

#### COURSE DESCRIPTION

The first of three courses in the Herb Formulae series. These courses can be taken in any order. The Herb Formulae series analyzes the functions, ingredients, and properties of approximately 250 herb formulas. An emphasis is placed on the roles played by the individual herbs in the formulae and the pathology patterns for which each formula is used clinically. Categories covered in Formulae I include the Release the Exterior, Drain Downwards, Clear Heat, Harmonizing, and Warm the Interior formulas.

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#### LEARNING OBJECTIVES

Upon completion of this course, a successful student will be able to list the ingredients, and their functions, to write the names of herbal formulae; to indicate which formulae should be utilized in certain conditions when given the symptoms.

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#### COURSE PREREQUISITES

Herb Pharmacopoeia I-IV, All Herb Pharmacopoeia Labs

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#### REQUIRED TEXTS

**Chinese Herbal Medicine: Formulas & Strategies. Bensky, D. and Barolet, R. Eastland Press. Seattle, Washington: 1990.**

**Handbook of Chinese Herbal Formulas. Institute of Chinese Medicine, Los Angeles, 1995**

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#### RECOMMENDED TEXTS

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#### COURSE REQUIREMENTS

20% Two Quizzes  
40% Midterm  
40% Final

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 or 1 class meeting in a 7-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 given ½ absence towards attendance. 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 earn an F in that class and/or 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.)

#### **I. Formulas That Release Exterior Disorders**

#### **A. Formulas That Release Exterior Wind-cold Disorders**

1. Ma Huang Tang p.33 (A)
2. Gui Zhi Tang p.35 (A)

3. Xiao Qing Long Tang p.38 (B)
4. Jiu Wei Qiang Huo Tang p.40 (B)
5. Xiang Su San p. 40 (B)
6. Xiang Ru San p. 42 (B)
7. Cong Chi Tang p. 32 (B)

**The Principles Of Forming A Formula**

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CLASS TWO

**B. Formulas That Release Exterior Wind-heat Disorders**

1. Sang Ju Yin p. 44 (A)
2. Yin Qiao San p. 44 (A)
3. Chai Ge Jie Ji Tang p. 46 (A)
4. Sheng Ma Ge Gen Tang p. 47 (B)

**C. Formulas That Strengthen Body Resistance- Relieve Exterior Syndrome**

1. Ren Shen Bai Du San p. 53 (A)
2. Ma Huang Xi Xin Fu Zi Tang p. 55 (B)
3. Zai Zao San p. 56 (B)
4. Jia Jian Wei Rui Tang p. 57 (B)
5. Cong Bai Qi Wei Yin p 56 (B)

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CLASS THREE

**D. Formulas For Head And Neck Symptoms Wind Exterior Disorders**

1. Chuan Xiong Cha Tiao San p. 48 (B)
2. Cang Er Zi San p. 51 (B)
3. Ge Gen Tang p. 55 (A)

**E. Formulas That Release Exterior Excess**

1. Fang Feng Tong Sheng San p. 58 (B)
2. Gen Geng Huang Lian Huang Qin Tang p. 60 (B)
3. Wu Ji San p 62 (B)

**II. Formulas That Drain Downwards**

**A. Downward Draining Formulas Using Cold Herbs**

1. Da Cheng Qi Tang p. 115 (A)
2. Xiao Cheng Qi Tang p. 117 (A)
3. Tiao Wei Cheng Qi Tang p. 117 (A)
4. Da Xian Xiong Tang p.121 (8)
5. Liang Ge San p. 124 (B)

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CLASS FOUR

**Quiz One (10%)**

**B. Purgative Formulas That Are Warm In Nature**

1. Da Huang Fu Zi Tang p.126 (B)
2. Wen Pi Tang p.127 (B)
3. San Wu Bei Ji Wan p.127 (B)

**C. Laxation**

1. Ma Zi Ren Wan p.123 (B)
2. Run Chang Wan p.125 (B)
3. Wu Ren Wan p. 124 (B)

**D. Downward Draining Of Retained Fluid**

1. Shi Zao Tang p.128 (B)
2. Zhou Che Wan p.129 (B)

**E. Reinforcement And Elimination**

1. Huang Long Tang p.122 (B)
2. Xin Jia Huang Long Tang p.123 (B)
3. Zeng Ye Cheng Qi Tang p 118 (B)

**Preparation And Administration Of Decoctions**

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CLASS FIVE

**Mid- Term Examination (40%)**

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CLASS SIX

**III. Formulas That Clear Heat**

**A. Formulas That Clear Heat From The Qi Level**

1. Bai Hu Tang p. 70 (A)
2. Zhu Ye Shi Gao Tang p.126 (B)
3. Zhi Zi Dou Chi Tang p.73 (B)

**B. Formulas That Remove Heat From Ying Ct Cool Blood**

1. Qing Ying Tang p.75 (B)
2. Xi Jiao Di Huang Tang p.76 (B)

**C. Formulas That Clear Heat And Detoxify**

1. Huang Lian Jie Du Tang p.78 (A)
2. Xie Xin Tang p.79 (B)
3. Qing Wen Bai Du Yin p.81 (B)
4. Pu Ji Xiao Tu Yin p. 80 (B)

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CLASS SEVEN

**D. Formulas That Relieve Summer Heat**

1. Qing Luo Yin p. 104 (B)
2. Qing Shu Yi Qi Tang p. 106 (B)
3. Liu Yi San p. 105 (B)

**E. Formulas That Clear Heat From The Organs**

1. Ma Xing Shi Gan Tang p. 88 (A)
2. Xie Bai San p. 88 (B)
3. Xie Huang San p. 90 (B)
4. Qing Wei San p. 92 (B)
5. Dao Chi San p. 95 (B)
6. Long Dan Xie Gan Tang p. 96(A)
7. Zuo Jin Wan p. 98 (B)
8. Yu Nu Jian p. 94 (B)
9. Bai Tou Weng Tang p. 99 (B)

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CLASS EIGHT

**F. Formulas That Clear Deficiency Fever**

1. Qing Hao Bie Jia Tang p. 101 (A)
2. Qing Gu San p. 102 (B)

**IV. Formulas That Harmonize**

**A. Harmonizing Formulas That Mediate Shaoyang Disease**

1. Xiao Chai Hu Tang p. 136 (A)

2. Da Chao Hu Tang p. 139 (B)
3. Hao Qin Qing Dan Tang p. 141 (B)

**B. Formulas That Regulate And Harmonize Liv/sp**

1. Si Ni San p. 145 (A)
2. Xiao Yao San p. 147 (A)
3. Tong Xie Yao Fang p. 149 (B)

**C. Formula To Regulate The Stomach And Intestines**

1. Ban Xia Xie Xin Tang p. 150 (A)

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CLASS NINE

**Quiz Two (10%)**

**V. Formulas That Warm Interior Cold**

**A. Formulas That Warm The Middle Jiao And Dispel Cold**

1. Li Zhong Wan p. 219 (A)
2. Wu Zhu Yu Tang p. 221 (A)
3. Xiao Jian Zhong Tang p. 222 (B)
4. Da Jian Zhong Tang p. 224 (A)

**B. Formula That Warms Channels And Dispel Cold**

1. Dang Gui Si Ni Tang p. 216 (B)

**C. Formulas That Rescue Devastated Yang**

1. Si Ni Tang P. 226 (A)
2. Shen Fu Tang P. 228 (B)

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CLASS TEN

**Final Examination (40%)**

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CLASS ELEVEN

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REFERENCE MATERIAL

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FACULTY INFO

Hu, Jiling

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

310.914.9020

info@mind-bodyacupuncture.com

Jiling Hu has worked as an attending and senior physician in endocrinology and internal medicine at Dong Zhi Men and China-Japan Friendship Hospitals in Beijing. She has published numerous medical articles on diabetes, thyroid disorders, menopause and arthritis, and was awarded top prizes for her clinical studies in diabetes. She is in private practice in Santa Monica, specializing in internal medicine and women's health. Jiling Hu teaches Herb Formulae in the MTOM curriculum.