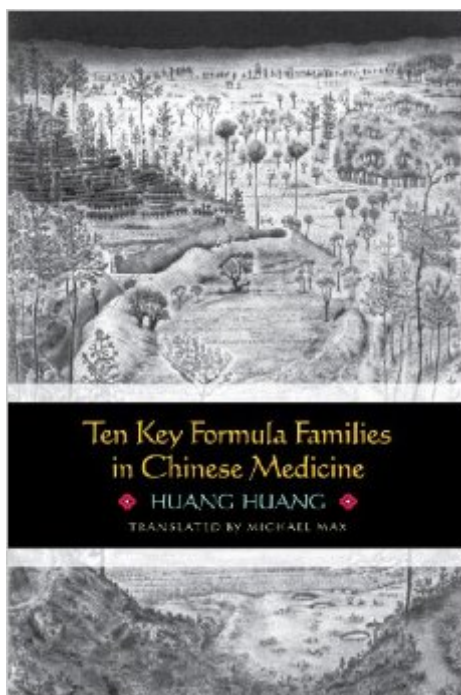


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# Ten Key Formula Families In Chinese Medicine



## Synopsis

Ten Key Formula Families in Chinese Medicine provides a practical path to a deeper understanding of traditional Chinese herbal formulas. Dr. Huang discusses the core aspects of the ten most important families of formulas in the classical formula tradition in a way that is both profound and accessible. By introducing the concept of constitutions and the attendant vulnerabilities of those constitutions to certain types of disorders, he hands the reader a very useful key to understanding how and when to use these formulas in the clinic. The ten families of formulas are grouped around the following herbs: Cinnamon - Cinnamomi Ramulus Ephedra - Ephedrae Herba Bupleurum - Bupleuri Radix Gypsum - Gypsum fibrosum Rhubarb - Rhei Radix et Rhizoma Coptis - Coptidis Rhizoma Aconite accessory root - Aconiti Radix lateralis preparata Dried ginger - Zingiberis Rhizoma Astragalus - Astragali Radix Pinellia - Pinelliae Rhizoma preparatum For each family of formulas, Dr. Huang describes the associated presentation and constitutional aspects common to all members of the family, then turns to the individual formulas that are especially useful for treating particular aspects of that presentation. The discussion is embellished with case histories and relevant clinical research.

## Book Information

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## Customer Reviews

This book is an excellent resource for the Chinese medicine herbalist. I study every week for hours at a time to keep growing my acumen in prescribing herbal formulae. As an acupuncturist and herbalist with her own business, I rely on books like this to help me expand my skills and

understanding of writing prescriptions for patients. This book goes through groups of herbal formulae based on chief ingredient, for example huang qi, and gui zhi form the basis for 2 of the 10 families. It provides a description of constitution most suited for each family of herbs, and clinical research and case examples for each. It also compares formula families to better elucidate differences. I highly recommend this book as one that will really help any herbalist using Chinese herbs. Unlike some other books I own and also really like, this one is fun to read because of the descriptions of patients and comparisons. It's not dry and technical, just enough though...

The best book. It's a funny read full of great information. It's a little different than most formula books because it groups the formulas into 10 unique groups. But this is what makes it unique and really help you understand the formulas at a different level. It's like they all have personalities ...

There are some great theoretical components with this book (ie formula families = constitutional analysis) but the book is repetitive, and could have covered the same amount of material in half the pages. Aside from this, I really enjoyed the book and would recommend it to someone new to learning TCM and formulas.

This book was great. It gave me a completely different way to view classical formulas as well as a way to learn them better.

This book had been recommended to me over a year ago. I'm so glad that I finally purchased it. The logic behind the formula families is straightforward, and shedding light on formula preparation.

Makes studying TCM herbs / formulas conceptual and much easier. The only problem is there are only 10 formula families and the book seems to be pretty limited in clinical scope/applications. (Especially considering that one of the Formula Families is based on Ma Huang which is banned in the United States!) I'd love to see part II and III of this book.

I love the idea of the personality type belonging to a herb. It simplifies things and gives practitioners another way to engage with herbs.

Covers info teacher said it would. Gave good insights into various syndromes and herbs and the type of people they can help.

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