This book is an invaluable tool for those attending Chinese medicine schools or those merely interested in understanding formulae. Based on China’s national textbook for formulae, this book covers basic knowledge about the formulae and 225 of the most commonly used formulae. Designed as a companion to textbooks in the West, the important, yet complicated content of this book is presented in a comprehensive way with easy to understand figures and tables. Tables of similar formulae are laid out in a clear, concise and simple format, with indications and actions, facilitating understanding and comprehension, and making it easy to remember.