

#### COURSE DESCRIPTION

The first of four courses in the Herb Pharmacopeia series. These courses analyze the taste, temperature, meridians, dosage, contraindications, identification and clinical usage of approximately 450 principal medicals used in Oriental Medicine. These four courses can be taken in any order.

Herb Pharmacopeia I covers herbs in the Release Exterior Conditions, Heat Clearing Herbs, Herbs that Transform Phlegm and Herbs that Stop Cough categories.

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#### LEARNING OBJECTIVES

Upon successful completion of this course students will be able to list the characteristics and properties of each individual herb assigned, recognizing them by sight and using correct Latin pharmaceutical or Pinyin nomenclature.

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#### COURSE PREREQUISITES

Introduction to Herbal Medicine

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#### REQUIRED TEXTS

Pharmacopeia I Herb Samples Box - TO BE PURCHASED BEFORE CLASS #1. Samples are to be brought to class each week.

Chinese Herbal Medicine Materia Medica, 3rd Ed., by Bensky/Gamble

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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.

##### WEEKLY QUIZZES - 10%

(the lowest 2 quizzes are dropped). There will be no make-up quizzes for absences or tardies.

##### MIDTERM EXAM - 45%

##### FINAL EXAM - 45%

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

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#### SPECIAL NOTES

\*\*\* EVERY CLASS will begin with a 5-minute meditation. Students are expected to arrive on time for the meditation.

\*\*\* Homework reading will be assigned for every class. Students are expected to do the reading, as the reading will be supplementary to class learning.

Homework reading will be weekly:

- 1) The first page of each category, that gives the general overview of category
- 2) The commentary for each herb
- 3) The summary of comparative functions at the end of every section, for each category

Individual herbs: Instruction in a minimum of 300 individual herbs covering temperature, taste, entering meridian, botanical and Oriental name, meaning of the name, functions and indications, important biochemical components where applicable, incomparability with other herbs if any dosage and herb identification.

**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.)

**Warm Acrid Herbs That Release the Exterior:**

1. Ma Huang (Ephedrae Herba)
2. Gui Zhi (Cinnamomi Ramulus)
3. Zi Su Ye (Perillae Folium)
4. Jing Jie (Schizonepetae Herba)
5. Fang Feng (Saposhnikoviae Radix)
6. Qiang Huo (Notopterygii Rhizoma seu Radix)
7. Gao Ben (Ligustici Rhizoma)
8. Bai Zhi (Angelica Dahuricae Radix)
9. Xi Xin (Asari Radix et Rhizoma)
10. Sheng Jiang (Zingiberis Rhizoma recens)
11. Cong Bai (Allii fistulosi Bulbus)
12. Xiang Ru (Moslae Herba)
13. Cang Er Zi (Xanthii Fructus)
14. Xin Yi Hua (Magnoliae Flos)

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CLASS TWO

**Quiz One**

**Cool, Acrid Herbs That Release the Exterior**

1. Bo He (Menthae haplocalycis Herba)
2. Niu Bang Zi (Arctii Fructus)
3. Chan Tui (Cicadae Periostracum)
4. Sang Ye (Mori Folium)
5. Ju Hua (Chrysanthemum Flos)
6. Man Jing Zi (Viticis Fructus)
7. Dan Dou Chi (Sojae Semen praeparatum)
8. Mu Zei (Equiseti hiemalis Herba)
9. Ge Gen (Puerariae Radix)
10. Chai Hu (Bupleuri Radix)

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11. Sheng Ma (Cimicifugae Rhizoma)

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CLASS THREE

**Quiz 2**

**Clear Heat: Drain Fire:**

1. Shi Gao (Gypsum Fibrosum)
2. Zhi Mu (Anamarrhenae Rhizoma)
3. Zhi Zi (Gardeniae Fructus)
4. Dan Zhu Ye (Lophatheri Herba)
5. Xia Ku Cao (Prunellae Spica)
6. Lian ZiXin (Nelumbinis Plumula)
7. Lu Gen (Phragmitis Rhizoma)
8. Tian Hua Fen (Trichosathis Radix)
9. Jue Ming Zi (Cassiae Semen)

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CLASS FOUR

**Quiz 3**

**Clear Heat Cool Blood:**

1. Shui Niu Jiao (Bubali Cornu)/Xi Jiao (Rhincerotis Cornu)
2. Sheng Di Huang (Rehmanniae Radix)
3. Xuan Shen (Scrofulariae Radix)
4. Mu Dan Pi (Moutan Cortex)
5. Zi Cao (Arnebiae/Lithospermi Radix)
6. Chi Shao (Paeoniae Radix rubra)

**Clear Heat Dry Damp**

1. Huang Qin (Scutellariae Radix)
2. Huang Lian (Coptidis Rhizoma)
3. Huang Bai (Phellodendri Cortex)
4. Long Dan Cao (Gentianae Radix)
5. Ku Shen (Sophorae flavescentis Radix)

**Clear Heat From Deficiency**

1. Qing Hao (Artemesia annuae Herba)
2. Di Gu Pi (Lycii Cortex)
3. Bai Wei (Cynanchi atrati Radix)
4. Yin Chai Hu (Stellariae Radix)
5. Hu Huang Lian (Picrorhizae Rhizoma)

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CLASS FIVE

**MID-TERM EXAMINATION**

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CLASS SIX

**Mid-Term Review**

**Clear Heat and Resolve Toxicity**

1. Jin Yin Hua (Lonicerae Flos)

2. Lian Qiao (Forsythiae Fructus)
3. Da Qing Ye (Isatidis Folium)
4. Ban Lan Gen (Isatidis/Baphicacanthis Radix)
5. Pu Gong Ying (Taraxaci Herba)
6. Zi Hua Di Ding (Violoae Herba)
7. Ye Ju Hua (Chrysanthemi indicis Flos)
8. Bai Jiang Cao (Patriniae Herba)
9. Yu Xing Cao (Houttuyniae Herba)
10. Chuan Xin Lian (Andrographitis Herba)
11. Bai Hua She She Cao (Hedyotis diffusae Herba)
12. Bai Tou Weng (Pulsatillae Radix)
13. Ya Dan Zi (Bruceae Fructus)
14. Ma Chi Xian (Portulacae Herba)
15. He Ye (Nelumbinis Folium)
16. Lu Dou (Phaseoli radiate Semen)
17. Bai Xian Pi (Dictamni Cortex)
18. Tu Fu Ling (Smilacis glabrae Rhizoma)
19. Ma Bo (Lasiosphaera/Calvatia)
20. Shan Dou Gen (Sophorae tonkinensis Radix)
21. She Gan (Belamcandae Rhizoma)

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CLASS SEVEN

**Quiz 4**

**Clear Summerheat:**

1. Qing Dao (Artemesia annuae Herba)
2. Bai Bian Dou (Lablab Semen album)
3. Lu Dou (Phaseoli radiate Semen)
4. He Ye (Nelumbinis Folium)
5. Xi Gua (Citrulli Fructus)

**Transform Phlegm and Stop Cough: Cold Phlegm**

1. (Zhi) Ban Xia (Pinelliae Rhizoma praeparatum)
2. (Zhi) Tian Nan Xing/Dan Nan Xing (Arisaematis rhizoma praeparatum/cum Bile)
3. (Zhi) Bai Fu Zi (Typhonii Rhizoma praeparatum)
4. Bai Jie Zi (Sinapis Semen)
5. Jie Geng (Platycodi Radix)
6. Xuan Fu Hua (Inulae Flos)

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CLASS EIGHT

**Quiz 5**

**Transform Phlegm and Stop Cough: Hot Phlegm:**

1. Qian Hu (Peucedani Radix)
2. Chuan Bei Mu (Fritillariae cirrhosae Bulbus)
3. Zhe Bei Mu (Fritillariae thunbergii Bulbus)
4. Gua Lou (Trichosanthis Fructus)
5. Gua Lou Pi (Trichosanthis Pericarpium)
6. Gua Lou Ren (Trichosanthis Semen)

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7. Zhu Ru (Bambusae Caulis in taeniam)
  8. Ge Qiao/Ge Ke (Meretricis/Cyclinae Concha)
  9. Kun Bu (Eckloniae Thallus)
  10. Hai Zao (Sargassum)
  11. Pang Da Hai (Sterculiae lynchnophorae Semen)

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CLASS NINE

**Quiz 6**

**Relieve Cough and Wheezing:**

1. Xing Ren (Armeniacae Semen)
2. Zi Wan (Asteris Radix)
3. Kuan Dong Hua (Farfarae Flos)
4. Zi Su Zi (Perillae Fructus)
5. Pi Pa Ye (Eriobotryae Folium)
6. Bai Bu (Stemonae Radix)
7. Sang Bai Pi (Mori Cortex)
8. Ting Li Zi (Lepidii/Descurainiae Semen)
9. Luo Han Guo (Momordicae Fructus)
10. Li Lu (Veratri nigri Radix et Rhizoma)
11. (Bai Guo)(Ginko semen)

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CLASS TEN

**REVIEW**

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CLASS ELEVEN

**FINAL EXAMINATION**

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REFERENCE MATERIAL

Web References:

ITM Online: Herb Safety and Related Concerns  
<http://www.itmonline.org/safety.htm>

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FACULTY INFO

Badami, Gretchen

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

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