

EMPEROR'S COLLEGE  
MTOM COURSE SYLLABUS  
INTRODUCTION TO HERBAL MEDICINE

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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.

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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

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COURSE PREREQUISITIES

None

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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.

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RECOMMENDED TEXTS

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

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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

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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

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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

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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

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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 Bensky:

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

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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 Bensky:

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

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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 Bensky:

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

Discussion of next week's midterm

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CLASS SIX

**Midterm Examination**

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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**

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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**

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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**

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CLASS TEN

**Quiz #7**

Roles of Herbs in Formula Combination

Herb Pairings

Course Code **HB300**  
2 Units  
20 Hours

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**INTRODUCTION TO HERBAL MEDICINE**

*Fine, Elizabeth*  
*Winter 2019*

Discussion of Final Examination Preparation

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CLASS ELEVEN  
**Final Examination**

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REFERENCE MATERIAL

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FACULTY INFO

Fine, Elizabeth  
Please check with instructor during class to get updated contact info.

[fineacumed@gmail.com](mailto:fineacumed@gmail.com)