



Atlantic Institute of Oriental Medicine

Course Syllabus

Title/ Number of Course: Individual Herbs III (H.413)

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Course Description:

This course covers about 140 commonly-used individual herbs, including their therapeutic functions, clinical indications, commonly-seen combination conditions and precautions.

Textbook and References:

Chinese Herbal Medicine Materia Medica (Third edition), 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 tonifying herbs, stabilizing and binding herbs, Herbs calming the spirit (Shen), herbs that open orifice, Herbs that extinguish wind and stop tremor, Herbs that expel parasites, emetic herbs, and Herbs for external application.
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 12. Herbs that warm the interior and expel cold

Chapter 13 Tonifying herbs

Chapter 14 Stabilizing and binding herbs

Chapter 15 Herbs calming the spirit (Shen)
Chapter 16 Herbs that open orifice
Chapter 17 Herbs that extinguish wind and stop tremor
Chapter 18 Herbs that expel parasites
Chapter 20 Herbs for external application

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	Ren Shen (Radix Ginseng) 人参 Xi Yang Shen (Radix panacis Quinquifolii) 西洋参 Dang Shen (Radix Codonopsis Pilosulae) 党参 Tai Zi Shen (Radix pseudo-stellariae) 太子参 Huang Qi (Radix Astragali seu Hedysari) 黄芪 Bai Zhu (Rhizoma Atractylodis Macroceph) 白术 Shan Yao (Rhizoma Dioscoreae) 山药 Da Zao (Fructus Ziziphi Jujubae) 大枣 Gan Cao (Radix Glycyrrhizae) 甘草 Ci Wi Jia (Radix Sev Caulis Acanthopanax Senticosi) 刺五加 Jiao Gu Lan (Rhizoma Beu Herba Gynostemmatis) 绞股蓝 Hong Jing Tian (Herba Rhodiola) 红景天 Yi Tang (Saccharum Granorum) 饴糖 Feng Mi (Mel) 蜂蜜
2	Dang Gui 当归 (Radix Angelicae Sinensis) Shu Di Huang 熟地黄 (Radix Rehmanniae Praeparata) Bai Shao 白芍 (Radix Paeoniae Alba) He Shou Wu 何首乌 (Radix Polygoni Multiflori) E Jiao 阿胶 (Gelatinum Corri Asini) Long Yan Rou 龙眼肉 (Arillus Longan) Lu Rong (Cornu Cervi Pantotrichum) 鹿茸 Lu Jiao Jiao (Cervi Cornus Colla) 鹿角胶 Ge Jie (Gecko) 蛤蚧 Dong Chong Xia Cao (Cordyceps) 冬虫夏草 Rou Cong Rong (Herba Cistanchis) 肉苁蓉 Suo Yang (Herba Cynomorri Songgarici) 锁阳 Yin Yang Huo (Herba Epimedii) 淫羊藿

3	<p> Ba Ji Tian (Radix Morindae Officinalis) 巴戟天 Hu Lu Ba (Semen Trigonellae) 胡芦巴 Hu Tao Ren / He Tao Ren (Semen Juglandis) 胡/核桃仁 Bu Gu Zhi (Fructus Psoraleae) 补骨脂 Yi Zhi Ren (Fructus Alpiniae Oxyphyllae) 益智仁 Xian Mao (Rhizoma Curculiginis) 仙茅 Du Zhong (Cortex Eucommiae) 杜仲 Xu Duan (Radix Dipsaci Asperi) 续断 Gu Sui Bu (Rhizoma Drynariae) 骨碎补 Tu Si Zi (Semen Cuscutae) 菟丝子 Sha Yuan Ji Li (Semen Astragali Complanati) 沙苑蒺藜 Zi He Che (Placenta Hominis) 紫河车 Jiu Cai Zi (Semen Allii Tuberosi) 韭菜子 </p>
4	<p> Hai Gou Shen (Testes et Penis Callorhini Seu Phocae) 海狗肾 Hai Ma (Hippocampus) 海马 Xiong Can E (Bombyx Masculus) 雄蚕蛾 Nan Sha Shen 南沙参 (Radix Adenophorae) Bei Sha Shen 北沙参 (Radix Glehniae Littoralis) Tian (Men) Dong 天 (门) 冬 (Radix Asparagi) Mai (Men) Dong 麦 (门) 冬 (Radix Ophiopogonis) Shi Hu 石斛 (Herba Dendrobii) Yu Zhu 玉竹 (Rhizoma Polygonati Odorati) Bai He 百合 (Bulbus Lilii) Han Lian Cao/ Mo Han Lian 墨旱莲 (Herba Ecliptae Prostratae) Nu Zhen Zi 女贞子 (Fructus Ligustri Lucidi) Hei Zhi Ma 黑芝麻 (Semen Sesami Idici) </p>
5	<p> Gui Ban 龟板 (Plastrum Testudinis) Bie Jia 鳖甲 (Carapax Amydea Sinensis) Gou Qi Zi 枸杞子 (Fructus Lycii) Sang Shen 桑椹 (Fructus Mori Albea) Ma Huang Gen 麻黄根 Radix Ephedrae Fu Xiao Mai 浮小麦 Semen Tritii Nuo Dao Gen Xu 糯稻根须 Radix et Rhizoma Oryzae San Zhu Yu 山茱萸 (Fructus Corni) Lian Zi 莲子 (Semen Nelumbinis) Qian Shi 芡实 Semen Euryales Jin Ying Zi 金樱子 Fructus Rosae Laevigatae Fu Pen Zi 覆盆子 (Fructus Rubi) </p>

6	<p>Hai Piao Xiao 海螵蛸 (Endoconcha Sepiae)</p> <p>Sang Piao Xiao 桑螵蛸 Ootheca Mantidis</p> <p>Wu Wei Zi 五味子 (Fructus Schisandrae Chinensis)</p> <p>Wu Mei 乌梅 Fructus Mume</p> <p>He Zi 诃子 Fructus Chebulae</p> <p>Shi Liu Pi 石榴皮 Pericarpium Granati</p> <p>Wu Bei Zi 五倍子 Galla Chinensis</p> <p>Rou Dou Kou 肉豆蔻 Semen Myristicae</p> <p>Bai Guo 白果 Semen Ginkgo</p> <p>Mid test</p>
7	<p>Ci Shi 磁石 Magnetitum</p> <p>Hu Po 琥珀 Succinum</p> <p>Long Gu 龙骨 Os Draconis</p> <p>Zhen Zhu 珍珠 Margarita</p> <p>Yuan Zhi 酸枣仁 (Radix Polygalae)</p> <p>Bai Zi Ren 柏子仁 Semen Platycladi</p> <p>Yuan Zhi 远志 (Radix Polygalae)</p> <p>He Huan Pi 合欢皮 Cortex Albiziae</p> <p>Ye Jiao Teng (Shou Wu teng) 夜交藤 Caulis Polygoni Multiflori</p> <p>Ling Zhi 灵芝 Ganoderma</p> <p>She Xiang 麝香 Secretio Moschus</p> <p>Su He Xiang 苏合香 Styrax Liquidis</p> <p>An Xi Xiang 安息香 Benzoinum</p>
8	<p>Bing Pian 冰片 Borneol</p> <p>Shi Chang Pu 石菖蒲 (Rhizoma Acori Graminei)</p> <p>羚羊角 Ling Yang Jiaob (Cornu Saigae Antelopis)</p> <p>牛黄 Niu Huang Calculus Bovis</p> <p>钩藤 Gou Teng Ramulus cum Uncis Uncariae</p> <p>天麻 Tian Ma Rhizoma Gaastrodiae Elatae</p> <p>地龙 Di Long Lumbricus</p> <p>全蝎 Quan Xie Buthus Martensi</p> <p>蜈蚣 Wu Gong Scolopendra Subspinipes</p> <p>僵蚕 (Bai) Jiang Can Bombyx Batryticatus</p> <p>石决明 Shi Jue Ming Concha Haliotidis</p> <p>珍珠母 Zhen Zhu Mu Concha Margaritifera</p>

9	牡蛎 Mu Li Concha Ostreae (代)赭石 (Dai) Zhe Shi Haematitum (白/刺)蒺藜 (Bai/Ci) Ji Li Fructus Tribuli Shi Jun Zi 使君子 Fructus Quisqualis Indicae Ku Lian Pi 苦楝根皮 Cortex Meliae Radicis Fei Zi 榧子 Semen Torreyae Grandis He Shi 鹤虱 Fructus Carpesii Lei Wan 雷丸 Sclerotium Omphaliae Wu Yi 芫莢 Praeparatio Fructus Ulmi Bing Lang 檳榔 Semen Arecae Catechu Guan Zhong 貫眾 Rhizome Guanzhong Nan Gua Zi 南瓜子 Semen Cucurbitae Moschatae Da Suan 大蒜 Bulbus Alli Sativi He Cao Ya 鶴草芽 Gemma Agrimoniae
10	雄黃 Xiong Huang Realgar 硫黃 Liu Huang Sulphur 明礬 Ming Fan Alumen 蛇床子 She Chuang Zi (Fructus Cnidii Monnierii) 土荊皮 Tu Jing Pi Cotex Pseudolaricis 木槿皮 Mu Jin Pi Cotex Hibisci Syriaci 蜂房 Feng Fang Nidus Vespae 樟腦 Zhang Nao Camphora 炉甘石 Lu Gan Shi Smithsonitum 硼砂 Peng Sha Borax Review
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.