

TCM104 Introduction Chinese Herbology

Course Outline

Course Description:

This introductory course familiarizes the student with the origin, evolution, and basic principles of Chinese herbology. Concepts introduced include the Five flavours, Six Qi, Home Meridian, and Four Directions. Students will learn latin and pin yin names for commonly used medicinal herbs. Habitat and cultivation practices, dosage, administration, and potential toxicity are also studied.

Course Prerequisite:

None

Learning Objectives:

1. Students will gain an understanding of the origins, evolution, and basic principles of Chinese herbology.
2. Students will grasp universal nomenclature for herbs.
3. Students will be introduced to safe dosage, administration, and potential for toxicity.

Instructor(s):

Joanne Van Allen Sinclair, R.TCMP, BGS, Academic Dean, Instructor. Joanne began her studies at ACOS during its second year of operation and has been a main instructor for over thirteen years in the College's Acupuncture, TCM, and clinical departments. Since 2014 she has acted as the Academic Dean. She has a Bachelor of General Studies from Thompson Rivers University and has over thirteen years of clinical experiences as a Registered Traditional Chinese Medicine Practitioner (RTCMP). She has a background in Bio-Dynamic and medicinal herb farming and helped to create the Kootenay's first Community Supported Agriculture Program (CSA). This experience, along with her love of herbs and gardening, has led to the creation of ACOS's first online herb course. Currently, she is in the process of creating several more courses which integrate knowledge of Chinese and Western Herbs.

Textbooks Required:

Natural Cures. Lu, Henry

Equipment Required:

None

Course Duration:

1 hr a week for 15 weeks equals 15 hours

Delivery Method:

Onsite lecture/lab – Classroom (can be taken online as well for January intake)

Evaluations:

Academic quizzes 3 X 15% 45%

Assignments 55%

TOTAL 100%

Course Calendar:

Weeks 1-3

Origins of Chinese Herbology
Silk Book, Shen Nong Ben Cao Jing
Principles of Chinese Herbology

Weeks 4-7

Principles of Chinese Herbology

Weeks 8-11

Principles of Chinese Herbology

Weeks 12-15

Nomenclature
Cultivation, Habitat
Administration, Dosage
Review and synthesis