



# SUBJECT OUTLINE

Subject Name:

**Chinese Herbal Medicine**

Subject Code:

**CMHB211**

## SECTION 1 – GENERAL INFORMATION

<b>Award/s:</b>	<b>Total Course Credit Points:</b>	<b>Level:</b>
Bachelor of Health Science (Acupuncture)	128	3 <sup>rd</sup> Year
<b>Duration:</b>	1 Semester	
<b>Subject Coordinator:</b> Dr Simon Want (Gold Coast Campus)		
<b>Subject is:</b>	<b>Subject Credit Points:</b>	2
Core		

### Student Workload:

<b>No. timetabled hours per week:</b> 3	<b>No. personal study hours per week:</b> 2	<b>Total hours per week:</b> 5
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### Delivery Mode:

Face to Face 1 x 3 hour lecture  
(On Campus)

Full Time

Part Time

**Pre-requisites:** CMPR112, CMPR121

**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	Session Content Delivered	Due	Weighting
<b>Mid Semester Written Exam</b> (1 hour)	1-4	1-7	Session 8	20%
<b>Written Assignment</b> (2000 words)	1-4	1-13	Week 13	30%
<b>Final Written Examination</b> multiple choice, short answer, extended answer, case studies (2 hours)	1-4	1-13	Final Examination Period	50%

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

### Prescribed Readings:

- Chinese Medicine Board of Australia. (2017). *Guidelines for safe practice of Chinese herbal medicine*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice.aspx>
- 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>
- Xi, S., & Gong, Y. (2017). *Essentials of Chinese materia medica and medical formulas: New century traditional Chinese medicine*. Academic Press. [ebook available]

### Recommended Readings:

- 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>
- Hempfen, C.-H., & Fischer, T. (2009). *A materia medica for Chinese medicine: Plants, minerals and animals products* (V. Wortman, Trans.). Churchill Livingstone Elsevier. [ebook available]
- Therapeutic Goods Administration. (n.d.). *Report a problem or side effect*. Australian Government. <https://www.tga.gov.au/reporting-problems>
- Therapeutic Goods Administration. (2018, April 20). *Health professional information & education*. Australian Government. <https://www.tga.gov.au/health-professional-information-education>



5. Yang, Y. (2010). *Chinese herbal medicines: Comparisons and characteristics* (2nd ed.). Churchill Livingstone Elsevier. [ebook available]

Subject Content	
Week	Lectures
1.	<p>General introduction to Chinese herbal medicine:</p> <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.	<p>Release exterior Chinese herbal medicine - warm pungent, cool pungent:</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>
3.	<p>Clear heat Chinese herbal medicine - reduce heat and fire, dry dampness:</p> <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> <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>



	<p>Latin name Pin yin name / medicinal properties (temperature/taste/direction)</p> <ul style="list-style-type: none"> <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> (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</b> – The non-teaching week falls between Weeks 7 and 8</p>
8.	<p><b>Mid-semester Written 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>
<p><b>9.</b></p>	<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>
<p><b>10.</b></p>	<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> </ul>



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