UNIT 11

# Traditional Chinese Medicinal Materials

PART I

# Theme Introduction

**Task** **Listen to the following passage about the Compendium of Materia Medica, and fill in the blanks with missing information.**

Compendium of Materia Medica, a *masterpiece* of Li Shizhen, is beyond any ancient works on medical materials whether from the precise scientific *classification*, or from the numbers of medical materials involved and the smooth *description*. Li Shizhen, a medical scientist in Ming Dynasty, completed this highest *achievement* after 27 years of painstaking efforts. As one of the highest achievement of ancient Chinese medicine works, Compendium of Materia Medica surpasses medical works of *previous* times and brings the theory and practice of Chinese pharmacology to a new height. It analyses and describes all the plants, animals, minerals and other objects that are believed to have medicinal *properties*. Its *outstanding* achievements are shown in several ways. Firstly, it has put forward a new classification based on 60 types under 16 classes; secondly, it gives *precise* names, places of origin, curing properties and process methods of the 1892 medicinal materials included in the book; thirdly, by adding 374 new medicinal materials, it has enhanced Chinese medical science; and fourthly, it has recorded more than ten thousand *recipes*, three quarters of which were newly recorded, and this is a great contribution to Chinese pharmaceutics.

- ✧ This part is used to let students have a rough knowledge about the Compendium of Materia Medica.
- ✧ Before class, students are asked to collect information on classic artworks of Chinese medicine, especially the Compendium of Materia Medica.
- ✧ In class, students are free to talk about classic artworks of Chinese medicine in pairs.

- ✧ Several volunteers are asked to report the result of their discussion.
- ✧ Students are asked to listen to a passage about the Compendium of Materia Medica, and fill in the missing information.
- ✧ The teacher could list on the blackboard English descriptions for some classic artworks of Chinese medicine, and students are required to take some notes.

## PART II

# Listening Task

### Word Bank

| | |
|---|---|
| **antibiotics** /ˌæntɪbaɪˈɒtɪks/ *n.* | 抗生素 |
| **stew** /stjuː/ *v.* | 炖，煨 |
| **honeysuckle** /ˈhʌnɪsʌkəl/ *n.* | 金银花 |
| **toxicity** /tɒkˈsɪsɪtɪ/ *n.* | 毒性 |
| **abortion** /əˈbɔːʃən/ *n.* | 流产 |
| **liquorice** /ˈlɪkərɪs/ *n.* | 甘草 |
| **hawthorn** /ˈhɔːθɔːn/ *n.* | 山楂 |
| **purslane** /ˈpɜːsleɪn/ *n.* | 马齿苋 |
| **charcoal** /ˈtʃɑːkəʊl/ *n.* | 木炭 |
| **devastate** /ˈdevəsteɪt/ *v.* | 破坏 |
| **radix isatidis** | 板蓝根 |
| **rhizoma coptidis** | 黄连 |
| **saffron crocus** | 番红花 |
| **Chinese yam** | 山药 |

**Task ❶** **Short Conversations**

You will hear eight short conversations about traditional Chinese medicinal materials. A question will follow each conversation. Listen carefully and choose the best answer from the four possible choices.

1. M: Some of my American friends do not believe in the functions of Chinese herbs until they have personally experienced the great power of them.

   W: Compared to western medicine, those Chinese herbs are much healthier to human body except they take effect more slowly.

   Q: What advantage do Chinese herbs have than western medicine?

   *A. Much healthier to human body.*

   B. take effect more slowly.

   C. More harmful to human body.

   D. take effect more quickly.

2. W: My mum nearly got faint last night after she ate some Chinese patent drug and western antibiotics.

   M: Did she take an interval between the pills? There could be drug conflict between some Chinese patent and western antibiotics.

   Q: According to the man, why did the woman's mother got faint after she took the pills?

   A. Because she didn't have a good rest.

   *B. Because the medicine she took last night had conflict drug effect.*

   C. Because the pills she ate were out-of-date.

   D. Because she didn't have antibiotics

3. W: My baby has caught a flu, could he take some Radix Isatidis?

   M: Radix Isatidis only cures common cold of wind-heat type, so you have to be clear whether your baby has caught the common cold of wind-heat type or of wind-cold type.

   Q: What kind of cold does Radix Isatidis cure?

   *A. Wind-heat cold.* B. Wind cold.

   C. Common cold. D. Radix cold.

4. M: Cathy coughed so seriously that she could not concentrate on her job this morning.

   W: Tell her to stew a pear soup with a little Chuanbei for half an hour, and that would surely work.

Q: What does the woman advise Cathy to do ?

A. To have Chinese patent.

B. to drink pear syrup.

C. To see the doctor.

*D. To drink a pear soup with Chuanbei.*

5. W: Oh, it tastes so bitter. What's the name of this herb, David?

M: It's called Rhizoma Coptidis which tastes bitter, but it is widely used in Chinese medicine drugs.

Q: what's the flavor of Rhizoma Coptidis?

A. Sour. B. Sweet.

*C. Bitter.* D. Spicy.

6. M: I am still confused about the drug effect of Honeysuckle, which is a very common Chinese herb.

W: Honeysuckle is said to be heat-clearing and detoxifying, and this herbal medicine is widely used to cool the blood.

Q: What's drug effect of Honeysuckle?

A. To expel cold *B. Heat-clearing and detoxifying*

C. To treat toxicity D. Warming

7. M: It's so strange in this city that most restaurants serve customers with this strange-flavored tea when summer comes.

W: You will find it not strange at all if you know you are drinking kinds of herbal tea here. Herbal tea could have different drug effects and is very convenient to brew in hot water.

Q: what is the strange-flavored tea mentioned by the man?

*A. Herbal tea.* B. Flower tea.

C. Medical tea. D. Strange-flavored tea.

8. W: This TV drama says a pregnant woman would have an abortion if she is served food with saffron crocuses.

M: It's definitely true. As a Chine herb, saffron crocuses could accelerate the circulation of blood which might cause a pregnant woman abortion.

Q: What circulation could saffron crocuses accelerate according to the man?

A. Gas.
B. *Blood.*
C. Body fluid.
D. Main and collateral channels.

**Task ❷** **Passage**

You will hear a passage about some Chinese medicinal materials. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Among Chinese herbs some Chinese medicinal materials could be served as food and medicine, such as liquorice, Chinese yam, hawthorn, purslane and ginger. Ginger is a herb and a spice that is commonly used in Chinese cuisine. There are four main kinds of preparations in Chinese herbology: fresh ginger, roasted ginger, dried ginger, and ginger charcoal, all made of the rhizomes. The quality of fresh ginger tends to be pungent and slightly warm. Fresh ginger could expel the cold, warm the stomach, relieve the nausea, warm lung to stop coughing. Fresh ginger could also treat toxicity and moderate the toxicity of other herbs. While dried ginger is pungent and hot, which could warm the spleen and stomach, restore devastated yang, warm and unblock channels.

Ginger is also widely used as ginger tea and ginger sugar. Ginger tea could expel cold, often served with brown sugar or green Chinese onion.

Questions:

1: which of the following herbs could be consumed both as food and medicine in this passage the same as ginger?

*A. Purslane.*
B. Ginseng.
C. Mushroom.
D. Wolfberry.

2: Which is not mentioned as the preparations of ginger in this passage?

A. Fresh ginger.
*B. Fried ginger.*
C. Dried ginger.
D. Roasted ginger.

3: What is the quality of fresh ginger?

A. Spicy and pungent. B. Sweet and slightly warm.

C. Sour and hot. *D. Pungent and slightly warm.*

4: What is the quality of dried ginger?

A. Pungent and sweet. B. Hot and sweet.

*C. Pungent and hot.* D. Hot and sweet.

5: What could be served with ginger tea to expel cold according to this passage?

*A. Green Chinese onion or brown sugar.*

B. Green onion or sugar.

C. Chinese onion or brown sugar.

D. Chinese yam or brown sugar.

## PART III

# Speaking Task

### Role play

**Listen to the model dialogue, and work with a partner. One of you will take the part of A, and try to make up short conversations based on its drug properties. You can refer to the language focus.**

### Teaching steps

1. Ask students to think about the drug properties of ginger, and how to put it.
2. Play the model dialogue to the students one time, and ask several students to repeat the model dialogue. It is helpful for training the students' ability to understand the important details of the listening text by this way.
3. Arrange the students in pairs and ask them to discuss the drug properties of a Chinese herb and do the role-play activities in the part of Oral Activity.
4. Go around the classroom to supervise the students' discussion. If

necessary, give help to the students, especially the weaker ones.

5. Select several pairs to present their conversations in class.

## Language Focus

1. Hawthorn, Chinese yam, liquorice, longan and lily can be served as both food and medicine.
2. Hawthorn is recommended in cases of functional heart pain and mild arrhythmias.
3. Chinese yam gets a reputation for its well-adjusting function on human's spleen and stomach.
4. Doctors of Chinese medicine add longan in their prescriptions to cure heart-throb diseases.
5. It is said that lily is quite effective in moistening the lung and relieving the cough.
6. Liquoric is usually brewed into some herbal tea to clear away the heat and toxic material.

## Oral Activity:

※ After listening to the model dialogue, the students are required to imitate the dialogue and organize their own conversations.

※ Ask all the students to find out their own partners, work in pairs.

※ Ask the students to Role Play the dialogue. Work with a partner. Make up conversations based on a Chinese herb and its drug properties.

Tips: Provide several Chinese herbs for students to choose in case some students could not think out one in a short time. For example, hawthorn, Chinese yam, liquorice, longan, and lily are common herbs which can be served as food and medicine as well.

※ Assign them to organize their conversations, and select at least two pairs to present their conversations in class.

### Model Dialogues

A: Why did you pick out the ginger in the dish?

B: Oh, I have hated the hot flavor of ginger since childhood time.

A: Maybe you should make changes. Ginger is both used in cuisine and Chinese medicine.

B: It is said that having ginger in the morning and having turnip in the evening are healthy to human body.

A: In fact, this saying is quite right. Especially in cold days, drinking ginger tea could expel cold.

B: Since ginger is so useful, I should learn to taste the flavor of ginger.

## PART IV

# Leisure Time

*Are you familiar with the king of Chinese herbs? What is the English description for it? What properties does this herb have?*

*With the questions in their mind, students are asked to review their knowledge on the king of Chinese herbs, and try to guess what will be talked about in this video.*

As the king of Chinese herbs, ginseng plays an important role in Chinese herbal medicine. Enjoy the video about Ginseng, and think about the drug properties of Ginseng.

### Script:

In the TV drama — "The Northeast Rush"(闯 关 东) — Zhou Chuanwu stole his master's ginseng and ate it , but then he got a nosebleed. Here is the conversation after his nosebleed.

"Elder brother, what happened?"

"I am dying ..."

"We must send for a doctor right away."

"It's no necessary. He has stolen my ginseng. Just serve him a cup of green bean soup, he will be fine."

After we watched this part, we would be amazed at the function of this herbal medicine. So next let us learn about this Chinese herbal medicine.

Ginseng has a long history in mythology, herbalism, and medicine. Ginseng claims about its healing properties in every aspect of the remedy spectrum, including anti-aging, general wellbeing, internal organ dysfunction, and psychiatric problems. Some of the claims are folklore and have not been verified clinically, but many do appear to be valid.

Ginseng is thought to be normalizer, energizer, and stress reducer. It appears to be of benefit for both low and high blood pressure, energizes those suffering from fatigue, and helps calm those prone to stress or nervousness. It also has a reputation for improving mental clarity and memory, enhancing physical stamina, and bolstering the immune system. Studies have shown that it can normalize blood sugar in type 2 Diabetes, and it also works as a remedy for insomnia and chest congestion, such as wheezing, persistent coughs, and shortness of breath. It is considered a general tonic, strengthening the heart, spleen, liver, lungs, kidneys and pancreas, thereby improving overall health and prolonging life, which makes it something of an anti-aging herb. Lastly, it does indeed appear to work as an aphrodisiac for both males and females, and eases symptoms of erectile dysfunction in some men.

Ginseng can be used in a variety of ways, but the best is probably to just eat its raw. Slice a piece off a fresh or dried root and eat like candy. It takes a few weeks to a few months to really start to see the benefits. So if you embark on a Ginseng regimen, keep it up for long enough to see results.

PART V

# Additional Task

**Task ❶** **Oral Practice**

Divide the class into two groups (A and B), discuss Chinese medicine and Western medicine.

Group A holds the idea "Chinese medicine is better than Western medicine", group B holds the idea "Western medicine is better than Chinese medicine".

**Task ❷** **Listening practice**

**Listen to a passage and fill in the blanks while listening.**

The licorice root and licorice herb have many healing *properties* and it is a common herb used in herbal medicine and *holistic* healing. The licorice plant is native in warm and subtropical *regions*. It is very popular and widely grown in China, the Middle East Regions, parts of Africa, India and Europe. It is not as widely grown in North America due to the less *favorable* climate.

There are reports of licorice herb being used for many *treatments* in ancient Egypt as well as being made into licorice water, a sweet *beverage* or tonic. Licorice root and its powder have many benefits. Licorice is an old standby for treating bronchial *infections*, the common cough and the common cold. It is also an *effective* menopause herb and you will find it as an *ingredient* in some menopause tea. Natural licorice is also a diuretic and can *surpass* hunger. It is sweet in flavor, and has been used to stave off hunger in the past.