

厚朴味苦温大温無毒主中風傷寒頭痛寒熱驚悸。



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External & Dermatological Diseases

Sores & Boils Teas

Sores and boils are common suppurative inflammations of the skin. They often occur in the areas of the head, armpit, or hips. Symptoms include redness, swelling, heat, and pain. Generally, these skin conditions are due to poor hygiene, infection from scratching or sweating, and infections of hair follicles or sebaceous glands.

Honeysuckle & Mung Bean Tea (*Yin Hua Lu Dou Cha*)

Honeysuckle flower, <i>i.e.</i> , Flos Lonicerae Japonicae (<i>Jin Yin Hua</i>)	30 grams
Licorice root, <i>i.e.</i> , Radix Glycyrrhizae Uralensis (<i>Gan Cao</i>)	3 grams
Mung bean, <i>i.e.</i> , Semen Phaseoli Munginis (<i>Lu Dou</i>)	15 grams

Method of administration: Boil all of these ingredients in water. Use the liquid and drink this freely as a tea.

Functions: Clears heat, resolves toxins, and disperses swelling

Indications: This tea is suitable for the prevention and treatment of summertime boils.

Dandelion Tea (*Pu Gong Ying Cha*)

Fresh dandelion, <i>i.e.</i> , fresh Herba Taraxaci Mongolici Cum Radice (<i>Xian Pu Gong Ying</i>)	30 grams
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Note: If using dry dandelion, use only 20 grams.

Method of administration: Wash the herb well and then boil with water. Drink the liquid as a tea. Use 1 packet per day and drink it at any time.

Functions: Clears heat and resolves toxins, disperses swelling and dissipates *yong* (carbuncles)

Indications: This tea is suitable for the treatment of summer boils and clove sore toxins.

Purslane Tea (*Ma Chi Xian Cha*)

Fresh purslane, *i.e.*, fresh *Herba Portulacae Oleraceae*
(*Xian Ma Chi Xian*)

30 grams

Note: If dry, use 20 grams.

Method of administration: Rinse the herb well and boil with water. Drink the liquid as a tea. Use 1 packet per day, taken at any time.

Functions: Clears heat and resolves toxins, dispels stasis and disperses swelling

Indications: This tea is suitable for the treatment of clove sores, boils, sores, *yong* swellings, and cinnabar toxin sores, *i.e.*, *crispelas*.

Urticaria Teas

Urticaria, more commonly called hives and also called nettle rash, is a vascular reaction of the skin that may be due to irritants such as physical agents, food, insect bites, medications, and pollens, or to neurogenic factors. It is characterized by transient wheals that are pale or bright red in color which occur suddenly and are usually accompanied by severe itching. In some cases, these may occur repeatedly and linger to become chronic, in some cases, lasting years

and years. In TCM, hives are believed to be due to wind, dampness, and heat affecting the skin or heat that collects in the stomach with wind attacking. In chronic cases, there may also be elements of qi and/or blood, yin and/or yang vacuity.

Chinese Wax Gourd Peel Tea (*Dong Gua Pi Cha*)

Chinese wax gourd peel, *i.e.*, *Exocarpium Benincasae Hispidae*
 (*Dong Gua Pi*) Any amount

Method of administration: Boil this herb with water, filter the dregs, and use the liquid. Drink this frequently as a tea.

Functions: Disinhibits water and disperses swelling

Indications: This tea is suitable for the treatment of nettle rash affecting large areas with pronounced localized edematous swelling due to accumulation of dampness.

Ginger & Vinegar Beverage Tea (*Jiang Cu Yin Cha*)

Uncooked ginger, <i>i.e.</i> , uncooked <i>Rhizoma Zingiberis</i> (<i>Sheng Jiang</i>)	50 grams
Brown sugar (<i>Hong Tang</i>)	100 grams
Vinegar (<i>Cu</i>)	100 grams

Method of administration: Chop the ginger into thin slices and boil with the vinegar, sugar, and water. Discard the dregs. Drink 1 small cup each time with warm water. Take 3 doses per day.

Functions: Fortifies the spleen and stomach and removes allergy

Indications: This tea is suitable for the treatment of food allergy urticaria.