



Atlantic Institute of Oriental Medicine

Course Syllabus

Title/ Number of Course: Individual Herbs I (H.411)

Instructor: Dr. Yu Qi MD (China)

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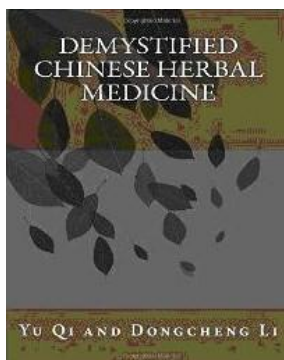
Contact: <http://www.cnacupuncture.com/student-resources.html>

Course Description:

This course covers about 100 commonly-used individual herbs, including their therapeutic functions, clinical indications, commonly combination and precautions. Students will learn the individual herbs that release the exterior, herbs that clear heat and cathartic/laxative herbs.

Textbook:

Demystified Chinese Herbal Medicine, Yu Qi and Dongcheng Li, CreateSpace.
(http://www.amazon.com/Demystified-Chinese-Herbal-Medicine-1/dp/1456481460/ref=sr_1_1?s=books&ie=UTF8&qid=1312856854&sr=1-1)



Objectives:

1. The students will be able to know the properties, functions and chief indications of commonly used herbs that dispel wind-dampness to treat Bi syndromes, herbs that transform phlegm and stop coughing, aromatic herbs that transform dampness, herbs that relieve food stagnation, herbs that regulate qi, and herbs that regulate blood.

2. The students will be able to know the similarities and differences among the herbs in the same category, and know how to properly select herbs in treating diseases.

Learning Outcomes/ Competencies:

A student successfully completing Individual Herbs I will acquire basic knowledge of basic theory of TCM, and western pharmacology.

Topics and Content:

Section 1. Warm, acrid herbs that release exterior syndromes

1. Ma Huang Herba Ephedrae
2. Gui Zhi Ramulus Cinnamomi
3. Zi Su Folium et Caulis Perillae
4. Jing Jie Herba Schizonepetae
5. Fang Fengn Radix Ledebouriellae
6. Qiang Huo Rhizoma et Radix Notopterygii
7. Gao Ben Rhizoma et Radix Ligustici
8. Bai Zhi Radix Angelicae Dahuricae
9. Xi Xin Radix et Rhizoma Asari
10. Sheng Jiang (Rhizoma Zingiberis Recens)
11. Cong Bai Bulbus Allii Fistulosi
12. Xiang Ru Herba Moslae
13. Cang Er Zi Xanthii Fructus
14. Xin Yi Hua Flos Magnoliae
15. Bo He (Herba Menthae)
16. Niu Bang Zi (Fructus Arctii)
17. Chan Tui (Periostracum Cicadae)
18. Sang Ye (Folium Mori)
19. Ju Hua (Flos Chrysanthemi)
20. Man Jing Zi (Fructus Vitis)
21. Dan Dou Chi (Semen Sojae Praeparatum)
22. Fu Ping (Herba Spirodela)
23. Mu Zei (Herba Equiseti Hiemalis)
24. Ge Gen (Radix Puerariae)
25. Chai Hu (Radix Bupleuri)
26. Sheng Ma (Rhizoma Cimicifugae)

Chapter 2. Herbs that clear heat

1. Shi Gao (Gypsum fibrous) 石膏
2. Zhi Mu (Rhizoma Anemarrhenae) 知母
3. Zhi Zi (Gardeniae Fructus) 栀子
4. Dan Zhu Ye (Herba Lophateri) 淡竹叶
5. Xiong Dan (Fel Ursi) 熊胆
6. Ya Zhi Cao (Commelinae Herba) 鸭跖草

7. Xi Gua Pi (Citrulli Fructus) 西瓜皮
8. Han Shui Shi (Calcium Sulfate Rubrum) 寒水石
9. Lian Zi Xin (Plumbea Nelumbinis) 莲子心
10. Lu Gen (Rhizoma Phragmitis) 芦根
11. Tian Hua Fen (Radix Trichosanthis) 天花粉
- 12.
13. Xia Ku Cao (Spica Prunellae) 夏枯草
14. Jue Ming Zi (Semen Cassiae) 决明子
15. Qing Xiang Zi (Semen Celosiae) 青葙子
16. Mi Meng Hua (Flos Buddlejaceae) 密蒙花
17. Gu Jing Cao (Flos Eriocauli) 谷精草
18. Ye Ming Sha (Vespertilionis Faeces) 夜明砂
19. **Xi Jiao** (Cornu Rhinoceri) 犀角
20. **Shui Niu Jiao** (Bubali Cornu) 水牛角
21. **Sheng Di Huang** (Radix Rehmanniae) 生地黄
22. **Xuan Shen** (Radix scrophulariae) 玄参
23. **Chi Shao** (Radix Paeoniae Rubra) 赤芍
24. **Mu Dan Pi** (Cortex Moutan Radicis) 牡丹皮
25. Zi Cao (Radix Arnebiae) 紫草
26. Huang Qin (Radix Scutellariae) 黄芩
27. Huang Lian (Rhizoma Coptidis) 黄连
28. Huang Bai (Cortex Phellodendri) 黄柏
29. Long Dan Cao (Radix Gentianae) 龙胆草
30. Ku Shen (Radix Sophorae Flavescens) 苦参
31. Qin Pi (Cortex Fraxini) 秦皮
32. Jin Yin Hua (Flos Lonicerae) 金银花
33. Ren Dong Teng (Caulis Lonicerae Japonicae) 忍冬藤
34. Lian Qiao (Fructus Forsythiae) 连翘
35. Da Qing Ye (Folium Isutidis) 大青叶
36. Ban Lan Gen (Radix Isatidis) 板蓝根
37. Qing Dai (Indigo naturalis) 青黛
38. Pu Gong Ying (Herba Taraxaci) 蒲公英
39. Zi Hua Di Ding (Herba Violae) 紫花地丁
40. Ye Ju Hua (Flos Chrysanthemi Indici) 野菊花
41. Zi Bei Tian Kui (herba begoniae) 紫背天葵
42. Bai Jiang Cao (Herba Patriniae) 败将草
43. Yu Xing Cao (Herba Houttuyniae) 鱼腥草
44. Chuan Xin Lian (Herba Portulacaceae) 穿心莲
45. Bai Hua She She Cao (Herba Hedyotis Diffusae) 白花蛇舌草
46. Bai Tou Weng (Radix Pulsatillae) 白头翁
47. Ya Dan Zi (Brassicaceae Fructus) 鸭胆子
48. Ma Chi Xian (Herba Portulacaceae) 马齿苋
49. Hong Teng (Caulis Sargentodoxae) 红藤
50. Bai Xian Pi (Cortex Dictamni) 白鲜皮

51. Ban Zhi Lian (Herba Scutellariae Barbatae) 半枝莲
52. Ban Bian Lian Herba Lobeliae Chinensis 半边莲
53. She Gan (Rhizoma Belamcandae) 射干
54. Ma Bo (Lasiophaera seu Calvatia) 马勃
55. San Dou Gen (Radix Sophorae Tonkinensis) 山豆根
56. Bei Dou Gen Menispermi Rhizoma 北豆根
57. Bai Guo (Semen Ginkgo) 白果
58. Shan Ci Gu Cremastrae/ Pleiones Pseudobulbus 山慈菇
59. Bai Lian Ampelopsis Radix 白蔹
60. Lou Lu (Radix Rhapontici seu Echinops) 漏芦
61. Lu Dou Phaseoli radiati Semen 绿豆
62. He Ye Nelumbinis Folium 荷叶
63. Pang Da Hai Semen Sterculiae Lychnophorae 胖大海
64. Qing Hao (herba Artemisiae Annuae) 青蒿
65. Di Gu Pi (Cortex Lycci Radicis) 地骨皮
66. Bai Wei (Radix Cynanchi Atrati) 白薇
67. Yin Chai Hu (Radix Stellariae) 银柴胡
68. Hu Huang Lian (Picrorhizae Rhizoma) 胡黄连

Chapter 3. Cathartic/laxative herbs

1. Da Huang (Radix et Rhizoma Rhei) 大黄
2. Mang Xiao (Mirabilitum) 芒硝
3. Fan Xie Ye (Folium Sennae) 番泻叶
4. Lu Hui (Herba Aloes) 芦荟
5. Huo Ma Ren (Fructus Cannabis) 火麻仁
6. Yu Li Ren Semen Pruni 郁李仁
7. Gan Sui Radix Kansui 甘遂
8. Jing Da Ji Radix Euphorbiae Pekinensis 大戟
9. Yuan Hua Flos Genkwa 芫花
10. Shang Lu Radix Phytolaccae 商陆
11. Qian Niu Zi Semen Pharbitidis 牵牛子
12. Ba Dou Semen CrotonTiglii 巴豆

Learning Methods:

Lectures will be combined with the audio-visual aids such as movies, slides, video-tapes, as well as the appreciation and evaluation of the genuine scrolls and objects. Discussions, group studies, individual coaching would be greatly encouraged.

Course Requirements:

- A. Classroom attendance: students are required to attend all classes all of the time.
- B. Exams are the middle the final.

Evaluation and Grading:

Grades are determined by taking the average of all exam scores, with instructors reserving the right to adjust the Final Grade based on other academic factors, such as class participation, attendance, overall comprehension, effort, and trimester improvement.

Numerical Grade Letter Grade

- 95-100%= A
- 90-94% = A-
- 85-89% = B
- 80-84% = B-
- 75-79%= C
- 70-74% = C-
- Below 70% =F (Failure)

Other Grading Indications

- P Pass (70% to 100%)
- W Withdrawal
- T Transfer Credit
- I Incomplete (*See below)

Incompletes and Make-up Work*

Incomplete grades must be removed within one trimester after receiving an "I" by fulfilling the requirements of that course. All missed exams or other assignments must be made up within a two-week period. All make-up exams will be graded at one grade-level lower than the actual scored grade, except in the case of a C-level score, which will remain a C. Failure to totally complete the course work requirements or to take make-up exams will transform that temporary grade of "I" to a permanent grade of "I." For an "I" grade to be changed, the student must repeat the entire course when next scheduled.

Policies: The student is responsible for classroom behavior. Disruptive behavior (tardiness, leaving class room before dismissal, talking while the instructor is presenting the material or other students are asking questions, etc.) will not be tolerated and appropriate action will be taken by the instructor. Students are expected to attend all classes and to prepare for each class by reading the sections covered and doing any assigned exercises.

Syllabus - This syllabus is subject to revision at the instructor's discretion. Students are responsible for revisions announced in class.

Class Schedule:

Week	Contents
1	Ma Huang Herba Ephedrae Gui Zhi Ramulus Cinnamomi

	<p>Zi Su Folium et Caulis Perillae Jing Jie Herba Schizonepetae Fang Fengn Radix Ledebouriellae Qiang Huo Rhizoma et Radix Notopterygii Gao Ben Rhizoma et Radix Ligustici Bai Zhi Radix Angelicae Dahuricae Xi Xin Radix et Rhizoma Asari Sheng Jiang (Rhizoma Zingiberis Recens)</p>
2	<p>Cong Bai Bulbus Allii Fistulosi Xiang Ru Herba Moslae Cang Er Zi Xanthii Fructus Xin Yi Hua Flos Magnoliae Bo He (Herba Menthae) Niu Bang Zi (Fructus Arctii) Chan Tui (Periostracum Cicadae) Sang Ye (Folium Mori) Ju Hua (Flos Chrysanthemi) Man Jing Zi (Fructus Viticis)</p>
3	<p>Dan Dou Chi (Semen Sojae Praeparatum) Fu Ping (Herba Spirodela) Mu Zei (Herba Equiseti Hiemalis) Ge Gen (Radix Puerariae) Chai Hu (Radix Bupleuri) Sheng Ma (Rhizoma Cimicifugae) Shi Gao (Gypsum fibrous) 石膏 Zhi Mu (Rhizoma Anemarrhenae) 知母 Zhi Zi (Gardeniae Fructus) 栀子 Dan Zhu Ye (Herba Lophateri) 淡竹叶</p>
4	<p>Xiong Dan (Fel Ursi) 熊胆 Ya Zhi Cao (Commelinae Herba) 鸭跖草 Xi Gua Pi (Citrulli Fructus) 西瓜皮 Han Shui Shi (Calcitum Sue Gypsum Rubrum) 寒水石 Lian Zi Xin (Plumuiia Nelumbinis) 莲子心 Lu Gen (Rhizoma Phragmitis) 芦根 Tian Hua Fen (Radix Trichosanthis) 天花粉 Xia Ku Cao (Spica Prunellae) 夏枯草 Jue Ming Zi (Semen Cassiae) 决明子 Qing Xiang Zi (Semen Celosiae) 青葙子</p>
5	<p>Mi Meng Hua (Flos Buddlejae) 密蒙花 Gu Jing Cao (Flos Eriocauli) 谷精草</p>

	<p>Ye Ming Sha(Vespertilionis Faeces) 夜明砂 Xi Jiao (Cornu Rhinoceri) 犀角 Shui Niu Jiao (Bubali Cornu) 水牛角 Sheng Di Huang (Radix Rehmanniae) 生地黄 Xuan Shen (Radix scrophulariae) 玄参 Chi Shao (Radix Paeoniae Rubra) 赤芍 Mu Dan Pi (Cortex Moutan Radicis) 牡丹皮 Zi Cao (Radix Arnebiae) 紫草</p>
6	<p>Huang Qin (Radix Scutellariae) 黄芩 Huang Lian (Rhizoma Coptidis) 黄连 Huang Bai (Cortex Phellodendri) 黄柏 Long Dan Cao (Radix Gentianae) 龙胆草 Ku Shen (Radix Sophorae Flavescentis) 苦参 Qin Pi (Cortex Fraxini) 秦皮 Jin Yin Hua (Flos Lonicerae) 金银花 Ren Dong Teng (Caulis Lonicerae Japonicae) 忍冬藤 Lian Qiao (Fructus Forsythiae) 连翘 Mid test</p>
7	<p>Da Qing Ye (Folium Isutidis) 大青叶 Ban Lan Gen (Radix Isatidis) 板蓝根 Qing Dai (Indigo naturalis) 青黛 Pu Gong Ying (Herba Taraxaci) 蒲公英 Zi Hua Di Ding (Herba Viola) 紫花地丁 Ye Ju Hua (Flos Chrysanthemi Indici) 野菊花 Zi Bei Tian Kui (herba begoniae) 紫背天葵 Bai Jiang Cao (Herba Patriniae) 败将草 Yu Xing Cao (Herba Houttuyniae) 鱼腥草 Chuan Xin Lian (Herba Portulacaceae) 穿心莲 Bai Hua She She Cao (Herba Hedyotidis Diffusae) 白花蛇舌草</p>
8	<p>Bai Tou Weng (Radix Pulsatillae) 白头翁 Ya Dan Zi Bruceae Fructus 鸭胆子 Ma Chi Xian (Herba Portulacaceae) 马齿苋 Hong Teng (Caulis Sargentodoxae) 红藤 Bai Xian Pi (Cortex Dictamni) 白鲜皮 Ban Zhi Lian (Herba Scutellariae Barbatae) 半枝莲 Ban Bian Lian Herba Lobeliae Chinensis 半边莲 She Gan (Rhizoma Belamcandae) 射干 Ma Bo (Lasiophaera seu Calvatia) 马勃 San Dou Gen (Radix Sophorae Tonkinensis) 山豆根 Bei Dou Gen Menispermi Rhizoma 北豆根 Bai Guo (Semen Ginkgo) 白果</p>

9	Shan Ci Gu <i>Cremastrae/ Pleiones Pseudobulbus</i> 山慈菇 Bai Lian <i>Ampelopsis Radix</i> 白蔹 Lou Lu (<i>Radix Rhapontici seu Echinops</i>) 漏芦 Lu Dou <i>Phaseoli radiati Semen</i> 绿豆 He Ye <i>Nelumbinis Folium</i> 荷叶 Pang Da Hai <i>Semen Sterculiae Lychnophorae</i> 胖大海 Qing Hao (<i>herba Artemisiae Annuae</i>) 青蒿 Di Gu Pi (<i>Cortex Lycci Radicis</i>) 地骨皮 Bai Wei (<i>Radix Cynanchi Atrati</i>) 白薇 Yin Chai Hu (<i>Radix Stellariae</i>) 银柴胡 Hu Huang Lian (<i>Picrorhizae Rhizoma</i>) 胡黄连
10	Da Huang (<i>Radix et Rhizoma Rhei</i>) 大黄 Mang Xiao (<i>Mirabilitum</i>) 芒硝 Fan Xie Ye (<i>Folium Sennae</i>) 番泻叶 Lu Hui (<i>Herba Aloes</i>) 芦荟 Huo Ma Ren (<i>Fructus Cannabis</i>) 火麻仁 Yu Li Ren <i>Semen Pruni</i> 郁李仁 Gan Sui <i>Radix Kansui</i> 甘遂 Jing Da Ji <i>Radix Euphorbiae Pekinensis</i> 大戟 Yuan Hua <i>Flos Genkwa</i> 芫花 Shang Lu <i>Radix Phytolaccae</i> 商陆 Qian Niu Zi <i>Semen Pharbitidis</i> 牵牛子 Ba Dou <i>Semen CrotonTiglii</i> 巴豆
11	Final test

Ethics:

Students are expected to do their own work on quizzes and exams and the paper.

School policy will be followed when students plagiarize or cheat. The student generally will receive an "F" in the course.

Absence Policy:

Students bear responsibility with varying degrees of seriousness and success. In view of this, this department has the obligation not only to recognize the developed sense of responsibility in mature students, but also to encourage by reasonable and objective means the development of this sense in those students who indicate deficiency in this area. Because of the close correlation between a student's response to duties and to academic achievement, the department believes that regular attendance is a most important means of assuring an optimum grasp of course content.

A total of two class hours of absence will result in automatic withdrawal with WF within designated withdrawal period, or an automatic F if not. Two late arrivals will equal one

absence.