As a clinical teacher of Chinese Herbal Medicine at various TCM teaching establishments, part of my role is to deliver instant, on the spot mini-lectures on any disease you would care to imagine. As you might appreciate this is quite a demanding task. Usually I depend on my own clinical manuals produced over the last 14 years to cope with the challenge. However, sometimes even my manuals reveals gaps that fails to support me.

Fortunately, I always seem to have a few treasured books that come to my rescue. On this particular day I had a review copy of this second edition written by the committed author Will Maclean.

The patient we had just seen and has now become the subject of another instant mini-lecture was suffering from “panic attacks”. Due to the patient’s heart and gall bladder deficiency, Shi Wei Wen Dan Tang was prescribed, but what of all the other syndromes and possible formulas that treat panic attacks?

To my delight and surprise when I turned to Will Maclean’s book it’s superb repertory has the heading “Panic Attacks”, page 692. The comprehensive index reveals the syndrome complex as well as the formula used to treat it, thereby giving you instant information without all the usual tedious referencing.

To make this clear, let us look at page 692, “Panic Attacks”, in detail:

<table>
<thead>
<tr>
<th>Formula</th>
<th>Page No.</th>
<th>Syndrome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tian Wang Bu Xin Dan</td>
<td>358</td>
<td>Heart yin deficiency</td>
</tr>
<tr>
<td>Gui Pi Wan</td>
<td>16</td>
<td>Heart blood deficiency</td>
</tr>
<tr>
<td>Chai Hu Long Gu Mu Li Wan</td>
<td>372</td>
<td>Qi stagnation, Phlegm heat, Yang rising</td>
</tr>
<tr>
<td>Wen Dan Tang</td>
<td>370</td>
<td>Phlegm heat</td>
</tr>
<tr>
<td>An Shen Ding Zhi Wan</td>
<td>362</td>
<td>Blood and yin deficiency with phlegm</td>
</tr>
<tr>
<td>An Shen Bu Xin Wan</td>
<td>364</td>
<td>Yin deficiency, Yang rising</td>
</tr>
<tr>
<td>Ban Xia Hou Po Wan</td>
<td>400</td>
<td>Qi and phlegm stagnation</td>
</tr>
</tbody>
</table>

Of course there are many other formulas one could discuss as regards the treatment of “Panic Attacks”, but several syndromes and related formulas are quite enough for a mini-lecture and in clinical practice these main formulas are pretty comprehensive at least to make a good start in terms of clinical practice.

What makes this clinical patent book especially effective is the excellent 68 page repertory covering a large range of clinical conditions in practical detail. This book is extremely useful both for the practitioner of patent medicines and the fully trained Chinese herbal practitioner as it contains hundreds of classical TCM formulas as well as modern formulas that could assist in writing up prescriptions.

As a reference tool there are 17 pages dedicated to listing the main herbs with explanations of TCM and symptomatic actions.

This book is also very practical for the practitioner as the formulas included reflect the legal changes that Australia has undergone as regards toxic substances and endangered species being excluded from patent formulas.
Having made a TCM diagnosis, you can check the particular disease in the repertory and proceed to the formula of interest.

This is presented on two pages (one page for lesser formulae) of clearly presented information which includes:

1. Formula title in bold print.
2. Place of manufacture and by whom.
3. A variety of alternative formula titles.
4. Contents of medicine in terms of quantity.
5. Quality control title, i.e. GMP, TGA, etc.
6. Medicinal contraindications.
7. Medicine time limit, i.e. days to months.
8. External use only.
9. Animal ingredients (that are legal).
10. Drug reactions (possible).
11. Potential cautions (information for inexperienced practitioners).
12. Author’s personal recommended formulas.

Then TCM actions of the formulas are given, followed by Biomedical actions. INDICATIONS are given with explanations via symptoms and syndromes as to how the formula is used.

Under the heading Composition the ingredients are listed as follows:

<table>
<thead>
<tr>
<th>Latin pharmaceutical</th>
<th>common name</th>
<th>Pinyin</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

with the percentage of each ingredient included.

Then pictorial diagrams of the human body are displayed with major keynote symptoms given with pattern identifying features relayed in order to give you an instant grasp of the nature of the herbal formula.

Next there is a section on combinations which lists other formulae which can be used in combination to effect mixed syndrome pathology.

Dosage and method of administration explains in detail how the patient takes the medicines.

The final section covers cautions and contraindications.

Finally, the 735 page book is well bound on high quality glossy paper.

As the book to carry around to your various clinics I cannot recommend it highly enough whether you prescribe patent pills or construct your own individual formulae.