



# **World Century Compendium to TCM:Volume 3: Introduction to Chinese Materia Medica (Introduction to Tcm)**

*Jin Yang, Huang Huang, Li-jiang Zhu, Yun-hui Chen*

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This book aims to provide readers with adequate knowledge for clinical application of Chinese medicine, which is in line with the fundamental principle of “correspondence of Chinese medicinals and patterns.” It contains a brief introduction to relative theories, divides these medicinals by actions into categories such as exterior-releasing, heat-clearing, purgative, dampness-dispelling, fluid retention-disinhibiting, interior-warming, qi-regulating, blood-invigorating, blood-stanching, food accumulation-relieving, phlegm, cough-and wheezing-arresting, mind-tranquilizing, liver-calming, orifices-opening, tonifying, astringing, and worm-dispelling, and elaborates each herb in terms of its actions, quality, indications, usage, and dosage. Furthermore, mnemonics and simple and effective formulas are included to help readers effectively grasp the concepts behind practical applications, and precautions and daily practices are specifically designed to support readers in easily understanding and retaining the information.

### **Contents:**

- **First Week**
- **Second Week:**
  - Medicinals that Release Exterior
  - Acrid-Cool
- **Third Week:**
  - Medicinals that Clear Heat
- **Fourth Week:**
  - Purgatives
- **Fifth Week:**
  - Medicinals That Dispel Wind-Damp
  - Aromatic Medicinals that Remove Dampness
- **Sixth Week:**
  - Medicinals that Relieve Water Retention
  - Medicinals that Warm the Interior
- **Seventh Week:**
  - Medicinals that Regulate Qi
- **Eighth Week:**
  - Medicinals that Relieve Food Stagnation
  - Medicinals that Expel Worms
  - Medicinals that Stanch Bleeding
- **Ninth Week:**
  - Medicinals that Invigorate Blood
- **Tenth Week:**
  - Medicinals that Dissolve Phlegm
  - Medicinals that Arrest Cough and Wheezing
- **Eleventh Week:**
  - Medicinals that Calm the Spirit

- Medicinals that Calm the Liver and Extinguish Wind
- **Twelfth Week:**
  - Medicinals that Open Orifices
  - Medicinals that Supplement Qi
  - Medicinals that Nourish Blood
- **Thirteenth Week:**
  - Medicinals that Enrich Yin
- **Fourteenth Week:**
  - Medicinals that Tonify Yang
  - Astringent Medicinals

**Readership:** Medical professionals, both Western medical doctors and TCM practitioners, particularly those practicing in Australia, Europe and America; Chinese medicine educators, clinical and basic Chinese medicine researchers and health science students (particularly Chinese medicine students); herbalists, gerontology researchers, nutritionists, public health specialists (health policy departments in ministries of health and universities); professionals at the World Health Organization and affiliated institutions, and pharmaceutical companies; librarians of TCM professional associations and teaching institutes and the lay reader who either wants general knowledge or wishes to understand how TCM can help a friend, relative or loved one.

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