

TRADITIONAL CHINESE MEDICINE COURSE – 7 LECTURES:

1. Introduction to Traditional Chinese Medicine

In order to understand body constitutions, we should know some concepts like syndrome differentiation and treatment, concept of preventive treatment of disease, theory of yin and yang and five elements; the theory of five zang-organs and six fu-organs, meridians and acupoints, four diagnoses (observation, smelling, questioning, and pulse-taking).

2. Theory of Body Constitution

Forms for constitution identification. We help students to know their body constitution (we will make evaluations for every student).

3. Body Constitution of Qi and Yang Deficiency

How to improve and prevent potential diseases by TCM methods like herbs, acupuncture, moxibustion and cupping etc.

4. Body Constitution of Yin Deficiency and Special Constitution

How to improve and prevent potential diseases by TCM methods like herbs, acupuncture, moxibustion and cupping etc.

5. Body Constitution of Qi and Blood Stagnation

How to improve and prevent potential diseases by TCM methods like herbs, acupuncture, moxibustion and cupping etc.

6. Body Constitution of Phlegm&Dampness and Dampness&Heat

How to improve and prevent potential diseases by TCM methods like herbs, acupuncture, moxibustion and cupping etc.

7. TCM Therapeutic Methods for Common Diseases

Common diseases are often results of relevant body constitutions.