

英文

Chinese Herbal Medicine's Safe Usage

Preservation of Chinese Herbal Medicine

- 1.Refrigeration: This is a more ideal method, because preservation under low temperature (below 5 °C) can prevent bacteria and fungus growth and signs of decay such as changing color and taking oil.
- 2.Preservation by chemical agents: Frequently used chemical agents include dioxide benzene, camphor, carbon tetrachloride, etc.

Preservation of scientific formulations

Scientific formulations sold on market include dosage form of granules, powders, tablets, ointments, etc. and should be stored in dry locations. To prevent moisture, it is best to place inside glass bottle to be damp-proof.

Caution of using medicine when pregnant

- 1.Easy to increase uterine contractions causing miscarriage include rhubarb, Glauber's salt, senna and other heat diarrhea drug. Medicine such as Mitsubishi, Curcuma, Changshan that are extremely powerful medicinal drugs are prohibited, to prevent miscarriage.
- 2.Pregnant women should use caution with citrus aurantium, the blood circulation stasis the peach kernel, safflower; the hot and spicy Pinellia, tuber, and smoothing function's Muk Tong, Rhizoma Imperatae, etc.
- 3.The effect of Yiyiren is to facilitate urination, making the uterus excited and enhancing contraction of the uterus.
- 4.The effect of malt is to promote digestion and starch decomposition, causing retreating of milk in pregnant women.

中文對照說明

中藥用藥安全

中藥材之保存

1. 冷藏方法：這是一種較理想的方法，因為在低溫下(5°C以下)保存，可以防止細菌、黴菌的生長及藥材的變色、走油等敗壞的現象。
2. 化學藥劑保存法：常用的化學藥劑有對二氧化苯、樟腦、四氯化碳等。

科學化製劑之保存

現市售科學化製劑有顆粒、粉末、片劑、軟膏劑等劑型，應置於乾燥處。防止濕氣侵入藥材，最好置入玻璃瓶以防潮。

妊娠慎用藥

1. 容易增加子宮收縮造成流產，如大黃、芒硝、番瀉葉等清熱瀉下藥物；三菱、莪朮、常山等藥性猛烈的藥物等，列為孕婦禁忌，避免流產。
2. 破氣消積的枳實，活血去瘀的桃仁、紅花；大辛大熱的制半夏、附子，和具有滑利作用的木通、白茅根等，孕婦應慎用。
3. 薏苡仁的效用為利水利尿，對子宮有興奮作用，促進子宮收縮。
4. 麥芽效用為促進消化、澱粉分解，卻會造成孕婦退乳。

Drug interactions

1. Chinese medicine and their preparations containing calcium, such as: Gypsum, keel, oysters, because calcium ions and cardiac stimulants have similar effects, that can strengthen heart muscle contractions, and strengthen the effects and toxicity of cardiac stimulants.
2. Licorice-containing medicines and decoctions should not be used with cardiac stimulants such as digitalis. Licorice has Deoxycorticosterone Sample effects, can “preserve sodium and expel potassium”, leading the heart to become sensitive to cardiac stimulants and cause poisoning.

Food with cold nature

Can lower the effect of body heat and temperature. Therefore, those who bodies are asthenia cold and are afraid of cold or have upper respiratory diseases or gastrointestinal dysfunction should avoid these foods. Those who bodies are hot can choose food with cold nature to lower the reaction of body's heat.

Warm and hot food

Strengthen the effects of body heat creation and raises the effects of physical fitness and strength. Those who bodies are asthenia cold can choose to use more. However, these foods will cause symptoms of dryness in mouth, constipation etc or symptoms of having too much heat. Therefore, those who bodies are hot should avoid these foods.

Food of insipid nature

Food of insipid nature can be taken by most people on a daily basis, except for those with particular allergic reactions, such as: fruits, vegetables, meat.

藥物交互作用

1. 含鈣的中藥及其製劑，如：石膏、龍骨、牡蠣等，因為鈣離子與強心劑對心臟有類似的作用，能增加心肌收縮，增加強心劑的作用和毒性。
2. 含甘草的成藥及湯劑不宜與洋地黃等強心劑併用，甘草具有去氧皮質酮樣作用，能“保鈉排鉀”，導致心臟對強心劑的敏感性而引起中毒。

寒涼性食物

使身體熱能及體能降低作用，因此體質虛寒怕冷或有上呼吸道疾病、腸胃機能障礙者應忌食。體質燥熱者則可選用涼性食品降低身體燥熱反應。

溫熱類食物

使身體產熱作用增強，提昇體能作用，體質虛寒者反而可多加選用。但易引起口乾舌燥、便秘等上火症狀，因此燥熱體質應忌食。

平淡性質食物

性質平和不偏，除非個人有特殊過敏性反應之外，大多數人平日皆可食用。如：水果、蔬菜、肉類。