

- TONG REN TANG'S LIFE NOURISHMENT -

同仁養生

食療

VITAL CHINESE
FOOD THERAPY



350⁺ 御藥匠心
年 世代傳承
Healthy Life
Global Choice

養生與健康

HEALTH PRESERVATION

現代人生活節奏快、壓力大，往往忽視了攝生保健。適時養生及早「治未病」，可有效預防身體出現毛病。

三百五十多年以來，北京同仁堂一直堅持用心製藥。現今全球關注健康的時刻，北京同仁堂與都市人連繫一起，關注四大都市健康領域（增強免疫力、心腦血管健康、女士保健與都市痛症），照顧您不同的健康需要，為您帶來一系列簡易養生食療，增進大家的健康元氣。



銅人仔
Bronze Boy

In this fast-paced world, time-crunched people are overwhelmed with stress and take less good care of their health. Following the Chinese medicine theory - "Preventing Disease before its Occurrence" with timely life nourishing and preventive healthcare are always advisable for you to maintain good health and stay away from illnesses.

Beijing Tong Ren Tang has been committing to serve the world with remarkable Chinese medicine for more than 350 years. At this significant moment for healthcare, we would connect with urbanites in 4 major health areas - immunity enhancement, cardiovascular and cerebrovascular health promotion, women's health and urban pain relief. A series of simplest food therapy recipes are brought up to you to strengthen the energy of health.

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增強 免疫力

IMMUNITY
ENHANCEMENT

不想成為病菌的「獵物」，便要時刻增強免疫力，免疫力是人體的疾病防禦系統，用來抵抗外來的病菌侵襲。都市人生活繁忙，飲食節奏急速，大多缺乏睡眠和運動，容易導致自身免疫能力下降。

根據《神農本草經》記載，靈芝被列為上品，意指可保健強身，預防疾病的草藥，是現今提升免疫力的好食材。繁忙的都市人多選擇方便服用，含豐富蛋白質、多種氨基酸、靈芝三萜、靈芝多糖等成分的靈芝孢子粉，不過靈芝孢子在未被破壁前其營養不容易被人體吸收，大家在選擇具高效營養成份的靈芝孢子粉時，可挑選利用頂尖低溫物理破壁技術、達99%以上破壁率的靈芝孢子，以獲得最佳的服用效果。

Strengthening immunity is the best way to protect yourself in order not to fall prey to diseases. Immune system is the first line of defense from infection. Urbanites usually have unhealthy eating habits, sleep deprivation and insufficient exercise, reducing immunity to ward off diseases.

In Shennong Bencaojing, the classic Chinese book on agriculture and medicinal plants, described Lingzhi (also known as Reishi) as a noble herb for strengthening health and preventing disease. Nowadays, it becomes an exquisite ingredient for enhancing immunity. The Lingzhi spore powder is a most welcomed daily intake supplement by working urbanites. It contains high protein, amino acids, Ganoderma triterpenes and Ganoderma lucidum polysaccharides. Only the sporoderm-broken spores with the highest nutrient density can easily be absorbed by human body. It is preferable to choose the best lingzhi spore powder processed with an ultra-low-temperature physical vibration wall breaking technology to promote spore breakage rate to over 99%, obtaining optimum efficiency.

蜂蜜靈芝元氣糕

Lingzhi Jelly with Honey

💡 日常保健，適合一家大小享用。
A great healthy confection for the family.

材料 | Ingredients

靈芝9克、絞股藍7.5克、
黃芪7.5克、杞子9克、
蜂蜜適量、寒天粉適量

Lingzhi slices 9g, Jiaogulan 7.5g, Huangqi 7.5g, Goji berries 9g, Honey (Q.S.), Kantan powder (Q.S.)

做法 | Method

1. 把材料洗淨後，放入煲湯袋內。
2. 然後放於湯鍋中，加入4碗水。
3. 用大火煮沸後，轉慢火煎煮20分鐘後熄火。
4. 把煲湯袋拿走，茶汁隔渣（如有需要）*。
5. 加入寒天粉拌勻。
6. 倒進容器或模具，放置室溫至凝固成茶糕。
7. 進食時可加入蜂蜜，更可口。

* 隔渣後取出的茶汁，直接加入蜂蜜拌勻，即成蜂蜜靈芝元氣茶飲用。

1. Rinse the ingredients and put into a soup bag, except honey and kanten powder.
2. Place the soup bag into the pot and pour in 1,000ml of water.
3. Cook on high heat until boil, turn to low heat and cook for 20 minutes.
4. Remove soup bag and strain the tea (if necessary)*.
5. Add kanten powder to mix well.
6. Pour mixture into a container or mold, allow to solidify at room temperature.
7. Add honey to increase the flavour.

* A cup of honey Lingzhi tea is served as an alternative drink with honey added in.



痰濕內蘊、氣虛食滯及腸滑泄瀉者不宜服用蜂蜜。
Honey may not be suitable for those with the causes of phlegm & dampness, loss of appetite due to qi deficiency of spleen or prone to diarrhoea.



靈芝片
Lingzhi slices



絞股藍
Jiaogulan



黃芪
Huangqi



杞子
Goji berries



350多年歷史的
中醫藥品牌你知多少？

How much do you know about a
renowned Chinese medicine brand
with more than 350 years of history?

同仁堂始創於1669年（清康熙八年），至今已有350多年的歷史。自1723年開始供奉御藥，歷經八代皇帝共188年。首間同仁堂藥舖於1702年（清康熙四十一年）在北京前門大柵欄開設，原址營業至今。

Founded in 1669, Beijing Tong Ren Tang with more than 350 years of history was the one serving the royal families with Chinese medicine for 188 years over the reign of eight emperors since 1723. The first Tong Ren Tang drug store was opened in Dashilan Street, Beijing in 1702. The shop is still operating at the same location.

鮮淮山蟲草花滋補餃子

Chinese Dumplings with Fresh Chinese Yam and Cordyceps Flower



潤肺開胃，健脾益氣，老少咸宜之選。

It is a great dish for stimulating your appetite, strengthening your lungs and spleen, as well as your energy, good for all ages.

材料 | Ingredients

餃子皮半斤、免治豬肉100克（以瘦肉為主）、鮮淮山150克、乾木耳30克、鮮蟲草花30克
Dumpling wrappers half a catty, Minced pork 100g (mainly lean meat), Fresh Chinese yam 150g, Dried black fungus 30g, Fresh cordyceps flower 30g

調味 | Seasoning

鹽、糖、豉油、麻油、生粉各少許
Appropriate amount of salt, Sugar, Soy sauce, Sesame oil, Corn starch

做法 | Method

1. 鮮淮山洗淨去皮切粒。木耳浸泡至軟身；蟲草花洗淨瀝乾，切碎備用。
2. 起油落鑊，蟲草花及木耳炒至乾身，放涼備用。免治豬肉加入調味料拌勻，混合炒好的食材，放入雪櫃30分鐘。
3. 將3塊餃子皮重疊排列，用水黏接，加入餡料。對摺餃子皮，從右至左捲成玫瑰花型，以水固定接口。
4. 餃子落入煎鑊，加100毫升水蓋上蓋，煮滾至乾水，下油將餃子底部煎至金黃色即可。
*餃子亦可以蒸煮12-15分鐘，配上湯同食。

1. Rinse fresh Chinese yam, peel the skin off and dice it. Soak dried black fungus until soft. Rinse the cordyceps flower and drain well, then dice.
2. Heat up oil in a wok, stir fry cordyceps flower and fungus until dry, set aside to cool. Mix seasoning with minced pork, blend in the other prepared ingredients. Refrigerate the mixture for 30 minutes.
3. Arrange 3 dumpling wrappers in a row, paste the overlapping parts with water. Place the stuff in the middle of the row. Fold the wrapper in half upwards. Roll from right to left to form a rose shape. Paste the seam with water and modify to your desired rose shape.
4. Place the dumplings into the wok, add 100ml of water to cook till water dries up. Then add in oil to sear the smooth side of the dumplings, until the bottoms turn golden brown.
* You can also steam the dumplings for 12-15 minutes and serve them with soup.



鮮淮山有改善泄瀉之效，便秘人士不宜食用，可於材料中省去。
Fresh Chinese yam helps to treat diarrhoea. Not suitable for those with constipation.



鮮淮山
Fresh
Chinese
yam



乾木耳
Dried
black
fungus



鮮蟲草花
Fresh
cordyceps
flower

關注 心腦血管

CARDIOVASCULAR AND
CEREBROVASCULAR HEALTHCARE

心腦血管疾病近年轉向年輕化，當中三高人士（高血壓、高血脂及高血糖）及老年人更容易因血管阻塞致使血流不順而患上冠心病、中風等病症。

中醫認為中風是因臟腑受損，加上休息不足、疲勞過度、壓力大、嗜食煙酒厚味、氣候驟變等誘因，繼而引起臟腑陰陽失衡、氣血逆亂，最終出現神志昏迷或肢體癱瘓等的嚴重狀態。要預防突發性的心腦血管問題，中醫認為應戒除煙酒，作息定時，保持心境平和、適量運動及避免進食肥膩食物。此外，日常可採用中藥調理及養生飲食，更能有效提高防護，以達致「治未病」的最佳效果。

It is more common in young adults suffering from cardiovascular and cerebrovascular disease. People who have three health risks (high blood pressure, high cholesterol and high blood sugar) and the elderly are more prone to coronary heart disease and stroke due to blood flow obstruction.

Chinese medicine practitioners believe that stroke is caused by damaged organs. The Yin-yang imbalance in the organs is triggered by various conditions such as inadequate rest, excessive fatigue, stress, smoking, drinking, overeating or even weather changes. When energy movement and blood flow are blocked inside the body, the person might eventually fall to unconsciousness and paralysis.

Abstaining from drinking and smoking, maintaining good habit of sleeping, keeping a peaceful mind, exercising properly and avoiding fatty foods are good practices to prevent acute cardiovascular and cerebrovascular problems, according to Chinese medicine practitioners. In addition, Chinese medicine can be used regularly as food therapy to restore health, effectively enhancing preventive healthcare.



黃芪
Huangqi



黨參
Dengshen



白朮
Baizhu



懷牛膝
Two-toothed
Achyranthes



甘草
Licorice

黃芪黨參燉竹絲雞

Double-boiled Silkie Chicken Soup with Huangqi and Dangshen



補氣健脾、通絡及行氣活血，建議一星期飲用1至2次。中風康復者宜飲用。

This soup is not only helpful for stroke rehabilitation, but also keeps qi and blood circulation. It is recommended to drink 1 to 2 times a week.

材料 | Ingredients

黃芪30克、黨參15克、
白朮12克、懷牛膝15克、
甘草6克、瘦肉250克、
竹絲雞半隻

Huangqi 30g, Dengshen 15g,
Baizhu 12g, Two-toothed
Achyranthes root 15g,
Licorice 6g, Lean pork 250g,
Half of a silkie chicken

做法 | Method

1. 黃芪、黨參、白朮、懷牛膝、甘草浸泡半小時後洗淨。
2. 竹絲雞移除內臟，切件，洗淨汆水備用。
3. 瘦肉切件，洗淨汆水備用。
4. 把所有材料放進燉盅。
5. 加水覆蓋所有材料，以慢火燉3小時。
6. 最後放適量鹽調味即成。

1. Soak Huangqi, Dengshen, Baizhu, two-toothed Achyranthes and Licorice in the water for half an hour and rinse.
2. Remove Silkie's viscera. Chop the chicken into pieces, rinse and blanch in boiling water.
3. Chop the pork into pieces, rinse and blanch in boiling water.
4. Place all the ingredients into a stew pot.
5. Add enough water to cover all ingredients and simmer for 3 hours on low heat.
6. Season with proper amount of salt.



此湯水具有活血通經的作用，正在服用薄血丸之人士服用前應先諮詢註冊中醫師。

Please consult a registered Chinese medicine practitioner before taking this soup, if you are under prescribed medication or taking blood thinners.



「御藥匠心」如何成就？

How does the imperial Chinese medicine pharmacy attain the greatest accomplishment?

同仁堂御藥匠心傳承海外，以「同修仁德 濟世養生」為己任，恪守「炮製雖繁必不敢省人工，品味雖貴必不敢減物力」的古訓，樹立「修合無人見，存心有天知」的自律意識，產品以「配方獨特、選料上乘、工藝精湛、療效顯著」享譽海內外。

Beijing Tong Ren Tang, the imperial Chinese medicine pharmacy in Qing Dynasty, is endeavored to the corporate motto "Nurturing kindness and virtue, Preserving tranquility and wellness" since its inception. The member of Tong Ren Tang abide "No compromise on cost and labour despite the complexity of processing herbal medicines. No compromise on quality and standard despite the scarcity of medicine ingredients".

The Tong Ren Tang team is self-disciplined and cautious in the manufacturing process, and keen to excel themselves in every aspect. The products highly sought after by both domestic and international markets are famous and hereditary with unique formulas, superior raw materials, superb technical skills and distinguished efficacy.



鮮百合
Fresh lily bulb



蘆筍
Asparagus

鮮百合蘆筍三文魚

Salmon Steak with Fresh Lily Bulb and Asparagus



潤肺補氣，清心安神，老少皆宜。

An excellent dish for all ages nourishes the lungs, replenishes energy, and tranquilizes the mind.

材料 | Ingredients

鮮百合1個、三文魚扒1塊、
蘆筍7支、雞湯100毫升
1 Fresh lily bulb, 1 Salmon steak, 7 Asparagus, Chicken broth 100ml

調味 | Seasoning

鹽1茶匙、胡椒粉少許
Salt 1 tsp, A pinch of pepper powder

做法 | Method

1. 蘆筍5支切片與雞湯同煮2分鐘，用攪拌機打成蓉，上碟備用。
2. 蘆筍2支，鮮百合洗淨取出片狀，落平底鑊快炒，備用。
3. 三文魚扒以調味料醃好，然後蒸煮5至6分鐘。
4. 最後將三文魚扒放在蘆筍蓉上，再以炒好的蘆筍及百合片點綴即可。

1. Slice 5 pieces of asparagus and cook in chicken broth for 2 minutes, then puree in a food processor for serving.
2. Wash the fresh lily bulb and pull the petals apart, stir fry with 2 pieces of asparagus on a pan.
3. Marinate the salmon steak with seasoning, then steam for 5 to 6 minutes.
4. Place the salmon on the asparagus puree, garnish with stir-fried asparagus and fresh lily bulb petals.



蘆筍及三文魚均含較多的嘌呤，不宜高尿酸人士，建議可改用西蘭花或海參。

Asparagus and salmon contain more purine, which are not suitable for people with high uric acid. These ingredients can be altered to broccoli or sea cucumber.



女士保健

WOMEN'S HEALTH

現代社會女性，同時兼顧家庭及工作，往往因為生活忙碌而缺乏運動和調養，容易出現氣血不足、手腳冰冷、臉色暗沉等問題，這些身體現象，中醫認為是陰寒內盛、腎陽不足；陽氣不足、氣血兩虧致血液運行不暢，可導致各種婦女疾病，如經痛、經期紊亂等女士的週期性問題。對於氣血不足，肝腎虧虛的女士，補氣養血、養宮是非常重要的。

Family and work lives increasingly influence contemporary women. It can easily result in a lack of physical activity and health harmonization, leading to qi and blood deficiency, cold hands and feet, paleness and other ailments. Chinese medicine practitioners consider these symptoms as a consequence of cold stagnation in the body, yang deficiency in the kidney, qi stagnation and blood stasis which can induce poor blood circulation and women's health issues such as menstrual pain and disorders. It is therefore important for women to replenish vital energy for blood and the uterus so as to treat the organs, meridian and blood deficiency.

溫經益母草四物茶

Si Wu Tang (Four substance decoction) with Motherwort



行氣活血及養血，可舒緩經痛不適及經行不暢。
Stimulate qi circulation and nourish blood, relieve menstrual pain and discomfort, promote menstrual flow.

材料 | Ingredients

益母草9克、當歸6克、Motherwort 9g, Dongquai 6g, Shu Di Huang (rehmannia) 6g, Szechuan lovage 4.5g, White peony root 9g, 熟地黃6克、川芎4.5克、Brown sugar (Q.S.)
白芍9克、紅糖適量

做法 | Method

1. 把材料洗淨後，放入煲湯袋內。
2. 然後放湯鍋中，加入4碗水。
3. 用大火煮沸後，以慢火煎煮20分鐘。
4. 取出湯汁，加入紅糖拌勻即可飲用。

1. Rinse the ingredients and put them in a soup bag.
2. Place the soup bag in a cook pot and add 1,000ml of water.
3. After reaching a boil on high heat, continue cooking on low heat for 20 minutes.
4. Add brown sugar to taste.



不適合孕婦、月經量過多及陰虛火旺、燥熱體質女士飲用。

The tea is not suitable for pregnant women, those with excessive menstruation, or those with an excess of heat caused by yin deficiency; as well as heat-fire pathogen.



益母草
Motherwort



當歸
Dongquai



熟地黃
Shu Di Huang
(Rehmannia)



川芎
Szechuan
lovage



白芍
White peony
root



清宮妃嬪的養生名物是什麼？

What did the Qing Dynasty concubines take for health preservation?

白鳳丸是女性常用的中藥保健名物，其藥方出於唐朝，收載於明朝《壽世保元》。北京同仁堂白鳳丸在清朝起已被供奉為宮廷御藥，後宮妃嬪常服用白鳳丸養身，其功效長久以來被獲肯定。白鳳丸蘊含人參、烏雞、當歸等名貴藥材，具補氣、養血、調經，用於氣血兩虧所引致的女性週期腹痛及產後虛弱等問題。

Baifeng Wan is a well-known traditional Chinese medicine regularly taken by women for health maintenance. The formula created in the Tang Dynasty which was documented in the Shou Shi Bao Yuan in the Ming Dynasty. In the Qing Dynasty, the Beijing Tong Ren Tang Baifeng Wan was enshrined as an imperial medicine and was regularly taken by concubines for health preservation.

Baifeng Wan contains precious medicinal herbs including ginseng, silk chicken and Dongquai. Its efficacy in replenishing qi, nourishing blood and regulating menstruation has long been widely recognized. Baifeng Wan is also frequently used to treat women's periodic abdominal pain and weakness after childbirth caused by vital energy deficiency.

茯苓黑芝麻糖水

Black Sesame Sweet Soup with Poria



益氣養血、補肝腎。適合月經後調理之用。
Invigorate qi and blood, restore liver and kidney. Suitable for recuperating after menstruation.

材料 | Ingredients

核桃肉5粒、黑芝麻1湯匙、紅豆2湯匙、紅棗6粒、黑米2湯匙、茯苓4條、紅糖適量

5 Walnuts, Black sesame seeds 1 tbsp, Red beans 2 tbsp, 6 Red dates, Black rice 2 tbsp, 4 Pieces of poria, Brown sugar (Q.S.)

做法 | Method

1. 將紅豆和黑米在清水中浸泡兩小時。
2. 核桃肉、黑芝麻、紅棗、茯苓浸泡1小時。
3. 所有材料放入鍋中，加水煮沸後轉小火，煲1.5小時。
4. 期間不時攪拌，煮至自己喜歡的濃稠度後，取走茯苓。
5. 最後加入紅糖煮溶即成。

1. Soak the red beans and black rice in water for 2 hours.
2. Soak the walnuts, black sesame seeds, red dates and poria in water for 1 hour.
3. Place all of the ingredients in a soup pot, add water to boil, turn to low heat, and cook for 1.5 hours.
4. Stir the soup from time to time and cook it to the desired consistency, remove the poria.
5. Add brown sugar to taste.



此糖水有通便之效，泄瀉人士不宜飲用。
This sweet soup has a laxative effect. It is not suitable for people suffering from diarrhoea.



黑芝麻
Black sesame seeds



紅豆
Red beans



紅棗
Red dates



黑米
Black rice



茯苓
Poria

都市痛症

URBAN PAIN RELIEF

現今很多都市人生活步伐急速、飲食過剩、缺少運動，容易導致多種都市慢性疾病的出現。其中，被俗稱為「富貴病」的痛風，由於長期的嘌呤代謝過多，做成急性關節炎反覆發作或慢性關節炎，更甚者形成尿酸石或高尿酸性腎病。

中醫認為，痛風主因脾腎不足，濕熱、瘀血、痰濁等病邪為患，不良飲食習慣是導致及加重痛風症狀的原因之一。要預防痛風，避免食用動物內臟、肉類、海鮮貝殼類、火鍋、啤酒、濃湯等，宜多喝水，減少尿酸晶體沈積體內，保持適量運動。遇上風寒濕痺引起的肢體疼痛，可經註冊中醫師諮詢後，服用含祛風舒筋、活絡、除濕的中藥，以舒緩痛楚。

The fast-paced lifestyle, overeating habits and lack of physical activity of urbanites can easily cause chronic diseases. Gout, often referred as the "rich man's disease", is caused by excessive purine metabolism, and it can induce recurrent acute inflammatory arthritis or chronic inflammatory arthritis. Severity of gout can even result in the formation of uric acid stones or in uric acid nephropathy.

Chinese medicine practitioners believe that gout is a result of spleen and kidney deficiency, damp heat, blood stasis, phlegm and other diseases. Bad eating habits are also one of the causes of gout and can aggravate the symptoms. To prevent gout, avoid consuming such foods as animal offal, meat, shellfish, hot pot, beer and thick soup. Drink plenty of water is able to help reduce the accumulation of urate crystals in the body and get enough exercise. In the case of limb pain caused by wind, cold or dampness, consult a registered Chinese medicine practitioner and follow the prescription to take traditional Chinese medicine that expels wind, relaxes sinews, activates the meridian and dispels dampness to relieve the pain.

赤小豆生熟薏米五指毛桃湯 Hairy Fig Soup with Rice Bean and Barley



健脾利濕，利水消腫，有助尿酸代謝。
Strengthen the spleen, eliminate dampness and swelling, and also support the balance of uric acid formation.

材料 | Ingredients

赤小豆12克、玉米鬚15克、生熟薏米各15克、陳皮6克、五指毛桃15克、紅蘿蔔1條
Rice beans 12g, Corn silk 15g, Raw barley 15g, Cooked barley 15g, Dried tangerine peel 6g, Hairy fig 15g, 1 Carrot

做法 | Method

1. 將以上材料洗淨備用。
2. 於湯鍋內加入6碗水，用中火煲1.5小時即可。

1. Rinse the above ingredients.
2. Add 1,500ml of water to the soup pot and cook on medium heat for 1.5 hours.



五指毛桃與有毒的斷腸草常被淆，選購時應光顧具信譽的零售商，切勿自行採摘，如有懷疑切忌進食。

Hairy fig is often confused with graceful jessamine, which is toxic. Purchase only from reputable retailers and do not attempt to pick it by your own. Avoid eating it if in doubt.



五指毛桃
Hairy fig



生薏米
Raw barley



熟薏米
Cooked barley



赤小豆
Rice bean



玉米鬚
Corn silk



陳皮
Dried tangerine peel



「同仁堂」
安宮牛黃丸
御藥解碼？

Demystifying the
imperial medicine
[Tong Ren Tang]
Angong
Niu Huang Wan

安宮牛黃丸出自清代著名溫病學家吳鞠通的《溫病條辨》，於1870年修訂的《同仁堂傳統配本》中被列為瘟疫門首藥。[同仁堂]安宮牛黃丸的製作技藝傳承至今百多年，更被納入國家級非物質文化遺產名錄。由香港GMP廠房生產，選用「雙天然」——天然牛黃及天然麝香等11種名貴藥材製成，有清熱解毒及鎮驚開竅之效，專門應對突發的心腦血管健康問題，成為家傳戶曉的中醫處方應急產品。

Angong Niu Huang Wan is an ancient remedy documented in the Wen Bing Tiao Bian compiled by the renowned warm disease expert in Qing dynasty, Wu Jutong. The formula was catalogued in the edition of Tong Ren Tang Traditional Chinese Medicine Prescription in 1870 as the preferred remedy for epidemic diseases.

Tong Ren Tang has been perfecting its Angong Niu Huang Wan for more than a century, and its formula has been included in China's national intangible cultural heritage list. [Tong Ren Tang] Angong Niu Huang Wan is produced in a GMP facility in Hong Kong. The formula contains 11 precious medicinal herbs, including Bovis Calculus and Moschus. These ingredients have the potency to clear excessive heat and detoxify, tranquilise and refreshing the mind. It is a well-known TCM prescription for treating acute cardiovascular and cerebrovascular problems.



乾玫瑰花
Dried roses



土茯苓
Tofuling



金錢草
Gold coin grass



車前草
Chinese
plantain herb



玉米鬚
Corn silk

車前玫瑰花保健茶

Wellness Herbal Tea with Chinese Plantain Herb and Rose



活血止痛，利水消腫。亦有助減輕痛風症狀。
Promotes blood circulation and relieves pain, diminishes swelling. It can also help relieve gout symptoms.

材料 | Ingredients

金錢草15克、車前草10克、 Gold coin grass 15g,
土茯苓15克、玉米鬚30克、 Chinese plantain herb 10g,
乾玫瑰花10朵 Tofuling 15g, Corn silk 30g,
10 Dried roses

做法 | Method

1. 把材料洗淨後放湯鍋中，加入4碗水。
2. 用慢火煮沸後，熄火燉15分鐘，即可飲用。

1. Rinse the ingredients and place them in a soup pot, add 1,000ml of water.
2. After reaching a boil on low heat, switch off the heat and let the tea sit for 15 minutes before drinking.



金錢草及車前草性寒，體質偏寒人士不宜飲用。
Gold coin grass and Chinese plantain herb possess cold properties and should not be consumed by people with a cold constitution.