
COURSE DESCRIPTION

This course provides students with an overview of the ideas and concepts they will encounter in their study of Chinese Herbology throughout the Masters program, as well as the basic concepts in botany and the history of Chinese Herbology.

LEARNING OBJECTIVES

1. Students will become familiar with all the different herbal categories
2. Students will be able to describe the signs, symptoms and general properties of herbs for each category
3. Students will be able to describe the Chinese and Latin names entering channels, cautions, and contraindications of at least one herb from each category
4. Students will be able to visually identify all of the herbs covered in the quarter
5. Students will be familiar with weights and measures, the preparation of tinctures, decoctions

COURSE PREREQUISITIES

None

REQUIRED TEXTS

Intro to Herbology Samples Box (sold in Bookstore)

Chinese Herbal Medicine Materia Medica 3rd Edition by Bensky/Gamble

***This text is strongly recommended, but not required since this class is an "Opening Series" class, opening series students may choose to not buy this book, and rather make photocopies of readings from the library and read from the reserve texts.

***All matriculated students are encouraged to buy this book and become familiar with it, as it is required reading for State and National Board exams. I encourage you to purchase it new and make notes/ highlight, etc.... as you will be referring to this book for the rest of your career.

RECOMMENDED TEXTS

Chinese Herbal Medicine Materia Medica 3rd Edition by Bensky/Gamble

COURSE REQUIREMENTS

Out-of-Class Work

To successfully complete the program, students need to plan studying a minimum of 2 hours out-of-class for each academic in-class hour; and half an hour out-of-class for each hour of clinical training.

Weekly Quizzes 10% (lowest 2 quizzes dropped)

Midterm Exam 45%

Final Exam 45%

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
INTRODUCTION TO HERBAL MEDICINE

SPECIAL NOTES

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

***Every class will begin with a 5-minute meditation.
Students are expected to arrive on time for the meditation.

***Homework reading will be assigned for every class. Students are expected to do the reading, as the reading will be supplementary to class learning

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)
Overview of class/syllabus

Intro To Herbology: What constitutes an Herb in Chinese Medicine?

Latin and Pin Yin Names of Chinese Herbs/ Parts of herbs
Basic Oriental Medicine Theory: Eight Principles, Six Exogenous Pathogens, Seven Emotions.
Nature of Herbs: Five Tastes and temperatures
Techniques for combining herbs

Homework: Read Bensky Introduction p xiii- xxxi

CLASS TWO

Quiz #1

Warm Acrid Release the Exterior Herbs- Ma Huang, Gui Zhi
Cool Acrid Release the Exterior Herbs- Bo He
Heat Clearing Herbs:
1.) Clear Heat Drain Fire- Shi Gao
2.) Clear Heat Dry Dampness- Huang Lian
3.) Clear Heat Cool Blood- Sheng Di Huang

Homework:
Reading Bensky:
Ma Huang (Ephedrae Herba) p 3
Gui Zhi (Cinnamomi Ramulus) p 8
Bo He (Menthae haplocalycis Herba) p 47
Shi Gao (Gypsum Fibrosum) p 89
Huang Lian (Coptidis Rhizome) p 134
Sheng Di Huang (Rehmanniae Radix) p 120

CLASS THREE

Quiz #2

Heat Clearing Herbs (continued):
4.) Clear Deficient Heat- Qing Hao
5.) Clear Toxic Heat- Jin Yin Hua
6.) Clear Heat Brighten Eyes (Drain Fire)- Jue Ming Zi
Antitussive Herbs- Xing Ren
Phlegm Resolving- Ban Xia, Zhu Ru
Aromatic Damp Resolving- Bai Dou Kou

Homework:

Reading Bensusky:

Qing Hao (*Artemisiae annuae Herba*) p 219
Jin Yin Hua (*Lonicerae Flos*) p 148
Jue Ming Zi (*Cassiae Semen*) p 111
Xing Ren (*Armeniaca Semen*) p 437
Ban Xia (*Pinelliae Rhizoma preparatum*) p 413
Zhu Ru (*Bambusae Caulis in taeniam*) p 393
Bai Dou Kou (*Amomi Fructus rotundus*) p 481

CLASS FOUR

Quiz #3

Qi Regulating Herbs- Xiang Fu
Laxatives-
1.) Purgatives- Da Huang
2.) Lubricating/Moistening- Huo Ma Ren
Antihelminthic Herbs (Kill Parasites)- Bing Lang
Digestive Herbs- Shan Zha

Homework:

Reading Bensusky:

Xiang Fu (*Cyperus Rhizoma*) p 527
Da Huang (*Rhei Radix et Rhizoma*) p 235
Huo Ma Ren (*Cannabis Semen*) p 245
Bing Lang (*Arecae Semen*) p 1008
Shan Zha (*Crataegi Fructus*) p 493

CLASS FIVE

Quiz #4

Shen (spirit) Calming Herbs:
1.) Nourish Heart and Calm Shen- Suan Zao Ren
2.) Sedate the Heart and Subdue Yang
Calm Liver Wind- Di Long
Diuretics- Fu Ling

Homework:

Reading Bensusky:

Suan Zao Ren (*Ziziphi spinosae Semen*) p 928
Di Long (*Pheretima*) p 981
Fu Ling (*Poria*)

Discussion of next week's midterm

CLASS SIX
Midterm Examination

CLASS SEVEN
Review Midterm

Interior Warming- Fu Zi
Preparation of Herbs
Antirheumatics- Wei Ling Xian

Homework:
Reading Bensky:
Fu Zi (Aconiti Radix lateralis preparata) p 677
Wei Ling Xian (Clematidis Radix) p 326
Re-read herb preparation in Introduction p xxv-xxxii

CLASS EIGHT
Quiz #5

Hemostatics- Pu Huang, Xue Yu Tan
Qi Tonics- Ren Shen
Blood Tonics- Dang Gui
Blood Activators- Chuan Xiong

Homework:
Reading Bensky:
Pu Huang (Typhae Pollen) p 564
Xue Yu Tan (Crisis carbonisatus) p 588
Ren Shen (Ginseng Radix) p 710
Dang Gui (Angelicae sinensis Radix) p 750
Chuan Xiong (Chuanxiong Rhizoma) p 599

CLASS NINE
Quiz #6

Yin Tonics- Mai Men Dong
Yang Tonics- Du Zhong
Astringents- Wu Wei Zi

Homework:
Reading Bensky:
Mai Men Dong (Ophiopogonis Radix) p 824
Du Zhong (Eucommiae Cortex) p 792
Wu Wei Zi (Schisandrae Fructus) p 860

CLASS TEN
Quiz #7

Roles of Herbs in Formula Combination
Herb Pairings

Course Code **HB300**
2 Units
20 Hours

EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
INTRODUCTION TO HERBAL MEDICINE

Badami, Gretchen
Spring 2018

Discussion of Final Examination Preparation

CLASS ELEVEN
Final Examination

REFERENCE MATERIAL

FACULTY INFO

Badami, Gretchen
Please check with instructor during class to get updated contact info.

gbadami@emperors.edu

Dr Badami graduated with her MTOM and DAOM from Emperor's College. She maintains a private practice in Santa Monica, and works at Emperor's as the Associate Dean. In her previous life she was a mental health therapist and also has a graduate degree in Eastern Philosophy