

# Module 8.1

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		
Introduction to CHM including: <ul style="list-style-type: none"> <li>● Historical development of CHM</li> <li>● Definition of a herb and nomenclature</li> <li>● Tastes, temperatures and channels entered</li> <li>● Primary, secondary and empirical actions</li> <li>● Traditional use and modern research</li> <li>● Introduction to dosage</li> <li>● Pao Zhi</li> <li>● Combining herbs-traditional and modern notions of synergy</li> <li>● Adverse effects-prevalence, possible mechanisms, introduction to drug-herb interactions and idiosyncratic reactions</li> </ul>		
Treatment principle	Herbs	Key formulae
Group 1.1: Exterior releasing herbs - Wind-Cold releasing  <a href="#">Online course 148159</a>	Ma Huang Gui Zhi Zi Su Ye Jing Jie Fang Feng Qiang Huo	Ma Huang Tang  Gui Zhi Tang (+ Bai Shao)

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	<p>Du Huo                  Xi Xin                  Bai Zhi                  Xin Yi Hua                  Cang Er Zi                  Sheng Jiang</p>	
<p>Group 1.2:                  Exterior releasing herbs - Wind-Heat releasing</p> <p><a href="#">Online course 148301</a></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 SanHao</p> <p>Ge Gen Tang</p>
<p>Group 2.1:                  Heat clearing herbs - Heat clearing and Fire purging</p> <p><a href="#">Online course 148446</a></p>	<p>Shi Gao                  Zhi Mu                  Lu Gen                  Tian Hua Fen                  Dan Zhu Ye                  Zhi Zi</p>	<p>Mi Meng Hua                  Qing Xiang Zi                  Xi Gua</p> <p>Ma Xing Shi Gan Tang</p> <p>Bai Hu Tang</p>

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	Xia Ku Cao		Zhi Zi Chi Tang
Group 2.2: Heat clearing herbs - Heat clearing and Dampness drying  <a href="#">Online course 148446</a>	Huang Qin Huang Lian Huang Bai Ku Shen Long Dan Cao		Huang Lian Jie Du Tang  Ge Gen Huang Qin Huang Lian Tang
Group 2.3: Heat clearing herbs - Heat clearing and Blood cooling  <a href="#">Online course 148446</a>	Sheng Di Huang Xuan Shen Mu Dan Pi Chi Shao Zi Cao	Ji Guan Hua	Xi Jiao Di Huang Tang
Group 2.4: Heat clearing herbs - Heat clearing and toxin eliminating  <a href="#">Online course 148572</a>	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	She Gan Ma Chi Xian Qin Pi He Ye Shan Ci Gu Dong Ling Cao Tian Kui Zi	Yin Qiao San  Bai Tou Weng Tang  Wu Wei Xiao Du Yin

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	Ban Lan Gen Qing Dai Fen Chuan Xin Lian Yu Xing Cao Shan Dou Gen Bai Tou Weng Hong Teng Bai Jiang Cao		
Group 2.5: Heat clearing herbs - deficiency Heat clearing  <a href="#">Online course 148560</a>	Qing Hao Bai Wei Di Gu Pi Yin Chai Hu	Hu Huang Lian Gui Ban	Qing Hao Bie Jia Tang
Group 3.1 Downward draining herbs - purgatives  <a href="#">Online course 143975</a>	Da Huang Mang Xiao Fan Xie Ye		Da Cheng Qi Tang (+ Hou Po / Zhi Shi)
Group 3.2 Downward draining herbs - Moist Laxatives  <a href="#">Online course 143975</a>	Huo Ma Ren Yu Li Ren		Ma Zi Ren Tang
Group 4.1:	Wei Ling Xian		

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Wind-Damp dispelling herbs - pain relieving	Xu Chang Qing Qin Jiao Tou Gu Cao Qing Feng Teng		
Group 4.2: Wind-Damp dispelling herbs - channel and collateral opening	Mu Gua Si Gua Lou Sang Zhi Hai Feng Teng Hai Tong Pi Xi Xian Cao	Chou Wu Tong Shen Jin Cao Luo Shi Teng	
Group 4.3: Wind-Damp dispelling herbs - tendon & bone strengthening	Sang Ji Sheng Wu Jia Pi Lu Xian Cao Ming Fan She Chuang Zi Xue Jie Zhang Nao		Du Huo Ji Sheng Tang
Group 5: Aromatic Damp dissolving herbs  <a href="#">Online course 148660</a>	Cang Zhu Hou Po Huo Xiang Pei Lan Sha Ren Bai Dou Kou		Si Qi Tang  Ban Xia Hou Po (Fu Ling) Tang

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	Cao Dou Kou		Ping Wei San
<p>Group 6: Water regulating and Damp resolving herbs</p> <p><a href="#">Online course 148742</a></p>	<p>Fu Ling Chi Fu Ling 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>Mu Tong Dong Gua Zi Chi Xiao Dou</p>	<p>Wu Ling San</p> <p>Yin Chen Wu Ling San</p> <p>Wu Pi Tang</p> <p>San Ren Tang</p>
<p>Group 7: Interior warming herbs</p> <p><a href="#">Online course 153833</a></p>	<p>Fu Zi Rou Gui Gan Jiang Wu Zhu Yu Hua Jiao</p>		<p>Si Ni Tang</p> <p>Zuo Jin Wan</p>

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	Hui Xiang Gao Liang Jiang Ding Xiang	Jiao Tai Wan
Group 8: Qi regulating herbs  <a href="#">Online course 149975</a>	Chen Pi Qing Pi Ju He Zhi Shi Zhi Ke Fo Shou Gen Da Fu Pi Tan Xiang Mu Xiang Xiang Fu Mei Gui Hua Wu Yao Chuan Lian Zi Li Zhe He Ba Yue Zhi	Chai Hu Shu Gan Tang  Si Ni San  Xue Fu Zhu Yu Tang
Group 9: Digestive herbs	Shan Zha Shen Qu Lai Fu Zi Mai Ya Gu Ya Ji Nei Jin	Jiao San Xian (Shan Zha, Shen Qu, Mai Ya)



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<p>Group 11: Stop bleeding herbs</p> <p><a href="#">Online course 149981</a></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>		
<p>Group 12: Blood invigorating and stasis removing herbs</p> <p><a href="#">Online course 150004</a></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</p>	<p>Ji Xue Teng Hong Teng San Leng E Zhu</p>	<p>Si Wu Tang  Tao Hong Si Wu Tang  Ba Zhen Tang  Shi Xiao San</p>

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	Tao Ren Hong Hua Yi Mu Cao Ze Lan Chuan Niu Xi Huai Niu Xi Wang Bu Liu Xing	Liu Ji Nu Su Mu Wa leng Zi Si Gua Lou Shui Zhi Tu Bie Chong	
Group 13.1: Phlegm resolving herbs  <a href="#">Online course 150040</a>	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	Gua Lou (Shi/Ren/Pi) Zhu Ru Kun Bu Hai Zao Huang Yao Zi Pang Da Hai Jiang Can  Tian Zhu Huang Fu Hai Shi Hai Ge Ke	Er Chen Tang  Liu Jun Zi Tang  Wen Dan Tang
Group 13.2: Phlegm resolving herbs - coughing and wheezing relieving herbs	Xing Ren Zi Wan Bai Bu Sang Bai Pi		Zi Sou San  San Zi Yang Qing Tang

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<a href="#">Online course 150040</a>	Pi Pa Ye Kuan Dong Hua Su Zi Ting Li Zi Bai Guo Bai Guo Ye		
Group 14.1: Shen calming herbs - sedative	Ci Shi Long Gu/Chi Hu Po	Suan Zao Ren Tang	
Group 14.2: Shen calming herbs - nourishing	Suan Zao Ren Bai Zi Ren Yuan Zhi He Huan Pi He Huan Hua Ye Jiao Teng Ling Zhi Guan Ye Lian Qiao	Bai Zi Ren Wan	
Group 15: Liver calming and Wind extinguishing herbs	Gou Teng Tian Ma Shi Jue Ming Mu Li Long Gu Bai Ji Li	Zhen Zhu Mu Quan Xie Wu Gong Di Long	Tian Ma Gou Teng Yin

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	Jue Ming Zi		
Group 16 Orifice opening herbs	Shi Chang Pu		She Xiang Bing Pian
Group 17.1: Tonic herbs - Qi tonifying  <a href="#">Online course 150024</a>	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		Si Jun Zi Tang  Gan Mai Da Zao Tang (+ Fu Xiao Mai)
Group 17.2: Tonic herbs - Yang tonifying  <a href="#">Online course 153978</a>	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		You Gui Wan  Bai Wei Di Huang Tang / Jin Gui Shen Qi Tang

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	Gou Ji Sha Yuan Zi Hu Tao Ren Rou Cong Rong Suo Yang		
Group 17.3: Tonic herbs - Blood tonifying  <a href="#">Online course 150015</a>	Dang Gui Bai Shao Shu Di Huang He Shou Wu Long Yan Rou Sang Shen Gou Qi Zi	E Jiao	Si Wu Tang  Dang Gui Bu Xue Tang
Group 17.4: Tonic herbs - Yin tonifying  <a href="#">Online course 150031</a>	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		Yi Guan Jian  Er Zi Wan  Liu Wei Di Huang Wan (+ Shan Zhu Yu)  (+ Zhi Mu Di Huang Wan Qi Ju Di Huang Wan)

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<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>
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