

Traditional Chinese Medicine for Health and Wellness



Chinese Studies Program, Ateneo de Manila University

Course Description

Traditional Chinese Medicine (TCM) is a system of health and healing originating from millennia of Chinese culture. It is the longest continuous medical tradition, evolving and developing over the centuries, and is now rising into prominence in the modern globalized world.

This course aims to introduce the vast body of knowledge that is TCM, and explain the basic theoretical principles, starting with the philosophical foundations, leading up to basic therapies of Chinese medical science.

The course is designed for the general public, who wish to understand the holistic and natural approach of TCM, apply its principles to change their lifestyle and habits, and incorporate its basic home remedies in their health practices.

Course Design

TCM 101 is a once a week, 10-week course of lectures and workshops. The lectures begin with Chinese philosophies, leading to scientific principles of Traditional Chinese Medicine (TCM). The workshops cover two basic therapies of TCM, that apply the medical principles of TCM, and can be used by the participants as home remedies.

The mode of teaching will be English and Filipino (Tagalog), but many Chinese terms will be introduced. Readings will be in English.

Course Participants

The intended participants of TCM 101 are adult learners, with or without any background in Chinese Studies or Chinese language, with or without a medical background.

Course Objectives

- The participants will learn basic theory of Traditional Chinese Medicine, including Chinese philosophical principle, scientific and medical principles.
- The participants will understand how Traditional Chinese Medicine principles become the basis of healthy life practices, habits of balance and wellness, and prevention of disease and illness.
- The participants will learn and experience two basic therapies of TCM to embody the theoretical principles, and for continuous practice and use as home remedies.

Course Outline

Philosophical Principles

- Yin and Yang
- Qi
- The Five Elements
- The Six Divisions

TCM Principles

- Yin-Yang Patterns
 - Hot and Cold Patterns
- Qi and the Fundamental Substances
 - Qi, Its Nature and Sources

- The Three Treasures
- Disharmonies of Qi
- Zangfu Organ Systems
- Jingluo Meridian Systems
 - Six Divisions and Jingluo
- Patterns of Disharmony
 - The Seven Emotions
 - The Six Climates

TCM Therapeutics

- Moxabustion
- Yin Yoga

Course Schedule

Module	Schedule	Topic	Readings
1	Nov. 12, 2016	Course Orientation Perspectives on Chinese Medicine	<i>*Between Heaven and Earth</i> , Chap. 1 – 3
2	Nov. 19	Qi and the Fundamental Substances Disharmonies of Qi The Three Treasures	<i>Web</i> , Chap. 2
3	Nov. 26	Principle of Yin and Yang Correspondences and Dynamics	<i>*Web</i> , Chap. 1 <i>*Web</i> , Chap. 7
4	Dec. 3	Hot and Cold Patterns Moxabustion Workshop	
5	Dec. 10	Principle of Six Divisions Twelve Hours	
		Christmas Break	
6	Jan. 7, 2017	Jingluo Meridians Systems Yin Yoga Workshop	
7	Jan. 14	Principle of Five Elements The Five Archetypes	<i>*Foundations</i> , Chap. 2, 5, 15
8	Jan. 21	Zangfu Organ Systems	<i>*Web</i> , Chap. 3
		Chinese New Year, Spring Festival	
9	Feb. 4	Zangfu Organ Systems	
10	Feb. 11	The Six Climates The Seven Emotions	<i>Web</i> , Chap. 5 <i>*Foundations</i> , Chap. 15

References:

- *The Foundations of Chinese Medicine: A Comprehensive Text for Acupuncturists and Herbalists*, Giovanni Maciocia, Churchill Livingstone, 1997.
- *Chinese Medicine: The Web That Has No Weaver*, Ted J. Kaptchuk, O.M.D., McGraw-Hill/Contemporary Books, 2nd edition, 2000.
- *Between Heaven and Earth: A Guide to Chinese Medicine*, Harriet Beinfield and Efrem Korngold, Ballintine Books, 1992.

Course Requirements

- 80% attendance in all activities. Only 2 absences are allowed.

Course Instructor

FRANCISCO V. NAVARRO V, M.D. graduated from the University of the Philippines College of Medicine in 1998, under the Integrated Arts and Medicine (INTARMED) Program, and had his medical internship at the Philippine General Hospital. He trained in medical acupuncture at the Academy of Pain Research, at the St. Luke's Hospital in San Francisco, under the Stanford Medical School; and at the Xiamen University Hospital, Fujian, China.

Dr. Navarro is a faculty member at Ateneo de Manila University, under the Chinese Studies Program; and a consultant at St. Luke's Medical Center Quezon City, and the founder of the Complementary Medicine Service at St. Luke's Medical Center, Bonifacio Global City. He is also a Yin Yoga teacher, trained under Yin Yoga in Asia.

