

中藥防疫香囊

Anti-epidemic Chinese Herbal Sachets



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Anti-epidemic Herbal Sachets

- 中藥香囊歷史悠久，有防病治病的作用。
- 常用於製作中藥香囊的中藥有石菖蒲、艾葉、辛夷、白芷、防風、香薷、蒼術、白術、薄荷、荊芥、藿香、佩蘭、木香、香附、丁香、麝香、沉香、檀香、降香、砂仁、豆蔻、草豆蔻、草果、高良薑、山柰、肉豆蔻、乾薑、大茴、小茴、肉桂、桂皮、桂枝、陳皮、青皮、葶菝、花椒、吳茱萸、玫瑰花、菊花、野菊花、合歡花、金銀花、魚腥草、蘇葉、澤蘭、細辛、柴胡、麻黃、冰片、薄荷腦等。
- Chinese Medicine has long history of using pungent and strong aromatic herbs for making sachets to prevent infectious diseases and keeping good health.

中藥防疫香囊

Anti-epidemic Herbal Sachets

- 這些中藥多具有辛香走竄之性，芳香僻穢，能解時疫病毒，將藥材剪細碎藏在漂亮的小錦袋中，佩帶在身上，不但能裝飾更能防病治病，經常用於防治時邪病毒、四時感冒、小兒積滯等。
- Those Sachets are made from pungent, aromatic herbs with strong penetrating nature. They are able to expel exterior pathogens(Evil Qi) such as Wind, Cold, Dampness, Summer Heat. The Chinese wearing it for prevention of seasonal flu, common cold and child indigestion and so on.



中藥香囊效用

How it works

- 中藥香囊散發出芳香氣味能夠刺激人體鼻黏膜產生更多的抗體：提高分泌性免疫球蛋白A(IgA)的含量，該抗體能殺死病毒，可使病毒在鼻黏膜及呼吸道黏膜上不易存活，從而減低患外感病邪的機率。
- The aromatic odor emitted by the herbs can stimulate human nasal mucosa to increase the secretion of antibody- immunoglobulin A(IgA) on the nasal mucosa which can kill virus and thus reducing the chance of catching a cold or a flu.

八味香囊中藥圖片

Pictures of the Eight Herbs

- 藿香、白芷、羌活、石菖蒲、艾葉、蒼術、肉桂皮、丁香
- Huoxiang, Baizhi, Qianghuo, ShiCangpu, Aiye, Cangzhu, Rougui, Dingxiang



藿香
Huoxiang



白芷
Baizhi



羌活
Qianghuo



石菖蒲
ShiCangpu



艾葉
Aiye



蒼術
Cangzhu



肉桂皮
Rougui



丁香
Dingxiang

八味香囊 製作

Making of Herbal sachets

- 材料及製法：八種藥材每樣各3克，剪細碎裝袋，佩於胸前，或放在工作枱或床頭。（每個香囊可用10-14天。）
- Ingredients : Huoxiang *Herba Agastachis*, Baizhi *Radix Angelicae Dahuricae*, Qianghuo *Rhizoma et Radix Notopterygii*, Shicangpu *Rhizoma Acori Graminei*, Aiye *Artemisia Argyi*, Cangzhu *Rhizoma Atractylodis*, Rougui *Cortex Cinnamomi*, Dingxiang *Flos Caryophylli*, 3g each.
- Making method: cut them into small pieces and put into sachets.
- Usage: Wear sachet on the chest or put it on desk or in your bedroom.(Each sachet can last for 10-14 days)



圖解香囊

Easy Steps for Herbal Sachets Making

1. 剪細藥材
Cut herbs
into small
pieces



2. 混合藥材
Mix herbs
well



3. 把藥材放入茶包袋
Put herbs into tea
bag



4. 用紗袋或自製小袋裝起
香囊隨身佩戴
Put sachets into small
bags for daily use.



使用注意

Cautions

- 丁香氣香性烈孕婦忌用(孕婦想用可以不加丁香)。
- 對香囊氣味過敏者停用。
- 香囊僅供外用。
- Dingxiang *Flos Caryophylli* is contraindicated to be used in pregnant women. It should not be added into the sachets for use in pregnant women.
- Stop using the sachet in case of allergy.
- The sachet is for External use only.





香囊妙用

Tips for Usage

- 可多備一個香囊與乾淨的外科口罩放在密實袋內，翌日就可以有芳香的口罩供外出佩帶。
- 這香囊是我的冬春季必備診室之物，幫忙對抗由口鼻眼睛粘膜而入的外邪病毒，防患於未然。
- 其他用家分享：僻蟲、防蚊蟲，郊遊佳品。
- Put a new sachet into a Zipper bag with clean Surgical mask, you can get a mask with aroma next day.
- This is the sachet formula I'm using in every peak Flu season, a good anti-pathogen kit to boost Health Qi of respiratory system.
- Other Usage: Natural expellant for flea, insects and mosquito.