

疗法

Treatment

Following the classification of medicinal herbs, one may differentiate between “*outer*” and “*inner*” diseases. External or superficial discomfort or diseases are e.g. colds, the flu and cases of mild pain. Many of the herbs used in these cases are considered to be antibacterial or diaphoretic. They help lowering the body temperature. Interior, especially chronic diseases are usually treated with more complex herbal compounds because experience has shown that these herbal compounds will be effective in several areas of the body which all contribute to (the symptoms) of a disease.

However, it has to be noted that herbal medicine will usually only become effective after using it consistently over an extended period of time.

诊法

Chinese Diagnosis

The goal of a holistic diagnosis is to recognize the cause and origin of a disease by

- interviewing the patient
- measuring the pulse and
- tongue diagnosis



倪娜 艾思蓓

Dr. Nina Essl-Perl

Dr. Nina Essl-Perl is a general medical practitioner who has in addition been active particularly in the field of Traditional Chinese Medicine (TCM) for several years. Besides certificates from the Beijing University of Chinese Medicine and the Austrian Chamber of Physicians, her expertise is enhanced by numerous study visits, advanced trainings and participations in conferences in Beijing, Shanghai and Chengdu.

Certificates:

- Acupuncture and moxibustion
- Herbal medicine
- Tuina massage
- Nutritional medicine
- Occupational medicine
- Emergency medicine



DR. NINA ESSL-PERL



DR. NINA ESSL-PERL

*General medical practitioner and
Traditional Chinese Medicine (TCM) practitioner*

*Practice:
Salzergasse 11/1
1090 Wien
Austria*

T +43 (0)1 25 29 669
F +43 (0)1 25 33 033 9867
E praxis@essl-perl.at
W www.essl-perl.at

CHINESE
HERBAL MEDICINE

中药



中药

Chinese herbal medicine

Chinese herbal medicine (phytotherapy) is one of the more important modalities utilized in Traditional Chinese Medicine (TCM) and has been practiced in China for about 5000 years. The story goes that “*Shen Nong*” – a character of Chinese mythology – tested hundreds of herbs on himself to study their medical effectiveness. His famous book “*Shen Nong Ben Cao Jiang*” lists 365 herbs and still is the basis of countless prescriptions.

Over 7000 drugs and herbs are known, 600 of which are used on a regular basis. In rare cases in addition to herbs also stones and animal products will be used in some prescriptions.

The herbs are categorized according to the following criteria:

- Taste (sour, bitter, sweet, spicy, and salty)
- Thermal effect (very cold, cold, warm, and hot)
- Effect direction (ascending, lowering, dissipating, astringent)



汤头

Prescriptions

Thousands of detailed prescriptions are used in Chinese herbal medicine, each targeting specific symptoms. Each herb has a specific function within each prescription:

Emperor: The main ingredient of a prescription

Minister: Supports the Emperor

Envoy: Leads the active substances to the “place of action” within the body

Assistant: Prevents side effects

An herbal prescription will only be fully effective in case all substances are carefully balanced. Herbs will mostly be administered in form of a decoction (similar to a tea) but also as granules, hydrophilic concentrate, powder or pills.

副作用

Side effects

Side effects may occur especially when using herbs of inferior quality. This risk can be avoided by purchasing the components exclusively from authorized dealers only (e.g. herbal qualified pharmacies).

应用

Application areas

Gastrointestinal disorders

Gastritis · Heartburn · Constipation diarrhoea · Irritable bowel syndrome · Crohn's disease · Nausea and throwing up after chemotherapy

Cardiovascular diseases

Hypotension · Hypertension

Respiratory diseases

Cold · Bronchial asthma · Acute and chronic cough

Otolaryngology (Ear, nose and throat disorders)

Tinnitus · Sinusitis · Sore throat

Allergic disorders

Hay fever · Allergic asthma

Gynecological disorders

Menstrual pains · Premenstrual Syndrome · Cycle irregularities · Menopause ailments · Morning sickness

Urogenital diseases

Cystitis · Incontinence · Irritable bladder

Skin disorders

Psoriasis · Eczema · Hair loss · Neurodermatitis

Children's diseases

Skin diseases · Bed wetting · Hyperactivity · Disorders of the digestive system

Acute and chronic pain

Headaches · Neuralgia · Pain of the locomotor system

Functional disorders

Exhaustion · Nervousness



*You will find goodness
in the effects of nature.*

Tsuang Tse

