

Learning objectives for Year 1 Module 8.1: Individual herbs

This module will be taught via lectures over 2 x three day weekends and 8 x two day, weekend seminars.

In addition blended learning material will be provided via asynchronous learning.

By the end of this module students will be able to

1. Analyse a herb according to its temperature, taste and directionality;
2. Demonstrate knowledge of the primary, secondary and empirical function of herbs in their unprepared and prepared forms;
3. Compare and contrast herbs from the same class (eg tonify Qi herbs) in order to distinguish the key characteristics of each herb and to differentiate herbs that may have similar function but different clinical applications;
4. Calculate the appropriate dose for a herb in order to optimise its functioning within a specific medical context;
5. Appreciate traditionally used positive synergistic combinations of herbs but also be aware of negative interactions between herbs and between herbs and pharmaceutical drugs; and
6. Be able to describe a number of commonly used herbal formulae, identify the different components of the formulae, explain their actions, and start to be able to modify herbal formulae according to individual presentation.

This module will be evaluated by monthly tests to ensure that the herbs are being learned.

There will be 3 assignments set during this module to allow students to develop their understanding of a specific herb, to compare and contrast similar herbs, and to investigate how herbs operate together within a herbal formulae.

There will also be an end of year exam to evaluate these learning objectives. A pass mark of 60% will be required before students can proceed to Year 2.

Year 1 herb syllabus		
<p>Introduction to CHM including:</p> <ul style="list-style-type: none"> • Historical development of CHM • Definition of a herb and nomenclature • Tastes, temperatures and channels entered • Primary, secondary and empirical actions • Traditional use and modern research • Introduction to dosage • Pao Zhi • Combining herbs-traditional and modern notions of synergy • Adverse effects-prevalence, possible mechanisms, introduction to drug-herb interactions and idiosyncratic reactions 		
Treatment principle	Herbs	Key formulae
<p>Group 1.1: Exterior releasing herbs - Wind-Cold releasing</p>	<p>Ma Huang Gui Zhi Zi Su Ye Jing Jie Fang Feng Qiang Huo Du Huo Xi Xin Bai Zhi Xin Yi Hua Cang Er Zi Sheng Jiang</p>	<p>Ma Huang Tang Gui Zhi Tang (+ Bai Shao)</p>

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<p>Group 1.2: Exterior releasing herbs - Wind-Heat releasing</p>	<p>Bo He Sheng Ma Ju Hua Chai Hu Ge Gen / Hua Sang Ye Chan Tui Niu Bang Zi Man Jing Zi Dan Dou Chi</p>		<p>Cang Er Zi San Ge Gen Tang</p>
<p>Group 2.1: Heat clearing herbs - Heat clearing and Fire purging</p>	<p>Shi Gao Zhi Mu Lu Gen Tian Hua Fen Dan Zhu Ye Zhi Zi Xia Ku Cao</p>	<p>Mi Meng Hua Qing Xiang Zi Xi Gua</p>	<p>Ma Xing Shi Gan Tang Bai Hu Tang Zhi Zi Chi Tang</p>
<p>Group 2.2: Heat clearing herbs - Heat clearing and Dampness drying</p>	<p>Huang Qin Huang Lian Huang Bai Ku Shen Long Dan Cao</p>		<p>Huang Lian Jie Du Tang Ge Gen Huang Qin Huang Lian Tang</p>
<p>Group 2.3: Heat clearing herbs - Heat clearing and Blood cooling</p>	<p>Sheng Di Huang Xuan Shen Mu Dan Pi Chi Shao Zi Cao</p>	<p>Ji Guan Hua</p>	<p>Xi Jiao Di Huang Tang</p>

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<p>Group 2.4: Heat clearing herbs - Heat clearing and toxin eliminating</p>	<p>Jin Yin Hua / Ren Dong Teng Lian Qiao Pu Gong Ying Zi Hua Di Ding Ye Ju Hua Chong Lou Bai Xian Pi Bai Hua She She Cao Ban Zhi Lian Tu Fu Ling Bi Xie Da Qing Ye Ban Lan Gen Qing Dai Fen Chuan Xin Lian Yu Xing Cao Shan Dou Gen Bai Tou Weng Hong Teng Bai Jiang Cao</p>	<p>She Gan Ma Chi Xian Qin Pi He Ye Shan Ci Gu Dong Ling Cao Tian Kui Zi</p>	<p>Yin Qiao San Bai Tou Weng Tang Wu Wei Xiao Du Yin</p>
<p>Group 2.5: Heat clearing herbs - deficiency Heat clearing</p>	<p>Qing Hao Bai Wei Di Gu Pi Yin Chai Hu</p>	<p>Hu Huang Lian Gui Ban</p>	<p>Qing Hao Bie Jia Tang</p>
<p>Group 3.1 Downward draining herbs - purgatives</p>	<p>Da Huang Mang Xiao Fan Xie Ye</p>		<p>Da Cheng Qi Tang (+ Hou Po / Zhi Shi)</p>
<p>Group 3.2 Downward draining herbs - Moist Laxatives</p>	<p>Huo Ma Ren Yu Li Ren</p>		<p>Ma Zi Ren Tang</p>

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<p>Group 4.1: Wind-Damp dispelling herbs - pain relieving</p>	<p>Wei Ling Xian Xu Chang Qing Qin Jiao Tou Gu Cao Qing Feng Teng</p>		
<p>Group 4.2: Wind-Damp dispelling herbs - channel and collateral opening</p>	<p>Mu Gua Si Gua Lou Sang Zhi Hai Feng Teng Hai Tong Pi Xi Xian Cao</p>	<p>Chou Wu Tong Shen Jin Cao Luo Shi Teng</p>	
<p>Group 4.3: Wind-Damp dispelling herbs - tendon & bone strengthening</p>	<p>Sang Ji Sheng Wu Jia Pi Lu Xian Cao Ming Fan She Chuang Zi Xue Jie Zhang Nao</p>	<p>Du Huo Ji Sheng Tang</p>	
<p>Group 5: Aromatic Damp dissolving herbs</p>	<p>Cang Zhu Hou Po Huo Xiang Pei Lan Sha Ren Bai Dou Kou Cao Dou Kou</p>	<p>Si Qi Tang Ban Xia Hou Po (Fu Ling) Tang Ping Wei San</p>	
<p>Group 6: Water regulating and Damp resolving herbs</p>	<p>Fu Ling Chi Fu Ling</p>	<p>Mu Tong Dong Gua Zi</p>	<p>Wu Ling San</p>

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	<p>Fu Ling Pi Fu Shen Zhu Ling Ze Xie Yi Yi Ren Che Qian Zi / Cao Hua Shi Tong Cao Bian Xu Qu Mai Deng Xin cao Jin Qian Cao Shi Wei Dong Kui Zi Di Fu Zi She Chuang Zi</p>	<p>Chi Xiao Dou</p>	<p>Yin Chen Wu Ling San Wu Pi Tang San Ren Tang</p>
<p>Group 7: Interior warming herbs</p>	<p>Fu Zi Rou Gui Gan Jiang Wu Zhu Yu Hua Jiao Hui Xiang Gao Liang Jiang Ding Xiang</p>	<p>Si Ni Tang Zuo Jin Wan Jiao Tai Wan</p>	
<p>Group 8: Qi regulating herbs</p>	<p>Chen Pi Qing Pi Ju He Zhi Shi Zhi Ke Fo Shou Gen</p>	<p>Chai Hu Shu Gan Tang Si Ni San</p>	

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	<p>Da Fu Pi Tan Xiang Mu Xiang Xiang Fu Mei Gui Hua Wu Yao Chuan Lian Zi Li Zhe He Ba Yue Zhi</p>	Xue Fu Zhu Yu Tang
<p>Group 9: Digestive herbs</p>	<p>Shan Zha Shen Qu Lai Fu Zi Mai Ya Gu Ya Ji Nei Jin</p>	Jiao San Xian (Shan Zha, Shen Qu, Mai Ya)
<p>Group 11: Stop bleeding herbs</p>	<p>San Qi Da Ji Xiao Ji Di Yu Huai Hua Bai Mao Gen Ce Bai Ye Xian He Cao Bai Ji Ou Jie Qian Cao Gen Pu Huang Tan Jing Jie Tan Ai Ye</p>	

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<p>Group 12: Blood invigorating and stasis removing herbs</p>	<p>Chuan Xiong Yan Hu Suo Yu Jin Jiang Huang Lu Lu Tong Ru Xiang Mo Yao Hu Zhang Wu Ling Zhi Pu Huang Dan Shen Tao Ren Hong Hua Yi Mu Cao Ze Lan Chuan Niu Xi Huai Niu Xi Wang Bu Liu Xing</p>	<p>Ji Xue Teng Hong Teng San Leng E Zhu</p> <p>Liu Ji Nu Su Mu Wa leng Zi Si Gua Lou Shui Zhi Tu Bie Chong</p>	<p>Si Wu Tang</p> <p>Tao Hong Si Wu Tang</p> <p>Ba Zhen Tang</p> <p>Shi Xiao San</p>
<p>Group 13.1: Phlegm resolving herbs</p>	<p>Ban Xia Tian Nan Xing Dan Nan Xing Bai Fu Zi Bai Jie Zi Zao Jiao + Zao Jiao Ci Jie Geng Xuan Fu Hua Qian Hu Bai Qian Chuan Bei Mu Zhe Bei Mu</p>	<p>Gua Lou (Shi/Ren/Pi) Zhu Ru Kun Bu Hai Zao Huang Yao Zi Pang Da Hai Jiang Can</p> <p>Tian Zhu Huang Fu Hai Shi Hai Ge Ke</p>	<p>Er Chen Tang</p> <p>Liu Jun Zi Tang</p> <p>Wen Dan Tang</p>

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<p>Group 13.2: Phlegm resolving herbs - coughing and wheezing relieving herbs</p>	<p>Xing Ren Zi Wan Bai Bu Sang Bai Pi Pi Pa Ye Kuan Dong Hua Su Zi Ting Li Zi Bai Guo Bai Guo Ye</p>		<p>Zi Sou San San Zi Yang Qing Tang</p>
<p>Group 14.1: Shen calming herbs - sedative</p>	<p>Ci Shi Long Gu/Chi Hu Po</p>		<p>Suan Zao Ren Tang</p>
<p>Group 14.2: Shen calming herbs - nourishing</p>	<p>Suan Zao Ren Bai Zi Ren Yuan Zhi He Huan Pi He Huan Hua Ye Jiao Teng Ling Zhi Guan Ye Lian Qiao</p>		<p>Bai Zi Ren Wan</p>
<p>Group 15: Liver calming and Wind extinguishing herbs</p>	<p>Gou Teng Tian Ma Shi Jue Ming Mu Li Long Gu Bai Ji Li Jue Ming Zi</p>	<p>Zhen Zhu Mu Quan Xie Wu Gong Di Long</p>	<p>Tian Ma Gou Teng Yin</p>

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<p>Group 16 Orifice opening herbs</p>	<p>Shi Chang Pu</p>		<p>She Xiang Bing Pian</p>
<p>Group 17.1: Tonic herbs - Qi tonifying</p>	<p>Ren Shen Dang Shen Tai Zi Shen Xi Yang Shen Huang Qi Hong Jing Tian Jiao Gu Lan Bai Zhu Shan Yao Gan Cao Da Zao</p>		<p>Si Jun Zi Tang Gan Mai Da Zao Tang (+ Fu Xiao Mai)</p>
<p>Group 17.2: Tonic herbs - Yang tonifying</p>	<p>Lu Jiao/Lu Rong/Lu Jiao Jiao/Shuang Dong Chong Xia Cao Bu Gu Zhi Yi Zhi Ren Xu Duan Du Zhong Ba Ji Tian Tu Si Zi Gu Sui Bu Gou Ji Sha Yuan Zi Hu Tao Ren Rou Cong Rong Suo Yang</p>		<p>You Gui Wan Bai Wei Di Huang Tang / Jin Gui Shen Qi Tang</p>
<p>Group 17.3: Tonic herbs - Blood tonifying</p>	<p>Dang Gui Bai Shao</p>	<p>E Jiao</p>	<p>Si Wu Tang</p>

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	<p>Shu Di Huang He Shou Wu Long Yan Rou Sang Shen Gou Qi Zi</p>		<p>Dang Gui Bu Xue Tang</p>
<p>Group 17.4: Tonic herbs - Yin tonifying</p>	<p>Bei Sha Shen Nan Sha Shen Mai Men Dong Tian men Dong Shi Hu Yu Zhu Bai He Gou Qi Zi Sang Shen Zi Han Lian Cao Nu Zhen Zi (Chao) Shan Zhu Yu</p>		<p>Yi Guan Jian Er Zi Wan Liu Wei Di Huang Wan (+ Shan Zhu Yu) (+ Zhi Mu Di Huang Wan Qi Ju Di Huang Wan)</p>
<p>Group 18: Astringent herbs</p>	<p>Wu Wei Zi Wu Mei Shan Zhu Yu He Zi Rou Dou Kou Jin Ying Zi Qian Shi Lian Zi Fu Pen Zi Hai Piao Xiao Fu Xiao Mai Ma Huang Gen</p>	<p>Wu Bei Zi Chi Shi Zhi</p>	<p>Sheng Mai Yin Gan Cao Da Zao Fu Xiao Tang</p>