

What is on the Concise Chinese Materia Medica CD-ROM?

The Concise Chinese Materia Medica Application (CCMM Study) and the CCMM Self Test software are an outcome of the learning strategy implemented in the *Concise Chinese Materia Medica* text. By looking at how materia medica is taught in China, by talking to teachers and listening to students who have learned materia medica for examinations and clinical application, we found several significant factors:

1. The wide-spread simplification and summarization of medicinal indications and actions makes memorization and clinical application more difficult because the indications available to Chinese-speaking clinicians are not made clear, neither the similarities nor the differences are sufficiently presented.
2. Differences in term use force students of materia medica to essentially guess whether the clinical terms in different texts refer to the same idea. Trying to find consensus by creating compilations of different texts is time-consuming and often creates misinformation.
3. The significant memorization chores push students to create a variety of memorization aids such as flash cards and self-tests.

The first problem has been addressed by the inclusion of all the concepts used in Chinese descriptions in the *Concise Chinese Materia Medica* monographs and by explaining those concepts prior to their first use. The second problem has been addressed by using the large, published terminology of the **Practical Dictionary of Chinese Medicine**. The concepts used by any materia medica or related text that provides a sufficient glossary can be accurately referenced to the *Concise Chinese Materia Medica*. The last problem, how to deal with the significant memorization chores involved in learning materia medica is, perhaps not solved, but reduced by providing learning aids as part of a explicit learning strategy. The CD accompanying the *Concise Chinese Materia Medica* contains the effective self-test software developed by David Botton A.P. with question sets for each of the chapters. These questions aid the memorization of often-tested data. The CCMM Study Application helps readers by providing several convenient ways to review the core materia medica.

A Cyber-Assisted Learning Plan for Materia Medica

Memorization by multiply re-reading reference monographs, or notes, doesn't work for everyone. Because there is a genuine learning benefit to using multiple means of memorization, students often create their own learning aids. This process of creation is itself often a positive reinforcement for classroom lectures and readings. On the other hand, the time consumed creating flash cards, self-tests and compiling information from multiple books and lectures is very often more than can be comfortably fit into a student time budget. Furthermore, rote memorization alone is not the most efficient way to acquire knowledge.

The CCMM Study Application provides two services. First, it can be used in several different ways to review the core data. For example, you might browse through the data with one of the tabs (Actions, Dose, Contraindications, Biomedical, or Additional) active. This will help you see the relationships between medicinals in a particular category. Because of the multiple search capacity, and the ability to narrowly describe which aspect of nomenclature is searched, you have a quick reference for whichever name or names (English, Pinyin or Latin) you are memorizing. Students may also use the CCMM Study application to review the core material before exams or as needed. Once in clinical practice, the application provides fast access to doses, contraindications and other data.

Second, the notes facility allows you to permanently incorporate your teacher's notes, or notes of your own, or notes developed with fellow students. These notes can be backed-up using the export facility and become a permanent part of each person's database. The idea is that instructors who use the *Concise Chinese Materia Medica* as their core text will be able to create a set of notes that they can export and distribute for importation into each student's copy of the CCMM Study Application, therefore customizing their course. Students may also cooperate in the development of notes to be shared. Keep in mind that the export and import facilities are "all at once," the entire notes database is exported, the entire notes database is imported each time. If you work in a group, the first person must complete their work and pass their export file to the next person, and so on. When everyone's contribution has been included, the last person to update the notes can export the final data set for all to import. Since you can use the CCMM Study application for a quick reference during clinical practice, you can continue to add notes as you wish.

Paradigm Publications is experimenting with this approach as an answer to the legitimate desire of readers to have information available in electronically-searchable form. It has been tested on Windows XP and MacIntosh OSX. The software is not guaranteed in any way, no charge for its use has been added to the price of the text. We will be pleased to learn your opinions and suggestions, however, we cannot support these applications. We hope it will be useful for your studies and reference but it neither contains the entire content of the text, nor is there any information in the CCMM Study Application that is not in *Concise Chinese Materia Medica*, except for the notes you may add. The CCMM Study Application is not meant to be a general materia medica database. It is a study and reference aid we have found useful, nothing less, nothing more. We do not guarantee, offer or imply in any manner that the software will work on your computer, or that it will accomplish any purpose to which you may wish to use it.

We created CCMM Study application in the process of producing the *Concise Chinese Materia Medica* and found it useful as an easy reference and note book. While it certainly does not serve every conceivable purpose, by keeping the software simple and limited in scope, we are able to provide it to our readers for free. Put in the proverbial nut shell, we made it for ourselves and our giving it to you with the hope that it serves a beneficial purpose.

What is Green Software?

What software should be labeled “Green” is not well defined and the term “green” is used to label applications as diverse as energy-monitoring and group collaboration web sites. The CCMM Study Application is green in that it is not encumbered by proprietary installers and routines that increase the utilization of computer resources, for example, to monitor your use. We have made it easy for you to share your notes with others by providing an exchange mechanism.

You install the CCMM Study Application by copying the appropriate contents (see Intall.txt in each version directory) from the CD-ROM to your hard drive. It is launched by double clicking the application. If you choose to create a desktop icon (on Windows) or to keep the CCMM Study application in the dock (on OSX), follow the directions for your operating system:

Windows: <http://support.microsoft.com/kb/140443>

MacIntosh: http://support.apple.com/kb/HT2474?viewlocale=en_US

The CCMM Application is bonus software that provides the core content of the *Concise Chinese Materia Medica* you have purchased. The core information it presents is copyrighted, your installation and use of the software is granted as an extension of your right to use the *CCMM* text you have purchased. For example, an instructor who is using the *Concise Chinese Materia Medica* in class can prepare sets of notes to be imported into each student’s copy of the application. Thus, as they browse the core information, their teacher’s comments can also be followed. In this case, the instructor’s notes belong to the instructor and can be distributed, or not, according to their own requirements. The core data, on the other hand, is taken from the text and cannot be copied, imported or exported.

Student study groups can also share notes in this manner. Students typically try to find consensus among different texts by making compilations of information taken from those texts. The notes facility allows you to add this information using the built-in text editor for the Notes field. This is not, however, a permission to violate the copyrights of others by copying the content of their texts. Keep in mind that the data is itself a consensus from Chinese didactic literature. It is also important to remember that many sources of materia medica information do not precisely translate the clinical and therapeutic concepts but use looser or summarized translations. Making comparisons thus requires a certain amount of guesswork. The best way to be sure that two terms reference the same idea is to be sure that the Chinese characters or the toned pinyin are the same.

Please keep in mind that when you import one set of notes, any prior notes will be replaced.

Warning!

Once installed the application, the Medical Data file, and your system provide a whole. If you remove one part of that whole, the application will be unable to run. Therefore, you may not copy an application from one system to another. There is an import and export procedure that allows you to create a file that may be used to import your notes to another copy of the application. Keep in mind that the sharing is absolute, in other words, loading your notes into another copy will replace any notes that have been added to that copy. Because you have purchased the *Concise Chinese Materia Medica* you may use the application on all of your own systems.

If the Application is fixed to my hard disk, how can I change computers or back-up my notes?

1. Export your notes on the old computer and move the export file to your new computer.
2. Use the CD-ROM to copy the application to your new computer.
3. Install the application on your new computer,
4. Import your notes.

If you wish to have a copy of the application on both your home computer and a lap top, follow the same steps.

To backup your notes, simply export them and save the exported file in a safe place. Do not lose your CD-ROM, it is you back-up.

Does the Application gather and report any information about me or my computer?

No. The CCMM Study application records nothing and reports nothing about your use. It uses an interior licensing method to keep the Medical Data and Application files together. If they are separated, or if the Medical Data file is corrupted by outside accesses, the system will fail. It would likely become out-of-sync and useless at any rate.

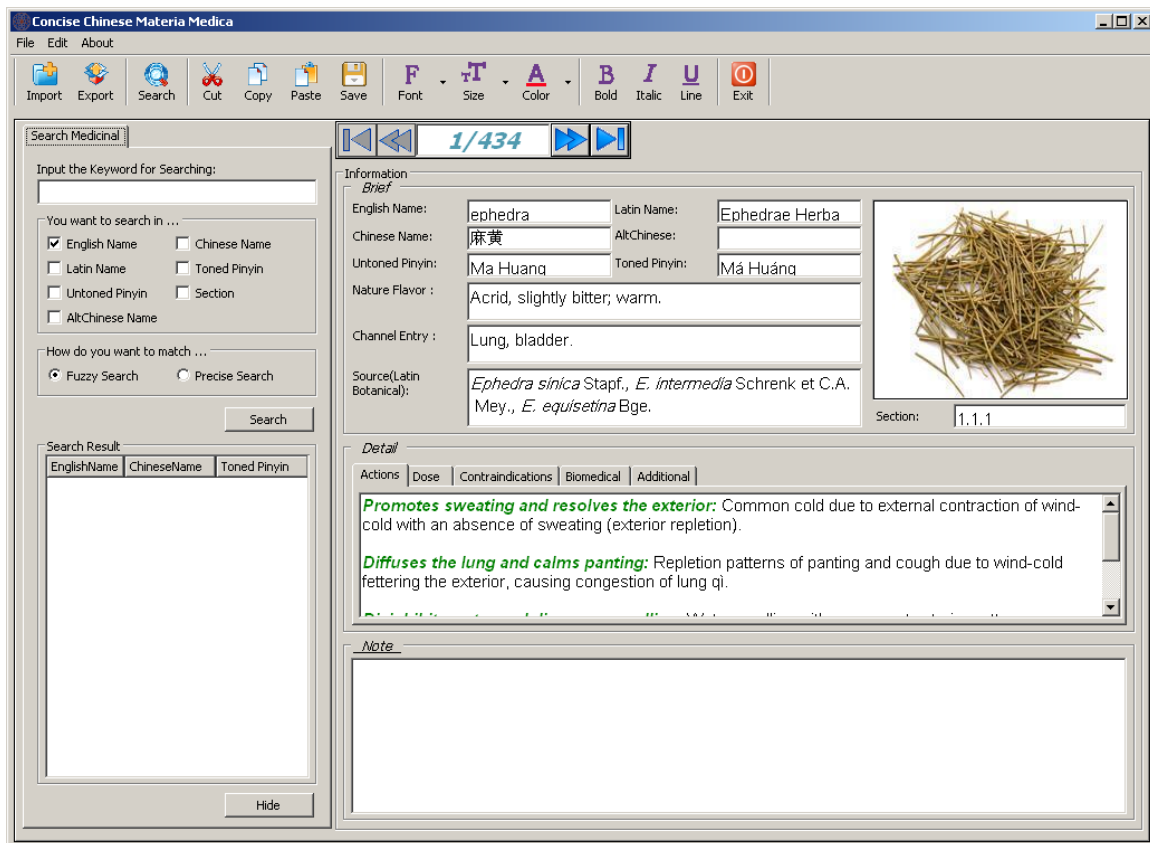
How was the content generated?

The *Concise Chinese Materia Medica* is neither a translation of a specific Chinese language materia medica nor the authors' personal assessment of Chinese materia medica. The authors surveyed the Chinese medical teaching texts used in the People's Republic of China and recorded the core information that is consistent throughout that literature. Thus, the content of the text, the medicinals presented and their clinical qualities, are a meta study of what Chinese-speaking Chinese medical students are taught in the P.R.C. Thus, the content represents a foundation knowledge for English-speaking clinicians who are studying Chinese internal medicine.

This, of course, is not the entire scope of Chinese materia medica which covers some thousands of medicinals. However, the 434 medicinals presented in the text and application are a sub-set of the entire materia medica that includes those commonly used in clinic, as well as medicinals taught for their didactic or historical value.

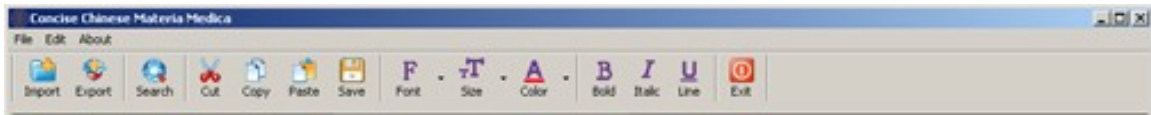
How to use the CCMM Study Application


Once you have loaded the appropriate CCMM Application folder to your hard drive, double click the CCMM Study.executable (.exe on windows, .app on MacIntosh). The application will then start. The windows version is shown in the following illustrations. The MacIntosh version varies slightly as regards the screen-sizing controls and the display of the icons. MacIntosh users will be familiar with these controls.




The screen is divided into five major areas. The Header Area contains the icons for operating the application and the Notes text editor.

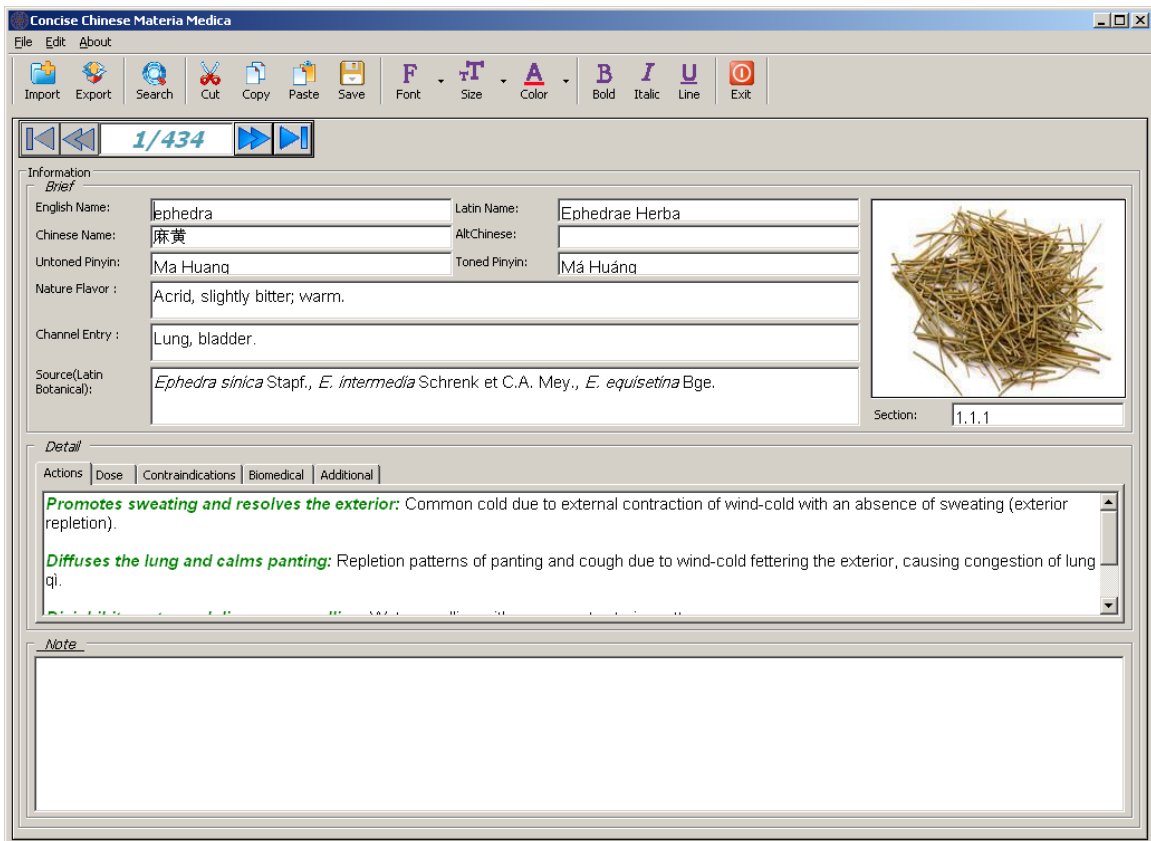
The first section of the header presents general controls, as well as the File, Edit, and Help menus.



 Clicking the “Import Icon” or using “Import” in the File Menu will open a dialog box in which you can specify the name of the XML file to import into your notes. Please remember, importing notes removes any notes you have not saved to an import file. You may keep multiple notes files but only one can be imported at one time.


 Clicking the “Export Icon” or using “Export” in the File Menu will open a dialog box in which you can specify the name of the XML file in which to store your notes.


 Clicking the Search Icon toggles the screen view from the default (show above) with the search dialog and full screen mode:





In both full screen and search mode you may resize the screen using the size boxes (upper right on Windows or upper left on OSX) or by dragging one of the edges. As the size changes the text will redisplay to fit the space available on your display.

The next section of the header controls the Notes Editor. The notes editor provides basic text editing features so that you can format your notes as you wish.

 The “cut” icon (or using “cut” in the Edit Menu), stores the highlighted text on the clipboard and removes it from the Notes area. You can transfer your notes to and from a word processor using the “cut” and “copy” tools.

 The “copy” icon (or using “copy” in the Edit Menu), stores the highlighted text on the clipboard but does not remove it from the Notes area. You can only transfer your notes using the “cut” and “copy” tools.

 The “Paste” icon copies from the clipboard to the Notes area. You can paste text you have copied from a different digital source into the notes area. For example, you can enter notes you have stored in a word processor by copy and paste.

 The “Save” icon or using “Save” in the File Menu makes the changes you have made to the Notes area permanent. Attempting to move to another medicinal display after making changes will initiate a dialog box asking if you wish to save your changes. A dialog box will also announce that the save has successfully updated the Medical Data file.

F ▼ The “Font” icon will display the fonts available on your system. Choosing a font will change highlighted text to that font, or begin use of that font at the insertion point. You can enter Chinese; provided a Chinese font is available on your system. The Information Display text is in Arial Unicode MS. This font displays both the Chinese characters and the pinyin tones in an attractive and readable way. You may use any font you wish for your notes.


T ▼ The “Font Size” icon will display a selection of appropriate font sizes. Choosing a font size will change highlighted text to that font size, or begin use of that font at the insertion point.

A ▼ The “Font Color” icon provides a selection of useful colors. Choosing a font color will change highlighted text to that color, or begin use of that color at the insertion point. We have seen shifting of the text colored on OSX systems. This may be dependent on fonts. Use text coloring only if you find that it is not distracting.

B The “Bold” icon emboldens highlighted text or begins use of emboldened type at the insertion point.

I The “Italic” icon italicizes highlighted text or begins use of italic type at the insertion point.

U The “Underline” icon underlines highlighted text or begins use of underlined type at the insertion point.

 Using the “Quit” icon, or using “Quit” in the file menu quits the application.



These icons move you through the database to the First, Next, Previous, and Last medicinals. The sequence number of the medicinal as found in the *Concise Chinese Materia Medica* is also displayed.

The Search area of the application permits sophisticated search of medicinal names by different criteria.



Remember clicking on a medicinal in the Search Results will display that medicinal.

The **Input Keyword for Searching** area allows entering the text for which you wish to search. Once those medicinals matching the entered criteria are listed in the **Search Result** dialog, click the one you wish to display.

The **You want to search in** boxes allow for an advanced search. You can choose to limit your search to one or more of

English Name
Latin Name
Untoned Pinyin
Chinese Name
Alternative Chinese Name
Toned Pinyin
Section

The dialog box accepts Chinese characters and the diacritical marks necessary for toned pinyin provided these are available on your system.

The **How do you want to match . . .** selection toggles between a “Fuzzy Search” where close matches will be displayed for your choosing in the **Search Result** area or a “Precise Search” which requires an every-detail-exact match. Fuzzy search is the default and is appropriate for most of your searching.


The **Search Result** area displays the English, Chinese and Pinyin for the medicinals that match your criteria, the size of each may be adjusted by dragging the edges. The first match is also shown in the **Information** area.

How to use “Fuzzy Search” and “Precise Search?”

Fuzzy search is ideal for finding items where you remember only part of the name. However, it is also useful for comparisons. For example, search on either 生, Shēng, Ginger, or Sheng and you will get the same list of the medicinals that contain the character 生.

Information: Brief

This section provides core information about the medicinal directly from the *Concise Chinese Materia Medica*:

Information Brief	English Name: Ephedra	Latin Name: Ephedrae Herba	
Chinese Name: 麻黃	Alt Chinese:		
Untoned Pinyin: Ma Huang	Toned Pinyin: Mǎ Huáng		
Nature Flavor: Acrid, slightly bitter, warm.			
Channel Entry: Lung, bladder.			
Source (Latin Botanical): Ephedra sinica Stapf., E. intermedia Schrenk et C.A. Mey., E. equisetina Bge.			
	Section: 1.1.1		

English Name: This is the name by which the medicinal is known in English.

Latin Name: This is the standard pharmaceutical latin for the medicinal.

Untoned Pinyin: Many English-language texts and articles on internal medicine do not provide the tone marks necessary to distinguish a medicinal in all circumstances. As well, some older systems do not have the fonts or input method necessary to use diacritical marks. The Untoned Pinyin field has been included for searching where diacritical marks are not available.

Chinese Name: This is the P.R.C. standard for this medicinal.

Alternative Chinese Name: Some medicinals have alternate names derived from historic or regional use. These are included here.

Toned Pinyin: This is the PRC standard for this medicinal.

Section: This is the section of the *Concise Chinese Materia Medica* in which this medicinal appears.

Source (Latin Botanical): This is the scientific identification of the source substance for this medicinal.

Image: We have made every attempt to color-match medicinals so that you get an excellent idea of the actual color. Although the vast majority of the images were obtained from a single Chinese pharmacy and photographed under the same conditions, it was impossible to get every high quality example from any single pharmacy, Thus, it was necessary to obtain samples not only in the P.R.C., but also the R.O.C, the U.S., and in a very few cases from archive photographs. If you wish to have the best possible color display, use a “color bar” image and adjust your monitor to display the colors accurately. There is a color bar image here:

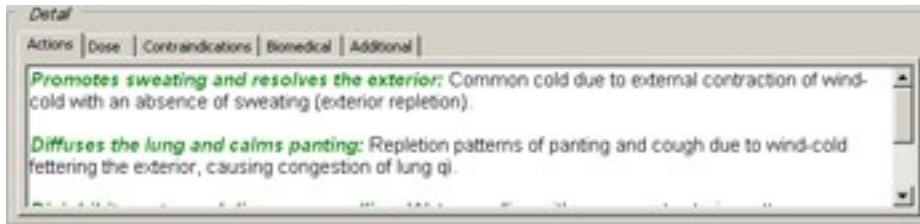
http://upload.wikimedia.org/wikipedia/commons/6/66/SMPTE_Color_Bars.svg

Ideally, the monitor image should be matched to a printed image. However, if the colors are not “eyeball” distorted on your monitor, the images should be reasonably accurate.

Sample Image:



Information: Detail



There are five information sections each of which is selected by clicking on the appropriate tab:

Actions: The Actions Tab displays all of the main actions presented in the *Concise Chinese Materia Medica* monographs. This is an ideal way to review, prepare for examinations, or to reference the qualities different medicinals.

Dose: This tab displays the dose range gram weight or other appropriate measure for the medicinal. Where there are special considerations, these too are listed.

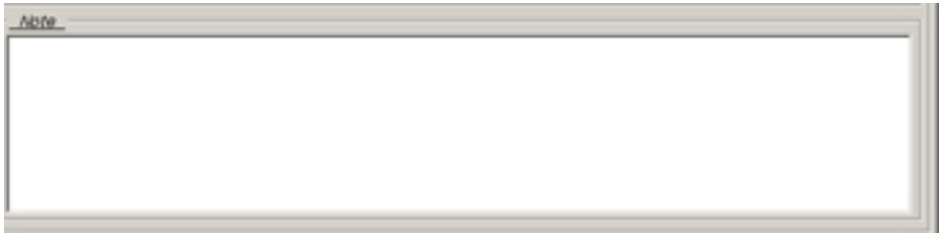
Contraindications: Where there are specific contraindications or cautions for the use of a medicinal, they are listed under this tab.

Biomedical: In the Chinese material medica literature some medicinals are used for specific biomedical diagnoses. These are listed under the “biomedical” tab when applicable. A minority of medicinals have biomedical indications.

Additional: When a medicinal requires a note regarding its use, that note will appear under this tab. Most medicinals in the *Concise Chinese Materia Medica* have not required additional notes.

Notes:

This is a basic text editor for entering information about a medicinal. As described earlier, this allows you to import your teacher’s notes or to develop a set of notes for your self or for a study group.



The text editor is functional but not sophisticated. It provides font, type size, style and color controls. The core data is in Arial Unicode MS. This font displays both the Chinese characters and the pinyin tones fully and attractively. Other fonts, if present on your system, will also work. Simsun, which is generally available, does not display toned pinyin particularly well. Keep in mind that the Notes will redisplay when you expand or contract the application window.

We anticipate several ways to use the Notes facility:

1. **Teacher to Students:** A teacher produces a set of materia medica notes on their copy of the CCMM Study Application. The exported copy of the Notes is distributed to each member of the class, and imported. Each class member can then annotate the class notes as they wish.
2. **Student to Student:** If one student wishes to pass their Notes to another student, they need only export their Notes and provide the exported file to their friend.
3. **Student Groups:** Where a group of students wish to share the development of a Note set, care must be used to avoid over-writing notes on import. The first student should prepare their part of the Notes. Once complete, the first student passes the exported Note file to the second student, who completes their share of the work. This student-to-student passing continues until the entire Note set is

complete. It can then be exported and imported by all. **Please do not attempt to share the Medical Data file, the system will fail, and re-installing the system will also fail.**

4. **Individual Notebook:** Where only one person is using the application, changes can be made ad hoc, backed-up and imported as necessary.
5. **Notes for a Clinical Group:** In a group practice several people may wish to make ad hoc entries. This is possible so long as only one system (for example, one computer in the clinic) is used and the notes from that computer are exported for transfer to each clinician's system.