

TCM Principles and Diagnostics (Level 1 TCM)

Course Outline

Salma Ahmad

Description: A 12 week (48 hour) course exploring the basics of Traditional Chinese Medicine, in both the theoretical and applied to case studies.

Objectives: 1. That students get a good preliminary understanding of pulse and tongue reading
2. To enable students to apply the diagnostic principles to patient's assessments.
3. For the students to understand the basic difference between the way Western Medicine evaluates a condition vs. the way TCM assesses the whole person.

Homework: Please maintain a duotang with homework sheets for Pulses and Tongues. Please use coloured pencils to properly 'capture' the tongue.

Each week, please submit the pulses and tongue readings of 2 patients at the beginning of class. Please put your name on the homework.

Also read the assigned chapters in the Tierra book and read over course notes for the week

Testing: We'll have a recap test at the beginning of every class to make sure last week's material has been learned before we continue.

We'll have a final exam on the last day.

Grading: Attendance (Lateness will affect this grade) 30%, Participation 20% Exam 50%

Textbook: Chinese Traditional Herbal Medicine Vol 1 Diagnosis and Treatment
By Leslie and Michael Tierra

Class Etiquette: Stop me anytime you don't understand something. If you have a question, it's likely others have the same question. Try to be patient, the material is difficult and it takes several weeks before everything clicks into place. All topics are relevant. If I feel we're straying too far from the learning, I will attempt to bring us back.

Week 1 Yin and Yang

Week 2 Ba Gang (The Eight Principles)

Week 3 Complex and Evolving Ba Gang

Week 4 The Five Substances

Week 5 Wu Xing--The Five Elements

Week 6 The Five Elements (continued)

Week 7 Zang Fu (Organ Diagnostics)

Week 8 Zang Fu (continued)

Week 9 The Four Exams

Week 10 Case Taking

Week 11 Introduction to Chinese Dietetics

Week 12 Exam and Trip to Chinatown