

COURSE DESCRIPTION

The second of four courses in the Herb Pharmacopeia series. Herb Pharmacopeia II covers herbs in the Damp Eliminating Aromatic Herbs, Digestive Herbs, Purgatives, Laxatives, Cathartic Herbs, Anti-parasitic Herbs, Aromatic Herbs that Open the Orifices, Interior Warming Herbs, Liver Calming Herbs, and Tranquilizing Herbs categories.

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LEARNING OBJECTIVES

Upon 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.

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COURSE PREREQUISITES

Introduction to Herbal Medicine, Concurrent enrollment in Herb Pharmacopoeia Lab

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REQUIRED TEXTS

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

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RECOMMENDED TEXTS

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COURSE REQUIREMENTS

10% Quizzes  
30% Mid-Term  
30% Final  
30% Participation

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.

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

**Damp Eliminating Aromatic Herbs:**

1. \*cang Zhu ( Rz. Atractylodis Rubrae)
2. \*huo Xiang (hb. Pogostemi)
3. \*sha Ren (fr. Amomi )
4. \*bai Dou Kou (fr. Amomi Kravanh)
5. \*cao Dou Kou (sm. Alpiniae Katsumadai)
6. \*cao Guo (fr. Amomi Tsaoko)
7. \*hou Po ( Cr. Magnoliae Officinalis)

8. Pei Lan (hb. Eupatorii Fortunei)

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CLASS TWO

**Quiz 1**

**Digestant Herbs:**

1. \*Shan Zha (Fr. Crataegi)
2. \*Shen Qu (Massa Fermentata)
3. \*Mai Ya (Fr. Hordei Vulgare)
4. Gu Ya (Fr. Oryzae Sativae)
5. \*Lai fu zi (Sm. Raphani Sativi)
6. \*Ji Nei Jin (Endo. Gigeriae Galli)

**Purgative, Laxative, Cathartic Herbs:**

Purgatives:

1. \*Da Huang (Rx.. Rhei)
2. \*Mang Xiao (Mirabilitum)
3. \*Lu Hui (Hb. Aloes)
4. Fan Xie Ye (Fol. Sennae)

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CLASS THREE

**Quiz 2**

**Purgative, Laxative, Cathartic Herbs:**

**Laxatives:**

1. \*Huo Ma Ren (Sm. Cannabis Sativae)
2. Yu Li Ren (Sm. Pruni)

**Cathartics:**

1. \*Qian Niu Zi (Sm. Pharbitidis)
2. \*Gan Sui (Rx. Euphorbiae Kansui)
3. \*Da Ji (Rx Euphorbiae seu Knoxiae)
4. Yuan Hua (Flos. Daphnes Genkwa)
5. Shang Lu (Rx Phytolaccae)
6. Ba Dou (Se. Croton Tiglii)

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CLASS FOUR

**Quiz 3**

**Antiparasitic Herbs:**

1. \*Shi Jun Zi (Fr. Quisqualis)
2. \*Bing Lang (Sm. Arcae)
3. Fei Zi (Sm. Torreyae)
4. Ku Lian Pi (Cx. Meliae Radicis)
5. Nan Gua Zi (Sm. Curcubitae Moschatae)
6. \*Chuan Lian Zi (Fr. Meliae Toosendan)
7. He Shi (Fr. Carpesii)
8. Lei Wan (Sc. Omphaliae Lapidescens)
9. He Cao Ya (Sprout Agrimoniae Pilosae)
10. Guan Zhong (Rz Guanzhong)

**Aromatic Substances That Open The Orifices:**

1. \*She Xiang (Secretio Moschus)
2. Bing Pian (Borneol)
3. \*Su He Xiang (Styrax liquidis)
4. Zhang Nao (Camphora)
5. \*Shi Cang Pu (Rx. Acori Graminei)

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CLASS FIVE

**Mid-Term Examination**

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CLASS SIX

**Interior Warming Herbs:**

1. \*Fu Zi (Rx Aconiti Carmichaeli), \*Chuan Wu (Rx Aconiti Carmichaeli), \*Cao Wu (Rx Aconiti Kusnezoffii)
2. \*Rou Gui (Cx. Cinnamomi)
3. \*Gan Jiang (Rz Zingiberis)
4. \*Wu Zhu Yu (Fr. Evodiae)
5. \*Xiao Hui Xiang (Fr. Foeniculi)
6. \*Bi Ba (Fr. Piperis Longi)
7. \*Hu Jiao (Fr. Piperi Nigri)
8. \*Chuan jiao (Fr. Anthoxyli)
9. \*Ding Xiang (Flos. Caryophylli)
10. \*Gao Liang Jiang (Rz. Alpiniae Officinari)
11. Dou Chi Jiang (Rx. & Rz. Litseae Cubebae)

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CLASS SEVEN

**Quiz 4**

**Liver Calming Herbs:**

**A. Liver Calming, Wind Extinguishing**

1. Ling Yang Jiao (Cornu Antelopis)
2. \*Gou Teng (Ram. Cum Uncis Uncariae)
3. \*Tian Ma (Rz. Gastrodia)
4. \*Jiang Can (Bombyx Batryticatus)
5. \*Wu Gong (Scolopendra)
6. \*Quan Xie (Buthus Martensi)
7. \*Niu Huang (Calculus Bovis)
8. \*Di long (Lumbricus)
9. \*Bai Ji Li (Fr. Tribuli Terrestis)

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CLASS EIGHT

**Liver Calming Herbs:**

**B. Liver Calming, Yang Suppressing**

1. \*Shi Jue Ming (Concha Haliotidis)
2. \*Mu.Li (Conchae Ostrae)
3. \*Long Gu (Os Draconis)
4. \*Ci Shi (Magnetitum)
5. \*Dai Zhe Shi (Haematitum)
6. \*Bai Ji Li (Fr. Tribuli Terrestis)
7. \*Zhen Zhu (Margarita)

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CLASS NINE

**Quiz 5**

**Tranquilizing Herbs:**

1. \*Zhu Sha (Cinnabaris)
2. \*Hu Po (Succinum)
3. \*Zuan Zao Ren (Sm. Ziziphi Spinosae)
4. \*Bai Zi Ren (Sm. Biotae Orientalis)
5. \*Yuan Zhi (Rx Polygalae Tenuifoliae)
6. \*Ye Jiao Teng (caulis Polygoni Multiflori)
7. \*Fu Shen (Sclerotium Poria Cocos Pararadicis)
8. He Huan Pi (cx. Albiziae)
9. Zi Shi Ying (Fluoritium)

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CLASS TEN

**Final Examination**

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CLASS ELEVEN

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REFERENCE MATERIAL

Web References:

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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