



**Tradicional Chinese Medicine as an Intangible Cultural Heritage**

**course announcer: Confucius Institute of Faculty of Humanities of the University of Debrecen**

lecturer: **dr. Attila Mátyás PETRÓ** radiology specialist

University of Debrecen, University of Debrecen Clinical Center, Health Care Service Units, Diagnostic

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NEPTUN code: BTEM0036-57 - theory course - 2 credits - 2 hours/week for 100 students

Venue and Time: Learning Center LC0.14 Thursday 18.00 – 20.00

1. TCM as an Intangible Cultural Heritage
2. Integrated Medicine in Western Healthcare (guest lecturer: Dr. Móri E. Csaba, PhD, Department of Psychiatry, UD)
3. Philosophical Basis of TCM (co-lecturer Wang Zaijun Laoshi)
4. Visceral Manifestations in TCM
5. The Concept of Essence, Qi, Blood and Bodily Fluids
6. Meridians and Collaterals
7. Constitutions and Respected Health Preservation Methods
8. Cause & Onset of Disease in TCM
9. Pathogenesis in TCM
10. Disease Prevention and Treatment in TCM
11. Health Preservation in TCM
12. Integrative Health Preservation in Western Medicine (guest lecturer: Dr. Móri E. Csaba, PhD, Department of Psychiatry, UD)
13. Case Presentations
14. Take-home Gifts: Acupuncture Points in Stress-related Disorders and Medical Emergencies



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**TCM as an Intangible Cultural Heritage**

Course Description

**1. TCM as an Intangible Cultural Heritage**

- Formation of the theoretical system in TCM
- Basic characteristics of the theoretical system in TCM
  - Concept of holism
- Difference between TCM and Western Medicine
  - Origin of the difference
  - Difference in holism
  - Difference in the interpretation of disease

**2. Integrated Medicine in Western Healthcare**

- Traditional views in modern medicine
- The need for a holistic approach in Western Medicine
- Options of integrated treatment in Western Medicine
- Psychosomatic disorders in Western Medicine
- Stress-related organic disorders in Western Medicine

**3. Philosophical Basis of TCM**

- Theory of Essential Qi
  - Concept of Essential Qi
  - Application of the theory of Essential Qi in TCM
- Theory of Yin ang Yang
  - Concept of Yin & Yang
  - Application of Yin & Yang in TCM
- Theory of Five Elements
  - Concept of Five Elements
  - Application of Five Elements in TCM

**4. Visceral Manifestations in TCM**

- Concept, formation and features of the theory of visceral manifestations
- Five Zang Organs
  - Heart, Lung, Spleen, Liver, Kidneys
- Six Fu Organs
  - Gallbladder, Stomach, Small intestine, Large intestine, Urinary bladder, Tripe energizer
- Extraordinary Fu Organs
  - Brain, uterus
- Relationships among viscera



## **5. The Concept of Essence, Qi, Blood and Bodily Fluids**

- Concept, generation and functions of Essence
- Basic concepts, generation, movement, functions and classification of Qi
- Basic concept, generation, circulation and functions of Blood
- Basic concept, metabolism and functions of Body Fluids
- Relationship between Essence, Qi, Blood and Bodily Fluids

## **6. Meridians and Collaterals**

- General introduction
  - Concept, formation and theory, composition of Meridians
- Twelve main Meridians
  - Nomenclature, circulation and circulatory distribution of the Twelve Main Meridians
- Eight Extra Meridians
  - Basic functions and circulation routes of the Eight Extra Meridians
- Application and Physiology of Meridians
  - Physiological functions and application of the Meridian theory

## **7. Constitutions and Respected Health Preservation Methods**

- Concept, formation and basic principles
- Factors, physiological characteristics and physiological basis of constitutions
- Classification on constitutions
  - Harmonious and abnormal constitution
- Application of the theory of constitutions
  - Constitutions and onset of disease
  - Constitutions and pathogenesis
  - Constitutions and diagnosis
  - Constitutions and treatment
  - Constitutions and health preservation

## **8. Cause & Onset of Disease in TCM**

- Exogenous Pathogenic Factors
  - Six Excesses and Pathogenic Qi and Pestilential Qi
- Internal Pathogenic Factors
  - Internal injury due to Seven Emotions
  - Irregularity of diet, imbalance between work and rest
- Pathological Products
  - Phlegm-Fluid retention
  - Stagnant Blood
- Other Causes of Disease
- Mechanism of disease onset
- Types of onset of disease



- Immediate, chronic, latent, secondary onset
- Combination of overlapping Syndromes
- Relapse

## **9. Pathogenesis in TCM**

- Basic Pathogenesis
  - Yin-Yang disharmony
  - Disharmony of Qi and Blood
  - Metabolic disorder of Body Fluids
  - Five endogenous pathogenic factors
- Transmission and Development of Disease

## **10. Disease Prevention and Treatment in TCM**

- Preventive Principles
  - Prevention of the occurrence of disease
  - Prevention of the transmission and development of disease
  - Prevention of the recurrence of disease
- Therapeutic Principles
  - Search for the fundamental disease in treatment
  - Reinforcing the healthy and eliminating the pathogenic
  - Regulating Yin and Yang
  - Regulating Qi and Blood
  - Treatment in accordance with seasonal conditions, local conditions and patient's individuality

## **11. Health Preservation in TCM**

- Origins and history of health preservation
- Basic Concepts of health preservation in TCM
  - The view on life
  - Concept about longevity and death
  - The conception of health
- Basic theories and principles in health preservation in TCM
- Common methods used in health preservation in TCM
  - Health preservation with mental activity
  - Health preservation through diet
  - Health preservation based on environment and daily life
  - Health preservation through sexual life
  - Health preservation with exercise
  - Health preservation by recreation
  - Health preservation through Acupuncture, Moxibustion, Massage and Qigong
  - Health preservation in correspondence to constitution



## 12. Integrative Health Preservation in Western Medicine

- Mental health preservation in WM
- Physical health preservation in WM
- Social health preservation in WM
- Spiritual health preservation in WM

## 13. Case Presentations

- TCM cases explained from a WM perspective with respective treatments and outcomes

## 14. Take-home Gifts: Acupuncture Points in Stress-related Disorders and Medical Emergencies

- Etiology of stress-related disease
- Manual stimulation of Acupuncture points
- Stress relief for:
  - Respiratory system disorders
  - Gastrointestinal disorders
  - Musculoskeletal system disorders
  - Central nervous system disorders and mental health issues

### **Literature references, suggested literature:**

Basic Theories of Traditional Chinese Medicine (bilingual Chinese-English)

ISBN: 978-7040203356

Chief Editor: Liu Zhaochun

Publisher: Higher Education Press (2007)

Health Preservation of Traditional Chinese Medicine (bilingual Chinese-English)

ISBN-13: 978-7117086196

Chief Editor: Liu Zhanwen

Publisher: People's Health Publishing House (2007)

### **Examination**

30 Single-choice, 20 True-False questionnaire via eLearning.