**广慈堂 中药目录**

**一、安神类中药**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 药名 | 英文名 | 组成 |  |  |
| 1 | 安神补心片 |  |  |  |  |
| 2 | 补脑养神片 |  |  |  |  |
| 3 | 柴胡龙骨牡蛎片（丸） |  |  |  |  |
| 4 | 特性酸枣仁安眠片 |  |  |  |  |
| 5 | 天王补心丹 |  |  |  |  |

**二、补气血类**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 四物汤 |  |  |  |  |
|  | 八珍汤 |  |  |  |  |
|  | 十全大补汤 |  |  |  |  |
|  |  |  |  |  |  |
|  | 归脾片 |  |  |  |  |
|  |  |  |  |  |  |
|  | 补中益气片 |  |  |  |  |
|  | 玉屏风片 |  |  |  |  |
|  | 生脉散 |  |  |  |  |
|  | 首乌片 |  |  |  |  |
|  | 一贯煎 |  |  |  |  |
|  | 还少壮阳片 |  |  |  |  |
|  | 独活寄生片 |  |  |  |  |
|  | 香砂六君子片 |  |  |  |  |
|  | 香砂养胃片 |  |  |  |  |

**三、补肾类**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 金匮肾气丸 |  |  |  |  |
|  | 六味地黄丸 |  |  |  |  |
|  | 杞菊地黄丸 |  |  |  |  |
|  | 治病地黄丸 |  |  |  |  |
|  | 明目地黄丸 |  |  |  |  |
|  | 左慈耳聋片 |  |  |  |  |
|  | 左归丸 |  |  |  |  |
|  | 右归丸 |  |  |  |  |
|  | 大补阴丸 |  |  |  |  |
|  | 二仙片 |  |  |  |  |
|  | 补阳还五片 |  |  |  |  |

**四、疏肝清胆类**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 逍遥散 |  |  |  |  |
|  | 加味逍遥散 |  |  |  |  |
|  | 疏肝片 |  |  |  |  |
|  | 柴胡疏肝片 |  |  |  |  |
|  | 龙胆泻肝  片丸 |  |  |  |  |
|  | 小柴胡汤丸 |  |  |  |  |
|  | 清胆化石片 |  |  |  |  |

五、妇科类

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 痛经片 |  |  |  |  |
|  | 温经片 |  |  |  |  |
|  | 五子衍宗丸 |  |  |  |  |
|  | 暖宫孕子片 |  |  |  |  |
|  | 桂枝茯苓片 |  |  |  |  |
|  | 更年安片 |  |  |  |  |
|  | 乌鸡白凤片 |  |  |  |  |
|  | 愈带片 |  |  |  |  |

**六：清湿热类**

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| --- | --- | --- | --- | --- | --- |
| 1 | 八正散 |  |  |  |  |
| 2 | 龙胆泻肝 |  |  |  |  |
| 3 | 四妙散 |  |  |  |  |
| 4 | 黄连上清片 |  |  |  |  |
| 5 | 温胆片 |  |  |  |  |

**七、治疗皮肤病类**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 防风通圣散 |  |  |  |  |
|  | 消风片 |  |  |  |  |
|  | 小活络丹 |  |  |  |  |
|  | 珍珠暗疮片 |  |  |  |  |
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**八、祛痰类**

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| --- | --- | --- | --- | --- | --- |
|  | 二陈合三子养亲片 |  |  |  |  |
|  | 清气化痰丸 |  |  |  |  |
|  | 内消瘰疬片 |  |  |  |  |

**活血类药**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 活血通脉片 |  |  |  |  |
|  | 身痛逐瘀片 |  |  |  |  |
|  | 少腹逐瘀片 |  |  |  |  |
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**止痛类药**

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| --- | --- | --- | --- | --- | --- |
|  | 筋骨跌打片 |  |  |  |  |
|  | 偏头痛片 |  |  |  |  |
|  | 肩周痛片 |  |  |  |  |
|  | 膝关节消痛片 |  |  |  |  |
|  | 延胡索止痛片 |  |  |  |  |
|  | 坐骨神经痛片 |  |  |  |  |
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**九、按照病名类**

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| --- | --- | --- | --- | --- | --- |
|  | 咳喘片 |  |  |  |  |
|  | 穿心莲抗炎片 |  |  |  |  |
|  | 风湿消痛片 |  |  |  |  |
|  | 化痔片 |  |  |  |  |
|  | 降糖片 |  |  |  |  |
|  | 降胆固醇片 |  |  |  |  |
|  | 降压片 |  |  |  |  |
|  | 山楂降脂片 |  |  |  |  |
|  |  |  |  |  |  |
|  | 抗肿片 |  |  |  |  |
|  | 响音片 |  |  |  |  |
|  | 利水排石片 |  |  |  |  |
|  | 前列舒片 |  |  |  |  |
|  | 特效颈椎痛片 |  |  |  |  |
|  | 特效鼻敏感丸 |  |  |  |  |
|  | 壮骨消刺片 |  |  |  |  |
|  | 通畅片 |  |  |  |  |
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**感冒类药**

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|  | 银翘解毒片  clodsignoff | |  |  |  |  |
|  | 重感清片  Cold clear | |  |  |  |  |
| **葛根汤(Kudzu Relaxe™)** | | | | | | |
| 组成 | | 广慈堂葛根汤：葛根+羌活独活川芎柴胡+桂枝汤方（桂芍姜草枣）发汗 for wind cold + stiff neck.  葛根汤原方：麻黄葛根+桂枝汤方 for cold attack + stiffneck.  柴葛解肌汤：外感风寒内郁发热--恶寒渐轻，身热渐甚。 | | | | |
| **Ge Gen Tang Pian** (Ge Gen Tang Wan, , 葛根汤片) is a classic Chinese herbal formula invented 1800 years ago for the common cold and headache caused by external Wind and Cold.† A recent study published by Yale University found that it is effective for cluster headaches.†  Ge Gen Tang induces perspiration and relaxes muscle. It is suitable for common cold with stiff neck or neck rigidity without cold symptoms.  The standard dosage for Kudzu Relaxe™ is 7 tablets each time, taken 2 to 3 times daily with or before meals. One bottle lasts users 10 to 14 days.  The dose may be doubled for a quicker and stronger response as needed (e. g., in an acute phase). Consult your practitioner for precise dosage recommendations based on body weight and other factors.  In Traditional Chinese Medicine (TCM), our body is vulnerable to attacks of exogenous pathogenic factors like Wind and Cold. The Wind and Cold attack first invades the surface and the body responds with a quick onset of symptoms such as alternating chills and fever, headache, muscle aches, sneezing, cough, nasal congestion, runny nose.  In this wind-cold type of cold/flu, sore throat is not evident but chills and head stiffness are the most differentiating signs. Aversion to cold occurs even when the room temperature has changed a little. One then feels the need to put on more clothes or raise the room temperature higher.  Ge Gen Tang induces sweating to release the exterior symptoms and dispel Wind-Cold.  Ge Gen (Pueraria or Kudzu root) is the chief Chinese herb in the formula and acts to dispel Wind-Cold, relieve muscle aches and generate fluids.  Gui Zhi (Ramulus Cinnamomi) helps dispel Wind-Cold and promote sweating.  Bai Shao (Paeoniae Alba) and Gan Cao (Licorice) also help generate fluids and relieve pain.  Ginger and Jujubae harmonize the spleen and the stomach and support the Qi energy.  Qiang Huo (Notopterygium root) and Du Huo (Angelica Pubescens) are warm and bitter, work together to expel wind, remove dampness, and relieve pain. †  **人参败毒散 + 葛根汤效案**  A few days ago, I started to feel some sore throat  A few days ago, I started to feel some sore throat, as other family members just had the cold/flu, I know I am having it too. I took Yin Qiao Jie Du Pian. The symptom quickly proceeded to running nose, nasal congestion and little headache. Yin Qiao controled the symptoms. Within a day, suddenly I started to feel chills and headache gets heavier. I have to wear more clothes and put on heavier blankets at night. At this point, it became clear that I have a wind-cold type of flu. I started to take Ren Shen Bai Du Pian (at 5 tablets, 400 mg/tab) and Ge Gen Tang Pian (at 10 tablets, 200 mg/tab) together. Within an hour, I feel much better. I repeated the combination or either one of the two for 4 times a day. I did not take any OTC cold medicine. To my surprise, within 2 days my symptoms are mostly cleared. I continued to take either Ge Gen Tang Pian at 8 tablets or Ren Shen Bai Du Pian at 4 tablets three times daily for a few more days. I am now completely recovered.</p><p>Just for a comparison, in the past, whenever I catched a flu like this, it took at least a week to have running nose and congestion controlled even under Tylenol. After that, coughing started and lasted for about 1 month. Not at this time. Thanks for the right Guang Ci Tang herbal remedies, I did not have cough and I am completely fine within a week. I am so happy and strongly recommend these remedies to everyone.  In the latest research, Dr. Sewell studied the use of Kudzu among cluster headache sufferers who learn about Kudzu on the Internet through trial and error. The study found that various Kudzu preparations may cut the frequency, severity, and duration of cluster headache.1 The response is correlated to the dose taken each day with the lowest dose least responsive. The study is gratifying in terms of both validating the ancient wisdom of traditional Chinese medicine and the courage of self treatment enabled by the Internet. | | | | | | |
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