Foundations (LEVEL 2-3)

- 1. Describe the licensure requirements and scope of practice defined by Hawaii State laws, rules, and regulations for Licensed Acupuncturists (L.Ac.).
- 2. Describe applicable federal Occupational Safety & Health Administration (OSHA) and Hawaii State requirements for the establishment of an AOM practice.
- 3. Describe the provisions in the Health Insurance Portability and Accountability Act (HIPAA) and its applicability to an AOM practice.
- 4. Detail the professional (e.g., qualifications, Professional Development Activity) and ethical (e.g., professional boundaries, informed consent, advertisement) standards of the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM).
- 5. Detail the definition and purpose of International Classification of Disease (ICD) codes and Current Procedural Terminology (CPT) codes as applicable to AOM practice.
- 6. Detail a practitioner's insurance requirements (e.g., general liability, malpractice) as applicable to an AOM practice.
- 7. Detail any federal or state guidelines or legal requirements for medical charting and reporting requirements.
- 8. Detail the required identifying information for a patient's medical file, and methods for obtaining that information (e.g., name, address, age, marital status, height, weight, temperature, blood pressure, current medications/supplements, allergies, etc.).
- 9. Identify potential signs of abuse (e.g., domestic, sexual, elder, child) and describe the appropriate actions if abuse is suspected.
- 10. Support a *bianzheng* 辨證 (differential diagnosis [of an AOM pattern], pattern diagnosis) of a patient's chief complaint(s) with evidence obtained both objectively (e.g., observation, palpation, auscultation, olfaction) and subjectively (e.g., interrogation).
- 11. Describe the key signs and symptoms that support a *zangfu* 臟腑 (solid & hollow organs) pattern diagnosis, and explain why different organs are affected by specific patterns.
- 12. Describe how a differential diagnosis supports a treatment plan.
- 13. Compare and contrast *bianbing* 辨病 (differentiation of diseases) and *bianzheng* 辨證 (differential pattern-diagnosis), and their significance to treatment planning.
- 14. Describe the various classical disease categories of Chinese medicine, including *kesou* 咳嗽 (cough), *bizheng* 痹證 (painful obstruction pattern), *linbing* 淋病 (urinary disorders), *shanbing* 疝病 (hernial disorders), *houluan* 霍亂 (sudden turmoil), *xiaoke* 消渴 (wasting & thirsting), and *bentun* 奔豚 (running piglet), and their treatment based on a differential pattern diagnosis.
- 15. Explain the methods to assess treatment outcomes, including what a standard course of treatment is for both acupuncture and herbology for various conditions, the reasons you would modify your treatment plan, and guidelines for providing a prognosis.
- 16. Explain the impact of culture, economics, lifestyle, social factors, and concurrent therapies on patient compliance and treatment outcomes.
- 17. Describe methods for *yangsheng* 養生 (nurturing life, self-cultivation, promoting good health and obtaining relaxation), such as meditation or *qigong* 氣功 (breathing exercises).

Acupuncture (LEVEL 2-3)

- 1. Describe the *xuelei* 穴類 (acupoint categories), functions, indications, and locations of **commonly used** acupoints, as well as **commonly used** new and miscellaneous acupoints.
- 2. Explain the theory of *ashi* 阿是 (sensitive) acupoints and its application to the practice of acupuncture.
- 3. Explain the theory of wushuxue 五輸穴 (five transporting/command/antique points) and its application to the practice of acupuncture, and the function of these acupoints: jing \sharp (well), ying \mathfrak{F} (spring), shu \mathfrak{f} (stream), jing \mathfrak{F} (river, channel), he \mathfrak{f} (confluence, uniting, sea).
- 4. Compare and contrast the functions and indications of mu 募 (alarm [acupoints on the front of the torso]) and shu 俞 (associated [acupoints on the back of the torso]).
- 5. Compare and contrast the functions and indications of *yuan* 原 (source), *luo* 絡 (connecting), and *xi* 郄 (cleft) acupoints.
- 6. Describe the functions and indications of the *xiahe* 下合 (lower uniting-sea) acupoints, the Entry and Exit acupoints, the *tianchuang* 天窗 (windows of heaven) acupoints, the *sihai* 四海 (four seas) acupoints, and the *bahuixue* 八會穴 (eight influential acupoints) acupoints.
- 7. Identify the location, function, and indications of commonly used auricular acupoints.
- 8. Identify the location, function, and indications of commonly used scalp acupoints.
- 9. Identify the location, function, and indications of commonly used Coalescent, Confluent, Command, and *jiaohuixue* 交會穴 (crossing acupoints) acupoints.
- 10. Explain how the theory of local/distal acupoint selection is applied in acupuncture.
- 11. Explain how *wuxing* (five element) theory is applied in SaAm (Korean four needle) technique, and SaSang (Korean constitutional typology) acupuncture.
- 12. Explain the theory of the Causative Factor, Aggressive Energy, and Golden Keys according to the doctrine J.R. Worsley.
- 13. Compare and contrast Trigger Point therapy and the novel term "dry needling" being used by physical therapists and other health professionals with the practice of acupuncture.
- 14. Explain how the theory of biaoben 標本 (root & branch) is applied to the practice of acupuncture.
- 15. Explain how modern orthopedics can be integrated effectively into the treatment of musculoskeletal conditions with acupuncture and related techniques.
- 16. Compare and contrast the functions, indications, cautions, and contraindications of classical modalities, including: bahuoguan 拔火罐 (cupping therapy), guasha 刮痧 (scraping therapy), meihuazhen 梅花針 (plum blossom needles), qixingzhen 七星針 (seven star needles), pineizhen 皮內針 (intradermal needles, press-tacks), sanlengzhen 三棱針 (three-edged lancets).
- 17. Compare and contrast the functions, indications, cautions, and contraindications of modern modalities, including: ear seeds/pellets, cold/heat packs, and TDP/Heat lamps.
- 18. Compare and contrast the functions, indications, cautions, and contraindications of the various methods of $jiu \ \%$ (moxibustion, cauterization), including direct and indirect methods (cones, threads, needle-top, pole, box, through a medium, navel, & stick-on).
- 19. Describe some useful self-massage techniques for *yangsheng* 養生 (nourishing life), and the treatment of disease.
- 20. Explain the applicability of standard *tuina* 推拿 (therapeutic massage) techniques (e.g., rolling, swinging, smearing, tapping, kneading, etc.) to specific areas of the body and various disorders.

Herbology (LEVEL 2-3)

- 1. Identify known drug-herb, herb-herb, and food-herb interactions that could put patients at risk.
- 2. Identify known contaminants to herbal products that could put patients at risk.
- 3. Detail routine safety procedures for maintaining an herbal pharmacy stocked with loose/raw/bulk medicinals.
- 4. Detail routine safety procedures for maintaining an herbal pharmacy stocked with prepared medicinal formulas.
- 5. Detail current Good Manufacturing Practices (cGMP) and their relevance to the practice of herbology.
- 6. Detail the methods and purpose for establishing expiration dates and lot numbers for commercially prepared herbal products, including maintaining records on discarded products.
- 7. Detail methods and purpose for creating and accessing Certificates of Analysis for medicinals from herbal suppliers.
- 8. Detail Hawaii state laws and rules regarding the practice of herbology.
- 9. Detail what information needs to be maintained in a patient's medical record regarding the prescription of herbal medicine.
- 10. Identify the functions and indications of **commonly used** medicinals and formulas that are prescribed based on a differential pattern diagnosis.
- 11. Identity the ingredients and dosages of medicinals in commonly used formulas.
- 12. Identify the *duiyao* 對藥 (medicinal combinations) within **commonly used** formulas that explain their therapeutic actions, or that are used for modification.
- 13. Compare and contrast Chinese dietary therapy with Chinese Herbology and Western Nutrition.
- 14. Compare and contrast modern Western herbal products/nutritional supplements with traditional herbal practices.
- 15. Detail the common methods of preparation of formulas for internal administration (e.g., decoctions, pills, granules, etc.), and the strengths and limitations of these various preparations.
- 16. Detail the common methods of preparation of formulas for external administration (e.g., plasters, ointments, liniments, etc.), and the strengths and limitations of these various preparations.
- 17. Describe how to determine the proper dosage of granules, including how the ratio of ingredients equates to loose herb dosages based on concentration.

Biomedicine (LEVEL 2-3)

- 1. Detail the procedures of a Biomedical physical examination used to support a Biomedical diagnosis (e.g., cognition, motor, sensory, reflex, balance & coordination, strength/weakness, etc.) of **common diseases**, including normal and abnormal findings.
- 2. Explain how information from a Biomedical physical examination can be used in clinical practice to form a Biomedical Clinical Impression of **common diseases**, modify treatment plans, provide a realistic prognosis, or make referrals.
- 3. Explain how laboratory test results are used for Biomedical diagnosis of **common diseases**, including how this information can be used in clinical practice to form a Biomedical Clinical Impression, modify treatment plans, provide a realistic prognosis, or make referrals.
- 4. Identify ominous signs requiring immediate medical referral (e.g., anaphylaxis, cardiac arrest, respiratory arrest, uncontrollable bleeding, syncope, suicidal tendencies, psychosis, etc.).
- 5. Identify Biomedically-defined **common diseases** that require co-management with other health care providers.
- 6. Detail the types of laboratory tests and their significance (e.g., complete blood count, metabolic panel, liver panel, cardiac panel, thyroid panel, urinalysis, pregnancy test, and various imaging studies including x-ray, MRI, CT, PET, colonoscopy, etc.).
- 7. Explain how laboratory test results are used for Biomedical diagnosis, including how this information can be used in clinical practice to form a Biomedical Clinical Impression, modify treatment plans, provide a realistic prognosis, or make referrals.
- 8. Identify the major classifications of non-prescription, over-the-counter (OTC), medications (e.g., analgesics, NSAIDs, antihistamines, antitussives, antacids, etc.), and the brand & generic names of commonly used OTC drugs.
- 9. Identify the major classifications of prescription medications (e.g., antibiotics, antihistamines, analgesics, anti-inflammatory agents, anticoagulants, antilipidemics, anti-depressants, antihypertensives, diuretics, etc.), and the brand & generic names of commonly used prescription drugs.
- 10. Identify the major drug categories (e.g., SSRI, beta-blockers, opiates, amphetamines, etc.), their known actions, and common adverse reactions (side effects).
- 11. Identify known potentially harmful drug-herb interactions.
- 12. Compare and contrast the various methods for administration of medications (e.g., oral, intravenous, topical, subcutaneous, rectal).
- 13. Identify the effects of legal and illegal recreational drugs (e.g., caffeine, nicotine, alcohol, opiates, amphetamines, narcotics, hallucinogenics, etc.).
- 14. Identify the major classifications (e.g., vitamins, minerals, amino-acids, anti-oxidants, etc.), known mechanisms of action (e.g., fat-soluble, water-soluble, phyto-estrogens, etc.), and common adverse effects (e.g., ascorbic acid induced diarrhea, niacin flush, etc.) of dietary supplements.

For the following two-hundred (200) **commonly used** acupoints, students must know the names, categories, locations, functions, indications, cautions & contraindications, and important combinations. Students are also expected to know the locations of all regular channel acupoints.

Hand Taiyin Lung Channel (手太陰肺經 shou taiyin fei jing) [8 pts]

LU-1 (*zhongfu* 中府, central storehouse)

LU-3 (tianfu 天府, heavenly storehouse)

LU-5 (chize 尺澤, cubit marsh)

LU-6 (kongzui 孔最, collection hole)

LU-7 (lieque 列缺, broken sequence)

LU-9 (taiyuan 太淵, great abyss)

LU-10 (yuji 魚際, fish border)

LU-11 (shaoshang 少商, minor merchant)

Hand Yangming Large Intestine Channel (手陽明大腸經 shou yangming dachang jing) [11 pts]

LI-4 (hegu 合谷, gathering valley)

LI-8 (xialian 下廉, lower ridge)

LI-9 (*shanglian* 上廉, upper ridge)

LI-10 (shousanli 手三里, arm three miles)

LI-11 (*quchi* 曲池, crooked pond)

LI-12 (zhouliao 肘髎, elbow bone-hole)

LI-14 (binao 臂髐, upper arm)

LI-15 (jiangu 肩骨, shoulder bone)

LI-16 (jugu 巨骨, large bone)

LI-18 (futu 扶突, protuberance assistant)

LI-20 (yingxiang 迎香, welcome fragrance)

Foot Yangming Stomach Channel (足陽明胃經 zu yangming wei jing) [22 pts]

ST-2 (*sibai* 四白, four whites)

ST-4 (dicang 地倉, earth granary)

ST-6 (jiache 頰車, jaw mover)

ST-7 (xiaguan 下關, below the hinge)

ST-8 (touwei 頭維, head corner)

ST-9 (renying 人迎, mankind's prognosis)

ST-12 (quepen 缺盆, hollow basin)

ST-17 (*ruzhong* 乳中, breast center)

ST-21 (liangmen 梁門, beam gate)

ST-25 (tianshu 天樞, heavenly pivot)

ST-28 (shuidao 水道, water passages)

ST-31 (biguan 髀關, thigh hinge)

ST-34 (*liangqiu* 梁丘, beam hill)

ST-35 (dubi 犢鼻, calf's nose)

ST-36 (zusanli 足三里, leg three miles)

- ST-37 (shangjuxu 上巨虛, upper great emptiness)
- ST-38 (*tiaokou* 條□, narrow opening)
- ST-40 (fenglong 豐隆, bountiful bulge)
- ST-41 (jiexi 解谿, divided gorge)
- ST-42 (chongyang 沖陽, surging yang)
- ST-43 (xiangu 陷谷, sunken valley)
- ST-44 (neiting 內庭, inner courtyard)

Foot Taiyin Spleen Channel (足太陰脾經 zu taiyin pi jing) [9 pts]

- SP-1 (yinbai 隱白, hidden white)
- SP-3 (taibai 太白, great white [Venus])
- SP-4 (gongsun 公孫, grandfathers & grandsons)
- SP-6 (sanyinjiao 三陰交, three yin meeting)
- SP-8 (diji 地機, earth mechanism)
- SP-9 (yinlingquan 陰陵泉, yin mound spring)
- SP-10 (xuehai 血海, sea of blood)
- SP-15 (daheng 大横, great horizontal)
- SP-21 (dabao 大包, great container)

Hand Shaoyin Heart Channel (手少陰心經 shou shaoyin xin jing) [7 pts]

- HT-1 (jiquan 極泉, utmost spring)
- HT-3 (shaohai 少海, minor sea)
- HT-5 (tongli 通里, connecting miles)
- HT-6 (yinxi 陰郄, yin cleft)
- HT-7 (shenmen 神門, spirit gate)
- HT-8 (*shaofu* 少府, minor storehouse)
- HT-9 (*shaochong* 少沖, minor surge)

Hand Taiyang Small Intestine Channel (手太陽小腸經 shou taiyang xiaochang jing) [13 pts]

- SI-3 (houxi 後谿, behind the creek)
- SI-4 (wangu 腕骨, wrist bone)
- SI-8 (xiaohai 小海, minor sea)
- SI-9 (jianzhen 局貞, shoulder correction)
- SI-10 (naoshu 肱俞, upper-arm associated-acupoint)
- SI-11 (tianzong 天宗, heavenly gathering)
- SI-12 (bingfeng 秉風, grasping the wind)
- SI-13 (quyuan 曲垣, crooked wall)
- SI-14 (*jianwaishu* 局外俞, outer shoulder associated-acupoint)
- SI-15 (jianzhongshu 局中俞, central shoulder associated-acupoint)
- SI-16 (tianchuang 天窗, heavenly window)
- SI-17 (tianrong 天容, heavenly receiver)
- SI-19 (tinggong 聽宮, palace of hearing)

Foot Taiyang Urinary Bladder Channel (足太陽膀胱經 zu taiyang pangguang jing) [37 pts]

- UB-1 (jingming 睛明, bright eyes)
- UB-2 (zanzhu 攢竹, bamboo grove)
- UB-10 (tianzhu 天柱, heavenly pillar)
- UB-11 (dazhu 大杼, big shuttle)
- UB-12 (fengmen 風門, wind gate)
- UB-13 (feishu 肺俞, lung associated-acupoint)
- UB-14 (jueyinshu 厥陰俞, "pericardium" associated-acupoint)
- UB-15 (xinshu 心俞, heart associated-acupoint)
- UB-16 (dushu 督俞, governing associated-acupoint)
- UB-17 (geshu 膈俞, diaphragm associated-acupoint)
- UB-18 (ganshu 肝俞, liver associated-acupoint)
- UB-19 (danshu 膽俞, gallbladder associated-acupoint)
- UB-20 (pishu 脾俞, spleen associated-acupoint)
- UB-21 (weishu 胃俞, stomach associated-acupoint)
- UB-22 (sanjiaoshu 三焦俞, triple warmer associated-acupoint)
- UB-23 (shenshu 腎俞, kidney associated-acupoint)
- UB-25 (dachangshu 大腸俞, large intestine associated-acupoint)
- UB-27 (xiaochangshu 小腸俞, small intestine associated-acupoint)
- UB-28 (pangguangshu 膀胱俞, urinary bladder associated-acupoint)
- UB-31 (shangliao 上髎, upper bone-hole)
- UB-32 (ciliao 次髎, second bone-hole)
- UB-37 (yinmen 殷門, abundant gate)
- UB-39 (weiyang 委陽, bending yang)
- UB-40 (weizhong 委中, middle of the bend)
- UB-42 (pohu 魄戶, door of the corporeal soul)
- UB-43 (gaohuangshu 膏肓俞, associated-acupoint of the gaohuang)
- UB-44 (shentang 神堂, spirit hall)
- UB-47 (hunmen 魂門, gate of the ethereal soul)
- UB-49 (yishe 意舍, house of the intellect)
- UB-52 (zhishi 志室, room of the emotions)
- UB-54 (zhibian 秩邊, sequential limit)
- UB-57 (chengshan 承山, support the mountain)
- UB-58 (feiyang 飛揚, taking flight)
- UB-60 (kunlun 昆侖, Kunlun Mountains)
- UB-62 (shenmai 申脈, extending vessel)
- UB-64 (*jinggu* 京骨, capital bone)
- UB-67 (zhiyin 至陰, reaching the end)

Foot Shaoyin Kidney Channel (足少陰腎經 zu shaoyin shen jing) [11 pts]

- KD-1 (yongquan 湧泉, surging spring)
- KD-2 (rangu 然谷, burning valley)
- KD-3 (taixi 太谿, great creek)
- KD-6 (zhaohai 照海, shining sea)

- KD-7 (fuliu 復溜, recover the flow)
- KD-10 (yingu 陰谷, dark valley)
- KD-23 (shenfeng 神封, spirit seal)
- KD-24 (lingxu 靈墟, spirit ruins)
- KD-25 (shencang 神藏, spirit storage)
- KD-26 (yuzhong 彧中, flourishing center)
- KD-27 (shufu 俞府, associated-acupoint of the storehouse)

Hand Jueyin Pericardium Channel (手厥陰心包經 shou jueyin xinbao jing) [6 pts]

- PC-3 (quze 曲澤, crooked marsh)
- PC-5 (*jianshi* 間使, intermediary envoy)
- PC-6 (neiguan 內關, inner pass)
- PC-7 (daling 大凌, large mound)
- PC-8 (laogong 勞宮, palace of toil)
- PC-9 (zhongchong 中衝, central hub)

Hand Shaoyang Sanjiao Channel (手少陽三焦經 shou shaoyang sanjiao jing) [10 pts]

- SJ-3 (zhongzhu 中渚, central isle)
- SJ-4 (yangchi 陽池, sunny pond)
- SJ-5 (waiguan 外關, outer pass)
- SJ-6 (zhigou 支溝, branch ditch)
- SJ-8 (sanyangluo 三陽絡, three yang connection)
- SJ-10 (tianjing 天井, heavenly well)
- SJ-16 (*tianyou* 天牖, heavenly window)
- SJ-17 (yifeng 翳風, screen the wind)
- SJ-21 (ermen 耳門, ear gate)

Foot Shaoyang Gall Bladder Channel (足少陽膽經 zu shaoyang dan jing) [18 pts]

- GB-1 (tongziliao 瞳子髎, pupil bone-hole)
- GB-2 (tinghui 聽會, hearing convergence)
- GB-8 (shuaigu 率谷, valley leader)
- GB-14 (yangbai 陽白, yang white)
- GB-20 (fengchi 風池, wind pool)
- GB-21 (jianjing 局井, shoulder well)
- GB-24 (riyue 日月, sun & moon)
- GB-25 (jingmen 京門, capital gate)
- GB-26 (daimai 帶脈, girdle vessel)
- GB-29 (Juliao 居髎, squatting bone-hole)
- GB-30 (huantiao 環跳, jumping around)
- GB-31 (fengshi 風市, wind market)
- GB-34 (yanglingquan 陽陵泉, yang mound spring)
- GB-37 (guangming 光明, bright light)

- GB-39 (suihui 髓會, marrow convergence)
- GB-40 (qiuxu 丘墟, hill ruins)
- GB-41 (zulinqi 足臨泣, foot arriving tears)
- GB-43 (xiaxi 俠谿, wide ravine)

Foot Jueyin Liver Channel (足厥陰肝經 zu jueyin gan jing) [9 pts]

- LR-2 (xingjian 行間, moving between)
- LR-3 (taichong 太沖, great surge)
- LR-4 (zhongfeng 中封, central mound)
- LR-5 (ligou 蠡溝, woodworm canal)
- LR-6 (zhongdu 中都, central capital)
- LR-8 (ququan 曲泉, spring at the bend)
- LR-12 (jimai 急脈, urgent vessel)
- LR-13 (zhangmen 章門, camphor gate)
- LR-14 (*qimen* 期門, time-period gate)

Conception Vessel (任脈 ren mai) [14 pts]

- Ren-1 (huiyin 會陰, meeting of yin)
- Ren-3 (zhongji 中極, extreme center)
- Ren-4 (quanyuan 關原, source pass)
- Ren-6 (qihai 氣海, sea of qi)
- Ren-8 (shengue 神闕, spirit gate-tower)
- Ren-9 (*shuifen* 水分, water divide)
- Ren-12 (zhongwan 中脘, central venter)
- Ren-13 (shangwan 上脘, upper venter)
- Ren-14 (juque 巨闕, large gate-tower)
- Ren-15 (jiuwei 鳩尾, turtledove tail)
- Ren-17 (tanzhong 膻中, chest center)
- Ren-22 (tiantu 天突, heavenly chimney)
- Ren-23 (lianguan 廉泉, ridge spring)
- Ren-24 (chengjiang 承漿, sauce receptacle)

Governing Vessel (督脈 du mai) [8 pts]

- DU-1 (changqiang 長強, long & strong)
- DU-4 (mingmen 命門, life gate)
- DU-8 (jinsuo 筋縮, sinew contraction)
- DU-14 (dazhui 大椎, great hammer)
- DU-16 (fengfu 風府, wind palace)
- DU-20 (baihui 百會, hundred convergences)
- DU-23 (shangxing 上星, upper star)
- DU-26 (renzhong 人中, mankind's center)

Miscellaneous Acupoints (雜針灸穴 za zhenjiu xue) [17 pts]

M-HN-1 (sishencong 四神聰, four intelligences)

M-HN-3 (yintang 印堂, official-seal hall)

M-HN-9 (taiyang 太陽, greater yang)

MHN-14 (bitong 鼻通, nasal flow)

M-HN-30 (bailao 百勞, hundred labors)

M-HN-54 (anmian 安眠, peaceful sleep)

M-HN-20 (jinjin yuye 金津玉液, gold & jade fluids)

M-CA-18 (zigong 子宫, child's palace)

M-BW-1 (dingchuan 定喘, stop wheezing)

M-BW-24 (yaoyan 腰眼, lumbar eyes)

M-BW-35 (Hua Tuo Jiaji 華佗夾脊, Hua Tuo's paraspinal acupoints)

M-UE-22 (baxie 八邪, eight evils)

M-UE-24 (luozhen 落振, cyclical fall & rise)

M-LE-8 (bafeng 八風, eight winds)

M-LE-13 (lanweixue 闌尾穴, appendix acupoint)

M-LE-23 (dannangxue 膽囊穴, gallbladder acupoint)

M-LE-27 (heding 鶴頂, crane's top)

For the following one-hundred (100) **commonly used** medicinals, students must know the names (*pinyin* & pharmaceutical), categories, functions, qualities (taste, temperature, channel affinity), indications, dosage range, cautions & contraindications, and important combinations (*duiyao* 對藥). Students are also expected to know the function of all medicinals within **commonly used** formulas (see below).

RELEASE THE EXTERIOR [12 herbs]

Baizhi 白芷 (Angelicae Dahuricae Radix)

Bohe 薄荷 (Mentha haplocalyx Briq., Herba)

Chaihu 柴胡 (Bupleurum chinense D.C., Radix)

Fangfeng 防風 (Ledebouriellae Radix)

Gegen 葛根 (Peurariae Radix)

Guizhi 桂枝 (Cinnamomum cassia Blume Ramulus)

Jingjie 荊芥 (Schizonepeta tenufolia Briq., Herba seu Flos)

Mahuang 麻黄 (Ephedra sinica Stapf., Herba)

Qianghuo 羌活 (Notopterygii Radix et Rhizoma)

Shengjiang 生薑 (Zingiber officinale Rosc., Rhizoma recens)

Shengma 升麻 (Cimicifugae Rhizoma)

Xixin 細辛 (Asari Herba cum Radice)

REGULATE QI [6 herbs]

Chenpi 陳皮 (Citrus reticulate Blanco, Pericarpium)

Chuanlianzi 川楝子 (Melia toosendan Sieb. Et Zucc., Fructus)

Muxiang 木香 (Auklandia lappae Decne., Radix)

Wuyao 烏藥 (Lindera strychnifolia (Sieb. Et Zucc.) Villar, Radix)

Xiangfu 香附 (Cyperus rotundis L., Rhizoma)

Zhishi 枳實 (Citrus aurantium L., Fructus)

REGULATE BLOOD [8 herbs]

Danshen 丹參 (Salvia miltiorrhiza Bge., Radix)

Chishao 赤芍 (Paeoniae Rubrae, Radix)

Chuanxiong 川芎 (Ligusticum wallichii Hort., Radix)

Honghua 紅花 (Carthamus tinctorius L., Flos)

Moyao 沒藥 (Commiphora myrrha Engl., Resina)

Niuxi 牛膝 (Achyranthes bidentata Bl., Radix)

Ruxiang 乳香 (Boswellia carterii Birdw., Resina)

Taoren 桃仁 (Prunus persica (L.) Batsch., Semen)

STOP BLEEDING [4 herbs]

Cebaiye 側柏葉 (Biota orientalis (L.) Endl., Cacumen)

Diyu 地榆 (Sanguisorba officinalis L., Radix)

Qiancaogen 茜草根 (Rubiae cordifolia L., Radix)

Sanqi 三七 (Panax notoginseng (Burk.) F.H. Chen., Radix)

TONIFY QI [6 herbs]

Baizhu 白术 (Atractylodes macrocephala Koidz., Rhizoma)

Dazao 大棗 (Ziziphus jujubae Mill., Fructus)

Huangqi 黄耆 (Astragalus membranaceus (Fisch.) Bge., Radix)

Renshen 人參 (Panax ginseng C.A. Mey, Radix)

Shanyao 山藥 (Dioscorea opposita Thunb., Radix)

Zhigancao 炙甘草 (Glycyrrhiza uralensis Fischer, Radix Preperata)

TONIFY BLOOD [4 herbs]

Baishao 白芍 (Paeonia lactiflora Pall., Radix)

Dangqui 當歸 (Angelica sinensis (Oliv.) Diels, Radix)

Gougizi 枸杞子 (Lycium barbarum L., Furctus)

Shudihuang 熟地黃 (Rehmannia glutinosa (Gaertn.) Libosch., Radix Preperata)

TONIFY YIN [4 herbs]

Baihe 百合 (Lilii Bulbus)

Maimendong 麥門冬 (Ophiopogonis Tuber)

Tianmendong 天門冬 (Asparagi cochinchinensis (Lour.) Merr., Tuber)

Yuzhu 玉竹 (Polygonatum odoratum (Mill.) Druce, Rhizoma)

TONIFY YANG [5 herbs]

Bajitian 巴戟天 (Morinda officinalis How, Radix)

Duzhong 杜仲 (Eucommia ulmoides Oliv., Cortex)

Roucongrong 肉蓯蓉 (Cistanche deserticola Y.C. Ma., Herba)

Xuduan 續斷 (Dipsacus asper Wall., Radix)

WARM THE INTERIOR [3 herbs]

Fuzi 附子 (Aconitum carmichaeli Debx., Radix Lateralis)

Ganjiang 乾薑 (Zingiber officinallis Rosc., Rhizoma)

Rougui 肉桂 (Cinnamomum cassia Blume, Cortex)

CLEAR HEAT [12 herbs]

Huangbai 黃柏 (Phellodendri Cortex)

Huanglian 黃連 (Coptis chinensis Franch., Rhizoma)

Huangqin 黄芩 (Scutellaria baicalensis Georgi., Radix)

Jinyinhua 金銀花 (Lonicera japonica Thunb., Flos)

Lianqiao 連翘 (Forsythia suspensa (Thunb.) Vahl, Fructus)

Longdancao 龍膽草 (Gentianae Radix)

Mudanpi 牡丹皮 (Paeonia suffruticosa Andr., Cortex)

Shigao 石膏 (Calcium Sulfate, Gypsum)

Shengdihuang 生地黃 (Rehmannia glutinosa (Gaertn.) Libosch., Radix) Xuanshen 玄參 (Scrophulariae Radix) Zhimu 知母 (Anemarrhena asphodeloides Bge., Rhizoma) Zhizi 梔子 (Gardenia jasminoides Ellis, Fructus)

DRAIN DAMPNESS [4 herbs]

Fuling 茯苓 (Poria cocos (Schw.) Wolf, Sclerotium)

Zexie 澤瀉 (Alisma paIntago-aquatica L. var. orientale Samuels, Rhizoma)

Mutong 木通 (Akebiae Caulis)

Yiyiren 薏苡仁 (Coix lachrymal jobi L., Semen)

TRANSFORM DAMPNESS [4 herbs]

Cangzhu 苍术 (Atractylodis Rhizoma) Houpo 厚朴 (Magnolia officinalis Rehd. Et Wils, Cortex) Huoxiang 藿香 (Agastaches seu Pogostemi Herba) Sharen 砂仁 (Amomi Fructus)

TRANSFORM PHLEGM [7 herbs]

Banxia 半夏 (Pinellia ternate (Thunb.) Breit., Rhizoma)
Beimu 貝母 (Fritillariae Bulbus)
Dannanxing 膽南星 (Arisaematis Rhizoma Pulvis cum Felle Bovis)
Jiegeng 桔梗 (Platycodon grandiflorum (Jacq.) A. DC., Radix)
Sangbaipi 桑白皮 (Morus alba L., Cortex Radicis)
Xingren 杏仁 (Prunus armeniaca, L., Semen)
Zhuru 竹茹 (Bambusae Caulis)

RELIEVE FOOD STAGNATION [2 herbs]

Shanzha 山楂 (Crataegi Fructus) Shenqu 神曲 (Massa Fermentata)

DISPEL WIND-DAMP [PAINFUL OBSTRUCTION] [5 herbs]

Duhuo 獨活 (Angelica pubescens Maxim., Radix)
Qinjiao 秦艽 (Gentianae Qinjiao Radix)
Sangzhi 桑枝 (Morus alba L., Ramulus)
Weilingxian 威靈仙 (Clematidis Radix)
Wujiapi 五加皮 (Acanthopanax gracilistylus W.W. Smith., Cortex)

STABILIZE & BIND [2 herbs]

Shanzhuyu 山茱萸 (Cornus officinalis Sieb. et Zucc., Fructus) Wuweizi 五味子 (Schisandra chinensis (Turcz.) Baill., Fructus)

DRAIN DOWNWARD [2 herbs]

Dahuang 大黃 (Rhei Radix et Rhizoma) Huomaren 火麻仁 (Cannabis sativa L., Semen)

CALM THE SPIRIT [5 herbs]

Baiziren 柏子仁 (Biotae orientalis L., Semen)
Muli 牡蠣 (Ostreae, Concha)
Suanzaoren 酸棗仁 (Ziziphus spinosa Hu., Semen)
Yejiaoteng 夜交藤 (Polygonum multiflorum Thunb., Caulis)
Yuanzhi 遠志 (Polygala tenuifolia Willd., Radix)

EXTINGUISH WIND [2 herbs]

Tianma 天麻 (Gastrodia elata, Blume, Rhizoma) Gouteng 鉤藤 (Uncaria, Ramulus cum Uncis)

OPEN THE ORIFICES [2 herbs]

Bingpian 冰片 (Borneol Camphor)
Shichangpu 石菖蒲 (Acorus gramineus Soland., Rhizoma)

EXPEL PARASITES [1 herbs]

Binglang 槟榔 (Areca catechu L., Semen)

For the following one-hundred (100) **commonly used** herbal formulas, students must know the names (*pinyin* & English translation), categories, functions, ingredients with dosages, indications, cautions & contraindications, preparation methods, and important modifications.

RELEASE THE EXTERIOR [10 formulas]

Cangerzi San 苍耳子散 (Xanthium Powder)

Chuanxiong Chatiao San 川芎茶調散 (Ligusticum & Tea Powder)

Gegen Tang 葛根湯 (Kudzu Decoction)

Guizhi Tang 桂枝湯 (Cinnamon Twig Decoction)

Mahuang Tang 麻黃湯 (Ephedra Decoction)

Qianglan Tang 羌蘭湯 (Notoptergium & Isatis Decoction)

Renshen Baidu San 人參敗毒散 (Ginseng Overcome Toxicity Powder)

Sangju Yin 桑菊飲 (Mulberry & Chrysanthemum Decoction)

Xiao Qinglong Tang 小青龍湯 (Minor Green Dragon Decoction)

Yingiao San 銀翹散 (Honeysuckle & Forsythia Powder)

HARMONIZE [4 formulas]

Chaihu Shugan San 柴胡疏肝散 (Bupleurum Spread the Liver Powder)

Sini San 四逆散 (Four Rebellions Powder)

Xiao Chaihu Tang 小柴胡湯 (Minor Bupleurum Decoction)

Xiaoyao San 逍遙散 (Free & Easy Wanderer Powder)

REGULATE QI [5 formulas]

Banxia Houpo Tang 半夏厚朴湯 (Pinellia & Magnolia Decoction)

Dingchuan Tang 定喘湯 (Calm Wheezing Decoction)

Dingxiang Shidi Tang 丁香柿蒂湯 (Cloves & Persimmon Calyx Decoction)

Tiantai Wuyao San 天臺烏藥散 (Excellent Lindera Powder)

Yueju Wan 越鞠丸 (Escape Constraint Pill)

REGULATE BLOOD [6 formulas]

Buyang Huanwu Tang 補陽還五湯 (Tonify Yang & Restore Five Decoction)

Danshen Yin 丹蔘飲 (Salvia Decoction)

Dieda Wan 跌打丸 (Traumatic Injury Pill)

Guizhi Fuling Wan 桂枝茯苓丸 (Cinnamon & Poria Pill)

Shaofu Zhuyu Tang 少腹逐瘀湯 (Dispel Stasis in the Lower Abdomen Decoction)

Xuefu Zhuyu Tang 血府逐瘀湯 (Dispel Stasis in the Blood Palace Decoction)

STOP BLEEDING [3 formulas]

Baiye Tang 柏葉湯 (Biota Leaf Decoction)

Diyu San 地榆散 (Sanguisorba Powder)

Yunnan Baiyao 雲南白藥 (White Medicine from Yunnan Province)

TONIFY QI [5 formulas]

Buzhong Yiqi Tang 補中益氣湯 (Tonify the Center & Benefit the Qi Decoction)
Shengmai San 生脈散 (Generate a Pulse Powder)
Shenling Baizhu San 參苓白术散 (Ginseng, Poria, & Atractylodes Powder)
Sijunzi Tang 四君子湯 (Four Gentlemen Decoction)
Xiangsha Liujunzi Tang 香砂六君子湯 (Auklandia & Amomum Six Gentlemen Decoction)

TONIFY BLOOD [3 formulas]

Shaoyao Gancao Tang 芍藥甘草湯 (Peony & Licorice Decoction)
Siwu Tang 四物湯 (Four Substance Decoction)
Taohong Siwu Tang 桃紅四物湯 (Peach Kernel & Safflower Four Substance Decoction)

TONIFY QI & BLOOD [4 formulas]

Bazhen Tang 八珍湯 (Eight Treasures Decoction)
Danggui Buxue Tang 當歸補血湯 (Angelica Tonify Blood Decoction)
Guipi Tang 歸脾湯 (Restore the Spleen Decoction)
Zhigancao Tang 炙甘草湯 (Prepared Licorice Decoction)

MOISTEN DRYNESS [3 formulas]

Zengye Tang 增液湯 (Increase Fluids Decoction)
Baihe Gujin Tang 百合固金湯 (Lily Bulb Secure Metal Decoction)
Maimendong Tang 麥門冬湯 (Ophiopogonis Decoction)

TONIFY YIN [3 formulas]

Erzhi Wan 二至丸 (Two-Ingredient Ultimate Pill)
Liuwei Dihuang Wan 六味地黃丸 (Six Flavor Rehmannia Pill)
Zuoqui Yin 左歸飲 (Restore the Left Decoction)

TONIFY YANG [3 formulas]

Erxian Tang 二仙湯 (Two Immortals Decoction)

Jingui Shenqi Tang 金匱腎氣湯 (Golden Cabinet Kidney Qi Decoction)

Yougui Yin 友歸飲 (Restore the Right Decoction)

WARM THE INTERIOR [3 formulas]

Lizhong Wan 理中丸 (Order the Center Pill)
Shenfu Tang 參附湯 (Ginseng & Aconite Decoction)
Sini Tang 四逆湯 (Four Rebellions Decoction)

CLEAR HEAT [10 formulas]

Baihu Tang 白虎湯 (White Tiger Decoction)

Baitouweng Tang 白頭翁湯 (Pulsatilla Decoction)

Daochi San 導赤散 (Guide Out the Red Powder)

Huanglian Jiedu Tang 黃連解毒湯 (Coptis Resolve Toxicity Decoction)

Longdan Xiegan Tang 龍膽瀉肝湯 (Gentian Drain the Liver Decoction)

Qinggu San 清骨散 (Cool the Bones Powder)

Qingwei San 清胃散 (Cool the Stomach Powder)

Shenxi Dan 神犀丹 (Magic Rhinoceros Cinnabar-Pill)

Xiebai San 瀉白散 (Drain the White Powder)

Xiexin Tang 瀉心湯 (Drain the Heart Decoction)

DRAIN DAMPNESS [6 formulas]

Wuling San 五苓散 (Five Ingredient Poria Powder)

Bazheng San 八正散 (Eight Ingredient Rectification Powder)

Beixie Fenging Yin 萆薢分清飲 (Dioscorea Decoction to Seperate the Clear Decoction)

Wupi San 五皮散 (Five Peel Powder)

Yinchenhao Tang 茵陳蒿湯 (Artemesia Decoction)

Zhenwu Tang 真武湯 (Perfected Warrior Decoction)

TRANSFORM DAMPNESS [2 formulas]

Huoxiang Zhengqi San 藿香正氣散 (Agastache Rectify the Qi Powder)

Pingwei San 平胃散 (Calm the Stomach Powder)

TRANSFORM PHLEGM [5 formulas]

Beimu Gualuo Tang 貝母瓜蔞湯 (Fritillaria & Trichosanthes Decoction)

Erchen Tang 二陳湯 (Two Aged Decoction)

Wendan Tang 溫膽湯 (Warm the Gallbladder Decoction)

Qingqi Huatan Wan 清氣化痰丸 (Clear Qi & Transform Phelgm Pill)

Xiao Xianxiong Tang 小陷胸 (Minor Sinking into the Chest Decoction)

RELIEVE FOOD STAGNATION [1 formula]

Baohe Wan 保和丸 (Preserve Harmony Pill)

DISPEL WIND-DAMP [PAINFUL OBSTRUCTION] [3 formulas]

Duhuo Jisheng Tang 獨活寄生湯 (Angelica & Sangjisheng Decoction)

Juanbi Tang 蠲痺湯 (Alleviate Painful Obstruction Decoction)

Qianghuo Shengshi Tang 羌活勝濕湯 (Notoptergyium Conquer Damp Decoction)

STABILIZE & BIND [6 formulas]

Guizhi jia Longgu Muli Tang 桂枝加龍骨牡蠣湯 (Cinnamon plus Dragon Bone & Oyster Shell Decoction)

Jinsuo Gujing Wan 金鎖固精丸 (Metal Lock Stabilize Essence Pill)

Muli San 牡蠣散 (Oyster Shell Powder)

Sishen Wan 四神丸 (Four Miracle Pill)

Yihuang San 益黃散 (Benefit Yellow [Discharge] Powder)

Yu Pingfeng San 玉屏風散 (Jade Wind-Screen Powder)

DRAIN DOWNWARD [3 formulas]

Da Chengqi Tang 大承氣湯 (Major Order the *Qi* Decoction)
Runchang Wan 潤腸丸 (Moisten the Intestines Pill)
Shizao Tang 十棗湯 (Ten Jujube Decoction)

CALM THE SPIRIT [5 formulas]

Dingzhi Wan 定志丸 (Calm the Emotions Pill)

Ganmai Dazao Tang 甘麥大棗湯 (Licorice, Wheat, & Jujube Decoction)

Suanzaoren Tang 酸棗仁湯 (Sour Jujube Decoction)

Tianwang Buxin Dan 天王補心丹 (Heavenly Ruler Tonify the Heart Cinnabar-Pill)

Chaihu jia Longgu Muli Tang 柴胡加龍骨牡蠣湯 (Bupleurum plus Dragon Bone & Oyster Shell Decoction)

EXTINGUISH WIND [3 formulas]

Tianma Gouteng Yin 天麻鉤藤飲 (Gastrodia & Uncaria Decoction)

Xiaofeng San 消風散 (Eliminate Wind Powder)

Xiao Huoluo Dan 小活絡丹 (Minor Invigorate the Collaterals Cinnabar-Pill)

OPEN THE ORIFICES [2 formulas]

Angong Niuhuang Wan 安宮牛黃丸 (Peaceful Palace Cattle Gall-Stone Pill)
Ditan Tang 涤痰湯 (Scour Phlegm Decoction)

EXPEL PARASITES [2 formulas]

Wumei Wan 烏梅丸 (Mume Pill)

Fei'er Wan 肥兒丸 (Fat Baby Pill)

For the following hundred-fifty (150) Biomedically-defined **common diseases**, students must know the category, etiology, key signs & symptoms for a differential diagnosis, including findings from physical examinations and relevant laboratory tests & imaging, treatment according to the current standard of care, and prognosis.

DERMATOLOGY DISORDERS [10 dx]

Alopecia

Atopic Dermatitis (eczema)

Folliculitis

Furuncles (boils) & Carbuncles

Impetigo

Miliaria (heat rash)

Psoriasis

Rosacea

Seborrheic Keratosis (papules & plaques)

Urticaria

EYES, EARS, NOSE, & THROAT (EENT) DISORDERS [11 dx]

Cataracts

Conjunctivitis

Diabetic Retinopathy

Glaucoma

Leukoplakia

Macular Degeneration

Oral Candidiasis

Otitis Media

Pharyngitis, Laryngitis, & Tonsilitis

Pterygium

Vertigo

PULMONARY DISORDERS [9 dx]

Asthma

Bronchiectasis

Chronic Obstructive Pulmonary Disease (COPD)

Cystic Fibrosis

Obstructive Sleep Apnea

Pneumonia

Pneumothorax

Pulmonary Tuberculosis

Pulmonary Venous Thromboembolism

CARDIAC, BLOOD, & LYMPH DISORDERS [10 dx]

Abdominal Aortic Aneurysm Acute Myocardial Infarction

Anemia

Angina Pectoris

Aortic Stenosis

Atrial Fibrillation

Hypertension

Lymph Edema

Mitral Regurgitation

Myocarditis/Pericarditis

GASTROINTESINAL DISORDERS [9 dx]

Appendicitis

Ascites

Celiac Disease

Crohn Disease

Diverticulitis

Gastro-Esophageal Reflux Disease (GERD)

Irritable Bowel Syndrome (IBS)

Peptic Ulcer Disease

Ulcerative Colitis

LIVER, BILIARY TRACT, & PANCREAS DISORDERS [5 dx]

Cholecystitis

Cholelithiasis

Cirrhosis

Non-alcoholic Fatty Liver Disease

Pancreatitis

ORTHOPEDIC DISORDERS [5 dx]

Adhesive Capsulitis Carpal Tunnel Syndrome Dupuytren Contraction Spinal Stenosis

Lumbar Disc Herniation

RHEUMATOLOGY, IMMUNOLOGIC, & ALLERGIC DISORDERS [4 dx]

Allergic Rhinitis

Fibromyalgia

Rheumatoid Arthritis

Systemic Lupus Erythematosus

OBSTETRICS, GYNECOLOGY, & BREAST DISORDERS [10 dx]

Bartholin Duct Cysts & Abscesses
Breast Abscess
Endometriosis
Fibrocystic Breast Condition
Gestational Diabetes
Hyperemesis Gravidarum
Leiomyoma of the Uterus (fibroid)
Pelvic Inflammatory Disease
Polycystic Ovarian Syndrome
Pre-eclampsia & Eclampsia

RENAL & UROLOGIC DISORDERS [7 dx]

Acute Cystitis
Benign Prostatic Hyperplasia (BPH)
Chronic Kidney Disease (CKD)
Diabetic Nephropathy
Gomerulo Nephritis
Interstitial Cystitis
Prostatitis

NERVOUS SYSTEMS DISORDERS [9 dx]

Alzheimer Disease
Dementia
Epilepsy
Guillain-Barre Syndrome
Migraine
Parkinson Disease
Postural Orthostatic Tachycardia Syndrome (POTS)
Transient Ischemic Attack (TIA)
Trigeminal Neuralgia

PSYCHOLOGICAL DISORDERS [7 dx]

Anxiety Disorders
Attention Deficit-Hyperactivity Disorders (ADHD)
Autism Spectrum Disorders
Mood Disorders
Obsessive-Compulsive Disorder (OCD)
Post-Traumatic Stress Disorder (PTSD)
Schizophrenic Spectrum Disorders

ACID-BASE DISORDERS [2 dx]

Metabolic Acidosis Metabolic Alkalosis

ENDOCRINE DISORDERS [3 dx]

Diabetes Mellitus Hyperthyroidism Hypothyroidism

CANCER [17 dx]

Basal Cell Carcinoma

Breast Cancer

Carcinoma of the Cervix/Uterus

Carcinoma of the Pancreas

Colorectal Cancer

Esophageal Cancer

Hepatocellular Carcinoma

Kaposi Sarcoma

Leukemia

Malignant Melanoma

Malignant Nasopharyngeal Tumors

Non-Hodgkin Lymphoma

Ovarian Cancer

Prostate Cancer

Pulmonary Neoplasms/Bronchogenic Carcinoma

Squamos Cell Carcinoma

Testicular Cancer

VIRAL DISEASES [8 dx]

Dengue Virus Disease

Epstein-Barr Virus

Hanta Virus Disease

Hepatitis A, B, & C

Herpes Simplex

Herpes Zoster

Human Immunodeficiency Virus (HIV)

Viral Rhinosinusitis

BACTERIAL DISEASES [11 dx]

Bacterial Rhinosinusitis
Clostridial Diseases
Enterococcal infections
Gonococcal infections
Leptospirosis
Listeriosis
Lyme Disease
Pneumococcal infections
Shegellosis
Streptococcal infections
Syphilis

MYCOTIC DISEASES [5 dx]

Aspergillosis Candidiasis Fungal Infections (Tinea) Histoplasmosis Pneumocystis

PROTOZOA & HELMINTHIC DISEASES [8 dx]

Ascariasis Giardiasis Leishmaniasis Malaria Schistosomiasis Trichomoniasis