



# Chinese Herbal Medicine: Formulas and Strategies

*Dan Bensky, Bensky*

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## **Chinese Herbal Medicine: Formulas and Strategies** Dan Bensky, Bensky

The companion volume to Chinese Herbal Medicine: Materia Medica, this book of Chinese medicinal formulas in English serves as both a textbook for students and a major reference source for practitioners. Included are nearly 600 Chinese medicinal formulas arranged in 18 functional categories.

For each of the 250-plus principal formulas there is a discussion of its therapeutic actions and indications, analysis of the functions and interactions of the ingredients, method of preparation, and a list of modifications to customize the formula in the clinic. Commentary explains different interpretations of the formulas, compares them with related formulas, and discusses their application in treating biomedically-defined disorders. Almost 350 variations and associated formulas offer additional options for the practitioner in the clinic. An informative introduction traces the historical evolution of the formulas, and provides practical pointers for their preparation and use.



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