



## **Atlantic Institute of Oriental Medicine**

### **Course Syllabus**

**Title/ Number of Course:** Individual Herbs II (H.412)

**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 of the commonly-used individual herbs, including their therapeutic functions, clinical indications, commonly-seen combination conditions and precautions. Students will learn the individual 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, and herbs that regulate Qi.

#### **Textbook and References:**

**Chinese Herbal Medicine Materia Medica**, Bensky, D and Gamble A, Seattle, Eastlan Press.

#### **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 II will acquire basic knowledge of basic theory of TCM, and western pharmacology.

**Topics and Content:****Chapter 5. Herbs that dispel wind-dampness**

Du Huo, Qin Jiao, Wei Ling Xian, Hai Tong Pi, Mu Gua, Sang Zhi, Cang Er Cao, Xi Qian Cao, Wu Ja Pi, Hai Feng Teng, Luo Shi Teng, Hu Gu, Bai Hua She

**Chapter 6. Transform phlegm and stop coughing herbs**

Qian Hu, Chuan Bei Mu, Zhe Bei Mu, Gua Lou, Tan Hua Fen, Tian Zhu Huang, Hai Fu Shi, Hai Ge Ke, Kun Bu, Hai Zao, Pang Da Hai, Ban Xia, Tian Man Xing, Bai Fu Zi, Xuan Fu Hua, Bai Qian, Bai Jie Zi, Jie Geng, Zao Jiao, Zao Jiao Ci, Xing Ren, Zi Yuan, Kuan Dong Hua, Su Zi, Pi Pa Ye, Bai Bu, Sang Bai Pi, Ting Li Zi, Ma Dou Ling, Qing Mu Xiang, Meng Shi, Gua Ti, Li Lu

**Chapter 7. Aromatic herbs that transform dampness**

Huo Xiang, Peilan, Hou Po, Cang Zhu, Bai Dou Kou, Cao Dou Kou, Cao Guo, Sha Ren,

**Chapter 8. Herbs that relieve food stagnation**

Shan Zha, Mai Ya, Gu Ya, Shen Qu, Ji Nei Jin, Lai Fu Zi

**Chapter 9. Herbs that regulate Qi**

Chen Pi, Qing Pi, Da Fu Pi, Zhi Shi, Zhi ke, Xiang Fu, Mu Xiang, Wu Yao, Chen Xiang, Tan Xiang, Xie Bai, Fo Shou, Mei Gui Hua, Chuan Lian Zi, Li Zhi Ke, Shi Di

**Chapter 10. Herbs that stop bleeding**

Da Ji , Xiao Ji , Di Yu, Huai Hua , Ce Bai Ye, Bai Mao Gen, San, Pu Huang, Qian Cao, Jiang Xiang, Hua Rui Shi, Xian He Cao, Bai Ji, Zi Zhu, Zong Lu Pi/Tan, Xue Yu Tan, Ou Jie, Lian Fang, Hua Sheng Yi , Ai Ye, Pao Jiang, Fu Long Gan / Zao Xin Tu

**Chapter 11. Herbs that move blood and remove blood stasis**

Chuan Xiong, Yan Hu Suo, Jiang Huang, Yu Jin, Ru Xiang, Mo Yao, Wu Ling Zhi, Dan Shen, Tao Ren, Hong Hua, Yi Mu Cao, Niu Xi, Ji Xue Teng, Ze Lan, Wang Bu Liu Xing, Yue Ji Hua, Chong Wei Zi, Lu Lu Tong

**Chapter 12. Herbs that warm the interior and expel cold**

Fu Zi, Rou Gui, Gan Jiang, Wu Zhu Yu, Ding Xiang , Xiao Hui Xiang , Hua Jiao , Gao Liang Jiang, Hu Jiao

**Learning Methods:**

Lectures will be combined with the audio-visual aids such as movies, powerpoints, video-tapes, as well as the appreciation and evaluation of the genuine herbs 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	Topic	Reading/Handouts
1	Herbs that dispel wind and dampness 1	Du Huo, Qin Jiao, Wei Ling Xian, Hai Tong Pi, Mu Gua, Sang Zhi, Xi Qian Cao, Wu Ja Pi, Hai Feng Teng, Luo Shi Teng, Bai Hua She, Qi She
2	Herbs that cool and transform phlegm-heat 1	Qian Hu, Chuan Bei Mu, Zhe Bei Mu, Gua Lou, Tian Zhu Huang, Hai Fu Shi, Hai Ge Ke, Kun Bu, Hai Zao, Pang Da Hai
3	Herbs that cool and transform phlegm-heat 2	Ban Xia, Tian Man Xing, Bai Fu Zi, Xuan Fu Hua, Bai Qian, Bai Jie Zi, Jie Geng, Zao Jiao, Zao Jiao Ci
4	Herbs that cool and transform phlegm-heat 3	Xing Ren, Zi Yuan, Kuan Dong Hua, Su Zi, Pi Pa Ye, Bai Bu, Sang Bai Pi, Ting Li Zi, Ma Dou Ling, Qing Mu Xiang, Meng Shi, Gua Ti, Li Lu
5	Herbs that transform damp	Huo Xiang, Peilan, Hou Po, Cang Zhu, Bai Dou Kou, Cao Dou Kou, Cao Guo, Sha Ren, Sha Ren Ke
6	Herbs that relieve food stagnation	Shan Zha, Mai Ya, Gu Ya, Shen Qu, Ji Nei Jin, Lai Fu Zi
7	Herbs that stabilize and bind	Shan Zhu Yu, Wu Bei Zi, Wu Mei, Chi Shi Zhi, He Zi, Rou Dou Kou, Ying Su Ke, Shi Liu Pi, Chun Pi, Yu Liang Shi
8	Herbs that regulates Qi 1	Chen Pi, Qing Pi, Da Fu Pi, Zhi Shi, Zhi ke, Xiang Fu, Mu Xiang
9	Herbs that regulate Qi 2	Wu Yao, Chen Xiang, Tan Xiang, Xie Bai, Fo Shou, Mei Gui Hua, Chuan Lian Zi, Li Zhi Ke, Shi Di
10	Herbs that stop bleeding 1	Da Ji , Xiao Ji , Di Yu, Huai Hua , Ce Bai Ye, Bai Mao Gen, San, Pu Huang, Qian Cao, Jiang Xiang, Hua Rui Shi,
11	Herbs that stop bleeding 2	Xian He Cao, Bai Ji, Zi Zhu, Zong Lu Pi/Tan, Xue Yu Tan, Ou Jie, Lian Fang, Hua Sheng Yi , Ai Ye, Pao Jiang, Fu Long Gan / Zao Xin Tu
12	Herbs that move blood and remove blood stasis 1	Chuan Xiong, Yan Hu Suo, Jiang Huang, Yu Jin, Ru Xiang, Mo Yao, Wu Ling Zhi, Dan Shen, Tao Ren,
13	Herbs that move blood and remove blood stasis 2	Hong Hua, Yi Mu Cao, Niu Xi, Ji Xue Teng, Ze Lan, Wang Bu Liu Xing, Yue Ji Hua, Chong Wei Zi, Lu Lu Tong
14	Herbs that warm the interior and expel cold	Fu Zi, Rou Gui, Gan Jiang, Wu Zhu Yu, Ding Xiang, Xiao Hui Xiang, Hua Jiao, Gao Liang Jiang, Hu Jiao
15	Final exam	

### **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.