



SUBJECT OUTLINE

Subject Name:

Chinese Herbal Formulae

Subject Code:

CMHB221

SECTION 1 – GENERAL INFORMATION

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

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 1 x 3 hour lecture
(On Campus)

Full Time

Part Time

Pre-requisites: BIOP211, CMHB211, CMAC223

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, composition, 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 composition, 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 | Session Content Delivered | Due | Weighting |
|---|----------------------------|---------------------------|--------------------------|-----------------------|
| 3 Quizzes (20 minutes each) | 1-5 | 1-8 | Weeks 3, 6, 10 | 30% (3 x 10% each) |
| Written Assignment (2000 words) | 1-5 | 1-13 | Week 13 | 30% |
| Final Written Examination (2 hours) | 1-5 | 1-13 | Final Examination Period | 40% |

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS

Prescribed Readings:

1. Chinese Medicine Board of Australia. (2017). *Guidelines for safe practice of Chinese herbal medicine*. <http://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice.aspx>
2. Chinese Medicine Board of Australia. (2020). *User guide - Nomenclature compendium for Chinese herbal medicine*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice.aspx>
3. Scheid, V., & Ellis, A. (2016). *Handbook of formulas in Chinese medicine*. Eastland Press.
4. Xi, S. & Gong, Y. (2017). *Essentials of Chinese materia medica and medical formulas: New century traditional Chinese medicine*. Academic Press.

Recommended Readings:

1. Department of Agriculture, Water and the Environment. (n.d.). *Convention on international trade in endangered species of wild fauna and flora (CITES)*. Australian Government. <https://www.environment.gov.au/biodiversity/wildlife-trade/cites>
2. Therapeutic Goods Administration. (n.d.). *Report a problem or side effect*. Australian Government. <https://www.tga.gov.au/reporting-problems>



3. Therapeutic Goods Administration. (2018, April 20). *Health professional information & education*. Australian Government. <https://www.tga.gov.au/health-professional-information-education>
4. Yang, J., Huang, H., Zhu, L.-J. (2013). *Introduction to formulae of traditional Chinese medicine* (X. He & H. Li, Trans.). World Century.
5. Yang, Y. (2010). *Chinese herbal formulas: Treatment principles and composition strategies*. Churchill Livingstone Elsevier. [ebook available]

Subject Content

| Week | Lectures |
|------|--|
| 1. | <p>Introduction to Chinese herbal formulae:</p> <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. | <p>Release exterior Chinese herbal medicine: warm pungent, cool pungent:</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 |
| 3. | <p>Tonifying Chinese herbal formulae: qi:</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 |
| 4. | <p>Tonifying Chinese herbal formulae (continued): xue & both qi and xue tonics:</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 |
| 5. | <p>Tonifying Chinese herbal formulae (continued): yin, yang:</p> |



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| | <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. | <p>Regulate Qi 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>Downward draining 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 |
| 7. | <p>Clear heat 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>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 non-teaching week falls between Weeks 7 and 8</p> | |
| 8. | <p>Harmonizing 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 |
| 9. | <p>Warm interior cold 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 |
| 10. | <p>Expel dampness Chinese herbal formulae:</p> |



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| | <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>11.</p> | <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 |
| <p>12.</p> | <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 |



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| | <ul style="list-style-type: none"> ➤ 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. | <p>Non-Teaching Week/Practical Examination Week 1</p> <p>Note that make-up classes may be scheduled in this week</p> |
| 15. | <p>Non-Teaching Week/Practical Examination Week 2</p> <p>Note that make-up classes may be scheduled in this week</p> |
| 16. | <p>Final Examination Week 1</p> <p>Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to your local campus calendar for exam opening and closing times.</p> |
| 17. | <p>Final Examination Week 2</p> <p>Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to your local campus calendar for exam opening and closing times.</p> |