



## 中藥學（增定本）內容大綱

(以 2014 年 2 月 1 日的内容为准)

考生注意：對符合 NCCAOM 報考資格的考生，本文件可作為備考指南。以下面是關於中藥學考試的內容大綱，同時也是對考生專業能力的要求。

### 第一部分：安全與質量（考題的 10%）

#### A. 中藥與方劑

##### 1. 慎用與禁忌（例如：病情，配伍禁忌）

- 確認中藥及配伍慎用與禁忌

##### 2. 中藥與西藥的藥物反應

- 识别中藥與西藥的藥物反應
- 瞭解避免中藥與西藥的藥物反應的方法

##### 3. 毒性

- 確認中藥與方劑的潛在毒性
- 瞭解避免中藥與方劑的潛在毒性的方法

##### 4. 不良反應

- 確認中藥與方劑的不良反應
- 預防與處理中藥與方劑的不良反應

#### B. 中藥購買與配發

##### 1. 通過外觀及四氣五味鑒定中藥

- 识别中藥材的外觀
- 以外觀及四氣五味鑒定中藥的質量



2. 确认含有濒危物种，动物产品，潜在过敏原，（例如：小麦，大豆，磺胺类）
  - 確認含有瀕危物種，動物，過敏原的 中藥，方劑及中成藥（例如：麥子、大豆，磺胺类）
  - 瞭解过敏体质的病人以预防其对中藥，方劑及中成藥的过敏反应
  - 掌握含有瀕危物種，動物，過敏原的中藥，方劑及中成藥的替代品
3. 了解中藥及其中藥產品儲存中的潛在污染
  - 识别中藥及其中藥產品儲存中受污染的特徵
  - 了解受污染的中藥及其中藥產品替代中藥
4. 確認符合良好生產標準標準產品製造商
  - 監控中藥和產品有效期限
  - 以 cGMP 標準評估中藥和產品質量

## 第二部分： 治療計劃：運用中藥學理論指導辨證論方案

（根據患者的臨床顯示和診斷原則擬定一個綜合療法計劃）（考題 60%）

### A. 因人治宜， 推薦中藥治療

1. 中醫中藥治則（例如：清法，和法，汗法）
  - 理解中藥方劑的治則
  - 根據中藥學理論處方用藥
2. 中藥
  - a.) 功效與主治
    - 理解中藥功效與主治
    - 理解中藥中藥炮製功效與主治 [例如： 蜜炙，醋製，炒 等等]
    - 辨證用藥



- b.) 對药
  - 理解對药的功效與主治
  - 辩证使用对药
  
- c.) 四氣五味，升降浮沉，歸經
  - 理解個藥的特性（四氣五味，升降浮沉，歸經）
  - 根據四氣五味，升降浮沉，歸經辯證用藥
  
- 3. 中醫方劑（請參閱中藥方劑附錄）
  - a.) 功效與主治
    - 理解方劑的功效與主治
    - 辯證處方
  
  - b.) 組成
    - 掌握中醫方劑的組成
    - 因人施治，處方用藥
    - 了解中醫方劑替換藥
  
  - c.) 結構（例如：君，臣，佐，使）
    - 了解及分析中醫方劑的結構 [例如：君, 臣, 佐, 使]
    - 根據中醫方劑基本結構理論遣方用藥
  
  - d.) 化裁加減变化
    - 根據病人的症狀和體徵進行化裁加減中藥方劑
  
- B. 中藥劑型與服法
  - 1. 劑型（例如，煎煮，顆粒，外服）
    - 區分各種不同的中藥劑型
    - 根據中藥劑型為病人處方用藥



- 根據中藥劑型為病人指導中藥，方劑和中成藥

## 2. 中藥與方劑的炮製

- 掌握中藥與方劑的炮製的知識
- 指導病人中藥方劑的炮製方法

## 3. 中藥與方劑的劑量

- 掌握中藥與方劑的炮製的常用量
- 根據病人症狀體徵，使用中药，方劑，和中成药的适用量

## C. 中国食疗

- 根據中醫理論識別食品的性味，功效和主治
- 根據中醫理論指導病人運用食療

## III: 病人管理：病人教育與療效評估 (考題的 30%)

### A. 病人教育

- 告知病人中醫治療的優勢和期望
- 告知病人中醫治療的潛在的副作用與風險（包括知情同意書）

### B. 治療效果評估及其調整

- 了解和預測中醫治療對不同病人的結果
- 根據症狀和體徵評估中醫療效
- 根據中醫療效修改治療方案
- 評估具體病情推薦轉診和中西醫結合治療



## 中醫方劑附錄：（常見方劑參考）

*(注意：在附錄中未列出其他配方可能会出现在考试上干扰答案.)*

- 八珍湯 Ba Zhen Tang (Eight-Treasure Decoction)
- 八正散 Ba Zheng San (Eight-Herb Powder for Rectification)
- 百合固金湯 Bai He Gu Jin Tang (Lily Bulb Decoction to Preserve the Metal)
- 白虎湯，（白虎汤） Bai Hu Tang (White Tiger Decoction)
- 白頭翁湯（白头翁汤） Bai Tou Weng Tang (Pulsatilla Decoction)
- 半夏白朮天麻汤 Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodis Macrocephalae, and Gastrodia Decoction)
- 半夏厚朴湯 Ban Xia Hou Po Tang (Pinellia and Magnolia Bark Decoction)
- 半夏瀉心湯 Ban Xia Xie Xin Tang (Pinellia Decoction to Drain the Epigastrium)
- 保和丸 Bao He Wan (Preserve Harmony Pill)
- 貝母栝樓散 Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)
- 萆薢分清飲 Bei Xie Fen Qing Yin (Dioscorea Hypoglauca Decoction to Separate the Clear)
- 補陽還五湯 Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five (Tenths) Decoction)
- 補中益氣湯 Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi Decoction)
- 蒼耳子散 Cang Er Zi San (Xanthium Powder)
- 柴葛解肌湯 Chai Ge Jie Ji Tang (Bupleurum and Kudzu Decoction)
- 柴胡疏肝散 Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver)
- 川芎茶調散 Chuan Xiong Cha Tiao San (Ligusticum Chuanxiong Powder to be Taken with Green Tea)
- 大補陰丸 Da Bu Yin Wan (Great Tonify the Yin Pill)
- 大柴胡湯 Da Chai Hu Tang (Major Bupleurum Decoction)
- 大承氣湯 Da Cheng Qi Tang (Major Order the Qi Decoction)
- 大建中湯 Da Jian Zhong Tang (Major Construct the Middle Decoction)
- 丹參飲 Dan Shen Yin (Salvia Drink)
- 當歸補血湯 Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
- 當歸六黃湯 Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)



- 導赤散 Dao Chi San (Guide Out the Red Powder)
- 定喘湯 Ding Chuan Tang (Arrest Wheezing Decoction)
- 丁香柿蒂湯 Ding Xiang Di Tang (Clove and Persimmon Calyx Decoction)
- 獨活寄生湯 Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction)
- 都氣丸 Du Qi Wan (Capital Qi Pill)
- 二陳湯 Er Chen Tang (Two-Cured Decoction)
- 二妙散 Er Miao San (Two-Marvel Powder)
- 二仙湯 Er Xian Tang (Two-Immortal Decoction)
- 二至丸 Er Zhi Wan (Two-Ultimate Pill)
- 復原活血湯 Fu Yuan Huo Xue Tang (Revive Health by Invigorating the Blood Decoction)
- 甘草瀉心湯 Gan Cao Xie Xin Tang (Licorice Decoction to Drain the Epigastrium)
- 甘麥大棗湯 Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
- 葛根黃芩黃連湯 Ge Gen Huang Lian Huang Qin Tang (Kudzu, Coptis, and Scutellaria Decoction)
- 葛根湯 Ge Gen Tang (Kudzu Decoction)
- 膈下逐瘀湯 Ge Xia Zhu Yu Tang (Drive Out Blood Stasis Below the Diaphragm Decoction)
- 固經丸 Gu Jing Wan (Stabilize the Menses Pill)
- 歸脾湯 Gui Pi Tang (Restore the Spleen Decoction)
- 桂枝茯苓丸 Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)
- 桂枝芍藥湯 Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony, and Anemarrhena Decoction)
- 桂枝湯 Gui Zhi Tang (Cinnamon Twig Decoction)
- 槐花散 Huai Hua San (Sophora Japonica Flower Powder)
- 黃連阿膠湯 Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)
- 黃連解毒湯 Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
- 藿香正氣散 Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
- 濟川煎 Ji Chuan Jian (Benefit the River (Flow) Decoction)
- 加減葳蕤湯 Jia Jian Wei Rui Tang (Modified Solomon's Seal Decoction)
- 膠艾湯 Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction)



- 金櫃腎氣丸 Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
- 金鈴子散 Jin Ling Zi San (Melia Toosendan Powder)
- 金鎖固金丸 Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)
- 橘皮竹茹湯 Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shavings Decoction)
- 蠲痺湯 Juan Bi Tang (Remove Painful Obstructions from *Awakening of the Mind in Medical Studies*)
- 理中丸 Li Zhong Wan (Regulate the Middle Pill)
- 良附丸 Liang Fu Wan (Galangal and Cyperus Pill)
- 涼膈散 Liang Ge San (Cool the Diaphragm Powder)
- 苓桂朮甘湯 Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction)
- 羚羊鉤藤湯 Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
- 六味地黃丸 Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
- 六一散 Liu Yi San (Six-to-One Powder)
- 龍膽瀉肝湯 Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver)
- 麻黃湯 Ma Huang Tang (Ephedra Decoction)
- 麻杏石甘湯 Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction)
- 麻子仁丸 Ma Zi Ren Wan (Hemp Seed Pill)
- 麥門冬湯 Mai Men Dong Tang (Ophiopogonis Decoction)
- 牡蠣散 Mu Li San (Oyster Shell Powder)
- 暖肝煎 Nuan Gan Jian (Warm the Liver Decoction)
- 平胃散 Ping Wei San (Calm the Stomach Powder)
- 普濟消毒飲 Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin)
- 杞菊地黃丸 Qi Ju Di Huang Wan (Lycium Fruit, Chrysanthemum and Rehmannia Pill)
- 羌活勝濕湯 Qiang Huo Sheng Shi Tang (Notopterygium Decoction to Overcome Dampness)
- 清胃散 Qing Wei San (Clear the Stomach Powder)
- 清骨散 Qing Gu San (Cool the Bones Powder)



- 青蒿鳖甲湯 Qing Hao Bie Jia Tang (Artemisia Annuua and Soft-Shelled Turtle Shell Decoction)
- 清氣化痰丸 Qing Qi Hua Tan Wan (Clear the Qi and Transform Phlegm Pill)
- 清瘟敗毒散 Qing Wen Bai Du San (Clear Epidemics and Overcome Toxicity Decoction)
- 清營湯 Qing Ying Tang (Clear the Nutritive Level Decoction)
- 清燥救肺湯 Qing Zao Jiu Fei Tang (Eliminate Dryness and Rescue the Lungs Decoction)
- 人參敗毒散 Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences)
- 潤腸丸 Run Chang Wan (Moisten the Intestines Pill from *Master Shen's Book*)
- 三子養親湯 San Zi Yang Qin Tang (Three-Seed Decoction to Nourish One's Parents)
- 桑菊飲 Sang Ju Yin (Mulberry Leaf and Chrysanthemum Decoction)
- 桑螵蛸散 Sang Piao Xiao San (Mantis Egg-Case Powder)
- 桑杏湯 Sang Xing Tang (Mulberry Leaf and Apricot Kernel Decoction)
- 少腹逐瘀湯 Shao Fu Zhu Yu Tang (Drive Out Blood Stasis in the Lower Abdomen Decoction)
- 芍藥甘草湯 Shao Yao Gan Cao Tang (Peony and Licorice Decoction)
- 芍藥湯 Shao Yao Tang (Peony Decoction)
- 參苓白術散 Shen Ling Bai Zhu San (Ginseng, Poria and Atractylodes Macrocephala Powder)
- 身痛逐瘀湯 Shen Tong Zhu Yu Tang (Drive Out Blood Stasis from a Painful Body Decoction)
- 生化湯 Sheng Hua Tang (Generation and Transformation Decoction)
- 生薑瀉心湯 Sheng Jiang Xie Xin Tang (Fresh Ginger Decoction to Drain the Epigastrium)
- 升麻葛根湯 Sheng Ma Ge Gen Tang (Cimicifuga and Kudzu Decoction)
- 生脈散 Sheng Mai San (Generate the Pulse Powder)
- 十灰散 Shi Hui San (Ten Partially-Charred Substance Powder)
- 十脾飲 Shi Pi Yin (Bolster the Spleen Decoction)
- 十全大補湯 Shi Quan Da Bu Tang (All Inclusive Great Tonifying Decoction)
- 失笑散 Shi Xiao San (Sudden Smile Powder)
- 壽胎丸 Shou Tai Wan (Fetus Longevity Pill)
- 四君子湯 Si Jun Zi Tang (Four-Gentlemen Decoction)
- 四逆散 Si Ni San (Frigid Extremities Powder)
- 四逆湯 Si Ni Tang (Frigid Extremities Decoction)





- 四神丸 Si Shen Wan (Four-Miracle Pill)
- 四物湯 Si Wu Tang (Four-Substance Decoction)
- 蘇子降氣湯 Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)
- 酸棗仁湯 Suan Zao Ren Tang (Sour Jujube Decoction)
- 泰山磐石散 Tai Shan Pan Shi San (Powder that Gives the Stability of Mount Tai)
- 桃核承氣湯 Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)
- 天麻鉤藤飲 Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
- 天台烏藥散 Tian Tai Wu Yao San (Top-quality Lindera Powder)
- 天王補心丹 Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
- 調胃承氣湯 Tiao Wei Cheng Qi Tang (Regulate the Stomach and Order the Qi Decoction)
- 痛瀉藥方 Tong Xie Yao Fang (Important Formula for Painful Diarrhea)
- 完帶湯 Wan Dai Tang (End Discharge Decoction)
- 葦莖湯 Wei Jing Tang (Reed Decoction)
- 溫膽湯 Wen Dan Tang (Warm the Gallbladder Decoction)
- 溫經湯 Wen Jing Tang (Warm the Menses Decoction)
- 五苓散 Wu Ling San (Five-Ingredient Powder with Poria)
- 五皮散 Wu Pi San (Five-Peel Powder)
- 五味消毒飲 Wu Wei Xiao Du Yin (Five-Ingredient Decoction to Eliminate Toxin)
- 吳茱萸湯 Wu Zhu Yu Tang (Evodia Decoction)
- 犀角地黃湯 Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction)
- 香薷散 Xiang Ru San (Elsholtzia Powder)
- 香蘇散 Xiang Su San (Cyperus and Perilla Leaf Powder)
- 小柴胡湯 Xiao Chai Hu Tang (Minor Bupleurum Decoction)
- 小承氣湯 Xiao Cheng Qi Tang (Minor Order the Qi Decoction)
- 消風散 Xiao Feng San (Eliminate Wind Powder from Orthodox Lineage)
- 小活絡丹 Xiao Huo Lou Dan (Minor Invigorate the Collaterals Special Pill)
- 小薊飲子 Xiao Ji Yin Zi (Cephalanoplos Decoction)
- 小建中湯 Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
- 小青龍湯 Xiao Qing Long Tang (Minor Blue-Green Dragon Decoction)



- 逍遙散 Xiao Yao San (Rambling Powder)
- 瀉白散 Xie Bai San (Drain the White Powder)
- 瀉黃散 Xie Huang San (Drain the Yellow Powder)
- 瀉心湯 Xie Xin Tang (Drain the Epigastrium Decoction)
- 杏蘇散 Xing Su San (Apricot Kernel and Perilla Leaf Powder)
- 旋覆代赭湯 Xuan Fu Dai Zhe Tang (Inula and Hematite Decoction)
- 血府逐瘀湯 Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
- 陽和湯 Yang He Tang (Yang-Heartening Decoction)
- 一貫煎 Yi Guan Jian (Linking Decoction)
- 茵陳蒿湯 Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)
- 銀翹散 Yin Qiao San (Honeysuckle and Forsythia Powder)
- 右歸丸 You Gui Wan (Restore the Right (Kidney) Pill)
- 右歸飲 You Gui Yin (Restore the Right (Kidney) Decoction)
- 玉女煎 Yu Nu Jian (Jade Woman Decoction)
- 玉屏風散 Yu Ping Feng San (Jade Windscreen Powder)
- 越鞠丸 Yue Ju Wan (Escape Restraint Pill)
- 鎮肝熄風湯 Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction)
- 真人養臟湯 Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
- 真武湯 Zhen Wu Tang (True Warrior Decoction)
- 知柏地黃丸 Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron and Rehmannia Pill)
- 炙甘草湯 Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)
- 止嗽散 Zhi Sou San (Stop Coughing Powder)
- 豬苓湯 Zhu Ling Tang (Polyporus Decoction)
- 竹葉石膏湯 Zhu Ye Shi Gao Tang (Lophatherus and Gypsum Decoction)
- 左歸丸 Zuo Gui Wan (Restore the Left (Kidney) Pill)
- 左歸飲 Zuo Gui Yin (Restore the Left (Kidney) Decoction)
- 左金丸 Zuo Jin Wan (Left Metal Pill)



## 中药学参考书目

本內容網要是準備考試的主要資料。本參考書目旨在為考生準備考試提供建議參考。它祇要是涵蓋了本大綱內容的參考資料，考生也可以考慮使用。

對於準備本考試的參考書籍，NCCAOM 沒有任何排他性的推薦。所有 NCCAOM 科目和考試反應的是東方醫藥在美國的具體情況，這些要求都是根據最近的工作分析來確定的。

在編制和 NCCAOM 出題人員和各個考試委員會的成員經常使用以下的書籍作為參考，但在出題中用到的資料并不完全 NCCAOM® 不為任何第三方發表的學習備考指南提供擔保。

### 主要資料

Bensky, Dan, Steven Clavey, Erich Stoger, and Andrew Gamble. *Chinese Herbal Medicine: Materia Medica. Third edition.* Seattle, WA: Eastland Press, 2004.

Chen, John K., and Tina T. Chen. *Chinese Herbal Formulas and Applications.* City of Industry, CA: Art of Medicine Press, Inc., 2008.

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Scheid, Volker, Dan Bensky, Andrew Ellis, and Randall Barolet. *Chinese Herbal Medicine: Formulas and Strategies.* 2nd ed. Seattle, WA: Eastland Press, 2009.

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Cheng, Xinnong, ed. *Chinese Acupuncture and Moxibustion.* 3rd ed. Fifteenth Printing 2014. Beijing: Foreign Languages Press, 2012.

Fratkin, Jake Paul. *Chinese Herbal Patent Medicines: The Clinical Desk Reference.* Boulder, CO: Shya Publications, 2001.

Lu, Henry C. *Chinese System of Food Cures: Prevention & Remedies.* New York: Sterling Publishing, 1986.

Maciocia, Giovanni. *Obstetrics & Gynecology in Chinese Medicine.* 2nd.ed. New York: Churchill Livingstone, 2011.

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Wu, Yan, and Warren Fischer. *Practical Therapeutics of Traditional Chinese Medicine*. Ed. Jake P. Fratkin. Brookline, MA: Paradigm Publications, 1997.

網站

Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES)

<https://cites.org/eng/disc/species.php>

U. S. Food and Drug Administration [Current Good Manufacturing Practices (CGMP)]

<http://www.fda.gov/Drugs/DevelopmentApprovalProcess/Manufacturing/ucm169105.htm>