

#### COURSE DESCRIPTION

The first of four courses in the Herb Pharmacopeia series. These courses analyze the taste, temperature, meridians, dosage, contraindications, identification and clinical usage of approximately 450 principal medicals used in Oriental Medicine. These four courses can be taken in any order.

Herb Pharmacopeia I covers herbs in the Release Exterior Conditions, Heat Clearing Herbs, Herbs that Transform Phlegm and Herbs that Stop Cough categories.

#### LEARNING OBJECTIVES

Upon successful completion of this course students will be able to list the characteristics and properties of each individual herb assigned, recognizing them by sight and using correct Latin pharmaceutical or Pinyin nomenclature.

#### COURSE PREREQUISITES

Introduction to Herbal Medicine  
Concurrent enrollment in Herb Pharmacopoeia Lab

#### REQUIRED TEXTS

#### RECOMMENDED TEXTS

Chinese Herbal Medicine: Materia Medica by D. Bensky and A. Gamble. Eastland Press. Seattle, Washington: 1993.

#### 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.

10% Quizzes  
40% Mid-Term  
50% Final

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

#### SPECIAL NOTES

Individual herbs: Instruction in a minimum of 300 individual herbs covering temperature, taste, entering meridian, botanical and Oriental name, meaning of the name, functions and indications, important biochemical components where applicable, incomparability with other herbs if any dosage and herb identification.

**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.

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

**Herbs Releasing Exterior Conditions: Wind Cold Releasing Herbs:**

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|--|--|
| 1. *Ma Huang (Hb. Ephedrae)                  | 8. *Xi Xin (Hb. Asari Cum)                 |
| 2. *Gui Zhi ( Rm. Cinnamomi)                 | 9. *Jing Jie ( Hb Schizonepetae)           |
| 3. *Xiang Ru ( Hb. Elsholziae)               | 10. *Xin Yi Hua ( Fl. Magnoliae)           |
| 4. *Bai Zhi ( Rx. Angelica Dahurica)         | 11. *Fang Feng (Rx. Ledebouriellae)        |
| 5. *Cong Bai (Hb. Allium Fistulosum)         | 12. *Qiang Huo ( Rz & Rx. Notopterygii)    |
| 6. *Sheng Jiang ( Rz Zingiberis Officinalis) | 13. *Gao Ben ( Rz & Rx Ligustici Sinensis) |
| 7. *Zi Su Ye (Fol. Perillae Frutescens)      | 14. * Cang Er Zi ( Fr. Xanthii Sibirici)   |

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CLASS TWO

**Quiz 1**

**Wind Heat Releasing Herbs**

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|--------------------------------------|---|
| 1. *Bo He ( Hb. Menthae)             | 7. *Dan Dou Chi (Sm. Sojae Praeparatum) |
| 2. *Chan Tui ( Periostracum Cicadae) | 8. *Sheng Ma ( Rz. Cimicifugae)         |
| 3. *Sang Ye ( Fl. Mori Albae)        | 9. *Man Jing Zi Fr. Viticis)            |
| 4. *Ju Hua (Fl. Chrysanthemum)       | 10. *Chai Hu (Rx. Bupleuri)             |
| 5. *Mu Zei ( Hb. Equiseti Hiemalis)  | 11. *Ge Gen (Rx. Puerariae)             |
| 6. *Niu Bang Zi (Fr. Arctii)         |   |

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CLASS THREE

**Quiz 2**

**Heat clearing Herbs: Clear Heat Quell Fire:**

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|--------------------------------------|---|
| 1. *Shi Gao ( Gypsum )               | 6. *Jue Ming Zi ( Sm. Cassiae Torae)      |
| 2. *Lu Gen (Rz. Phragmitis)          | 7. Lian Xin (Plumula Nelumbinis)          |
| 3. *Tian Hua Fen ( Rx. Trichosathis) | 8. *Xia Ku Cao ( Spica Prunella Vulgaris) |
| 4. *Zhi Mu ( Rx. Anamarrhenae)       | 9. *Dan Zhu Ye ( Hb. Lophatheri Gracilis) |
| 5. * Zhi Zi (Fr. Gardeniae)          |   |

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CLASS FOUR

**Quiz 3**

**Heat Clearing, Drying Dampness:**

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|-----------------------------------|--|
| 1. *Huang Qin ( Rx. Scutellariae) | 4. *Long Dan Cao (Rx. Gentianae)         |
| 2. *Huang Lian (Rz. Coptidis)     | 5. *Ku Shen (Rx. Sophorae Flavescentsis) |
| 3. *Huang Bai (Cx. Phellodendri)  | 6. Hu Huang Lian (Rz. Picrorhizae)       |

**Heat Clearing. Cooling Blood :**

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|-------------------------------------|--|
| 1. Xi Jiao ( CornuRhinoceri )       | 6. *Zi Cao ( Hb. Lithospermi)              |
| 2. *Sheng Di Huang (Rx. Rehmanniae) | 7. *Di Gu Pi (Cx. Lycii Radicis)           |
| 3. *Xuan Shen (Rx. Scrophulariae)   | 8. *Bai Wei ( Rx. Cynanchi Bai Wei)        |
| 4. *Mu Dan Pi ( Cx. Moutan Radicis) | 9. *Yin Chai Hu (Rx. Stellariae Dichtomae) |
| 5. *Chi Shao (Rx. Peoniae Rubra)    |  |

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CLASS FIVE

**Mid-Term Examination**

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CLASS SIX

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Quiz 4

**Herbs that Clear and relieve Summerheat:**

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| 1. * Qing Hao ( Hb. Artemisiae Annuae) | 3.* He Ye ( Fol. Nelumbinis Nuciferae) |
| 2. * Bian Dou (Se. Dolichoris Lablab)  | 4. Xi Gua ( Fr. Citrulli Vulgaris)     |

**Heat Clearing and Detoxifying:**

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|---|---|
| 1. *Jin Yin Hua ( F. Lonicerae)           | 7. *Bai Jiang Cao ( Hb. cum Radice Patriniae)     |
| 2. *Lian Qiao ( Fr. Forsythiae)           | 8. Yu Xing Cao ( Hb. Houttuynia Cordata)          |
| 3. Da Qing Ye ( Fol. daQingYe)            | 9. Chuan Xin Lian ( Hb. Andrographis Paniculatae) |
| 4. *Ban Lan Gen ( Rx. Isatidis)           | 10. Bai Tou Weng (Rx. Pulsatillae Chinensis)      |
| 5.* Pu Gong Ying ( Hb. Taraxaci)          | 11. *Bai Xian Pi ( Cx. Dictami)                   |
| 6. Zi Hua Di Ding ( Hb. Viola Cum Radici) |   |

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CLASS SEVEN

Quiz 5

**Heat Clearing and Detoxifying:**

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| 12. *Tu Fu Ling (Rz. Smilacis Glabrae)       | 14. *She Gan ( Rz. Belcamcandae Chinensis)         |
| 13. *Shan Dou Gen ( Rx Sophorae Tonkinensis) | 15. Bai Hua She She Cao ( Hb. Hedyotidis Diffusae) |

**Herbs that Transform Phlegm and Stop Cough, Cold Phlegm:**

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|---------------------------------------|---|
| 1. *Ban Xia ( Rz. Pinelliae)          | 4. *Xuan Fu Hua ( Fl. Inulae)               |
| 2. *Tian Nan Xing ( Rz. Arisaematis)  | 5. *Bai Qian ( Rx. & Rz. Cynanchi Bai Qian) |
| 3. Bai Fu Zi ( Rx. Typhonii Gigantei) | 6. *Bai Jie Zi ( Sm. Sinapis Albae)         |

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CLASS EIGHT

Quiz 6

**Hot Phlegm:**

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|--|--|
| 1. *Jie Geng ( Rx. Platycodi)                      | 6.* Zhu Ru ( Bambusae Succus)                |
| 2. *Qian Hu ( Rx. Peucedani)                       | 7. *Hai Zao ( Hb Sargassi)                   |
| 3.. *Chuan Bei Mu ( Bulbus Fritillariae Cirrhosae) | 8. Hai Ge Ke ( Concha Cyclinae Sinensis)     |
| 4. * Zhe Bei Mu ( Bulbus Fritillariae Thunbergii)  | 9. * Kun Bu ( Thallus Algae)                 |
| 5.*Gua Lou Ren ( Sm. Trichosanthis)                | 10. Pang Da Hai (Se. Sterculiae Scaphigerae) |

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CLASS NINE

Quiz 7

**Relieve Cough and Wheezing:**

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|--------------------------------------|--|
| 1. *Xing Ren ( sm. Armenicae amarae) | 6. *Bai Bu ( Rx. Stemonae)                     |
| 2. *Zi Wan ( Rx. Asteris Tatarici)   | 7. *Sang Bai Pi ( Cx. Mori Radicis)            |
| 3. *Kuan Dong Hua ( Flos. Farfarae)  | 8.* Yin Xing (Bai Guo) ( Sm. Gingko Bilobae)   |
| 4. *Su Zi ( Fr. Perillae Acutae)     | 9.* Ma Dou Ling ( Fr. Aristolochiae)           |
| 5.* Pi Pa Ye ( Fol. Eriobotryae)     | 10. Ting Li Zi ( Se. Descurainiae Seu Lepidii) |

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CLASS TEN

FINAL EXAMINATION

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CLASS ELEVEN

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REFERENCE MATERIAL

Web References:

Course  
Code **HB315**  
3 Units  
30 Hours

**EMPEROR'S COLLEGE**  
**MTOM COURSE SYLLABUS**  
**HERB PHARMACOPOEIA I**

**Zhang, Helena**  
*Spring 2018*

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ITM Online: Herb Safety and Related Concerns  
<http://www.itmonline.org/safety.htm>

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FACULTY INFO

Zhang, Helena  
Please check with instructor during class to get updated contact info.  
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