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COURSE DESCRIPTION

This review course is an in-depth study of the ingredients, functions, and indications of herbal formulae that are of particular importance in terms of their clinical applications as established by the California Acupuncture Board. It covers the eighty-three (83) "A" formulae that are emphasized in the California Acupuncture Licensing Exam.

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LEARNING OBJECTIVES

Upon completion of this course, a successful student will be able to list the ingredients, functions, indications, and the associated tongue and pulses for the 83 "A" formulas.

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COURSE PREREQUISITIES

Herb Formulae I-III

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REQUIRED TEXTS

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

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RECOMMENDED TEXTS

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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.

10% - Attendance

40% - Midterm

50% - Final

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

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SPECIAL NOTES

Dr Zhang has a TA. Emily Kiba: studyherbs@gmail.com

**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.)

**Exterior releasing**

- a. Release exterior wind-cold
  - 1. Ma Huang Tang
  - 2. Gui Zhi Tang
  - 3. Ge Gen Tang
- b. Release exterior wind-heat
  - 1. Sang Ju Yin
  - 2. Yin Qiao San
  - 3. Chai Ge Jie Ji Tang

**Strengthening the body resistance and relieving exterior syndrome**

- 1. Ren Shen Bai Du San

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CLASS TWO

**QUIZ #1**

**Formulas that Clear Heat:**

- a. Clear heat from the Qi level:
  - 1. Bai Hu Tang
- b. Clear heat and detoxification:
  - 1. Huang Lian Jie Du Tang
- c. Clear heat from organs:
  - 1. Ma Xing Shi Gan Tang
  - 2. Long Dan Xie Gan Tang
- D. Allaying fever of deficiency type:
  - 1. Qing Hao Bie Jia Tang

**Formulas that Drain Downward:**

- a. Purgative recipes of cold nature:
  - 1. Da Cheng Qi Tang
  - 2. Xiao Cheng Qi Tang
  - 3. Tiao Wei Cheng Qi Tang

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CLASS THREE

**Quiz #2**

**Formulas that Harmonize:**

- a. Mediation Shaoyang disease
  - 1. Xiao Chai Hu Tang
- b. Regulate and harmonize the Lv./ Sp.
  - 1. Si Ni San
  - 2. Xiao Yao San
- c. Regulate the St./Intestines
  - 1. Ban Xia Xie Xin Tang

**Formulas that Warm Interior Cold:**

- a. Warming the Middle jiao
  - 1. Li Zhong Wan
  - 2. Wu Zhu Yu Tang
  - 3. Da Jiao Zhong Tang
- b. Rescue devastated Yang
  - 1. Si Ni Tang

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CLASS FOUR

**Quiz #3**

**Formulas that Expel Dampness:**

- a. Eliminating Dampness and Regulating the Stomach
  - 1. Ping Wei San
  - 2. Huo Xiang Zheng Qi San
- b. Heat-clearing and Eliminating Dampness
  - 1. Ba Zheng San
- c. Removing Dampness by Promoting Diuresis
  - 1. Wu Ling San
  - 2. Zhu Ling Tang
  - 3. Wu Pi San

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- d. Warming and Resolving Water-dampness
    - 1. Zhen Wu Tang
  - e. Expelling Wind-dampness
    - 1. Du Huo Jin Sheng Tang

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CLASS FIVE

**Mid-Term Examination**

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CLASS SIX

**Quiz #4**

**Formulas that Tonify:**

- a. Qi tonics:
  - 1. Si Jun Zi Tang 2. Bu Zhong Yi Qi Tang 3. Shen Mai San
- b. Blood tonics:
  - 1. Si Wu Tang
- c. Qi and blood tonics:
  - 1. Shi Quan Da Bu Tang 2. Gui Pi Tang
- d. Yin tonics:
  - 1. Liu Wei Di Huang Wan
- E. Yang Tonics:
  - 1. Jin Gui Shen Qi Wan

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CLASS SEVEN

**Quiz #5**

**Formulas that Calm the Spirit**

- a. Nourish & comfort Shen
  - 1. Suan Zao Ren Tang 2. Tian Wang Bu Xin Dan 3. Gan Mai Da Zao Tang

**Formulas that Treat Phlegm:**

- a. Removing Dampness to Reduce Phlegm
  - 1. Er Chen Tang 2. Wen Dan Tang
- b. Lubricate and Dissolving Phlegm
  - 1. Bei Mu Gua Lou San
- c. Expelling Wind and Dissolving Phlegm
  - 1. Zhi Sou San 2. Ban Xia Bai Zhu Tian Ma Tang

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CLASS EIGHT

**Quiz #6**

**Formulas that Regulate the Qi:**

- a. Promoting the circulation of Qi:
  - 1. Yue Ju Wan 2. Ban Xia Hou Po Tang
- b. Descending the Qi:
  - 1. Su Zi Jiang Qi Tang 2. Ding Chuan Tang 3. Ju Pi Zhu Ru Tang

**Formulas that Expel Wind:**

- a. Formulas for expel exogenous wind:
  - 1. Xiao Feng San 2. Xiao Huo Luo Dan
- b. Formulas for Calming Endogenous Wind:
  - 1. Tian Ma Gou Teng Yin

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CLASS NINE

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Quiz #7

**Formulas that Invigorate the Blood:**

1. Tao He Cheng Qi Tang
2. Xue Fu Zhu Yu Tang
3. Wen Jing Tang
4. Gui Zhi Fu Ling Wan

**Formulas that Stabilize and Bind:**

- a. Strengthen surface to stop sweating
  1. Yu Ping Feng San
- b. Astringe intestines to stop diarrhea
  1. Si Shen Wan
- c. Stopping menorrhagia & reducing Leukorrhea
  1. Gu Jing Wan

**Formulas that Reduce Food Stagnation**

1. Bao He Wan

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CLASS TEN

**Final Examination**

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CLASS ELEVEN

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REFERENCE MATERIAL

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FACULTY INFO

Zhang, Ji

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

626.422.7323

jiherbs@gmail.com

Ji Zhang has a broad background and expertise in many areas of Oriental Medicine with a particular specialization in herbal medicine. He teaches a number of courses in the MTOM Program including Herb Pharmacopoeia, Formulae Writing, Advanced Diagnosis, Shang Han/ Wen Bing and additional advanced electives each year.