COURSE DESCRIPTION

The second of three courses in the Herb Formulae series. Categories covered in Formulae II include the Tonify Qi and Blood, Regulate Qi, Invigorate the Blood, Stop Bleeding, Stabilize and Bind, Calm the Spirit, and Open the Orifices formulae.

LEARNING OBJECTIVES

Upon completion of this course, a successful student will be able to list the ingredients, and their functions, to write the names of herbal formulae; to indicate which formulae should be utilized in certain conditions when given the symptoms.

COURSE PREREQUISITIES

Herb Pharmacopoeia I-IV, All Herb Pharmacopoeia Labs

REQUIRED TEXTS


RECOMMENDED TEXTS

Chen/Fei, Clinical Guide to Chinese Herbs and Formulae

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.

10% Attendance
20% Quizzes
30% Midterm Exam
40% Final Exam

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.)
I. TONIFYING FORMULAS

A. FORMULAS THAT TONIFY qi
Si Jun Zi Tang (A) p 236
Liu Jun Zi Tang (B)
Shen Ling Bai Zhu San (A) p 239
Bu Zhong Yi Qi Tang (A) p 241
Sheng Mai San (A) p 245

B. FORMULAS THAT NOURISH AND TONIFY BLOOD
Si Wu Tang (A) p 248
Tao Hong Si Wu Tang (B) p 250,
Shao Yao Gan Cao Tang p252

C. FORMULAS THAT TOMFY QI & BLOOD
Gui Pi Tang (A) p 255
Dang Gui Bu Xue Tang (B) p 254
Zhi Gan Cao Tang (A) p 257

CLASS TWO
C. FORMULAS THAT TONFY QI & BLOOD (continued)

Ba Zhen Tang p 259
Shi Quan Da Bu Tang (A) p 260
Tai Shan Pan Shi San (C) p 261

D. FORMULAS THAT NOURISH AND TONIFY YIN
Liu Wei Di Huang Wan (A) p 263
Zhi Bai Di Haung Wan (B)
Qi Ju Di Haung Wan (B) Du Qi Wan (C)
Hu Qian Wan (C) p 268 Zuo Gui Wan (B) p 267
Er Zhi Wan (B) p 274
Da Bu Yin Wan (B) p 267
Yi Guan Jian (B) p 271

CLASS THREE
D. FORMULAS THAT NOURISH AND TONIFY YIN (continued) QUIZ #1
Bu Fei E liao Tang (B) p 163
Gui Lu Er Xian Jiao (B) p 280

E. FORMULAS THAT TONIFY YANG
in Gui Shen Qi Wan (A) p 275
You Gui Wan (B) p 278

II. FORMULAS THAT CALM THE SHEN

A. FORMULAS THAT SEDATE THE SHEN
Zhu Sha An Shen Wan (B) p 384
Ci Zhu Wan (C) p 385

B. FORMULAS THAT NOURISH THE HEART & COMFORT THE SHEN
uan Zao Ren Tang (A) p 379
Tian Wang Bu Xin Dan (A) p 378
Gan Mai Da Zao Tang (A) p 383

CLASS FOUR
III. FORMULAS THAT OPEN THE ORIFICES
### A. FORMULAS THAT CLEAR HEAT & OPEN THE ORIFICES
- An Gong Niu Huang Wan (B) p 416
- Zi Xue Dan (B) p 419
- Zhi Bao Dan (B) p 417

### B. FORMULA TO WARM & OPEN THE ORIFICES
- Su He Xiang Wan (B) p 422

### IV. ASTRINGENT FORMULAS THAT STABILIZE & BIND:

#### A. FORMULAS THAT STABILIZE THE EXTERIOR & LUNGS:
- Yu Ping Feng San (A) p 352
- Mu Li San (B) p 352
- Jiu Xian San (B) p 355

#### CLASS FIVE

##### B. FORMULAS THAT STABILIZE LEAKAGE FROM THE INTESTINES
- Zhen Ren Yang Zang Tang (B) p 357
- Si Shen Wan (A) p 359

##### C. FORMULAS THAT STABILIZE KIDNEYS
- Jin Suo Gu Jing Wan (B) p 360
- Sang Piao Xiao San (B) p 362

##### D. FORMULAS THAT STABILIZE THE WOMB
- Gu Jing Wan (A) p 367
- Wan Dai Tang (B) p 369
- Yi Huang Tang (E3) p 370

#### CLASS SIX

##### MIDTERM EXAM

#### CLASS SEVEN

##### V. FORMULAS THAT REGULATE QI: FORMULAS THAT PROMOTE QI MOVEMENT:
- Yue Ju Wan (A) p 290
- Tian Tai Wu Yao San (B) p 296
- Hou Po Wen Zhong Tang (B) p 293
- Jin Ling Zi Tang (B) p 295
- Ban Xia Hou Po Tang (A) p 291

##### B. FORMULAS THAT DIRECT REBELIOUS QI DOWN, DESCEND QI:
- Su Zi Jiang Qi Tang (A) p 299
- Ding Chuan Tang (A) p 300

#### CLASS EIGHT

##### B. FORMULAS THAT DIRECT REBELIOUS QI DOWN, DESCEND QI (continued):
- Si Mo Tang (B) p 301
- Xuan Fu Dai Zhe Tang (B) p 302
- Ju Pi Zhu Ru Tang (A) p 304
- Ding Xiang Shi Di Tang (B) p 305

##### VI. FORMULAS THAT INVIGORATE THE BLOOD
## HERB FORMULAE II

### Course Code: HB420
- 3 Units
- 30 Hours

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#### A. FORMULAS THAT INVIGORATE THE BLOOD AND DISPEL BLOOD STASIS
- Tao He Cheng Qi Tang (A) p 312
- Xue Fu Zhu Yu Tang (A) p 314
- Tong Qiao Huo Xue Tang p315
- Ge Xia Zhu Yu Tang p316
- Shao Fu Zhu Yu Tang p316
- Shen Tong Zhu Yu Tang p316

#### CLASS NINE

A. FORMULAS THAT INVIGORATE THE BLOOD AND DISPEL BLOOD STASIS (continued)  
**QUIZ #2**
- Shi Xiao San (B) p 316
- Dan Shen Yin (B) p 318
- Da Huang Zhe Chong Wan (B) p 318
- Bu Yang Huan Wu Tang (B) p 320

B. FORMULAS THAT WARM THE MENSES AND DISPEL BLOOD STASIS
- Gui Zhi Fu Ling Wan (A) p 37
- Wen Jing Tang (A) p 324
- Sheng Hua Tang (13) p 323

C. FORMULAS THAT INVIGORATE THE BLOOD IN THE TREATMENT OF TRAUMATIC INJURY
- Fu Yuan Hou Xue Tang (B) p 326
- Qi Li San (B) p 327
- Huo Lou Xiao Ling Dan (B) p 329

#### CLASS TEN

VII. FORMULAS THAT STOP BLEEDING

A. FORMULAS THAT STOP BLEEDING AND CLEAR HEAT
- Shi Hui San (B) p 336
- Huai Hua San (B) p 339
- Xiao Ji Yin Zi (B) p 341
- Si Sheng Wan p337

B. FORMULAS THAT TONIFY AND STOP BLEEDING
- Huang Tu Tang (B) p 343
- Jiao Ai Tang (B) p 345

#### CLASS ELEVEN

FINAL EXAMINATION

#### REFERENCE MATERIAL

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**FACULTY INFO**

Please check with instructor during class to get updated contact info.
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<td>HERB FORMULAE II</td>
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Chang, Christine W.
Summer 2018