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Index organization

The Index has been specially designed for ease of access to four main types of data:

- herbs
- herb actions
- disorders
- Chinese syndromes

HERBS

The references for each herb listed in the index are divided, where applicable, into two main types:

- general topics
- herb pairs

For example, see *Berberis*.

Important note Herbs are only referred to by their *botanical name* in the Index. Readers who wish to refer to herbs by their English, Pharmaceutical, or Mandarin names will find these in the cross references in the Appendix.

HERB ACTIONS

The references for each action listed in the index are divided, where applicable, into the subtypes of that action. For example, see *tonic*.

DISORDERS

The references for each disorder listed in the index are divided, where applicable, into:

- general topics
- primary disorder
- secondary disorder

The ‘primary disorder’ and ‘secondary disorder’ categories lists herb pairs or herb combinations that treat a pair of disorders. Using *insomnia* as an example, the ‘primary disorder’ category refers to disorder pairs in which insomnia is the primary disorder, such as *insomnia + agitation*. The ‘secondary disorder’ category refers to disorder pairs in which insomnia is the secondary disorder, such as *depression + insomnia*.

CHINESE SYNDROMES

The references for each Chinese syndrome listed in the index are similarly divided, where applicable, into three categories:

- general topics
- primary syndrome
- secondary syndrome

The ‘primary syndrome’ and ‘secondary syndrome’ categories list herb combinations that treat a pair of Chinese syndromes. Using *Liver Hyperactive Yang* as an example, the ‘primary syndrome’ category refers to syndrome pairs in which Liver Hyperactive Yang is the primary disorder, such as *Liver Hyperactive Yang + Deficient Blood*. The ‘secondary syndrome’ category refers to syndrome pairs in which Liver Hyperactive Yang is the secondary syndrome, such as *Kidney fear + Liver Hyperactive Yang*.