

A Traditional Chinese Medicine Extract, Drug, and Detection Method**ABSTRACT OF THE DISCLOSURE**

The disclosure relates to a Traditional Chinese Medicine extract, wherein, by weight ratio, the extract is made from the following ingredients: *Magnoliae Officinalis* Cortex 1-100 parts, *Arecae Semen* 1-100 parts, *Amomum tsaoko* Crevost & Lem. 1-100 parts, *Ephedrae Herba* 1-100 parts, *Armeniacae Semen Amarum* 1-100 parts, *Notopterygii Rhizoma et Radix* 1-100 parts, *Zingiberis Rhizoma* 1-100 parts, *Pogostemonis Herba* 1-100 parts, *Eupatorium fortunei* Turcz. 1-100 parts, *Atractylodis Rhizoma* 1-100 parts, *Poria cocos* 1-100 parts, *Atractylodis Macrocephalae Rhizoma* 1-100 parts, *Gypsum Fibrosum* 1-100 parts, *Crataegi Fructus* 1-100 parts, *Massa Medicata Fermentata* 1-100 parts, *Hordei Fructus Germinatus* 1-100 parts, *Pheretima* 1-100 parts, *Vincetoxicum pycnostelma* Kitag. 1-100 parts, *Dryopteridis Crassirhizomatis Rhizoma* 1-100 parts, and *Lepidium apetalum* seeds 1-100 parts; wherein, the extract has an ephedrine content of 0.5-1.5 mg/g and a solid content transfer rate of 18-25%.

FIG. 14