This book introduces the current applications of Chinese formula medicinals, while also providing practical integrative treatment methods such as warming yang and opening constraint.

Depression is a potentially life-threatening mood disorder, and in recent years, there have been remarkable developments in the treatment of many psycho-emotional disorders. In TCM, practitioners seek the root cause of disease by assessing patterns of disharmony within both body and mind. Because clinical depression is a complex systemic disease, Chinese physicians follow the traditional guideline of the brain governs the spirit-brightness by applying integrative medical treatment along with psychotherapy and personalized pattern differentiation.