



Asanté Academy of Chinese Medicine

伦敦爱生德中医院

24-Day Certificate Course in Chinese Herbal Medicine

Course Syllabus

Part 1: TCM Basic Theory

- Yin and Yang
- Five Elements
- Vital Substances – Qi, Jing, Blood, Body Fluids, Shen
- Zang-Fu internal organs

Part 2: TCM Diagnosis (Four Examinations)

- Observation / Inspection (including Tongue Diagnosis)
- Asking (10 Questions)
- Hearing and smelling
- Palpation (including Pulse Taking)

Part 3: Aetiology and Pathogenesis of disease in TCM

- Internal Causes of disease – 7 Qing (emotions)
- External causes of disease – 6 exogenous evils
- 4 levels (Wei, Qi, Ying, Xue) – disease pattern identification
- 8 principals – disease pattern identification
- Fluids and Zang-Fu pathology

Part 4: Science of Chinese Materia Medica

- General theories of TCM materia medica
- Diaphoretic (exterior relieving) herbs
- Heat-clearing herbs
- Cathartics
- Dampness removing / resolving herbs
- Interior warming herbs
- Qi regulating herbs
- Tonifying herbs
- Herbs to relieve food retention
- Haemostatic (Blood regulating) herbs
- Invigorating herbs
- Phlegm resolving, antitussive and anti-asthmatic herbs

- Tranquilizing (Shen calming) herbs
- Herbs to calm the Liver and dispel endogenous wind
- Resuscitative herbs
- Restorative herbs
- Astringent herbs

Part 5: Science of Prescriptions

- General theories of TCM materia medica formulary
- Prescriptions for relieving exterior syndromes
- Prescriptions for clearing heat
- Prescriptions for warming the interior
- Purgative prescriptions
- Prescriptions for mediation
- Tonifying prescriptions
- Prescriptions with astringent effects
- Prescriptions for sedation (Shen / mind calming)
- Prescriptions for resuscitation
- Qi regulating prescriptions
- Blood regulating prescriptions
- Prescriptions to treat wind syndrome
- Prescriptions for eliminating dampness
- Prescriptions for eliminating phlegm
- Peptic prescriptions
- Prescriptions for exterior skin conditions

Part 6: Clinical Treatment with Chinese Herbal Medicine

- General principles of Chinese herbal medicine treatment
- Internal conditions
- External (dermatological) conditions
- Neurological and psychological conditions
- Gynaecological conditions
- Pain Management

Part 7: Introduction to Life Cultivation and Rehabilitation with TCM

- The theoretical basis of life cultivation and rehabilitation with TCM
- Basic natural therapeutic methods of life cultivation and rehabilitation
- Introduction to techniques of life cultivation and rehabilitation
- Forbidden points for life cultivation and rehabilitation

Part 8: Clinical Practice

- This is one of Asante Academy's unique advantages as a teaching centre and training clinic. All students will have the opportunity to follow one of our experienced teachers/practitioners in either a one-to-one or group setting, giving you the opportunity to learn and experience Chinese medicine in a real clinical setting.
- Timing for clinical practice is flexible and you will be able to choose the days you wish to attend.