



The decocting methods and taking methods of Chinese medicine 中藥煎法與服法(英文)

The correct decocting method to promote curative effect of Chinese medicine

1. The best brewing container is casseroles, followed by pottery, pool porcelain, colored pan, or stainless-steel pan. Avoid using ironware or aluminum pots.
2. Pure and cold water is generally used for brewing medicine. It is not suitable to use hot water.
3. For potent drug, use strong fire first. After potent drug is boiled, simmering fire is used; do not open the lid of the pot frequently. Strong fire is used for exterior relieving Chinese medicine to brew and turn it off as soon as the water is boiled. Usually, the exterior relieving medicine is the last medicine to put into the pot after all the other medicine are boiled.
4. Brewing methods
 - (1) First put the medicine in the pot, add sufficient cold water, and soak the medicine for about 20 minutes; and then brew it.
 - (2) Each dosage can be brewed twice. When brewing, water should go over the surface of the medicine. For the first brewing, put in 3.5 bowls of water for brewing 1.5 bowls of the medical soup. It takes about 20 -30 minutes to brew medicine for cold, and about 40-50 minutes for potent drugs; for the second brewing, add two bowls of water for brewing.
 - (3) Mix up the two brewed soups and then drink (take) the mixed soup according to the prescription.

- (4) The leftover medical soup should be preserved in the refrigerator; heat it when taking it.
5. Generally speaking, patients would be prescribed to take one dosage a day, each dosage is taken either after three meals or in the morning/ evening. The amount of dosage is adjustable depending on patients' individual condition.
6. The medicine should be taken lukewarm an hour after each meal.
- (1) Potent drug should be taken before each meal.
- (2) Medicine that is irritating to patients' stomach and intestines should be taken after meals.
- (3) Laxatives and anthelmintics should be taken with an empty stomach.
- (4) For special conditions, abide by instructions given by the doctors.
- (5) Sedative medicine should be taken before sleep.
- (6) If patients take both traditional Chinese medicine and modern medicine at the same time, they should take it with one hour apart.
7. When taking the medicine, you are prohibited from eating anything cold, raw, or greasy to prevent decreased effect of medicine absorption
8. The unused medicine should be wrapped up properly and preserved in the refrigerator to prevent mold or change of the quality.
- Note : If you are not clear about the use of the medicine, please ask the doctors, pharmacists, or nursing staff; they will be more than happy to help you.