

中药的剂型 Herbal medicines are available in a variety of dosage forms, ranging from traditional decoctions to modern, standardized formulations. These forms are chosen based on the desired onset of action, the nature of the plant material, and the intended route of administration.

#### Common Herbal Dosage Forms

- \* Decoctions and Infusions (Teas): The most traditional, method involving boiling (decoction) or steeping (infusion) plant material in water to extract soluble components.
- \* Liquid Preparations (Tinctures and Extracts): These often use alcohol as a solvent, which acts as a preservative and efficiently extracts active components. They are popular for providing high bioavailability and dosage flexibility, especially for children.
- \* Solid Dosage Forms (Tablets and Capsules): These are common modern forms that offer convenience, stability, and accurate dosing. They often utilize concentrated extracts or granulated powders to overcome the taste issues associated with liquids.
- \* Granules: A processed form, common in Chinese medicine, made by drying or freeze-drying aqueous extracts.
- \* Topical Preparations: Herbs are frequently applied through creams, ointments, pastes, and compresses (fomentations).
- \* Novel Dosage Forms: Modern formulations include liposomes and nanoparticles designed to enhance the drug delivery and bioavailability of herbal compounds.

#### Key Considerations for Herbal Forms

- \* Stability: Powders generally offer better stability than liquids, as the rate of chemical reaction is slower.
- \* Administration Time: Traditionally, many herbal medicines are taken on an empty stomach for faster, direct impact, though some may be taken with meals.
- \* Taste Management: To minimize the taste of liquid herbs, they can be diluted in water/fruit juice, or placed into capsules.
- \* Processing: Dosage can vary based on the method, with higher amounts often needed for decoctions compared to concentrated modern formulas.

#### 如何使用草药浓缩颗粒:

- 1、将 3 勺草药浓缩颗粒放入杯中；
- 2、加入开水半杯；
- 3、搅匀溶解均匀；
- 4、待温度降至温后饮用。一般一日三次，每次三勺。
- 5、胃口不好的饭后饮用；胃口好的饭前服用。
- 6、失眠的病人，不宜上午上班时服用，可改为晚饭前后服 4 勺半，临睡之前服 4 勺半。

注意：每勺中药浓缩颗粒=1.5 克

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#### How to use herbal concentrated granules:

1. Put 3 spoons of herbal concentrated granules into a cup;
2. Add half a cup of boiling water;
3. Stir well and dissolve evenly;
4. Drink after the temperature drops to warm. Usually three times a day, three spoons each time.
5. If you have a bad stomach drink it after a meal; if you have a good stomach, take it before a meal.
6. Patients with insomnia should not take it in the morning when going to work. Instead, they can take 4 and half spoons before and after dinner and 4 and half spoons before going to bed.

Notice: 1 spoon of herbal granules =1.5 grams.

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如有不清楚的地方可随时联系我

if you have any questions please don't hesitate to contact me.

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如何煎草药

- 1、砂锅，将一副中药投入砂锅，再加饮水/清水浸泡，水面需盖过药的水平。
- 2、浸泡 2-3 小时以上，使水浸透草药的中心，避免草药表面植物蛋白凝固而导致热气无法进入草药的中心，造成草药的中心区的成分无法溶解。
- 3、水煮到开锅后，继续煮 15-20 分钟左右。
- 4、过滤取汁。
- 5、再加水适量，煮 10 分钟后，取汁。
- 6、两次取汁，合在一起。早上喝一半，晚上喝一半
- 7、没有胃病的饭前半小时喝，有胃病的饭后半小时喝。

How to decoct herbs:

1. In a casserole, put a pair of Chinese herbal medicine into the casserole, add drinking water/clear water to soak, the water surface should cover the level of the medicine.
2. Soak for more than 2-3 hours to allow the water to soak into the center of the herbal medicine to prevent the plant proteins on the surface of the herbal medicine from coagulating and causing the heat to be unable to enter the center of the herbal medicine, causing the ingredients in the central part of the herbal medicine to be unable to dissolve.
3. After the water boils, continue to cook for about 15-20 minutes.
4. Filter and extract the juice.
5. Add appropriate amount of water, cook for 10 minutes again, then get the juice.
6. Make all the juice twice and combine it together. Drink half in the morning and half in the evening
7. Drink it half an hour before meals if you don't have stomach problems, and drink it half an hour after meals if you have stomach problems.