

SUBJECT OUTLINE



Subject Name:

Chinese Herbal Formulae

Subject Code:

CMHB221

SECTION 1 – GENERAL INFORMATION

Award/s:	Bachelor of Health Science (Acupuncture)	Total course credit points:	128	Level:	3 rd Year
Duration:	1 Semester				
Subject Coordinator:	Dr Yun Shen (Perth campus)				
Subject is:	Core	Subject Credit Points:	2		

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

Delivery Mode:

Face to face 3 hour lecture
Full Time
Part Time

Pre-requisites: CMHB211, CMAC223, BIOP211

Co-requisites: CMDE411

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

Building on the subject Chinese Herbal Medicine, this subject introduces Chinese herbal formulae including their classification and common functions and applications of each category of formulae. Students will study their formulae, functions, indications, precautions, contraindications, administration and instructions to patients, as well as comparing and distinguishing between similar formulae. Students will be able to use herbal formulae as an adjunct to their acupuncture practice. Safe practice behaviours based on CMBA and TGA guidelines will be developed, and adverse events reporting processes established.

Learning Outcomes

1. Understand the principles and methods of forming a Chinese herbal formula and its safe use within an acupuncture practice.
2. Identify and discuss common interactions and contraindications associated with Chinese herbal formulas.
3. Identify and explain the characteristics, functions, clinical applications and related administration roles of the main traditional Chinese formulas.
4. Compare and differentiate the main herbal formula categories to apply formulas properly according to pattern identification and treatment principle
5. Understand the significance to practice of safety guidelines, including CMBA, TGA and adverse events reporting policies and procedures.

Assessment Tasks

Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Quizzes (3) (20 mins)	1-5	1-8	3, 6, 10	30% (10% each)

Written Assignment (2000 words)	1-5	1-13	Sunday following Week 13	30%
Final Exam (2 hours)	1-5	1-13	Final Exam Period	40%

Prescribed readings:

- Chen, D. (2007). *Formulas of traditional Chinese medicine* (2nd ed.). Beijing, China: People's Medical Publishing House.
- Chinese Medicine Board of Australia. (2012). *Updated listing of restricted Chinese herbs: September 2012*. Retrieved from <http://www.chinesemedicineboard.gov.au/Codes-Guidelines.aspx>
- Chinese Medicine Board of Australia. (2017). *Guidelines for safe practice of Chinese herbal medicine*. Retrieved from <http://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice.aspx>

Recommended readings:

- Australian Government Department of Environment and Energy. (2017). *Internationally endangered plants and animals (CITES)*. Retrieved from <https://www.environment.gov.au/biodiversity/wildlife-trade/cites>
- Therapeutic Goods Administration. (2016). *Health professional information & education*. Retrieved from <https://www.tga.gov.au/health-professional-information-education>
- Therapeutic Goods Administration. (2016). *Reporting problems*. Retrieved from <http://www.tga.gov.au/reporting-problems>
- Yang, J. (2013). *Introduction to formulae of traditional Chinese medicine*. Hackensack, NJ: World Century.
- Yang, Y. (2010). *Chinese herbal formulas: Treatment principles and composition strategies*. Edinburgh, Scotland: Churchill Livingstone Elsevier. [ebook available]

Subject Content	
Week	Lecture
1.	Introduction to Chinese herbal formulae: <ul style="list-style-type: none"> Principles and methods of forming a formula (Chief, Deputy, Assistant and Envoy/ Jun, Chen, Zuo, Shi) Administration forms, preparation methods and applications Modifications of herbal formulae Contraindications and cautions for using herbal formulae Good Manufacturing Practice Government regulations and Chinese patent herbal medicine practice by acupuncturists The Therapeutic Goods Agency (TGA) AustL, AustR and non-listed TGA products
2.	Release Exterior Chinese herbal medicine: warm pungent, cool pungent: <ul style="list-style-type: none"> English name; Pin yin name Composition; TCM actions (functions and indications) Analysis and explanation of the formula Pharmacological effects; Cautions and contraindications Dosage and administration
3.	Tonifying Chinese herbal formulae: qi: <ul style="list-style-type: none"> English name; Pin yin name Composition; TCM actions (functions and indications)

	<ul style="list-style-type: none"> • Analysis and explanation of the formula • Pharmacological effects; cautions and contraindications • Dosage and administration Quiz 1
4.	Tonifying Chinese herbal formulae (continued): xue & both qi and xue tonics: <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; cautions and contraindications • Dosage and administration
5.	Tonifying Chinese herbal formulae (continued): yin, yang: <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; cautions and contraindications • Dosage and administration
6.	Regulate Qi Chinese herbal formulae: <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; cautions and contraindications • Dosage and administration Downward Draining Chinese herbal formulae: <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; cautions and contraindications • Dosage and administration Quiz 2
7.	Clear Heat Chinese herbal formulae: <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration
NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Semester 1 - This aligns with the week after Easter so it may fall between weeks 6 to 8. Semester 2 - The break week falls between Weeks 7 and 8.	
8.	Harmonizing Chinese herbal formulae: <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration
9.	Warm Interior Cold Chinese herbal formulae: <ul style="list-style-type: none"> • English name; Pin yin name

	<ul style="list-style-type: none"> • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration
10.	<p>Expel Dampness Chinese herbal formulae:</p> <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions(functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration <p>Expel Wind Chinese herbal formulae:</p> <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions(functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration <p>Quiz 3</p>
11.	<p>Eliminate Phlegm Chinese herbal formulae:</p> <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration <p>Relieve Food Stagnation Chinese herbal formulae:</p> <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration
12.	<p>Manage the dryness Chinese herbal formulae:</p> <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration <p>Stabilize and Bind Chinese herbal formulae:</p> <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration <p>Calm the Shen Chinese herbal formulae:</p> <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration

13.	<p>Invigorate blood circulation Chinese herbal formulae:</p> <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration <p>Stop Bleeding Chinese herbal formulae:</p> <ul style="list-style-type: none"> • English name; Pin yin name • Composition; TCM actions (functions and indications) • Analysis and explanation of the formula • Pharmacological effects; Cautions and contraindications • Dosage and administration
14.	Non-Teaching Week / Practical Exam Week 1. Note that make-up classes may be scheduled in this week.
15.	Non-Teaching Week / Practical Exam Week 2. Note that make-up classes may be scheduled in this week.
16.	<p>Final Exam Week 1</p> <p>Please refer to the Exam Timetable for your local campus for the exact day and time of exam.</p>
17.	<p>Final Exam Week 2</p> <p>Please refer to the Exam Timetable for your local campus for the exact day and time of exam.</p>