



SUBJECT OUTLINE

Subject Name:

Subject Code:

Chinese Herbal Prescribing 1

CMHB321

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Chinese Medicine)

Total Course Credit Points:

128

Level:

3rd Year

Duration:

1 Semester

Subject is:

Core

Subject Credit Points:

4

Student Workload:

No. timetabled hours per week:
6

No. personal study hours per week:
4

Total hours per week:
10

Delivery Mode*:

☐ On campus

☐ Online / Digital

☒ Blended

☐ Intensive

Weekly Session^ Format/s - 2 sessions per week:

☒ Livestream lectures:

☒ 2 hour

☐ 3 hours

2 x 2 hour sessions per week
including integrated lecture and
case-based learning

☒ eLearning modules:

2 x 1 hour eLearning modules per week

*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

^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.

Study Pattern:

☒ Full Time

☒ Part Time

Pre-requisites:

CMHB212, BIOP311, CMCM311, CMCP312

Co-requisites:

CMCM321

Special Resource Requirements:

Flat soled, closed toe leather footwear or approved equivalent



SECTION 2 – ACADEMIC DETAILS

Subject Rationale

Utilising a case-based learning model, students will develop capacity to extemporaneously prescribe, modify, and dispense herbal formulas for individual patients in a range of administration methods. This subject introduces thirty-seven new herbal formulas from within the categories for tonification, damp and phlegm elimination, Qi and blood regulation, harmonising, and calming the spirit and extends student knowledge of the related herbal formulas previously studied. Students will learn their names, ingredients, actions, indications, symptoms, signs, precautions, contraindications, interactions, comparisons, and the construction and modification of formulas based on patients' presentations and preferences. A detailed study is undertaken of fifty-seven new herbal substances, including the names, identification, collection processing, classification, pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications, and interactions. Other formula ingredients are studied with respect to their contribution to the formula, precautions, contraindications, and interactions. Students will explore a range of health research findings, promoting an evidence-based application of Chinese herbal medicine practice.

Learning Outcomes

1. Relate the regulatory and clinical procedural requirements that apply to Chinese herbal prescribing (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) to individualised Chinese herbal prescribing, storage, and dispensing.
2. Recall the collection, processing, classification, pharmacognosy, characteristics, actions, indications, dosage, risks, precautions, contraindications, and interactions of Chinese medicinal substances.
3. Analyse common modifications and develop individualised Chinese herbal prescriptions in a range of administration methods based on the diagnosis, relevant treatment principles, reactions to previous prescriptions, and current presentation, and with reference to the patient's background, health status, capacity for tolerance and choices that are informed by scholarly and clinical literature (including the Chinese medicine classics).
4. Construct and record appropriate prescriptions and patient instructions for the use of Chinese herbal medicines.
5. Store, identify, dispense, and label Chinese medicinal substances and prescriptions, including their authorised pinyin names.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Quiz (45 minutes)	1, 2	1-5	Week 5	20%



Treatment Plan, Prescription & Patient Instructions (1500 words)	3, 4	1-19	Week 11	20%
Herbal Identification & Dispensing Examination (15 minutes)	5	1-26	Practical Examination Period	20%
Final Written Examination (90 minutes)	1-4	1-26	Final Examination Period	40%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				
To achieve a passing grade in this subject, students must: <ul style="list-style-type: none"> • have a cumulative mark of at least 50%, and • have submitted all assessment items with a value greater than 15%. 				

Prescribed Readings:

Bensky, D., Clavey, S., & Stoeger, E. (2015). *Chinese herbal medicine: Materia medica* (Portable 3rd ed.). Eastland Press.

Bensky, D., Scheid, V., Clavey, S., Barolet, R., Stöeger, E., Ellis, A., Gamble, A., & Bensky, L. (2013). *Eastland herb – Chinese medicine: Materia medica & formulas* (Version 4.3) [Mobile app]. Apple Store.
[https://apps.apple.com/us/app/eastland-herb-chinese-herbal-medicine-dan-\[bensky/id737380894](https://apps.apple.com/us/app/eastland-herb-chinese-herbal-medicine-dan-[bensky/id737380894)

Chinese Medicine Board of Australia. (2022b). *Nomenclature compendium for Chinese herbal medicines*.
<https://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice>

Chinese Medicine Board of Australia. (2023a). *Revised Guidelines for safe Chinese herbal medicine practice*.
<https://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice.aspx>

Chinese Medicine Board of Australia. (2023b). *Consultation report – Revised Guidelines for safe Chinese herbal medicine practice*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice.aspx>

Scheid, V., Bensky, D., Ellis, A., & Barolet, R. (2015). *Chinese herbal medicine formulas & strategies* (Portable 2nd ed.). Eastland Press.

Scheid, V., & Ellis, A. (2016). *Handbook of formulas in Chinese medicine*. Eastland Press.

CMHB321 reading list

Recommended Readings:

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>

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

Dong-yuan, L. (2004). *Li Dong-yuan's treatise on the spleen and stomach: A translation of the Pi wei lun* (2nd ed.). (B. Flaws, Trans.). Blue Poppy Press. [ebook available]



- 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]
- Liu, G. (2016). *Discussion of cold damage (shang han lun): Commentaries and clinical applications*. Singing Dragon. [ebook available]
- MacLean, W. (2018). *Clinical handbook of internal medicine: The treatment of disease with traditional Chinese medicine* (2nd ed.). Eastland Press.
- MIMS Australia (2021, August). MIMS Online. <https://www.mimsonline-com-au.ezproxy.endeavour.edu.au/Search/Search.aspx>
- Qian, Yi. (2019). *Concise guide to medicinal application in paediatrics: Translation of xiao er yao zheng zhi jue*. (M. Yang, Trans). World Scientific Publishing Company.
- Qing-zhu, F. (1995). *Fu Qing-zhu's gynecology* (2nd ed.). (Y. Shou-zhong, & L. Da-wei, Trans.). Blue Poppy Press. [ebook available].
- Seifert, G. (2000). *Wen bing xue: Warm disease theory*. Paradigm.
- Therapeutic Goods Administration. (2018). *Health professional information & education*. <https://www.tga.gov.au/health-professional-information-and-education>
- Therapeutic Goods Administration. (n.d.). *Report a problem or side effects*. <http://www.tga.gov.au/reporting-problems>
- Therapeutic Goods Administration. (2023). *The Poisons Standard (the SUSMP)*. <http://www.tga.gov.au/publication/poisons-standard-susmp>
- Unschuld, P. (2011). *Huang Di nei jing su wen: An annotated translation of Huang Di's inner classic*. University of California Press. [ebook available]
- Unschuld, P. U. (2016). *Nan jing: The classic of difficult issues*. University of California Press. [ebook available]
- 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]
- Yanze, L. (2015). *Dietary Chinese herbs: Chemistry, pharmacology and clinical evidence*. Springer. [ebook available]
- Zhang, Z. (2013). *Essential prescriptions of the golden cabinet: Translation and commentaries*. Paradigm.

Subject Content

Week	Lectures	Tutorials / Practicals
1.	<p>Session 1</p> <p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Introduction to Herbal Dispensing</p> <ul style="list-style-type: none"> ➤ Primary (classical) literature & history ➤ Introduction to taxonomical classification ➤ Introduction to herbal processing 	<p>Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback.</p> <ul style="list-style-type: none"> ➤ Storage, identification, labelling and dispensing activities



	<ul style="list-style-type: none"> ➤ Raw herbs, herbal extracts, and manufactured medicines ➤ Prescriptions, patient instructions and communication 	
	<p>Session 2</p> <p>Herbs and Formulas that Tonify Qi and Blood 1</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
2.	<p>Session 3</p> <p>Herbs and Formulas that Tonify Qi and Blood 2</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
	<p>Session 4</p> <p>Herbs and Formulas that Tonify Qi and Blood 3</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
3.	<p>Session 5</p> <p>Herbs and Formulas that Tonify Qi and Blood 4</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities



	<ul style="list-style-type: none"> ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	
	<p>Session 6</p> <p>Herbs and Formulas that Tonify Yin and Yang 1</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
4.	<p>Session 7</p> <p>Herbs and Formulas that Tonify Yin and Yang 2</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
	<p>Session 8</p> <p>Herbs and Formulas that Aromatically Transform Damp</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities



	<ul style="list-style-type: none"> ➤ Regulatory, clinical, and dispensing procedures 	
5.	<p>Session 9</p> <p>Herbs and Formulas that Drain Damp 1</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
	<p>Session 10</p> <p>Herbs and Formulas that Drain Damp 2</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
6.	<p>Session 11</p> <p>Herbs and Formulas that Drain Damp 3</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
	<p>Session 12</p> <p>Herbs and Formulas that Drain Damp 4</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities



	<ul style="list-style-type: none"> ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	
7.	<p>Session 13</p> <p>Herbs and Formulas that Resolve Phlegm 1</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
	<p>Session 14</p> <p>Herbs and Formulas that Resolve Phlegm 2</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p>Semester 2 & Online students – The non-teaching week falls between Weeks 7 and 8</p>		
8.	<p>Session 15</p> <p>Herbs and Formulas that Resolve Phlegm 3</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities



	<ul style="list-style-type: none"> ➤ Regulatory, clinical, and dispensing procedures 	
	<p>Session 16</p> <p>Herbs and Formulas that Regulate Qi 1</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
9.	<p>Session 17</p> <p>Herbs and Formulas that Regulate Qi 2</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
	<p>Session 18</p> <p>Herbs and Formulas that Harmonise 1</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
10.	<p>Session 19</p> <p>Herbs and Formulas that Harmonise 2</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities



	<ul style="list-style-type: none"> ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	
	<p>Session 20</p> <p>Herbs and Formulas that Move Blood 1</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
11.	<p>Session 21</p> <p>Herbs and Formulas that Move Blood 2</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
	<p>Session 22</p> <p>Herbs and Formulas that Move Blood 3</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
12.	<p>Session 23</p> <p>Herbs and Formulas that Move Blood 4</p>	<ul style="list-style-type: none"> ➤ Case based learning activities



	<ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Storage, identification, labelling and dispensing activities
	<p>Session 24</p> <p>Herbs and Formulas that Calm Spirit 1</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
13.	<p>Session 25</p> <p>Herbs and Formulas that Calm Spirit 2</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities
	<p>Session 26</p> <p>Herbs and Formulas that Calm Spirit 3</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Collection, processing, classification, identification and storage ➤ Pharmacognosy, characteristics, actions, indications, dosage, precautions, contraindications and interactions ➤ Prescribing for individuals ➤ Regulatory, clinical, and dispensing procedures 	<ul style="list-style-type: none"> ➤ Case based learning activities ➤ Storage, identification, labelling and dispensing activities



14.	Non-Teaching Week/Practical Examination Week 1 Note that make-up classes may be scheduled in this week
15.	Non-Teaching Week/Practical Examination Week 2 Note that make-up classes may be scheduled in this week
16.	Final Examination Week 1 Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education . Refer to the LMS for exam opening and closing times.
17.	Final Examination Week 2 Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education . Refer to the LMS for exam opening and closing times.