

Curso de em Medicina Tradicional Chinesa
Curso de Mestrado em Medicina Tradicional Chinesa

1º ano – 1º semestre

Summary:

Basic Clinical Sciences I (Total: 75 hrs)

Especialização/Mestrado em Medicina Tradicional Chinesa

Basics of diagnosis and therapeutic acupuncture strategies I

After the course the student should be familiar with Western and current Chinese understanding of CM, related neurophysiology, related neuroanatomy, neurological mechanisms of acupuncture effects, foundation of pathomechanisms of pain (peripheral, central, transmitters involved), function of mediators in pain, foundations of pain control, History of Chinese Medicine, Chinese Medicine as a recompilation, four physiological models of Chinese Medicine and the guiding criteria, yin, yang, and phases (wuxing) as a cybernetic model, orbs (functional patterns) as manifestations of the phases, special anatomy of the conduits (channels), agents (bingyin, pathogenic factors), physiological models of the pathogenic factors, functions of qi, xue, shen, jing, ying, influence of the orbs on xue, foundations of tongue diagnosis and related embryology, foundations of pulse diagnosis, basics of constitutional diagnosis, so-called four components of diagnosis; discrimination of constitutional, pathogenic factor-related, orb-derived, and guiding criteria-related symptoms; technique of history-taking, inspection, palpation, auscultation; therapeutic strategies as a consequence of the diagnosis, technique of acupuncture, 50 selected foramina (acupoints) and their therapeutic and pathophysiological significance, 25 acupoints of the dorsoventral system, differentiation of common diseases according to Chinese Medicine as listed in the currently valid catalogue, introduction to the therapeutic methods of Chinese Medicine as by the example of selected typical syndromes.

The student should be able to diagnose specific tongue pictures of Chinese Medicine and to name frequent acupoint selections. According to the concept of Chinese Medicine as a vegetative functional state of the body, specific signs of tongue diagnosis have to be recognised and functionally understood in the meaning of TCM. This includes:

Differentiation of changes in the shape and size of the tongue body, changes in the colour of the tongue body, changes in the coating and changes in the topological appearance of the tongue.

Part A refers to typical pictures seen in family medicine such as backpain, gonarthrosis, diabetes, airway infections.

Part B focuses on pain syndromes, toxicity, chronic alcoholism and metabolic diseases.

The most important acupoints for this range of diseases are listed in the table of the 40 VIPs (very important points) and the table of the dorsal system.

After the course the student should be able to locate these points precisely and demonstrate the techniques how to treat them by acupuncture, moxibustion and manual techniques.

Advanced Clinical Sciences I (Total: 75 hrs)

Especialização/Mestrado em Medicina Tradicional Chinesa

Differential diagnosis, differentiated strategies of acupuncture therapy I

At the end of the course the student should have a deeper theoretical and practical understanding of the metatheory of Chinese Medicine as a regulatory system of vegetative functions and the four physiological models of Chinese Medicine and a profound practical capability of establishing individual diagnoses and strategies of acupuncture therapy.

The student should be familiar with the interdependent effects of qi, xue, shen, jing, ying, influences of the orb (functional pattern, “organ”) on these functions and substances, deeper differentiation of tongue diagnosis and pulse diagnosis, constitutional diagnosis; technique of history-taking, inspection, palpation, differentiated therapeutic strategies, teaching of stages (“6-layers”, “4 layers”), “taste” (sapor) as a vegetative direction of pharmacological effects, relationship to the phases, hierarchy of symptoms according to cybernetic aspects, special acupuncture techniques, differentiating complex syndromes according to TCM as listed in the currently valid catalogue, extension of the repertoire to 220 acupoints (foramina) according to these syndromes.

After the course the student should be able to locate these points precisely and demonstrate the techniques how to treat them by acupuncture, moxibustion and manual techniques.

Clinical Strategies I (Total: 100 hrs)

Especialização/Mestrado em Medicina Tradicional Chinesa

Gastroenterology

After the course the student understands the process of digestion within the concept of Chinese Medicine. The student should be capable to select therapeutic interventions for common gastroenterological diseases such as functional bowel disease, acute and chronic diarrhoea, dyspepsia, irritable gallbladder, disturbances of the swallowing act, globus disease, three kinds of incontinence.

Gastroenterology I focuses on the physiology and pathophysiology of the disorders located in the area from the lips to the small intestine (duodenum). The students should be able to allocate key symptoms and findings to common clinical pictures of this kind.

Most important points are S 36, L 3, Rs 8, Rs 7, Rs 6, F 41, H 3, S 44, S 25, the so-called middle triangle concept of pain therapy.

The course comprises practical supervised lessons with patients.

Paediatrics

After the course the student should be able to treat three kinds of fever, two kinds of otitis media, indigestion, diarrhoea, anxiety, enuresis nocturna, allergies, asthma, chronic recurrent bronchitis. Children's diseases such as measles, varicella, rubella shall be known by the student. The treatment by eastern and western medicine, limits of complementary medicine in the treatment of infectious diseases, symptoms and signs of meningitis, importance and accompaniment of vaccination in children. Diaper dermatitis, atopic eczema (including dietetic treatment) and immunological weakness of children are further topics of this course.

The most important techniques include dietetics, tuina and laser needling.

Paediatrics I focuses on the particularities of physiology in children such as yin deficiency, bodyweight/surface ratio, particularities in pulse and tongue diagnosis, and infectious diseases

The course comprises practical supervised lessons with patients.

Pain Management

After the course the student should be able to differentiate pain according to its origin by humor (“moisture”), algor (“cold”), ventus (“wind”), by the modalities of the symptoms. The student should know the main principles of the treatment of algor (“cold”) induced pain, the applied principles of the ALT (shang han lun). The student should be aware of the social, psychological and economic aspects of pain, of pain as a systemic disease, pain memory, pain suppression, basic neurological mechanisms of pain and pain suppression, physiological action of acupuncture, peripheral and central effects, the gate-control theory of pain, importance of the individual functional diagnoses for pain treatment, emotional aspects of the maeror-ira axis.

The course focuses on the mechanisms and pain in the lower caloric, on concepts for the treatment of the middle and upper caloric, including the so-called three triangles of pain, the steering points of the three calorics, and case studies. During the course case examples of palpatory pain, diagnosis via the skin, the conduits and connective tissue areas are given.

After the course the student should be able to demonstrate the techniques how to treat such pain by acupuncture, moxibustion and manual techniques. The course comprises practical supervised lessons with patients.

Upper caloric

After the course the student should be able to diagnose and treat clinical pictures in the field of pulmology, cardiology and angiology.

The student should understand ENT diseases and be aware of the basic functional concepts of Chinese Medicine with special regard to diseases of the nose, the sinuses, the pharynx, the hypopharynx, the larynx, the trachea and the bronchi, the allocation of these structures to the functional vegetative concept of Chinese Medicine.

Treatments for stomatitis, gingivitis, burning tongue, tonsillitis, sinusitis, rhinitis allergica, dysarthria, swallowing problems, bolus sensation, chronic laryngitis, asthma and COPD with their common signs and key symptoms according to Chinese Medicine should be known to the student.

The student should also understand cardiorespiratory disease and be able to see the limits of Chinese Medicine in heart diseases. The necessity of lab controls and safety of the treatment, the common signs and symptoms of angina pectoris, coronary heart disease, heart infarction, palpitations, thoracic pain. The special focus is on diseases of the heart as a systemic diseases as by the example of congestive failure as a complex vegetative systemic syndrome accompanied by cachexia, dyspnoea, vegetative changes of the sympathetic and vagal functions, neurohumoro response mechanisms, the RAA system, and metabolic and hormonal changes involved.

Respiratory diseases, pain in the chest, dyspnoea, their differential diagnoses, limits and opportunities by Chinese Medicine, appropriate lab controls should be known by the student.

The most important points for the upper caloric belong to the list of the 40 VIPs (very important points), the segmental points of the bladder conduit (“meridian”) as well as the selection of points of the head, the *dumai* (sinarteria regens), Extrapoints 1, 3, special usage of auricular points should be known to the student.

Dermatology

After the course the student should be able to differentiate the major efflorescences and their causes according to Chinese Medicine. Chronic skin diseases are frequently connected to so-called pulmonary yin deficiency in its three major forms which should be known to the student by treatment and prophylaxis including dietetic treatment.

The concept of atopic disease and the triangle of labile qi caused by yin deficiency and Wood – Metal imbalances with their typical clinical signs should be known, differentiated and treatment concepts should be known.

The course comprises practical supervised lessons with patients.

Traditional Vegetative Biofeedback Therapy (Taiji Qigong) (Total: 50 hrs)

After the course the student should understand Taiji Qigong as a system of exercises in breathing and movement with vegetative stabilizing properties. The student should be able to practice a selected number of forms and movements out of the 10.000 styles which have been documented in China which are especially suitable for therapeutic purposes and prevention of disease. The student should be able to adjust the exercises to the individual needs of the patient depending on his/her indications and to assess the importance of qigong for both the therapist and the patient. The student should be able to get into a state of authentic “qigong feeling” and the sensation of qi flow. The student should also be able to differentiate between the benefits and risks of qigong.

The student should have a basic experience and basic skills in this methodology, thereby focussing on the following styles and exercises: various standing forms, various animal forms, the White Ball system, Liang family style, Micro qigong and stress management, sitting forms, Happy Qigong for cancer patients. The student should be able to translate these exercises to specific patient constellations.

1º ano – 2º semestre

Basic Clinical Sciences II (Total: 50 hrs)

Basics of diagnosis and therapeutic acupuncture strategies II

After the course the student should have a deeper, broader and more profound understanding of diagnostics and therapeutic strategies and of the fundamentals of Chinese Medicine. It is a recapitulation and continuation of the course Basic Clinical Sciences I.

The focus of this course is to deepen the student's competence to localise the acupoints and conduits and to choose the right acupoints for treatment of a broad spectrum of diseases.

In practical lessons the techniques of needling are trained and further refined.

Korean Hand Acupuncture

After the course the student should be able to compare internal organs with the corresponding points on the hand and know how to make a diagnose on the basis of signs like the size, form, temperature, colour of the hand, the form of the fingers, the nails and general changes of the hand. The student should know the treatment methods of hand acupuncture including needling, moxibustion, pellets, acupuncture rings, pressure and electroacupuncture.

After the course the student should be able to demonstrate the techniques of needling in Korean Hand Acupuncture.

Advanced Clinical Sciences II (Total: 50 hrs)

Differential diagnosis, differentiated strategies of acupuncture therapy II

It is a recapitulation and continuation of the course Advanced Clinical Sciences I. At the end of the course the student should have a deeper theoretical and practical understanding of the metatheory of Chinese Medicine as a regulatory system of vegetative functions and the four physiological models of Chinese Medicine and a profound practical capability of establishing individual diagnoses and strategies of acupuncture therapy.

The student should be familiar with the interdependent effects of qi, xue, shen, jing, ying, influences of the orb (functional pattern, "organ") on these functions and substances, deeper differentiation of tongue diagnosis and pulse diagnosis, constitutional diagnosis; technique of history-taking, inspection, palpation, differentiated therapeutic strategies, teaching of stages ("6-layers", "4 layers"), "taste" (sapor) as a vegetative direction of pharmacological effects, relationship to the phases, hierarchy of symptoms according to cybernetic aspects, special acupuncture techniques, differentiating complex syndromes according to TCM as listed in the

currently valid catalogue, extension of the repertoire to 220 acupoints (foramina) according to these syndromes.

In practical lessons the techniques of needling are trained and further refined.

Auricular Acupuncture

After the course the student should be able to understand auricular medicine, to find the auricular points and to choose the correct stimulation technique and points according to the patient's condition. In auricular medicine the points of concern are detected by special detectors based on impedance measurement, by pressure-sensitivity and other methods. They indicate the vegetative functional state of the body by the somatotopic system of the ear. The student should therefore be able to use these techniques and needle the ear by steel, gold or silver needles. The diagnostic relevance of Nogier's reflex (RAC) and how to elicit this pulse phenomenon should be known. The diagnostic value for ear and body acupuncture demands that the student knows how to differentiate between correct and incorrect points by this method.

Basic methods of testing-out homoeopathic medicine, food and materials according to Nogier's reflex should be principally known to the student. Technical usage of the principle of laterality, stability of qi (yin deficiency), the usage of the high voltage rod, layers of disease, the basics of ear anatomy and some typical treatment examples have to be known to the student. These include concepts for allergies, drug addiction, vertebral pain of all three parts of the vertebral column, headache and migraine, over-eating and adipositas.

Most important body acupoints to accompany auricular acupuncture are: R 3, S 36, C7 and Rg 20.

After the course the student should be able to locate the most important points on the ear precisely and demonstrate the techniques of needling them.

Clinical Strategies II (Total: 50 hrs)

Gastroenterology II

After the course the student should have a deeper, broader and more profound understanding of the special field of gastroenterology. It is a continuation of the course Gastroenterology I which included the process of digestion within the concept of Chinese Medicine. The student should then be capable to select therapeutic interventions for common gastroenterological diseases such as functional bowel disease, acute and chronic diarrhoea, dyspepsia, irritable gallbladder, disturbances of the swallowing act, globus disease, three kinds of incontinence.

Gastroenterology II focuses on intestinal disease, the principles of peristaltics according to Chinese Medicine, incontinence, haemorrhoids and anal affections.

Repetition of the most important points S 36, L 3, Rs 8, Rs 7, Rs 6, F 41, H 3, S 44, S 25, the so-called middle triangle concept of pain therapy.

The course comprises practical supervised lessons with patients.

Gynaecology

At the end of the course the student should understand the functional allocations to the vegetative functional concept of Chinese Medicine of the following organs: ovaries, salpinx and uterus, vagina, vulva, clitoris, labia majores and minores, the physiology of menstrual bleeding in the phases of life by the example of female physiology, the seven rules of menstruation and the basis of fertility

The student is able to treat the following conditions: five kinds of menstrual pain, clinical symptoms of cystitis, fungal infections, east-western monitoring of the menstrual cycling, clinical and emotional symptoms of caesarian sections, nausea, symptoms of pregnancy, preparation of birth.

Limits and possibilities of Chinese Medicine during pregnancy, for cancer patients, during lactation, necessary lab controls are known to the student.

Most important points are L 6, R 7, F 41, points of the stomachal conduit (“meridian”), teaching of the six stages with special focus on Stages V (shao yin) and VI (jue yin).

The course focuses on the basic physiological concepts of Chinese Medicine and on the process of menstruation, its disturbances and their treatment. Furthermore, the course deals with fertility, pregnancy, lactation and involution including acupuncture and dietetic concepts, so-called power-soups, and contraindications of acupuncture and pharmacological treatment during pregnancy and lactation.

The course comprises practical supervised lessons with patients.

Paediatrics II

Part II focuses on the clinical pictures named above, and deepening the practical knowledge of tuina techniques with special regard to the sensitivity of children.

After the course the student should be able to locate the tuina zones precisely and demonstrate the various manual techniques of treatment.

The course comprises practical supervised lessons with patients.

Manual Techniques (Total: 50 hrs)

The objective of the course is to summarise the physiological relations of conduits (“meridians”), specific acupoints and connective tissue zones related to Chinese Manual Therapy. After the course the student should be able to palpated the consequences of pathogenetic agents, humor (“moisture”), pituita (“phlegm”), ventus (“wind”) and algor (“cold”). The pattern shall be differentiated by palpation. The functional interrelationships between conduits (“meridians”), connective tissue zones and disease patterns shall be recognised in common diseases within the orthopaedic field and within paediatrics. Common changes in functional properties of the skin where relevant for diagnosis shall be diagnosed, such as in back pain of Stages I, II, III of the ALT (tai yang, yang ming, shao yang, tai yin, shao yin, jue yin). Critical patterns within knee and hip diseases as well as shoulder pain should be known to the student.

Common concepts of a treatment for children shall be practically known to the student, such as three kinds of fever therapy, two kinds of therapies in otitis, two techniques for indigestion and the principles of finger diagnosis.

The course focuses on orthopaedic disease, the most common points are F 26, Tk 5, F 39, S 25, 36, V 40 and the so-called “seven segmental points”, points of the splendor yang (yang ming) and yang major (tai yang) conduits in knee disease. The value of L 6, R 7, F 21, the area of the big crossing, segmental points of the bladder conduit, It 6.

Furthermore the student should know how to treat diseases in paediatrics. Common techniques are: umbilical massages (mo), massage of the finger and hand regions (ganjing, xinjing, feijing, shending, shenjing, dachang, xiaochang, sihengwen).

After the course the student should be able to locate the conduits, tissue zones and points precisely and demonstrate the various manual techniques of treatment.

Phytopharmacology (Total: 100 hrs)

General pharmacology and dietary treatment

At the end of the course the student should be familiar with the general principles of prescribing drugs of the materia medica, safety in Chinese pharmacology, sapor (“taste”) as the direction of pharmacological action according to the phases, “temperature” as the effect on the dynamics of xue, effects on orbs (“organs”), additional effects, special problems of biochemical research in Chinese Medicine, biochemically identified ingredients. The student should know 75 most common drugs of the materia medica, 19 classical groups of pharmacology, 8 classical therapeutic strategies, general composition of formulas, directing effects into conduits and orbs (“organs”), special pathophysiology, vegetative models in pharmacology, cybernetic aspects, the 20 most common classical formulas and their classical variations. The student should be able to adapt the formulas to the individual diagnosis as described by the interaction of constitution, pathogenic factors, orbs, and guiding criteria, combination with acupuncture, combination with qigong, dietary treatment, legal aspects, important contraindications, toxicity, treatment of a selection of diseases according to the currently valid catalogue. Laboratory controls in the course of treatment, before treatment, minimizing risks.

Part A focuses on the 19 classical groups of Chinese pharmaca and their properties and effects.

Part B focuses on the 20 most common classical formulas and their classical variations.

Part C focuses on Chinese dietetics.

The course also comprises practical lessons of pulse diagnostics. After the course student should be able to take the pulses and to interpret their basic functions and wall characteristics. From these data the student should be able to derive a diagnosis on which to base a herbal prescription.

2º ano

Mestrado em Medicina Tradicional Chinesa

Instruction and Supervised Clinical Practice (Total: 50 hrs)

The student should be able to use fundamental concepts of acupuncture, phytopharmacology, Chinese Manual Therapy, dietetics in various medical fields including neurology, psychosomatics, gynaecology and urology, ear, nose and throat diseases, auricular acupuncture and Korean Hand acupuncture. The student should be able to document his/her work clearly and accurately and combine it with relevant western diagnostic methods like X-ray, laboratory, pain diary etc. Diagnosis taking, documentation of clinical cases and treatment methods are practiced under supervision in patients during the individual lessons.

Fundamental concepts of Neurology II, Psychosomatics, Gynaecology, Urological Tract, Auricular Acupuncture II; Korean Hand Acupuncture.

Clinical Instruction: After having gained first access to the practices of Chinese Medicine, further in-depth clinical instruction will be given by experienced specialists. Emphasis is taken on combinations of therapies of Western medicine, Western diagnostics and acupuncture, CMT, Chinese Pharmacology and dietetics focussing maximum safety and efficacy.

Clinical Practice: Supervised clinical formation and training on the basis of typical cases of everyday practice. The student should exercise supervised clinical practice at previously determined institutions and hospital services approved for practising TCM with the aim to achieve independent, safe and accurate diagnosis and therapy.

Tutorial Discussion and Documentation of Clinical Cases (Total: 50)

Objectives

Ascertain that the student carries out and documents clinical cases under supervision and evaluates the critical signs of clinical history. The student will deepen and intensify more and more his/her capacity with respect to clinical accuracy in TCM trying to consider it from a broader scientific perspective.

Programa

Documentation of 100 clinical cases under supervision at defined institutions or hospital services according to a previously established protocol with critical evaluation of the course of the disease is required to ensure that the students are able to monitor the different stages

of a disease as well as to assess the potential and limits of the therapy chosen. Standardized documentation will allow a general assessment of efficacy of the treatment in scientific studies. The cases documented cover a catalogue of diseases put up by the educational board.

Tongue&Points

Gastroenterology

Manual Therapy

Auricular Acupuncture

Pain Management

Upper Caloric

Urology

Neurology

Korean Hand Acupuncture

Paediatrics

Gynaecology

Master Thesis – Clinical /Experimental

Objectives

To promote fundamental and clinical research in the field of TCM by preparing a written paper of scientific value which provides an integrated perspective.

Programme

Realisation of a scientific study by the student on a topic out of various topics previously suggested to the school, under the supervision of a specialist in this medical field from conventional medicine and/or TCM. Finally a written paper has to be presented according to the rules of a Master Thesis for the attribution of the respective diploma in Traditional Chinese Medicine. This clinical research study may be done in a clinical or experimental or medico-cultural field.

Optionally the student may conduct a literature research in a scientific clinical field (*clinical branch*) or fundamental research (*scientific branch*) in order to get the respective Master diploma. Both the investigation project and the monograph have to be realised in a form that allows publication on an international scientific level.

Forums

Symposia, Conferences and Scientific Debates

The student will have access to facultative complementary formation on the basis of participation in scientific events. By this type of initiatives it is intended to broaden the theoretical and practical knowledge by an exchange of experience on an international level. This will translate into a greater qualification of the student and better opportunities for clinical practice and on the labour market.