

# CMPL 3002 CHINESE MEDICINAL FORMULAS

**Credit Points** 10

**Legacy Code** 400878

**Coordinator** Yu-Ting Sun ([https://directory.westernsydney.edu.au/search/name/Yu-Ting Sun/](https://directory.westernsydney.edu.au/search/name/Yu-Ting%20Sun/))

**Description** Herbal medicine is the principal therapeutic intervention in Traditional Chinese Medicine (TCM). This unit follows from Chinese Materia Medica 1 & 2, and begins the study of major Chinese herbal formulas, which form the basis for clinical prescribing in Chinese herbal medicine. The focus of this unit is to compare and contrast the main formulas in specified categories, and to analyse the specific actions of the herbs that make up the formula. Students will be required to formulate, assemble and prepare complex prescriptions. This unit expands upon the student's knowledge of the Chinese Materia Medica, as well as the understanding of TCM theory and practice principles.

**School** Health Sciences

**Discipline** Traditional Chinese Medicine

**Student Contribution Band** HECS Band 2 10cp

Check your HECS Band contribution amount via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 3 subject

**Pre-requisite(s)** CMPL 2006 AND CMPL 2005

**Equivalent Subjects** LGYA 7240 - Chinese Herbal Medicine 3

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Evaluate the construction of Chinese herbal formulas;
2. Articulate herb interactions and apply this knowledge in the construction of formulas;
3. Compare and contrast the main formulas in the categories covered, including the herbs that make up the formula, their action and indications for usage of the formula;
4. Formulate and modify herbal prescriptions to suit individual clinical presentations.

## Subject Content

1. Introduction to Chinese herbal formulas
  - therapeutic methods and herbal formulas
  - composition of herbal formula
  - action to take in The event of An unexpected reaction
2. Major herbal formulas
  - exterior dispersing formulas
  - heat clearing formulas
  - Laxative and purgative formulas
  - Dryness dispelling formulas
  - Wind eliminating formulas
  - dampness dispelling formulas
  - phlegm dispelling formulas
  - food stagnation reducing formulas
  - Qi regulating formulas
  - blood regulating formulas

- Tonifying formulas
- interior warming formulas
- Astringent formulas
- shen calming formulas
- Harmonizing formulas

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

| Item         | Length      | Percent | Threshold | Individual/Group Task |
|--------------|-------------|---------|-----------|-----------------------|
| Presentation | 15 mins     | 15      | N         | Individual            |
| Case Study   | 1,500 words | 25      | N         | Individual            |
| Final Exam   | 2 hours     | 60      | N         | Individual            |

Prescribed Texts

- Scheid, V., Bensky, D., Barolet, R. & Ellis, A. (2009). Chinese Herbal Medicine: Formulas and Strategies (Second Edition). Seattle: Eastland Press.

Teaching Periods

## Autumn Campbelltown Day

**Subject Contact** Yu-Ting Sun ([https://directory.westernsydney.edu.au/search/name/Yu-Ting Sun/](https://directory.westernsydney.edu.au/search/name/Yu-Ting%20Sun/))

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=CMPL3002\\_22-AUT\\_CA\\_D#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=CMPL3002_22-AUT_CA_D#subjects))