



**Acupuncture and Massage College**  
**Herbal Medicine 2**  
**HM2 - 425**  
**Syllabus**

**Instructor(s): Dr. Xianhui Li and Dr. Chuanxin Wang**

Instructors are available 15 minutes before class and 15 minutes after class to address student questions. In addition, students who need clarification on material covered in class or in assigned reading materials may request an appointment—this is not a tutoring session. Tutoring sessions may be arranged with your instructor on an individual basis. The fee arrangement is between the instructor and the student.

**Hours/ Credits:** 60/4

**Method of Instruction:** Lecture, discussion, practical application and class participation.

**Required Texts:**

Chinese Herbal Medicine: Materia Medica 3rd ed Bensky, regular or portable copy

Chinese Herbal Medicine: Formulas and Strategies 2<sup>nd</sup> ed, Bensky, regular or portable copy

**Recommended Texts:**

[NCCAOM- 2022-Candidate Preparation Handbook for Oriental Medicine \(OM\) Certification](#)

**Prerequisites:** DME-312, DSY-312, ECM-312 and HM1-424

**Description:** This class continues the study of TCM herbal medicine. The format of the class is such that study of formulas is combined with the study of materia medica. Study of the material will proceed according to the standard categorization of medicinals and formulae found in most Chinese and English-language textbooks. Categories for this module will include Herbs and Formulas That Clear Heat, Herbs and Formulas That Drain Downward, and Herbs and Formulas That Expel Dampness. Approximately 40 formulas from these categories will be included, with their constituents, functions and indications, and standard modifications. The module will also include study of approximately 75 Chinese medicinals, including their taste, temperature, functions, indications, dosage, and contraindications. Practical experience in identifying and handling the medicinals themselves as well as grouping them into formulas will prepare the students for their role in dispensing the herbs in the student clinic.

**Objectives:**

Upon successful completion of this course, students will be able to:

- Describe more than 34 individual Chinese medicinal formulas, including the functions, indications, precautions and preparation for each formula
- Differentiate formulas according to standard Bian Zheng principles
- Identify more than 84 individual Chinese medicinal substances including the functions, indications, precautions and preparation for each medicinal
- 
- Visually identify commonly-used medicinal substances found in the clinic pharmacy

**Grading:** As listed in our school catalog, the following scale will be used:

A	90-100%	4.0	P	Pass (70% or above)
B	80-89%	3.0	F	Fail (below 70% for Pass/Fail courses)
C	70-79%	2.0	I	Incomplete
D	60-69%	1.0	W	Withdrawal
			WF	Withdrawal Failure
			WNA	Withdrawal, no attendance
			RPT	Repeat course – no GPA calculated

**Students MUST earn a grade of “C” or higher to pass this module (course.)**

**Class Policies:** You are expected to attend all classes and be on time. Please see [AMC Student Handbook](#) for details on attendance, tardiness, missed exams, and early departure policies. Eating, drinking, and gum-chewing are not permitted. Cell phones and pagers must be turned off or put on silent mode.

**Recording in Class:** Students will not be allowed to audio record lectures in this course unless approved by the instructor.

**Homework:** Homework is an important part of learning at AMC. On a daily basis in each course as reflected in the course syllabus, reading assignments must be completed outside of class. The readings supplement the class lectures and it is your responsibility to complete all reading assignments before coming to class. Instructors use oral and written quizzes to check that students have completed the reading assignments. Written homework assignments are turned in to the instructor in each class and count toward your course grade. Homework must be done prior to the class in which it is due.

You are responsible on quizzes and the Final Exam for all material in the reading assignments *whether covered in the class lectures or not.*

**Honor Code:** Acupuncture and Massage College does not tolerate academic dishonesty. If you are caught cheating in any way, including but not limited to copying from another

person's paper during an exam or quiz, or plagiarizing material in a paper, you will be dismissed, with no probationary period. All instances of cheating must be reported to a faculty member and to the Academic Dean. To know about cheating and not report it is the same as cheating.

### **Appropriate Classroom Laptop Use**

Acceptable in-class uses of laptops and other web-enabled devices include: taking notes, following along with the instructor on PowerPoints, working on assigned in-class activities, projects, and discussion. Unacceptable in-class uses of laptops and other web-enabled devices include: texting or e-mailing, surfing the Internet, playing games, writing papers or doing homework. AMC Faculty considers inappropriate in-class uses of laptops and web-enabled devices equivalent to non-participation in class and reserve the right to lower student grades accordingly.

### **OM Attendance**

If a student has less than 80% attendance in any course, he/she will lose points in participation grade for that course. For courses in the OM program consisting of 15 classes this translates to no more than three (3) absences. For OM courses that consist of 7 weeks this translate to only one absence. Shorter courses will allow fewer absences and in some short courses no absences will be permitted.

**Americans with Disabilities Act (ADA504) Accommodations:** Students requesting accommodations are asked to communicate with the Section 504 Coordinator, Yaly Flores-Soto, Academic Dean. Dean Soto may be reached at (305) 595-9500 or via e-mail at [Dean@amcollege.edu](mailto:Dean@amcollege.edu). Her office is located at 10506 North Kendall Drive, Miami, FL 33176. Please refer to AMC's [Student Handbook](#) for more details on ADA Accommodation process.

**GPA Requirements:** AMC has an escalating GPA requirement for the OM program. All first year and second year students must maintain at least a 2.0 or above. All third year students must maintain a 3.0 or above. If a student falls below the required GPA, they will be placed on Financial Aid Warning.

### **Library Integration**

Each student will write a two-page paper on a topic covered in this class using books/resources (including online library resources <http://www.amcollege.edu/library> ) in AMC's library as references.

### **Your final grade will be computed as follows:**

Class Participation	5%
2 Page Paper/Library Integration	5%
Quizzes	40%
Final Exam	<u>50%</u>
<b>Final Grade</b>	<b>100%</b>

## CALENDAR

### Course Outline for: Herbal Medicine 2

#### 73 herbs and 38 formulas

Notes: \* marked herbs were discussed in Herb1, Red highlighted herbs and formulas are not required in the 2022 NCCAOM outline

#### **Class 1- Monday, 01/08/24**

##### **Content: Herbs and Formulas That Clear Heat**

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications. Discuss formulas in this category, including their constituents, functions and indications, and standard modifications.

**Assignments:** Materia Medica handouts and relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

##### Herbs that Clear Heat and Drain Fire

Gypsum Fibrosum (Shi gao)

\*Rhizoma Anemarrhenae (Zhi mu)

Fructus Gardeniae (Zhi zi)

Herba Lophatheri (Dan zhu ye)

Spica Prunellae (Xia ku cao)

Plumula Nelumbinis (Lian zi xin)

Rhizoma Phragmitis (Lu gen)

Radix Trichosanthis (Tian hua fen)

Semen Cassiae (Jue ming zi)

Semen Celosiae (Qing xiang zi)

Flos Buddleiae (Mi meng hua)

#### **Class 2 – Wednesday, 01/10/24**

##### **Content: Herbs and Formulas That Clear Heat**

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications. Discuss formulas in this category, including their constituents, functions and indications, and standard modifications.

**Assignments:** Materia Medica handouts and relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

##### Herbs that Clear Heat and Cool Blood

Cornu Bubali (Shui niu jiao)

Cornu Rhinoceri (Xi jiao)

\*Radix Rehmanniae (Sheng di huang)

Radix Scrophulariae (Xuan shen)

\*Cortex Moutan (Mu dan pi)  
Radix Lithospermi seu Arnebiae (Zi cao)

Herbs that Clear Deficient Heat

Cortex Lycii (Di gu pi)  
Radix Cynanchi (Bai wei)  
Radix Stellariae (Yinchaihu)  
Rhizoma Picrorhizae (Hu huang lian)

Formulas that Clear Qi-level Heat

White Tiger Decoction (bai hu tang) FS: p150  
Lophatherus and Gypsum Decoction (zhu ye shi gao tang) FS: p155

**Class 3- Friday, 01/12/24**

**Content: Herbs and Formulas That Clear Heat**

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications. Discuss formulas in this category, including their constituents, functions and indications, and standard modifications.

**Assignments:** Materia Medica handouts and relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

Herbs that Clear Heat and Dry Dampness

Radix Scutellariae Baicalensis (Huang qin)  
Rhizoma Coptidis (Huang lian)  
\*Cortex Phellodendri (Huang bai)  
Radix Gentianae (Long dan cao)  
Radix Sophorae flavescens (Ku shen)  
Cortex Fraxini (Qin pi)

Formulas that Clear Nutritive-level Heat and Cool the Blood

Rhinoceros Horn and Rehmannia Decoction (Xi Jiao Di Huang Tang) FS:p165  
Clear the Nutritive Level Decoction (qing ying tang) FS: p161

Formulas that Simultaneously Clear Heat from the Qi and Blood Levels

Clear Epidemics and Overcome Toxicity Drink (qing wen bai du yin) FS:p179

Formulas that Clear Heat and Relieve Toxicity

Coptis Decoction to Relieve Toxicity (huang lian jie du tang) FS: p167  
Drain the Epigastrium Decoction (xie xin tang) FS: p171

## No Class on Monday, 01/15/24 – Martin Luther King, Jr. Day

### Class 4- Wednesday, 01/17/24

#### QUIZ#1

#### Content: Herbs and Formulas That Clear Heat

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications. Discuss formulas in this category, including their constituents, functions and indications, and standard modifications.

**Assignments:** Materia Medica handouts and relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

#### Herbs that Clear Heat and Relieve Toxicity

Flos Lonicerae (Jin yin hua)

Fructus Forsythiae (Lian qiao)

**Folium Isatidis (Da qing ye)**

Radix Isatidis (Ban lan gen)

Herba taraxaci (Pu gong ying)

**Herba Violae (Zi hua di ding)**

Flos Chrysanthemi indici (Ye ju hua)

Herba + Radix Patriniae (Bai jiang cao)

Herba Houttuyniae (Yu xing cao)

#### Formulas that Clear Heat and Relieve Toxicity

Decoction of Universal Benefit to Eliminate Toxin (pu ji xiao du yin) FS: p173

Cool the Diaphragm Powder (liang ge san) FS: p176

#### Formulas that Treats External and Internal abscesses

Five-ingredient Decoction to Eliminate Toxin (wu wei xiao du yin) FS: p863

Reed Decoction (wei jing tang) FS: p878

Rhubarb and Moutan Decoction (da huang mu dan tang) FS: p880

### Class 5- Friday, 01/19/24

#### Content: Herbs and Formulas That Clear Heat

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications. Discuss formulas in this category, including their constituents, functions and indications, and standard modifications.

**Assignments:** Materia Medica handouts and relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

#### Herbs that Clear Heat and Relieve Toxicity

**Herba Andrographitis (Chuan xin lian)**

Herba Hedyotidis (Bai hua she she cao)  
Radix Pulsatillae (Bai tou weng)  
Cortex Dictamni (Bai xian pi)  
Rhizoma Smilacis glabrae (Tu fu ling)  
**Herba Scutellariae Barbatae (Ban zhi lian)**  
Fructus Lasiosphaerae (Ma bo)  
Radix Sophorae Tonkinensis (Shan dou gen)  
Rhizoma Belamcandae (She gan)

Formulas that Clear Organ Heat

Ephedra, Apricot Kernel, Licorice, and Gypsum Decoction (ma xing shi gan tang) FS: p183  
Drain the White Powder (xie bai san) FS: p171  
Drain the Yellow Powder (xie huang san) FS: p190  
Clear the Stomach Powder (qing wei san) FS: p191  
Jade Woman Decoction (yu nu jian) FS: p193

**Class 6 – Monday, 01/22/24**

**Content: Herbs and Formulas That Clear Heat**

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications. Discuss formulas in this category, including their constituents, functions and indications, and standard modifications.

**Assignments:** Materia Medica handouts and relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

Herbs that Clear Summerheat

Folium Nelumbinis (He ye)  
Semen Phaseoli (Lu dou)  
**Fructus Citrulli (Xi gua)**  
\*Semen Dolichoros (Bian dou)  
Herba artemisiae annuae (Qing hao)

Formulas that Clear Organ Heat

Guide out the Red Powder (dao chi san) FS: p195  
Gentiana Longdancao Decoction to Drain the Liver (long dan xie gan tang) FS: p201  
Left Metal Pill (zuo jin wan) FS: p205  
Peony Decoction (shao yao tang) FS: p207  
Pulsatilla Decoction (bai tou weng tang) FS: p210

**Class 7 – Wednesday, 01/24/24**

**QUIZ#2**

**Content: Herbs and Formulas That Clear Heat and Herbs That Expel Dampness**

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications. Discuss formulas in

this category, including their constituents, functions and indications, and standard modifications.

**Assignments:** Materia Medica handouts and relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

Formulas that Clear Heat from Deficiency

Artemisia Annua and Soft-shelled Turtle Shell Decoction (qing hao bie jia tang) FS: p216

Cool the Bones Powder (Qing Gu San) FS: p214

Formulas that Relieve Summerheat

Six-to-One Powder (liu yi san) FS: p238

Clear Summerheat and Augment the Qi Decoction (qing shu yi qi tang) FS: p243

**Drain Dampness**

**(Bensky Materia Medica: pp 131-149 Rev ed; pp 267-319 3rd ed)**

\*Poria Cocos, Sclerotium (Fu Ling)

Polyporus (Zhu Ling)

\*Alismatis, Rhizoma (Ze Xie)

Talci, Pulvus (Hua Shi)

**Class 8- Friday, 01/26/24**

**Content: Herbs That Expel Dampness**

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications.

**Assignments:** Relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

**Drain Dampness**

**(Bensky Materia Medica: pp 131-149 Rev ed; pp 267-319 3rd ed)**

\*Coicis, Semen (Yi Yi Ren)

Plantaginis, Semen (Che Qian Zi)

Akebiae Aristolochiae seu Clematis, Caulis (Mu Tong)

Tetrapanacis, Medulla (Tong Cao)

Benincasae, Semen (Dong Gua Ren)

Junci, Medulla (Deng Xin Cao)

Dianthi, Herba (Qu Mai)

Kochiae, Fructus (Di Fu Zi)

Malvae, Fructus (Dong Kui Zi)

**Formulas that Expel Dampness**

**(Bensky Formulas & Strategies: pp 724-733)**

\*Five-Ingredient Powder with Poria (wu ling san) FS: p724

Polyporus Decoction (zhu ling tang) FS: p731

Five-Peel Powder (wu pi san) FS: p732



## **Class 9- Monday, 01/29/24**

### **QUIZ#3**

#### **Content: Herbs That Expel Dampness**

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications.

**Assignments:** Relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

#### **Drain Dampness**

**(Bensky Materia Medica: pp 131-149 Rev ed; pp 267-319 3rd ed)**

Polygoni Avicularis, Herba (Bian Xu)

Pyrrosiae, Folium (Shi Wei)

Dioscoreae hypoglaucae, Rhizoma (Bi Xie)

Artemisiae Capillaris, Herba (Yin Chen Hao)

Stephaniae, Radix (Han Fang Ji)

Lysimachiae, Herba (Jin Qian Cao)

Hai Jin Sha (Climbing fern spore, Lygodii)

Phaseoli, Semen (Chi Xiao Dou)

#### **Formulas that Expel Dampness**

**(Bensky Formulas & Strategies: pp 687-694)**

\*Calm the Stomach Powder (ping wei san) FS: p687

Agastache Powder to Rectify the Qi (huo xiang zheng qi san) FS: p691

## **Class 10- Wednesday, 01/31/24**

### **Content: Herbs and Formulas That Expel Dampness**

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications. Discuss formulas in this category, including their constituents, functions and indications, and standard modifications.

**Assignments:** Relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

#### **Aromatically Transform Dampness**

**(Bensky Materia Medica: pp 213-220 Rev ed; pp 467-489 3rd ed)**

Agastachis seu Pogostemonis, Herba (Huo Xiang)

Eupatorii, Herba (Pei Lan)

\*Magnoliae officinalis, Cortex (Hou Po)

\*Atractylodis, Rhizoma (Cang Zhu)

Amomi Kravanh, Fructus (Bai Dou Kou)

Alpiniae Katsumadai, Semen (Cao Dou Kou)

Amomi Tsaoko, Fructus (Cao Guo)

\*Amomi, Fructus (Sha Ren)

**(Bensky Formulas & Strategies: pp 699-714)**

Artemisia Yinchenhao Decoction (yin chen hao tang) FS: p710  
Eight-Herb Powder for Rectification (ba zheng san) FS: p713  
Three-Seed Decoction (San Ren Tang) FS: p699

### **Class 11- Friday, 02/02/24**

#### **Content: Herbs and Formulas That Expel Dampness**

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications. Discuss formulas in this category, including their constituents, functions and indications, and standard modifications.

**Assignments:** Relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

#### **Expel Wind-Dampness**

**(Bensky Materia Medica: pp 155-167 Rev ed; pp 323-369 3rd ed)**

Angelicae Pubescentis, Radix (Du Huo)  
Gentianae Macrophyllae, Radix (Qin Jiao)  
Clematidis, Radix (Wei Ling Xian)  
Erythrinae, Cortex (Hai Tong Pi)  
Chaenomelis, Fructus (Mu Gua)  
**Bombycis Mori, Excrementum (Can Sha)**  
Mori, Ramulus (Sang Zhi)  
Acanthopanax, Cortex (Wu Jia Pi)

#### **Formulas that Expel Dampness**

**(Bensky Formulas & Strategies: pp 744-753)**

Dioscorea Hypoglauca Decoction to Separate the Clear (bi xie fen qing yin) FS: p753  
True Warrior Decoction (zhen wu tang) FS: p744  
Bolster the Spleen Drink (Shi Pi Yin) FS: p749

### **Class 12- Monday, 02/05/24**

#### **QUIZ#4**

#### **Content: Formulas That Expel Dampness**

Discuss individual medicinal substances in this category, including their taste, temperature, functions, indications, dosage, and contraindications. Discuss formulas in this category, including their constituents, functions and indications, and standard modifications.

**Assignments:** Relevant entries in Bensky *Materia Medica* and *Formulas and Strategies*; see attached List of Herbs and Formulas.

#### **Expel Wind-Dampness**

**(Bensky Materia Medica: pp 155-167 Rev ed; pp 323-369 3rd ed)**

Siegesbeckiae, Herba (Xi Xian Cao)  
Trachelospermi, Caulis (Luo Shi Teng)  
Piperis futokadsurae, Caulis (Hai Feng Teng)  
Agkistrodon (Bai Hua She)

### **Formulas that Expel Dampness**

#### **(Bensky Formulas & Strategies: pp 755-762)**

Notopterygium Decoction to Overcome Dampness (qiang huo sheng shi tang) FS: p755

Remove Painful Obstruction Decoction (juan bi tang) FS: p756

Cinnamon Twig, Peony and Anemarrhena Decoction (gui zhi shao yao zhi mu tang) FS: p760

Angelica Pubescens & Sangjisheng Decoction (du huo ji sheng tang) FS: p758

**Class 13- Wednesday, 02/07/24**

**REVIEW**

**Class 14- Friday, 02/09/24**

**FINAL EXAM**

### **LIST OF HERBS AND FORMULAS FOR HERBAL MEDICINE 2**

Page numbers are for the chapters in the Bensky *Materia Medica* and *Formulas and Strategies*; the individual herbs are found within the chapter specified. You are responsible for the basic information (pharmaceutical and pinyin name, functions, indications, dosage, taste, temperature, etc) for each medicinal listed below. Formulas are found in Bensky *Formulas and Strategies*; page number follows the formula name.

*An asterisk \* next to the name denotes that the medicinal or formula has been covered previously in the program.*

#### **Herbs and Formulas That Clear Heat**

**Bensky *Materia Medica*, 3rd ed, chapter 2, pp 89-232**

**Bensky *Formulas and Strategies*, chapter 2, pp 150-244; p863-882**

#### **Herbs that Clear Heat and Drain Fire**

Gypsum Fibrosum (Shi gao)

\*Rhizoma Anemarrhenae (Zhi mu)

Fructus Gardeniae (Zhi zi)

Herba Lophatheri (Dan zhu ye)

Spica Prunellae (Xia ku cao)

Plumula Nelumbinis (Lian zi xin)

Rhizoma Phragmitis (Lu gen)

Radix Trichosanthis (Tian hua fen)

Semen Cassiae (Jue ming zi)  
Semen Celosiae (Qing xiang zi)  
Flos Buddleiae (Mi meng hua)

Herbs that Clear Heat and Cool Blood

Cornu Bubali (Shui niu jiao)  
Cornu Rhinoceri (Xi jiao)  
\*Radix Rehmanniae (Sheng di huang)  
Radix Scrophulariae (Xuan shen)  
\*Cortex Moutan (Mu dan pi)  
Radix Lithospermi seu Arnebiae (Zi cao)

Herbs that Clear Deficient Heat

Cortex Lycii (Di gu pi)  
Radix Cynanchi (Bai wei)  
Radix Stellariae (Yin chai hu)  
Rhizoma Picrorhizae (Hu huang lian)

Herbs that Clear Heat and Dry Dampness

Radix Scutellariae Baicalensis (Huang qin)  
Rhizoma Coptidis (Huang lian)  
\*Cortex Phellodendri (Huang bai)  
Radix Gentianae (Long dan cao)  
Radix Sophorae flavescentis (Ku shen)  
Cortex Fraxini (Qin pi)

Herbs that Clear Heat and Relieve Toxicity

Flos Lonicerae (Jin yin hua)  
Fructus Forsythiae (Lian qiao)  
Folium Isatidis (Da qing ye)  
Radix Isatidis (Ban lan gen)  
Herba Violae (Zi hua di ding)  
Flos Chrysanthemi indici (Ye ju hua)  
Herba taraxaci (Pu gong ying)  
Herba + Radix Patriniae (Bai jiang cao)  
Herba Houttuyniae (Yu xing cao)  
Herba Andrographitis (Chuan xin lian)  
Herba Hedyotidis (Bai hua she she cao)  
Radix Pulsatillae (Bai tou weng)  
Cortex Dictamni (Bai xian pi)  
Rhizoma Smilacis glabrae (Tu fu ling)  
Herba Scutellariae Barbatae (Ban zhi lian)  
Fructus Lasiosphaerae (Ma bo)  
Radix Sophorae Tonkinensis (Shan dou gen)

Rhizoma Belamcandae (She gan)

Herbs that Clear Summerheat

Folium Nelumbinis (He ye)

Semen Phaseoli (Lu dou)

Fructus Citrulli (Xi gua)

\*Semen Dolichoros (Bian dou)

Herba artemisiae annuae (Qing hao)

Formulas that Clear Qi-level Heat

White Tiger Decoction (bai hu tang) FS: p150

Lophatherus and Gypsum Decoction (zhu ye shi gao tang) FS: p155

Formulas that Clear Nutritive-level Heat and Cool the Blood

Rhinoceros Horn and Rehmannia Decoction (Xi Jiao Di Huang Tang) FS: p165

Clear the Nutritive Level Decoction (qing ying tang) FS: p161

Formulas that Simultaneously Clear Heat from the Qi and Blood Levels

Clear Epidemics and Overcome Toxicity Drink (qing wen bai du yin) FS:p179

Formulas that Clear Heat and Relieve Toxicity

Coptis Decoction to Relieve Toxicity (huang lian jie du tang) FS: p167

Drain the Epigastrium Decoction (xie xin tang) FS: p171

Decoction of Universal Benefit to Eliminate Toxin (pu ji xiao du yin) FS: p173

Cool the Diaphragm Powder (liang ge san) FS: p176

Formulas that Treats External and Internal abscesses

Five-ingredient Decoction to Eliminate Toxin (wu wei xiao du yin) FS: p863

Reed Decoction (wei jing tang) FS: p878

Rhubarb and Moutan Decoction (da huang mu dan tang) FS: p880

Formulas that Clear Organ Heat

Ephedra, Apricot Kernel, Licorice, and Gypsum Decoction (ma xing shi gan tang) FS: p183

Drain the White Powder (xie bai san) FS: p171

Drain the Yellow Powder (xie huang san) FS: p190

Clear the Stomach Powder (qing wei san) FS: p191

Jade Woman Decoction (yu nu jian) FS: p193

Guide out the Red Powder (dao chi san) FS: p195

Gentiana Longdancao Decoction to Drain the Liver (long dan xie gan tang) FS: p201

Left Metal Pill (zuo jin wan) FS: p205

Peony Decoction (shao yao tang) FS: p207

Pulsatilla Decoction (bai tou weng tang) FS: p210

### Formulas that Clear Heat from Deficiency

Artemisia Annuua and Soft-shelled Turtle Shell Decoction (qing hao bie jia tang) FS: p216

Cool the Bones Powder (Qing Gu San) FS: p214

### Formulas that Relieve Summerheat

Six-to-One Powder (liu yi san) FS: p238

Clear Summerheat and Augment the Qi Decoction (qing shu yi qi tang) FS: p243

### **Herbs and Formulas that Drain Dampness**

**(Bensky Materia Medica: pp 131-149 Rev ed; pp 267-319 3rd ed)**

\*Poria Cocos, Sclerotium (Fu Ling)

Polyporus (Zhu Ling)

\*Alismatis, Rhizoma (Ze Xie)

Talci, Pulvis (Hua Shi)

\*Coicis, Semen (Yi Yi Ren)

Plantaginis, Semen (Che Qian Zi)

Akebiae Aristolochiae seu Clematis, Caulis (Mu Tong)

Tetrapanacis, Medulla (Tong Cao)

Benincasae, Semen (Dong Gua Ren)

Junci, Medulla (Deng Xin Cao)

Dianthi, Herba (Qu Mai)

Kochiae, Fructus (Di Fu Zi)

Malvae, Fructus (Dong Kui Zi)

Polygoni Avicularis, Herba (Bian Xu)

Pyrrosiae, Folium (Shi Wei)

Dioscoreae hypoglaucae, Rhizoma (Bi Xie)

Artemisiae Capillaris, Herba (Yin Chen Hao)

Stephaniae, Radix (Han Fang Ji)

Lysimachiae, Herba (Jin Qian Cao)

Hai Jin Sha (Climbing fern spore, Lygodii )

Phaseoli, Semen (Chi Xiao Dou)

### **Aromatically Transform Dampness**

**(Bensky Materia Medica: pp 213-220 Rev ed; pp 467-489 3rd ed)**

Agastachis seu Pogostemonis, Herba (Huo Xiang)

Eupatorii, Herba (Pei Lan)

Magnoliae officinalis, Cortex (Hou Po)

Atractylodis, Rhizoma (Cang Zhu)

Amomi Kravanh, Fructus (Bai Dou Kou)

Alpiniae Katsumadai, Semen (Cao Dou Kou)

Amomi Tsaoko, Fructus (Cao Guo)

\*Amomi, Fructus (Sha Ren)

### **Expel Wind-Dampness**

**(Bensky Materia Medica: pp 155-167 Rev ed; pp 323-369 3rd ed)**

Angelicae Pubescentis, Radix (Du Huo)

Gentianae Macrophyllae, Radix (Qin Jiao)

Clematidis, Radix (Wei Ling Xian)

Erythrinae, Cortex (Hai Tong Pi)

Chaenomelis, Fructus (Mu Gua)

**Bombycis Mori, Excrementum (Can Sha)**

Mori, Ramulus (Sang Zhi)

Acanthopanacis, Cortex (Wu Jia Pi)

Siegesbeckiae, Herba (Xi Xian Cao)

**Trachelospermi, Caulis (Luo Shi Teng)**

**Piperis futokadsurae, Caulis (Hai Feng Teng)**

Agkistrodon (Bai Hua She)

### **Formulas that Expel Dampness**

**(Bensky Formulas & Strategies: pp 687-762)**

Five-Ingredient Powder with Poria (wu ling san) FS: p716

Polyporus Decoction (zhu ling tang) FS: p731

Five-Peel Powder (wu pi san) FS: p732

Calm the Stomach Powder (ping wei san) FS: p687

Agastache Powder to Rectify the Qi (huo xiang zheng qi san) FS: p691

Artemisia Yinchenhao Decoction (yin chen hao tang) FS: p710

Eight-Herb Powder for Rectification (ba zheng san) FS: p713

Three-Seed Decoction (San Ren Tang) FS: p699

Dioscorea Hypoglauca Decoction to Separate the Clear (bi xie fen qing yin) FS: p753

True Warrior Decoction (zhen wu tang) FS: p744

Bolster the Spleen Drink (Shi Pi Yin) FS: p749

Notopterygium Decoction to Overcome Dampness (qiang huo sheng shi tang) FS: p755

Remove Painful Obstruction Decoction (juan bi tang) FS: p756

Cinnamon Twig, Peony and Anemarrhena Decoction (gui zhi shao yao zhi mu tang) FS: p760

Angelica Pubescens & Sangjisheng Decoction (du huo ji sheng tang) FS: p758