



**A Clinical Materia Medica, 120 Herbs in Western Use,
Combining Western Herbs and Chinese Medicine**
by Jeremy Ross (2010)

CLASS: G450

This is your test but... do not try to fill in the blanks! We created a Test Answer Sheet which is easy to download, fill in the answer, and email.

Introduction

1. To create a balanced, effective, and safe herb combination in Chinese medicine, it is important to consider the following principles. These principles apply whether the herbs used are Chinese or Western.
 - a) Make an accurate differential diagnosis
 - b) Prioritize Chinese symptoms
 - c) Balance _____
 - d) Balance taste properties
 - e) Balance _____
 - f) Check for potential contraindications
2. Wrong _____ means wrong herbs!
3. Primary syndromes require _____ herbs in the combination than do secondary syndromes.
4. Incorrect temperature balance is one of the most _____ mistakes in herb combination.
5. Tastes can be combined so that one taste can enhance the beneficial effects of another or _____ its potential adverse effects.
6. It is important to balance the _____ of the individual herbs in a herb combination.
7. CHECKING FOR POTENTIAL CONTRAINDICATIONS
 - a) Does the patient have Heart Spirit Disturbance, so that _____ herbs should be avoided?
 - b) Does the patient have Spleen Deficient Qi with Cold and loose stools, so that cooling, _____, downward draining herbs should be avoided?

- c) Is the patient _____ or breastfeeding, so that certain herbs are contraindicated?
 - d) Is the patient likely to have _____ or photosensitive reactions to any of the herbs?
 - e) Does the patient have strong _____ to herbs in general or a specific herb, so that only low doses should be used
 - f) Does the patient have a high level of _____, so that treatment with alterative herbs may cause an aggravation of symptoms?
 - g) Is the patient taking _____, with which any of the herbs may interact?
8. It is recommended that beginners first become thoroughly _____ with the properties of the individual herbs and with the principles of herb combination. They can then develop their skills by using preexisting combinations, with simple modifications where appropriate, and by learning to create simple new combinations from first principles.
9. The author of this book recommends using the _____ dose required to get the desired therapeutic effect.
10. Infants, children and the _____ are given smaller doses than people of other age groups, as shown in the table (see page XX). These are individual doses to be taken three per day.
11. HERBS NEEDING MONITORING: For some of the herbs in this book, it is suggested that the patient be monitored for side effects during the course of treatment. These herbs include: Capsicum, Cinchona, _____, Ephedra, Lobelia, and Sarothamnus.
12. The patient can be asked to keep a record of the following:
- a) Any suspected side effects or adverse herb-drug _____: noting such details as severity and the time and date the symptoms occurred.
 - b) Any changes in prescribed or self-prescribed _____ medication, herbs, or food supplements
 - c) Any changes in level of life _____ that may have been responsible for the symptoms.

NOTE: It would be beneficial to review the reference section prior to beginning the Materia Medica section of this book. The material covered in the references (although it is not necessary to read every word) is foundational to a proficient understanding and applying the information the author has included in the Materia Medica. The references/cross references run from page 291 through 433 with corresponding test questions 55 through 91.

Materia Medica - This section contains useful 'Herbal Reference List' information.

13. What is the western name for Achillea? _____
14. What are the Chinese actions for Aesculus (Horse Chestnut/California Buckeye)? Tonify and regulate blood _____ and blood flow.
15. Which pair example would you use for urinary tract inflammation?
Agrimonia + _____
16. Which two organs do Agropyron (Couch Grass) regulate? _____ & _____
17. The actions of Althaea (Marshmallow) supported by research. Antioxidant, anti-inflammatory, _____, antitussive, hypoglycemic
18. In my opinion, Anemone (Pasque Flower, Wind Flower) is a _____ herb, especially for Excess and/or Heat.
19. What are the six Blood tonic herbs?
a) Molasses (Blackstrap Molasses)
b) Lycium Chinensis (Wolfberry)
c) _____ (Angelica)
d) Rosmarinus Officinalis (Rosemary)
e) Gentiana Lutea (Great Yellow Gentian)
f) _____ (Sage)
20. Arctium (Greater Burdock, Lappa) is one of a small group of alterative herbs that may aggravate skin disease or _____. It should be given in very small initial doses in these conditions, and the dose should gradually be increased if there are no aggravations.
21. Arctostaphylos (Uva Ursi) DURATION: Treatment should be continued until the complete disappearance of symptoms, up to a maximum of _____.
22. Comparison of six bitter herbs:
a) Rosmarinus Officinalis (Rosemary)
b) _____ (Wormwood)
c) Cinchona Calisaya (Jesuit's Bark, Peruvian Bark)
d) Berberis Vulgaris (Barberry)
e) _____ (Goldenseal)
f) Gentiana Lutea (Great Yellow Gentian)

23. Astragalus (Milk-vetch) – Since 1980, *A. membranaceus* has had increasingly wide-spread use in the West, especially for its ability to _____ the immune system.
24. Avena (Oats) – Uses Suggested by Recent Research: Recent actions reported include antidiabetic, antilipidemic, choleric, hepatoprotective, immunomodulatory and _____ actions.
25. Berberis (Barberry) – Methicillin-resistant *Staphylococcus aureus* (MRSA) bacteria have been responsible for deaths in hospitals because they are usually resistant to multiple drugs. _____ has been reported to have antimicrobial activity against all tested strains of MRSA.
26. Comparison of seven circulatory stimulants:
- Capsicum (Chili Pepper, Cayenne Pepper)
 - Cinnamomum Bark (Cinnamon)
 - _____ (dried) (Ginger)
 - Zanthoxylum (Prickly Ash)
 - _____ (Bayberry, Wax Myrtle)
 - Cinnamomum Twig (Cinnamon)
 - Zingiber (fresh) (Ginger)
27. Chamaelirium (False Unicorn Root) – Diosgenin appears to have potential as a _____ cancer preventative agent.
28. Cinnamomum (Cinnamon) – *C. cassia*, known as false cinnamon, is the species most used in _____ and the West. *C. zeylanicum* (= *C. verum*), known as true cinnamon (=Ceylon cinnamon), and *C. loureiroi*, known as Saigon cinnamon, are of better quality, but more expensive.
29. Crataegus (Hawthorn) can have very wide use because of the increasing need of people of all ages for herbs with stabilizing action on energy and _____.
30. Comparison of five cardioregulatory herbs:
- Crataegus Species (Hawthorn)
 - _____ _____ (Motherwort)
 - Convallaria Majalis (Lily of the Valley)
 - Sarothamnus Scoparius (Broom Tops, Scotch Broom)
 - Cinchona Calisaya (Jesuit's Bark, Peruvian Bark)

31. Appropriate use of Echinacea (Purple Coneflower) – In my opinion, Echinacea can be appropriate in three main types of situation:
- Severe acute infection, often with _____
 - Chronic infection or inflammation, often with catarrh or discharge
 - Prevention or treatment of recurring infection, especially in weakened patients
32. Comparison of seven _____ herbs:
- Isatis species (Dyer's Woad)
 - Rheum Palmatum (Rhubarb)
 - Berberis Vulgaris (Barberry) and Hydrastis Canadensis (Goldenseal)
 - Arctostaphylos Uva-Ursi (Bearberry)
 - Echinacea Species (Echinacea, Purple Coneflower)
 - Thymus Vulgaris (Thyme)
33. Comparison of five antiasthmatic herbs:
- Ephedra is the strongest stimulant of the five herbs. In addition to stimulating respiration, it stimulates cardiac and central nervous functions. This can result in potentially _____ side effects, unless Ephedra is correctly used.
 - Euphorbia Hirta (Pill-bearing Spurge)
 - _____ (Lobelia)
 - Thymus Vulgaris (Thyme)
 - Viburnum Prunifolium (Black Haw)
34. One of the Western uses of Glycyrrhiza (Licorice) is to reduce the unpleasant taste of acrid or bitter herbs, so it is often added to combinations for _____.
35. Hamamelis (Witch Hazel) was used by the Native Americans as an infusion for colds and sore throat, and as a poultice for _____ swellings.
36. Comparison of seven anti-depressant herbs: Anti-depressant herbs may have one or more of the following taste properties: acrid, aromatic, bitter, _____, and sour-astringent.
- Capsicum (Chili Pepper, Cayenne Pepper)
 - Turnera (Damiana)
 - Rosmarinus (Rosemary)
 - Lavandula (_____)
 - Panax Ginseng (Oriental Ginseng)
 - Hypericum (St. John's Wort)
 - _____ (Oats)

37. Hyssopus (Hyssop) – A previously unidentified polysaccharide (_____ - _____) reported as having strong anti-HIV activity in vitro.

38. Comparison of four diuretic herbs:

- a) Juniperus (Juniper)
- b) Petroselinum (Parsley)
- c) Solidago (European Goldenrod)
- d) _____ (Dandelion)

39. Comparison of five uteroregulatory herbs:

- a) _____ sinensis (Garden Angelica)
- b) Artemisia absinthium (Wormwood)
- c) Leonurus Cardiaca (Motherwort)
- d) Ruta Graveolens (Rue)
- e) Salvia Officinalis (Sage)

40. Comparison of four anticatarrhal herbs (from North America):

ANTICATARRHAL FUNCTIONS - In herbal tradition, anticatarrhals can help treat:

- Excessive mucous discharge
- Disorders that are associated with mucus _____ of the ducts and passages of the body.

41. FOUR ANTICATARRHALS FROM NORTH AMERICA -

- a) Hydrastis canadensis (Goldenseal)
- b) _____ americana (Poke Root, Pokeweed)
- c) Myrica cerifera (Bayberry, Wax Myrtle)
- d) Zanthoxylum americanum (Prickly Ash)

42. Comparison of ten sweet tonics:

- a) P. ginseng (Oriental Panax ginseng)
- b) P. quinquefolium (American Panax ginseng)
- c) Glycyrrhiza (Licorice)
- d) Serenoa (Saw Palmetto)
- e) Avena (Oats)
- f) Astragalus (Astragalus, Milk Vetch)
- g) Pseudostellaria (Pseudostellaria)
- h) Angelica sinensis (Chinese Angelica)
- i) _____ (Wolfberry)
- j) Ophiopogon (Ophiopogon, Mondo Grass)

43. Which part of *Phytolacca* is used medicinally? dried _____ parts
44. Comparison of seven astringent herbs: The first thing to consider when choosing an astringent for your patient is to determine the herb _____ needed.
- a) *Calendula officinalis* (Calendula)
 - b) *Capsella bursa-pastoris* (Shepherd's Purse)
 - c) *Hamamelis virginiana* (Witch Hazel)
 - d) *Myrica cerifera* (Bayberry, Wax Myrtle)
 - e) *Polygonum bistorta* (Bistort)
 - f) *Potentilla erecta* (Common Tormentil)
 - g) *Sanguisorba officinalis* (Greater Burnet)
45. Rheum (rhubarb) as traditionally used in China, is for impaired digestion, to improve transformation of food by removing _____ from accumulated wastes and toxins.
46. Comparison of laxative and purgative herbs: Substances that facilitate bowel movement are sometimes divided into three grades, in order of increasing strength: laxatives, _____, cathartics.
- a) Rheum species (Rhubarb)
 - b) *Rhamnus* species
 - c) *Juglans* species (Walnut)
 - d) *Iris versicolor* (Blue Flag)
 - e) *Taraxacum officinalis* (Dandelion)
 - f) *Rumex crispus* (Yellow Dock, Curled Dock)
 - g) *Turnera diffusa* (Damiana)
47. The temperature of *Salvia* (Sage) is considered _____ - _____.
48. Comparison of four aromatic herbs: All four herbs can tonify and regulate the functions of the physical body. In addition, they can calm and harmonize the emotions and calm and strengthen the _____.
- a) *Rosmarinus* (Rosemary)
 - b) *Lavandula Angustifolia* (Lavender)
 - c) *Thyme Vulgaris* (Thyme)
 - d) *Salvia Officinalis* (Salvia)

49. Comparison of six herbs with isoquinoline alkaloids:

- a) Berberis Vulgaris (Barberry)
- b) _____ (Goldenseal)
- c) Phellodendron Amurense (Amur Cork Tree – not listed in book)
- d) Coptis Chinesis (Goldthread, Yellowroot, or Coptidis – not listed in book)
- e) Chelidonium Majus (Greater Celandine)
- f) Sanguinaria Canadensis (Bloodroot)

50. Comparison of four nervine herbs: Nervines may _____ and slowly _____ energy, instead of stimulating and causing a quick burst of energy, as would the herbs Panax ginseng and Rosmarinus.

- a) Scutellaria (Skullcap)
- b) Ruta Graveolens (Rue)
- c) Avena Sativa (Oats)
- d) Schisandra Chinesis (Schisandra)

51. Comparison of alterative herbs: These are herbs that can clear toxins from the tissues and the blood. They assist in the treatment of disorders resulting from accumulation of _____, such as some types of skin disorders, rheumatism, arthritis, and gout.

52. Alteratives less likely to cause aggravation are:

- a) Strong Diaphoretic: Achillea (Yarrow) – removes toxins more rapidly via _____
- b) Strong antimicrobial, anticatarrhal & expectorant actions: Echinacea (Purple Coneflower), Thuja (American Cedar, Arborvitae) & Thymus (Thyme) – assists in expectoration of toxins through removal of phlegm.
- c) Strong Purgative action (as opposed to mild laxative action): Rheum (Rhubarb) & Rhamnus (Cascara) – remove the toxins rapidly through the stool
- d) Clears heat in the blood: Scrophularia ningpoensis (Ningpo figwort)
- e) Liver Detoxification: Silybum (Milk Thistle) – Mild alterative with stronger ability to assist detoxification by the liver
- f) Alterative, detoxifying herbs with anti-inflammatory action: Smilax (Sarsaparilla) or Viola (tricolor) (wild pansy, blue violet) – Can reduce the inflammatory effect of toxins accumulating in the blood.

53. Comparison of five bitter _____ herbs:

- a) Anemone Pulsatilla (Pasque Flower, Wind Flower)
- b) Humulus lupulus (Hops)
- c) Passiflora incarnate (Passion Flower)
- d) Piscidia Piscipula (Jamaica Dogwood)
- e) Valeriana Officinalis (Valerian)

Glossary

54. In botany, the first part of the plant name is the _____(Genus) name, which starts with an uppercase letter, and the second part of the plant name is the _____ name which is written in all lowercase.

55. What is the excessive production of mucus by the mucous membranes called?

56. Cultivars may be different in constituents and pharmacology from plants in the _____ population of the species and may have different effects on humans, both negative and positive.

57. Subtherapeutic dose. This is a dose that is too _____ to have a therapeutic effect.

Chinese organs and syndromes

58. In referring to the use of Western herbs, this book generally uses the term Intestines to represent the combined _____ organ systems of Large and Small Intestines, without differentiating between the two.

59. The term Uterus is used in this book to refer to the Chinese concept of the female _____ system.

60. Retained Pathogen: Pathogenic factors that are retained in the body, until _____ by internal or external factors.

NOTE: The author's use of NON-STANDARD CHINESE ORGAN SYNDROMES. Some of the organ syndromes mentioned are not generally listed in classical Chinese texts. The author uses these terms to represent common patterns observed in his clinical experience.

Kidney Stagnant Qi

61. One aspect of Kidney energy is the force of the will, drive, _____, and the desire to achieve.

Kidney Fear

62. Living in a chronic state of fear can disturb the function of the other organ systems, for example, the Bladder, Heart, Lung, Stomach, and Intestines, and burn away the reserves of energy that the _____ stores for the body.

Liver-Gallbladder Deficient Qi

63. (True or False) _____ Rosmarinus is one of the herbs that can tonify and move Liver-Gallbladder Qi, to help lack of self-confidence and self-assertion, depression and withdrawal, and to treat reduced tolerance of foods and medical drugs.

Heart Qi Irregularity

64. Represents irregularity of the Qi of the Heart, especially irregular function of the physical heart _____ with predominantly physical signs, such as arrhythmia.

Heart Spirit Scattered

65. This syndrome can follow the shock of physical, emotional, or mental _____, or the shock of powerful mind-altering drugs.

Heart Stagnant Qi

66. This term refers to Stagnant Qi of the Heart, which may be associated with poor posture, lack of physical _____, sadness, depression, and difficulties in expressing feelings and affection in close personal relationships.

Intestines Qi Disturbance

67. Aromatic herbs such as Lavandula and Nepeta can calm the emotions and relax intestinal muscle spasms, thus _____ normal peristalsis.

Lung Stagnant Qi

68. (True or False) _____ Expressed or suppressed grief can also adversely affect the flow of Lung Qi.

Herbs for Chinese Syndromes

69. Please do not use any of the herbs from this list without first checking their _____.

70. The data in _____ differentiates one Chinese syndrome from others in the same syndrome group.

71. Exterior and Miscellaneous Syndromes:

- a) Exterior _____
- b) Heat Toxin
- c) _____ Pathogen
- d) Bleeding

72. Organ Syndromes:

- a) _____ and Bladder
- b) Liver and Gallbladder
- c) Heart
- d) Spleen, Stomach, and Intestines
- e) Lung

Herb Properties (by botanical name)

73. What temperature is *Berberis vulgaris*? _____

74. Which three Organs (use the two letter abbreviations listed) do *Lavandula angustifolia* affect? _____, _____, _____

75. What are the two tastes associated with *Valeriana officinalis*? _____, _____

Herb names (by botanical name)

76. True or False _____? *Astragali radix* is the pharmaceutical name for *Astragalus membranaceus*?

77. The parts used from *Calendula officinalis* are the dried, fully-opened flowers, detached from the receptacle, of double-_____ cultivated varieties.

Cross Reference – English – botanical name

78. On what page number does the English – botanical name cross reference list the materia medica for St. John's Wort? _____

Cross Reference – Botanical name – family

79. In what botanical family is *Panax ginseng*? _____

End of Test