



# Asanté Academy of Chinese Medicine

## 伦敦爱生德中医院

### Asante Academy of Chinese Medicine

#### ATCM Chinese Herbal Medicine Diploma - Syllabus

##### **Advanced Theory of TCM (300 hours, 30 credits)**

The theory of Chinese medicine is essential in understanding the philosophical theory that underpins Chinese medicine, and covers Yin-Yang, 5 Element and Zang-Fu organ theory, diagnostics and also aetiology and pathology of disease according to Chinese medicine. This module will give students a complete theoretical foundation from which they can understand and apply all future knowledge learnt during this course.



##### **Module 1: Advanced Theory of TCM**

- Yin-Yang
- Five Elements
- Vital Substances – Qi, Blood, Jing (Essence) & Body Fluids
- Zang-Fu Internal Organs
  - 5 Zang Organs
  - 6 Fu Organs
  - Extraordinary Fu Organs
  - Relationship Among the Zang-Organs & Fu-Organs
- TCM Diagnosis (Four Examinations)
  - Observation (Including Tongue Diagnosis)
  - Listening and Olfaction (Smelling)
  - Inquiry (10 Questions)
  - Palpation and Pulse Diagnosis
- Aetiology and Pathogenesis of Disease in TCM
  - Internal Causes of Disease
  - External Causes of Disease
  - Four Levels Disease Pattern Identification
  - Eight Principles Disease Pattern Identification
  - Qi, Blood, and Body Fluid Pathology
  - Zang-Fu Organ Pathology

### **Materia Medica (250 hours, 25 Credits)**

This is the second module of the Chinese Herbal Medicine Diploma Course, which aims to teach the students with knowledge of the most commonly used herbs in Chinese Herbal Medicine. This will enable students to identify common Chinese medicinal herbs and to understand their properties, functions, and clinical applications. This module will also provide students with knowledge of modern pharmacologic and help them to assess the active components of some key herbs.



#### **Module 2: Chinese Materia Medica**

- **General Introduction to Chinese Medicinal Herbs**
- **Diaphoretic (Exterior Relieving) Herbs**
- **Heat Clearing Herbs**
- **Cathartic Herbs**
- **Dampness Removing 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**
- **Nourishing Herbs**
- **Astringent Herbs**

### **Clinical Herbal Formulary (250 hours, 25 Credits)**

This module provides students the knowledge and skills on understanding and articulation of etiological and pathological processes while learning the commonly formulas. You will be introduced to dispensary preparation as well. It will cover the principles of CM formulae construction from various perspectives, e.g., Shang Han Lun and Wen Bing, and develop the competence, and a greater appreciation of the roles of individual formulary through critical research, in a collaborative learning environment.



#### **Module 3: Clinical Herbal Formulary**

**General Introduction to Chinese Herbal Medicine 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 to Calm the Shen/Spirit (Sedatives)**  
**Prescriptions for Resuscitation**  
**Qi Regulation Prescriptions**  
**Blood Regulation Prescriptions**  
**Prescriptions to Treat Wind Syndrome**  
**Prescriptions for Eliminating Dampness**  
**Prescriptions for Eliminating Phlegm**  
**Peptic (Digestive) Prescriptions**  
**Prescriptions for Treating Exterior Skin Conditions**

### **Clinical Chinese Herbal Medicine (400 hours, 40 credits)**

This module aims to provide the opportunity for students, through the study of Clinical Herbal Medicine, to develop the ability to independently assess common clinical presentations, evaluate their aetiology and pathophysiology, make a diagnosis, and produce appropriate herbal treatment plans, and continue to reflect on their own personal and professional development. This module will discuss the Chinese herbal medicine treatment of commonly seen clinical conditions/diseases in internal medicine, gynaecological and dermatological conditions. The knowledge and skills that students learn in this module will, along with the Supervised Clinical Practice, enable them to become competent, safe, legal, and ethical practitioners in Chinese Herbal Medicine.



### **Module 4: Clinical Chinese Herbal Medicine**

**Uses of Herbal Medicine in Clinical Practice**  
**Introduction to Patient Consultation Process**  
**Discussion of Applicable Herbal Formulas**  
**Safety in Clinical Formulary**  
**Adverse side effects**



### **Module 5: Supervised Clinical Practice**

- This is one of Asanté 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, allowing them to learn and experience Chinese medicine in a real clinical setting.
- As Asanté Academy is a working clinic, it maintains a fully stocked Chinese herbal medicine dispensary, including raw herbs, concentrated granules, powders, pills, and teas. All of these will be accessible to students during the course.
- Supervised clinical practice will be split into two components. One consists of 250 contact hours, with supervised practice in Asante's teaching clinic. The other is clinical related practice including but not limited to cases studies, preparation of cases notes and discussion of application of herbal medicine in the clinic.