

Course Descriptions

Medicinal Medica 1 + 2 [MM]

This Course begins the student's formal training of the individual material medica used in Traditional Chinese medicine and Kampo. Herbal Studies 1 is the first of a 2 semester sequence designed to familiarize the students with the names, pinyin, functions, indications, tastes, qualities, channels, combinations, preparations and safety issues of over 300 medicinal substances. This course presents the tonify, invigorate blood, stop bleeding, stabilize and bind, calm the spirit, anchor settle and calm, expel wind, treat phlegm, aromatic open the orifices, reduce food stagnation, and expel parasite categories.

Herbal Theory 1 + 2 [HT]

This course is designed to bridge the Herbal Studies and Formulae classes in order to fully understand the transition from single herbs to the building of traditional formulas. Building on the information learned within the Herbal Studies class, the students will learn to address patterns of disease pertaining to the particular category of herbs, and what other categories of herbs are necessary to treat the various diagnosis' involved. Particular attention will be paid to the development of critical thinking.

Formulae 1 + 2 [FM]

This course sequence presents the ingredients, indications and modifications for over 150 herbal formulas selected from the 18 categories of formulae. The development of Formulae, the careful combination of medicinal substances to treat a particular imbalance, is the core treatment method for an herbalist. Students will learn the main formulas used in traditional Chinese Medicine as well as all Kampo formulas. Composition, functions, indications, differentiation, precautions, contraindications, methods of preparation, administration and simple modifications will be discussed.

Chinese Dietary Therapy and Macrobiotics [DTM]

This course introduces theories in traditional Chinese medicine dietary therapy as well as the Japanese based Macrobiotic diet. As with herbs, foods have properties and functions within the body creating health and healing through balance. Food combinations and recipes are discussed in relation to the seasons, patterns of disharmony, and general well being and disease prevention. Upon completing this course, students will understand how to develop a dietary plan for their patients taking into consideration their imbalances, body type, and lifestyle.

Clinical Texts [CT]

This course covers ancient texts selected by the instructor such as the Shang Han Lun, Wen Bing, Jing Gui Yao Lue, Pi Wei Lun, to enrich the understanding of the student on the history of the formulas. By understanding the ancient texts, a better understanding of the clinical application of these formulas can be achieved. Students will also be exposed to a variety of translation styles and the importance and difficulty in providing an accurate unbiased version within one text.

Advanced Clinical Thinking 1 + 2 [ACT]

This course will discuss the use of herbal formulas in the management of specific diseases, symptoms, and pattern differentiation from a clinical orientation. Students will understand the diagnosis, pathogenesis and treatment of diseases from both TCM and modern medical system perspectives. Upon completion of this course, students will have an in depth grasp on the clinical integration of their theoretical course work, Oriental diagnosis and treatment paradigms as they pertain to herbs.

Clinical Internship [CI]

Students refine their Herbal skills through practical clinical internship experience. This course provides ongoing reinforcement of diagnostic techniques, treatment strategies, formula selection, modification, and planning. Students will learn how to handle the herbs within the school's dispensary, and accurately fill a formula.