

COURSE DESCRIPTION

The fourth course in the Herb Pharmacopeia series. Herb Pharmacopeia IV covers herbs in the Qi Tonics, Blood Tonics, Yang Tonics, Yin Tonics, Stop Diarrhea, Astringe Essence, and External Application 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 and Pin-Yin nomenclature.

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COURSE PREREQUISITIES

Introduction to Herbal Medicine, Concurrent enrollment in Herb Pharmacopeia Lab

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REQUIRED TEXTS

Chinese Herbal Medicine: Materia Medica by D. Bensky and A. Gamble. Eastland Press. Seattle, Washington: 1993. Or Revised Edition 2004  
Handbook of Chinese Herbs, Institute of Chinese Medicine, Los Angeles, 1995

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RECOMMENDED TEXTS

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COURSE REQUIREMENTS

45% Mid-Term exam  
45% Final exam  
10% Quizzes

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

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SPECIAL NOTES

**No recording!**

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.)

Qi Tonics:

1. \*Ren Shen ( Rx. Ginseng)
  2. \*Dang Shen ( Rx, Codonopsis)
  3. Tai Zi Shen ( Rx. Pseudostellariae)
  4. \*Huang Qi ( Rx. Astragali)
  5. \*Bai Zhu ( Rx. Actractylodis)Course
  6. \*Shan Yao ( Rx. Dioscoreae Oppositae)
  7. \*Bai Bian Dou ( Sm. Dolichris)
  8. \*Da Zao ( Fr. Zyziphi)
  19. \*Gan Cao ( Rx. Glycyrrhizae)
  10. \*Yi Tang ( Saccharum Granorum)
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CLASS TWO

Quiz 1

Blood Tonics:

1. \*Shu Di Huang ( Rx. Rehmannie Preparatae)
  2. \*Dang Gui ( Rx. Angelicae Sinensis)
  3. He Shou Wu Rx. Poligoni Multiflori)
  4. \*Bai Shao ( Rx. Peoniae Lactiflorae)
  5. \*E Jiao ( Gelatinum Asini)
  6. \*Gou Qi Zi ( Fr. Lycii )
  7. \*Sang Shen ( Fr. Mori Albae)
  8. \*Long Yan Rou ( Fr. Arillus Longanae)
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CLASS THREE

Quiz 2

Yin Tonics:

1. \*Sha Shen ( Rx. Glenhiae)
  2. Xi Yang Shen ( Rx. Panacis Quiquefolli)
  3. \*Mai Men Dong ( Tb. Ophiogonis Japonica)
  4. \*Tian Men Dong ( Tb. Asparagi)
  5. \*Shi Hu ( Hb. Dendrobii)
  6. Yu Zhu ( Rz. Polygonati Odorati)
  7. Huang Jing ( Rz. Polygonati)
  8. \*Bai He ( Bulbus Lillii)
  9. \*Nu Zhen Zi ( Fr. Ligustri Lucidi)
  10. \*Han Lian Cao ( Hb. Ecliptae)
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CLASS FOUR

Yin Tonics

11. He Zi Ma (Sm Sesami Indici)
12. Gui Ban (plastrum Testudinis)
13. Bie Jia (carapax Amydae)

Quiz 3

Yang Tonics

1. \*Lu Rong ( Cornu Cervi)
  2. \*Lu Jiao ( Gelatinum Cornu Cervi)
  3. \*Rou Cong Rong ( Hb. Cistanches)
  4. \*Suo Yang ( Hb Cynomorii)
  5. \*Bai Ji Tian ( Rx. Morindae Officiaonalis)
  6. \*Yin Yang Huo ( Hb.Epimediis)
  7. \*Xian Mao ( Rz. Curculiginis)
  8. \*Hu Lu Ba ( Sm. Trigonellae Foeni)
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CLASS FIVE

Mid-Term Examination (Covering Qi Tonics, Blood Tonics and Yin Tonics)

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CLASS SIX

Yang Tonics:

9. \*Du Zhong ( Cx. Eucommiae)
  10. \*Xu Duan (Rx Dipsaci Asperi)
  11. \*Gou Ji (Rz Cibotii Barometz)
  12. \*Gu Sui Bu (Rz Drynariae)
  13. \*Bu Gu Zhi ( Fr. Psoraleae Corylifoliae)
  14. \*Yi Zhi Ren ( Fr. Alpiniae Oxyphyllae)
  15. \*Tu Si Zi ( Sm. Cuscutae)
  16. Sha Yuan Ji Li ( Sm Astragali)
  17. \*Ge Jie ( Gecko)
  18. \*Hu Tao Ren ( Sm Juglandis)
  19. Dong Chong Xia Cao (Cordyceps Sinensis)
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CLASS SEVEN

Yang Tonics:

20. \*Zi He Che ( Placenta Hominis)
21. Hai Gou Shen ( Testes et Penis Ototiae)
22. Hai Ma ( Hippocamopus)

Quiz 4

Stop Sweating, Sabilizing and binding herbs

1. Ma Huang Gen (Rx Ephedrae)
2. \*Fu Xiao Mai (Sm. Tritici Aestivi)
3. \*Wu Wei Zi (Fr. Schisandrae)
4. Nuo Dao Gen (Rx. et Rz. Oryzae Glutinosae)

Herbs That Stabilize & Bind:

Stop Diarrhea

1. \*Chi Shi Zhi ( Halloysitum Rubrum)
  2. \*Rou Dou Kou ( Sm. Myrsticae)
  3. \*He Zi ( Fr. Terminaliae)
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CLASS EIGHT

Herbs That Stabilize & Bind:

Stop Diarrhea

4. Ying Su Ke (Pericarpium Papveris Somniferi)
5. Shi Liu Pi ( Pericarpium Punicae Granati)
6. \*Lian Zi ( Sm. Nelumbinis Nuciferae)
7. \*Chun Pi ( Cortex Ailanthi Altissima)
8. Wu Bei Zi (Galla Rhois Chinenesis)

Astringe Essence

1. \*Jin Ying Zi ( Fr. Rosae Laevigatae)
  2. Sang Piao Xiao ( Ootheca Mantidis)
  3. \*Shan Zhu Yu ( Fr. Corni Officinalis)
  4. \*Qian Shi ( Sm. Euyales Ferocis)
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CLASS NINE

Astringe Essence Course

5. \*Fu Pen Zi ( Fr. Rubi)
6. \*Yi Xing ( Sm. Ginkgo Bilobae)
7. \*Wu Zei Gu (Os Sepiae)

Quiz 5

External Application

1. Ming Fan (Alumen)
2. \*Liu Huang (Sulphur)
3. \*She Chaung Zi (Sm. Cnidii)
4. Xiong Huang (Realgar)
5. Peng Sha (Borax)
6. Lu Feng Fang (Nidus Vespae)

Quiz 6

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CLASS TEN

Final Examination (Covering Yang tonics, Herbs that Astringes and External Application Herbs)

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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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