

## Decoction Preparation Guide(Decoction Guide Brief version) of TCM

The Decoction Preparation Guide Brief version is a document sheet that gives an introduction about decoction preparation in a brief and tips, it is suitable for those who have basic knowledge about TCM decoction for reference, normally they do not need to read a professional version.

The quality of TCM decoction has a direct influence on the curative effect of the herbal recipes. The quality of decoction has a direct influence on the efficacy of the herbal recipes.

There are two kinds of major changes in the decoction of Traditional Chinese Medicine: the first is the dissolution of the effective constituents of the herbs, the second is the combination reaction of various physiological active ingredients in the herbs. Therefore, the decoction preparation method has some special attention.

The following part is the common brief knowledge of Traditional Chinese Medicine decoction preparation, for a more detailed introduction is available in the professional version.

Before prepare and decocting Chinese Medicine, the herbs should be soaked in cold water for 30 ~ 60 minutes, add water enough volume and let all the herbs are covered by water with a little surplus water, normally need to decoct the herbs twice, after each decoction the remaining decoction juice better be 150 ~ 250 MLS, then combine the first decoction and the second decoction together, and then follow the

herbalist's advice to take it in times.

In the process of decocting, generally speaking, the time of decocting should be 30 minutes after the water boiling. For aromatic herbs decoction time should not be too long, in case of aroma volatilization efficacy lost, better decocting 20 minutes after boiling; For stone medicine and nourishing herbs normally need a longer time decocting to ensure the efficacy, can be extended to 40 to 60 minutes after boiling. In the process of decoction, the decoction of special herbs should according to advice from herbalists. [End.]