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世界中医药学会联合会

World Federation of Chinese Medicine Societies

SCM 000*-20**

常用中药汤剂服用指南

Guidelines for taking commonly-used Chinese medicine decoctions

征求意见稿
(Committee Draft)

世界中联国际组织标准
International Standard of WFCMS

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前 言

本文件的某些内容可能涉及相关专利，本文件的发布机构不承担识别专利的责任。

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引 言

中药汤剂是中医治疗疾病的主要手段之一，在几千年防治疾病的用药实践中始终作为中药最重要的剂型发展运用，科学、正确地服用汤剂直接影响中药的临床疗效。目前，国际上缺乏中药汤剂服用的指导规范，多数国家对于中药汤剂的服用指导工作尚未明确。例如，在法国，汤剂的服用交代一般由中医配药机构提供，以中医从业人员开具的方剂为准；在美国，汤剂的服用交代主要由给患者看病的针灸医师进行。因此，为提升中医药在世界各国用药的安全性和有效性，迫切需要制定中药汤剂服用的指南，在中药汤剂发药指导时，对告知患者的服用交代内容提供了参考。

本文件在系统梳理中药汤剂服用知识的基础上，制定中药汤剂服用指导方法和知识体系框架，有助于提升中药汤剂的治疗效果，促进世界范围内中药汤剂的规范服用。

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常用中药汤剂服用指南

1 范围

本文件规定了常用中药汤剂服用的服用原则、通用方法、个性化指导、贮存指导等内容。

本文件适用于各类中药房和中医诊所的调剂人员、医师指导患者及家属正确服用中药汤剂。

2 规范性引用文件

下列文件中的内容通过文中的规范性引用而构成本文件必不可少的条款。其中，注日期的引用文件，仅该日期对应的版本适用于本文件；不注日期的引用文件，其最新版本（包括所有的修改单）适用于本文件。

SCM 55-2020 中药处方、调剂、给付与煎服要求 第 4 部分：中药煎服要求

3 术语和定义

下列术语和定义适用于本文件。

3.1

中药汤剂

中药饮片或粗颗粒加水煎煮或沸水浸泡后，去渣取汁而得到的液体制剂。

3.2

服法

按时、按量、按疗程，科学而合理地服用中药汤剂的方法。

4 服用原则

服用中药汤药，以“随证施量、以知为度、中病即止”的原则为依据，具体如下：

- a) 根据患者年龄、性别、病情严重程度，宜进行中药汤剂服用的通用指导和个性化指导，可参见附录 A；
- b) 根据中药汤剂的种类不同，宜进行针对性的服用指导，可参见附录 B。
- c) 常用中药汤剂的临床用药，宜参照常用中药汤剂目录开展，可参见附录 C。

5 服用时间

- 5.1 中药汤剂的服用时间应符合 SCM 55-2020 中“7.1.2”和“7.1.3”的规定。
- 5.2 中药汤剂治疗急病、重病及流产，可不按照特定的服用时间随时服药。
- 5.3 中药汤剂治疗慢性疾病，宜定时少量多次服用。
- 5.4 中药汤剂治疗的中医疾病表现于胸膈以上，如心脏、肺部，宜进餐后 30 分钟左右服用。
- 5.5 中药汤剂治疗的中医疾病表现于心腹以下，如肝肾虚损、肠部，宜进餐前 30~60 分钟左右服用。
- 5.6 中药汤剂治疗的中医疾病表现于骨髓，宜晚餐后 30 分钟左右服用。
- 5.7 中药汤剂治疗的中医疾病表现于四肢或血液，宜 8~10 小时内没有进食、次日晨起进食前服用。
- 5.8 具有消食功效或胃肠刺激性的中药汤剂，宜进餐后 30 分钟左右服用。
- 5.9 具有行、散、通利功效的中药汤剂，宜进餐前 30~60 分钟左右服用。
- 5.10 具有滋补、峻下逐水、攻积导滞、驱虫功效的中药汤剂，宜 8~10 小时内没有进食、次日晨起进食前服用。
- 5.11 具有补心脾、安心神、镇惊安神、涩精止遗、缓下功效的中药汤剂，宜睡前 15~30 分钟左右服用。
- 5.12 具有抗疟功效的中药汤剂，宜在疾病发作前 2 小时服用。

6 服用次数

- 6.1 中药汤剂的服用次数应符合 SCM 55-2020 中“7.1 通用要求”的规定。
- 6.2 中药汤剂治疗急症、高热类症状，宜 1 次快速服下。
- 6.3 中药汤剂治疗重症、中毒、猝死等邪气盛实的疾病，汤剂煎好后一次快速服下。
- 6.4 中药汤剂治疗的中医疾病表现出风寒湿邪致病或发作频繁，宜间隔一定时间、昼夜连续服用多次。
- 6.5 中药汤剂治疗的中医疾病表现为肺部疾病、哮喘、胃炎等夜间加重为主，宜间隔一定时间、昼夜连续服用多次。
- 6.6 中药汤剂治疗的中医疾病表现为急病、重病或以上焦病证为主，如呕吐、咽喉病等，宜少量多次服用。
- 6.7 药性峻猛、毒性剧烈或具有堕胎功效的中药汤剂，宜服用 1 次。
- 6.8 具有治疗失眠作用的中药汤剂，宜睡前服用、每日服用 1 次。
- 6.9 具有补益功效的汤剂，宜每日服用 4 次。
- 6.10 具有通便、化痰、驱虫等功效的中药汤剂，宜 1 次快速服下。

7 服用温度

- 7.1 中药汤剂的最佳服用温度以接近人体内环境温度为宜，一般在 30℃~37℃。
- 7.2 中药汤剂的服用温度最高不可超过 65℃；焦煎的中药汤剂不宜服用。
- 7.3 中药汤剂治疗的中医疾病主要以高热病、出血热、中暑、便秘、热淋、呕吐、中毒等为

主要表现，宜冷服、温度低于 26℃。

7.4 中药汤剂治疗的中医疾病表现为急症、胃（十二指肠）溃疡、内寒证、脾胃虚寒证，宜热服、37℃~40℃左右。

7.5 中药汤剂治疗的中医疾病以真寒假热症状为主，宜低于 26℃服用；中药汤剂治疗的中医疾病以真热假寒为主，宜 37℃~40℃左右。

7.6 具有滋补、攻下作用的中药汤剂，宜温服、30℃~37℃左右。

7.7 具有止血、收涩、祛暑、解毒、止吐、清热功效的中药汤剂，宜冷服、温度低于 26℃。

7.8 具有辛温解表、理气、活血化瘀、祛寒、温通血脉类功效的中药汤剂，宜热服、37℃~40℃左右。

8 服用剂量

8.1 中药汤剂的每日服用剂量以 1 日 1 剂为宜，将头煎、二煎汤液兑合，煎出液约 600mL 左右，分 2~3 次温服，每次 200mL 左右；如遇特殊情况，宜遵医嘱。

8.2 成人的每次服用剂量为 200~300mL 左右，若新生儿小于 1 岁服用，每次服用剂量以 1~20mL 左右为宜（药液宜浓缩）；若 1-2 岁婴幼儿服用，每次服用剂量以 20~40mL 为宜（药液宜浓缩）；若 3-7 岁儿童服用，每次服用剂量以 40~80mL 为宜；若 8~16 岁儿童服用，每次服用剂量以 100~150mL 为宜；如遇特殊情况，宜遵医嘱。

9 服用疗程

9.1 中药汤剂的服药疗程为 2~15 天；某些治疗慢性疾病或具有补益作用的汤剂可以连续服用至一月左右。

9.2 中药汤剂治疗的中医疾病为急病、重病，或以尿血、疼痛、泻下等为主要表现，或含毒性饮片，或具有安神、活血、发汗等功效，以症状改善作为停药标准，遵医嘱进行服药。

10 服用禁忌

10.1 药物-药物

10.1.1 中药汤剂的相关配伍禁忌应符合 SCM 55-2020 附录 C 中“C.1 配伍禁忌药”和“C.2 妊娠禁忌药”的规定。

10.1.2 中药汤剂与其他西药联合使用时，两种药物需间隔 0.5~1 小时以上。

10.1.3 其他见附录 B“药物-药物禁忌/注意事项”。

10.2 药物-人群

见附录 B“药物-人群禁忌/注意事项”参考准则执行。

10.3 药物-疾病

10.3.1 寒性疾病患者忌生冷；热性疾病患者忌辛热油腻。

- 10.3.2 脾胃虚弱、消化不良者忌食油炸、寒冷、坚硬不易消化食物。
- 10.3.3 胸痹患者忌肥肉，动物脏器。
- 10.3.4 肝阳上亢患者忌食胡椒、辣椒、大蒜、酒。
- 10.3.5 过敏体质患者忌食芒果、荔枝、花生及海产等发物。
- 10.3.6 皮肤病患者忌海产、羊肉、臭豆腐、猪头肉等发物。
- 10.3.7 水肿病患者忌食腌制食品及盐。

10.4 药物-食物/保健品

- 10.4.1 中药汤剂的一般药物-食物禁忌包括忌酒，忌生冷、辛辣、酢滑、油腻（猪犬鸡鱼）及刺激性食物。
- 10.4.2 发汗解表类温热功效的中药汤剂忌酸味食物及冷饮。
- 10.4.3 具有清热凉血、解毒消肿、平肝、润肺、明目功效的中药汤剂，忌酒、蒜、可乐、咖啡、辣椒、羊肉等辛温刺激之品。
- 10.4.4 具有温经、补阳、涩精止泻、祛风湿、止寒痛功效的中药汤剂，忌冷饮、生梨、螃蟹、柿子、竹笋等寒凉之品。
- 10.4.5 具有养胃功效的中药汤剂忌糯米。
- 10.4.6 半夏茯苓汤治疗妊娠恶阻忌生冷酢滑油腻，菘菜，海藻；独活汤用于治疗恶风毒气，忌瓠子、蕺菜。
- 10.4.7 甘草汤治疗偏风积年不瘥服药过程中慎风冷酢蒜面乳酪鱼等。
- 10.4.8 具有逐水、利尿、利湿等功效的汤剂不宜加糖，具有温热性质的中药汤剂不宜加白糖，具有寒凉性质的中药汤剂不宜加红糖。

10.5 药物-环境

可附录 B“药物-环境禁忌/注意事项”。

11 服药后护理

11.1 护理方式

- 11.1.1 对于需“啜热稀粥”进行辅助药效发挥的汤剂，宜在服药后服少量热粥；对于“无需啜粥”的汤剂，则无需服用。
- 11.1.2 对于需“温覆”辅助药效发挥的汤剂，服药后宜盖好被子静卧。
- 11.1.3 对于需“获效停药”“瘥止”“中病即止”“见效停药”等的汤剂，若出现症状改善情况应立即停药。
- 11.1.4 对于需“守方继进”的汤剂，即使出现症状改善，也仍需继续坚持服药；对于具有“不效继进”“不效更服”特点的汤剂，即使服药后未出现明显的症状改善，也仍需坚持服药。
- 11.1.5 中药汤剂治疗胃肠道疾病时，服药后宜适当温卧。
- 11.1.6 中药汤剂所治疗的中医疾病为急症，可酌情加倍服用；若中药汤剂药性峻猛，依据“小剂量递增”的原则逐渐增加服用剂量。
- 11.1.7 具有催吐功效的中药汤剂出现吐而不止的情况，宜服用姜汁、冷稀粥或凉开水止吐。

11.1.8 具有安神功效的中药汤剂，临睡前需注意睡眠环境安静，避免强烈光线刺激。

11.1.9 具有止泻功效的中药汤剂而出现泻痢不止的情况，宜服冷稀粥帮助止泻。

11.1.10 具有安胎功效的中药汤剂，服药后宜适当温卧。

11.2 可能产生的不良反应

见附录 B“不良反应的救治/预防措施”。

11.3 用药监测/自我记录

11.3.1 具有泻下或驱虫功效的中药汤剂，监测大便次数、质量、颜色、气味以及是否有虫体排除，记录排便时间、排便次数及排便时的自我感觉。

11.3.2 具有利湿、逐水功效的中药汤剂，监测小便颜色、气味、次数以及尿量的多少。

11.3.3 中药汤剂药性峻猛或含毒性饮片，监测血压、呕吐、腹痛等情况，若出现剧烈腹痛、呕吐不止、大汗淋漓、心慌气短等中毒现象，应立即停药并及时就医。

11.4 服药后可能对排泄物/检测结果产生的影响

见附录 B“对排泄物/检测结果产生的影响”。

12 贮存指导

12.1 针对各类中药房和中医诊所暂贮汤剂，应根据当地或医疗机构规定；宜于储液桶内煮沸并冲洗管道后进行袋装包装，以便贮存时间相对较长。

12.2 真空密封包装的汤剂宜放入冰箱冷藏室 0℃~5℃范围内保存，保存时间在两周内，夏季保存时间为 3~7 天。

12.3 中药汤剂在室温通风下进行贮存，贮存时间不宜超过 3 天，且服用前应重新煮沸。

12.4 中药汤剂中含有全蝎、地龙、蜈蚣等动物类中药饮片，或含有熟地黄、黄芪、葛根等高糖高淀粉类中药饮片，宜放入冰箱冷藏室低温保存，保存时间不宜超过 7 天，且服用前应重新煮沸。

12.5 对于医疗机构代煎汤剂，若出现药液袋鼓起，或药液变色、变味、气泡等异常现象，不宜服用。

附录 A
(规范性)

中药汤剂服用指南的知识框架

在发药时,药师对患者进行的中药汤剂服用指导应包含通用指导技术内容和个性化指导技术内容等两部分内容,根据患者的性别、年龄、体质、所患疾病的病位、病势、病机以及严重程度不同有针对性地进行服药指导,主次分明。(见图 A.1)

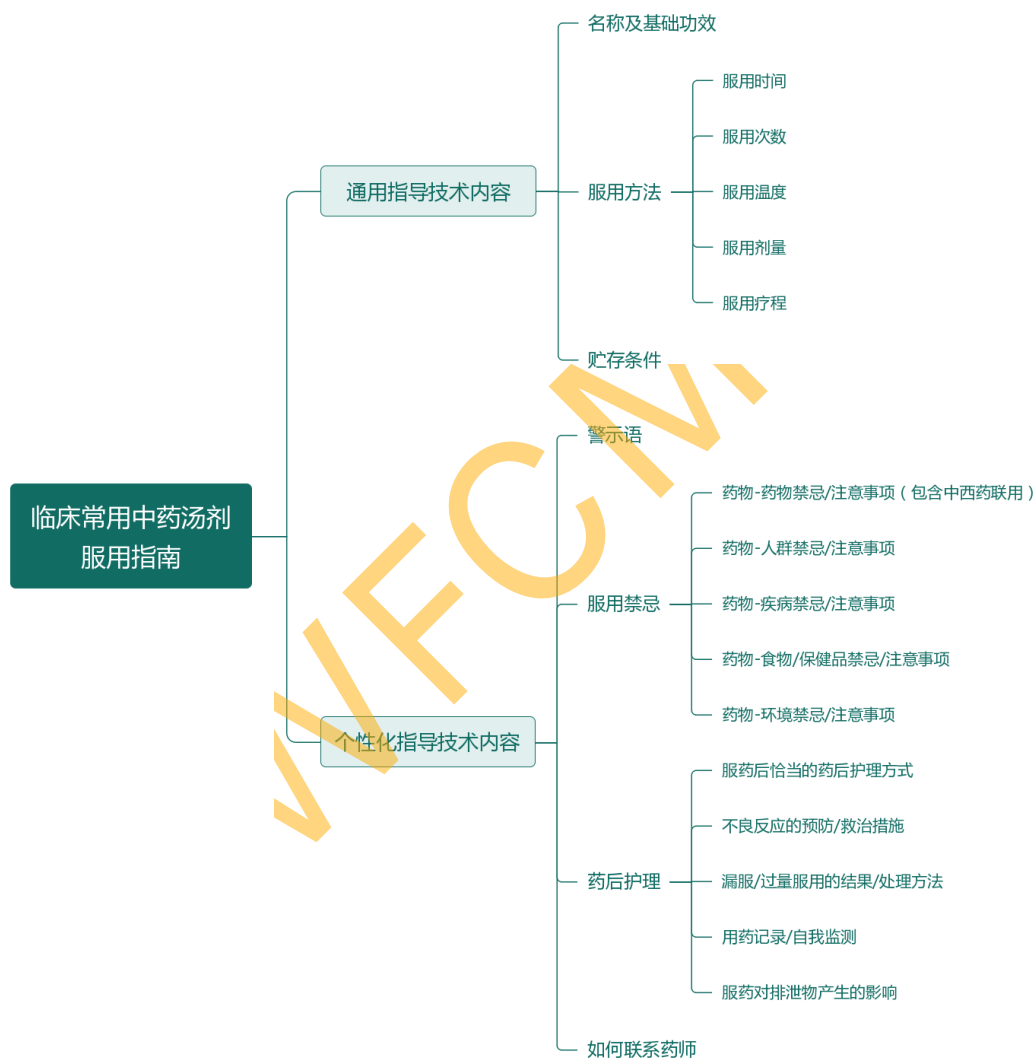


图 A.1 中药汤剂服用指南知识框架

附录 B
(资料性)

中药汤剂服用指南知识框架的参考准则

中药汤剂服用知识体系框架参考准则在 2 个一级要素的指导下，可构建“中药汤剂的名称和基本治疗功效”等 7 个二级知识条目，“中药汤剂的服用时间”等 13 个三级知识条目和“《中国药典》（2020 版）”等 82 个参考准则。在中药汤剂服用指南知识体系下，可参考现有的中医药法规、标准、教材等文件提取 73 条知识内容（见表 B.1）。

表 B.1 中药汤剂服用指南三级要素及其参考准则

一级要素	二级要素	三级要素	参考准则	知识内容编号	
通用技术指导技术内容	1 名称及基本功效	——	1-古代中医典籍《伤寒杂病论》《备急千金要方》	1	
			2-《方剂学》（李冀，左铮云主编，中国中医药出版社，2021）	2	
	2 服用方法（包含中药饮片特殊服法的告知，如烊化等）	1.服用时间	1-中华医典（第 5 版）	3	
			2-《中医内科常见病诊疗指南》	4	
			3-《方剂学》（李冀，左铮云主编，中国中医药出版社，2021）	5	
		2.服用次数	1-中华医典（第 5 版）	6	
			2-《中医内科常见病诊疗指南》	7	
			3-《方剂学》（李冀，左铮云主编，中国中医药出版社，2021）	8	
			4-临床随机对照试验	9	
		3.服用温度	1-中华医典（第 5 版）	10	
			2-《中医内科常见病诊疗指南》	11	
			3-《方剂学》（李冀，左铮云主编，中国中医药出版社，2021）	12	
			4.服用剂量	1-中华医典（第 5 版）	13
				2-《中医内科常见病诊疗指南》	14
		3-《方剂学》（李冀，左铮云主编，中国中医药出版社，2021）		15	
	4-临床随机对照试验	16			
	5.服用疗程（有即告知）	1-中华医典（第 5 版）	17		
		2-《中医内科常见病诊疗指南》	18		
		3-《方剂学》（李冀，左铮云主编，中国中医药出版社，2021）	19		
		4-临床随机对照试验	20		
	中药汤剂的贮	——	1-临床实际用药经验（根据地域和医疗机构不同）	21	

	存条件			
个性化 指导技 术内容	警示语	---	1-《中国药典》2020 版	22
			2-《中华人民共和国药典临床用药须知中药卷》 (国家药典委员会, 人民卫生出版社, 2020)	23
			3-《国家基本药物临床应用指南》(国家基本药物 临床应用指南编委会, 人民卫生出版社, 2010)	24
			4-国内外期刊数据库	25
	中药汤剂的服 用禁忌	1.药物-药物 (包含中-西药 联用)	1-药品不良反应监测数据库	26
			2-《中国药典》2020 版	27
			3-《中华人民共和国药典临床用药须知中药卷》 (国家药典委员会, 人民卫生出版社, 2020)	28
			4-药品上市许可持有人收集的临床前研究、上市前 临床试验及上市后再评价研究	29
			5-《临床中药药物治疗学》(张冰,周祯祥主编, 人民卫生出版社, 2016)	30
			6-国内外期刊数据库	31
			7-中华医典(第 5 版)	32
			8-《中成药与西药的相互作用》(曹俊岭, 甄汉深 主编, 人民卫生出版社, 2016)	33
		2.药物-人群	1-药品不良反应监测数据库	34
			2-《中华人民共和国药典临床用药须知中药卷》 (国家药典委员会, 人民卫生出版社, 2020)	35
			3-《临床中药药物治疗学》(张冰,周祯祥主编, 人民卫生出版社, 2016)	36
			4-国内外期刊数据库	37
			5-中华医典(第 5 版)	38
			6-临床实际用药经验	39
		3.药物-食物/保 健品	1-药品不良反应监测数据库	40
			2-《中国药典》2020 版	41
			3-《中华人民共和国药典临床用药须知中药卷》 (国家药典委员会, 人民卫生出版社, 2020)	42
			4-药品上市许可持有人收集的临床前研究、上市前 临床试验及上市后再评价研究	43
			5-《临床中药药物治疗学》(张冰,周祯祥主编, 人民卫生出版社, 2016)	44
			6-国内外期刊数据库	45
			7-中华医典(第 5 版)	46
		4.药物-疾病	1-药品不良反应监测数据库	47
			2-《中国药典》2020 版	48
			3-《中华人民共和国药典临床用药须知中药卷》 (国家药典委员会, 人民卫生出版社, 2020)	49
			4-药品上市许可持有人收集的临床前研究、上市前 临床试验及上市后再评价研究	50

	5.药物-环境	5-《临床中药药物治疗学》（张冰,周祯祥主编,人民卫生出版社,2016）	51		
		6-国内外期刊数据库	52		
		7-中华医典（第5版）	53		
		1-药品不良反应监测数据库	54		
		2-《中国药典》2020版	55		
		3-《中华人民共和国药典临床用药须知中药卷》（国家药典委员会,人民卫生出版社,2020）	56		
		4-药品上市许可持有人收集的临床前研究、上市前临床试验及上市后再评价研究	57		
		5-《临床中药药物治疗学》（张冰,周祯祥主编,人民卫生出版社,2016）	58		
		6-国内外期刊数据库	59		
		7-《中国药典》2020版	60		
		中药汤剂的药后护理	1.服药后恰当的 药后护理方式	1-中华医典（第5版）	61
				2-《中医内科常见病诊疗指南》	62
				3-《中药药物警戒》（张冰主编,人民卫生出版社,2015）	63
				4-《中医内科学》（吴勉华,石岩主编,中国中医药出版社,2021）	64
	5-《中华人民共和国药典临床用药须知中药卷》（国家药典委员会,人民卫生出版社,2011）			65	
	6-国内外期刊数据库			66	
	7-药品上市许可持有人收集的临床前研究、上市前临床试验及上市后再评价研究			67	
	8-《临床中药药物治疗学》（张冰,周祯祥主编,人民卫生出版社,2016）			68	
	9-临床实际用药经验			69	
	2.不良反应的预防/救治措施 (包含可能产生的不良反应)		1-中华医典（第5版）	70	
2-《中医内科常见病诊疗指南》			71		
3-《中药药物警戒》（张冰主编,人民卫生出版社,2015）			72		
4-《中华人民共和国药典临床用药须知中药卷》（国家药典委员会,人民卫生出版社,2011）			73		
5-药品上市许可持有人收集的临床前研究、上市前临床试验及上市后再评价研究			74		
6-国内外期刊数据库			75		
7-《临床中药药物治疗学》（张冰,周祯祥主编,人民卫生出版社,2016）			76		
8-临床实际用药经验		77			
3.用药记录/自我监测	1-临床实际用药经验	78			
	2-国内外期刊数据库	79			
4.服药对排泄物	1-中华医典（第5版）	80			

		产生的影响	2-临床实际用药经验	81
			3-《中药药物警戒》（张冰主编，人民卫生出版社，2015）	82

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附录 C
(资料性)
常用中药汤剂示例

C.1 常用中药汤剂示例索引

本部分内容按照疾病分类法对国家中医药管理局 2018 年发布的《古代经典名方目录（第一批）》，东汉·张仲景所著的《伤寒杂病论》，唐·孙思邈所著的《备急千金要方》中的中药汤剂处方进行索引研究，筛选方剂名称、处方组成、主治病症、服药温度、服药时间、服药次数、服药剂量、疗程、服药禁忌、药后护理、疗效观察对应部分内容记录清晰者；且处方中不包含《中华人民共和国药典》（2020 版）收录的大毒中药，不涉及国家重点保护的野生动物药材品种目录的一级保护品种；处方为常用中药或中药饮片处方，其中不含有十八反、十九畏等配伍禁忌。共筛选常用中药汤剂示例 461 首。

病证分类	类型		常用方剂	
肺系疾病	咳嗽	诸气咳嗽	厚朴汤	
		肺气上咳	橘皮汤	
		肺气不足	补肺汤	
		肺气不足，腰痛	小建中汤	
		咳嗽		桂苓五味甘草汤
				苓甘五味姜辛汤
				桂苓五味甘草去桂加姜辛半夏汤
				加姜辛半夏杏仁汤方
				苓甘五味加姜辛半杏大黄汤
				小青龙加石膏汤
				射干麻黄汤
				厚朴麻黄汤
				麦门冬汤
				麻黄石膏汤
			大枣汤	
			温脾汤	
			百部根汤	
		海藻汤		
		白前汤		
		竹皮汤		
	肺痈	——	桔梗汤 泻肺汤	
	肺劳	肺气虚重症	麻黄引气汤 半夏汤 厚朴汤	

			黄芪汤
			大前胡汤
			竹叶汤
			桂枝去芍药加皂荚汤
	小儿癖结 胀满	---	紫菀汤
			五味子汤
			射干汤
			桂枝汤
	肺痿	---	甘草干姜汤
			甘草汤
	小儿伤寒	---	麦门冬汤
			芍药四物解肌汤
			麻黄汤
			五味子汤
			升麻汤
			大黄汤
			竹叶汤
			调中汤
			生地黄汤
			恒山汤
	伤寒		桂枝汤
			桂枝加桂汤
			桂枝加芍药汤
			桂枝加大黄汤
			桂枝加厚朴杏子汤
			桂枝加附子汤
			桂枝去芍药汤
			桂枝去芍药加附子汤
			桂枝甘草龙骨牡蛎汤
			桂枝人参汤
			桂枝附子汤
			桂枝去桂加茯苓白术汤
			桂枝加芍药生姜各一两人参三两新加汤
			桂枝麻黄各半汤
			麻黄汤
			大青龙汤
			小青龙汤
			桂枝二麻黄一汤
			桂枝二越婢一汤
			麻黄细辛附子汤
			麻黄附子甘草汤
			麻黄杏仁甘草石膏汤
			葛根汤

			葛根加半夏汤
			葛根黄芩黄连汤
			桂枝加葛根汤
			白虎汤
			白虎加人参汤
			竹叶石膏汤
			调胃承气汤
			小承气汤
			大承气汤
			桃核承气汤
			大陷胸汤
			小陷胸汤
			栀子豉汤
			栀子甘草豉汤
			栀子生姜豉汤
			栀子厚朴汤
			栀子干姜汤
			栀子柏皮汤
			茵陈蒿汤
			枳实栀子豉汤
			小柴胡汤
			大柴胡汤
			柴胡加芒硝汤
			柴胡桂枝汤
			柴胡桂枝干姜汤
			黄芩汤
			黄芩加半夏生姜汤
			大黄黄连泻心汤
			附子泻心汤
			甘草泻心汤
			半夏泻心汤
			生姜泻心汤
			干姜黄芩黄连人参汤
			黄连汤
			旋复代赭汤
			四逆汤
			通脉四逆汤
			通脉四逆加猪胆汁汤
			干姜附子汤
			四逆加人参汤
			茯苓四逆汤
			附子汤
			真武汤

			白通汤
			当归四逆汤 3
			当归四逆加吴茱萸生姜汤
			甘草汤
			桔梗汤
			桂枝甘草汤
			甘草干姜汤
			芍药甘草汤
			芍药甘草附子汤
			茯苓甘草汤
			茯苓桂枝甘草大枣汤
			茯苓桂枝白术甘草汤
			厚朴生姜半夏甘草人参汤
			小建中汤
			炙甘草汤
			赤石脂禹余粮汤
			桃花汤
			猪苓汤
			吴茱萸汤
			麻黄升麻汤
			甘草附子汤
			白头翁汤
			桂枝附子去桂加白术汤
			桂枝芍药知母汤
			黄芪桂枝五物汤
			半夏厚朴汤
			瓜蒌薤白半夏汤
			苓桂术甘汤
			泽泻汤
			百合地黄汤
			枳实薤白桂枝汤
			橘皮竹茹汤
			麦门冬汤
			甘姜苓术汤
			厚朴七物汤
			厚朴麻黄汤
			当归建中汤
			温脾汤
			温胆汤
			小续命汤
			三化汤
心系病证	心悸	子烦（妊娠中期烦躁心悸）	竹沥汤

		心气弱悸	大补心汤
		风虚惊悸	远志汤
			茯神汤
			补心汤
			小定心汤
			大定心汤
			荆沥汤
	镇心汤		
	胸痹	心实热，烦闷	石膏汤
		心下痞满	泻心汤
		心痛	桂心三物汤
			五辛汤
			高良姜汤
			温中当归汤
			羊肉当归汤
			温脾汤
		胸痹	瓜蒌汤
			枳实薤白桂枝汤
			茯苓汤
			通气汤
前胡汤			
槟榔汤			
心劳热	——	大黄泻热汤	
		升麻汤	
		麻黄调心泄热汤	
其他病证	心气不足，吐血	大黄黄连泻心汤	
	惊梦喜笑恐惧悸不安	竹沥汤	
	心气不足	茯苓补心汤	
	心虚寒，心中胀满	半夏补心汤	
脑系病证	眩晕	风眩	防风汤
	中风	产后中风	大豆紫汤
			独活紫汤
			小独活汤
			甘草汤
			独活汤
			竹叶汤
			防风汤
			独活汤
			大豆汤
			五石汤
			四石汤
			小柴胡汤
			甘草汤

			葛根汤
			茯神汤
			远志汤
			茯苓汤
			安心汤
		中风	小续命汤
			大续命汤
			西州续命汤
			排风汤
			大八风汤
			乌头汤
			大防风汤
		贼风中风	川芎汤
			依源麻黄续命汤
			温中生姜汤
			乌头汤
			防风汤
			羌活汤
			防己汤
			大枣汤
		偏风	防风汤
			葛根汤
			仲景三黄汤
			白芷薏苡汤
			独活寄生汤
		中风后偏瘫	竹沥汤
严重中风昏迷	独活汤		
角弓反张	仓功当归汤		
心系病证-头面风	茯神汤		
	犀角汤		
痢证	小儿风痢	大黄汤	
		增损续命汤	
		石膏汤	
脾胃系病证	妊娠恶阻	半夏茯苓汤	
		青竹茹汤	
		橘皮汤	
	呕吐	胃不受食，食即呕吐	大半夏汤
		呕吐哕逆	半夏汤
	前胡汤		
	小麦汤		
	橘皮汤		
噎膈	噎塞	大黄甘草汤	
		竹皮汤	

			干姜汤
			通气汤
腹痛	产后腹痛		芍药汤
			当归汤
			羊肉汤
			羊肉当归汤
			羊肉杜仲汤
			羊肉地黄汤
			内补当归建中汤
			内补川芎汤
			大补中当归汤
			吴茱萸汤
			蒲黄汤
			败酱汤
			独活汤
			芍药黄芪汤
泄泻	产后下痢		白头翁汤
			鳖甲汤
			干地黄汤
			生地黄汤
痢疾	热痢		三黄白头翁汤
			白头翁汤
			茯苓汤
	冷痢		温脾汤
			大桃花汤
			仓米汤
			附子汤
			断痢汤
			泻心汤
			香苏汤
	小儿痢		温中汤
			温中大黄汤
			大黄汤
便秘	——	三黄汤	
其他病证	脾热黄疸	大黄泻热汤	
	脾劳	半夏汤	
	口苦	补胃汤	
	胃胀满		温胃汤
			大半夏汤
			附子粳米汤
			厚朴三物汤
			厚朴七物汤
	吴茱萸汤		

		痼冷积热	大桂汤
			半夏汤
			生姜汤
			甘草汤
			茱萸硝石汤
			大黄附子汤
			大乌头汤
			五石汤
			竹叶汤
			半夏汤
承气汤			
肝胆系病证	胁痛	产后胁痛	干地黄汤
		肝气不足，胁满	补肝汤
		肝虚寒，胀满胁痛	槟榔汤
	积聚	坚症积聚	陷胸汤
			甘遂汤
	其他病证	小儿痲痘瘰疬	漏芦汤
麻黄汤			
		手脚抽筋	橘皮通气汤
肾系疾病	水肿	妊娠水肿，小便不利	鲤鱼汤
	其他病证	产后淋渴	瓜蒌汤
			竹叶汤
		肾实热小腹胀满	泻肾汤
		肾劳实热	梔子汤
		精气衰竭	竹叶黄芩汤
		骨极	三黄汤
	腰痛	肾着汤	
气血津液病证	吐血	---	生地黄汤
			坚中汤
			柏叶汤
			泽兰汤
			犀角地黄汤
			当归汤
			竹茹汤
			麦门冬汤
	痰饮	---	小半夏汤
			甘草汤
			木防己汤
			厚朴大黄汤
			小半夏加茯苓汤
			甘遂半夏汤
			大茯苓汤
茯苓汤			

			大半夏汤		
			半夏汤		
			当归汤		
			吴茱萸汤		
			前胡汤		
			旋覆花汤		
			姜椒汤		
			断膈汤		
	虚劳	产后虚损		羊肉汤	
				猪肾汤	
				羊肉黄芪汤	
				当归芍药汤	
				杏仁汤	
				五石汤	
				三石汤	
				内补黄芪汤	
				吴茱萸汤	
				鲤鱼汤	
				桂枝加附子汤	
				产后虚烦	
		人参当归汤			
		甘竹茹汤			
		知母汤			
		竹叶汤			
		淡竹茹汤			
		胆气虚导致虚烦			芍药汤
					温胆汤
					酸枣汤
	虚劳			栀子汤	
				建中汤	
				小建中汤	
				黄芪建中汤	
前胡建中汤					
乐令建中汤					
黄芪汤					
大建中汤					
肾沥汤					
增损肾沥汤					
凝唾汤					
人参汤					
肢体经络病证	痹证	风毒脚气	第一竹沥汤		
			第三竹沥汤		
			麻黄汤		

			第二服独活汤
			第四服风引独活汤兼补方
			独活汤
			越婢汤
			风引汤
			犀角旋复花汤方
			大犀角汤
			吴茱萸汤
			小风引汤
			四物附子汤
			半夏汤
			紫苏子汤
			附子汤
			防风汤
			甘草汤
痿证	---	---	解风痹汤
			西州续命汤
七窍病证	目病	视物不清	泻肝汤
	鼻病	流鼻血	生地黄汤
其他疾病	---	安胎	不孕不育
			朴硝荡胞汤
			乌雌鸡汤方
			补胎汤
			艾叶汤方
			黄连汤
			雄鸡汤方
			茯神汤
			菊花汤方
			安中汤方
			麦门冬汤方
			柴胡汤
			葱白汤方
			杏仁汤
			芍药汤
		半夏汤	
		猪肾方	
		胎动不安	葱白汤
			旋复花汤
			胶艾汤
		下乳	单行鬼箭汤
		恶露	干地黄汤
			泽兰汤
甘草汤			
大黄汤			

			柴胡汤
			蒲黄汤
			栀子汤
			生地黄汤
			升麻汤
		妇人杂治	竹茹汤
			半夏厚朴汤
			桑根白皮汤
		月水不通	前胡牡丹汤
			当归汤
			生地黄汤
			川芎汤
		少小客魅挟实	白藓皮汤
		小儿杂病	升麻汤
			蒲黄汤
		小肠热口疮	柴胡泽泻汤
		大肠实热，腹胀不通	生姜泻肠汤
		上焦虚寒	黄芪理中汤
		上焦闭塞干呕	厚朴汤
		下焦热盛呕吐	止呕人参汤
		下焦虚寒	人参续气汤
		痈疽	黄芪竹叶汤
			漏芦汤
			小竹沥汤
			黄芪茯苓汤
			栀子汤
			五利汤
		乳汁不畅	连翘汤
		解毒	葱白豉汤
			甘草汤
			桂心汤
			人参汤
			生麦门冬汤
			大黄汤
			人参汤
			参桂汤方
			大黄黄芩汤
			栀子豉汤
			理中汤
			人参汤
			槟榔汤
		猝死	还魂汤
		跌打损伤	胶艾汤

			大胶艾汤
			竹皮汤
			桃仁汤

C. 2 代表示例：桂枝汤的服用指南

C. 2. 1 基础功效

主治外感风寒表虚证。恶风发热，汗出头痛，鼻鸣干呕，苔白不渴，脉浮缓或浮弱。

C. 2. 2 服用方法

C. 2. 2. 1 服用时间

宜空腹服。

C. 2. 2. 2 服用温度

适寒温服，37-40℃左右服用。

C. 2. 2. 3 服用次数

根据病情变化灵活掌握桂枝汤的服用次数，一日 1-3 次。

C. 2. 2. 4 中药汤剂的服用剂量

成人每次剂量 200mL 左右，老人、儿童、孕妇及哺乳期妇女请遵医嘱服药。

C. 2. 2. 5 中药汤剂的服用疗程

桂枝汤的服用疗程与病情变化相关，若一服汗出病瘥，停后服，不必尽剂；若不汗，更服如前法；又不汗，后服小促其间，半日许，令三服尽。若病重者，一日一夜服，周时观之，服一剂尽，病证犹在者，更作服；若汗不出，乃服至二三剂。若出现其他变化，请遵医嘱。

C. 2. 3 警示语

无。

C. 2. 4 中药汤剂的服用禁忌

C. 2. 4. 1 中药汤剂的药物-药物禁忌/注意事项（包含中西药联用）

桂枝汤中含有甘草，服用此方的同时不可服用海藻、大戟、芫花、甘遂饮片或含其饮片的中成药或成方制剂；与强心苷类药物地高辛、洋地黄同用时，注意有无地高辛中毒反应发生；与降压药利血平、降糖药、酸性西药、酶制剂、抗菌药红霉素、四环素、氯霉素、华法林、香豆素类抗凝药、水杨酸衍生物类药、排钾类利尿药、卡马西平、甲基多巴、H₂受体阻断剂、维生素 A 等药物同用，均可能降低其疗效；与三环素类抗抑郁药同用时，可能使三环素类抗抑郁药代谢产物增多，引发不良反应。

患者在服用桂枝汤的过程中不宜加糖。

若出现汤剂焦煎的情况，不宜服用。

C. 2. 4. 2 中药汤剂的药物-人群禁忌/注意事项

桂枝辛温助热，温通经脉，孕妇及月经过多者需在医生指导下进行服用。

生姜助火伤阴，热盛及心虚内热者不宜服用桂枝汤。

食积、虫积、龋齿作痛、痰热咳嗽的患者不宜服用桂枝汤。

长期饮酒或酗酒的患者不宜服用桂枝汤。

C. 2. 4. 3 中药汤剂的药物-疾病禁忌/注意事项

桂枝辛温助热，易伤阴动血，外感热病、阴虚火旺、血热妄行、湿盛脘腹胀满等证不宜服用桂枝汤。

外感风寒表实无汗者禁用桂枝汤。

C. 2. 4. 4 中药汤剂的药物-食物/保健品禁忌/注意事项

服用桂枝汤的过程中需禁生冷、黏滑、肉面、五辛、酒酪、臭恶等物。

C. 2. 4. 5 中药汤剂的药物-环境禁忌/注意事项

服用桂枝汤的过程中需注意避风。

C. 2. 5 中药汤剂的药后护理

C. 2. 5. 1 中药汤剂服用后恰当的药后护理方式

服用桂枝汤后，啜热稀粥一升余。温覆令一时许，遍身热染微似有汗者益佳。

C. 2. 5. 2 中药汤剂服用后的不良反应

尚不明确。若服用桂枝汤后出现不适症状，请立即停药并就医。

C. 2. 5. 3 中药汤剂的用药记录/自我监测

监测病情变化和发汗程度。

C. 2. 5. 4 中药汤剂服用后对排泄物产生的影响

观察发汗状态，不可令如水流漓。

C. 2. 6 中药汤剂的贮存条件

真空密封包装的汤剂宜放入冰箱冷藏室 0-5℃范围内保存，保存时间在两周内，夏季保存时间为 3-7 天；若服用过程中出现药液袋鼓起，或药液变色、变味、气泡等异常现象，不宜服用。

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Foreword

Attention is drawn to the possibility that some of the elements of this standard may be the subject of patent rights. World Federation of Chinese Medicine Societies (WFCMS) shall not be held responsible for identifying any or all such patent rights.

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WFCMS

Introduction

Traditional Chinese medicine decoction is one of the important contents of pharmaceutical services and has always been the most influential formulation of traditional Chinese medicine in disease prevention and treatment for thousands of years. In addition to the pharmacological effects, its administration method and therapeutic effect are also closely related. The scientific and correct administration method directly affects the clinical efficacy of traditional Chinese medicine decoction. At present, there is a lack of guidance standards for the use of traditional Chinese medicine decoction in the clinical practice of traditional Chinese medicine internationally, and most countries have not yet clarified the division of labor and unified the content of the explanation for the use of traditional Chinese medicine decoction. In France, the administration and proof of decoction are generally provided by traditional Chinese medicine dispensing institutions, and the prescriptions issued by traditional Chinese medicine practitioners shall prevail; In the United States, the use of decoction is mainly explained by acupuncturists.

Therefore, in order to enhance the safety, effectiveness, and feasibility of traditional Chinese medicine in various countries around the world, it is urgent to develop a guide for the use of traditional Chinese medicine decoction, providing a reference for practitioners of traditional Chinese medicine to inform patients of the content of medication instructions during the dispensing process.

This document is based on a systematic review of the knowledge of the use of traditional Chinese medicine decoction, coordinating domestic and foreign regulations and applicability, and developing guidance standards and knowledge system frameworks for the use of traditional Chinese medicine decoction. It helps to improve the therapeutic effect of traditional Chinese medicine decoction, improve the development of clinical pharmaceutical services, and promote the standardized use of traditional Chinese medicine decoction worldwide.

1 Scope

This document specifies the taking principles, general methods, personalised guidance and storage guidance that Chinese medicine practitioners are required to inform patients before taking decoctions.

This document applies to all the institutions in which TCM knowledge is trained in different countries or regions.

2 Normative references

The following referenced documents are indispensable for the application of this document. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

SCM 55-2020 Requirements for Prescription, Dispensing, Delivery, Decoction and Taking of Chinese Medicine Part 4: Requirements for Decoction and Taking of Chinese Medicine

3 Terms and definitions

For the purposes of this document, the following terms and definitions apply.

3.1

Traditional Chinese Medicine decoction

Liquid formulations obtained by removing dregs and extracting juice from Chinese medicine tablets or coarse granules after adding water for decoction or boiling water for soaking.

3.2

Method of administration

The method of administration of traditional Chinese decoction in a scientific and reasonable manner according to the time, quantity and course of treatment.

4 Principles of administration

It should be based on the principle of "applying the dosage according to the disease, taking medicine in moderation, and stopping when the patient is improved", as follows:

a) According to the patient's age, gender and severity of the disease, it is appropriate to provide general and individualised guidance on the consumption

of traditional Chinese decoctions, which can be found in Appendix A;

b) According to the different types of decoctions, it is appropriate to provide targeted guidance on taking them, which can be found in Appendix B.

c) For clinical administration of commonly used traditional Chinese decoction, it is appropriate to refer to the catalogue of commonly used decoctions, which can be found in Appendix C.

5 Taking Time

5.1 The time of taking traditional Chinese decoction shall meet the requirements of "taking method" in "7.1.2" and "7.1.3" in SCM 55-2020.

5.2 Traditional Chinese decoction for the treatment of acute and serious illnesses and miscarriage can be taken at any time without following the specific dosing time.

5.3 Traditional Chinese decoction for the treatment of chronic diseases should be taken regularly in small amounts and in multiple times.

5.4 Decoctions for treating diseases manifesting above the chest and diaphragm, e.g. heart and lungs, should be taken about 30 minutes after meals.

5.5 Decoctions for treating diseases manifesting below the heart and abdomen, e.g. deficiency of the liver and kidney, intestines, should be taken about 30~60 minutes before meals.

5.6 Decoctions for treating diseases manifesting in the bone marrow are recommended to be taken about 30 minutes after dinner.

5.7 Decoctions for treating diseases manifesting in the limbs or blood, it is advisable to take it without food for 8~10 hours and before eating in the next morning.

5.8 Decoctions with antidiarrheal effect or gastrointestinal irritation are recommended to be taken about 30 minutes after eating.

5.9 Decoctions with the efficacy of moving, dispersing and facilitating are recommended to be taken about 30 to 60 minutes before meals.

5.10 Decoctions with the efficacy of nourishing, clearing down and expelling water, attacking accumulation and directing stagnation, and expelling worms should be taken when there is no food for 8 to 10 hours, and before eating in the morning of the next day.

5.11 Decoctions with the efficacy of tonifying the heart and spleen, calming the mind, calming the nerves, astringing the essence and stopping the emission of sperm and slowing down the flow of urine are recommended to be taken about 15~30 minutes before going to bed.

5.12 Decoctions with anti-malarial efficacy should be taken 2 hours before the

onset of illness.

6 Frequency of Dosage

6.1 The frequency of doses of traditional Chinese decoction shall meet the requirements in "7.1 General Requirements" in SCM 55-2020.

6.2 For the treatment of acute illness and high fever, decoctions should be taken in one dose.

6.3 Decoctions for the treatment of serious diseases, drug poisoning, sudden death and other diseases with strong and solid qi, it should be quickly consumed in one dose after decoction.

6.4 Decoctions for the treatment of Chinese medicine diseases showing wind-cold-dampness causing illness or frequent attacks, it is advisable several times consecutively at certain intervals of time, day and night.

6.5 Decoctions for the treatment of Chinese medicine diseases manifesting lung diseases, wheezing, gastritis, etc. with night-time aggravation predominantly, it is advisable to take it several times at certain intervals, day and night continuously.

6.6 Decoctions for the treatment of Chinese medicine diseases manifesting as acute or serious illnesses or predominantly upward-focused illnesses, such as vomiting, throat diseases, etc., are recommended to be taken in small quantities several times.

6.7 Decoctions that are toxic or with abortifacient effect should be taken once.

6.8 Decoctions with insomnia treatment effects should be taken before bedtime and once a day.

6.9 Decoctions with tonic effect, it is recommended to take them 4 times a day.

6.10 Decoctions with laxative, stasis-eliminating and insect-expelling effects, it is recommended that they be taken 1 time quickly.

7 Taking Temperature

7.1 The optimal taking temperature of traditional Chinese decoctions should be close to the ambient body temperature of the human body, generally at 30°C~37°C.

7.2 Decoctions should not be taken at a maximum temperature of more than 65°C; burnt decoctions should not be taken.

7.3 Decoctions for the treatment of Chinese medicine diseases mainly manifested by hyperthermia, haemorrhagic fever, headstroke, constipation, heat drenching, vomiting, poisoning, etc. It is advisable to take the decoctions cold and at a temperature lower than 26°C.

7.4 Decoctions for the treatment of Chinese medicine diseases manifested by acute

diseases, gastric (duodenal) ulcer, internal cold syndrome, deficiency cold syndrome of spleen and stomach, which should be taken hot and at a temperature of about 37°C~40°C.

7.5 Decoctions for the treatment of Chinese medicine diseases manifesting symptoms of true cold are suitable to be taken below 26°C; decoctions for the treatment of Chinese medicine diseases manifesting symptoms of true heat are suitable to be taken at around 37°C~40°C.

7.6 Decoctions with nourishing and attacking effects should be taken warmly, around 30°C~37°C.

7.7 Decoctions with the effects of stopping bleeding, astringency, dispelling summer heat, detoxification, stopping vomiting and clearing heat should be taken cold and at a temperature below 26°C.

7.8 Decoctions with the efficacy of relieving symptoms with pungent and warmth, regulating Qi, promoting blood circulation and removing blood stasis, dispelling cold and warming the blood, they should be taken hot, at a temperature of about 37°C~40°C.

8 Dosage

8.1 The daily dosage of traditional Chinese decoction should be 1 dose per day, combining the first decoction and the second decoction, decocting about 600mL of liquid, and taking it warmly in 2~3 times, about 200mL per time; in case of special circumstances, it is advisable to follow the doctor's instruction.

8.2 For adults, each dose should be 200-300mL; for newborn babies less than 1 year old, each dose should be 1-20mL (the liquid should be concentrated); for infants and children aged 1-2 years old, each dose should be 20-40mL (the liquid should be concentrated); for children aged 3-7 years old, each dose should be 40-80mL; for children aged 8-16 years old, each dose should be 100-80mL; in special circumstances, it is advisable to follow the instructions. If children aged 3-7 years old, the dosage should be 40-80mL; if children aged 8-16 years old, the dosage should be 100-150mL; if there are special circumstances, it is advisable to follow the doctor's advice.

9 Course of treatment

9.1 Traditional Chinese decoctions should be taken for a period of 2~15 days; some for treating chronic diseases or with tonic effect can be taken continuously for about one month.

9.2 Decoctions are used for treating acute or serious disease, or with blood in

urine, pain or diarrhoea as the main manifestation, or containing toxic drinks, or with the effects of tranquillising the mind, invigorating the blood and promoting sweating, etc., so that symptomatic improvement should be taken as the criterion for discontinuation of the medication, and the medication should be taken in accordance with doctor's advice.

10 Contraindications to use

10.1 Drug-Drug

10.1.1 The relevant contraindications of traditional Chinese decoctions should be in accordance with "C.1 Contraindications for Compounding" and "C.2 Contraindications for Pregnancy" in Appendix C of SCM 55-2020.

10.1.2 When decoctions are used in combination with other western medicines, the two medicines should be separated by more than 0.5~1 hour.

10.1.3 Others refer to Appendix B, "Drugs - Contraindications/Precautions".

10.2 Drugs - Population

Please refers to Appendix B, "Drug-Population Contraindications/Precautions" for reference guidelines.

10.3 Drug-Disease

10.3.1 Avoid cold and raw materials in patients with cold diseases; avoid pungent, hot and greasy materials in patients with heat diseases.

10.3.2 Patients with weak spleen and stomach and indigestion should avoid deep-fried, cold and hard indigestible food.

10.3.3 Chest paralysis patients avoid fat meat, animal organs.

10.3.4 Avoid eating pepper, chilli, garlic and wine in patients with hyperactivity of liver.

10.3.5 Allergic patients avoid eating mango, lychee, peanuts and seafood and other hairy things.

10.3.6 Avoid seafood, mutton, stinky tofu, pork and other hairy things in patients with skin diseases.

10.3.7 Avoid pickled food and salt in patients with oedema disease.

10.4 Drugs-Foods/Health Supplements

10.4.1 General drug-food contraindications for traditional Chinese decoctions include avoidance of alcohol, cold, pungent and spicy foods, vinegar and slippery, oily (pig, dog, chicken and fish) and irritating foods.

10.4.2 Sour food and cold drinks should be avoided in decoctions with sweating

and symptomatic warming effects.

10.4.3 Decoctions the efficacy of clearing heat and cooling blood, detoxifying and subduing swellings, calming the liver, moistening the lungs and improving eyesight should avoid pungent and warm stimulants such as wine, garlic, cola, coffee, chilli and mutton.

10.4.4 Decoctions with the efficacy of warming menstruation, astringing essence and stopping diarrhoea, dispelling wind-dampness and relieving cold and pain should avoid cold beverages, raw pears, crabs, persimmons, bamboo shoots and other cold products.

10.4.5 Decoctions with stomach nourishing effect should avoid glutinous rice.

10.4.6 Semixia Poria decoction for the treatment of malignant obstruction of pregnancy is contraindicated with raw and cold vinegar, slippery and greasy food, woad and seaweed; Heracleum hemsleyanum Diels Soup for the treatment of malignant wind and poisonous qi is contraindicated with gourd and houttuynia cordata.

10.4.7 Gancaotang is used for the treatment of migratory winds that have persisted for many years. In the course of taking the medicine, caution should be exercised against cold and wind, vinegar, garlic, noodles, cheese, fish, and so on.

10.4.8 Sugar should not be added to tonics with the efficacy of expelling water and diuretic, white sugar should not be added to herbal tonics with warm and hot properties, and brown sugar should not be added to herbal tonics with cold and cool properties.

10.5 Drug-environment

Annex B "Drug-Environmental Contraindications/Precautions" is available.

11 Post-medication care

11.1 Nursing Care

11.1.1 For decoctions that require "sipping hot porridge" to assist the efficacy of the medicine, it is advisable to take a small amount of hot porridge after taking the medicine; for decoctions that do not require sipping of porridge, it is not necessary to take the porridge.

11.1.2 For decoctions that need to be "warmed and covered" to assist the effect of the medicine, it is advisable to cover up and lie down after taking the medicine.

11.1.3 For decoctions that require "stopping when the effect is achieved", "stopping when the disease is over", "stopping when the disease is in the middle", "stopping when the effect is seen", etc., it is not necessary to take the decoctions if

there is improvement in symptoms. For decoctions that require "stopping when the symptoms improve", "stopping when the disease is over", "stopping when the disease is over", "stopping when the medicine is effective", etc., it should be stopped immediately if symptoms improve.

11.1.4 For decoctions that require "observing the prescription and continuing to progress", even if there is improvement in symptoms, it is still necessary to continue to take the medicine; for decoctions with the characteristics of "continuing to progress without effect" and "taking more medicine without effect", even if there is no improvement in symptoms after taking the medicine, it is necessary to stop the medicine immediately. For those decoctions with the characteristics of "not effective and continue" and "not effective and take more", even if there is no obvious improvement of symptoms after taking the medicine, it is still necessary to insist on taking the medicine.

11.1.5 In the treatment of gastrointestinal diseases with traditional Chinese decoctions, it is advisable to lie down warmly after taking the medicine.

11.1.6 If the decoctions are used for treating acute diseases, they may be doubled as appropriate; if the decoctions are strong, the dosage should be increased gradually according to the principle of "small dosage increment".

11.1.7 For decoctions emetic effect, if vomiting does not stop, ginger juice, cold porridge or cool water should be taken to stop vomiting.

11.1.8 For decoctions with tranquilising effect, it is necessary to pay attention to a quiet sleeping environment before going to bed, and to avoid strong light stimulation.

11.1.9 For decoctions with antidiarrhoeal effect, if diarrhoea persists, cold porridge should be taken to stop diarrhoea.

11.1.10 For decoctions with foetus-restoring effect, it is advisable to lie down warmly after taking the medicine.

11.2 Possible adverse reactions

Appendix B "Possible adverse reactions" is available.

11.3 Medication monitoring/self-recording

11.3.1 For traditional Chinese decoctions with laxative or anthelmintic effects, monitor the frequency, quality, colour, odour of stools and whether worms are eliminated, and record the time of defecation, the number of bowel movements, and the self-perception during defecation.

11.3.2 For decoctions with diuretic and water-removing effects, monitor the colour, odour and frequency of urination as well as the amount of urine.

11.3.3 For decoctions that are strong in nature or contain toxic drinks, monitor

blood pressure, vomiting and abdominal pain, etc. If toxic phenomena such as severe abdominal pain, vomiting, profuse sweating, panic and shortness of breath occur, stop the medication immediately and seek medical advice promptly.

11.4 Possible effects on excretion/test results after taking the drug

Appendix B "Possible effects on excretion/test results after taking the drug" is available.

12 Storage Guidelines

12.1 For all types of pharmacies and clinics temporary storage of decoctions, it should be based on local or medical institutions; it is advisable to boil and flush the pipeline in the storage drum for bagging and packaging, in order to store for a relatively long period of time.

12.2 Vacuum-sealed packaged decoctions should be placed in the refrigerator freezer within the range of 0°C~5°C for storage within two weeks, and for 3~7 days in summer.

12.3 Decoctions which is stored at room temperature under ventilation, the storage time should not exceed 3 days and should be re-boiled before consumption.

12.4 Decoctions containing animal-type Chinese herbal medicines tablets such as scorpion, pheretima, centipede, etc., or Chinese herbal medicines tablets with high sugar and high starch content such as *Rehmannia glutinosa* (Gaetn.) Libosch. ex Fisch. et Mey., *Astragali Radix*, *Puerariae Lobatae Radix*, etc., should be placed in the refrigerator freezer for cold storage at low temperature, and the storage time should not be more than 7 days, and the product should be re-boiled before consumption.

12.5 For decoctions made in hospital, they should not be taken if there are abnormalities such as bulging of the medicine bag, or discolouration, change of taste or bubbling of the medicine.

Appendix A (Normative)

Knowledge Framework for Guidance on Taking Chinese Medicine Tonics

At the time of dispensing, the pharmacist's guidance should contain two parts, including the generic guidance and the personalised guidance, so that the guidance on taking medicines is targeted according to the differences in the patient's gender, age, physique, the location, situation and mechanism of the disease suffered, as well as the severity of the disease, with a clear distinction between the main and secondary parts. (Detailed in Figure A.1)

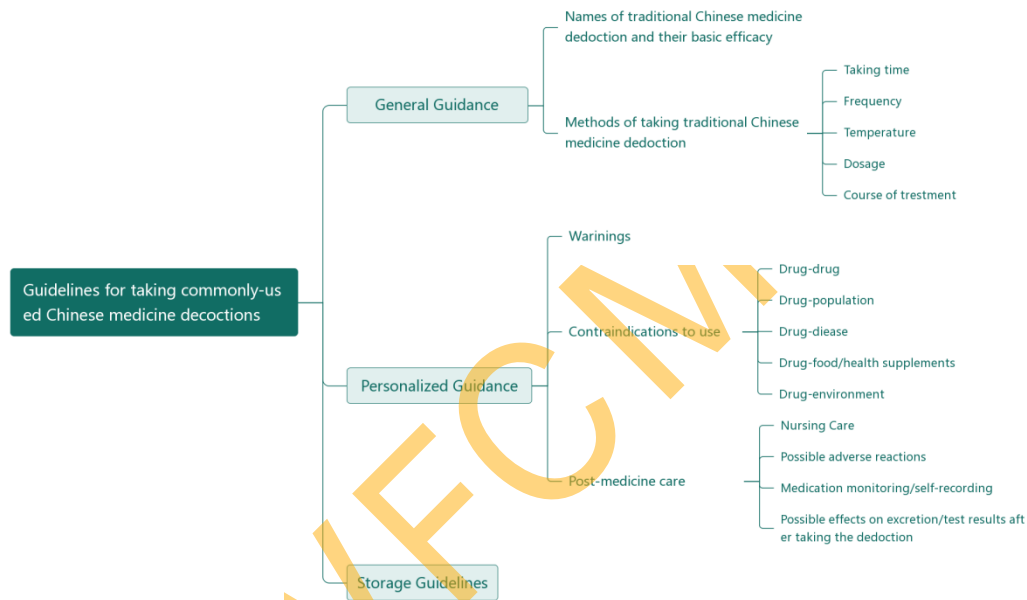


Figure A.1 Knowledge Framework for Guidelines on Taking Traditional Chinese Decoction

Appendix B (Informative)

Reference Guidelines for the Knowledge Framework for the Guidelines for the Administration of Traditional Chinese Medicinal Decoction

Under the guidance of the two first-level elements, the reference guidelines of the knowledge system framework for the administration of TCM decoction can be constructed into 7 second-level knowledge entries, such as "the names and basic therapeutic effects of TCM decoction", 13 third-level knowledge entries, such as "the time of administration of decoction", and 82 reference guidelines, such as "Chinese Pharmacopoeia (2020 Edition)". Under the knowledge system of guidelines for taking TCM decoction, 73 knowledge contents can be extracted with reference to existing TCM regulations, standards, teaching materials, and other documents (see Table B.1).

Table B.1 Three Levels of Elements of Guidelines for the Administration of TCM decoction and Their Reference Guidelines

First-Level Elements	Second-Level Elements	Third-Level Elements	Reference Guidelines	Knowledge content number	
General guidance technical content	1 Name and Basic Effects	---	1-Ancient Chinese Medical Texts "Treatise on Typhoid Miscellaneous Diseases" "Bijie Qianjin Yaofang	1	
			2-Formulary (Ji Li, Zhengyun Zuo, eds., China TCM Press, 2021).	2	
	2 Dosage (including information on special dosage methods for TCM decocting pieces, such as Yanghua,	1. Medication Time		1-Chinese Medical Dictionary (5th edition)	3
				2-A Guide to the Diagnosis and Treatment of Internal Common Diseases in Traditional Chinese Medicine	4
				3-Formulary (Ji Li, Zhengyun Zuo, eds., China TCM Press, 2021).	5
		2.Medicament Frequency		1-Formulary (Ji Li, Zhengyun Zuo, eds., China TCM Press, 2021).	6
				2-A Guide to the Diagnosis and Treatment of Internal Common Diseases in Traditional	7

	etc.)		Chinese Medicine			
			3-Formulary (Ji Li, Zhengyun Zuo, eds., China TCM Press, 2021).	8		
			4-Clinical randomized controlled trials	9		
			1-Chinese Medical Dictionary (5th edition)	10		
		3.Medication Temperature	2-A Guide to the Diagnosis and Treatment of Internal Common Diseases in Traditional Chinese Medicine	11		
			3-Formulary (Ji Li, Zhengyun Zuo, eds., China TCM Press, 2021).	12		
			1-Chinese Medical Dictionary (5th edition)	13		
		4.Medication Dosage	2-A Guide to the Diagnosis and Treatment of Internal Common Diseases in Traditional Chinese Medicine	14		
			3-Formulary (Ji Li, Zhengyun Zuo, eds., China TCM Press, 2021).	15		
			4-Clinical randomized controlled trials	16		
			1-Chinese Medical Dictionary (5th edition)	17		
		5.Medication Course(advis e if available)	2-A Guide to the Diagnosis and Treatment of Internal Common Diseases in Traditional Chinese Medicine	18		
			3-Formulary (Ji Li, Zhengyun Zuo, eds., China TCM Press, 2021).	19		
			4-Clinical randomized controlled trials	20		
			Storage conditions of TCM decoction	1-Practical clinical experience with medications (depending on geography and healthcare organization)	21	
		Individualized instruction of technical content	Warning	---	1-Chinese Pharmacopoeia, 2020 Edition	22
					2-The Chinese Medicine Volume of the Pharmacopoeia of the People's Republic of China for Clinical Use (National Pharmacopoeia Committee, People's Health Publishing House, 2020).	23
					3-Guide to the Clinical Application of National Essential Drugs (Editorial Committee of the Guide to the Clinical Application of National Essential Drugs, People's Health Publishing House, 2010).	24
					4-Domestic and foreign periodical databases	25
	Contraindications for taking TCM decoction		1.Drugs-Drugs (including Chinese-	1-Adverse Drug Reaction Monitoring Database	26	
2-Chinese Pharmacopoeia, 2020 Edition)				27		
3-The Chinese Medicine Volume of the				28		

		Western drug combinations)	Pharmacopoeia of the People's Republic of China for Clinical Use (National Pharmacopoeia Committee, People's Health Publishing House, 2011).	
			4-Preclinical studies, pre-market clinical trials and post-market re-evaluation studies collected by marketing authorization holders of pharmaceutical products	29
			5-Clinical Chinese Medicine Pharmacotherapy (Bing Zhang, Zhenxiang Zhou, eds., People's Health Publishing House, 2016).	30
			6-Domestic and foreign periodical databases	31
			7-Chinese Medical Dictionary (5th edition)	32
			8-Interactions between Proprietary Chinese Medicines and Western Medicines (Cao Junling, Zhen Hanshen, eds., People's Health Publishing House, 2016)	33
		2. Drugs - Population	1-Adverse Drug Reaction Monitoring Database	34
			2-The Chinese Medicine Volume of the Pharmacopoeia of the People's Republic of China for Clinical Use (National Pharmacopoeia Committee, People's Health Publishing House, 2011).	35
			3-Clinical Chinese Medicine Pharmacotherapy (Bing Zhang, Zhenxiang Zhou, eds., People's Health Publishing House, 2016).	36
			4-Domestic and foreign periodical databases	37
			5-Chinese Medical Dictionary (5th edition)	38
			6-Practical clinical experience with medication	39
		3. Drugs - Food/Health Products	1-Adverse Drug Reaction Monitoring Database	40
			2-Chinese Pharmacopoeia, 2020 Edition)	41
			3-The Chinese Medicine Volume of the Pharmacopoeia of the People's Republic of China for Clinical Use (National Pharmacopoeia Committee, People's Health Publishing House, 2011).	42
			4-Preclinical studies, pre-market clinical trials and post-market re-evaluation studies collected by marketing authorization	43

			holders of pharmaceutical products	
			5-Clinical Chinese Medicine Pharmacotherapy (Bing Zhang, Zhenxiang Zhou, eds., People's Health Publishing House, 2016).	44
			6-Domestic and foreign periodical databases	45
			7-Chinese Medical Dictionary (5th edition)	46
		4. Drugs - Diseases	1-Adverse Drug Reaction Monitoring Database	47
			2-Chinese Pharmacopoeia, 2020 Edition)	48
			3-The Chinese Medicine Volume of the Pharmacopoeia of the People's Republic of China for Clinical Use (National Pharmacopoeia Committee, People's Health Publishing House, 2011).	49
			4-Preclinical studies, pre-market clinical trials and post-market re-evaluation studies collected by marketing authorization holders of pharmaceutical products	50
			5-Clinical Chinese Medicine Pharmacotherapy (Bing Zhang, Zhenxiang Zhou, eds., People's Health Publishing House, 2016).	51
			6-Domestic and foreign periodical databases	52
			7-Chinese Medical Dictionary (5th edition)	53
		5. Drugs- Environment	1-Adverse Drug Reaction Monitoring Database	54
			2-Chinese Pharmacopoeia, 2020 Edition)	55
			3-The Chinese Medicine Volume of the Pharmacopoeia of the People's Republic of China for Clinical Use (National Pharmacopoeia Committee, People's Health Publishing House, 2011).	56
			4-Preclinical studies, pre-market clinical trials and post-market re-evaluation studies collected by marketing authorization holders of pharmaceutical products	57
			5-Clinical Chinese Medicine Pharmacotherapy (Bing Zhang, Zhenxiang Zhou, eds., People's Health Publishing House, 2016)	58
			6-Domestic and foreign periodical databases	59
			7-Chinese Pharmacopoeia, 2020 Edition)	60
	Post-	1. Proper	1-Chinese Medical Dictionary (5th edition)	61

	medication care of TCM decoction	aftercare after taking medication	2-A Guide to the Diagnosis and Treatment of Internal Common Diseases in Traditional Chinese Medicine	62
			3-Pharmacovigilance in Traditional Chinese Medicine (Bing Zhang, ed., People's Health Publishing House, 2015)	63
			4-Internal Medicine of TCM (Mianhua Wu, Yan Shi, eds., China Press of Traditional Chinese Medicine, 2021).	64
			5-The Chinese Medicine Volume of the Pharmacopoeia of the People's Republic of China for Clinical Use (National Pharmacopoeia Committee, People's Health Publishing House, 2011).	65
			6-Domestic and foreign periodical databases	66
			7-Preclinical studies, pre-market clinical trials and post-market re-evaluation studies collected by marketing authorization holders of pharmaceutical products	67
			8-Clinical Chinese Medicine Pharmacotherapy (Bing Zhang, Zhenxiang Zhou, eds., People's Health Publishing House, 2016)	68
			9-Practical clinical experience with medication	69
			2.Preventive/ Treatment Measures for Adverse Reactions (Including possible adverse reactions)	1-Chinese Medical Dictionary (5th edition)
	2-A Guide to the Diagnosis and Treatment of Internal Common Diseases in Traditional Chinese Medicine	71		
	3-Pharmacovigilance in Traditional Chinese Medicine (Bing Zhang, ed., People's Health Publishing House, 2015)	72		
	4-The Chinese Medicine Volume of the Pharmacopoeia of the People's Republic of China for Clinical Use (National Pharmacopoeia Committee, People's Health Publishing House, 2011).	73		
	5-Preclinical studies, pre-market clinical trials and post-market re-evaluation studies collected by marketing authorization holders of pharmaceutical products	74		
	6-Domestic and foreign periodical databases	75		
	7-Clinical Chinese Medicine Pharmacotherapy (Bing Zhang, Zhenxiang	76		

			Zhou, eds., People's Health Publishing House, 2016)	
			8-Practical clinical experience with medication	77
		3.Medication Records/Self-monitoring	1-Practical clinical experience with medication	78
			2-Domestic and foreign periodical databases	79
		4.Effect of medication on excretory production	1-Chinese Medical Dictionary (5th edition)	80
			2-Practical clinical experience with medication	81
			3-Pharmacovigilance in Traditional Chinese Medicine (Bing Zhang, ed., People's Health Publishing House, 2015)	82

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Annex C (Informative)

Examples of Commonly Used TCM Decoction

C.1 Index of Examples of Commonly Used TCM Decoction

This part of the content in accordance with the disease classification method of the State Administration of Traditional Chinese Medicine released in 2018, "Ancient Classical Famous Prescription Catalog (the first batch)", the Eastern Han Dynasty - Zhongjing Zhang's "Treatise on Miscellaneous Diseases of Typhoid Fever", the Tang Dynasty - Simiao Sun's "Beijie Qianjin Yaofang" of the TCM decoction prescriptions for indexing and research, screening of those who have clear records of the name of the formula, composition of the prescription, main diseases, medication temperature, medication time, medication frequency, medication dosage, duration of the treatment, contraindications to the medicine, post-medication care, and observation of the therapeutic effect of the corresponding part of the record. And the prescriptions did not contain highly toxic Chinese medicines included in the Pharmacopoeia of the People's Republic of China (2020 edition), and did not involve the first-grade protected species in the catalog of wildlife medicinal herb species under national key protection; the prescriptions were commonly used Chinese medicines or TCM decocting pieces prescriptions, which did not contain the eighteen anti-toxicity, nineteen dangers and other contraindications for compounding. A total of 461 examples of commonly used Chinese medicine soup were screened.

Classification of diseases	Types	Commonly Used Prescriptions
Diseases of the Lungs	Cough of various qi	Houpo Decoction
	Palpitation	Jupi Decoction
	Lung Qi Deficiency	Bufei Decoction
	Lung Qi Deficiency, Lumbago	Xiaojianzhong Decoction
	Cough	Guiling Wuwei Gancao Decoction
	Cough	Linggan Wuwei Jiangxin Decoction
	Cough	Guiling Wuwei Gancao Quguijiajiangxinbanxia Decoction
	Cough	Jiajiangxinbanxia Xingren Decoction Prescription

			Qinganwuwei jiajiangxinbanxingdahuang Decoction
			Xiaoqinglong jia Shigao Decoction
			Shegan Mahuang Decoction
			Houpo Mahuang Decoction
			Maimendong Decoction
			Mahuang Shigao Decoction
			Shizao Decoction
			Wenpi Decoction
			Baibugen Decoction
			Haizao Decoction
			Baiqian Decoction
			Zhupi Decoction
	Lung Abscess	---	Jiegeng Decoction
			Xiefei Decoction
	Lung Consumption	Severe Lung Qi Deficiency	Mahuangyinqi Decoction
			Banxia Decoction
			Houpo Decoction
			Huangqi Decoction
			Daqianhu Decoction
			Zhuye Decoction
			Guizhiqushaoyao jiazaojia Decoction
	Children's Fetish Knot Distension and Fullness	---	Ziwan Decoction
			Wuweizi Decoction
			Shegan Decoction
			Guizhi Decoction
	Pulmonary Impotence	---	Gancao ganjiang Decoction
			Gancao Decoction
	Pediatric Typhoid Fever	---	Maimendong Decoction
			Shaoyaosiwujieji Decoction
			Mahuang Decoction
			Wuweizi Decoction
			Shengma Decoction
			Dahuang Decoction
			Zhuye Decoction
			Tiaozhong Decoction
			Shengdihuang Decoction
			Hengshan Decoction
	Cholera		Guizhi Decoction
			Guizhi plus gui Decoction

			Guizhi plus shaoyao Decoction
			Guizhi plus dahuang Decoction
			Guizhi plus houpoxingzi Decoction
			Guizhi plus fuzi Decoction
			Guizhi Decoction
			Guizhi reduce Shaoyao plus Fuzi Decoction
			Guizhi Gancao Longgu Muli Decoction
			Guizhi Renshen Decoction
			Guizhi Fuzi Decoction
			Guizhi reduce Gui plus Fulingbaizhu Decoction
			Guizhi plus Shaoyaoshengjiang geyiliang Renshensanliangxinjia Decoction
			Guizhi Mahuanggeban Decoction
			Mahuang Decoction
			Daqinglong Decoction
			Xiaoqinglong Decoction
			Guizhier Mahuangyi Decoction
			Guizhier Yuebiyi Decoction
			Mahunag Xixin Fuzi Decoction
			Mahuang Fuzi Gancao Decoction
			Mahuang Xingren Gancao Shigao Decoction
			Gegen Decoction
			Gegen plus Banxia Decoction
			Gegen Huangqin Huanglian Decoction
			Guizhi plus Gegen Decoction
			Baihu Decoction
			Baihu plus Renshen Decoction
			Zhuye Shigao Decoction
			Tiaowei Chengqi Decoction
			Xizochengqi Decoction
			Dachengqi Decoction
			Taohe chengqi Decoction
			Daxianxiong Decoction
			Xiaoxianxiong Decoction
			Zhizichi Decoction
			Zhizi Gancao Chi Decoction

			Zhizi Shengjiang Chi Decoction
			Zhizi Houpo Decoction
			Zhizi Ganjiang Decoction
			Zhizi Baipei Decoction
			Yinchenhao Decoction
			Zhishi Zhizichi Decoction
			Xiaochaihu Decoction
			Dachaihu Decoction
			Chaihu plus Mangxiao Decoction
			Chaihu Guizhi Decoction
			Chaihu Guizhi Ganjiang Decoction
			Huangqin Decoction
			Huangqin plus Banxia Shengjiang Decoction
			Dahuang Huanglian Xiexin Decoction
			Fuzi Xiexin Decoction
			Gancao Xiexin Decoction
			Banxia Xiexin Decoction
			Shengjiang Xiexin Decoction
			Ganjiang Huangqin Huanglian Renshen Decoction
			Huanglian Decoction
			Xuanfu Daizhe Decoction
			Sini Decoction
			Tongmai Sini Decoction
			Tongmai Sini plus Zhudanzhi Decoction
			Ganjiang Fuzi Decoction
			Sini plus Renshen Decoction
			Fuling Sini Decoction
			Fuzi Decoction
			Zhenwu Decoction
			Baitong Decoction
			Danggui Sini Decoction
			Dangguisini plus Wuzhuyu Shengjiang Decoction
			Gancao Decoction
			Jiegeng Decoction
			Guizhi Gancao Decoction
			Gancao Ganjiang Decoction
			Shaoyao Gancao Decoction

			Shaoyao Gancao Fuzi Decoction
			Fuling Gancao Decoction
			Fuling Guizhi Gancao Dazao Decoction
			Fuling Guizhi Baizhu Gancao Decoction
			Houpo Shengjiang Banxia Gancao Renshen Decoction
			Xiaojianzhong Decoction
			Zhigancao Decoction
			Chishizhi Yuyuliang Decoction
			Taohua Decoction
			Zhuling Decoction
			Wuzhuyu Decoction
			Mahuang Shengma Decoction
			Gancao Fuzi Decoction
			Baitouweng Decoction
			Guizhi Fuzi reduce gui plus Baizhu Decoction
			Guizhi Shaoyao Zhimu Decoction
			Huangqi Guizhi Wuwu Decoction
			Banxia Houpo Decoction
			Gualou Xiebai Banxia Decoction
			Lingguizhugan Decoction
			Zexie Decoction
			Baihedihuang Decoction
			Zhishi Xiebai Guizhi Decoction
			Jupi Zhuru Decoction
			Maimendong Decoction
			Ganjianglingzhu Decoction
			Houpo Qiwu Decoction
			Houpo Mahuang Decoction
			Danggui Jianzhong Decoction
			Wenpi Decoction
			Wendan Decoction
			Xiaoxuming Decoction
			Sanhua Decoction
Disease of the Heart	Tachycardia	Pregnancy Vexation(irritability and palpitations in mid-pregnancy)	Zhuli Decoction
		Palpitations of Weak Heart Qi	Dabuxin Decoction

	Shaking in Fear		Yuanzhi Decoction
			Fushen Decoction
			Buxin Decoction
			Xiaodingxin Decoction
			Dadingxing Decoction
			Jingli Decoction
			Zhenxin Decoction
	Chest Impediment	Solid heat in the heart with boredom	Shigao Decoction
		Constipation in the lower regions of the heart	Xiexin Decoction
		Heart pain	Guixinsanwu Decoction
			Wuxin Decoction
			Gaoliangjiang Decoction
			Wenzhongdanggui Decoction
			Yangroudanggui Decoction
			Wenpi Decoction
		Chest Impediment	Gualou Decoction
			Zhishi Xiebai Guizhi Decoction
			Fuling Decoction
			Tongqi Decoction
			Qianhu Decoction
Binglang Decoction			
Heart-Laore	---	Dahuangxiere Decoction	
		Shengma Decoction	
		Mahuangtiaoxinxiere Decoction	
Other Diseases	Heart Qi Deficiency, hematemesis	Dahuanghuanglianxiexin Decoction	
	Dreams, joy, laughter, fear, palpitations, restlessness.	Zhuli Decoction	
	Heart Qi Deficiency	Fulingbuxin Decoction	
	Heart deficiency and cold, heart swelling and fullness	Banxiabuxin Decoction	
Brain Disease	Dazzling	Dazzling	Fangfeng Decoction
	Stroke	Postpartum Stroke	Dadouzi Decoction
			Duhuozi Decoction
			Xiaoduhuo Decoction
			Gancao Decoction
			Duhuo Decoction
	Zhuye Decoction		

			Fangfeng Decoction
			Duhuo Decoction
			Dadou Decoction
			Wushi Decoction
			Sishi Decoction
			Xiaochaihu Decoction
			Gancao Decoction
			Gegen Decoction
			Fushen Decoction
			Yuanzhi Decoction
			Fuling Decoction
			Anxin Decoction
		Stroke	Xiaoxuming Decoction
			Daxuming Decoction
			Xizhouxuming Decoction
			Paifeng Decoction
			Dabafeng Decoction
			Wutou Decoction
			Dafangfeng Decoction
		Thief Wind Stroke	Chuanxiong Decoction
			Yiyuanmahuangxuming Decoction
			Wenzhongshengjiang Decoction
			Wutou Decoction
			Fangfeng Decoction
			Qianghuo Decoction
			Fangji Decoction
		Contrary Wind	Dazao Decoction
			Fangfeng Decoction
			Gegen Decoction
			Zhongjingsanhuang Decoction
			Bailianyi Decoction
		Post-stroke Hemiplegia	Duhuo Decoction
			Zhuli Decoction
		Severe stroke coma	Duhuo Decoction
		Opitoshtonus	Canggongdanggui Decoction
		Cardiac Diseases - Head and Face Wind	Fushen Decoction
			Xijiao Decoction
	Epilepsy	Epilepsy	Dahuang Decoction
			Zengsunxuming Decoction
			Shigao Decoction
Diseases of	Vomiting		Banxia Fuling Decoction

the spleen and stomach system		Obstruction of Pregnancy	Qingzhuru Decoction
			Jupi Decoction
		The stomach does not accept food and vomits when it is eaten	Dabanzia Decoction
		Vomiting	Banzia Decoction
			Qianhu Decoction
	Xiaomai Decoction		
	Jupi Decoction		
	Dahuanggancao Decoction		
	Choke	Choke	Zhupi Decoction
			Ganjiang Decoction
			Tongqi Decoction
	Abdominal Pain	Postpartum Abdominal Pain	Shaoyao Decoction
			Danggui Decoction
			Yangrou Decoction
			Yangroudanggui Decoction
			Yangrouduzhong Decoction
			Yangroudihuang Decoction
			Neibudangguijianzhong Decoction
			Neibuchuanxiang Decoction
			Dabuzhongdanggui Decoction
			Wuzhuyu Decoction
			Puhuang Decoction
			Baijiang Decoction
			Duhuo Decoction
	Shaoyaohuangqi Decoction		
	Loose Bowels	Postpartum Dysentery	Baitouweng Decoction
			Biejia Decoction
Gandihuang Decoction			
Shengdihuang Decoction			
Typhoid	Dysentery characterized by heat	Sanhuangbaitouweng Decoction	
		Baitouweng Decoction	
		Fuling Decoction	
	Dysentery	Wenpi Decoction	
		Dataohua Decoction	
		Cangmi Decoction	
		Fuzi Decoction	
		Duanli Decoction	
		Xiexin Decoction	
		Xiangsu Decoction	

		Pediatric Dysentery	Wenzhong Decoction	
			Wenzhong Dahuang Decoction	
			Dahuang Decoction	
	Insomnia	——	Sanhuang Decoction	
	Other Diseases	Jaundice due to spleen fever	Dahuangxiere Decoction	
			Depletion of the spleen	Banxia Decoction
			Bitterness in the mouth	Buwei Decoction
		Bloating	Wenwei Decoction	
			Dabanxia Decoction	
			Fuzi Jingmi Decoction	
			Houposanwu Decoction	
			Houpoqiwu Decoction	
			Wuzhuyu Decoction	
			Dagui Decoction	
		Chronic cold and heat	Banxia Decoction	
			Shengjiang Decoction	
			Gancao Decoction	
			Zhuyu Xiaoshi Decoction	
			Dahuang Fuzi Decoction	
Dawutou Decoction				
Wushi Decoction				
Zhuye Decoction				
Banxia Decoction				
Chengqi Decoction				
disease in the liver and gallbladder system	Duress	Post-partum dystocia	Gandihuang Decoction	
		Liver qi deficiency, dystocia	Bugan Decoction	
		Liver deficiency and cold, distension and dystocia	Binglang Decoction	
	Aggregation	Accumulation of hardened mucus	Xianxiong Decoction	
			Gansui Decoction	
	Other Diseases	Pediatric carbuncle and scrofula	Loulu Decoction	
			Mahuang Decoction	
		Cramps	Jupitongqi Decoction	
Renal Diseases	Edema	Edema in pregnancy, dysuria	Liyu Decoction	
	Other diseases	Postnatal Gonorrhoea	Gualou Decoction	
Zhuye Decoction				

		Abdominal distension and fullness with solid heat in the kidneys	Xieshen Decoction
		Excess heat in the kidneys caused by internal heat	Zhizi Decoction
		Essential qi Deficiency	Zhuyehuangqin Decoction
		Guji	Sanhuang Decoction
		Lumbago	Shenzhuo Decoction
Diseases of Qi,Blood,Fluid and Humor	Hematemesis	---	Shengdihuang Decoction
			Jianzhong Decoction
			Baiye Decoction
			Zelan Decoction
			Xijiaodihuang Decoction
			Danggui Decoction
			Zhuru Decoction
	Maimendong Decoction		
	Phlegm-retained Fluid	---	Xiaobanxia Decoction
			Gancao Decoction
			Mufangji Decoction
			Houpo Dahuang Decoction
			Xiaobanxia plus Fuling Decoction
			Gansuibanxia Decoction
			Daguling Decoction
			Fuling Decoction
			Dabanxia Decoction
			Banxia Decoction
			Danggui Decoction
			Wuzhuyu Decoction
			Qianhu Decoction
			Xuanfuhua Decoction
			Jiangjiao Decoction
	Duange Decoction		
	Consumptive Disease	Postpartum Consumptive Disease	Yangrou Decoction
			Zhushen Decoction
			Yaorouhuangqi Decoction
			Danguishaoyao Decoction
			Xingren Decoction
			Wushi Decoction
			Sanshi Decoction
	Neibu Huangqi Decoction		

			Wuzhuyu Decoction		
			Liyu Decoction		
			Guizhi plus Fuzi Decoction		
		Postpartum Vexation of Deficiency Type	Xiebai Decoction		
			Renshen Danggui Decoction		
			Ganzhuru Decoction		
			Zhimu Decoction		
			Zhuye Decoction		
			Danzhuru Decoction		
			Shaoyao Decoction		
		Gallbladder Qi Deficiency leads to Vexation of Deficiency Type	Wendan Decoction		
			Suanzao Decoction		
			Zhizi Decoction		
		Consumptive Disease	Jianzhong Decoction		
			Xiaojianzhong Decoction		
			Huangqinjianzhong Decoction		
			Qianhujianzhong Decoction		
			Lelingjianzhong Decoction		
			Huangqin Decoction		
			Dajianzhong Decoction		
			Shenli Decoction		
			Zengsunshenli Decoction		
			Ningtuo Decoction		
			Renshen Decoction		
		Disease in the limbs and meridians	Paralysis	Common cold sore	Diyizhuli Decoction
					Disanzhuli Decoction
					Mahuang Decoction
Dierfuduhuo Decoction					
Disifufuhuo Decoction Prescription					
Duhuo Decoction					
Yuebi Decoction					
Fengyin Decoction					
XIjiao Xuanfuhua DecoctionPrescription					
Daxijiao Decoction					
Wuzhuyu Decoction					
Xiaofengyin Decoction					
Siwu Fuzi Decoction					
Banxia Decoction					
Zisuzi Decoction					
Fuzi Decoction					

			Fangfeng Decoction
			Gancao Decoction
	Atrophy	---	Jiefengbi Decoction
			Xizhouxuming Decoction
Diseases Of Seven Orifices	Eye disease	Be Unable to See Clearly	Xiegan Decoction
	Nose disease	Nosebleed	Shengdihuang Decoction
Other diseases	---	Sterility	Piaoxiaodangbao Decoction
		Prevent Abortion	Wuciji Decoction Prescription
			Butai Decoction
			Aiye Decoction Prescription
			Huanglian Decoction
			Xiongji Decoction Prescription
			Fushen Decoction
			Juhua Decoction Prescription
			Anzhong Decoction Prescription
			Maimendong Decoction Prescription
			Chaihu Decoction
			Congbai Decoction Prescription
			Xingren Decoction
			Shaoyao Decoction
			Banxia Decoction
		Zhushen Prescription	
		Threatened Abortion	Congbai Decoction
			Xuanfuhua Decoction
			Jiaoai Decoction
		Promote lactation	Danxingguijian Decoction
		Lochia	Gandihuang Decoction
			Zelan Decoction
			Gancao Decoction
			Dahuang Decoction
			Zhaihu Decoction
			Puhuang Decoction
			Zhizi Decoction
			Shengdihuang Decoction
		Shengma Decoction	
		Miscellaneous women's treatments	Zhuru Decoction
Banxia Houpo Decoction			
Sanggenbaipi Decoction			
Menstruation block	Qianhu Mudan Decoction		
	Danggui Decoction		
			Shengdihuang Decoction

			Chuanxiong Decoction
		Shaoxiaokebaxieshi	Baixianpi Decoction
		Various diseases of the pediatric population	Shengma Decoction
			Puhuang Decoction
		Small intestinal fever and mouth sores	Chaihu Zexie Decoction
		Solid heat in the large intestine, abdominal distension and inability to pass through	Shengjiang Xiechang Decoction
		Excessive cold in the upper regions	Huangqilizhong Decoction
		Dry heaves from the upper burner	Houpo Decoction
		Vomiting due to excessive heat in the lower regions	Zhiou RenshenDecoction
		Lower scorched earth and cold	Renshen Xuqi Decoction
		Canker Sore	Huangqi Zhuye Decoction
			Loulu Decoction
			Xiaozhuli Decoction
			Huangqi Fuling Decoction
			Zhizi Decoction
			Wuli Decoction
		Lactation	Lianqiao Decoction
		Detoxify	Congbaichi Decoction
			Gancao Decoction
			Guixin Decoction
			Renshen Decoction
			Shengmaimendong Decoction
			Dahuang Decoction
			Renshen Decoction
			Shengui Decoction Prescription
			Dahuang Huangqin Decoction
			Zhizichi Decoction
			Lizhong Decoction
			Renshen Decoction
		Binglang Decoction	
		Sudden Death	Huanhun Decoction
			Jiaoai Decoction

		Injury such as Contusion	Dajiaoai Decoction
			Zhupi Decoction
			Taoren Decoction

C.2 Representative Example: Guidelines for the Administration of Gui Zhi Decoction

C.2.1 Basic Effects

Indications of external wind-cold and surface deficiency. Malignant wind and fever, sweating and headache, tinnitus and dryness of vomiting, white moss without thirst, and floating or weak pulse.

C.2.2 Method of Use

C.2.2.1 Dosage time

It should be taken on an empty stomach.

C.2.2.2 Serving temperature

It should be taken at a moderate cold temperature, around 37-40°C.

C.2.2.3 Medication Frequency

The number of times Gui Zhi Decoction is to be taken should be flexible according to the change of condition, 1-3 times a day.

C.2.2.4 Dosage of TCM Decoction

Adults should take about 200mL per dose. Elderly people, children, pregnant women and lactating women should take the medicine according to the doctor's advice.

C.2.2.5 Duration of administration of TCM Decoction

The duration of Gui Zhi Decoction is related to the change of the disease. If the disease is cured by sweating in one dose, stop taking the next dose, and it is not necessary to finish the dose; if there is no sweating, take more doses as before; if there is no sweating, take the next dose in a small way, and then take it for half a day, so that the three doses are finished. If the disease is serious, one day and one night service, weekly observation, serving a dose of the end, the disease evidence is still there, more service; if the sweat is not, it is served to two or three doses. If other changes occur, please follow the doctor's advice.

C.2.3 Warnings

None.

C.2.4 Contraindications for taking TCM Decoction

C.2.4.1 Drug-drug contraindications/precautions for TCM Decoction (including combination of Chinese and Western medicines)

Gui Zhi Decoction contains licorice, do not take seaweed, halibut, coriander, glycyrrhiza glabra drinking tablets or proprietary Chinese medicines or formulated preparations containing their drinking tablets at the same time as taking this formula; when used with cardiac glycoside analogues digoxin, digitalis, pay attention to whether there is any digoxin toxicity reaction occurring; when used with blood pressure-lowering drugs lisdexamfetamine, blood glucose-lowering drugs, acidic western medicines, enzymes, antimicrobials erythromycin, tetracyclines, chloramphenicol, warfarin, coumarins anticoagulant drugs, Salicylic acid derivatives of drugs, potassium-excluding diuretics, carbamazepine, methyldopa, H₂ receptor blockers, vitamin A and other drugs used together, may reduce its efficacy; and with tricyclic antidepressants used together, may make the tricyclic antidepressant metabolites increase, triggering adverse reactions.

Patients should not add sugar in the process of taking Gui Zhi Decoction.

If there is scorched decoction of the soup, it should not be taken.

C.2.4.2 Drug-population contraindications/precautions for TCM Decoction

Gui Zhi is pungent, warm and helps heat, warms the meridians, pregnant women and those with excessive menstruation should take it under medical supervision.

Ginger helps fire and harms yin. People with heatiness and internal heatiness of the heart should not take Gui Zhi Decoction.

Patients with accumulation of food, accumulation of worms, painful caries, phlegm-heat cough should not take Gui Zhi Decoction.

Patients who have been drinking alcohol for a long time or are alcoholics should not take Gui Zhi Decoction.

C.2.4.3 Drug-disease contraindications/precautions for TCM Decoction

Gui Zhi is pungent and warm and helps to increase heat, easily injuring Yin and moving Blood. Gui Zhi Decoction should not be taken in cases of exogenous fever, Yin deficiency and fire, blood heat, or bloating and fullness in the epigastrium and stomach due to the prevalence of dampness.

Gui Zhi Decoction is contraindicated in cases of external wind-cold with solid surface and no sweating.

C.2.4.4 Contraindications/precautions for drugs-food/health products in Chinese herbal medicinal broth.

Cold, raw, sticky and slippery substances, meat and noodles, five pungent substances, wine and cheese, and foul smells should be prohibited while taking Gui Zhi Decoction.

C.2.4.5 Drug-environmental contraindications/precautions for Chinese medicine tonics

Care should be taken to avoid wind while taking Gui Zhi Decoction.

C.2.5 Post-medication care of TCM Decoction

C.2.5.1 Appropriate postmedication care after taking TCM Decoction

After taking Gui Zhi Decoction, drink one liter of hot gruel. It is better if it is warmed and covered for a while, and if the whole body is hot and slightly sweaty.

C.2.5.2 Adverse effects after taking Chinese herbal medicinal herbs.

It is not clear yet. If symptoms occur after taking Gui Zhi Decoction, stop the medicine immediately and seek medical advice.

C.2.5.3 Medication Record/Self-monitoring of TCM Decoction

Monitor changes in condition and degree of sweating.

C.2.5.4 Effects of TCM Decoction on excretion after taking them

Observe the state of sweating, and do not make such as water runny.

C.2.6 Storage conditions of TCM Decoction.

Vacuum-sealed packaged tonics should be stored in the refrigerator freezer in the range of 0-5°C for a period of two weeks, and for 3-7 days in summer; if there are abnormal phenomena such as bulging of the bag of medicine or discoloration, change of taste or bubbling of the medicine in the process of taking, it is not suitable to take it.

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