Traditional Chinese medicine (TCM), with a history of thousands of years, is the crystallization of the ancient Chinese people’s experience in their struggle against diseases. It is also an integral part of their splendid culture. Under the influence and direction of classic Chinese philosophies, it has undergone long-term medical practice and infiltrated into, as well as absorbed from, other subjects at that time, thus gradually evolving into a unique medical theoretical system that contributed significantly to the health care of the Chinese people and the prosperity of the Chinese nation. This 7-volume set comprehensively covers the main components of TCM, such as Basic Theory, Diagnosis, Prescription, Chinese Materia Medica, Tui Na, Acupuncture and Moxibustion.

Readership for all titles in this series
Medical professionals, both Western medical doctors and TCM practitioners, particularly those practicing in Australia, Europe and America; Chinese medicine educators, clinical and basic Chinese medicine researchers and health science students (particularly Chinese medicine students); herbalists, gerontology researchers, nutritionists, public health specialists (health policy departments in ministries of health and universities); professionals at the World Health Organization and affiliated institutions, and pharmaceutical companies; librarians of TCM professional associations and teaching institutes and the lay reader who either wants general knowledge or wishes to understand how TCM can help a friend, relative or loved one.

World Century Compendium to TCM - Vol. 1
FUNDAMENTALS OF TRADITIONAL CHINESE MEDICINE
by Hong-Zhou Wu, Zhao-Qin Fang, Pan-Ji Cheng (Shanghai University of Traditional Chinese Medicine, China)
translated by Yebo He

This book is compiled to allow the majority of readers to understand the theory of TCM and its methods of diagnosing and treating diseases in a relatively short period of time. It provides a brief introduction to the basic characteristics and theory of TCM, and a detailed schedule of learning commonly occurring diseases and patterns and their estimated 60 corresponding prescriptions. This is a great attempt in initiating more people to understand and apply the theory of TCM to diagnose and treat common diseases and provide corresponding formulas.

Contents:
- Introduction
- The Theory of Essence, Qi and Spirit
- The Theory of Yin and Yang
- The Theory of Five Elements
- The Theory of Visceral Manifestation
- Qi, Blood, and Body Fluid
- The Theory of Meridians and Collaterals
- Body Constituents, Sensory Organs and Orifices
- Etiology and Nosogenesis
- Pathogenesis
- Life Cultivation, Therapeutic Principles and Methods

About the set
Traditional Chinese medicine (TCM), with a history of thousands of years, is the crystallization of the ancient Chinese people’s experience in their struggle against diseases. It is also an integral part of their splendid culture. Under the influence and direction of classic Chinese philosophies, it has undergone long-term medical practice and infiltrated into, as well as absorbed from, other subjects at that time, thus gradually evolving into a unique medical theoretical system that contributed significantly to the health care of the Chinese people and the prosperity of the Chinese nation. This 7-volume set comprehensively covers the main components of TCM, such as Basic Theory, Diagnosis, Prescription, Chinese Materia Medica, Tui Na, Acupuncture and Moxibustion.
The 21st century is the start of an era where people are beginning to look at health and medical care from a different perspective. Understanding the conventional pattern of medical treatment alone has ceased to meet the ever-growing demands of social development, and hence, the trend of exploiting natural therapies has gradually emerged.

Besides turning to Chinese medicine as an option for treatment, increasingly, the principles and practices used in this field have been garnering more interest. This is exactly the reason why this book is compiled. It is our hope that the contents can be of help to the readers to not only understand, but suitably apply Chinese medicine in practice, and thus benefit their health.

548pp Sep 2013
978-1-938134-13-5(pbk) US$88 £58
Contents:

- **First Week:** Basic Theory of Chinese Materia Medica; General Knowledge of Chinese Materia Medica; Medicinal Nature and Flavor of Chinese Materia Medica; Four Natures and Five Flavors Factors Affecting the Effects of Chinese Materia Medica; Compatibility and Contraindication of Chinese Materia Medica
- **Second Week:** Medicinals that Release Exterior; Acrid-Warm Medicinals that Release the Exterior; Acrid-Cool Medicinals that Release the Exterior
- **Third Week:** Medicinals that Clear Heat; Medicinals that Clear Heat and Drain Fire; Medicinals that Clear Heat and Resolve Toxins
- **Fourth Week:** Medicinals that Clear Heat and Cool Blood; Medicinals that Clear Deficiency-Heat; Purgatives
- **Fifth Week:** Medicinals that Dispel Wind-damp; Aromatic Medicinals that Remove Dampness
- **Sixth Week:** Medicinals that Promote Urination; Medicinals that Warm the Interior
- **Seventh Week:** Medicinals that Regulate Qi
- **Eighth Week:** Medicinals that Promote Digestion; Medicinals that Expel Worm; Medicinals that Stanch Bleeding
- **Ninth Week:** Medicinals that Invigorate Blood
- **Tenth Week:** Medicinals that Dissolve Phlegm; Medicinals that Relieve Cough and Wheezing
- **Eleventh Week:** Medicinals that Calm the Spirit; Medicinals that Calm the Liver and Extinguish Wind
- **Twelfth Week:** Medicinals that Open Orifices; Medicinals that Tonify Qi; Medicinals that Tonify Blood
- **Thirteenth Week:** Medicinals that Tonify Yin
- **Fourteenth Week:** Medicinals that Tonify Yang; Medicinals that Consolidate and Astringe; Medicinal Name Index.

“This book aims to provide readers with adequate knowledge for clinical application of Chinese medicine, which is in line with the fundamental principle of “correspondence of Chinese medicinals and patterns.” It contains a brief introduction to relative theories, divides these medicinals by actions into categories such as exterior-releasing, heat-cleansing, purgative, dampness-dispersing, fluid retention-disinhibiting, interior-warming, qi-regulating, blood-activating, blood-stanching, food accumulation-relieving, phlegm, cough- and wheezing-arresting, mind-tranquilizing, liver-calming, orifices-opening, tonifying, astringing, and worm-dispersing, and elaborates each herb in terms of its actions, quality, indications, usage, and dosage. Furthermore, mnemonics and simple and effective formulas are included to help readers effectively grasp the concepts behind practical applications, and precautions and daily practices are specifically designed to support readers in easily understanding and retaining the information.”

Professor Ian Olver
CEO, Cancer Council Australia
University of Sydney

576pp Nov 2013
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In order to popularize Chinese internal medicine and allow readers to grasp its basic theories as well as diagnostic and therapeutic methods, we wrote this book in a language easily comprehensible by the layman. For ease of learning by modern doctors, we proceeded from the current clinical practice and outlined the contents with Western disease names. There are more than 80 diseases discussed in this book. For each disease, the Chinese syndrome differentiation and treatment as well as modern diagnostic key points are provided, to make it more convenient for the readers to study and understand.

The study of each disease should begin from its etiology, pathology and diagnostic key points, followed by the differentiated patterns and corresponding treatments. The respective points of caution for each disease should also be well-noted. Finally, the questions forming the “Daily Exercises” are useful for readers to check their comprehension and recall of the material. Given the chance, the theoretical knowledge should also be applied in clinical practice so that past knowledge is tested and new clinical knowledge and skills can be learned. Indices to the prescriptions are supplemented at the end so as to facilitate study and consultation.

This book is suitable for those who are enthusiastic about TCM and with basic medical knowledge, as well as clinical TCM doctors, nursing personnel and TCM students.

Contents:

- **Week 1:** Common Ailments; Headache; Vertigo; Insomnia; Sweating Syndrome; Aphth; Diarrhea;
- **Week 2:** Constipation; Bleeding; Diseases of the Respiratory System; Cold; Bronchitis; Bronchial Asthma; Bronchiectasis;
- **Week 3:** Pneumonia; Lung Abscess; Pulmonary Tuberculosis; Lung Cancer; Chronic Cor Pulmonale; Cardiovascular Diseases; Cardiac Arrhythmia; Myocardial Disease;
- **Week 4:** Viral Myocarditis; Valvular Heart Disease; Coronary Artery Disease; Chronic Congestive Heart Failure; Hypertension; Cardiogenesis;
- **Week 5:** Disorders of the Digestive System; Reflux Esophagitis; Esophageal Cancer; Peptic Ulcer; Chronic Gastritis; Gastropathia; Irritable Bowel Syndrome;
- **Week 6:** Intestinal Cancer; Gastric Cancer; Ulcerative Collitis; Intestinal Tuberculosis; Cirrhosis; Primary Hepatic Carcinoma;
- **Week 7:** Acute Pancreatitis; Hepatic Encephalopathy; Cholecystitis and Cholelithiasis; Viral Hepatitis; Bacillary Dysentery; Disorders of the Urinary System; Acute Glomerulonephritis;
- **Week 8:** Chronic Glomerulonephritis; Nephrotic Syndrome; Pyelonephritis; Renal Tuberculosis; Urinary Calculus; Chronic Renal Failure;
- **Week 9:** Disorders of the Hematological System; Hypoferric Anaemia; Aplastic Anaemia; Leukemia (Chronic Granulocytic Leukaemia); Leucopenia and Agranulocemia; Idiopathic Thrombocytopenic Purpura; Anaphylactoid Purpura; Disorders of the Endocrine System; Hyperthyroidism;
- **Week 10:** Hypothyroidism; Benign Thyroid Tumor; Subacute Thyroiditis; Chronic Lymphocytic Thyroiditis; Hypofunction of Anterior Pituitary; Chronic Adrenocortical Insufficiency; Diabetes Insipidus;
- **Week 11:** Hypercortisolism; Idiopathic Edema; Female Climacteric Syndrome; Neuropsychic Diseases; Myasthenia Gravis; Progressive Muscular Dystrophy; Trembling Palsy;
- **Week 12:** Bell’s Paralysis; Ischemic Stroke; Hemorrhagic Stroke; Epilepsy; Schizophrenia; Neurasthenia; Senile Dementia;
- **Week 13:** Connective Tissue Diseases; Rheumatic Fever; Rheumatoid Arthritis; Systemic Lupus Erythematosus; Dermatomyositis; Scleroderma; Behcet Disease;
- **Week 14:** Sjogren’s Syndrome; Metabolic Diseases; Diabetes; Osteoporosis; Simple Obesity; Gout; Hyperlipemia.
World Century presents Compendium to TCM Series

World Century Compendium to TCM - Vol. 5
INTRODUCTION TO FORMULAE OF TRADITIONAL CHINESE MEDICINE

by Jin Yang, Huang Huang, Lijiang Zhu (Nanjing University of Chinese Medicine, China)
translated by Xiao Ye & Hong Li

With increased demands on medical health care due to societal developments, the sole dependence on modern medicine or Western medicine is clearly insufficient. Traditional Chinese medicine, once derided by many in the west, is now firmly in the global limelight due to its numerous advantages in preventing and treating diseases. Chinese medicine achieves its curative effects by making use of natural therapies such as animal and plant parts, which are of interest to many doctors and patients who are in favor of rectifying the entire state of the body.

For over two thousand years, Chinese medicinal formulas have been extensively used in China as the main technique to prevent and treat. The accordance of formula and disease pattern is the most specific, objective, stable, and recurrently effective aspect of treatment based on pattern differentiation, which will be introduced in this book as a reliable analytical method.

In this book, the fundamental concepts of Chinese medicine, methods of conducting pattern differentiation and composing principles of formulas, and integration of indispensable courses of Chinese medicine, such as basic theories, diagnostic methods, Chinese medicinals, formulas, treatment principles, internal medicine, and warm diseases will be discussed, opening a door for novices who are interested to learn more about Chinese medicine.

Through self-study of this book in a relatively short duration, it is our hope that the reader will be familiar with and preliminarily apply the basic theories of Chinese medicine and formulas in practice. This not only serves to prevent and treat diseases, but more importantly, contributes to the spread of traditional Chinese medicine.

Contents:

- Chinese Medicine and Medicinals
- How to Prescribe a Formula in Accordance with the Pattern?
- The Exterior Pattern
- The Half-Exterior and Half-Interior Pattern
- The Cold Pattern
- The Heat Pattern
- The Phlegm–Rheum and Water Dampness Pattern
- The Wind Pattern
- The Qi Stagnation Pattern
- The Static Blood Pattern
- The Food Accumulation Pattern
- The Wind–Damp Pattern
- The Deficiency Pattern
- The Complex Pattern
- Formulas for Diseases of the Respiratory System
- Formulas for Diseases of the Digestive System
- Formulas for Diseases of the Cardiovascular System
- Formulas for Diseases of the Urogenital System
- Formulas for Diseases of the Nervous System

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978-1-938134-10-4(pbk) US$78 £51
Acupuncture and moxibustion are one of the most important contributions our ancestors have made to humankind. In the narrow sense, acupuncture and moxibustion refer to medical therapy, whilst broadly, they are an integral science consisting of four subdisciplines: the subject of meridians and acupoints, the subject of acupuncture and moxibustion techniques, the subject of acupuncture and moxibustion therapy, and the subject of experimental acupuncture and moxibustion.

Contents:

- Old but Young Chinese Acupuncture and Moxibustion
- Meridians and Collaterals
- Distribution of the Fourteen Meridians
- Introduction to Acupoints
- Specific Points
- Important Acupoints
- Techniques of Acupuncture and Moxibustion
- Prevention and Management of Possible Accidents in Acupuncture Treatment
- Filiform Needles
- Introduction to Acupuncture Manipulations
- Moxibustion
- Cupping, Warm Needling and Fire Needling
- Dermal Needling, Collateral Bloodletting and Intradermal Needling
- Electroacupuncture, Acupoints Application, Acupoints Injection and Acupoints Laser Irradiation
- Ear Acupuncture
- Scalp Acupuncture
- Eye Acupuncture and Wrist-Ankle Acupuncture
- Clinical Application of Acupuncture and Moxibustion
- Acupuncture and Moxibustion for Infectious Diseases
- Acupuncture and Moxibustion for Diseases of Respiratory and Circulatory Systems
- Acupuncture and Moxibustion for Diseases of Digestive and Blood Systems
- Acupuncture and Moxibustion for Diseases of Metabolic and Immune Systems
- Acupuncture and Moxibustion for Diseases of Neural and Mental Systems
- Acupuncture and Moxibustion for Diseases of Urinary and Reproductive Systems
- Acupuncture and Moxibustion for Diseases of Surgery
- Acupuncture and Moxibustion for Obstetrics and Gynecology Diseases
- Acupuncture and Moxibustion for Pediatric Diseases
- Acupuncture and Moxibustion for ENT Diseases
- Acupuncture and Moxibustion for Dermatological and other Diseases
- Acupuncture and Moxibustion for Health Care
Traditional Chinese tui na, one of the earliest medical treatment methods with a long history tracing back to ancient times, is an important component of traditional Chinese medicine (TCM). This book is compiled with the aim of popularizing tui na modality along with allowing readers to understand and master the fundamental theories, basic techniques, commonly used acupoints and parts, and diagnosis and treatment methods of diseases in a relatively short period of time. The book is a summary of clinical experiences of tui na with practical contents and detailed illustrations, which can be easily appreciated and serve both purposes of the popularization of tui na and advancement in this field.

The book introduces 25 common maneuvers including manipulations in children, more than 70 common diseases with diagnostic, treatment, and preventive methods, and some 240 images illustrating acupoints, maneuvers, examination, and treatment methods in order to facilitate study and learning. The formal arrangement totals 14 weeks, with two days of extra content, adding up to one hundred days. Lastly, the book has appended four indices: Common Tui Na Acupoints and Areas, Common Tui Na Maneuvers, Common Examinations, and Common Applicable Diseases and Symptoms.

After completion of the book, readers will be able to understand the main essence in the discipline of tui na and dispel the stereotypical view that tui na can only treat pains and movement disorders. The correct concept should be established so that it can be applied to a variety of diseases in internal medicine, external department, gynecology, and pediatrics in clinical practice. In addition, the readers will have built a solid foundation for a further and more in-depth grasp of the discipline.

Contents:

**Week One:**
- Day One: Brief History of Tui Na
- Day Two: Fundamental Knowledge of Tui Na: The Effect on Skin Tissues; The Effect on Muscles; Enhance the Recovery of Joint Injuries; Adjust Anatomic Displacement; Improve Blood Circulation; Promote Digestion; Regulate the Nervous System; Improve Mood
- Day Three: Twelve Regular Meridians and Eight Extraordinary Vessels
- Day Four: Circulation Pathways of the 14 Meridians and Vessels
- Day Five: Commonly Used Shu Xue (Acupoints), Part I
- Day Six: Commonly Used Shu Xue, Part II

**Week Two:**
- Day One: Commonly Used Shu Xue, Part III
- Day Two: Physical Examination of the Upper Extremities
- Day Three: Physical Examination of the Lower Extremities
- Day Four: Examination of the Torso
- Day Five: Examination of the Neurological System
- Day Six: Anatomy of Normal Bones and Joints Under X-rays; Basic X-Ray Images of Bone and Joint Diseases

**Week Three:**
- Day One: Massage for Adults Pressing; Point Pressing (Acupressure); Intense Pressing
- Day Two: Rubbing; Kneading; Foulage
- Day Three: Twiddling; Pushing; Scrubbing
- Day Four: Smearing; Scattering; Sweeping; Grasping; Shaking
- Day Five: Lateral Striking with Palms Clasped; Pecking; Patting; Plucking
- Day Six: Rotating; Back Carrying; Rolling

**Week Four:**
- Day One: Headache
- Day Two: Hypertension
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