

# SUBJECT OUTLINE



Subject Name:

## Chinese Herbal Medicine

Subject Code:

## CMHB211

### SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Acupuncture)

Total course credit points:

128

Level:

3<sup>rd</sup> 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:  
**3**

No. personal study hours per week:  
**2**

Total hours per week:  
**5**

Delivery Mode:

Face to face 3 hour lecture

Full Time

Part Time

Pre-requisites: CMPR121, CMPR112

Co-requisites: BIOP211

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

The Chinese herbal medicine subject overviews many commonly used Chinese herbal agents. For each agent learning activities will examine the name, classification, characteristics, key medicinal actions, and interaction with other agents. By subject conclusion the student will be able to identify, compare and make an argument for the use of specific key individual Chinese agents within client management.

#### Learning Outcomes

1. Discuss and compare Chinese herbal medicine theories and make a case for their integration with Chinese medicine practice.
2. Identify and discuss common interactions and contraindications associated with Chinese herbal medicine practice.
3. Identify the core characteristics and actions of each agent.
4. Discuss how specific Chinese herbal agents could be used in the management of different disorders.

#### Assessment Tasks

Type	Learning Outcomes Assessed	Weeks Content Delivered	Week Due	Weighting
Mid Semester Exam (1 hour)	1-4	1-7	8	20%
Written Assignment (2000 words)	1-4	1-13	Sunday following Week 13	30%
Final Exam (2 hours - MCQ, short answer, extended answer, case studies)	1-4	1-13	Final Exam Period	50%

**Prescribed readings:**

1. Chinese Medicine Board of Australia. (2012). *Updated listing of restricted Chinese herbs: September 2012*. Retrieved from <http://www.chinesemedicineboard.gov.au/Codes-Guidelines.aspx>
2. 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>
3. Teng, J. L. (2007). *Chinese materia medica* (2nd ed.). Beijing, China: People's Medical Publishing House.

**Recommended readings:**

1. 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>
2. Hempen, C. H., & Fischer, T. (2009). *A materia medica for Chinese medicine: plants, minerals and animals products*. Edinburgh, Scotland: Churchill Livingstone. [ebook available]
3. Therapeutic Goods Administration. (2016). *Health professional information & education*. Retrieved from <https://www.tga.gov.au/health-professional-information-education>
4. Therapeutic Goods Administration. (2016). *Reporting problems*. Retrieved from <https://www.tga.gov.au/reporting-problems>
5. Yang, Y. F. (2010). *Chinese herbal medicines, comparisons and characteristics* (2nd ed.). Edinburgh, Scotland: Churchill Livingstone, Elsevier. [ebook available]

Subject Content	
Week	Lecture
1.	General introduction to Chinese herbal medicine: <ul style="list-style-type: none"> <li>• History of Chinese herbal medicine</li> <li>• Four energies [ascending descending floating and sinking]</li> <li>• Temperature properties [cold cool neutral warm and hot]</li> <li>• Five tastes [bitter pungent sweet salty sour]</li> <li>• Direction of action</li> <li>• Locations</li> <li>• Action / Indications</li> <li>• Forbidden combinations</li> <li>• Traditional TCM contraindications</li> <li>• Traditional pregnancy cautions</li> <li>• Introduction to herbal toxicology (toxicity and non-toxicity)</li> <li>• Introduction to drug / herbal pharmacokinetic interaction</li> <li>• Government regulations and Chinese herbal medicine practice by acupuncturists</li> </ul>
2.	Release exterior Chinese herbal medicine - warm pungent, cool pungent: <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul>
3.	Clear heat Chinese herbal medicine - reduce heat and fire, dry dampness: <ul style="list-style-type: none"> <li>• Latin name / Pin yin name / English name medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> </ul>

	<ul style="list-style-type: none"> <li>• Dosage and Cooking time</li> </ul>
4.	<p>Clear heat Chinese herbal medicine - cool xue (blood), release toxins, yin deficiency heat:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul>
5.	<p>Purgative Chinese herbal medicine - purgatives, lubricate intestines, expel wind /damp:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul> <p>Aromatic damp transformation and Aromatic Open Orifices Chinese herbal medicine:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul>
6.	<p>Benefit urination/drain dampness Chinese herbal medicines :</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul> <p>Warm interior Chinese herbal medicines</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul>
7.	<p>Removing Wind-damp Chinese herbal medicines;</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul> <p>Regulate Qi Chinese herbal medicine:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul>
<p><b>NON-TEACHING WEEK</b></p> <p><b>Semester 1</b> - This aligns with the week after Easter so it may fall between weeks 6 to 8.</p> <p><b>Semester 2</b> - The break week falls between Weeks 7 and 8.</p>	

8.	<p><b>Mid-semester Exam</b></p> <p>Relieve food stagnation Chinese herbal medicine:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul> <p>Astringent Chinese herbal medicine:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul>
9.	<p>Stop bleeding Chinese herbal medicine:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul> <p>Invigorate blood circulation Chinese herbal medicines:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul> <p>Expel parasites Chinese herbal medicines:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul>
10.	<p>Resolve phlegm Chinese herbal medicine:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul> <p>Cough resolving Chinese herbal medicines:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time.</li> </ul>
11.	<p>Settle and calm shen (spirit) Chinese herbal medicines:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> </ul>

	<ul style="list-style-type: none"> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul> <p>Pacify the liver and extinguish wind Chinese herbal medicines:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul>
12.	<p>Tonifying Chinese herbal medicine - qi and xue (blood) :</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul>
13.	<p>Tonifying Chinese herbal medicine - yin &amp; yang:</p> <ul style="list-style-type: none"> <li>• Latin name Pin yin name / medicinal properties (temperature/taste/direction)</li> <li>• TCM actions/indications</li> <li>• Pharmacological effects</li> <li>• Cautions and contraindications</li> <li>• Dosage and Cooking time</li> </ul>
14.	<b>Non-Teaching Week / Practical Examination Week 1. Note that make-up classes may be scheduled in this week.</b>
15.	<b>Non-Teaching Week / Practical Examination Week 2. Note that make-up classes may be scheduled in this week.</b>
16.	<p><b>Final Exam Week 1</b></p> <p>Please refer to the Exam Timetable for your local campus for the exact day and time of exam.</p>
17.	<p><b>Final Exam Week 2</b></p> <p>Please refer to the Exam Timetable for your local campus for the exact day and time of exam.</p>