CLAIMS

1. A traditional Chinese medicine (TCM) composition for lipid lowering, wherein the composition comprises a lipid-lowering core component and auxiliary components; the lipid-lowering core component consists of *Zhegu-cha* (Mallotus furetianus folium) and *Jiangxiang* (Dalbergiae odoriferae lignum); the auxiliary components comprise *Shanzha* (Hawthorn) and *Danshen* (Salviae miltiorrhizae radix et rhizoma);

a weight ratio of *Zhegu-cha* to *Jiangxiang* in the lipid-lowering core component is 6~10:1; a weight ratio of *Shanzha* to *Danshen* in the auxiliary components is 1:5~1; and a total weight of the lipid-lowering core component is less than a total weight of the auxiliary components;

wherein a weight ratio of the lipid-lowering core component to the auxiliary components is 13:40~35:40.

2. The TCM composition according to claim 1, wherein a weight ratio of *Shanzha*, *Danshen*, *Zhegu-cha*, and *Jiangxiang* is 4:4:6:1.

3. The TCM composition according to claim 1, wherein the TCM composition comprises the following components in parts by weight: 10–30 parts of *Zhegu-cha*, 3–7 parts of *Jiangxiang*, 20–30 parts of *Shanzha*, and 20–30 parts of *Danshen*.

4. The TCM composition according to claim 1, wherein the *Jiangxiang* comprises *Jiangxiang* medicinal material and *Jiangxiang* oil extracted from the *Jiangxiang* medicinal material in the above parts by weight.

5. The TCM composition according to claim 1, wherein the TCM composition is obtained by a water extraction method or an alcohol extraction method.

6. A method for preparing the TCM composition according to any one of claims 1–5, wherein the method comprises the following steps:

S01: preparing a first material, comprising the following materials in parts by weight: 10–40 parts of *Zhegu-cha*, 20–40 parts of *Shanzha*, and 20–40 parts of *Danshen*; and preparing 3–10 parts by weight of *Jiangxiang* as a second material;

S02: adding purified water in an amount of 10–20 times the weight of the first material to the first material, fully soaking the first material, decocting and extracting at 90–100 ℃ for 60–100 min, and filtering to obtain a first extract; then adding purified water again in an amount of 5–10 times the weight of the first material, continuing decocting and extracting at 90–100 ℃ for 60–100 min; then adding the second material, decocting for 10–30 min, and filtering to obtain a second extract; and combining the two extracts, concentrating, and drying to obtain a dry extract.

7. The method according to claim 6, wherein the method alternatively comprises the following steps: S02: uniformly mixing the first material and the second material, adding high-concentration ethanol in an amount of 6–10 times the total weight of the materials, performing ultrasonic treatment to fully mix and soak the materials, and then carrying out reflux extraction at 60–75 ℃ for 60–100 min, followed by filtration to obtain a first extract; then adding high-concentration ethanol again in an amount of 6–10 times the total weight of the materials, carrying out reflux extraction at 60–75 ℃ for 60–100 min, and filtering to obtain a second extract; and combining the two extracts, concentrating, and drying to obtain a dry extract.

8. A TCM formulation, wherein the TCM formulation comprises the TCM composition according to any one of claims 1–5.

9. The TCM formulation according to claim 8, wherein the TCM formulation further comprises other pharmaceutically acceptable excipients and/or adjuvants.

10. The TCM formulation according to claim 8, wherein a dosage form of the TCM formulation comprises granules, powders, tablets, capsules, and/or pills.

11. Use of the TCM composition according to any one of claims 1–5 in the preparation of a medicament for lowering blood lipids.

12. Use of the TCM composition according to any one of claims 1–5 in the preparation of a medicament for reducing body weight.