



## Chinese medicine cabinet

Many classic Chinese medicine formulas are available as pills or potions. They are easy to use, usually inexpensive and easily available in Chinese supermarkets and herbal stores. The following medicines are common in Chinese households.

### DOSAGE

- Some preparations may have dosage instructions translated into English. If not, ask the herbalist.
- If you are already on medication, check with your doctor before taking any herbal medicines.

SYMPTOM	TRADITIONAL MEDICINE
Early cold or flu symptoms	Lonicera forsythia detoxification tablets ( <i>Yin qiao ji du pian</i> )
Sore throat or other inflammation in the head	Coptidis upper clearing tablets ( <i>Huang lian shang qing pian</i> )
Acute diarrhea	Berberini tablets ( <i>Huang lian su</i> )
Cough	Loquat cough syrup ( <i>Chuan bei pi pa gao</i> )
Anxiety, insomnia	Emperor nourish heart pills ( <i>Tian wang bu xin dan</i> )
Constipation	Moisten intestines pill ( <i>Run chang wan</i> )
Heavy menstrual or other heavy bleeding	Yun Nan province white medicine ( <i>Yun nan bai yao</i> )
Blood and energy tonic	Precious pill ( <i>Ba zhen wan</i> )
Minor aches and pains	Tiger balm ointment