
COURSE DESCRIPTION

The third of three courses in the Herb Formulae series. Categories covered in Formulae III include the Expel Wind, Moistening Dryness, Expel Dampness, Treat Phlegm, Relieve Food Stagnation, Expel Parasites, and Treat Surgical Diseases formulas.

LEARNING OBJECTIVES

Upon completion of this course, a successful student will be able to list the ingredients, and their functions, of herbal formulae; 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.

Dui Yao: The Art of Combining Chinese Medicinals, Philippe Sionneau

RECOMMENDED TEXTS

Handbook of Chinese Herbal Formulas. Institute of Chinese Medicine, Los Angeles, 1995
A Clinic Guide of Chinese Herbs and Formulas, Chen Song Yu & Li Fei
Chinese Materia Medica Combination & Applications Xu Li Wang Wei Forward by Giovanni Maciocia

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.

COURSE REQUIREMENTS

10% Attendance & Participation
20% Two Quizzes (10% Each)
30% Midterm
40% Final

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 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.

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

I. Expel Wind Formulas

A. Formulas To Release Wind From Skin & Channels

1. Xiao Feng San (A) p. 636
2. Da Qin Jiao Tang (B) p 629
3. Qian Zheng San (B) p633
4. Xiao Huo Luo Dan (A) p. 631
5. Xiao Xu Ming Tang (C) p.621
6. Yu Zhen San (C) p. 635

CLASS TWO

B. Formulas That Extinguish Internal Wind

1. Ling Jiao Gou Teng Tang (b) P 642
2. Zhen Gan Xi Feng Tang (a) P 644
3. Tian Ma Gou Teng Yin (a) P 647
4. E Jiao Ji Zi Huang Tang (b) P 653
5. San Jia Fu Mai Tang (b) P 649
6. Da Ding Feng Zhu (b) P 651
7. Di Huang Yin Zi (c) P 405

II. Formulas That Treat Dryness

A. Formulas That Gently Disperse & Moisten Dryness

1. Xing Su San (a) P 663
2. Sang Xing Tang (b) P 665
3. Qing Zao Jiu Fei Tang (b) P 667

CLASS THREE

B. Formulas That Enrich Yin & Moisten Dryness

1. Yang Yin Qing Fei Tang (B) p 673
2. Bai He Gu Jin Tang (A) p
3. Mai Men Dong Tang (A) p. 165
4. Yu Ye Tang (C) p 675
5. Zeng Ye Tang (B) p.677
6. Bu Fei E JiaoTang(C)

III. Formulas That Expel Dampness

A Formulas That Transform Damp Turbidity

1. Ping Wei San (A) p 687
2. Huo Xiang Zheng Qi San (A) p 691

CLASS FOUR

Quiz 1

B. Formulas That Clear Damp-heat

1. Yin Chen Hao Tang (b) P 710
2. Yin Chen Si Ni Tang (c) 712

3. San Ren Tang (b) P 699
4. Gan Lu Xiao Du Dan (b) P 702
5. Ba Zheng San (a) P 713
6. Er Miao San (b) P 720

C. Formulas That Promote Urination / Leach Out Dampness:

1. Wu Ling San (a) P 724
2. Zhu Ling Tang (A) P 729
3. Wu Pi San (A) P 723
4. Fang Ji Huang Qi Tang (c) P 735

CLASS FIVE

D. Formulas That Warm & Transform Water & Dampness

1. Zhen Wu Tang (A) p744
 2. Shi Pi Yin (B) p749
 3. Bei Xie Fen Qing Yin (B) p751
 4. Ji Ming San (C) p 753
- E. Formulas that Dispel Wind-Damp
1. Qiang Huo Sheng Shi Tang (B) p 755
 2. Du Huo Ji Sheng Tang (B) p 758
 3. Juan Bi Tang (A) p 756
 4. Gui Zhi Shao Yao Zhi Mu Tang (B) p760

CLASS SIX

Mid- Term Examination (30%)

CLASS SEVEN

IV. FORMULAS THAT TREAT PHLEGM

A. Formulas That Dry Damp & Transform Phlegm

1. Er Chen Tang (A) p 775
- B. Formulas That Clear Heat & Transform Phlegm
1. Wen Dan Tang (A) p787
 2. Shi Wei Wen Dan Tang (C) p 789
 3. Qing Qi Hua Tan Wan (A) p790
 4. Xiao Xian Xiong Tang (B) p793
 5. Gun Tan Wan (C) p 795

C. Formula That Moistens Dryness & Transforms Phlegm

1. Bei Mu Gua Lou San (A) p802

CLASS EIGHT

D. Formulas that Warm & Transform Cold-Phlegm

1. Ling Gui Zhu Gan Tang (B) p738
2. Gan Cao Gan Jiang Fu Ling Bai Zhu Tang (B) p742
3. Ling Gan Wu Wei Jiang Xin Tang (B) p 806
4. San Zi Yang Qin Tang (B) p 808

E. Formulas That Transform Phlegm & Extinguish Wind

1. Ban Xia Bai Zhu Tian Ma Tang (A) p811
2. Ding Xian Wan (C) p813
3. Zhi Sou San (A) p815

F. Formulas That Transform Phlegm And Dissipate Nodules

1. Xiao Luo Wan (B) 798
 2. Hai Zao Yu Hu Tang (C) p801
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CLASS NINE

Quiz 2

V. FORMULAS THAT REDUCE FOOD STAGNATION

1. Bao He Wan (A) p 826
2. Mu Xiang Bing Lang Wan (B) p831
3. Jian Pi Wan (B) p 835
4. Zhi Zhu Wan (B) p 837
5. Zhi Shi Dao Zhi Wan (B) p 829

VI. FORMULAS THAT EXPEL PARASITES

1. Wu Mei Wan (B) p 847
2. Fei Er Wan (C) p 854
3. Bu Dai Wan (C) p 833

CLASS TEN

VII. FORMULAS THAT TREAT SURGICAL DISEASE

A. Formulas that treat external abscess and sores

1. Xian Fang Huo Ming Yin (B) p 861
2. Wu Wei Xiao Du Yin (B) p863
3. Si Miao Yong An Tang (B) p 865
4. Yang He Tang (B) p 869
5. Tou Nong San (C) p 875

C. Formulas That treat internal abscess

- 1 Da Huang Mu Dan Tang (B) p880
- 2 Wei Jing Tang (B) p 878
- 3 Yi Yi Fu Zi Bai Jiang San (B) p 884

CLASS ELEVEN

Final Examination (40%)

REFERENCE MATERIAL

FACULTY INFO

Hu, Jiling

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

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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.