
COURSE DESCRIPTION

The second of three courses in the Herb Formulae series. Categories covered in Formulae II include the Tonify Qi and Blood, Regulate Qi, Invigorate the Blood, Stop Bleeding, Stabilize and Bind, Calm the Spirit, and Open the Orifices formulae.

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.

COURSE PREREQUISITES

Herb Pharmacopoeia I-IV, All Herb Pharmacopoeia Labs

REQUIRED TEXTS

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

RECOMMENDED TEXTS

Chen/Fei, Clinical Guide to Chinese Herbs and Formulae

COURSE REQUIREMENTS

10% Attendance
20% Quizzes
30% Midterm Exam
40% Final Exam

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

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.

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

I. TONIFYING FORMULAS

A. FORMULAS THAT TONIFY qi

Si Jun Zi Tang (A) p 236

Liu Jun Zi Tang(B)

Shen Ling Bai Zhu San (A) p 239

Bu Zhong Yi Qi Tang (A) p 241

Sheng Mai San (A) p 245

B. FORMULAS THAT NOURISH AND TONIFY BLOOD

Si Wu Tang (A) p 248
Tao Hong Si Wu Tang (B) p 250,
Shao Yao Gan Cao Tang p252

C. FORMULAS THAT TOMFY QI & BLOOD

Gui Pi Tang (A) p 255
Dang Gui Bu Xue Tang (B) p 254
Zhi Gan Cao Tang (A) p 257

CLASS TWO

C. FORMULAS THAT TOMFY QI & BLOOD (continued)

Ba Zhen Tang p 259
Shi Quan Da Bu Tang (A) p 260
Tai Shan Pan Shi San (C) p 261

D. FORMULAS THAT NOURISH AND TONIFY YIN

Liu Wei Di Huang Wan (A) p 263
Zhi Bai Di Haung Wan (B)
Qi Ju Di Haung Wan (B) Du Qi Wan (C)
Hu Qian Wan (C) p 268 Zuo Gui Wan (B) p 267
Er Zhi Wan (B) p 274
Da Bu Yin Wan (B) p 267
Yi Guan Jian (B) p 271

CLASS THREE

D. FORMULAS THAT NOURISH AND TONIFY YIN (continued)

Bu Fei E liao Tang (B) p 163
Gui Lu Er Xian Jiao (B) p 280

QUIZ #1

E. FORMULAS THAT TONIFY YANG J

in Gui Shen Qi Wan (A) p 275
You Gui Wan (B) p 278

II. FORMULAS THAT CALM THE SHEN

A. FORMULAS THAT SEDATE THE SHEN

Zhu Sha An Shen Wan (B) p 384
Ci Zhu Wan (C) p 385

B. FORMULAS THAT NOURISH THE HEART & COMFORT THE SHEN S

uan Zao Ren Tang (A) p 379
Tian Wang Bu Xin Dan (A) p 378
Gan Mai Da Zao Tang (A) p 383

CLASS FOUR

III. FORMULAS THAT OPEN THE ORIFICES

A. FORMULAS THAT CLEAR HEAT & OPEN THE ORIFICES

An Gong Niu Huang Wan (B) p 416
Zi Xue Dan (B) p 419
Zhi Bao Dan (B) p 417

B. FORMULA TO WARM & OPEN THE ORIFICES

Su He Xiang Wan (B) p 422

IV. ASTRINGENT FORMULAS THAT STABILIZE & BIND:

A. FORMULAS THAT STABILIZE THE EXTERIOR & LUNGS:

Yu Ping Feng San (A) p 352

Mu Li San (B) p 352

Jiu Xian San (B) p 355

CLASS FIVE

B. FORMULAS THAT STABILIZE LEAKAGE FROM THE INTESTINES

Zhen Ren Yang Zang Tang (B) p 357

Si Shen Wan (A) p 359

C. FORMULAS THAT STABILIZE KIDNEYS

Jin Suo Gu Jing Wan (B) p 360

Sang Piao Xiao San (B) p 362

D. FORMULAS THAT STABILIZE THE WOMB

Gu Jing Wan (A) p 367

Wan Dai Tang (B) p 369

Yi Huang Tang (E3) p 370

CLASS SIX

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CLASS SEVEN

V. FORMULAS THAT REGULATE QIA. FORMULAS THAT PROMOTE QI MOVEMENT :

Yue Ju Wan (A) p 290

Tian Tai Wu Yao San (B) p 296

Hou Po Wen Zhong Tang (B) p 293

Jin Ling Zi Tang (B) p 295

Ban Xia Hou Po Tang (A) p 291

B. FORMULAS THAT DIRECT REBELIOUS QI DOWN, dESCEND qi :

Su Zi Jiang Qi Tang (A) p 299

Ding Chuan Tang (A) p 300

CLASS EIGHT

B. FORMULAS THAT DIRECT REBELIOUS QI DOWN, DESCEND QI (continued) :

Si Mo Tang (B) p 301

Xuan Fu Dai Zhe Tang (B) p 302

Ju Pi Zhu Ru Tang (A) p 304

Ding Xiang Shi Di Tang (B) p 305

VI. FORMULAS THAT INVIGORATE THE BLOOD

A. FORMULAS THAT INVIGORATE THE BLOOD AND DISPEL BLOOD STASIS

Tao He Cheng Qi Tang (A) p 312

Xue Fu Zhu Yu Tang (A) p 314

Tong Qiao Huo Xue Tang p315

Ge Xia Zhu Yu Tang p316

Shao Fu Zhu Yu Tang p316

Shen Tong Zhu Yu Tang p316

CLASS NINE

A. FORMULAS THAT INVIGORATE THE BLOOD AND DISPEL BLOOD STASIS (continued) QUIZ #2

Shi Xiao San (B) p 316
Dan Shen Yin (B) p 318
Da Huang Zhe Chong Wan (B) p 318
Bu Yang Huan Wu Tang (B) p 320

B. FORMULAS THAT WARM THE MENSES AND DISPEL BLOOD STASIS

Gui Zhi Fu Ling Wan (A) p 37
Wen Jing Tang (A) p 324
Sheng Hua Tang (13) p 323

C. FORMULAS THAT INVIGORATE THE BLOOD IN THE TREATMENT OF TRAUMATIC INJURY

Fu Yuan Hou Xue Tang (B) p 326
Qi Li San (B) p 327
Huo Lou Xiao Ling Dan (B) p 329

CLASS TEN

VII. FORMULAS THAT STOP BLEEDING. FORMULAS THAT STOP BLEEDING AND CLEAR HEAT

Shi Hui San (B) p 336
Huai Hua San (B) p 339
Xiao Ji Yin Zi (B) p 341
Si Sheng Wan p337

B. FORMULAS THAT TONIFY AND STOP BLEEDING

Huang Tu Tang (B) p 343
Jiao Ai Tang (B) p 345

CLASS ELEVEN

FINAL EXAMINATION

REFERENCE MATERIAL

FACULTY INFO

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