

Appendix 2: CHINESE HERBAL MEDICINE CORE CURRICULUM

These guidelines cover the following areas:

- Aims
- Outcomes
- Curriculum content
- Means of assessment
- Recommended allocation of time
- Notes on terminology

AIMS

The aim of Professional Entry Level training shall be to produce a practitioner of Chinese herbal medicine who can practise independently and who is safe, competent, and effective. Training should encourage the development of a reflective, research-minded practitioner with qualities of integrity, humanity, caring, trust, responsibility, respect and confidentiality.

OUTCOMES

Upon completion of the prescribed training and subsequent qualification, a practitioner shall:

- a) be capable of taking and interpreting a patient's case history. This should include:
 - i) information about the patient's presenting condition
 - ii) information about predisposing, precipitating and maintaining factors
 - iii) information about the patient's medical, psychological, social & family history
- b) be capable of conducting and interpreting the necessary diagnostic procedures, including:
 - i) pulse reading
 - ii) tongue examination
 - iii) body palpationThe practitioner should have sufficient knowledge of anatomy, physiology, pathology and clinical medicine in order to carry out these procedures safely and interpret them competently.
- c) be capable of making an appropriate differential diagnosis based upon their findings. This should be based upon knowledge of current and traditional Chinese medical knowledge.
- d) be capable of integrating patterns of disharmony with aetiological factors and pathological processes, identifying how these different aspects interconnect.
- e) be aware of limitations with regard to competence. In the context of knowledge of the medical sciences the practitioner should be able to recognise clinical situations where:
 - i) herbal treatment may be inappropriate
 - ii) herbal treatment may be contraindicated
 - iii) herbal treatment may be inadequate when used on its own.
- f) with regard to item e), be able to communicate with and make the appropriate referral to registered medical or other health care practitioners.

- g) provided treatment is appropriate, be capable of elucidating a treatment principle and methods, and design an appropriate treatment based upon the use of Chinese herbal medicine.
- h) have the appropriate practical skills to dispense Chinese herbal medicine. This includes knowledge pertaining to the safe storage of herbs and legal requirements related to this.
- i) be capable of succinctly and clearly communicating their findings, diagnosis, treatment plan and prognosis to the patient in such a way that the patient's own needs, expectations and culture are taken into consideration.
- j) be able to identify key lifestyle factors which are:
 - i) causing the patient's condition
 - ii) limiting their potential for recovery
 The practitioner should be able to discuss these factors with the patient and where possible encourage the patient to help himself/herself.
- k) understand the roles of all forms of prescribed medication in the overall management of a patient's condition, knowing:
 - i) which medications should be maintained at constant levels,
 - ii) which medications can be reduced slowly and
 - iii) which medications can be stopped immediately without risk to the patient.
 With regard to any proposed changes in the management of the medication, the practitioner should liaise with the patient and where appropriate with the patient's medical practitioner.
- l) understand that they are required to:
 - i) systematically and accurately record all relevant information and details of herbal formulae prescribed at every session, and
 - ii) maintain and store these records for future reference and in accordance with statutory requirements
 - iii) make these records available to their patients
- m) be able to monitor a patient's condition as a result of treatment, re-evaluate diagnostic information and differential diagnosis as necessary, and modify and implement new treatment strategies as the patient's condition changes over time.
- n) be able to evaluate any ethical considerations which might affect the practitioner/patient relationship. Such considerations include:
 - i) issues relating to age, gender or race.
 - ii) issues arising out of prejudice or ignorance
 - iii) issues relating to confidentiality
 - iv) the impact of the practitioner's personality and circumstances (both physical and emotional)
 - v) issues of a financial nature
- o) be aware of the potential for rare but sometimes serious adverse events when using herbal medicines. This includes:
 - i) knowledge of previous occurrences
 - ii) the debates about their causes
 - iii) knowledge of the role of liver function testing
 - iv) the ability to identify signs and symptoms of possible adverse reactions and respond appropriately
 - v) compliance with requirements of notification of adverse events
- p) be aware of the requirements of the professional Codes of Ethics and Practice of the European Herbal Practitioners Association, and the legal framework governing the practice of herbal medicine in the UK.

- q) have acquired the attitudes and skills which are necessary for life long learning and professional development, and be aware that they are essential to continuing effective practice of Chinese herbal medicine.
- r) be aware of significant research issues

CURRICULUM CONTENT

The curriculum content comprises:

SECTION A: Theories, methods, diagnosis, treatment

SECTION B: Materia Medica

SECTION C: Formulae

SECTION A: THEORIES, METHODS, DIAGNOSIS, TREATMENT

PART I GENERAL BACKGROUND

(1) History and Fundamental Characteristics of Chinese Medicine

- (a) Stages of development and literary landmarks; the importance of a historical understanding of Chinese medicine and the relationship between TCM and Western medicine in modern China
- (b) Holism: seeing patterns of disharmony
- (c) Medicine East and West: key contrasts

(2) The Philosophical Setting

(a) Yin-Yang Theory

- (i) The concept of Yin-Yang and the basic aspects of the Yin-Yang relationship: Yin and Yang are divisible but inseparable (*yin yang ke fen er bu ke li*), rooted in each other (*yin yang hu gen*), mutually counterbalancing (*yin yang zhi yue*).
- (ii) The medical applications of Yin-Yang.

(b) Five Phase or Five Elements (*Wu Xing*) Theory

- (i) The concept of the Five Phases/Elements; the Five Phase relationships of engendering (*sheng*)¹, restraining (*ke*)², rebellion (*wu*)³ and overwhelming (*cheng*)⁴.
- (ii) The medical applications of the Five Phase concept.

PART II PHYSIOLOGY

(1) The Fundamental Substances

- (a) **Qi**: Qi as a central concept in Chinese philosophy and medicine; the sources of Qi; the functions of Qi; the forms of Qi : Organ (*zang fu*), Channel (*jing*), Nutritive (*ying*)⁵, Protective (*wei*), Gathering (*zong*)⁶
- (b) **Blood** (*xue*): sources and functions; relationship to Qi and to the Zang Fu
- (c) **Essence** (*jing*): characteristics and functions
- (d) **Spirit** (*shen*)⁷: characteristics and manifestations
- (e) **Body Fluids** (*jin ye*): comprising thinner fluids (*jin*) and thicker fluids (*ye*); characteristics and functions

(2) The Internal Organs (*zang fu*)

- (a) Differences between the *Zang Fu* in Chinese Medicine and the anatomical organs of Western medicine
- (b) The Five Yin Organs (*wu zang*): the functions of the Heart (*xin*)/ Pericardium (*xin bao*); the Liver (*gan*); the Spleen (*pi*); the Lungs (*fei*); the Kidneys (*shen*) ; the relationships between the Zang

- (c) The Six Yang Organs (*liu fu*): the functions of the Gall Bladder (*dan*); Stomach (*wei*); Small Intestine (*xiao chang*); Large Intestine (*da chang*); Bladder (*pang guang*); Triple Burner (*san jiao*); their relationships with the Zang.
- (d) The Extraordinary Organs (*qi heng zhi fu*)⁸: the functions of the Brain (*nao*); Marrow (*sui*); Bone (*gu*); Vessels (*mai*); Uterus (*zi gong*); Gall Bladder (*dan*)

(3) The Channels (*jing*)⁹ and Network Vessels (*luo mai*)¹⁰

- (a) The functions of the channels; the distinction between channels (*jing*) and network vessels (*luo mai*)
- (b) The channel system: the twelve regular channels (*shi er jing mai*); the eight extraordinary channels (*qi jing ba mai*); the channel divergences (*jing bie*); the channel sinews (*jing jin*); the cutaneous regions (*pi bu*); the relationship between the channels and the *Zang Fu*

PART III AETIOLOGY

(1) External: The Six Pathogenic Factors (*liu xie*)¹¹ : Wind (*feng*), Cold (*han*), Heat (*re*) or Fire (*huo*), Dampness (*shi*), Dryness (*zao*), (Summer-) Heat (*shu*); the relationship between the Normal or Upright (*zheng*) Qi and Pathogenic or Evil (*xie*) Qi

(2) Internal: The Seven Emotions (*qi qing*)¹²: Joy (*xi*), Anger (*nu*), Worry (*you*)¹³, Pensiveness (*si*)¹⁴, Sadness (*bei*)¹⁵, Fear (*kong*), Fright (*jing*)

(3) Not External, not Internal (*bu nei wai yin*):

- (a) diet
- (b) imbalances of work and rest
- (c) sexual excesses

(4) Miscellaneous factors: including trauma, burns, bites, parasites

PART IV PATHOLOGY: PATTERNS OF DISHARMONY

Identifying patterns (*bian zheng*) according to:

(1) The Eight Principles (*ba gang*): patterns of the Interior (*li*) and Exterior (*biao*); Cold (*han*) and Heat (*re*); Deficiency (*xu*)¹⁶ and Excess (*shi*)¹⁷; Yin and Yang.

(2) Qi, Blood, Body Fluids:

- (a) **Qi**: Qi Deficiency (*qi xu*), Qi Sinking (*qi xian*)¹⁸, Qi Stagnation (*qi yu*)¹⁹, Qi Counterflow (*qi ni*)²⁰
- (b) **Blood (*xue*)**: Blood-Deficiency (*xue xu*), Blood Stasis (*xue yu*), Blood Heat (*xue re*)
- (c) **Body Fluids (*jin ye*)**: oedema (*shui zhong*)²¹; distinction between Thin Mucus (*yin*)²² and Phlegm (*tan*); Phlegm Patterns (*tan zheng*) including Phlegm-Heat (*tan re*), Damp-Phlegm (*shi tan*), Cold-Phlegm (*han tan*), Wind-Phlegm (*feng tan*), Qi-Phlegm (*qi tan*).

(3) Pathogenic Factors :

- (a) **Wind Patterns (*feng zheng*)**: Wind-Cold (*feng han*), Wind-Heat (*feng re*), Wind-Dampness (*feng shi*)
- (b) **Damp Patterns (*shi zheng*)**: Cold-Dampness (*han shi*), Damp-Heat (*shi re*)
- (c) **Cold Patterns (*han zheng*)**: Excess Cold (*shi han*), Deficiency Cold (*xu han*)
- (d) **Heat/Fire Patterns (*re-/huo zheng*)**: Excess Heat (*shi re*), Deficiency Heat (*xu re*)

- (e) **Summerheat** Patterns (*shu zheng*)
- (f) **Dryness** Patterns (*zao zheng*)

(4) The Internal Organs:

Patterns of the **Heart/Pericardium, Lung, Liver, Spleen, Kidney**; Patterns of the **Stomach, Small Intestine, Large Intestine, Gall Bladder, Bladder, Triple Burner**.

(5) **The Six Stages** (*liu-jing*): in accordance with the theory of Injury by Cold: Greater Yang (*tai yang*), Yang Brightness (*yang ming*), Lesser Yang (*shao yang*), Greater Yin (*tai yin*), Lesser Yin (*shao yin*), Absolute Yin (*jue yin*)²³

(6) **The Four Levels**: in accordance with the theory of Warm Diseases: Defense aspect (*wei fen*), Qi aspect (*qi fen*), Nutritive aspect (*ying fen*), Blood aspect (*xue fen*)

PART V METHODS OF EXAMINATION

(1) Looking

- (a) The *Shen* (including facial expression, look and shine of the eyes, clarity of thought)
- (b) Physical shape and movement
- (c) Facial colour
- (d) Tongue
- (e) Other external manifestations: eyes, nose, ears, mouth/lips/teeth/gums, throat, limbs (including index finger in infants), skin

(2) Listening & Smelling

- (a) Sound of the voice; breathing; cough
- (b) Body odours (including stools, urine and other discharges)

(3) Asking

- (a) Sensations of cold and hot
- (b) Sweating
- (c) Headaches and dizziness
- (d) Pain/aching/numbness: in whole body, joints, back, limbs
- (e) Chest and abdomen: including epigastric and lower abdominal fullness and pain, oppression of the chest, palpitations, shortness of breath, hypochondriac pain
- (f) Stools and urine
- (g) Thirst, appetite and diet, tastes in the mouth, nausea/vomiting
- (h) Ears and eyes: including tinnitus, hearing loss; pain or pressure in the eyes, blurred vision, floaters
- (i) Sleep
- (j) Vitality
- (k) Mental-emotional state
- (l) Gynaecological: cycle, periods, discharges
- (m) Paediatric: including special events during pregnancy, traumas at birth, breast-feeding and weaning, vaccinations
- (n) Medical history
- (o) Medication

(4) Touching

(a) The **pulse**: method of palpation; levels of pressure; pulse-positions; pulse qualities including: Floating (*fu*), Sinking or Deep (*chen*), Slow (*chi*), Rapid (*shuo*), Empty (*xu*), Full (*shi*), Thin or Threadlike (*xi*), Wiry or Stringlike (*xian*), Slippery (*hua*), Tight (*jin*), Flooding (*hong*), Soggy (*ru*) or Soft (*ruan*), Choppy (*se*), Knotted (*jie*), Interrupted (*dai*), and Hurried (*cu*); integration of positions and qualities.

(b) **Palpating** the skin, the hands and feet, the epigastrium and abdomen.

PART VI PRINCIPLES AND METHODS OF TREATMENT

(1) Principles of Treatment (*zhi ze*)

- (a) Treating in accordance with the season, the locality, and the individual.
- (b) Supporting the Upright (*zheng*)²⁴ Qi and expelling the Evil (*xie*) Qi.
- (c) Treating the manifestation (*biao*)²⁵ and the root (*ben*).
- (d) Straightforward treatment (*zheng-zhi*) and paradoxical treatment (*fan-zhi*).

(2) **Methods of Treatment (*zhi fa*):** the Eight Methods (*ba fa*)²⁶: Sweating (*han*), vomiting (*tu*), Draining Downward (*xia*), Harmonising (*he*), Warming (*wen*), Clearing (*qing*), Reducing (*xiao*), Tonifying (*bu*); applications, variations, contraindications.

PART VII DIFFERENTIATION AND TREATMENT OF COMMON DISEASES

The differentiation of diseases adopted here is based mainly on categories used in the Chinese medicine tradition. In all cases where these are employed, the Pinyin version is added in order to remove any uncertainty about which Chinese term is being translated.

The Chinese medicine categories are generally distinct from modern biomedical concepts. At the same time, an understanding of those concepts and how they relate to the categories of Chinese medicine is an essential element in professional entry training in Chinese herbal medicine. They are brought together here in two ways:

- (a) by listing a number of biomedical disease categories in brackets after the Chinese medicine category. Because of the lack of direct correspondence, this procedure is bound to be more or less artificial. For example, irritable bowel syndrome is placed in brackets after 'abdominal pain'. IBS is not of course characterised simply by abdominal pain, but also by abnormality in the bowel pattern. The point of the reference is only to indicate the context in which it might be appropriate to study IBS. Some Chinese medicine disease categories (for example 'cough', 'epigastric pain', 'painful obstruction') are very broad. They incorporate many Chinese medicine differentiations, and may be associated with a range of biomedical disease concepts.
- (b) by adopting modern terms in most cases as the headings for broad sub-categories of disease.

Two important further points should be made. First, the purpose in drawing up this list is not to suggest that there is only one appropriate way of categorising diseases, but to indicate the range of common diseases that educational institutions are expected to cover. The outline here provides one possible structure, but we recognise that this is provisional in nature and that it will be subject to future refinement in the light of continuing debate about the development of Oriental medicine in the West.

Second, it is understood that in the case of some of the disorders listed (eg diabetes, epilepsy, HIV) Chinese herbal medicine may not be regarded as a first line treatment but as a supportive one.

INTERNAL MEDICINE (*nei ke*)

Respiratory

- Common cold (*gan mao*)
- Cough (*ke sou*)
- Wheezing (*xiao*) and dyspnoea (*chuan*) (including asthma, bronchitis, emphysema)
- Pulmonary consumption (*fei lao*)

Gastro-Intestinal

- Epigastric pain (*wei tong*) (including gastritis, gastric and duodenal ulcer)

- Vomiting (*ou tou*)
- Stomach reflux (*fan wei*)
- Constipation (*bian bi*)
- Abdominal pain of digestive origin (*fu tong*) (including Irritable Bowel Syndrome)
- Diarrhoea (*xie xie*) (including Crohn's and ulcerative colitis)
- Haemorrhoids (*zhi chuang*)
- Hiccough (*e ni*)
- Oesophageal constriction (*ye ge*)

Liver and Gall Bladder

- Jaundice (*huang dan*)
- Lateral costal pain (*xie tong*) (including gall stones and cholecystitis)
- Hepatitis B & C

Neurological

- Headache (*tou tong*)
- Dizziness and vertigo (*xuan yun*)
- Wind Stroke (*zhong feng*) (including CVA, Bell's Palsy)
- Facial pain (*mian tong*)
- Epilepsy (*xian*)
- Multiple sclerosis

Cardiovascular

- Chest pain (*xiong tong*) and chest painful obstruction (*xiong bi*) (including angina)
- Coronary heart disease
- Arrhythmia
- Hypertension
- Varicose veins

Urinary and Genital

- Painful Urination patterns (*lin zheng*)
- Urinary blockage (*long bi*)
- Impotence (*yang wei*)
- Male infertility

Musculo-skeletal and rheumatological

- Low back pain (*yao tong*)
- Painful obstruction patterns (*bi zheng*) (including osteoarthritis and rheumatoid arthritis)
- Atrophy Syndrome (*wei*) (including myasthenia gravis)
- Trauma

Ear, Nose and Throat

- Tinnitus and deafness (*er ming er long*)
- Purulent ear (*ting er*) (including otitis media)
- Nasal congestion (*bi yuan*) (including sinusitis, rhinitis)
- Nosebleed (*bi niu*)
- Sore swollen throat (*yan hou zhong tong*) (including tonsillitis, pharyngitis)
- Loss of voice (*shi yin*)

Eye Disorders

- Sore, red and swollen eyes (*mu chi zhong tong*)
- Stye (*zhen yan*)
- Tearing patterns (*liu lei zheng*)

Fluid and Blood Disorders

- Water swelling (*shui zhong*) (including oedema of various aetiologies)
- Sweating (*han*)
- Phlegm (*tan*) disorders (the role of Phlegm in a broad range of diseases)
- Blood stasis (*yu xue*) (the role of Blood stasis in a broad range of diseases)

Mental and Emotional

- Insomnia (*bu mei*)
- Palpitation (*xin ji*) (including anxiety states)
- Depression patterns (*yu zheng*)
- Mania and withdrawal (*dian kuang*)

Oncology

- Basic theory
- Supportive treatments

Metabolic disorders

- Diabetes
- Thyroid disease

Immune deficiency and auto-immune disorders

- Chronic Fatigue Syndrome
- Lupus erythematosus
- HIV and AIDS

GYNAECOLOGY (*fu ke ji bing*)

- Menstrual irregularity (*yu jing bu tiao*)
- Uterine bleeding (*beng lou*)
- Amenorrhoea (*bi jing*)
- Dysmenorrhoea (*tong jing*)
- Leukorrhoea (*dai xia*)
- Pre- and post-menopausal patterns (*jing jue qian hou zhu zheng*)
- Infertility (*bu yun*)
- Abdominal masses (*zheng jia*)
- Uterine prolapse (*zi gong tuo chi*)
- Premenstrual syndrome
- Endometriosis
- Pelvic inflammatory disease
- Polycystic ovaries

Obstetrics

- Precautions in using herbs during pregnancy
- Morning sickness (*ren chen e zhu*)
- Threatened miscarriage (*xian zhao liu chan*)
- Difficult delivery (*nan chan*)
- Insufficient lactation (*ru shao*)
- Postnatal depression

PAEDIATRICS (*xiao er za bing*)

- Infantile diarrhoea (*xiao er xie xie*)
- Infantile convulsions (*xiao er jing feng*)
- Enuresis (*yi niao*)
- Mumps (*zha sai*)
- Measles (*ma zhen*)
- Respiratory infections
- Catarrh
- Ear infections
- Abdominal pain

DERMATOLOGY (*pi fu ke*)

- Eczema
- Psoriasis
- Seborrhoeic dermatitis
- Acne vulgaris
- Herpes zoster
- Herpes simplex
- Rosacea
- Urticaria
- Alopecia
- Discoid Lupus

SECTION B: MATERIA MEDICA

PART I GENERAL BACKGROUND

(1) The Historical Development of Chinese Herbal Knowledge

(2) The Identification, Harvesting and Storage of Chinese herbs

(This will be dealt with in detail in the module on 'Pharmacognosy and Dispensing')

(3) The Preparation and Treatment of Chinese Herbs

(This will be dealt with in detail in the module on 'Pharmacognosy and Dispensing')

(4) The Natures & Properties of Chinese Herbs

- (a) Four Energies & Five Flavours
- (b) Ascending, Descending, Floating & Sinking
- (c) Tonifying & Draining
- (d) Targeting of Channels
- (e) Categories

(5) The Utilisation of Chinese Herbs

- (a) Combining herbs
- (b) Contraindications
 - (i) Symptomatic contraindications
 - (ii) Contraindicated combinations
 - (iii) Contraindications for pregnant women
 - (iv) Contraindicated food and drink
- (c) Dosage
 - (i) As determined by the nature of the herbs
 - (ii) As determined by the combination and the type of prescription
 - (iii) As determined by the disease situation, the constitution and age of the patient
- (d) Administration

Safety issues surrounding the use of Chinese herbs, including quality assurance and control, relevant legislation, reporting of adverse events, and the role of blood testing, are essential parts of a training in Chinese herbal medicine, and will be covered in detail in the module on Pharmacognosy and Dispensing.

PART II INDIVIDUAL HERBS

Considering the diversity of teaching methods, and not wishing to promote an educational

regime based upon the memorisation of large quantities of information at the expense of an understanding of what was retained, but bearing in mind that certain information such as commonly used herbs should be at the graduate's fingertips, it is appropriate for herbs to be categorised under two group headings: **Essential** and **Useful**.

Essential: students should have mastery of herbs in this group. Without using a textbook the graduate should expect to be familiar with: the name, category, properties (Four *Qi* and Five Tastes), actions and indications, dosage, contra-indications, main combinations, differences between members of the same category, appropriate methods of preparation.

Useful: students should have an understanding of herbs in this group. The level of knowledge should be such that, without recourse to a textbook, the student should be familiar with: the name, category, main actions and indications, differences between members of the same category. Any further information about these substances can be drawn from textbook sources.

Each educational institution should cover a minimum of 200 herbs, to be drawn from the approved list below. Each institution should define, at its discretion, 70-100 herbs as Essential herbs to be learned in depth. These must include herbs from each category in the list.

Please note that the legal position of some of the items in the materia medica below is affected by international agreements or UK law. These items are marked by asterisks in the following way:

- * Affected by the Convention on International Trade in Endangered Species, allowed if traded with the appropriate trade permits (if an item is banned entirely under CITES restrictions, this is indicated in the text and included for study purposes).
- ** Non-plant materials, included here for study purposes. Under UK law, non-plant traditional medicines fall outside the remit of the licensing exemption granted to herbs by the 1968 Medicines Act.
- *** Restricted under SI 2130 Schedule 111, 1974, included here for study purposes
- **** Banned for use in unlicensed medicines by Act of Parliament. Included for study purposes.

Herbs that:

Resolve the Exterior (*jie biao yao*)

Warm, acrid herbs that resolve the exterior

Gui Zhi (Ramulus Cinnamomi Cassiae)
Ma Huang (Herba Ephedrae)
Fang Feng (Radix Ledebouriellae Divaricatae)
Jing Jie (Herba seu Flos Schizonepetae Tenuifoliae)
Qiang Huo (Rhizoma et Radix Notopterygii)
Zi Su Ye (Folium Perillae Frutescentis)
Xi Xin (Herba cum Radice Asari)
Bai Zhi (Radix Angelicae Dahuricae)
Sheng Jiang (Rhizoma Zingiberis Officinalis Recens)

Cool, acrid herbs that resolve the exterior

Bo He (Herba Menthae Haplocalycis)
Sheng Ma (Rhizoma Cimicifugae)
Ju Hua (Flos Chrysanthemi Morifolii)
Chai Hu (Radix Bupleuri)
Ge Gen (Radix Puerariae)
Sang Ye (Folium Mori Albae)
Chan Tui (Periostracum Cicadae)**
Niu Bang Zi (Fructus Arctii Lappae)

Clear Heat (*qing re yao*)

Drain Fire (xie huo yao)

Shi Gao (Gypsum)**
Zhi Mu (Rhizoma Anemarrhenae Asphodeloidis)
Zhi Zi (Fructus Gardeniae Jasminoidis)
Xia Ku Cao (Spica Prunellae Vulgaris)
Dan Zhu Ye (Herba Lophatheri)
Lu Gen (Rhizoma Phragmitis Communis)
Tian hua fen (Radix Trichosanthis Kirilowii)

Cool Blood (liang xue yao)

Sheng Di Huang (Radix Rehmanniae Glutinosae)
Mu Dan Pi (Cortex Moutan Radicis)
Chi Shao Yao (Radix Paeoniae Rubrae)
Xuan Shen (Radix Scrophulariae Ningpoensis)
Di Gu Pi (Cortex Lycii Radicis)
Zi Cao (Radix Arnebiae seu Lithospermi)
Shui Niu Jiao (Cornu Bubali)**
Bai Wei (Radix Cynanchi Baiwei)

Clear Heat and Dry Dampness (qing re zao shi yao)

Huang Qin (Radix Scutellariae Baicalensis)
Huang Bai (Cortex Phellodendri)
Huang Lian (Rhizoma Coptidis)
Long Dan Cao (Radix Gentianae Longdancao)
Ku Shen (Radix Sophorae Flavescentis)

Clear Heat and Resolve Toxin (qing re jie du yao)

Jin Yin Hua (Flos Lonicerae Japonicae)
Lian Qiao (Fructus Forsythiae Suspensae)
Pu Gong Ying (Herba Taraxaci Mongolici cum Radice)
Bai Xian Pi (Cortex Dictamni Dasycarpi Radicis)
Tu Fu Ling (Rhizoma Smilacis Glabrae)

Ban Lan Gen (Radix Isatidis seu Baphicacanthi)
Bai Hua She She Cao (Herba Hedyotidis Diffusae)
Da Qing Ye (Folium Daqingye)
Zi Hua Di Ding (Herba cum Radice Violae Yedoensis)

Clear Heat and Resolve Summerheat (qing re jie shu yao)

Qing Hao (Herba Artemesiae Annuae)
Bai Bian Dou (Semen Dolichoris Lablab)
Yin chai hu (Radix Stellariae Dichotomae)

Precipitants (xia yao)

Attacking Precipitants (gong xia yao)

Da Huang (Radix et Rhizoma Rhei)
Mang Xiao (Mirabilitum)**

Moist Precipitants (run xia yao)

Huo Ma Ren (Semen Cannabis Sativae)
Yu Li Ren (Semen Pruni)

Transform Dampness (hua shi yao)

Cang Zhu (Rhizoma Atractylodis)
Huo Xiang (Herba Agastaches seu Pogostemi)
Sha Ren (Fructus Amomi)
Hou Po (Cortex Magnoliae Officinalis)
Bai Dou Kou (Fructus Amomi Kravanh)
Cao Guo (Fructus Amomi Tsao-ko)
Pei Lan (Herba Eupatorii Fortunei)

Drain Dampness (li shi yao)

Fu Ling (Sclerotium Poriae Cocos)
Ze Xie (Rhizoma Alismatis Orientalis)
Yi Yi Ren (Semen Coicis Lachryma-jobi)
Mu Tong (Caulis Mutong)**** (All forms of Mu Tong banned)
Che Qian Zi (Semen Plantaginis)
Hua Shi (Talcum)**
Yin Chen Hao (Herba Artemesiae Yinchenhao)
Bi Xie (Rhizoma Dioscoreae Hypoglaucae)
Zhu Ling (Sclerotium Polypori Umbellati)
Jin Qian Cao (Herba Lysimachiae)
Di Fu Zi (Fructus Kochiae Scopariae)
Han Fang Ji (Radix Stephaniae Tetrandae)**** (All forms of Fang Ji banned)

Dispel Wind and Eliminate Dampness (qu feng chu shi yao)

Du Huo (Radix Angelicae Pubescentis)
Qin Jiao (Radix Gentianae Qinjiao)
Wei Ling Xian (Radix Clematidis)
Cang Er Zi (Fructus Xanthii Sibirici)
Mu Gua (Fructus Chaenomelis)
Hai Feng Teng (Caulis Piperis Futokadsurae)
Sang Zhi (Ramulus Mori Albae)
Sang Ji Sheng (Ramulus Sangjisheng)
Xi Xian Cao (Herba Siegesbeckiae)
Wu Jia Pi (Cortex Acanthopanax Gracilistylis Radicis)

Transform Phlegm, Suppress Cough and Calm Wheezing

Dispel Cold and Transform Phlegm (qu han hua tan yao)

Ban Xia (Rhizoma Pinelliae Terenatae)
Jie Geng (Radix Platycodi Grandiflori)

Tian Nan Xing (Rhizoma Arisaematis)
Xuan Fu Hua (Flos Inulae)
Bai Jie Zi (Semen Sinapis Albae)

Clear Heat and Transform Phlegm (*qing re hua tan yao*)

Qian Hu (Radix Peucedani)
Zhe Bei Mu (Bulbus Fritillariae Thunbergii)
Chuan Bei Mu (Bulbus Fritillariae Cirrhosae)
Zhu Ru (Caulis Bambusae in Taeniis)
Gua Lou (Fructus Trichosanthis)
Gua Lou Ren (Semen Trichosanthis)
Kun Bu (Thallus Algae)

Suppress Cough and Calm Wheezing (*zhi ke ping chuan yao*)

Kuan Dong Hua (Flos Tussilaginis Farfarae)
Bai Bu (Radix Stemonaee)
Su Zi (Fructus Perillae Frutescentis)
Xing Ren (Semen Pruni Armeniacae)
Sang Bai Pi (Cortex Mori Albae Radicis)
Zi Wan (Radix Asteris Tatarici)
Pi Pa Ye (Folium Eriobotryae Japonicae)

Regulate Qi (*li qi yao*)

Chen Pi (Pericarpium Citri Reticulatae)
Qing Pi (Pericarpium Citri Reticulatae Viride)
Zhi Shi (Fructus Immaturus Citri Aurantii)
Mu Xiang (Radix Saussureae Lappae)* (All trade in this form of Mu Xiang banned)
Xiang Fu (Rhizoma Cyperi Rotundi)
Zhi Ke (Fructus Citri Aurantii)
Chuan Lian Zi (Fructus Meliae Toosendan)
Da Fu Pi (Pericarpium Arecae Catechu)
Wu Yao (Radix Lynderae Strychnifoliae)

Disperse Food and Guide Out Stagnation (*xiao shi dao zhi yao*)

Shen Qu (Massa Fermenta)
Shan Zha (Fructus Crataegi)
Lai Fu Zi (Semen Raphani Sativi)
Gu Ya (Fructus Oryzae Sativae Germinatus)
Mai Ya (Fructus Hordei Vulgaris Germinatus)
Ji Nei Jin (Endothelium Corneum Gigerae Galli)**

Invigorate Blood (*huo xue yao*)

Dan Shen (Radix Salviae Miltiorrhizae)
Tao Ren (Semen Persicae)
Hong Hua (Flos Carthami Tinctorii)
Chuan Xiong (Radix Ligustici Chuanxiong)
Chuan niu xi (Radix Achyranthis Bidentae)
Huai Niu Xi (Radix Cyathulae Officinalis)
Yu Jin (Tuber Curcumae)
Yan Hu Suo (Rhizoma Corydalis Yanhusuo)
Ji Xue Teng (Radix et Caulis Jixueteng)
Yi Mu Cao (Herba Leonuri Heterophylli)
San Leng (Rhizoma Sparganii Stoloniferi)
Mo Yao (Myrrha)
Ru Xiang (Gummi Olibanum)
E Zhu (Rhizoma Curcumae Ezhu)
Ze Lan (Herba Lycopi Lucidi)

Stop Bleeding (*zhi xue yao*)

Ai Ye (Folium Artemisiae Argyi)
San Qi (Radix Notoginseng)
Pu Huang (Pollen Typha)
Di Yu (Radix Sanguisorbae Officinalis)
Da Ji (Herba seu Radix Cirsii Japonici)
Xiao Ji (Herba Cephalanoplos)
Ou Jie (Nodus Nelumbinis Nuciferae Phizomatis)
Ce Bai Ye (Cacumen Biotae Orientalis)
Xian He Cao (Herba Agrimoniae Pilosae)
Bai Mao Gen (Rhizoma Imperatae Cylindrica)

Warm the Interior (*wen li yao*)

Rou Gui (Cortex Cinnamomi Cassiae)
Fu Zi (Radix Lateralis Aconiti Carmichaeli Praeparata)***
Gan Jiang (Rhizoma Zingiberis Officinalis)
Wu Zhu Yu (Fructus Evodiae Rutaecarpae)
Ding Xiang (Flos Caryophylli)

Tonify Qi (*bu qi yao*)

Ren Shen (Radix Ginseng)
Dang Shen (Radix Codonopsis Pilosulae)
Bai Zhu (Rhizoma Atractylodis Macrocephalae)
Huang Qi (Radix Astralagi Membranaceus)
Shan Yao (Radix Dioscoreae Oppositae)
Da Zao (Fructus Zizyphi Jujubae)
Tai Zi Shen (Radix Pseudostellariae Heterophyllae)
Gan Cao (Radix Glycyrrhizae Uralensis)

Tonify Yang (*bu yang yao*)

Xu Duan (Radix Dipsaci Asperi)
Du Zhong (Cortex Eucommiae Ulmoidis)
Bu Gu Zhi (Fructus Psoraleae Corylifoliae)
Tu Si Zi (Semen Cuscutae Chinensis)
Rou Cong Rong (Herba Cistanches Deserticolae)
Lu Rong (Cornu Cervi Parvum)**
Yi Zhi Ren (Fructus Alpiniae Oxyphyllae)
Gou Ji (Rhizoma Cibotii Barometz)*
Ba Ji Tian (Radix Morindae Officinalis)
Yin Yang Huo (Herba Epimedii)
Dong Chong Xia Cao (Cordyceps Sinensis)
Xian Mao (Rhizoma Curculiginis Orchioidis)

Tonify Blood (*bu xue yao*)

Dang Gui (Radix Angelicae Sinensis)
Bai Shao Yao (Radix Paeoniae Lactiflorae)
He Shou Wu (Radix Polygoni Multiflori)
Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe)
Long Yan Rou (Arillus Euphoriae Longanae)
E Jiao (Gelatinum Corii Asini)**

Mai Men Dong (Tuber Ophiopogonis Japonici)
Tian Men Dong (Tuber Asparagi Cochinchinensis)
Sha Shen (Radix Adenophorae seu Glehniae)
Nu Zhen Zi (Fructus Ligustri Lucidi)
Shi Hu (Herba Dendrobii)*

Bai He (Bulbus Lillii)
Gou Qi Zi (Fructus Lycii)
Gui Ban (Plastrum Testudinis)** (CITES: trade allowed with appropriate trade permits)
Bie Jia (Carapax Amydae Sinensis)**
Yu Zhu (Rhizoma Polugonati Odorati)
Han Lian Cao (Herba Ecliptae Prostratae)
Hei Zhi Ma (Semen Sesami Indici)
Huang Jing (Rhizoma Polygonati)

Stabilise and Bind (*gu se yao*)

Wu Wei Zi (Fructus Schisandrae Chinensis)
Shan Zhu Yu (Fructus Corni Officinalis)
Lian Zi (Semen Melumbinis Nuciferae)
Fu Pen Zi (Fructus Rubi Chingii)
Ma Huang Gen (Radix Ephedrae)
Qian Shi (Semen Euryales Ferocis)
Fu Xiao Mai (Semen Tritici Aestivi)
Rou Dou Kou (Semen Myristicae Fragrantis)
Wu Mei (Fructus Pruni Mume)

Calm the Liver and Extinguish Wind (*ping gan xi feng yao*)

Gou Teng (Ramulus cum Uncis Uncariae)
Tian Ma (Rhizoma Gastrodiae Elatae)*
Bai Ji Li (Fructus Tribuli Terrestris)
Shi Jue Ming (Concha Haliotidis)**
Jiang Can (Bombyx Batrycatus)**
Di Long (Lumbricus)**

Calm the Spirit

Nourish the Heart and Calm the Spirit (*yang xin an shen yao*)

Yuan Zhi (Radix Polygalae Tenuifoliae)
Suan Zao Ren (Semen Zizyphi Spinosae)
Bai Zi Ren (Semen Biotae Orientalis)
He Huan Pi (Cortex Albizziae Julibrissin)
Ye Jiao Teng (Caulis Polygoni Multiflori)

Settle the Spirit (*zhen an yao*)

Long gu (Os Draconis)**
Mu li (Concha Ostreae)**
Ci shi (Magnetitum)**
Zhen zhu mu (Concha Margaritiferiae)**

Open the Orifices (*kai qiao yao*)

Shi Chang Pu (Rhizoma Acori Graminei)
Bing Pian (Borneol)
An Xi Xiang (Benzoinum)

SECTION C

FORMULAE

PART I GENERAL PRINCIPLES: COMPOSING AND MODIFYING FORMULAE

(1) Internal Structure of Chinese Herbal formulae

- (a) Principles of formula-building
- (b) Principles of herb combination

(2) Adjustment of Formulae to Fit the Individual Case

- (a) Adding and deleting herbs
- (b) Altering herb combinations
- (c) Altering dose ratios

(3) Categories of Formula

- (a) Pre-modern categorisations
- (b) Modern categorisations

(4) Types of formulation (decoctions, powders, pills, soft extracts, special pills, tinctures)
This will be dealt with in detail in the module on 'Pharmacognosy and Dispensing'

(5) Preparation and Administration

This will be dealt with in detail in the module on 'Pharmacognosy and Dispensing'

PART II MODEL FORMULAE

The distinction between **Essential** and **Useful** applied in the case of individual herbs should also be applied to the study of formulae.

Essential formulae: these should comprise 30 to 50 formulae which are to be mastered so that the student, without recourse to a textbook, has knowledge of: the category (e.g. Releases the Exterior, Invigorates Blood); ingredients and dosage; indications for dosage; contra-indications; major modifications; differences in properties and usage between formulae in the same category.

Useful formulae: students should have an understanding of formulae in this group, such that, without recourse to a textbook, students will be familiar with: the category; main ingredients; indications for usage; differences in properties and usage between formulae in the same category.

Educational Institutions should cover a minimum of 100 formulae in total.

MODEL FORMULAE

Please note: asterisks against a formula indicate:

*Contains non-plant ingredient – included for study purposes.

****Contains endangered plant ingredient only available under special licence – included for study purposes.**

***Contains herb banned in unlicensed medicines under UK law – included for study purposes.

In these cases ingredients may be substituted or omitted as appropriate.

Formulas that:

Resolve the Exterior (*jie biao ji*)

Ma Huang Tang - Ephedra Decoction

Gui Zhi Tang - Cinnamon Twig Decoction

Yin Qiao San - Honeysuckle & Forsythia Powder

Sang Ju Yin - Mulberry Leaf & Chrysanthemum Decoction

Xiao Qing Long Tang - Minor Bluegreen Dragon Decoction

Ren Shen Bai Du San - Ginseng Powder to Overcome Pathogenic Influences

Ge Gen Tang - Kudzu Decoction

Cang Er Zi San - Xanthium Powder

Chai Ge Jie Ji Tang - Bupleurum and Kudzu Decoction to Release the Muscle Layer

Clear Heat (*qing re ji*)

Bai Hu Tang - White Tiger Decoction*

Ma Xing She Gan Tang - Ephedra, Apricot Kernel, Gypsum & Licorice Decoction*

Huang Lian Jie Du Tang - Coptis Decoction to Relieve Toxicity

Long Dan Xie Gan Tang - Gentiana Longdancao Decoction to Drain the Liver***

Qing Hao Bie Jia Tang - Artemisia Annuua and Soft-shelled Turtle Decoction*

Yu Nu Jian - Jade Woman Decoction*

Xie Bai San - Drain the White Powder

Shao Yao Tang - Peony Decoction**

Drain Downward (*xie fa ji*)

Da Cheng Qi Tang - Major Order the Qi Decoction*

Xiao Cheng Qi Tang - Minor Order the Qi Decoction

Tiao Wei Cheng Qi Tang - Regulate the Stomach and Order the Qi Decoction*

Ma Zi Ren Wan - Hemp Seed Pill

Harmonise (*he ji*)

Xiao Chai Hu Tang - Minor Bupleurum Decoction

Xiao Yao San - Rambling Powder

Si Ni San - Frigid Extremities Powder

Ban Xia Xie Xin Tang - Pinellia Decoction to Drain the Epigastrium

Expel Dampness (*qu shi ji*)

Wu Ling San - Five-Ingredient Powder with Poria

Zhu Ling Tang - Polyporus Decoction

Wu Pi San - Five Peels Powder

Ping Wei San - Calm the Stomach Powder

Huo Xiang Zhen Qi San - Agastache Powder to Rectify the Qi

Ba Zheng San - Eight-Herb Powder for Rectification

Er Miao San - Two-Marvel Powder

Fang Ji Huang Qi Tang - Stephania and Astragalus Decoction ***

Warm the Interior (*wen li ji*)

Li Zhong Wan - Regulate the Middle Pill

Zhen Wu Tang - True Warrior Decoction***

Dang Gui Si Ni Tang - Dang Gui Decoction for Frigid Extremities***

Wu Zhu Yu Tang - Evodia Decoction
Da Jian Zhong Tang - Major Construct the Middle Decoction
Xiao Jian Zhong Tang - Minor Construct the Middle Decoction

Tonify (*bu ji*)

Si Jun Zi Tang - Four-Gentlemen Decoction
Liu/Xiang Sha/Liu Jun Zi Tang - Six Gentlemen Decoction et al.
Bu Zhong Yi Qi Tang - Tonify the Middle a & Augment Qi Decoction
Ba Zhen Tang/Yi Mu Ba Zhen Tang - Eight-Treasure Decoction et al.
Shi Quan Da Bu Tang - All-Inclusive Great Tonifying Decoction
Liu Wei Di Huang Tang - Six-Ingredient Decoction with Rehmannia
(Zhi Bai Di Huang Tang/Qi Ju Di Huang Tang/Du Qi Wan/Mai Wei Di Huang Tang)
You Gui Wan - Restore the Right (Kidney) Pill***
Zuo Gui Wan - Restore the Left (Kidney) Pill
Jin Gui Shen Qi Wan - Kidney Qi Pill from the Golden Cabinet***
Er Xian Tang - Two-Immortal Decoction
Si Wu Tang - Four-Substance Decoction
(Tao Hong Si Wu Tang/Qin Lian Si Wu Tang)
Zhi Gan Cao Tang - Honey-Fried Licorice Decoction
Gui Pi Tang - Restore the Spleen Decoction
Dang Gui Shao Yao San - Tangkuei & Peony Powder
Shao Yao Gan Cao Tang - Peony & Licorice Decoction
Shen Ling Bai Zhu San - Ginseng, Poria, & Atractylodes Macrocephala Powder
Ren Shen Yang Rong Wan - Ginseng Decoction to Nourish the Nutritive Qi
Dang Gui Bu Xue Tang - Dang Gui Decoction to Tonify the Blood
Sheng Mai San - Generate the Pulse Powder
Yi Wei Tang - Benefit the Stomach Decoction
Yi Guan Jian - Linking Decoction

Transform Phlegm (*hua tan ji*)

Er Chen Tang - Two-Cured Decoction
Wen Dan Tang - Warm the Gallbladder Decoction
Zhi Sou San - Stop Coughing Powder
Ban Xia Bai Zhu Tian Ma Tang - Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction**
Bei Mu Gua Lou San - Fritillaria and Trichosanthes Fruit Powder

Regulate Qi (*li qi ji*)

Ban Xia Hou Po Tang - Pinellia and Magnolia Bark Decoction
Yue Ju Wan - Escape Restraint Pill
Su Zi Jiang Qi Tang - Perilla Fruit Decoction for Directing Qi Downward
Ding Chuan Tang - Arrest Wheezing Decoction
Ju Pi Zhu Ru Tang - Tangerine Peel and Bamboo Shaving Decoction

Invigorate Blood (*huo xue ji*)

Xue Fu Zhu Yu Tang - Drive Out Stasis in the Mansion of Blood Decoction (and variants)
Gui Zhi Fu Ling Wan - Cinnamon Twig and Poria Pill
Wen Jing Tang - Warm the Menses Decoction
Dan Shen Yin - Salvia Decoction
Tao He Cheng Qi Tang - Peach Pit Decoction to Order the Qi

Calm the Spirit (*an shen ji*)

Tian Wang Bu Xin Dan - Heavenly Emperor's Special Pill to Tonify the Heart***
Suan Zao Ren Tang - Sour Jujube Decoction
Gan Mai Da Zao Tang - Licorice, Wheat, Jujube Decoction

Extinguish Wind (*xi feng ji*)

Tian Ma Gou Teng Yin - Gastrodia & Uncaria Decoction**
Du Huo Ji Sheng Tang - Angelica Pubescens and Sangjisheng Decoction
Juan Bi Tang - Remove Painful Obstruction Decoction

Xiao Feng San - Eliminating Wind Powder*
Di Huang Yin Zi - Rehmannia Decoction

Disperse Food and Guide Out Stagnation (*xiao shi dao zhi ji*)

Bao He Wan - Preserve Harmony Pill
Mu Xiang Bing Lang Wan - Aucklandia & Betel Nut Pill* and ***

Stabilise and Bind (*gu se ji*)

Yu Ping Feng San - Jade Windscreen Powder
Si Shen Wan - Four-Miracle Pill
Gu Jing Wan - Stabilise the Menses Pill*
Suo Quan Wan - Shut the Sluice Pill

Stop Bleeding (*zhi xue ji*)

Jiao Ai Tang - Ass-Hide Gelatin and Mugwort Decoction*

Moisten Dryness (*run zao ji*)

Xing Su San - Apricot Kernel and Perilla Leaf Powder
Mai Men Dong Tang - Ophiopogonis Decoction

Open the Orifices (*kai qiao ji*)

Di Tan Tang - Scour Phlegm Decoction

Expel Parasites (*qu chong ji*)

Wu Mei Wan - Mume Pill

MEANS OF ASSESSMENT

As part of the process of accreditation, educational institutions should present a full course description including a statement about how each part of the curriculum is assessed. The means of assessment should be appropriate to the nature of the learning involved. In the past too much emphasis had been placed upon assessment by conventional written examination, with the result that undue attention has been focussed on memorisation, rather than the understanding and application of the underlying principles. Educational institutions are therefore encouraged to include, in addition to conventional exams, methods such as:

- (1) Case histories
- (2) Open book exams, which go some way to reproducing the conditions of clinical practice, and allow the student to go into greater depth
- (3) Assignments/research projects, which allow the student to go beyond what the college can teach and also promote research-mindedness

Educational institutions are encouraged to develop and use teaching materials which will complement and enhance existing textbooks.

EXEMPTIONS

Educational institutions should provide a coherent policy with regard to exemptions for prior learning. Educational institutions must satisfy themselves that candidates who are exempted from parts of their curriculum have covered the required material and achieved the required learning outcomes. Automatic exemption in basic Chinese medicine theory and diagnosis should be possible only where students have satisfied the requirements laid down by the British Acupuncture Council.

RECOMMENDED ALLOCATION OF TIME

Following the recommendations of the EHPA the total minimum course length should be 2560 hours. A minimum of one third of this should be teacher/student contact time. Within this total, allowing for a ratio of one-hour contact time to two hours directed home study, it is recommended that the hours devoted to the Specific Herbal Tradition of Chinese medicine be as follows:

- **Chinese Medicine Theory and Diagnosis:** 112 contact hours (8 week-ends); 336 total hours
- **Chinese Herbal Medicine (Materia Medica, Formulae and Differentiation of Common Diseases):** 336 contact hours (24 weekends); 1008 total hours.

Clinical practice, which forms a separate module in the EHPA guidelines, is in addition to the above hours. The total should be no less than 400 hours. In the case of the clinical practice module, at least half of the time should be spent on supervised clinical practice in proximity to patients (which incorporates the diagnosis and treatment of patients and planning of treatment strategies in the clinic). The remainder could consist of case discussions and supervision of students outside the immediate clinical setting, researching treatments, writing up cases and other clinically relevant activities.

NOTES ON TERMINOLOGY

This curriculum contains terms which have been differently translated in different English-language texts on Chinese Medicine. In deciding on terminology we have sought guidance from N. Wiseman and F. Ye, *A Practical Dictionary of Chinese Medicine* (Paradigm Publications 1998) and from a number of texts which are likely to appear on the reading list of any Professional Entry course on Chinese Herbal Medicine: T. Kaptchuk, *Chinese Medicine* (Rider 1983); G. Maciocia, *The Foundations of Chinese Medicine* (Churchill Livingstone 1989); D. Bensky and A. Gamble, *Chinese Herbal Medicine: Materia Medica* (Eastland Press 1993) and *Chinese Herbal Medicine: Formulas and Strategies* (Eastland Press 1990).

No one usage is likely to satisfy everyone. In order to reduce the scope for ambiguity, the Pinyin versions of all Chinese terms have been added in italics, except in a very few cases where a Chinese term appears on its own without translation (eg Qi, Yin Yang). In addition, by way of illustration, footnotes to some of the terms have been added indicating an alternative translation.

¹⁻⁴ Cf respectively 'generating', 'controlling', 'insulting', 'over-acting' (Maciocia)

⁵ Cf 'construction Qi' (Wiseman)

⁶ Cf 'Qi of the chest' or 'ancestral Qi' (Kaptchuk)

⁷ Cf 'mind' (Maciocia)

⁸ Cf 'curious organs' (Kaptchuk)

⁹ Cf 'meridians' (Kaptchuk)

¹⁰ Cf 'minor meridians' (Kaptchuk)

¹¹ *Xie*: Wiseman gives 'evil', 'evil qi', 'disease evil', 'pathogen' as synonyms: 'pathogenic factor' is used here because of its familiarity. The terms *liu yin* (The Six Excesses [Wiseman]; the Six Pernicious Influences [Kaptchuk]) and *liu qi* (The Six Qi) are sometimes used to refer to the same external causes of disease.

¹² Cf 'affects' (Wiseman)

¹³ Cf 'anxiety' (Wiseman)

- ¹⁴ Cf 'thought' (Wiseman)
- ¹⁵ Cf 'sorrow' (Wiseman)
- ¹⁶ Cf 'vacuity' (Wiseman)
- ¹⁷ Cf 'repletion' (Wiseman)
- ¹⁸ Cf 'qi fall' or 'center qi fall' (Wiseman)
- ¹⁹ Cf 'depression' (Wiseman)
- ²⁰ *qi ni*: cf 'rebellious Qi' (Maciocia); Wiseman translates *wu* in the Five Phases as 'rebellion', *ni* as 'counterflow'--Wiseman's version has been adopted here.
- ²¹ *shui zhong*: literally 'water swelling'
- ²² Cf 'phlegm-rheum' (Wiseman)
- ²³ Cf 'Reverting Yin' (Wiseman); 'Terminal Yin' (Maciocia)
- ²⁴ Cf 'right' (Wiseman)
- ²⁵ Cf 'tip' (Wiseman)
- ²⁶ *ba fa*: the translations of the eight terms are taken from Bensky; Wiseman has, respectively, 'sweating', 'ejection', 'precipitation', 'warming', 'clearing', 'dispersing', 'supplementation'

Indicative Reading

- T. Kaptchuk, *Chinese Medicine* (Rider 1983)
- G. Maciocia, *The Foundations of Chinese Medicine* (Churchill Livingstone 1989)
- G. Maciocia, *The Practice of Chinese Medicine* (Churchill Livingstone 1994)
- D. Bensky and A. Gamble, *Chinese Herbal Medicine: Materia Medica* (Eastland Press 1993) and *Chinese Herbal Medicine: Formulas and Strategies* (Eastland Press 1990)
- W. MacLean and J. Lyttleton, *Clinical Handbook of Internal Medicine: the Treatment of Disease with Traditional Chinese Medicine* (University of Western Sydney Macarthur 1998)
- Advanced Textbook on TCM and Pharmacology* (several volumes) (Beijing New World Press, State Administration of TCM 1995)
- Him-Che Yeung, *Handbook of Chinese Herbs* (Institute of Chinese Medicine, California 1983)
- S. Clavey, *Fluid Physiology and Pathology in Traditional Chinese Medicine* (Churchill Livingstone 1995)
- N. Wiseman and F. Ye, *A Practical Dictionary of Chinese Medicine* (Paradigm Publications 1998)
- Chinese-language texts used in TCM universities in China.