

Learning outcomes for module 8.2: Applying herbal formulae

By the end of this module students will be able to:

1. Understand the dynamics and hierarchy of how a formula is constructed with particular regard to the emperor, ministerial, assistant, and envoy herbs and to be able to structure their own formulations according to this traditional logic.
2. Distinguish appropriate herbal formulae to be used for common diseases and syndromes that occur within the main physiological systems of the body (eg respiratory or digestive systems).
3. Select different methods of applying herbal formulae including decoctions, granules & powders, tinctures, capsules, enemas, external washes and herbal plasters.
4. Modify the selection and dosage of herbal constituents within a formulae to address individualised presentations of disease, changing clinical circumstances, and to reduce the risk of any adverse effects occurring.
5. Plan treatment programmes to address the changing clinical circumstances of a condition (for example combining clearing and tonifying formulations to help manage asthma or recurrent urinary tract conditions).
6. Appraise in vitro and in vivo research relating to herbal medicines and integrate these data in their selection of appropriate herbs and formulae.

Year 2 Module 8.2 syllabus		
Disease	Clinical application	Commonly used Formulae
Day 1, 2 & 3 Respiratory disease	EPF-acute infection-cold and flu Cough-acute and chronic Retained pathogens Allergic rhinitis Sinusitis Asthma	Jing Fang Bai Dou San Jiu Wei Qiang Huo Tang Yin Qiao San Sang Ju Yin Xiao Qing Long Tang Ren Shen Bai Du San Ge Gen Tang Zi Sou San + San Ao Tang Cang Er Zi San Qing Qi Hua Tan Tang Qing Jin Hua Tan tang Ding Chuan Tang Yu Ping Feng San San Zi Yang Qing Yang Ma Xing San Er Tang Xiao Chai Hu Tang Lian Po Yin Bai He Gu Jin Wan Sha Shen Mai Men Dong Tang

<p>Day 4, 5 & 6 Digestive disease</p>	<p>Indigestion / reflux Epigastric pain/discomfort Nausea + vomiting Constipation Diarrhoea IBS Haemorrhoids</p>	<p>Bu Zhong Yi Qi Tang (Xiang Sha) Liu Jun Zi Tang Ping Wei San Si Ni San Xiao Yao Wan Yi Guan Jian Chai Hu Shu Gan Tang Shen Ling Bai Zhu San Huo Xiang Zheng Qi Wan Jian Pi Wan Bao He Wan Da/Xiao Cheng Qi Tang Wu Ren Wan Ma Zi Ren Tang Shao Yao Tang Xiang Lian Wan Bai Tou Weng Tang Ge Gen Huang Qin Huang Lian Tang Si Shen Wan Tong Xie Yao Fang Ban Xia Xie Xin Tang</p>
<p>Day 7 Urinary tract diseases</p>	<p>Frequency + urgency Acute and recurrent UTIs Enuresis and incontinence Oedema Prostatic hypertrophy</p>	<p>Dao Che San Ba Zheng San San Ren Tang Shi Wei San Wu Ling San Wu Pu San Empirical formulae</p>

Day 8 & 9 Gynaecological diseases (Part 1)	Amenorrhoea, Oligomenorrhoea (intro to PCOS) menorrhagia Metrorrhagia, PMS Dysmenorrhoea (including endometriosis)	Ba Zhen Tang Xue Fu Zhu Yu Tang Ge Xia Fu Zhu Yu Tang Shao Fu Zhu Yu Tang Tao Hong Si Wu Tang Wen Jing Tang
Day 10 & 11 Gynaecological diseases (Part 2) Introduction to Obstetrics	Infertility (incl male infertility) Miscarriage Supportive treatment during IVF Introduction to menopause Herbs during pregnancy Morning sickness Induction Post natal support Mastitis Insufficient lactation	Zhi Bai Di Huang Wan Shou Tai Wan Dang Gui Shao Yao San Gui Zhi Fu Ling Wan
Day 12 & 13 Neurological diseases	Headaches Dizziness Hemiplegia / Wind stroke Introduction to Parkinson's disease & Multiple sclerosis	Chuan Xiong Cha Tiao San Yi Qi Cong Ming tang Long Dan Xie Gan Tang Tian Ma Gou Teng Yin Bu Yang Huan Wu Tang Shen Xiong Wu Bai Tang Qi Ju Di Huang Tang Ban Xia Bai Zhu Tian Ma Tang

Day 14 Musculo-skeletal disorders	Back pain Bi Syndrome Treating trauma External applications Wei Syndrome	Qi Li San Er/San/Si Miao San Du Huo Ji Sheng Wan Juan Bi Tang San Bi Tang Yi Yi Ren Tang Shen Tong Zhu Yu Tang You Gui Wan Zuo Gui Yin
Day 15 Common ear, eyes, nose and throat disorders	Tinnitus Deafness Otitis media Conjunctivitis Blepharitis Styes Loss of voice	Qing Wei San Ju Hua Di Huang Tang Dao Tan Tang Qing Shang Fang Feng Tang
Day 16 Mental and emotional disorders	Anxiety Insomnia Palpitations Depression Dian Kuang	Tian Wang Bu Xin Dan Suan Zao Ren Tang Gui Pi Tang Yue Ju Wan Chai Hu Shu Gan Tang Ban Xia Hou Po Tang Wen Dan Tang

Day 17 & 18 Introduction to Dermatology	Eczema Acne Psoriasis	Xiao Feng San Long Dan Xie Gan Tang Wu Wei Xiao Du Yin Qing Ying Tang Xi Jiao Di Huang Tang
Day 19 & 20 Introduction to cardiovascular disorders	Chest pain Coronary heart disease Arrhythmia Hypertension Varicose veins	Xue Fu Zhu Yu Tang Si Ni Tang Dan Shen Yin Xiao Xian Xiong Tang Sheng Mai San Zhi Gan Cao Tang Ding Zhi Wan
Day 21 & 22 ? End of year exam Introduction to paediatrics	Common childhood respiratory infections Digestive disorders Febrile convulsions Treating epidemic diseases Insomnia Nocturnal enuresis	