

## **Chinese Medicine Yin Pian**

A variety of drugs including plants, animals and minerals, can be used in traditional Chinese medicine. Some of these are used as crude medicine, while some are processed before being dispensed to the public as “yin pian” in Chinese.

Some substances need to be processed before being used as medicine for the following reasons:

- To detoxify the drugs so that the side effects will be lowered.
- To moderate the effects of drugs when prescribing to elderly and children.
- To extract the active ingredients from the drugs that enhances the effect.
- To shift the effect to go to other parts of human body or focus of the drugs.
- To get rid of the water, enzyme and bacteria in the drugs for better storage.
- To change the form of the drugs for different usages.
- To get rid of the bad smell of the drugs.

There has been a long history of processing drugs in traditional Chinese medicine. Many processing methods are still being used today. The most common ways are using water, fire, or combining both to process the drugs.