

ACCHS COURSE OUTLINE/SYLLABUS

COURSE TITLE: Formulas I
COURSE NUMBER: HM252
UNITS/HOURS: 4/60
INSTRUCTOR: Juan Carlos Collins LAc
TERM OFFERED: IV

COURSE OBJECTIVES:

Herbal Formula I is a basic course in traditional Chinese medicine. It has a close relationship with other clinical courses.

Through studying this course, students will gain basic knowledge of commonly used Chinese herbal formulas and their clinical values. The student will obtain a practical understanding of the formulas so as to be able to correctly prescribe them in future clinical practice.

This class will introduce about 85 commonly used formulas.

TEACHING METHODS:

Teaching methods include lectures, discussion, charts, handouts, slides, quizzes, midterm and final.

GRADING POLICY:

15% attendance, 40% midterm, 45% final. Both midterm and final will have multiple choice questions and herb identification.

Formulas Research Comparisons (5% of grade): Compare and contrast two formulas, including key symptoms, chief herbs, & categories. Include a brief on how formulas are used clinically.

PRE-REQUISITE(S):

Herbology I (HM150) and Herbology II (HM151)

TEXTBOOK:

Chinese Herbal Formula By Bensky and Gamble.

REFERENCES:

Handbook of Chinese Herbs and formulas (Vol. I & II), Yeung
Commonly Used Chinese Herbal Formulas With Illustrations, Hsu

Formulas in **Bold** are CA state board formulas.

All page numbers are for Scheid/Bensky Formulas and Strategies 2nd Edition

Week 1: Introduction: Important texts, Structure of formulas

Formulas that Release the Exterior

Release Exterior Wind-Cold: **Ma huang tang** (pg. 7), **Gui zhi tang** (pg. 13), **Ge gen tang** (pg. 19), **Xiao qing long tang** (pg. 21), **Jiu wei qiang huo tang** (pg. 24),

Week 2: Theory: Dosages

Release Exterior Wind-Heat: **Sang ju yin** (pg. 35), **Yin qiao san** (pg. 36), **Chai ge jie ji tang** (pg. 39)

Release the Exterior with Internal Deficiency: **Ren shen bai du san** (pg. 47), **Ma huang xi xin fu zi tang** (pg. 50), **Jia jian wei rui tang** (pg. 55)

Week 3: Theory: Methods of preparing and dispensing

Formulas that Drain Downward

Purge Heat Accumulation: **Da cheng qi tang** (pg. 63), **Xiao cheng qi tang** (pg. 66), **Tiao wei cheng qi tang** (pg. 67), **Da xian xiong tang** (pg. 69)

Warm and Purge: **Da huang fu zi tang** (pg. 71)

Moisten the Intestines and Unblock the Bowels: **Run chang wan** (pg. 80), **Ma zi ren wan** (pg. 81), **Ji chuan jian** (pg. 84)

Simultaneously Attack and Tonify: **Zeng ye cheng qi tang** (pg. 88)

Drive out Excess Water: **Shi zao tang** (pg. 90)

Week 4:

Formulas to Harmonize

Harmonize the Shao yang: **Xiao chai hu tang** (pg. 104), **Chai hu jia long gu mu li tang** (pg. 113)

Harmonize the Liver and Spleen: **Si ni san** (pg. 116), **Xiao yao san** (pg. 120), **Jia wei xiao yao san** (pg. 124), **Tong xie yao fang** (pg. 125)

Harmonize the Stomach and Intestines: **Ban xia xie xin tang** (pg. 127), **Huang lian tang** (pg. 131)

Week 5: **Quiz 1**

Formula Comparison Presentation I

Week 6:

Formulas that Clear Heat

Clear Heat from the Qi Level: **Bai hu tang** (pg. 150), **Zhu ye shi gao tang** (pg. 155), **Zhi zi chi tang** (pg. 158)

Clear Heat from the Ying level and Cool the Blood: **Qing ying tang** (pg. 161), **Xi jiao di huang tang** (pg. 165)

Clear Heat and Relieve Toxicity: **Huang lian jie du tang** (pg. 167), **Xie xin tang** (pg. 171), **Pu ji xiao du yin** (pg. 173)

Week 7: Clear Heat from the Organs: **Ma xing shi gan tang** (pg. 183), **Xie bai san** (pg. 186), **Xie huang san** (pg. 190), **Qing wei san** (pg. 191), **Yu nu jian** (pg. 193), **Dao chi san** (pg. 195), **Long dan xie gan tang** (pg. 199), **Zuo jin wan** (pg. 205), **Shao yao tang** (pg. 207), **Huang qin tang** (pg. 208), **Bai tou weng tang** (pg. 210)

Week 8: Clear Empty Heat: **Qing hao bei jia tang** (pg. 212), **Qing gu san** (pg. 214)

Relieve Summer-heat: **Liu yi san** (pg. 238)

Formulas that Treat Dryness

Gently Disperse and Moisten Dryness: **Qing zao jiu fei tang** (pg. 667), **Sha shen mai men dong tang** (pg. 669)

Enrich the Yin and Moisten Dryness: **Mai men dong tang** (pg. 670), **Yu ye tang** (pg. 675), **Zeng ye tang** (pg. 677)

Week 9: **Quiz 2**
Formula Comparison Presentation II

Week 10:

Formulas to Expel Damp

Dry Damp and Harmonize the Stomach: **Ping wei san** (pg. 687), **Huo xiang zheng qi san** (pg. 691)

Clear Heat and Expel Dampness: **Yin chen hao tang** (pg. 710), **Ba zheng san** (pg. 713), **Er miao san / San miao wan**, **Si miao wan** (pg. 720)

Week 11: Promote Urination and Leach out Dampness: **Wu ling san** (pg. 724), **Zhu ling tang** (pg. 729), **Wu pi san** (pg. 732), **Fang ji huang qi tang** (pg. 735)

Warm and Transform Water and Dampness: **Ling gui zhu gan tang** (pg. 738), **Zhen wu tang** (pg. 744), **Fu zi tang** (pg. 747), **Bi xie fen qing yin** (pg. 751)

Week 12:

Dispel Wind-Dampness: Qiang huo sheng shi tang (pg. 755), Juan bi tang (pg. 756), **Du huo ji sheng tang** (pg. 758), Gui zhi shao yao zhi mu tang (pg. 760), Xuan bi tang (pg. 762)

Formulas to Resolve Phlegm

Dry Damp and Resolve Phlegm: Er chen tang (pg. 775), Dao tan tang (pg. 780), Di tan tang (pg. 782), Wen dan tang (pg. 786)

Week 13:

Clear Heat and Resolve Phlegm: Qing qi hua tan wan (pg. 790), Xiao xian xiong tang (pg. 793)

Moisten Dryness and Resolve Phlegm: Bei mu gua luo san (pg. 802)

Warm and Transform Phlegm-Cold: Ling gan wu wei jiang xin tang (pg. 806), San zi yang qing tang (pg. 808)

Transform Phlegm and Extinguish Wind: Ban xia bai zhu tian ma tang (pg. 811), Ding xian wan (pg. 813), Zhi sou san (pg. 815)

Week 14:

****Quiz 3****

Review all material in preparation for the Final.

Week 15

Final (40% of grade)