizoma; Zingiberis Rhizoma Recens; Jujubae Fructus

20. 四物湯

方名	四物湯	Sih-Wu-Tang (Si-Wu-Tang)
類別	補養之劑	Supplementing formula
效能	補血調血。 語意解析： 加強血液生成機能的運作，或者調整月經週期、經血量、經血色之異常。	Tonify and harmonize blood. This formula enhances blood production and regulates the menstrual cycle, volume of menstrual flow, and color of the menstrual discharge.
適應症	氣血兩虛、疲勞體弱。 語意解析： 治療因氣血虛弱所導致的疲勞倦怠，治療血虛證所致的痛經。	Dual deficiency of qi and blood, fatigue and debility. This formula treats fatigue due to insufficiency of qi and blood and menstrual pain due to blood vacuity.
出處	《太平惠民和劑局方》	Prescription of Peaceful Benevolent Dispensary Tai-Ping-Huei-Min-He-Ji-Jyu- Fang (Tai-Ping-Hui-Min-He-Ji-Ju-Fang)
組成	熟地黃 白芍 當歸 川芎	Rehmanniae Radix Praeparata; Paeoniae Alba Radix; Angelicae Sinensis Radix; Chuanxiong Rhizoma

21. 平胃散

方名	平胃散	Ping-Wei-San (Ping-Wei-San)
類別	消導之劑	Abductive Dispersion Formula
效能	燥濕健脾，理氣和中。	Dry dampness to fortify the spleen, regulate qi and harmonize the middle.
	<p>語意解析：</p> <p>加強脾胃運行消化機能，祛除濕氣，調理脾胃氣機。</p>	<p>This formula enhances the movement and transformation function of the spleen and stomach, eliminates dampness, and regulates spleen and stomach qi.</p>
適應症	濕阻脾胃、脘腹脹滿、噁心嘔吐、噯氣吞酸。	Spleen-stomach stagnation, distention and fullness in stomach duct and abdomen, nausea and vomiting, belching and acid regurgitation.
	<p>語意解析：</p> <p>治療因飲食或飲酒不節制，使濕氣影響脾胃運化消化機能，且脾胃氣機不暢，導致胃腹部脹滿疼痛，噁心嘔吐，打嗝，泛胃酸，不想吃東西等症狀。</p>	<p>This formula treats distension, fullness, and pain in the stomach, nausea, vomiting, belching, and acid regurgitation due to excesses of food and alcohol giving rise to dampness that impairs spleen-stomach function and hampers the movement of spleen and stomach qi.</p>
出處	《太平惠民和劑局方》	Prescription of Peaceful Benevolent Dispensary Tai-Ping-Huei-Min-He-Ji-Jyu- Fang (Tai-Ping-Hui-Min-He-Ji-Ju-Fang)
組成	<p>陳皮</p> <p>厚朴</p> <p>炙甘草</p> <p>蒼朮</p> <p>生薑</p> <p>大棗</p>	<p>Citri Reticulatae Pericarpium;</p> <p>Magnoliae Cortex;</p> <p>Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle;</p> <p>Atractylodis Rhizoma;</p> <p>Zingiberis Rhizoma Recens;</p> <p>Jujubae Fructus</p>

22. 甘麥大棗湯

方名	甘麥大棗湯	Gan-Mai-Da-Zao-Tang (Gan-Mai-Da-Zao-Tang)
類別	安神之劑	Spirit-Quieting Formula
效能	養心安神，和中緩急。	Nourish the heart to tranquilize, harmonize the middle to relax tension.
	<p>語意解析：</p> <p>補養心血、安定心神，調和脾胃功能、舒緩情緒躁急感。</p>	<p>This formula nourishes the heart blood, quiets the heart spirit, regulates the stomach and spleen (traditionally often referred to as “the center”), and relieves vexation and agitation.</p>
適應症	婦人臟躁、善悲欲泣、小兒夜啼症、不眠。	Woman hysteria, rapid sorrow and crying, night crying in babies and insomnia.
	<p>語意解析：</p> <p>治療因憂慮過度，情緒低落易哭泣，小兒夜間哭啼、失眠等症狀。</p>	<p>This formula treats anxiety and depression with a tendency to cry, as well as night crying in infants and insomnia.</p>
出處	《金匱要略》	Synopsis of Golden Cabinet Jin-Kuei-Yao-Lyue (Jin-Kui-Yao-Lue)
組成	甘草 小麥 大棗	Glycyrrhizae Radix et Rhizoma; Tritici Fructus; Jujubae Fructus

23. 甘露消毒丹

方名	甘露消毒丹	Gan-Lu-Siao-Du-Dan (Gan-Lu-Xiao-Du-Dan)
類別	清熱瀉火之劑	Heat-clearing fire-draining formula
效能	化濁利濕、清熱解毒。	Resolve turbidity and drain dampness, Clear heat and detoxicate.
	<p>語意解析:</p> <p>使脾胃氣機流動化除濕濁氣，並且清除脾胃多餘的熱邪。</p>	<p>This formula enhances the fluency of the qi dynamic of the spleen and stomach to eliminate damp turbidity. It also clear excessive heat from the spleen and stomach.</p>
適應症	暑濕時疫、發熱倦怠、胸悶腹脹、咽腫口渴、溺赤便閉。	Summerheat-dampness, seasonal epidemic and heat fatigue, oppression in the chest and abdominal distention, swelling throat and thirst, hematuria and difficult urination.
	<p>語意解析:</p> <p>治療夏天暑熱濕氣或是一般濕熱症狀，伴隨有身體發熱，疲倦，胸悶腹脹，咽腫脹，口渴，小便顏色深，便秘的症狀。</p>	<p>Treats heat and dampness in hot summer weather or any damp-heat symptoms attended by fever, fatigue, oppression in the chest and abdominal distention, swollen throat, thirst, deep-colored urine, and constipation.</p>
出處	《醫效秘傳》	Effective Secret Formula Yi-Siao-Mi-Chuan (Yi-Xiao-Mi-Chuan)
組成	滑石 黃芩 茵陳蒿 藿香 連翹 石菖蒲 白豆蔻 薄荷 木通 射干 川貝母	Talcum; Scutellariae Radix; Artemisiae Scopariae Herba; Pogostemonis Herba; Forsythiae Fructus; Acori Tatarinowii Rhizoma; Elettariae Rotundus Fructus; Menthae Herba; Akebiae Caulis; Belamcandae Rhizoma; Fritillariae Cirrhosae Bulbus

24. 甘露飲

方名	甘露飲	Gan-Lu-Yin (Gan-Lu-Yin)
類別	清濕熱之劑	Damp-heat–Clearing formula
效能	滋陰、清濕熱。 語意解析： 滋補身體津液，清除體內濕熱。	Nourish yin and clear dampness-heat. This formula supplements the bodily fluids to clear the internal damp-heat.
適應症	胃經濕熱、口臭咽痛、口舌生瘡、牙宣齦腫。 語意解析： 治療胃經受內熱的影響，導致口中氣味臭穢，咽喉疼痛，口腔與舌頭潰傷難癒，牙齦萎縮或紅腫疼痛容易出血及口乾等症狀。	Dampness-heat of stomach meridian, fetid mouth odor and sore throat, mouth and tongue sores, gum atrophy and swollen gums. Treats fetid taste in the mouth, sore throat, ulceration of the mouth and tongue, pain red swollen receding gums, and dry mouth due to internal heat affecting the stomach channel.
出處	《太平惠民和劑局方》	Prescription of Peaceful Benevolent Dispensary Tai-Ping-Huei-Min-He-Ji-Jyu- Fang (Tai-Ping-Hui-Min-He-Ji-Ju-Fang)
組成	熟地黃 麥門冬 枳殼 炙甘草 茵陳蒿 枇杷葉 石斛 黃芩 生地黃 天門冬	Rehmanniae Radix Praeparata; Ophiopogonis Radix; Citri Fructus Immaturus ; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Artemisiae Scopariae Herba; Eriobotryae Folium; Dendrobii Caulis; Scutellariae Radix; Rehmanniae Radix Recens; Asparagi Radix

25. 生化湯

方名	生化湯	Sheng-Hua-Tang (Sheng-Hua-Tang)
類別	經產之劑	Obstetric Formula
效能	生新血、化瘀血、溫中散寒。	Engender blood, resolve stasis, warm the middle and dissipate cold.
	<p>語意解析:</p> <p>溫暖腹部，祛散寒性邪氣，並促使子宮新陳代謝上升，促進血液流動，排出殘餘物，消除惡露。</p>	<p>This formula warms the abdomen to dispel cold. It elevates metabolism in the uterus, promoting blood flow and elimination of residues to disperse the lochia.</p>
適應症	產後惡露不行，少腹疼痛。	Retention of the lochia after postpartum and lower abdomen pain.
	<p>語意解析:</p> <p>治療女性生產後子宮內殘餘物排出不暢，以及血瘀所導致的下腹部疼痛。</p>	<p>This formula treats promotes the elimination of residues in the uterus after childbirth and eliminates blood stasis causing abdominal pain.</p>
出處	《傳青主女科》	Fu Qingzhu's Gynecology and Obstetrics Fu-Cing-Jhu-Nyu-Ke (Fu-Qing-Zhu-Nu-Ke)
組成	當歸 川芎 桃仁 黑薑 炙甘草	Angelicae Sinensis Radix; Chuanxiong Rhizoma; Persicae Semen; Zingiberis Rhizoma Carbonisata; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle
注意事項	血熱而瘀者忌用	Use with care in blood heat with blood stasis.

26. 生脈散(飲)

方名	生脈散(飲)	Sheng-Mai-San(Yin) (Sheng-Mai-San(Yin))
類別	補益之劑	Supplementing Formula
效能	無。	None.
	語意解析: 無。	None.
適應症	熱傷元氣、氣短倦怠、口渴多汗、肺虛而咳。	Damage to original qi by heat with shortness of breath, fatigue, thirst, and profuse sweating, as well as lung vacuity with cough.
	語意解析: 因為暑熱耗傷體內的元氣，造成的氣息短促疲倦乏力、口渴多汗出，因肺氣虛而產生的咳嗽等症狀。	This formula treats short hasty breathing, fatigue and lack of strength, thirst, and profuse sweating due to summerheat-heat damaging original qi, as well as cough due to lung qi vacuity.
出處	《中國醫學大辭典》	Chinese Medical Science Dictionary Jhong-Guo-Yi-Syue-Da-Cih-Dian (Zhong-Guo-Yi-Xue-Da- Ci-Dian)
組成	人參 麥門冬 五味子	Ginseng Radix et Rhizoma; Ophiopogonis Radix; Schisandrae Fructus

27. 白虎加人參湯

方名	白虎加人參湯	Bai-Hu-Jia-Ren-Shen-Tang (Bai-Hu-Jia-Ren-Shen-Tang)
類別	清熱之劑	Heat-Clearing Formula
效能	清熱、益氣、生津。	Clear heat, replenish qi and engender fluid.
	<p>語意解析:</p> <p>清除體內過多的熱能、補充元氣和平衡損耗的電解質和營養能量來源。</p>	<p>This formula clears excessive heat energy in the body, supplements original qi, and balances damaged electrolytes and nutrient sources.</p>
適應症	津氣兩傷、煩渴、中暑、身熱而渴，汗出惡寒。	Dual damage of fluid and qi, polydipsia, summerheat stroke, fever and thirst, sweating and aversion to cold.
	<p>語意解析:</p> <p>主要用於體內熱象過多導致汗出異常，進而造成津液缺乏及煩躁口渴；或是中暑後身熱背微惡寒，元氣耗損導致津液不足的症狀。</p>	<p>This formula chiefly addresses excessive internal heat causing abnormal sweating that causes lack of fluid and the resulting vexation, agitation, and thirst. It also treats sunstroke with slight aversion to cold in the back and insufficiency of fluids due to damage to original qi</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	知母 石膏 炙甘草 粳米 人參	Anemarrhenae Rhizoma; Gypsum Fibrosum; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Oryzae Semen; Ginseng Radix et Rhizoma

28. 血府逐瘀湯

方名	血府逐瘀湯	Sie-Fu-Jhu-Yu-Tang (Xie-Fu-Zhu-Yu-Tang)
類別	理血之劑	Blood-Rectifying Formula
效能	活血化瘀，行氣止痛。	Activate blood and resolve stasis, move qi to relieve pain.
	<p>語意解析：</p> <p>活絡體內氣血，化除血中的瘀滯，推動氣機達到止痛的效果。</p>	<p>This formula promotes the flow of qi and blood in the network vessels, removes stasis from the blood, and enhances the qi dynamic to achieve the effect of pain relief.</p>
適應症	胸中血瘀，日晡潮熱、經年胸痛、頭痛、或呃逆不止、或內熱煩悶、心悸失眠。	Blood stasis in the chest, late afternoon tidal fever, chest pain for years, headache, persistent hiccup, internal heat, vexation and oppression, palpitations and insomnia.
	<p>語意解析：</p> <p>胸中行血不暢、以致氣血受阻、午後身體一陣一陣的發熱、長年以來的胸痛、頭痛、或胃中有股氣向上衝感覺不止(打嗝聲急而短促)、或體內感覺發熱、心煩胸悶不舒、心悸、失眠等症狀。</p>	<p>This formula treats conditions of inhibited movement of blood in the chest causing blockage of qi and blood, spasmodic fever in the latter part of the day, long history of chest pain, headache, and incessant upsurge of qi from the stomach (causing short hasty belching/hiccup sounds), or feverish sensation, heart vexation, oppression in the chest, heart palpitations, and insomnia.</p>
出處	《醫林改錯》	Correction on Errors of Medical Works Yi-Lin-Gai-Cuo (Yi-Lin-Gai-Cuo)
組成	當歸 生地黃 桃仁	Angelicae Sinensis Radix; Rehmanniae Radix Recens; Persicae Semen;

紅花	Carthami Flos;
枳殼	Citri Fructus Immaturus ;
赤芍	Paeoniae Rubra Radix;
柴胡	Bupleuri Radix;
甘草	Glycyrrhizae Radix et Rhizoma;
桔梗	Platycodonis Radix;
川芎	Chuanxiong Rhizoma;
牛膝	Achyranthis Bidentatae Radix

29. 杞菊地黃丸

方名	杞菊地黃丸	Ci-Jyu-Di-Huang-Wan (Qi-Ju-Di-Huang-Wan)
類別	補養之劑	Supplementing Formula
效能	滋腎養肝。	Enrich the kidney and nourish the liver.
	語意解析: 補強身體營養物質的生成機能。	This formula strengthens the production of bodily nutrients.
適應症	肝腎陰虛、頭暈目眩、視物不清、眼睛澀痛、迎風流淚。	Liver-kidney yin deficiency, dizziness and blurred vision, dry and painful eye, windward tears.
	語意解析: 治療因長期過度勞損或是年老退化，造成身體營養物質的過度耗損，導致頭暈且感覺旋轉，看東西不清楚，眼睛會有明顯沙澀疼痛感，若遇風吹則不自主流淚等症狀。	This formula treats dizziness with whirling sensation, unclear vision, pronounced sensations of painful dryness and roughness of the eyes, and tearing on exposure to wind in patients with a long history of overwork or suffering from degeneration in old again with loss of bodily nutrients.
出處	《中國醫學大辭典》	Chinese Medical Science Dictionary Jhong-Guo-Yi-Syue-Da-Cih-Dian (Zhong-Guo-Yi-Xue-Da- Ci-Dian)
組成	枸杞子 甘菊花 熟地黃 山茱萸 山藥 茯苓 牡丹皮 澤瀉 ※傳統製劑添加蜂蜜適量。	Lycii Fructus; Chrysanthemi Flos; Rehmanniae Radix Praeparata; Corni Sarcocarpium; Dioscoreae Rhizoma; Poria; Moutan Radicis Cortex; Alismatis Rhizoma ※Add honey q.s. to make pills in traditional formula.

30. 芍藥甘草湯

方名	芍藥甘草湯	Shao-Yao-Gan-Cao-Tang (Shao-Yao-Gan-Cao-Tang)
類別	和解之劑	Harmonizing Formula
效能	<p>緩急止痛。</p> <p>語意解析： 具抗發炎、止痛、止痙、舒緩平滑肌痙攣。</p>	<p>Relax tension to relieve pain.</p> <p>This formula is anti-inflammatory and analgesic, and has an antispasmodic action that soothes spasm of smooth muscle.</p>
適應症	<p>腹中疼痛，腿腳攣急。</p> <p>語意解析： 治療腸胃蠕動不良、月經來潮引起之腹痛，夜間小腿抽筋之痙攣疼痛。</p>	<p>Abdominal pain and foot spasm.</p> <p>This formula treats poor peristalsis, abdominal pain associated with menstruation, and nocturnal cramping of the lower leg.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	<p>白芍</p> <p>炙甘草</p>	<p>Paeoniae Alba Radix;</p> <p>Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle</p>

31. 芎歸膠艾湯

方名	芎歸膠艾湯	Cyong-Guei-Jiao-Ai-Tang (Qiong-Gui-Jiao-Ai-Tang)
類別	經產之劑	Menstruation and delivery formula
效能	補血調經，安胎止崩。	Tonify blood to regulate menstruation, prevent abortion and stop flooding.
	<p>語意解析：</p> <p>透過補益肝血、調達氣血循環的方式，使虛寒體質的胎動不安或子宮收縮不良出血獲得改善。</p>	<p>This formula, by supplementing liver blood and regulating the circulation of qi and blood, reduces movement of the fetus in vacuity cold constitutions and bleeding due to poor contraction of the uterus.</p>
適應症	流產後出血不淨，月經過多。	Persistent bleeding after abortion and profuse menstruation.
	<p>語意解析：</p> <p>治療血虛有寒導致的月經血量過多，或懷孕期及產後的出血。</p>	<p>This formula treats excessive menstrual discharge or pregnancy and postpartum bleeding due to blood vacuity with cold.</p>
出處	《金匱要略》	Synopsis of Golden Cabinet Jin-Kuei-Yao-Lyue (Jin-Kui-Yao-Lue)
組成	川芎 阿膠 甘草 艾葉 當歸 白芍 生地黃	Chuanxiong Rhizoma; Asini Corii Colla; Glycyrrhizae Radix et Rhizoma; Artemisiae Argyi Folium; Angelicae Sinensis Radix; Paeoniae Alba Radix; Rehmanniae Radix Recens

32. 辛夷清肺湯

方名	辛夷清肺湯	Sin-Yi-Cing-Fei-Tang (Xin-Yi-Qing-Fei-Tang)
類別	清熱之劑	Heat-Clearing Formula
效能	清肺熱。 語意解析: 改善肺部鬱熱的鼻塞、鼻黏膜乾燥，可清通鼻竅。	Clear lung heat. This formula treats nasal congestion and dryness of the nasal mucosa due to depressed heat in the lung, thereby freeing nose.
適應症	鼻塞、鼻生瘰肉。 語意解析: 治療鼻塞、鼻瘰肉。	Nasal congestion and nasal polyp. This formula treats nasal congestion and nasal polyps.
出處	《外科正宗》	Orthodox Manual of External Disease Wai-Ke-Jheng-Zong (Wai-Ke-Zheng-Zong)
組成	辛夷 黃芩 山梔子 麥門冬 百合 石膏 知母 甘草 枇杷葉 升麻	Magnoliae Flos; Scutellariae Radix; Gardeniae Fructus; Ophiopogonis Radix; Lilii Bulbus; Gypsum Fibrosum; Anemarrhenae Rhizoma; Glycyrrhizae Radix et Rhizoma; Eriobotryae Folium; Cimicifugae Rhizoma

33. 辛夷散

方名	辛夷散	Sin-Yi-San (Xin-Yi-San)
類別	發表之劑	Exterior-Resolving Formula
效能	散風寒、祛濕邪、通鼻竅。	Disperse wind-cold, dispel dampness pathogen and relieve the stuffy nose.
	<p>語意解析:</p> <p>發散外來風寒邪氣的侵入，及祛散停留在皮膚肌表的濕邪，以疏通鼻腔減輕鼻塞的症狀。</p>	<p>This formula disperses externally contracted wind-cold and dampness lodged in the skin and fleshy exterior to free the nasal cavity and thereby relieve nasal congestion.</p>
適應症	感冒初期引起之鼻塞不通，鼻流清涕。	Nasal congestion induced by the initial stage of common cold, watery nasal mucus.
	<p>語意解析:</p> <p>治療感冒及過敏性鼻炎所產生的鼻塞呼吸不順暢或清澈鼻水直流不停等臨床症狀。</p>	<p>Treats nasal congestion or incessant rhinorrhea and impaired breathing in common cold and allergic rhinitis.</p>
出處	《醫方集解》	Collected Explanation on Prescriptions Yi-Fang-Ji-Jie (Yi-Fang-Ji-Jie)
組成	辛夷 細辛 藁本 升麻 川芎 木通 防風 甘草 白芷 茶葉	Magnoliae Flos; Asari Radix ; Ligustici Rhizoma et Radix; Cimicifugae Rhizoma; Chuanxiong Rhizoma; Akebiae Caulis; Saposhnikoviae Radix; Glycyrrhizae Radix et Rhizoma; Angelicae Dahuricae Radix; Camelliae Sinensis Folium

34. 防風通聖散

方名	防風通聖散	Fang-Fong-Tong-Sheng-San (Fang-Feng-Tong-Sheng-San)
類別	表裡之劑	Exterior-interior formula
效能	解表通裡、疏風清熱。	Release the exterior and relieve interior, disperse wind to clear heat.
	<p>語意解析:</p> <p>疏散因外來風邪侵犯所造成的肌表發熱症狀，並將體內的熱邪與停滯未消化之食物以大便形式排出體外。</p>	<p>This formula treats fever in the fleshy exterior due to invading wind. It causes the internal heat and stagnant food to pass out with the stool.</p>
適應症	表裏三焦俱實、大便秘結、小便短赤、瘡瘍腫毒。	All excess of the exterior, interior and triple energizers, constipation, short and reddish urine, sore and ulcer, swelling toxin.
	<p>語意解析:</p> <p>治療因為外來邪氣侵犯，並合併體內的熱邪與停滯未消化之食物，造成體內代謝排泄物質在腸道內滯留過久，導致排便時間費時費力，小便量少顏色偏深黃帶紅，或有全身皮膚不定處的紅腫瘡膿潰瘍等症狀。</p>	<p>This formula treats prolonged defecation and straining with deep yellow or reddish urine, and red, swollen, and purulent ulcers anywhere on the body's surface, these symptoms arising when external pathogens invade the body and combine with internal heat and undigested food, causing excreta to remain in the digestive tract for excessive periods.</p>
出處	《醫方集解》	Collected Explanation on Prescriptions Yi-Fang-Ji-Jie (Yi-Fang-Ji-Jie)
組成	防風 荊芥 連翹 麻黃 薄荷 川芎	Saposhnikoviae Radix; Nepetae Herba; Forsythiae Fructus; Ephedrae Herba; Menthae Herba; Chuanxiong Rhizoma;

當歸

白芍

白朮

山梔子

大黃

芒硝

黃芩

石膏

桔梗

甘草

滑石

生薑

蔥白

※傳統製劑不加生薑、蔥白(傳統散劑用法：研細末)

Angelicae Sinensis Radix;

Paeoniae Alba Radix;

Atractylodis Macrocephalae Rhizoma;

Gardeniae Fructus;

Rhei Radix et Rhizoma;

Natrii Sulfas;

Scutellariae Radix;

Gypsum Fibrosum;

Platycodonis Radix;

Glycyrrhizae Radix et Rhizoma;

Talcum;

Zingiberis Rhizoma Recens;

Allii Fistulosi Bulbus Recens

※Without Zingiberis Rhizoma Recens and Allii Fistulosi Bulbus Recens to make fine powder in traditional formula.

35. 定喘湯

方名	定喘湯	Ding-Chuan-Tang (Ding-Chuan-Tang)
類別	理氣之劑	Qi-rectifying formula
效能	宣肺平喘、清熱化痰。	Diffuse the lung to calm panting, clear heat to resolve phlegm.
	<p>語意解析:</p> <p>宣發疏通肺氣，使喘咳緩和，並清除鬱積於肺臟的熱邪，減少生成黏稠痰液及促進痰液排出。</p>	<p>This formula diffuses and frees lung qi to relieve cough and clears the heat evil accumulating in the lung. It reduces the sticky phlegm fluid and enhances its excretion.</p>
適應症	熱症喘咳。	Heat symptom, panting and cough.
	<p>語意解析:</p> <p>治療外來風寒邪氣侵犯肺臟，影響肺之功能，邪氣與正氣停滯於胸中而生痰濕，痰多而積聚化熱，出現哮喘咳嗽，痰顏色黃量多、濃稠不易咳出的症狀。</p>	<p>This formula treats asthma and cough with copious thick yellow phlegm that is not easily expectorated, arising when externally contracted wind-cold invades the lung, affects pulmonary function, causing stagnation of right qi that gives rise to phlegm-damp that in turn transforms into heat.</p>
出處	《證治準繩》	Standards for Diagnosis and Treatment Jheng-Jhih-Jhun-Sheng (Zheng-Zhi-Zhun-Sheng)
組成	白果仁 麻黃 款冬花 桑白皮 半夏 蘇子 杏仁 黃芩 甘草	Ginkgo Semen; Ephedrae Herba; Farfarae Flos; Mori Radicis Cortex; Pinelliae Rhizoma; Perillae Fructus; Armeniaca Amarum Semen; Scutellariae Radix; Glycyrrhizae Radix et Rhizoma

36. 炙甘草湯

方名	炙甘草湯	Jhih-Gan-Cao-Tang (Zhi-Gan-Cao-Tang)
類別	潤燥之劑	Dryness-Moistening Formula
效能	益氣補血、滋陰復脈。	Tonify qi and blood, enrich yin and rehabilitate vessel.
	<p>語意解析：</p> <p>增強元氣並補血，進而使血流通暢，改善心血管系統之運行。</p>	<p>This formula strengthens original qi and supplements the body, thereby enhancing blood flow and improving cardiovascular activity.</p>
適應症	氣虛血少脈結代、心動悸、氣短胸悶、虛勞肺痿。	Deficiency of qi and blood, bound pulse, palpitations, shortness of breath, oppression in the chest, consumptive disease and lung atrophy.
	<p>語意解析：</p> <p>治療因氣血不足造成的心律失常、心跳感強烈、呼吸急促、胸口悶痛不適；氣血陰陽不足造成的以胸憋氣短、咳吐濃濁痰液唾液涎沫為主要表現的慢性虛損性肺臟疾患。</p>	<p>This formula treats arrhythmia due to insufficiency of qi and blood, with pronounced throbbing or the heart, hasty breathing, and oppression and discomfort in the chest.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	炙甘草 生薑 桂枝 人參 生地黄 阿膠 麥門冬 火麻仁 大棗	Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Zingiberis Rhizoma Recens; Cinnamomi Ramulus; Ginseng Radix et Rhizoma; Rehmanniae Radix Recens; Asini Corii Colla; Ophiopogonis Radix; Cannabis Fructus; Jujubae Fructus

37. 知柏地黃丸

方名	知柏地黃丸	Jhih-Bo-Di-Huang-Wan (Zhi-Bo-Di-Huang-Wan)
類別	補養之劑	Supplementing formula
效能	滋陰降火。 語意解析: 補強人體營養物質，使虛火下降。	Nourish yin to downbear fire. This formula provides nutrients that reduce the vacuity fire.
適應症	頭暈耳鳴，舌燥咽痛，腰脊痠痛。 語意解析: 治療因人體營養物質耗損後產生虛火，導致頭暈，用手按之則聲音漸小的耳鳴，舌咽乾燥疼痛，腰背部痠軟疼痛無力等症狀。	Dizziness, tinnitus, dry tongue and sore throat, lumbar vertebrae pain. This formula treats conditions in which reduction in body nutrients gives rise to vacuity fire that manifests in dizziness, tinnitus in which noise is gradually reduced by hand pressure, dry and painful tongue and pharynx, and limp aching lumbus and back.
出處	《醫方集解》	Collected Explanation on Prescriptions Yi-Fang-Ji-Jie (Yi-Fang-Ji-Jie)
組成	熟地黃 山茱萸 茯苓 山藥 牡丹皮 澤瀉 知母 黃柏 ※傳統製劑加蜂蜜適量	Rehmanniae Radix Praeparata; Corni Sarcocarpium; Poria; Dioscoreae Rhizoma; Moutan Radicis Cortex; Alismatis Rhizoma; Anemarrhenae Rhizoma; Phellodendri Cortex ※Add honey q.s. to make pills in traditional formula.

38. 保和丸

方名	保和丸	Bao-He-Wan (Bao-He-Wan)
類別	消導之劑	Abductive dispersion formula
效能	消積和胃。	Resolve accumulation and harmonize the stomach.
	<p>語意解析:</p> <p>緩解胃消化不良食物無法完全消化的症狀，藉以達到開胃進食的功能。</p>	<p>This formula gently relieves conditions in which indigestion preventing complete digestion of food, thus achieving the aim of enhancing appetite to increase food intake.</p>
適應症	食積飲停，胸膈痞滿，噯氣吞酸，腹痛泄瀉。	Food accumulation and stagnation, stuffiness and fullness in the chest and diaphragm, belching and acid regurgitation, abdominal pain and diarrhea.
	<p>語意解析:</p> <p>治療消化不良造成的胃悶脹痛、噁心泛酸，以及腹痛腹瀉。</p>	<p>This formula treat oppression, distension, and pain in the stomach, nausea, acid upflow, abdominal pain and diarrhea due to indigestion.</p>
出處	《丹溪心法》	Danxi`s Experiential Therapy Dan-Si-Sin-Fa (Dan-Xi-Xin-Fa)
組成	山楂 神麴 半夏 茯苓 陳皮 連翹 萊菔子	Crataegi Fructus; Massa Medicata Fermentata; Pinelliae Rhizoma; Poria; Citri Reticulatae Pericarpium; Forsythiae Fructus; Raphani Semen

39. 苓桂朮甘湯

方名	苓桂朮甘湯	Ling-Guei-Jhu-Gan-Tang (Ling-Gui-Zhu-Gan-Tang)
類別	利濕之劑	Dampness-Disinhibiting Formula
效能	<p>健脾滲濕，溫化痰飲。</p> <p>語意解析：</p> <p>此方能加強脾的運化功能，引導濕氣隨小便而出，以藥的溫性來化解因水液代謝失調所生成的現象。</p>	<p>Fortify the spleen and drain dampness, warm and resolve phlegm.</p> <p>This formula strengthens the movement and transformation functions of the spleen and stomach, conducting dampness out through the urine. It uses warm agents to address the manifestations of disturbances of water metabolism.</p>
適應症	<p>痰飲為病，胸脇脹滿，眩暈心悸，短氣而咳。</p> <p>語意解析：</p> <p>治療體內因水液代謝失調而生病況，其停留或滲注於體內某一部位所引發的病證，包括體內水份不正常積在心肺使氣機受到阻礙而引起的胸部及胸肋部位脹滿，眩暈，心悸，氣短而易起咳嗽等的症狀。</p>	<p>Phlegm-retained fluid disease, fullness and distention in the chest and hypochondrium, dizziness and palpitations, shortness of breath and cough.</p> <p>This formula treats disturbances in water metabolism that result in accumulation and penetration of fluids in specific regions, traditionally referred to as “phlegm” (thick mucus) and “rheum” (thinner mucus or fluid). This includes fluid accumulations affecting the qi of the heart and lung giving rise to fullness in the chest and rib-side, dizziness, heart palpitations, shortness of breath triggering cough.</p>
出處	《金匱要略》	Synopsis of Golden Cabinet Jin-Kuei-Yao-Lyue (Jin-Kui-Yao-Lue)
組成	茯苓 桂枝 白朮 炙甘草	Poria; Cinnamomi Ramulus; Atractylodis Macrocephalae Rhizoma; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle

40. 香砂六君子湯

方名	香砂六君子湯	Siang-Sha-Liou-Jyun-Zih-Tang (Xiang-Sha-Liu-Jun-Zi-Tang)
類別	消導之劑	Abductive dispersion formula
效能	健脾養胃。 語意解析： 增進脾胃推動以及消化吸收功能，促進腸胃功能恢復。	Fortify the spleen and nourish the stomach. Enhances the movement and digestion functions of the stomach and spleen to speed the recovery of the stomach and intestines.
適應症	氣虛痰飲、嘔吐痞悶、腹脹噯氣。 語意解析： 治療因脾胃機能低下而脾胃運化功能受阻，導致食物積滯於胃中，誘發痰、飲病理產物堆積，出現嘔吐、胃部悶脹感、腹部鼓脹及胃中氣體上出咽喉發出聲響(打飽嗝)等症狀。	Qi deficiency and phlegm- retained fluid, stuffiness and oppression in vomiting, abdominal distention. Treats impaired movement and transformation of the spleen and stomach causing food to stagnate in the stomach, in turn causing inflammation and accumulation of fluid with vomiting, epigastric bloating, abdominal distension, and belching.
出處	《刪補名醫方論》	Revised Famous Doctor's Prescription Shan-Bu-Ming-Yi-Fang-Lun (Shan-Bu-Ming-Yi-Fang-Lun)
組成	人參 白朮 茯苓 甘草 陳皮 半夏 砂仁 木香 生薑	Ginseng Radix et Rhizoma; Atractylodis Macrocephalae Rhizoma; Poria; Glycyrrhizae Radix et Rhizoma; Citri Reticulatae Pericarpium; Pinelliae Rhizoma; Amomi Fructus; Aucklandiae Radix; Zingiberis Rhizoma Recens

41. 柴胡加龍骨牡蠣湯

方名	柴胡加龍骨牡蠣湯	Chai-Hu-Jia-Long-Gu-Mu-Li-Tang (Chai-Hu-Jia-Long-Gu-Mu-Li-Tang)
類別	安神之劑	Spirit-quieting formula
效能	<p>和解少陽，鎮驚安神。</p> <hr/> <p>語意解析：</p> <p>以和解法使人體表裡之間調節氣機樞紐的功能得到恢復，並可緩和焦躁易驚嚇症狀及安定心神。</p>	<p>Harmonize and release the lesser yang, settle fright and tranquilize.</p> <hr/> <p>By its harmonizing action, this formula allows pivot function of the qi dynamic between the exterior and interior to recover and quiets the heart spirit to alleviate agitation, anxiety, and susceptibility to fright.</p>
適應症	<p>傷寒誤下後，胸滿，煩驚，譫語，一身儘重，不能轉側。</p> <hr/> <p>語意解析：</p> <p>治療因外感症狀誤用下法，導致人體氣機樞紐紊亂，而出現胸部滿悶感、情緒煩躁易受驚嚇、言語無倫、身體困重等症狀。</p>	<p>Cold damage with inappropriate purgation, fullness in the chest, vexation and fright, delirious speech, heaviness of the whole body, inability to turn sides.</p> <hr/> <p>This formula treats conditions inappropriately treated by purgation, causing disturbance of the body's qi dynamic pivot that manifests in symptoms such as sensations of fullness and oppression in the chest, vexation and agitation, incoherent speech, and heavy sensation felt throughout the whole body.</p>
出處	《傷寒雜病論》	Treatise on Cold Damage and Miscellaneous Diseases Shang-Han-Za-Bing-Lun (Shang-Han-Za-Bing-Lun)
組成	半夏 大棗 柴胡 生薑	Pinelliae Rhizoma ; Jujubae Fructus; Bupleuri Radix; Zingiberis Rhizoma Recens;

人參
龍骨
桂枝
茯苓
大黃
牡蠣
黃芩

Ginseng Radix et Rhizoma;
Draconis Os Preparata;
Cinnamomi Ramulus;
Poria;
Rhei Radix et Rhizoma;
Crassostreae concha;
Scutellariae Radix

42. 柴胡疏肝湯

方名	柴胡疏肝湯	Chai-Hu-Shu-Gan-Tang (Chai-Hu-Shu-Gan-Tang)
類別	和解之劑	Harmonizing Formula
效能	疏肝解鬱、行氣止痛。	Courses the liver and resolves depression; moves qi and relieves pain.
	<p>語意解析:</p> <p>調節舒暢肝氣解除鬱滯，推動停滯的氣機而達到止痛的功效。</p>	<p>This formula regulates liver qi to eliminate stagnation. It moves stagnant qi to relieve pain.</p>
適應症	肝氣鬱結、脅肋疼痛、寒熱往來。	Depressed liver qi with pain in the rib-side with alternating fever and aversion to cold.
	<p>語意解析:</p> <p>肝主疏泄，具有疏通暢達全身氣機的作用。若肝的疏泄功能失常，則造成氣機失於暢達，肝氣鬱滯，肝的經脈運行受阻，氣鬱而血行不暢，而造成胸肋部位疼痛，身體發熱與惡寒交替出現的症狀。</p>	<p>The liver governs free coursing, to regulate the flow of qi throughout the body. Disturbance of this function results in impaired qi flow around the body and in liver channel obstruction. Qi depression manifests as pain in the chest and rib-side and in alternating fever and aversion to cold.</p>
出處	《證治準繩》	Standards for Diagnosis and Treatment Jheng-Jhih-Jhun-Sheng (Zheng-Zhi-Zhun-Sheng)
組成	<p>陳皮 柴胡 白芍 枳殼 炙甘草 川芎 香附</p>	<p>Citri Reticulatae Pericarpium; Bupleuri Radix; Paeoniae Alba Radix; Citri Fructus Immaturus ; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Chuanxiong Rhizoma; Cyperi Rhizoma</p>

43. 桂枝茯苓丸

方名	桂枝茯苓丸	Guei-Jhih-Fu-Ling-Wan (Gui-Zhi-Fu-Ling-Wan)
類別	理血之劑	Blood-rectifying formula
效能	活血化瘀，緩消癥塊。	Activate blood and resolve stasis, eliminate masses mildly.
	<p>語意解析： 語意解析：祛除瘀血，疏通血脈，治療因局部血液阻滯造成的瘀血使血脈流暢；緩慢消除婦女腹腔內的硬塊。</p>	<p>Dispels static blood and frees the blood vessels to treat localized stagnation in blood flow and gradually eliminate concretions (hard lumps) in the abdominal cavity of women.</p>
適應症	婦人宿有癥塊，妊娠胎動，漏下不止，瘀血痛經，經閉。	Woman commonly has aggregated accumulation, threatened abortion in pregnancy, persistent spotting, static blood and dysmenorrhea, amenorrhea.
	<p>語意解析： 治療婦女腹腔內的硬塊；懷孕婦女胎兒頻頻躁動並有下墜感、腰酸腹痛及兼見陰道少量出血；非行經期間陰道出血，或經期持續日久不止；經前或經期間小腹刺痛，按之不適加重且經量少、顏色深、有血塊；除懷孕、哺乳等生理性停經，成年婦女三個月以上無月經。</p>	<p>Treats abdominal concretions (hard masses) in women; sensation of fetal movement and sagging in pregnant women, with lumbar and abdominal pain and bleeding via the vagina; bleeding via the vagina unassociated with menstruation or prolonged menses; stabbing abdominal pain before or during menstruation that is exacerbated by pressure with dark-colored scant and clotted menstrual discharge; amenorrhea (not including absence of menses due to gestation and lactation) for over three months in adult women.</p>
出處	《金匱要略》	Synopsis of Golden Cabinet Jin-Kuei-Yao-Lyue (Jin-Kui-Yao-Lue)
組成	桂枝 茯苓 牡丹皮 桃仁 赤芍	Cinnamomi Ramulus; Poria; Moutan Radicis Cortex; Persicae Semen; Paeoniae Rubra Radix

44. 桃核承氣湯

方名	桃核承氣湯	Tao-He-Cheng-Ci-Tang (Tao-He-Cheng-Qi-Tang)
類別	理血之劑	Blood-rectifying formula
效能	通便下瘀。 語意解析： 潤腸通便，將蓄結下焦的瘀熱往下排出。	Relax the bowels and dissipate stasis. This formula moistens the intestines and frees the stool; it conducts accumulated stasis-heat in the lower burner downward and out of the body.
適應症	下焦蓄血，少腹急結，小便自利，血瘀經閉。 語意解析： 便秘、腹部拘急疼痛、小便頻數、月經困難、經痛。	Blood amass in lower energizer, lower abdomen cramp, spontaneous urination, blood stasis and amenorrhea. This formula treats constipation, tension and pain in the abdomen, frequent urination, menstrual difficulties, and menstrual pain.
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	桃仁 桂枝 大黃 芒硝 炙甘草	Persicae Semen; Cinnamomi Ramulus; Rhei Radix et Rhizoma; Natrii Sulfas; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle

45. 桑菊飲

方名	桑菊飲	Sang-Jyu-Yin (Sang-Ju-Yin)
類別	表裡之劑	Exterior-Resolving Formula
效能	疏風清熱、宣肺止咳。	Disperse wind to clear heat, diffuse the lung to suppress cough.
	<p>語意解析:</p> <p>疏散侵犯肺經的風熱邪氣，肺氣得以宣暢後，表證祛除則咳嗽止。</p>	<p>This formula treats cough arising when wind-heat invades the lung and causes non-diffusion of lung qi with an exterior pattern.</p>
適應症	風溫初起，咳嗽，身熱口渴。	The initial stage of wind- warmth, cough, fever and thirst.
	<p>語意解析:</p> <p>因感受風熱邪而發生的一類急性熱病，初起症狀可能出現發熱、口渴、汗出、惡寒、咳嗽、頭痛等。</p>	<p>This formula treats contraction of wind-heat giving rise to a series of febrile disease symptoms that in the initial stages include fever, thirst, sweating, aversion to cold, cough and headache.</p>
出處	《溫病條辨》	Differentiation and Treatment of Epidemic Febrile Diseases Wun-Bing-Tiao-Bian (Wen-Bing-Tiao-Bian)
組成	杏仁 連翹 薄荷 桑葉 菊花 桔梗 甘草 蘆根	Armeniaca Amarum Semen praeparatum; Forsythiae Fructus; Menthae Herba; Mori Folium; Chrysanthemi Flos; Platycodonis Radix; Glycyrrhizae Radix et Rhizoma; Phragmitis Rhizoma

46. 消風散

方名	消風散	Siao-Fong-San (Xiao-Feng-San)
類別	祛風之劑	Wind-Dispelling Formula
效能	潤血祛風、除濕清熱。	Moisten blood and dispel wind, eliminate dampness and clear heat.
	<p>語意解析: 血不足易生風，滋潤養血，有助驅散風邪，同時清除濕熱。</p>	<p>In conditions of insufficiency of the blood engendering wind, the moistening and blood-nourishing action of this formula helps to dispel wind evil as well as clearing damp-heat.</p>
適應症	風濕浸淫血脈之瘡疥搔癢，及風熱隱症。	Itchy scabies induced by wind-dampness spreading blood vessels and wind-heat latent syndrome.
	<p>語意解析: 治療因風、濕、熱邪氣侵襲血脈，使皮膚出現劇癢瘡疹，或出現疹塊等症狀。(註：中醫看來搔癢屬風邪，分泌物、皮膚發紅則是濕熱的表現。)</p>	<p>This formula treats wind, dampness, and heat invading the blood vessels causing skin itch and rashes. (Note: Chinese medicine regards itching as a result of wind, and exudation and redness of the skin as a manifestation of damp-heat.)</p>
出處	《外科正宗》	Orthodox Manual of External Disease Wai-Ke-Jheng-Zong (Wai-Ke-Zheng-Zong)
組成	當歸 生地黃 防風 蟬蛻 知母 苦參 胡麻 荊芥 蒼朮 牛蒡子 石膏 甘草 木通	Angelicae Sinensis Radix; Rehmanniae Radix Recens; Saposhnikoviae Radix; Cicadae Periostracum; Anemarrhenae Rhizoma; Sophorae Flavescentis Radix; Sesami Nigrum Semen; Nepetae Herba; Atractylodis Rhizoma; Arctii Fructus; Gypsum Fibrosum; Glycyrrhizae Radix et Rhizoma; Akebiae Caulis

47. 真人活命飲(去穿山甲)

方名		Zhen-Ren-Huo-Ming-Yin(Qu-Chuan-Shan-Jia) (Jen-Ren-Hwo-Minq-Yin(Chiu-Chuan-Shan-Jia))
類別	癰瘍之劑	Abscess Formula
效能	清熱解毒、消腫潰堅、活血止痛。	Clears heat and resolves toxin; disperses swelling and promotes rupture of hard swellings; quickens the blood and relieves pain.
	<p>語意解析:</p> <p>清熱消炎消腫，促進血液循環，緩解皮膚局部紅腫熱痛、膿包發炎等表現。</p>	<p>This formula clears heat, fights inflammation, and disperses swelling. It promotes blood circulation, relieving redness, swelling, heat and pain and inflammation of pustules.</p>
適應症	散瘀、消腫、化腫、生肌、癰疽、腫瘍、發背疔瘡、痘疔。	By its action of dispersing static blood, dispersing swelling, promoting suppuration, engendering flesh, this formula treats welling-abscesses (yong) and flat-abscesses (ju), clove sores (ding chuang) of the back, variolar carbuncles.
	<p>語意解析:</p> <p>發炎性皮膚疾病，如痘疹、疔瘡、膿腫、毛囊炎等，並可促進局部傷口恢復。</p>	<p>This formula treats inflammatory skin diseases such as pox pustules, clove sores, abscesses, and folliculitis. It also helps localized lesions to heal.</p>
出處	《中國醫學大辭典》	Chinese Medical Science Dictionary Jhong-Guo-Yi-Syue-Da-Cih-Dian (Zhong-Guo-Yi-Xue-Da- Ci-Dian)
組成	金銀花 陳皮 當歸 防風 白芷	Lonicerae Japonicae Flos; Citri Reticulatae Pericarpium; Angelicae Sinensis Radix; Saposhnikoviae Radix; Angelicae Dahuricae Radix;

甘草	Glycyrrhizae Radix et Rhizoma;
浙貝母	Fritillariae Thunbergii Bulbus;
栝樓根	Trichosanthis Radix;
乳香	Olibanum;
沒藥	Myrrha;
皂角刺	Gleditsiae Spina

48. 真武湯

方名	真武湯	Jhen-Wu-Tang (Zhen-Wu-Tang)
類別	祛寒之劑	Cold-Dispelling Formula
效能	溫腎散寒、健脾利水。	Warm the kidney and dissipate cold, fortify the spleen and drain water.
	<p>語意解析：</p> <p>中醫認為人體水液代謝與肺、脾、腎功能相關，此方藉由溫補腎氣以提高機體代謝、健脾以促進水液的運行來改善身體陽氣不足、水液停滯的狀態。</p>	<p>According to Chinese medical theory, water metabolism has to do with the lung, spleen, and kidney. This formula uses warm supplementation of kidney qi to enhance metabolic power and fortifies the spleen to move water. In this way, it addresses Insufficiency of yang qi and reduces water stagnation.</p>
適應症	脾腎陽虛、水氣內停。	Spleen-kidney yang deficiency and internal stagnation of water qi.
	<p>語意解析：</p> <p>因脾腎臟腑的陽氣虛弱，造成體內過多水份的累積無法排除，產生水腫、心悸、胸悶喘促、暈眩等症狀。</p>	<p>This formula treats water swelling (edema), heart palpitations, oppression in the chest, hasty panting, and dizziness arising when insufficiency of the yang qi of the spleen kidney prevents the elimination of fluid accumulations.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	茯苓 白芍 生薑 白朮 炮附子	Poria; Paeoniae Alba Radix; Zingiberis Rhizoma Recens; Atractylodis Macrocephalae Rhizoma; Aconiti Lateralis Radix Preparata

49. 荊防敗毒散

方名	荊防敗毒散	Jing-Fang-Bai-Du-San (Jing-Fang-Bai-Du-San)
類別	發表之劑	Exterior-Resolving Formula
效能	發汗解表、散風祛濕。	Promote sweating to release the exterior, disperse wind and dispel dampness.
	<p>語意解析: 促進皮膚排汗進而紓解外邪，祛散風濕邪氣，以緩解感冒症狀。</p>	<p>This formula enhances the skin's ability to excrete sweat in order to resolve external evils (exogenous pathogens), notably dispelling wind and dampness, in the treatment of common cold.</p>
適應症	外感風寒濕邪、惡寒發熱、頭痛項強、肢體痠痛、腮腫。	Wind-cold and dampness induced by exopathogen, aversion to cold with fever, contracture of the head and neck, limb and body pain, mumps.
	<p>語意解析: 治療因感冒風、寒、濕邪的影響，使身體出現身熱怕冷、頭項部緊繃疼痛、全身痠痛、下頷腫大的症狀。</p>	<p>This formula treats generalized fever and aversion to cold, headache, stiff nape, and generalized aching pain, and swelling in the region of the slower jaw due to contraction of wind, cold, and dampness.</p>
出處	《奇效良方》	Effective Prescriptions Ci-Siao-Liang-Fang (Qi-Xiao-Liang-Fang)
組成	荊芥 防風 羌活 獨活 柴胡 前胡 川芎 枳殼 桔梗 茯苓 甘草 生薑 薄荷	Nepetae Herba; Saposhnikoviae Radix; Notopterygii Rhizoma et Radix; Angelicae Pubescentis Radix; Bupleuri Radix; Peucedani Radix; Chuanxiong Rhizoma; Citri Fructus Immaturus ; Platycodonis Radix; Poria; Glycyrrhizae Radix et Rhizoma; Zingiberis Rhizoma Recens; Menthae Herba

50. 參苓白朮散

方名	參苓白朮散	Shen-Ling-Bai-Jhu-San (Shen-Ling-Bai-Zhu-San)
類別	補養之劑	Supplementing formula
效能	補氣健脾、滲濕和胃。 語意解析: 增強脾的機能，引導濕氣排出，使胃的消化功能恢復正常。	Tonify qi and fortify the spleen, drain dampness and harmonize the stomach. This formula enhances spleen function and conducts dampness outward, thereby restoring the digestive function.
適應症	脾胃虛弱，食少便溏。 語意解析: 治療因脾虛弱，導致脾胃消化功能低下，食慾降低，大便不成形但無臭味的症狀。	Spleen-stomach weakness, poor appetite and sloppy stool. This formula treats spleen vacuity causing a reduction in spleen-stomach function with reduced appetite and loose stool without any unusual fetid odor.
出處	《太平惠民和劑局方》	Prescription of Peaceful Benevolent Dispensary Tai-Ping-Huei-Min-He-Ji-Jyu- Fang (Tai-Ping-Hui-Min-He-Ji-Ju-Fang)
組成	白扁豆 人參 茯苓 白朮 甘草 山藥 蓮子肉 桔梗 薏苡仁 砂仁 大棗 ※傳統製劑不加大棗。	Lablab Album Semen; Ginseng Radix et Rhizoma; Poria; Atractylodis Macrocephalae Rhizoma; Glycyrrhizae Radix et Rhizoma; Dioscoreae Rhizoma; Nelumbinis Sarcocarpium; Platycodonis Radix; Coicis Semen; Amomi Fructus; Jujubae Fructus ※Without Jujubae Fructus in traditional formula.

51. 清上防風湯

方名	清上防風湯	Ching-Shang-Fang-Fong-Tang (Qing-Sheng-Fang-Feng-Tang)
類別	清熱瀉火之劑	Heat-Clearing Fire-Draining Formula
效能	清上焦火。 語意解析: 清理發散身體上部，如頭面部異常的火熱表現。	Clears upper-burner fire. This formula clears and disperses fire in the upper body, giving rise to fire and heat signs in the head and face.
適應症	治頭面瘡癤、熱毒。 語意解析: 治療因為體內熱毒，或是感冒外感暑熱之邪氣，引發頭面皮膚生出紅、腫、熱、痛腫瘍結塊、瘰癧。	Treats sores and heat toxin in the head and face. This formula treats sores and acne marked by redness, swelling, heat, and pain[1] due to internal heat toxin or to contraction of heat in common cold.
出處	《沈氏尊生書》	- Chen-Shih-Zun-Sheng-Shu (Chen-Shi-Zun-Sheng-Shu)
組成	防風 連翹 白芷 桔梗 黃芩 川芎 黃連 荊芥 梔子 枳殼 薄荷 甘草	Saposhnikoviae Radix; Forsythiae Fructus; Angelicae Dahuricae Radix; Platycodonis Radix; Scutellariae Radix; Chuanxiong Rhizoma; Coptidis Rhizoma; Nepetae Herba; Gardeniae Fructus; Citri Fructus Immaturus ; Menthae Herba; Glycyrrhizae Radix et Rhizoma

52. 清心蓮子飲

方名	清心蓮子飲	Cing-Sin-Lian-Zih-Yin (Qing-Xin-Lian-Zi-Yin)
類別	瀉火之劑	Fire-Draining Formula
效能	<p>清心火、益氣養陰。</p> <p>語意解析：</p> <p>改善因心火亢盛造成之手心、足心發熱、煩躁，失眠、口乾舌燥、尿液黃濁、血尿等症狀，加速幫助水液代謝、將濕熱之邪從小便排出。對於大病過後或是過度勞動所造成的陽氣衰弱、陰液虧虛，亦具有補益作用。</p>	<p>Clear heart fire, tonify qi and yin.</p> <p>This formula treats heat in the palms and soles, vexation and agitation, insomnia, dry mouth and tongue, turbid yellow or bloody urine due to hyperactivity of heart fire. It accelerates water metabolism, conducting damp-heat out through the urine. It also has a supplementing effect on patients with debilitation of yang qi and depletion of yin humor due to prolonged illness or overexertion.</p>
適應症	<p>上盛下虛、心火上炎、口苦咽乾、膀胱濕熱、遺精淋濁。</p> <p>語意解析：</p> <p>適用於因為腎陰虧虛，腎水不能上濟於心，心火相對亢盛，所引起的一系列症狀如失眠、煩躁、手足心熱、胸口熱、口咽乾燥、口苦，及濕邪與熱邪往下影響到泌尿道與生殖道系統所引起的小便黃、小便混濁、血尿、帶下偏黃、夢遺等症狀。</p>	<p>Upper excess and lower deficiency, heart fire flaming upward, bitter taste in the mouth and dry throat, bladder dampness-heat, seminal emission turbid and dripping.</p> <p>This formula is suitable for kidney yin depletion, with kidney-water failing to help the heart and hyperactivity of heart fire giving rise to a series symptoms such as insomnia, vexation and agitation, heat in the palms and soles, heat in the chest, dry throat and mouth, bitter taste in the mouth, as well as yellow urine, turbid urine, bloody urine (hematuria), yellowish vaginal discharge, and dream emission (involuntary loss of semen associated with dreaming during sleep), due to heat and dampness flowing downward to affect urine and discharge of semen.</p>

出處	《太平惠民和劑局方》	Prescription of Peaceful Benevolent Dispensary Tai-Ping-Huei-Min-He-Ji-Jyu- Fang (Tai-Ping-Hui-Min-He-Ji-Ju-Fang)
組成	石蓮肉 茯苓 黃耆 人參 麥門冬 地骨皮 黃芩 炙甘草 車前子	Nelumbinis Fructus; Poria; Astragali Radix; Ginseng Radix et Rhizoma; Ophiopogonis Radix; Lycii Radicis Cortex; Scutellariae Radix; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Plantaginis Semen

53. 理中湯

方名	理中湯	Li-Jhong-Tang (Li-Zhong-Tang)
類別	祛寒之劑	Cold-Dispelling Formula
效能	理脾健胃，溫中散寒。	Rectifies the spleen and fortifies the stomach; warms the center and disperses cold.
	<p>語意解析：</p> <p>溫暖腹部祛散寒性邪氣，補益中氣，提升中醫理論中脾的功能，如消化食物、排除水濕之邪。</p>	<p>This formula warms the abdomen to disperse cold evil. It supplements center qi, to enhance the functions of the “spleen” described in Chinese, such as digesting food and eliminating dampness.</p>
適應症	四肢逆冷，自汗脈虛，不思飲食。	Counterflow cold of the limbs, spontaneous sweating, vacuous pulse, and no thought of food and drink.
	<p>語意解析：</p> <p>因脾胃虛寒導致四肢末梢冰涼、怕冷又動則容易出汗、脈按之無力、胃口較差甚至解便不成形偏稀軟等症狀。</p>	<p>This formula treats cold in the extremities, fear of cold, tendency to sweat, a pulse that is forceless under pressure, poor appetite, and sloppy stool caused by spleen-stomach vacuity cold.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	人參 甘草 白朮 乾薑	Ginseng Radix et Rhizoma; Glycyrrhizae Radix et Rhizoma; Atractylodis Macrocephalae Rhizoma; Zingiberis Rhizoma Recens

54. 疏經活血湯

方名	疏經活血湯	Shu-Jing-Huo-Sie-Tang (Shu-Jing-Huo-Xie-Tang)
類別	理血之劑	Blood-rectifying formula
效能	疏經、活血、祛風。	Soothe menstruation, activate blood and dispel wind.
	語意解析: 疏通經絡、改善末梢血液循環、 去除因外來風邪所造成的筋骨 痠痛。	Frees the channels and network vessels, improving peripheral blood circulation; eliminates sinew and bone pain caused by external wind.
適應症	關節痛、腰痛、筋肉痛、遍身走 痛。	Joint pain, lumbago, intramuscular pain or whole body pains.
	語意解析: 關節炎疼痛、腰痠痛或全身肌肉 痠痛。	Pain due to arthritis; low-back pain; generalized intramuscular pain.
出處	《萬病回春》	Recovery from All Ailments Wan-Bing-Huei-Chun (Wan-Bing-Hui-Chun)
組成	甘草 當歸 白芍 生地黃 蒼朮 川牛膝 陳皮 桃仁 威靈仙 川芎 粉防己 羌活 防風 白芷 龍膽 茯苓 生薑	Glycyrrhizae Radix et Rhizoma; Angelicae Sinensis Radix; Paeoniae Alba Radix; Rehmanniae Radix Recens; Atractylodis Rhizoma; Achyranthis Bidentatae Radix; Citri Reticulatae Pericarpium; Persicae Semen; Clematidis Radix et Rhizoma; Chuanxiong Rhizoma; Stephaniae Tetrandrae Radix; Notopterygii Rhizoma et Radix; Saposhnikoviae Radix; Angelicae Dahuricae Radix; Gentianae Radix et Rhizoma; Poria; Zingiberis Rhizoma Recens
注意 事項	孕婦慎服	Use with care in pregnancy.

55. 逍遙散

方名	逍遙散	Siao-Yao-San (Xiao-Yao-San)
類別	和解之劑	Harmonizing Formula
效能	疏肝解鬱、養血健脾。	Soothe the liver and release depression, nourish blood and fortify the spleen.
	<p>語意解析:</p> <p>調節舒暢肝氣解除鬱滯，並使腸胃運行消化機能提升，使身體元氣和血液生成循環恢復平衡。</p>	<p>This formula regulates liver to eliminate depression and stagnation (“depressed liver qi”). It enhances the digestive function of the stomach and intestines, to restore original qi and blood production and circulation to its normal balanced state.</p>
適應症	血虛勞倦、頭目昏重、月經不調、神疲食少、榮衛不和。	Blood deficiency, overexertion and fatigue, heavy head and blurred vision, menstrual irregularities, lassitude of spirit, poor appetite, nutrient-defense disharmony.
	<p>語意解析:</p> <p>治療因病後或是過度勞累而導致血液生成機能低下，引起頭昏及眼睛疲勞，或是婦女月經週期紊亂、經血量和顏色不正常，因情緒緊張而造成食慾降低不想吃東西，或是因外在環境與溫度變化而容易流汗等症狀。</p>	<p>This formula treats decreased blood production due to illness or to excessive overexertion and fatigue, giving rise to fuzzy head and vision, disturbances in the women’s menstrual cycle with abnormal volume and color of menstrual discharge, poor appetite due to emotional tension, and abnormal sweating due to variations in environment and temperature.</p>
出處	《太平惠民和劑局方》	Prescription of Peaceful Benevolent Dispensary Tai-Ping-Huei-Min-He-Ji-Jyu- Fang (Tai-Ping-Hui-Min-He-Ji-Ju-Fang)
組成	炙甘草	Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle;

白芍
當歸
茯苓
白朮
柴胡
煨薑
薄荷

Paeoniae Alba Radix;
Angelicae Sinensis Radix;
Poria;
Atractylodis Macrocephalae Rhizoma;
Bupleuri Radix;
Zingiberis Rhizoma Tostum;
Menthae Herba

56. 麻子仁丸

方名	麻子仁丸	Ma-Zih-Ren-Wan (Ma-Zi-Ren-Wan)
類別	潤下之劑	Moist Purgative Formula
效能	潤腸、通便。	Moistens the intestines and frees the stool.
	<p>語意解析: 增加腸道津液，使排便通暢。</p>	<p>This formula increases fluid in the intestinal tract, thereby freeing the stool.</p>
適應症	胃腸燥熱、大便秘結、小便頻數。	Dryness-heat in the stomach and intestines with hard bound stool (constipation), and frequent urination.
	<p>語意解析: 治療腸胃津液不足，大便偏硬難解，可能伴有小便次數較頻繁。</p>	<p>This formula treats insufficiency of gastrointestinal fluids with hard stool that is difficult to evacuate, in some cases with increased frequency of urination.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	火麻仁 白芍 枳實 大黃 厚朴 杏仁	Cannabis Fructus; Peoniae Alba Radix; Aurantii Fructus Immaturus; Rhei Radix et Rhizoma; Magnoliae Cortex; Armeniaca Amarum Semen

57. 麻杏甘石湯

方名	麻杏甘石湯	Ma-Sing-Gan-Shih-Tang (Ma-Xing-Gan-Shi-Tang)
類別	發表之劑	Exterior-Resolving Formula
效能	辛涼宣泄、清肺平喘。	Diffusion with pungent-cool, clear the lung to calm panting.
	<p>語意解析:</p> <p>以辛涼導性，宣發肺部氣機，並可清除肺熱，治療喘逆咳嗽。</p>	<p>With its cool acrid conductivity, this formula promotes the activity of lung qi while also clearing lung heat in the treatment of cough and panting.</p>
適應症	<p>熱邪壅肺，發熱，咳嗽氣喘。</p> <p>語意解析:</p> <p>治療因初步感受外來邪氣而未及時治療或者病程進展較快，使肺部正常氣機循環功能受影響，逐漸導致肺部氣管發炎加劇，出現喘咳、口乾、身體發熱等症狀。</p>	<p>Pathogenic heat congesting the lung, fever, cough and panting.</p> <p>This formula treats initial-stage contraction of external evils (pathogens) that have not been timely treated or that develop very rapidly, affecting the qi dynamic of the lung and gradually fostering inflammation in the trachea/airway/bronchi that gives rise to cough, dry mouth, and generalized fever.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	麻黃 杏仁 炙甘草 石膏	Ephedrae Herba; Armeniacae Amarum Semen; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Gypsum Fibrosum

58. 散腫潰堅湯

方名	散腫潰堅湯	San-Jhong-Kuei-Jian-Tang (San-Zhing-Kui-Jian-Tang)
類別	癰瘍之劑	Abscess Formula
效能	<p>清熱解毒、破結潰堅。</p> <p>語意解析： 語意解析：清熱消炎消腫、促進血液循環、緩解紅腫熱痛及發炎現象。</p>	<p>Clear heat and detoxicate, break accumulation and promote rupture.</p> <p>This formula clears heat, fights inflammation, and disperses swelling. It enhances blood circulation and relieves the redness, pain, swelling, and heat caused by inflammation.</p>
適應症	<p>瘰癧、馬刀。</p> <p>語意解析： 用於治療頸項或腋窩的淋巴結結核，屬熱毒痰瘀證型者，患處表現為在頸部或腋窩皮肉間可捫及大小不等的核塊，互相串連，或可出現潰爛後流膿、傷口不易癒合。</p>	<p>Scrofula and subcutaneous node.</p> <p>This formula is used to treat lymph node tuberculosis of the nape, neck, and armpit of the heat-toxin, phlegm, and stasis type, manifesting in palpable nodules of different sizes between the skin and flesh of the nape, neck, and armpit. The nodules can interconnect and merge, and may rupture to release pus, leaving lesions that heal with difficulty.</p>
出處	《蘭室秘藏》	<p>Medical Works Secretly Kept in Imperial Library Lan-Shih-Mi-Cang (Lan-Shi-Mi-Cang)</p>
組成	<p>黃芩 龍膽 栝樓根 黃柏 知母 桔梗 昆布</p>	<p>Scutellariae Radix; Gentianae Radix et Rhizoma; Trichosanthis Radix; Phellodendri Cortex; Anemarrhenae Rhizoma; Platycodonis Radix; Eckloniae Thallus;</p>

柴胡	Bupleuri Radix;
炙甘草	Glycyrrhizae Radix et Rhizoma
荊三稜	Praeparatum cum Melle;
莪朮	Sparganii Rhizoma;
連翹	Curcumae Rhizoma;
葛根	Forsythiae Fructus;
白芍	Puerariae Radix;
當歸尾	Paeoniae Alba Radix;
黃連	Rootlet of Angelicae Sinensis Radix;
升麻	Coptidis Rhizoma;
	Cimicifugae Rhizoma

注意 事項	病久正氣虛者不宜。	Not suitable for enduring conditions with vacuity of right qi.
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59. 黃連解毒湯

方名	黃連解毒湯	Huang-Lian-Jie-Du-Tang (Huang-Lian-Jie-Du-Tang)
類別	清熱瀉火之劑	Heat-Clearing Fire-Draining Formula
效能	清熱解毒。 語意解析： 清解因熱邪極盛所產生的熱毒症狀。	Clear heat and detoxicate. This formula treats heat toxin symptoms produced by extremely exuberant heat evil (pathogenic heat).
適應症	口燥咽乾、小便赤澀、大便秘結、治一切火熱之症。 語意解析： 治療因為體內熱性邪氣過多，導致的口腔咽喉乾燥且有灼熱感，大便在腸道內滯留過久，導致排便時間延長，小便顏色深且量少等症狀。	Dry mouth and throat, reddish painful urination, constipation and all the fire-heat syndrome. This formula treats excessive internal heat manifesting in dryness and heat sensations of oral cavity and throat, prolonged defecation from stagnation in the intestinal tract, as well as scant dark-colored urine.
出處	《外台秘要》	The Medical Secrets of an Official Wai-Tai-Mi-Yao (Wai-Tai-Mi-Yao)
組成	黃連 黃芩 黃柏 山梔子	Coptidis Rhizoma; Scutellariae Radix; Phellodendri Cortex; Gardeniae Fructus
注意事項	孕婦、體質虛寒者慎服。	Use with care in pregnancy and vacuity cold constitutions.

60. 溫經湯

方名	溫經湯	Wun-Jing-Tang (Wen-Jing-Tang)
類別	經產之劑	Menstruation and delivery formula
效能	溫經養血，活血調經。	Warm the meridian to nourish blood, activate blood to regulate menstruation.
	<p>語意解析： 溫暖下腹部，改善血液生成機能低下；促進血液循環，並可調理月經週期不規則、月經流量異常等症狀。</p>	<p>This formula warms the lower abdomen and improves blood production function. It promotes blood production and helps to correct menstruation at irregular intervals and abnormalities in the volume of menstrual discharge.</p>
適應症	婦人少腹寒冷、脹急不舒、經期不順、淋漓不止。	Woman lower abdomen cold, constrained distention and contracture, menstrual irregularities and menorrhagia.
	<p>語意解析： 治療婦女因正氣虧虛，造成下腹部血液循環不暢，寒從內生，引起肚臍下方兩側腹部感覺寒涼、下腹脹痛繃緊不適、月經週期不穩定或是經血滴答流不停等症狀。</p>	<p>Treats insufficiency of right qi in women, causing poor blood circulation in the lower abdomen that gives rise to internal cold manifesting in cold sensations on either side of the abdomen, lower abdominal tension, and irregularities of the menstrual cycle, or persistent trickling menses.</p>
出處	《金匱要略》	Synopsis of Golden Cabinet Jin-Kuei-Yao-Lyue (Jin-Kui-Yao-Lue)
組成	吳茱萸 當歸 川芎 白芍 人參 桂枝 阿膠 牡丹皮 生薑 甘草 半夏 麥門冬	Euodiae Fructus; Angelicae Sinensis Radix; Chuanxiong Rhizoma; Paeoniae Alba Radix; Ginseng Radix et Rhizoma; Cinnamomi Ramulus; Asini Corii Colla; Moutan Radicis Cortex; Zingiberis Rhizoma Recens; Glycyrrhizae Radix et Rhizoma; Pinelliae Rhizoma; Ophiopogonis Radix

61. 溫膽湯

方名	溫膽湯	Wun-Dan-Tang (Wen-Dan-Tang)
類別	安神之劑	Spirit Quieting Formula
效能	溫膽和胃，除痰止嘔。	Warm the gallbladder and harmonize the stomach, dispel phlegm to stop vomiting.
	<p>語意解析：</p> <p>治療膽與胃功能失常，膽氣不疏導致胃氣不能往下降，而產生的噁心嘔吐症狀。</p>	<p>This formula treats disturbances of the gallbladder and stomach function, notably disfluency of gallbladder qi hampering the normal downbearing of stomach qi, manifesting in nausea and vomiting.</p>
適應症	膽虛不眠，痰熱上擾，虛煩驚悸，口苦嘔涎。	Gallbladder deficiency and insomnia, phlegm-heat harassing upward, vexation of deficiency type and fright palpitations, bitter taste in the mouth and vomiting.
	<p>語意解析：</p> <p>膽主決斷，膽氣虧虛會影響情志，此方可治療膽氣不足之失眠。亦可治療因為膽腑不能正常運行"氣"，"氣"鬱積在膽，轉化成熱邪，熱邪燒灼津液，形成痰熱，痰熱往上冒犯心神，造成煩躁、驚嚇、心悸、胸口悶、呼吸道有痰、口苦、嘔出痰涎等症狀。</p>	<p>The gallbladder governs decision, and depletion of gallbladder qi affects emotions. This formula treats insomnia due to insufficiency of gallbladder qi. It can also treat impairment of the gallbladder's ability move "qi", so that its "qi" becomes depressed in the gallbladder and transforms into heat, which scorches the fluids to produce phlegm-heat, which rises upward to invade the heart spirit, giving rise to vexation and agitation, susceptibility to fright, heart palpitation, oppression in the chest, and phlegm in the respiratory tract, as well as vomiting of drool-like fluid.</p>

出處	《中國醫學大辭典》	Chinese Medical Science Dictionary Jhong-Guo-Yi-Syue-Da-Cih-Dian (Zhong-Guo-Yi-Xue-Da- Ci-Dian)
組成	半夏 竹茹 枳實 陳皮 生薑 甘草 茯苓 大棗	Pinelliae Rhizoma ; Bambusae Caulis In Taenia; Aurantii Fructus Immaturus; Citri Reticulatae Pericarpium; Zingiberis Rhizoma Recens; Glycyrrhizae Radix et Rhizoma; Poria; Jujubae Fructus

62. 當歸芍藥散

方名	當歸芍藥散	Dang-Guei-Shao-Yao-San (Dang-Gui-Shao-Yao-San)
類別	經產之劑	Menstruation and delivery formula
效能	<p>補血養肝，健脾滲濕。</p> <p>語意解析：</p> <p>加強血液生成機能，使負責貯藏血的肝能受到濡養；健運脾的功能，加強水液代謝，排出體內多餘濕氣。</p>	<p>Tonify blood and nourish the liver, fortify the spleen and drain dampness.</p> <p>Enhances blood production and ensures that the liver, which is responsible for storing blood, it fully nourished. It also strengthens spleen function and enhances water metabolism to eliminate dampness.</p>
適應症	<p>月經不調，妊娠腰疼痛，頭暈，腰腳冷感。</p> <p>語意解析：</p> <p>治療月經期間經血量和顏色不正常、女性懷孕期間的腰部疼痛、頭暈、腰部及腿部感覺冰涼等症狀。</p>	<p>Menstrual irregularities, lumbago occurring in pregnancy, dizziness, lumbar and feet cold.</p> <p>This formula treats abnormal volume or color of menstrual discharge and abdominal pain, lumbar pain, dizziness, and cold sensation in the lumbus and legs during pregnancy.</p>
出處	《金匱要略》	Synopsis of Golden Cabinet Jin-Kuei-Yao-Lyue (Jin-Kui-Yao-Lue)
組成	<p>當歸</p> <p>白芍</p> <p>茯苓</p> <p>白朮</p> <p>澤瀉</p> <p>川芎</p>	<p>Angelicae Sinensis Radix;</p> <p>Paeoniae Alba Radix;</p> <p>Poria;</p> <p>Atractylodis Macrocephalae Rhizoma;</p> <p>Alismatis Rhizoma;</p> <p>Chuanxiong Rhizoma</p>

63. 當歸拈痛湯

方名	當歸拈痛湯	Dang-Guei-Nian-Tong-Tang (Dang-Gui-Nian-Tong-Tang)
類別	祛濕之劑	Dampness-Resolving Formula
效能	燥濕清熱，活血止痛。	Clear heat and dry dampness, activate blood to relieve pain.
	<p>語意解析:</p> <p>把身體內的濕氣祛除，清除體內邪熱或虛熱，疏散風邪，減少疼痛。</p>	<p>This formula eliminates internal dampness and clears internal evil heat or vacuity heat, as well as dispersing wind and relieving pain.</p>
適應症	濕熱走注、遍身骨節煩痛、肩背沉重及一切濕熱。	Lower energizer dampness- heat, whole body and joint pain, shoulder and back heaviness and all dampness-heat.
	<p>語意解析:</p> <p>濕熱邪走竄經絡，導致氣血不通，氣血不通使全身痠痛、煩躁不適，肩關節、背部感覺沉重，甚至腫脹發熱。</p>	<p>This formula treats damp-heat pervading the channels and network vessels, obstructing qi and blood, and giving rise to generalized pain, vexation and agitation, as well as heaviness and even swelling and heat in the shoulder joint and back.</p>
出處	《李東垣方》	Dong-Yuan Li's Prescriptions Li-Dong-Yuan-Fang (Li-Dong-Yuan-Fang)
組成	當歸 人參 茵陳蒿 羌活 防風 升麻 葛根 蒼朮 白朮	Angelicae Sinensis Radix; Ginseng Radix et Rhizoma; Artemisiae Scopariae Herba; Notopterygii Rhizoma et Radix; Saposhnikoviae Radix; Cimicifugae Rhizoma; Puerariae Radix; Atractylodis Rhizoma; Atractylodis Macrocephalae Rhizoma;

甘草	Glycyrrhizae Radix et Rhizoma;
炒黃芩	Scutellariae Radix Tostum;
苦參	Sophorae Flavescentis Radix;
知母	Anemarrhenae Rhizoma;
豬苓	Polyporus;
澤瀉	AlismatisRhizoma

注意 事項	寒濕忌之	Use with care in cold-damp.
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64. 葛根湯

方名	葛根湯	Ge-Gen-Tang (Ge-Gen-Tang)
類別	發表之劑	Exterior-Resolving Formula
效能	發汗解肌。 語意解析: 藉由和血通脈，鬆弛皮膚肌肉等組織以排出汗液改善發熱。	Promote sweating to release the flesh. By harmonizing the blood, freeing the vessels, and relaxing the skin and muscles, this formula promotes the excretion of sweat, thereby reducing fever.
適應症	外感風寒，頭痛發熱，惡寒無汗，項背強急。 語意解析: 治療因外感風寒邪氣侵犯，導致身體發熱，頭部脹悶緊繃痛感，加衣或加被仍會覺得寒冷，且皮膚無法出汗，脖子後方與背部緊繃疼痛等症狀。	Wind-cold induced by exopathogen, headache and fever, aversion to cold without sweating, contracture of the nape and neck. This formula treats externally contracted wind-cold causing generalized fever with fullness, tension, and pain in the head, cold sensations despite addition of clothing or bedclothes, inability to sweat, and tension in the back of the neck and back.
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	葛根 麻黃 桂枝 白芍 炙甘草 生薑 大棗	Puerariae Radix; Ephedrae Herba; Cinnamomi Ramulus; Paeoniae Alba Radix; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Zingiberis Rhizoma Recens; Jujubae Fructus

65. 葛根黃芩黃連湯

方名	葛根黃芩黃連湯	Ge-Gen-Huang-Cin-Huang-Lian-Tang (Ge-Gen-Huang-Qin-Huang-Lian-Tang)
類別	表裡之劑	Exterior-interior formula
效能	<p>清熱、解表。</p> <p>語意解析：</p> <p>透過促進人體發汗，清除因表熱證出現的症狀如發熱、口渴、咽痛、舌尖紅等，從而讓病邪外泄，達到治病的目的。</p>	<p>Clear heat to release the exterior.</p> <p>This formula treats fever, thirst, painful pharynx, red-tipped tongue due to exterior heat, by promoting sweating, resolving the exterior heat, and enabling the disease evil to escape.</p>
適應症	<p>表證未解誤下，熱邪入裏，身熱下利，胸脘煩熱，喘而汗出。</p> <p>語意解析：</p> <p>表熱症（發熱、口渴、咽痛、舌尖紅）未徹底透過發汗清除，誤用泄瀉藥物，使體內正氣不足，導致殘餘的表熱往內侵入，出現泄瀉不停、自覺身體熱、胸口悶塞感、呼吸喘促、煩躁不安等現象。</p>	<p>Exterior syndrome unsolved, heat pathogen entering the interior, fever and diarrhea, vexing heat in the chest and stomach, panting with sweating.</p> <p>This formula treats exterior heat patterns (fever, thirst, painful pharynx, red-tipped tongue) that have not been cleared through sweating and inappropriately treated with purgatives, causing the residual exterior heat to pass into the interior and give rise to incessant diarrhea, subjective feelings of heat, an oppressive sensation of blockage in the pit of the stomach, hasty panting, and vexation and agitation.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	葛根 黃芩 黃連 炙甘草	Puerariae Radix; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Scutellariae Radix; Coptidis Rhizoma

66. 補中益氣湯

方名	補中益氣湯	Bu-Jhong-Yi-Ci-Tang (Bu-Zhong-Yi-Qi-Tang)
類別	補養之劑	Supplementing formula
效能	補中益氣，調補脾胃。	Tonify the middle and replenish qi, harmonize and tonify the spleen and stomach.
	語意解析： 調理脾胃氣虛，中氣下陷等不適症狀。	Regulates the spleen and stomach vacuity and the discomforts caused by center qi fall.
適應症	勞倦、食少無味、脾胃虛弱、元氣不足。	Overexertion and fatigue, poor appetite and tasteless, spleen- stomach weakness and deficiency of original qi.
	語意解析： 本方因補益脾胃，所以對食慾差及脾胃虛弱之人，有調補作用，因本方含補氣藥，所以可改善患者的疲勞及體力不足的情況。	This formula supplements the stomach and spleen in spleen-stomach vacuity patients with poor appetite. Containing supplementing medicinals, this formula also improves fatigue and lack of strength.
出處	《脾胃論》	Treatise on the Spleen and stomach Pi-Wei-Lun (Pi-Wei-Lun)
組成	黃耆 人參 白朮 炙甘草 當歸 陳皮 升麻 柴胡 生薑 大棗	Astragali Radix; Ginseng Radi; Atractylodis Macrocephalae Rhizoma; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Angelicae Sinensis Radix; Citri Reticulatae Pericarpium; Cimicifugae Rhizoma; Bupleuri Radix; Zingiberis Rhizoma Recens; Jujubae Fructus

67. 補陽還五湯

方名	補陽還五湯	Bu-Yang-Huan-Wu-Tang (Bu-Yang-Huan-Wu-Tang)
類別	理血之劑	Blood-Rectifying Formula
效能	補氣、活血、通絡。	Tonify qi, activate blood to free the collateral vessels.
	<p>語意解析:</p> <p>補充身體元氣，增進氣血循環，以疏通經絡。</p>	<p>This formula supplements the original qi of the body, promotes blood circulation, and frees the channels and network vessels.</p>
適應症	半身不遂、口眼歪斜、語言蹇澀、中風後遺症。	Hemiplegia, deviated eye and mouth, sluggish speech and sequela of wind stroke.
	<p>語意解析:</p> <p>半邊肢體無力或癱瘓，面部或口眼歪斜、說話不清或困難等中風後遺症。</p>	<p>This formula treats lack of strength or paralysis of one side of the body, deviation of the face, mouth, and eyes, and unclear or difficult speech as sequelae of “wind stroke” (corresponding to cerebrovascular accident)</p>
出處	《醫林改錯》	Correction on Errors of Medical Works Yi-Lin-Gai-Cuo (Yi-Lin-Gai-Cuo)
組成	黃耆 歸尾 赤芍 地龍 川芎 桃仁 紅花	Astragali Radix; Rootlet of Angelicae Sinensis Radix; Paeoniae Rubra Radix; Amyntas Et Metaphire; Chuanxiong Rhizoma; Persicae Semen; Carthami Flos

**注意
事項**

1. 高熱、痰壅、脈洪大之心肺實熱型禁用。
2. 神昏舌燥、尿赤便秘、脈實有力者禁用。
3. 陰虛血熱者忌服。
4. 血瘀實證忌服。
5. 孕婦忌用。

1. Contraindicated in heart-lung repletion heat with high fever, phlegm congestion, surging pulse.
2. Contraindicated in clouded spirit with dry tongue, reddish urine, constipation, and a forceful replete pulse.
3. Contraindicated in yin vacuity with blood heat.
4. Contraindicated in blood stasis repletion patterns
5. Contraindicated in pregnancy

68. 蒼耳散

方名	蒼耳散	Cang-Er-San (Cang-Er-San)
類別	祛風之劑(外風)	Wind-dispelling formula (external wind)
效能	疏風，清熱。 語意解析： 使皮膚發汗，使風熱邪氣可以由皮膚疏散泄出。	Disperse wind to clear heat. This formula promotes sweating to expel wind-heat through the skin.
適應症	鼻淵(鼻流濁涕不止)。 語意解析： 治療鼻子常流出濃濁的分泌物，顏色或白、黃、綠不定。頭痛、聞不到味道。	Sinusitis(persistent excessive flow of turbid nasal discharge). This formula treats persistent excessive flow of turbid nasal mucus in varying shades of white, yellow, or green, headache, and loss of smell.
出處	《證治準繩》	Standards for Diagnosis and Treatment Jheng-Jhih-Jhun-Sheng (Zheng-Zhi-Zhun-Sheng)
組成	辛夷 蒼耳子 白芷 薄荷 蔥白 細茶 ※傳統製劑加蔥白、細茶適量	Magnoliae Flos; Xanthii Fructus; Angelicae Dahuricae Radix; Menthae Herba; Allii Fistulosi Bulbus Recens; Camelliae Sinensis Folium ※Add Allii Fistulosi Bulbus Recens and Camelliae Sinensis Folium q.s. to make pills in traditional formula.

69. 酸棗仁湯

方名	酸棗仁湯	Suan-Zao-Ren-Tang (Suan-Zao-Ren-Tang)
類別	安神之劑	Spirit-Quieting Formula
效能	養血安神、清熱除煩。	Nourishes the blood and quiets the spirit; clear heat and eliminates vexation.
	<p>語意解析: 補養肝血、安定心神，清除虛熱導致的煩躁感。</p>	<p>This formula supplements and nourishes liver blood and quiets the heart spirit, as well as clearing vacuity heat that causes vexation and agitation.</p>
適應症	虛勞虛煩不得眠、盜汗。	Vacuity taxation with vacuity vexation, insomnia, and night sweating.
	<p>語意解析: 治療因身心疲憊衰弱而失眠、睡眠中異常出汗。</p>	<p>Treat insomnia and abnormal sweating during sleep due to physical fatigue.</p>
出處	《金匱要略》	Synopsis of Golden Cabinet Jin-Kuei-Yao-Lyue (Jin-Kui-Yao-Lue)
組成	酸棗仁 知母 川芎 茯苓 甘草	Ziziphi Spinosae Semen; Anemarrhenae Rhizoma; Chuanxiong Rhizoma; Poria; Glycyrrhizae Radix et Rhizoma

70. 銀翹散

方名	銀翹散	Yin-Ciao-San (Yin-Qiao-San)
類別	解表之劑	Exterior-resolving formula
效能	辛涼透表、清熱解毒。	Outthrust through the exterior with pungent-cool, clear heat and detoxicate.
	<p>語意解析:</p> <p>透過藥性之辛涼功效，將風熱之邪從體表透出，以達到清除體內熱毒之目的。</p>	<p>The cool acrid exterior-resolving action of this formula drives the wind-heat out of the body's surface to clear the heat toxin from within the body.</p>
適應症	溫病初起，發熱微惡風寒，頭痛口渴，咳嗽咽痛。	The initial stage of warm disease, slight aversion to wind-cold with fever, headache and thirst, cough and sore throat.
	<p>語意解析:</p> <p>溫邪會傷害人體的津液，此方治療外感風熱邪氣侵犯人體，導致身體發熱、不喜歡吹到風、頭痛、口渴明顯、偶有咳嗽但無痰聲、咽喉紅腫疼痛等症狀。</p>	<p>Warm evils damage bodily fluids. This formula treats externally contracted wind-heat invading the body causing fever, dislike of wind and drafts, headache, pronounced thirst, and occasionally cough without phlegm-rale, painful red swollen throat.</p>
出處	《溫病條辨》	Differentiation and Treatment of Epidemic Febrile Diseases Wun-Bing-Tiao-Bian (Wen-Bing-Tiao-Bian)
組成	連翹 金銀花 桔梗 薄荷 淡竹葉 甘草 荊芥 淡豆豉 牛蒡子 蘆根	Forsythiae Fructus; Lonicerae Japonicae Flos; Platycodonis Radix; Menthae Herb; Lophatheri Herba; Glycyrrhizae Radix et Rhizoma; Nepetae Herba; Sojae Semen Preparatum; Arctii Fructus; Phragmitis Rhizoma

71. 豬苓湯

方名	豬苓湯	Jhu-Ling-Tang (Zhu-Ling-Tang)
類別	祛濕之劑	Dampness-Dispelling Formula
效能	滋陰清熱利水。	Nourish yin, clear heat and drain water.
	<p>語意解析:</p> <p>補充因體內熱象而耗損的精微物質，並透過利水方式，使濕熱從小便排出。</p>	<p>This formula supplements the loss of essential substances resulting from internal heat. By promoting diuresis, it causes the damp-heat to flow out with the urine.</p>
適應症	水熱互結，內熱傷陰，發熱，渴欲飲水，小便不利，心煩不得眠。	Binding of water and heat, internal heat damage to yin, fever, thirst, inhibited urination, vexation and insomnia.
	<p>語意解析:</p> <p>濕熱蓄積於人體下部或泌尿系統，因局部熱象導致精微物質耗損，可伴隨出現身體發熱、口乾飲水量多、小便不順暢和煩躁不容易安眠等症狀。</p>	<p>When damp-heat accumulates in the lower part of the body or the urinary system, the heat destroys essential substances, giving rise to generalized fever, dry mouth, increased fluid intake, inhibited urination, vexation, agitation, and insomnia.</p>
出處	《傷寒論》	Treatise on Febrile Diseases Shang-Han-Lun (Shang-Han-Lun)
組成	豬苓 茯苓 阿膠 滑石 澤瀉	Polyporus; Poria; Asini Corii Colla; Talcum; Alismatis Rhizoma

72. 獨活寄生湯

方名	獨活寄生湯	Du-Huo-Ji-Sheng-Tang (Du-Huo-Ji-Sheng-Tang)
類別	祛濕之劑	Dampness-Dispelling Formula
效能	<p>祛風濕、止痺痛、補氣血。</p> <p>語意解析： 祛除體內的風、寒、濕邪氣，緩解肢體麻木改善屈伸疼痛，補益肝腎氣血，幫助氣血循環，強壯筋骨。</p>	<p>Dispel wind-dampness, resolve painful impediment, tonify qi and blood.</p> <p>This formula dispels wind, cold, and dampness, relieves numbness, and improves the ability to bend and stretch. It supplements the qi and blood of the liver and kidney, promoting the circulation of qi and blood and strengthening sinew and bone.</p>
適應症	<p>風寒濕痺、腰膝冷痛、腿足屈伸不利。</p> <p>語意解析： 治療因體內風、寒、濕邪長時間侵襲引起的四肢關節痠痛麻木。或是年老肝腎不足及氣血不足引起腰、腿、膝等部位退化，遇冷疼痛，做屈伸動作時感覺緊繃疼痛麻木不順暢。</p>	<p>Wind-cold dampness impediment, cold pain of lumbar and knees, inhibited bending and stretching of the legs.</p> <p>This formula treats aching pain and numbness in the limbs and joints due to wind, cold, and dampness over long periods. It also treats degeneration of the lumbus, legs, and knees in old age due to liver-kidney insufficiency, with pain triggered by environmental cold causing sensations of tension and numbness when bending and stretching.</p>
出處	《千金方》	Thousand Gold Prescriptions Cian-Jin-Fang (Qian-Jin-Fang)
組成	獨活 寄生 杜仲	Angelicae Pubescentis Radix; Taxilli Herba; Eucommiae Cortex;

牛膝	Achyranthis Bidentatae Radix;
細辛	Asari Radix ;
秦艽	Gentianae Macrophyllae Radix;
茯苓	Poria;
桂心	Cinnamomi Centralis Cortex;
防風	Saposhnikoviae Radix;
川芎	Chuanxiong Rhizoma;
人參	Ginseng Radix et Rhizoma;
甘草	Glycyrrhizae Radix et Rhizoma;
當歸	Angelicae Sinensis Radix;
白芍	Paeoniae Alba Radix;
生地黃	Rehmanniae Radix Recens

注意 事項	濕熱性的關節疼痛、高血壓患者 及孕婦慎服。	Use with care in inflammatory joint pain, hypertension, and pregnancy.
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73. 龍膽瀉肝湯

方名	龍膽瀉肝湯	Long-Dan-Sie-Gan-Tang (Long-Dan-Xie-Gan-Tang)
類別	清熱瀉火之劑	Heat-clearing fire-draining formula
效能	瀉肝火、利濕熱。	Purge liver fire and drain dampness-heat.
	<p>語意解析：</p> <p>藉由排泄小便，降低因肝經氣機不暢而產生的發炎和水液的停滯。</p>	<p>By excreting urine, this formula reduces the inhibited qi dynamic in the liver channel causing inflammation and stagnation of fluids.</p>
適應症	臟腑積熱、耳鳴耳聾、耳腫疼痛、小便澀滯。	Accumulated heat in viscera and bowels, tinnitus and deafness, ear swelling and pain, inhibited urination.
	<p>語意解析：</p> <p>治療肝膽氣機不暢而積累在體內的鬱熱，緩解其所造成的發炎和以下見症：耳鳴（耳鳴聲不因手按壓或周遭環境聲音影響而減低）耳聾（無外傷而聽力減低），耳朵紅腫疼痛，小便不順且排泄時有灼熱或疼痛感。</p>	<p>This formula treats inhibited liver-gallbladder qi giving rise to accumulation of depressed heat in the inner body. It relieves the resultant inflammation and the following symptoms: tinnitus (ringing in the ears not reduced by hand pressure or environmental noise), deafness (reduced hearing not attributable to trauma), painful red swollen ears, and inhibited urination with burning sensation or pain on voiding</p>
出處	《李東垣方》	Dong-Yuan Li's Prescriptions Li-Dong-Yuan-Fang (Li-Dong-Yuan-Fang)
組成	龍膽 黃芩 山梔子 澤瀉 木通 車前子	Gentianae Radix et Rhizoma; Scutellariae Radix; Gardeniae Fructus; Alismatis Rhizoma; Akebiae Caulis; Plantaginis Semen;

	當歸 生地黃 柴胡 甘草	Angelicae Sinensis Radix; Rehmanniae Radix Recens; Bupleuri Radix; Glycyrrhizae Radix et Rhizoma
注意 事項	1. 本品苦寒，偶礙脾胃，病癒即止，不宜過服。 2. 孕婦慎用。	1. Owing to its bitter and cold nature, this formula occasionally causes impairment to the spleen and stomach, but normal function is restored as soon as the condition is eliminated. For this reason, it should not be taken in excess. 2. Use with care in pregnancy.

74. 龜鹿二仙膠

方名	龜鹿二仙膠	Guei-Lu-Er-Sian-Jiao (Gui-Lu-Er-Xian-Jiao)
類別	補養之劑	Supplementing Formula
效能	<p>大補精髓、益氣養神、治視物不清。</p> <p>語意解析： 滋補人體陰陽氣血之不足，從而消除虛弱症狀，並治療因氣血不足所造成的視力不佳。</p>	<p>Greatly supplements essence and marrow; boosts qi and nourishes the spirit; treats unclear vision.</p> <p>This formula supplements insufficiencies of yin, yang, qi, and blood, thereby eliminating symptoms of vacuity and weakness. It also improves poor eyesight resulting from insufficiency of qi and blood.</p>
適應症	<p>大補精髓、益氣養神、治視物不清。</p> <p>語意解析： 能補充因老年退化、大病或是長期勞累消耗掉的精氣神，有益於身體對外界的適應能力和抗病能力，並治療因氣血不足所造成的視力不佳。</p>	<p>Greatly supplements essence and marrow; boosts qi and nourishes the spirit; treats unclear vision.</p> <p>This formula supplement damage to essence, qi, and spirit due to degeneration in old age, major illness, and long-term overexertion. It helps to enhance the body's ability to adapt to the environment and resist disease. It also treat poor eyesight due to insufficiency of qi and blood.</p>
出處	《醫方考》	- Yi-Fang-Kao (Yi-Fang-Kao)
組成	<p>龜板</p> <p>鹿角</p> <p>枸杞</p> <p>人參</p>	<p>Testudinis Carapax et Plastrum;</p> <p>Cervi Cornu;</p> <p>Lycii Fructus;</p> <p>Ginseng Radix et Rhizoma</p>

75. 濟生腎氣丸

方名	濟生腎氣丸	Ji-Sheng-Shen-Ci-Wan (Ji-Sheng-Shen-Qi-Wan)
類別	補養之劑	Supplementing Formula
效能	溫腎化氣，利水消腫。	Warm the kidney and resolve qi, induce diuresis to alleviate edema.
	<p>語意解析：</p> <p>改善身體因過度勞累而無力，恢復身體機能，促進身體水分代謝，改善水腫現象。</p>	<p>This formula helps physical fatigue and weakness due to overexertion. It helps restore bodily functions[1] and promotes water metabolism to relieve edema.</p>
適應症	腎陽不足、腰膝痠重、小便不利。	Kidney yang deficiency, heavy aching lumbar and knees, inhibited urination.
	<p>語意解析：</p> <p>治療生殖機能減退或年老退化，產生腰痛、四肢骨頭痠重疼痛，以及小便尿不乾淨等現象。</p>	<p>This formula treats reduced reproductive function and general degeneration in old age giving rise to lumbar pain, heaviness, aching, and soreness of the bones, as well as dribble after urinary voiding.</p>
出處	《濟生方》	Recipes for Saving Lives Ji-Sheng-Fang (Ji-Sheng-Fang)
組成	熟地黃 山茱萸 山藥 茯苓 牡丹皮 澤瀉 炮附子 肉桂 牛膝 車前子 ※傳統製劑加蜂蜜適量	Rehmanniae Radix Praeparata; Corni Sarcocarpium; Dioscoreae Rhizoma; Poria; Moutan Radicis Cortex; Alismatis Rhizoma; Aconiti Lateralis Radix Preparata; Cinnamomi Cortex; Achyranthis Bidentatae Radix; Plantaginis Semen ※Add honey q.s. to make pills in traditional formula.

76. 歸脾湯

方名	歸脾湯	Guei-Pi-Tang (Gui-Pi-Tang)
類別	補養之劑	Supplementing Formula
效能	健脾養心，益氣補血。	Fortify the spleen and calm the heart, replenish qi and tonify blood.
	語意解析： 促進腸胃消化功能，安定心神，增加體內氣血充盈。	This formula enhances the digestive function of the stomach and intestines, quiets the heart spirit, and increases the qi and blood in the body.
適應症	心脾兩虛、氣血不足、心悸、健忘、不眠、食少體倦、月經不調。	Dual deficiency of the heart and spleen, deficiency of qi and blood, palpitations, insomnia, poor appetite, fatigue and menstrual irregularities.
	語意解析： 治療心脾氣血不足產生之心悸失眠，改善食慾不佳、身體疲倦、婦女月經週期不調。	Treats heart palpitations, and insomnia due to insufficiency of heart and spleen qi and blood, thereby addressing poor appetite, fatigue, and irregularities in the menstrual cycle.
出處	《校註婦人良方》	Corrected Effective Prescriptions for Women Jiao-Jhu-Fu-Ren-Lian-Fang (Jiao-Zhu-Fu-Ren-Liang-Fang)
組成	人參 龍眼肉 黃耆 炙甘草 白朮 茯苓 木香 當歸 酸棗仁 遠志 生薑 大棗	Ginseng Radix et Rhizoma; Longan Arillus; Astragali Radix; Glycyrrhizae Radix et Rhizoma Praeparatum cum Melle; Atractylodis Macrocephalae Rhizoma; Poria; Aucklandiae Radix; Angelicae Sinensis Radix; Ziziphi Spinosae Semen; Polygalae Radix; Zingiberis Rhizoma Recens; Jujubae Fructus

77. 藿香正氣散

方名	藿香正氣散	Huo-Siang-Jheng-Ci-San (Huo-Xiang-Zheng-Qi-San)
類別	祛濕之劑	Dampness-Disinhibiting Formula
效能	解表化濕、理氣和中。	Release the exterior and resolve dampness, regulate qi and harmonize the middle.
	<p>語意解析:</p> <p>紓解外來的致病原或氣候變化侵犯人體所導致的症狀，去除體內濕氣，幫助恢復腸胃運行消化機能。</p>	<p>This formula addresses exogenous pathogens invading the body or changes in weather affecting the body. It dispels dampness from the body and enhances the movement and transformation functions of the spleen and stomach, including digestion.</p>
適應症	外感風寒、胃腸不適、消化不良、吐瀉、食滯、中暑、不服水土。	Wind-cold induced by exopathogen, gastrointestinal discomfort, indigestion, vomiting and diarrhea, food stagnation, summerheat stroke and failure to acclimatize to a new environment.
	<p>語意解析:</p> <p>治療因受到外感風、寒、濕、暑邪侵犯，出現發熱畏寒、頭痛、胸腔感到脹悶不舒服。腸胃脹悶疼痛不適，或是旅行外地氣候飲食不習慣及不乾淨導致腸胃機能阻滯，食物消化功能失常，進食之後嘔吐或拉肚子等症狀。</p>	<p>This formula treats invasion of the body by wind, cold, dampness, and summerheat, giving rise to fever, fear of cold, headache, distension and oppression in the thoracic cavity, and distension and oppression in the stomach and intestines. It also treats digestive problems, vomiting after ingestion of food, and diarrhea due to failure to acclimatize to new environments as when traveling.</p>
出處	《太平惠民和劑局方》	Prescription of Peaceful Benevolent Dispensary Tai-Ping-Huei-Min-He-Ji-Jyu- Fang (Tai-Ping-Hui-Min-He-Ji-Ju-Fang)

組成

大腹皮

茯苓

白芷

紫蘇葉

陳皮

桔梗

白朮

厚朴

半夏麴

炙甘草

藿香

生薑

大棗

※傳統丸劑用：研末，加薑、棗，煎湯泛丸，成品分三次，溫水送服。

Arecae Pericarpium;

Poria;

Angelicae Dahuricae Radix;

Perillae Folium;

Citri Reticulatae Pericarpium;

Platycodonis Radix;

Atractylodis Macrocephalae Rhizoma;

Magnoliae Cortex;

Pinelliae Rhizoma Fermentatum;

Glycyrrhizae Radix et Rhizoma
Praeparatum cum Melle;

Agastachis Herba;

Zingiberis Rhizoma Recens;

Jujubae Fructus

※Wind-cold induced by exopathogen, gastrointestinal discomfort, indigestion, vomiting and diarrhea, food stagnation, summerheat stroke and failure to acclimatize to a new environment.

中藥常用方劑效能、適應症語意解析及英譯彙編

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