



# SUBJECT OUTLINE

Subject Name:

Subject Code:

**Chinese Dietetics and Herbal Formulas**

**CMHB212**

## SECTION 1 – GENERAL INFORMATION

<b>Award/s:</b>	<b>Total Course Credit Points:</b>	<b>Level:</b>
Bachelor of Health Science (Chinese Medicine)	128	2 <sup>nd</sup> Year
Bachelor of Health Science (Acupuncture Therapies)	96	2 <sup>nd</sup> Year
<b>Duration:</b> 1 Semester		
<b>Subject is:</b> Core	<b>Subject Credit Points:</b> 4	

### Student Workload:

<b>No. timetabled hours per week:</b> 6	<b>No. personal study hours per week:</b> 4	<b>Total hours per week:</b> 10
<b>Delivery Mode*:</b>		
<input type="checkbox"/> On campus	<input type="checkbox"/> Online / Digital	<input checked="" type="checkbox"/> Blended
<input type="checkbox"/> Intensive		
<b>Weekly Session^ Format/s - 2 sessions per week:</b>		
<input checked="" type="checkbox"/> Livestream lectures:	<input checked="" type="checkbox"/> 2 hours	<input type="checkbox"/> 3 hours
		2 x 2 hour sessions per week including integrated lecture and case-based learning
<input checked="" type="checkbox"/> eLearning modules: 2 x 1 hour online learning modules per week		
<p>*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.</p> <p>^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.</p>		
<b>Study Pattern:</b> <input checked="" type="checkbox"/> Full Time <input checked="" type="checkbox"/> Part Time		
<b>Pre-requisites:</b> CMTH111, CMPR122		
<b>Co-requisites:</b> BIOP212		
<b>Special Resource Requirements:</b>		
Flat soled, closed toe leather footwear or approved equivalent		



## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

Students learn the history, development, terminology and construction of the Chinese materia medica, and through case based learning develop skill in the utilisation of foundational western nutritional medicine principles, Chinese dietary prescribing, and patent herbal formulas appropriate to and commonly used in the practice of acupuncture. This subject includes thirty-four patent herbal formulas commercially available within Australia, including their names, ingredients, actions, indications, symptoms, signs, precautions, contraindications, interactions and comparisons. A detailed study is undertaken of forty-three of their primary ingredients, including the names, identification, collection, processing, classification, actions, indications, key constituents, dosage, precautions, contraindications, interactions, and use within foods and as a component of health maintenance (yang sheng) where relevant. Other formula ingredients are studied with respect to their contribution to the formula, precautions, contraindications, and interactions. Students will become familiar with the policies and guidelines that govern the practice of Chinese herbal medicine prescribing, and explore health research findings, promoting an evidence based application of Chinese herbal and dietetics practice.

### Learning Outcomes

1. Summarise the principles and development of Chinese dietary therapy and herbal medicine, with reference to cultural factors, key historical periods and figures, and classical Chinese medicine texts.
2. Describe the ingredients, actions, indications, symptoms, signs, precautions, contraindications, interactions, comparisons and clinical applications of patent Chinese herbal medicines including an awareness of their pharmacognosy, risks, toxicology, and the management of adverse events.
3. Describe the names, identification, collection, processing, classification, action, indications, key constituents, dosage, precautions, contraindications, interactions, and use within foods of the major and some accessory Chinese herbal substances.
4. Discuss the principles of human nutrition, including the macro and micro-nutrients and their general roles in health, disease, and integration with Chinese dietary practice.
5. Develop Chinese dietetic and Chinese herbal recommendations informed by clinical and scholarly literature for clinical conditions and health maintenance.
6. Record and label Chinese dietetic and Chinese herbal prescriptions, including the recognition of authorised pinyin names.
7. Explain the regulatory and clinical procedure requirements that apply to Chinese herbal prescribing and dispensing, including those of the Chinese Medicine Board of Australia (CMBA), Therapeutic Goods Administration (TGA), Standard for the Uniform Scheduling of Medicines and Poisons (SUSMP), importing and exporting, and environmental sustainability.



Assessment Tasks				
Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Food Diary Analysis</b> (750 words)	4	1-8	Week 5	20%
<b>Quiz</b> (45 minutes)	1-7	1-14	Week 8	20%
<b>Treatment Plan</b> (1200 words)	1-6	1-22	Week 12	30%
<b>Final Written Exam</b> (90 minutes)	1-7	1-26	Final Examination Period	30%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				

#### Prescribed Readings:

1. Bensky, D., Clavey, S., & Stoege, E. (2015). *Chinese herbal medicine: Materia medica* (Portable 3rd ed.). Eastland Press.
2. Bensky, D., Scheid, V., Clavey, S., Barolet, R., Stöeger, E., Ellis, A., Gamble, A., & Bensky, L. L. (2013). *Eastland herb – Chinese medicine: Materia medica & formulas* (Version 4.0) [Mobile app]. Apple Store. <https://apps.apple.com/us/app/eastland-herb-chinese-herbal-medicine-dan-bensky/id737380894>
3. Chinese Medicine Board of Australia. (2016, August 22). *Quick reference guide – Guidelines for safe Chinese herbal medicine practice*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice.aspx>
4. Chinese Medicine Board of Australia. (2015, November 16). *Guidelines for safe Chinese herbal medicine practice*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice.aspx>
5. Chinese Medicine Board of Australia. (2020, June 30). *User guide - Nomenclature compendium for Chinese herbal medicine*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice>
6. Kastner, J. (2011). *Chinese nutrition therapy: Dietetics in traditional Chinese medicine* (2nd ed.). Thieme. [ebook available]
7. MyFitnessPal. (2019). *MyFitnessPal - Calorie counter: Fitness & weight loss tracker* (Version 21.16.5) [Mobile app]. Apple Store. <https://itunes.apple.com/au/app/myfitnesspal/id341232718?mt=8>
8. Scheid, V., & Ellis, A. (2016). *Handbook of formulas in Chinese medicine*. Eastland Press.
9. CMHB212 reading list

#### Recommended Readings:

1. Chen, J., & Chen, T. (2001). *Chinese medical herbology and pharmacology*. Art of Medicine Press.



2. Deadman, P. (2016). *Live well live long: Teachings from the Chinese nourishment of life tradition*. Journal of Chinese Medicine.
3. Department of Agriculture, Water and the Environment. (n.d.). *Convention on international trade in endangered species of wild fauna and flora (CITES)*. <https://www.environment.gov.au/biodiversity/wildlife-trade/cites>
4. Flaws, B., & Wolfe, H. L. (2005). *The successful Chinese herbalist: How to prescribe correctly, gain patient compliance, and operate a profitable dispensary*. Blue Poppy Press. [ebook available]
5. Food Standards Australia New Zealand. (2019, January). *Australian food composition database*. <http://www.foodstandards.gov.au/science/monitoringnutrients/afcd/pages/default.aspx>
6. Liu, G. (2016). *Discussion of cold damage (shang han lun): Commentaries and clinical applications*. Singing Dragon. [ebook available]
7. MIMS Australia (2021, August). MIMS online. <https://www-mimsonline-com-au.ezproxy.endeavour.edu.au/Search/Search.aspx>
8. Pitchford, P. (2002). *Healing with whole foods: Asian traditions and modern nutrition*. North Atlantic Books.
9. Scheid, V., Bensky, D., Ellisa, A., & Barolet, R. (2015). *Chinese herbal medicine formulas & strategies* (Portable 2nd ed.). Eastland Press.
10. Seifert, G. (2000). *Wen bing xue: Warm disease theory*. Paradigm.
11. Therapeutic Goods Administration. (2018, April 20). *Health professional information & education*. <https://www.tga.gov.au/health-professional-information-education>
12. Therapeutic Goods Administration. (n.d.). *Report a problem or side effects*. <http://www.tga.gov.au/reporting-problems>
13. Therapeutic Goods Administration. (2021, June 2). *The poisons standard (the SUSMP)*. <http://www.tga.gov.au/publication/poisons-standard-susmp>
14. Unschuld, P. U. (2011). *Huang Di nei jing su wen: An annotated translation of Huang Di's inner classic*. University of California Press. [ebook available]
15. Unschuld, P. U. (2016). *Nan jing: The classic of difficult issues*. University of California Press. [ebook available]
16. Whitney, E.N. (2016). *Understanding nutrition* (3rd Australian & New Zealand ed.). Cengage Learning. [ebook available]
17. Yang, S., & Flaws, B. (1998). *The divine farmer's material medica: A translation of the shen nong ben cao jing*. Blue Poppy Press. [ebook available]
18. Yanze, L. (2015). *Dietary Chinese herbs: Chemistry, pharmacology and clinical evidence*. Springer. [ebook available]
19. Zhang, Z. (2013). *Essential prescriptions of the golden cabinet: Translation and commentaries*. Paradigm.

## Subject Content

Week	Lectures	Tutorials / Practicals
1.	Session 1	Activities are developed to allow the students to explore relevant concepts, expand on ideas and



	<p><b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p><b>Introduction to Materia Medica</b></p> <ul style="list-style-type: none"> <li>History &amp; development of Chinese <i>materia medica</i> and herbalism</li> <li>Concepts and principles</li> <li>Cooking and preparation methods</li> <li><i>Classical texts of Chinese herbalism</i></li> </ul>	<p>have peer and lecturer interaction. Activities also allow for formative assessment and feedback.</p> <ul style="list-style-type: none"> <li>Case based activities</li> <li>Food based activities</li> </ul>
	<p>Session 2</p> <p><b>Ingestive Prescribing</b></p> <ul style="list-style-type: none"> <li>Regulation and guidelines</li> <li>Introduction to herbal pharmacognosy</li> <li>Cautions and contraindications</li> <li>Interaction and formula construction</li> <li>Scope of practice and referral</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> </ul>
2.	<p>Session 3</p> <p><b>Nutrition and Pharmacology 1</b></p> <ul style="list-style-type: none"> <li>Food diary</li> <li>Dietary guidelines</li> <li>Macronutrients</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food diary activities</li> </ul>
	<p>Session 4</p> <p><b>Nutrition and Pharmacology 2</b></p> <ul style="list-style-type: none"> <li>Micronutrients</li> <li>Interactions and contraindications</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> </ul>
3.	<p>Session 5</p> <p><b>Fruits and Vegetables</b></p> <ul style="list-style-type: none"> <li>Properties and nutrients</li> <li>Preparation methods</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> </ul>
	<p>Session 6</p> <p><b>Grains and Legumes</b></p> <ul style="list-style-type: none"> <li>Properties and nutrients</li> <li>Preparation methods</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food based activities</li> </ul>



4.	<p>Session 7</p> <p><b>Animal Products</b></p> <ul style="list-style-type: none"> <li>➤ Properties and nutrients</li> <li>➤ Preparation methods</li> <li>➤ Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case based activities</li> <li>➤ Food based activities</li> </ul>
	<p>Session 8</p> <p><b>Culinary Herbs</b></p> <ul style="list-style-type: none"> <li>➤ Properties and nutrients</li> <li>➤ Preparation methods</li> <li>➤ Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case based activities</li> <li>➤ Food based activities</li> </ul>
5.	<p>Session 9</p> <p><b>Qi Tonics - Diet</b></p> <ul style="list-style-type: none"> <li>➤ Terminology</li> <li>➤ Classical, clinical and research-based literature</li> <li>➤ Indications, effects, and safe practices</li> <li>➤ Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case based activities</li> <li>➤ Food based activities</li> </ul>
	<p>Session 10</p> <p><b>Qi Tonics - Herbs</b></p> <ul style="list-style-type: none"> <li>➤ Terminology</li> <li>➤ Classical, clinical and research-based literature</li> <li>➤ Indications, effects, and safe practices</li> <li>➤ Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case based activities</li> <li>➤ Herb based activities</li> </ul>
6.	<p>Session 11</p> <p><b>Qi Stagnation - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>➤ Terminology</li> <li>➤ Classical, clinical and research-based literature</li> <li>➤ Indications, effects, and safe practices</li> <li>➤ Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case based activities</li> <li>➤ Food and herb based activities</li> </ul>
	<p>Session 12</p> <p><b>Blood Tonics - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>➤ Terminology</li> <li>➤ Classical, clinical and research-based literature</li> <li>➤ Indications, effects, and safe practices</li> <li>➤ Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case based activities</li> <li>➤ Food and herb based activities</li> </ul>



7.	<p>Session 13</p> <p><b>Blood Conditions - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Classical, clinical and research-based literature</li> <li>Indications, effects, and safe practices</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food and herb based activities</li> </ul>
	<p>Session 14</p> <p><b>Qi and Blood Tonics - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Classical, clinical and research-based literature</li> <li>Indications, effects, and safe practices</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food and herb based activities</li> </ul>
<p><b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week)</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 &amp; Online students</b> – The non-teaching week falls between Weeks 7 and 8</p>		
8.	<p>Session 15</p> <p><b>Fluid Conditions - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Classical, clinical and research-based literature</li> <li>Indications, effects, and safe practices</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food and herb based activities</li> </ul>
	<p>Session 16</p> <p><b>Fluid Conditions and Food Stagnation - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Classical, clinical and research-based literature</li> <li>Indications, effects, and safe practices</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food and herb based activities</li> </ul>
9.	<p>Session 17</p> <p><b>Shen Conditions - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Classical, clinical and research-based literature</li> <li>Indications, effects, and safe practices</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food and herb based activities</li> </ul>





	<p>Session 18</p> <p><b>Yin, Yang, and Jing Conditions - Diet</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Classical, clinical and research-based literature</li> <li>Indications, effects, and safe practices</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food based activities</li> </ul>
10.	<p>Session 19</p> <p><b>Yin, Yang, and Jing Conditions - Herbs</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Classical, clinical and research-based literature</li> <li>Indications, effects, and safe practices</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Herb based activities</li> </ul>
	<p>Session 20</p> <p><b>Internal Heat Conditions - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Classical, clinical and research-based literature</li> <li>Indications, effects, and safe practices</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food and herb based activities</li> </ul>
11.	<p>Session 21</p> <p><b>Internal Cold Conditions - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Classical, clinical and research-based literature</li> <li>Indications, effects, and safe practices</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food and herb based activities</li> </ul>
	<p>Session 22</p> <p><b>Internal Wind Conditions - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Classical, clinical and research-based literature</li> <li>Indications, effects, and safe practices</li> <li>Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food and herb based activities</li> </ul>
12.	<p>Session 23</p> <p><b>External Wind-Cold Conditions - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Classical, clinical and research-based literature</li> </ul>	<ul style="list-style-type: none"> <li>Case based activities</li> <li>Food and herb based activities</li> </ul>





	<ul style="list-style-type: none"> <li>➤ Indications, effects, and safe practices</li> <li>➤ Recipes and prescribing</li> </ul>	
	<p>Session 24</p> <p><b>External Wind-Heat Conditions - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>➤ Terminology</li> <li>➤ Classical, clinical and research-based literature</li> <li>➤ Indications, effects, and safe practices</li> <li>➤ Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case based activities</li> <li>➤ Food and herb based activities</li> </ul>
13.	<p>Session 25</p> <p><b>Harmonising - Diet and Herbs</b></p> <ul style="list-style-type: none"> <li>➤ Terminology</li> <li>➤ Classical, clinical and research-based literature</li> <li>➤ Indications, effects, and safe practices</li> <li>➤ Recipes and prescribing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case based activities</li> <li>➤ Food and herb based activities</li> </ul>
	<p>Session 26</p> <p><b>Research &amp; Professional Development</b></p> <ul style="list-style-type: none"> <li>➤ Condition focussed literature</li> <li>➤ Contemporary applications</li> <li>➤ Professional issues</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case based activities</li> </ul>
14.	<p><b>Non-Teaching Week/Practical Examination Week 1</b></p> <p>Note that make-up classes may be scheduled in this week</p>	
15.	<p><b>Non-Teaching Week/Practical Examination Week 2</b></p> <p>Note that make-up classes may be scheduled in this week</p>	
16.	<p><b>Final Examination Week 1</b></p> <p>Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy – Higher Education</a>. Refer to the LMS for exam opening and closing times.</p>	
17.	<p><b>Final Examination Week 2</b></p> <p>Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy – Higher Education</a>. Refer to the LMS for exam opening and closing times.</p>	