

Treatment for deficiencies

- The deficiency state can be divided into yang deficiency and yin deficiency. For example, patients of yang deficiency should take Radix Ginseng and Cornu Cervi Pantotrichum which help replenish yang and qi.

Radix Ginseng

Cornu Cervi Pantotrichum



- tiredness, fatigue
- pale lip and complexion
- weak voice
- shortness of breath, excess sweat
- poor appetite
- cold limbs and back, fondness of warmth, modest oedema
- clear and copious urine
- loose stool, etc.

Symptoms of yang deficiency

- A stomach-yin deficiency should be treated with unprocessed Radix Rehmanniae and Radix Ophiopogonis, etc. to replenish the fluid in stomach.

Unprocessed Radix Rehmanniae

Radix Ophiopogonis



- Stomach discomfort as if something is blocking "agitation"
- feeling hungry but have no appetite, hiccup
- dry mouth and throat
- red tongue
- dry and hard stool, etc.

Symptoms of yin deficiency

- If there is no yang deficiency, consumption of large amount of Radix Ginseng and Cornu Cervi Pantotrichum over a prolonged period of time may cause discomfort or harm to the body.

Radix Ginseng

Cornu Cervi Pantotrichum



- restlessness, chest discomfort
- palpitation, insomnia
- dry throat and tongue
- nosebleed
- constipation, etc.

Don't take large amount of herbal tonics replenishing yang over a prolonged period of time

- If there is no yin deficiency, reckless consumption of large amount of unprocessed Radix Rehmanniae and Radix Ophiopogonis to replenish yin may cause discomfort or harm to the body.

Unprocessed Radix Rehmanniae

Radix Ophiopogonis



- loss of appetite
- abdominal distention
- diarrhoea, etc.

Don't take large amount of herbal tonics replenishing yin over a long period of time

Chinese Medicine Regulatory Office
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HONG KONG



Adverse Effects of Misusing Herbal Tonics

Herbal tonics are claimed to have the functions of health preservation and delaying ageing through strengthening body constitution and resistance. Are herbal tonics beneficial to health? Is it true that "the more tonics you take, the stronger you will be"?



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Health and disease

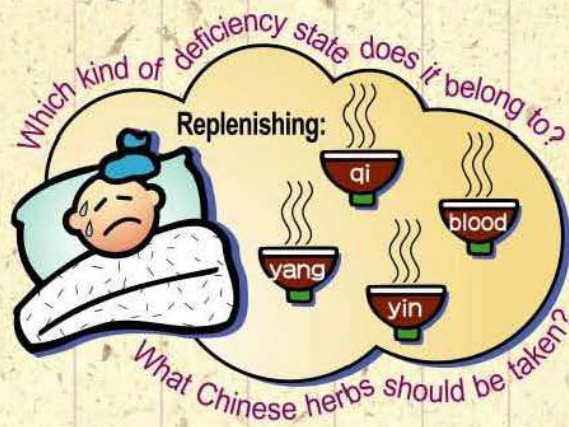
- In Chinese medicine, health is preserved when a dynamic and harmonious balance is maintained among the interior parts of the body and between the body and the external environment, when the physiological and psychological functions are being normal. This is called "yin and yang in equilibrium" in Chinese medicine.



- When the human body is affected by pathogenic factors, the harmonious states among the interior parts of the body and between the body and the external environment will be disrupted. Diseases may then occur easily.



- As the pathogenic factors weaken the body's resistance, adaptability to the external environment and rehabilitation ability, symptoms of deficiency state may emerge.



- Proper use of the right kind of herbal tonics can restore various deficiency states according to their natures and locations. However, wrong assessment of the deficiency state, or the nature and the location of the deficiency state, leading to inappropriate use of herbal tonics is hazardous to one's health.



Abusing herbal tonics is not beneficial but hazardous to your health!

Use of herbal tonics based on differentiation of syndrome

- In Chinese medicine, differentiation of syndrome based on professional assessment is emphasized when taking herbal tonics. One should first consult a Chinese medicine practitioner to determine the presence or otherwise of any deficiency state and for the location and nature of the deficiency before taking any herbal tonics.



One should also know whether the herbal tonics selected are appropriate for one's own condition. Use of herbal tonics without professional supervision is dangerous and should be avoided.

