

#### COURSE DESCRIPTION

The third of four courses in the Herb Pharmacopeia series. Herb Pharmacopeia III covers herbs in the Diuretics, Antirheumatics, Qi Regulating Herbs, Blood Activating, and Stop Bleeding Herbs categories.

#### LEARNING OBJECTIVES

To provide a detailed analysis of the principle herbs used in Oriental Medicine according to function and therapeutic usage. The herb categories in this section are: Diuretics, Antirheumatics, Antirheumatics, Qi Regulating Herbs, Blood Activating, Stop Bleeding.

Upon 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 and Pin-Yin nomenclature.

#### COURSE PREREQUISITES

Introduction to Herbal Medicine, Concurrent enrollment in Herb Pharmacopoeia Lab

#### REQUIRED TEXTS

**Chinese Herbal Medicine: Materia Medica** by D. Bensky and A. Gamble. Eastland Press. Seattle, Washington: 1993.

**Handbook of Chinese Herbs**, Institute of Chinese Medicine, Los Angeles: 1995

#### RECOMMENDED TEXTS

A Clinic Guide: Chinese Herbs and Formulas, Chen Song Yu and Li Fei  
Diu Yao, Phiaippe Sionneau - Translated by Bernard Cote

#### 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.

20% Quizzes

40% Mid-Term Examination

40% Final Examination

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

#### SPECIAL NOTES

**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.

---

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

**Diuretics I**

1. \*Fu Ling ( Poria Cocos)
2. \*Zhu Ling ( Polypory Umbellatae)
3. \*Ze Xie ( Rz. Alismatis)
4. \*Yi Yi Ren ( Sm. Coicis)
5. \*Dong Gua Ren ( Sm Benicassae)
6. \*Sheng Jiang Pi ( Pericarpium Zingiberis)
7. \*Che Qian Zi ( Sm . Plantaginis)
8. \*Hua Shi ( Talcum)
9. Chi Xiao Dou ( Sm. Phaseoli)
10. Yu Mi Xu ( Stylus Zaemays)
11. Ban Bian Lian (Hb Lobeliae Chinensis cum Radice)

---

CLASS TWO

**Quiz 1**

**Diuretics II**

1. \*Mu Tong ( Caulis Akebiae)
2. \*Qu Mai ( Hb. Dianthi)
3. \*Bian Xu ( Hb. Polugoni Avicularis)
4. \*Di Fu Zi ( Fr. Kochiae)
5. \*Shi Wei ( Hb. Pyrrosiae)
6. \*Bi Xie ( Rx. Dioscoriae Hyphoglauciae)
7. \*Yin Chen Hao ( Hb. Artemisiae Cappilaris)
8. \*Dong Kui Zi ( Sm. Malvae)
9. \*Deng Xin Cao ( Hb. Medulla Jenci)
10. Jin Qian Cao ( Hb. Jin Qian Cao)
11. Hai Jin Sha (Spora Lygodii Japonica)

---

CLASS THREE

**Quiz 2**

Herbs that expel wind dampness

1. \*Du Huo ( Rx. Angelica Pubescentis)
2. \*Fang Ji ( Rx. Stephaniae Tetundra)
3. \*Wei Ling Xian ( Rx. Clematis)
4. \*Qin Jiao ( Rx. Gentianae Macrophelae)
5. \*Xi Xian Cao ( Hb. Segiesbeckiae)
6. \*Mu Gua ( Fr. Chaenomelus)
7. \*Sang Zhi ( Rm. Mori Albae)
8. \*Sang Ji Sheng ( Rm. Loranthi)
9. \*Wu Jia Pi ( Cx. Acanthopanacis)

---

CLASS FOUR

**Quiz 3**

Herbs that expel wind dampness

1. \*Hai Tong Pi (Cx. Erythrinae)
2. \*Cang Er Zi (Fr. Xanthii Sibirici)
3. \*Hu Gu ( Os. Tgris)

4. Hai Feng Teng (Caulis Piperis)
5. Bai Hua She (Agkistrodon Seu Bungarus)
6. Wu Shao She (Zaocys Dhumades)
7. Si Gua Luo (Fasculus Vascularis Luffae)
8. \*Da Fu Pi (Pericarpium Aracae Catechu)

---

CLASS FIVE

**Mid-Term Examination**

---

CLASS SIX

**Qi Regulating Herbs (Carminatives)**

1. \*Zhi Shi (Fr. Citri Auranthi Imaturus)
2. Zhi Ke (Fr Citri Aurantii)
3. \*Xiang Fu (Rz. Ciperi Rotundi)
4. \*Mu Xiang (Rx. Aucklandi Lappe)
5. \*Wu Yao (Rx. Linderi)
6. \*Chen Xiang (Lignum Aquilariae)
7. \*Tan Xiang (Lignum Santali)
8. \*Chuan Lian Zi (Fr. Meliae Toosendan)
9. Xie Bai (Bulbus Alii)
10. \*Ju Hong (Pericarpium Erythrocarpae)
11. Fo Shou (Fr Citri Sarcodactylis)
12. \*Chen Pi (Pericarpium Citri Reticulatae)
13. \*Qing Pi (Pericarpium Citri Reticulatae Viridi)

---

CLASS SEVEN

**Quiz 4**

**Blood Activating**

1. \*Chuan Xiong (Rx. Ligustici Wallichii)
2. \*Ru Xiang (Oibanum Gummi)
3. \*Mo Yao (Myrrhe)
4. \*Yan Hu Suo (Rz. Corydalis)
5. \*E Zhu (Rz. Curcumae Zedoriae)
6. \*Yu Jin (Rx. Curcumae Tubur)
7. Jiang Huang (Rz Curcumae Longae)
8. \*Sang Leng (Rz. Spargamii)
9. \*Dan Shen (Rx. Salviae Millitorhiziae)
10. \*Yi Mu Cao (Hb. Leonuri) & Chong Wei Zi (Sm Leonuri)
11. \*Tao Ren (Sm Persicaie)
12. \*Hong Hua (Flos. Carthami Tinctorii)

---

CLASS EIGHT

**Quiz 5**

**Blood Activating** (continued)

13. \*Niu Xi (Rx. Achanthys Bidentatae)
14. \*Chuan Shan Jia (Squama Mantidis)
15. \*Wu Ling Zhi (Excrementum Trogopteroi)
16. Wang Bu Liu Xing (Sm. Vaccariae Segetalis)
17. Su Mu (Lignum Sappan)
18. \*Ze Lan (Hb. Lycopi Lucidi)

- 
19. Shui Zhi ( Hirido Seu Whitmaniae)
  20. \*Chi Shao (Rx. Paeoniae Rubrae)
  21. Hu Zhang (Rx et Rx Polygoni Cuspidati)
  22. Lu Lu Tong (Fr Liquidambaris Taiwanianae)
  23. Ji Xue Teng (Rx et Caulis Jixueteng)

---

CLASS NINE

**Quiz 6**

**Blood Regulators - Stop Bleeding:**

1. \*Pu Huang (Pollen Typhae)
2. \*Xian He Cao ( Hb. Agrimaonae Pilosae)
3. \*San Qi ( Rx. Notoginseng)
4. \*Bai Ji ( Rz. Bletillae)
5. Da Ji
6. \*Di Yu (Rx. Sanguisorbae)
7. \*Huai Hua Mi (Flos Sophora Japonica Immaturus)
8. \*Qian Cao Gen ( Rx. Rubriae Cordifoliae)
9. \*Ce Bai Ye ( Biotae Orientalis)
10. \*Ai Ye (Fm Artemisiae Argyi)
11. Xue Yu Tan (Crisinis Carbonisatus Hominis)
12. Ou Jie (Nodus Nelumbinis)
13. \*Bai Mao Gen (Rz. Imperatae)

---

CLASS TEN

**Final Examination**

---

CLASS ELEVEN

---

REFERENCE MATERIAL

Reference Material

Web References:

ITM Online: Herb Safety and Related Concerns

<http://www.itmonline.org/safety.htm>

---

FACULTY INFO

Zhang, Helena

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

310.422.9768

contact@goldenseedgoldentree.com