

中药煎煮方法

1. 清水浸泡药物 15 分钟。尽量用砂锅熬药。

Soak the herbs for 15 mins. Preferable to use a claypot.



2. 第一煎：用清水 4 碗（或清水浸过药面 2cm），用大火煮开，转中小火，熬至 1 碗水，倒出药液。

First boil: Add 4 bowls of water (or enough to cover the herbs by 2cm).

Boil until 1 bowl of liquid remains. Pour into a bowl.



3. 第二煎：药渣加入清水 3 碗再煮，用大火煮开，转中小火，熬至 1 碗水。

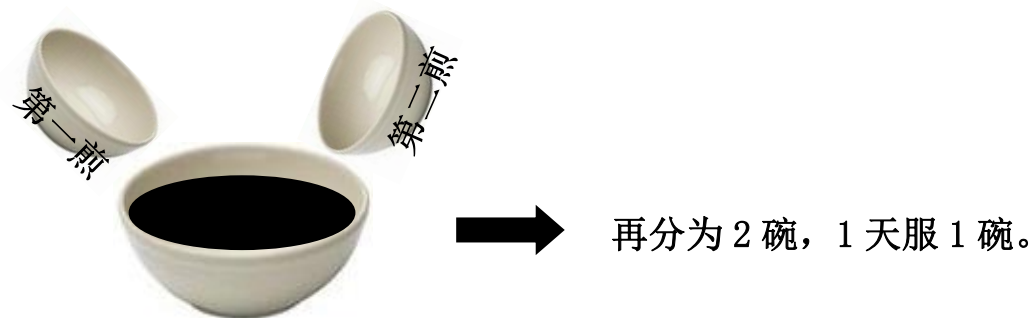
Second boil: Add 3 bowls of water to the herbs from Step 2.

Boil until 1 bowl of liquid remains.



4. 以上两碗混合，再分成 2 次服用，今天服 1 碗，明天服 1 碗。

Mix the 2 bowls of medicine together and take one bowl each day.



特殊煎服法

先煎：将药物先煮沸 20-30 分钟，再下其他药物同煎，以使有效成分充分析出。

后下：在其他药物快要煎好的时候才放入，一同煎煮 5-10 分钟即可，以防久煎破坏有效成分。

烱化：可单用水或將此类药放入煎好的药液中加热溶化后服用，主要用于胶类药物。

泡服（焗服）：用少量开水或复方中其他药物滚燙的煎出液趁热浸泡，加盖闷润，减少挥发，半小时后去渣即可服用。

冲服：用温开水或兼其他药物煎液冲服。主要指某些贵重药，用量较轻，防止药物散失。

另煎：此药物应单独另煎 2-3 小时，主要指人参，鹿茸等贵重药材，为了更好煎出有效成分。

Special decoction methods

Xian jian (To decoct first): Boil these herbs for 20 to 30 minutes first before adding in the other herbs.

Hou xia (To add in later): After the other herbs have been boiled and near ready, add these herbs in and continue boiling for 5 to 10 minutes.

Yang hua (To melt): These medicines may be separately melted in a small amount of boiling water first or melted into the already boiled herbal decoction.

Pao fu (To soak and take): Soak these herbs in a small amount of boiling water in a bowl or container, which should then be covered. After 30 minutes of soaking, the residue may be discarded and the herbal liquid consumed.

Chong fu (To stir in): Add the herbs to hot water or boiled herbal decoction before consumption.

Ling jian (To decoct separately): Such herbs should be separately decocted for 2 to 3 hours to better release their effective constituents. This normally applies to more expensive herbs such as ginseng, deer antler etc.