



## The Chinese Herbology Expanded Content Outline

(Effective as of February 1, 2014)

Note to Candidate: This document serves as a guide to assist in examination preparation for candidates who have met NCCAOM® eligibility requirements. Below is the content outline for the Chinese Herbology examination, along with the competency statements.

### DOMAIN I: Safety and Quality (10% of Total Exam)

#### A. Herbs and Herbal Formulas

1. Cautions and contraindications (e.g., condition-dependent, incompatibility)
  - Identify cautions and contraindications for herbs and herbal formulas (e.g., condition-dependent, incompatibility)
2. Herb/drug interactions
  - Recognize potential herb/drug interactions
  - Describe strategies to avoid herb/drug interactions
3. Toxicity
  - Identify potential toxicity of Chinese herbs and herbal formulas
  - Describe strategies to prevent toxicity of Chinese herbs and herbal formulas
4. Potential adverse effects
  - Identify potential adverse effects of Chinese herbs and herbal formulas
  - Prevent and resolve the adverse effects of Chinese herbs and herbal formulas

#### B. Herbal Purchasing and Dispensing

1. Identification of raw herbs by appearance, smell, and taste
  - Recognize the appearance of raw Chinese herbs
  - Identify the quality of raw Chinese herbs by appearance, smell, and taste



2. Identification of products containing endangered species, animal products, and potential allergens, (e.g., wheat, soy, sulfa)
  - Recognize Chinese herbs, herbal formulas and herbal products containing endangered species, animal products, and potential allergens (e.g., wheat, soy, sulfa)
  - Identify patient allergies to prevent potential allergic reactions to Chinese herbs, herbal formulas and herbal products
  - Apply substitutions for individual endangered species, animal products, and potential allergens (e.g., wheat, soy, sulfa) in Chinese herbs and herbal formulas
3. Recognition of potential contamination of stored herbs
  - Identify signs of contamination of stored Chinese herbs and herbal products
  - Identify substitutions for contaminated Chinese herbs and herbal products
4. Identification of product manufacturers in compliance with current Good Manufacturing Practice standards
  - Monitor Chinese herbs and herbal products for expiration dates
  - Assess the quality of Chinese herbs and herbal products according to current Good Manufacturing Practice (cGMP) standards

**DOMAIN II: Treatment Plan: Develop a Comprehensive Treatment Plan Using Principles of Chinese Herbology Based Upon Patient’s Presentation and Diagnosis (60% of Total Exam)**

**A. Recommend Chinese herbs for Individual Patients Based on Assessment**

1. Treatment strategies/methods of Chinese herbal medicine (e.g., purging, harmonizing, sweating)
  - Identify treatment strategies/methods of Chinese herbs and herbal formulas
  - Apply/prescribe Chinese herbs and herbal formulas based on the treatment strategies/methods of Chinese herbs and herbal formulas
2. Individual herbs
  - a.) Functions and indications
    - Identify the functions and indications of individual Chinese herbs



- Identify the functions and indications of processed forms of Chinese herbs [e.g., honey-processed (mi zhi), vinegar-processed (cu zhi), dry-fried (chao)]
  - Apply/prescribe individual Chinese herbs for patients based on presenting signs and symptoms
- b.) Combinations of Chinese herbs (Dui Yao)
- Identify the functions and indications of combinations of Chinese herbs
  - Apply/prescribe combinations of Chinese herbs for patients based on presenting signs and symptoms
- c.) Tastes, properties, direction, and channels entered
- Identify characteristics (tastes, properties, directions, and channels entered) of Individual Chinese herbs
  - Apply/prescribe herbs for individual patients based on Chinese herb characteristics (tastes, properties, directions, and channels entered)
3. Chinese herbal formulas (**Refer to Appendix of Chinese Herbal Formulas**)
- a.) Functions and indications
- Identify the functions and indications of Chinese herbal formulas
  - Apply/prescribe Chinese herbal formulas for individual patients based on presenting signs and symptoms
- b.) Ingredients
- Identify the ingredients of Chinese herbal formulas
  - Apply/prescribe Chinese herbal formulas for individual patients
  - Identify potential substitutions for individual ingredients in Chinese herbal formulas
- c.) Structure (e.g., chief (Jun); deputy (Chen); guiding herbs)
- Identify and analyze the structure of Chinese herbal formulas [e.g., chief (Jun); deputy (Chen); guiding herbs]
  - Apply/prescribe Chinese herbs based on the theory of Chinese herbal formula structure
- d.) Modifications
- Modify Chinese herbal formulas based on a patient's presenting signs, symptoms, and medical history



## B. Formulate and Administer Herbal Recommendation

### 1. Form of administration (e.g., decoction, granules, topical)

- Differentiate between forms of administration of Chinese herbs
- Apply/prescribe Chinese herbs, herbal formulas, and herbal products for individual patients based on forms of administration
- Advise individual patients on the use of Chinese herbs, herbal formulas and herbal products based on forms of administration

### 2. Preparation of herbs and herbal formulas

- Demonstrate knowledge of preparation methods for individual Chinese herbs and herbal formulas
- Advise individual patients on the preparation methods for individual Chinese herbs and herbal formulas

### 3. Dosage of herbs and formulas

- Demonstrate knowledge of common dosages of individual Chinese herbs and herbal formulas
- Apply/prescribe appropriate dosages of Chinese herbs and herbal formulas based on a patient's presenting signs, symptoms and medical history

## C. Chinese Dietary Therapy

- Identify the characteristics, actions, and indications of foods based on TCM principles
- Advise individual patients on the use of foods and dietary therapy in accordance with TCM principles

## DOMAIN III: Patient Management: Patient Education and Treatment Evaluation

### (30% of Total Exam)

#### A. Patient Education

- Advise individual patients of the benefits and expectations of Chinese herbal therapy
- Advise individual patients of the potential side-effect(s) and risks of Chinese herbal therapy, including informed consent.



## B. Treatment Evaluation and Modification

- Recognize and anticipate Chinese herbal therapy clinical outcomes for individual patients
- Assess effectiveness of Chinese herbal therapy in individual patients, based on presenting signs and symptoms
- Modify treatment plans for individual patients based on effectiveness of Chinese herbal therapy
- Assess the condition of individual patients for appropriate medical referral and Intervention



## Appendix of Formulas: Reference of Common Chinese Herbal Formulas

*(Please Note: Additional formulas not listed in the Appendix may appear on the exam as distractors to the correct answer.)*

- Ba Zhen Tang (Eight-Treasure Decoction)
- Ba Zheng San (Eight-Herb Powder for Rectification)
- Bai He Gu Jin Tang (Lily Bulb Decoction to Preserve the Metal)
- Bai Hu Tang (White Tiger Decoction)
- Bai Tou Weng Tang (Pulsatilla Decoction)
- Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodis Macrocephalae, and Gastrodia Decoction)
- Ban Xia Hou Po Tang (Pinellia and Magnolia Bark Decoction)
- Ban Xia Xie Xin Tang (Pinellia Decoction to Drain the Epigastrium)
- Bao He Wan (Preserve Harmony Pill)
- Bei Mu Gua Lou San (Fritillaria and Trichosanthes Fruit Powder)
- Bei Xie Fen Qing Yin (Dioscorea Hypoglauca Decoction to Separate the Clear)
- Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five (Tenths) Decoction)
- Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi Decoction)
- Cang Er Zi San (Xanthium Powder)
- Chai Ge Jie Ji Tang (Bupleurum and Kudzu Decoction)
- Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver)
- Chuan Xiong Cha Tiao San (Ligusticum Chuanxiong Powder to be Taken with Green Tea)
- Da Bu Yin Wan (Great Tonify the Yin Pill)
- Da Chai Hu Tang (Major Bupleurum Decoction)
- Da Cheng Qi Tang (Major Order the Qi Decoction)
- Da Jian Zhong Tang (Major Construct the Middle Decoction)
- Dan Shen Yin (Salvia Drink)
- Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
- Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)



- Dao Chi San (Guide Out the Red Powder)
- Ding Chuan Tang (Arrest Wheezing Decoction)
- Ding Xiang Shi Di Tang (Clove and Persimmon Calyx Decoction)
- Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction)
- Du Qi Wan (Capital Qi Pill)
- Er Chen Tang (Two-Cured Decoction)
- Er Miao San (Two-Marvel Powder)
- Er Xian Tang (Two-Immortal Decoction)
- Er Zhi Wan (Two-Ultimate Pill)
- Fu Yuan Huo Xue Tang (Revive Health by Invigorating the Blood Decoction)
- Gan Cao Xie Xin Tang (Licorice Decoction to Drain the Epigastrium)
- Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
- Ge Gen Huang Lian Huang Qin Tang (Kudzu, Coptis, and Scutellaria Decoction)
- Ge Gen Tang (Kudzu Decoction)
- Ge Xia Zhu Yu Tang (Drive Out Blood Stasis Below the Diaphragm Decoction)
- Gu Jing Wan (Stabilize the Menses Pill)
- Gui Pi Tang (Restore the Spleen Decoction)
- Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)
- Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony, and Anemarrhena Decoction)
- Gui Zhi Tang (Cinnamon Twig Decoction)
- Huai Hua San (Sophora Japonica Flower Powder)
- Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)
- Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
- Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
- Ji Chuan Jian (Benefit the River (Flow) Decoction)
- Jia Jian Wei Rui Tang (Modified Solomon's Seal Decoction)
- Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction)
- Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)



- Jin Ling Zi San (Melia Toosendan Powder)
- Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)
- Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shavings Decoction)
- Juan Bi Tang (Remove Painful Obstructions from *Awakening of the Mind in Medical Studies*)
- Li Zhong Wan (Regulate the Middle Pill)
- Liang Fu Wan (Galangal and Cyperus Pill)
- Liang Ge San (Cool the Diaphragm Powder)
- Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction)
- Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
- Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
- Liu Yi San (Six-to-One Powder)
- Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver)
- Ma Huang Tang (Ephedra Decoction)
- Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction)
- Ma Zi Ren Wan (Hemp Seed Pill)
- Mai Men Dong Tang (Ophiopogonis Decoction)
- Mu Li San (Oyster Shell Powder)
- Nuan Gan Jian (Warm the Liver Decoction)
- Ping Wei San (Calm the Stomach Powder)
- Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin)
- Qi Ju Di Huang Wan (Lycium Fruit, Chrysanthemum and Rehmannia Pill)
- Qiang Huo Sheng Shi Tang (Notopterygium Decoction to Overcome Dampness)
- Qing Wei San (Clear the Stomach Powder)
- Qing Gu San (Cool the Bones Powder)
- Qing Hao Bie Jia Tang (Artemisia Annuua and Soft-Shell Turtle Shell Decoction)
- Qing Qi Hua Tan Wan (Clear the Qi and Transform Phlegm Pill)
- Qing Wen Bai Du San (Clear Epidemics and Overcome Toxicity Decoction)
- Qing Ying Tang (Clear the Nutritive Level Decoction)





- Qing Zao Jiu Fei Tang (Eliminate Dryness and Rescue the Lungs Decoction)
- Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences)
- Run Chang Wan (Moisten the Intestines Pill from *Master Shen's Book*)
- San Zi Yang Qin Tang (Three-Seed Decoction to Nourish One's Parents)
- Sang Ju Yin (Mulberry Leaf and Chrysanthemum Decoction)
- Sang Piao Xiao San (Mantis Egg-Case Powder)
- Sang Xing Tang (Mulberry Leaf and Apricot Kernel Decoction)
- Shao Fu Zhu Yu Tang (Drive Out Blood Stasis in the Lower Abdomen Decoction)
- Shao Yao Gan Cao Tang (Peony and Licorice Decoction)
- Shao Yao Tang (Peony Decoction)
- Shen Ling Bai Zhu San (Ginseng, Poria and *Atractylodes Macrocephala* Powder)
- Shen Tong Zhu Yu Tang (Drive Out Blood Stasis from a Painful Body Decoction)
- Sheng Hua Tang (Generation and Transformation Decoction)
- Sheng Jiang Xie Xin Tang (Fresh Ginger Decoction to Drain the Epigastrium)
- Sheng Ma Ge Gen Tang (Cimicifuga and Kudzu Decoction)
- Sheng Mai San (Generate the Pulse Powder)
- Shi Hui San (Ten Partially-Charred Substance Powder)
- Shi Pi Yin (Bolster the Spleen Decoction)
- Shi Quan Da Bu Tang (All Inclusive Great Tonifying Decoction)
- Shi Xiao San (Sudden Smile Powder)
- Shou Tai Wan (Fetus Longevity Pill)
- Si Jun Zi Tang (Four-Gentlemen Decoction)
- Si Ni San (Frigid Extremities Powder)
- Si Ni Tang (Frigid Extremities Decoction)
- Si Shen Wan (Four-Miracle Pill)
- Si Wu Tang (Four-Substance Decoction)
- Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)
- Suan Zao Ren Tang (Sour Jujube Decoction)



- Tai Shan Pan Shi San (Powder that Gives the Stability of Mount Tai)
- Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)
- Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
- Tian Tai Wu Yao San (Top-quality Lindera Powder)
- Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
- Tiao Wei Cheng Qi Tang (Regulate the Stomach and Order the Qi Decoction)
- Tong Xie Yao Fang (Important Formula for Painful Diarrhea)
- Wan Dai Tang (End Discharge Decoction)
- Wei Jing Tang (Reed Decoction)
- Wen Dan Tang (Warm the Gallbladder Decoction)
- Wen Jing Tang (Warm the Menses Decoction)
- Wu Ling San (Five-Ingredient Powder with Poria)
- Wu Pi San (Five-Peel Powder)
- Wu Wei Xiao Du Yin (Five-Ingredient Decoction to Eliminate Toxin)
- Wu Zhu Yu Tang (Evodia Decoction)
- Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction)
- Xiang Ru San (Elsholtzia Powder)
- Xiang Su San (Cyperus and Perilla Leaf Powder)
- Xiao Chai Hu Tang (Minor Bupleurum Decoction)
- Xiao Cheng Qi Tang (Minor Order the Qi Decoction)
- Xiao Feng San (Eliminate Wind Powder from Orthodox Lineage)
- Xiao Huo Lou Dan (Minor Invigorate the Collaterals Special Pill)
- Xiao Ji Yin Zi (Cephalanoplos Decoction)
- Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
- Xiao Qing Long Tang (Minor Blue-Green Dragon Decoction)
- Xiao Yao San (Rambling Powder)
- Xie Bai San (Drain the White Powder)
- Xie Huang San (Drain the Yellow Powder)



- Xie Xin Tang (Drain the Epigastrium Decoction)
- Xing Su San (Apricot Kernel and Perilla Leaf Powder)
- Xuan Fu Dai Zhe Tang (Inula and Hematite Decoction)
- Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
- Yang He Tang (Yang-Heartening Decoction)
- Yi Guan Jian (Linking Decoction)
- Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)
- Yin Qiao San (Honeysuckle and Forsythia Powder)
- You Gui Wan (Restore the Right (Kidney) Pill)
- You Gui Yin (Restore the Right (Kidney) Decoction)
- Yu Nu Jian (Jade Woman Decoction)
- Yu Ping Feng San (Jade Windscreen Powder)
- Yue Ju Wan (Escape Restraint Pill)
- Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction)
- Zhen Ren Yang Zang Tang (True Man's Decoction to Nourish the Organs)
- Zhen Wu Tang (True Warrior Decoction)
- Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron and Rehmannia Pill)
- Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)
- Zhi Sou San (Stop Coughing Powder)
- Zhu Ling Tang (Polyporus Decoction)
- Zhu Ye Shi Gao Tang (Lophatherus and Gypsum Decoction)
- Zuo Gui Wan (Restore the Left (Kidney) Pill)
- Zuo Gui Yin (Restore the Left (Kidney) Decoction)
- Zuo Jin Wan (Left Metal Pill)



## Chinese Herbology Bibliography

The Content Outline is the primary resource for studying for this examination. The purpose of this Bibliography is only to provide the candidate with suggested resources to utilize in preparation for the examination. Candidates should feel free to consider other resources that cover the material in the Content Outline.

*There is no single text recommended by NCCAOM. All NCCAOM modules and examinations reflect practice in the United States as determined by the most recent job analysis.*

*NCCAOM's item writers and examination development committee members frequently use the following texts as resources; however, the sources used are not limited to the books listed here. The NCCAOM® does not endorse any third-party study/preparation guides.*

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### Primary Sources

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<https://cites.org/eng/disc/species.php>

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<http://www.fda.gov/Drugs/DevelopmentApprovalProcess/Manufacturing/ucm169105.htm>