

# Transilvania University of Braşov, Romania

## Study program: Traditional Chinese Medicine (in English)

Faculty: Medicine

Study period: 2 years (Master)

1<sup>st</sup> Year

| Course title       | Code     | No. of credits | Number of hours per week |         |            |         |
|--------------------|----------|----------------|--------------------------|---------|------------|---------|
|                    |          |                | course                   | seminar | laboratory | project |
| TCM basic theories | M_MTC-BT | 7              | 2                        | 2       | -          | -       |

**Course description (Syllabus):** Cultural and philosophical basis, theories and principles of Traditional Chinese Medicine; Disease classification in TCM; Physiology in TCM; Theory of Qi-Blood-Body fluid; Causes and onset of diseases; Pathological Mechanism - prosperity and decline of the Evil-Qi and Healthy-Qi; Pathological Mechanism - imbalance between yin and yang; Prevention and treatment principles in TCM.

| Course title                                 | Code     | No. of credits | Number of hours per week |         |            |         |
|--|----------|----------------|--------------------------|---------|------------|---------|
|  |          |                | course                   | seminar | laboratory | project |
| Methods of evaluation and examination in TCM | M_MTC-DG | 7              | 2                        | 2       | -          | -       |

**Course description (Syllabus):** Head, face, eyes and throat examination; Saliva and urine examination; Tongue, smelling and hearing examination; Anamnesis technique; Clinic diagnosis - diet, taste, defecation, urination; Differential diagnosis in TCM - practical applications; Diseases aetiology in TCM; Qi, Blood and Body-fluid Syndrome Differentiation in TCM; Zang-fu Organs Syndrome Differentiation in TCM; Other Syndrome Differentiation Methods in TCM.

| Course title                  | Code      | No. of credits | Number of hours per week |         |            |         |
|-------------------------------|-----------|----------------|--------------------------|---------|------------|---------|
|                               |           |                | course                   | seminar | laboratory | project |
| Basic concepts of acupuncture | M_MTC_AC1 | 7              | 1                        | -       | 2          | 1       |

**Course description (Syllabus):** Generalities about channel system; Travelling course and distribution of the meridian system and its uses; Concept and origin of acupoints; Classification of and nomenclature of acupoints; Acupoint location methods; Specific acupoints; The Twelve Regular Meridians; The Eight Extra Meridians; Extra-Meridian Acupoints; Techniques of acupuncture; Effects of acupuncture.

| Course title           | Code      | No. of credits | Number of hours per week |         |            |         |
|------------------------|-----------|----------------|--------------------------|---------|------------|---------|
|                        |           |                | course                   | seminar | laboratory | project |
| Advanced Biostatistics | M_MTC-MCS | 5              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Statistical populations, samples, sampling techniques; Randomized and non-randomized samples and their importance in research; Data types. Factors of error in biomedical research; Frequency distributions; Descriptive statistics; Tests for comparison of central trends (mean, median); Correlation and regression analysis; Statistical techniques for comparing methods in research; Survival Analysis and its importance in biomedical research. Curve Kaplan-Mayer; Common statistical analysis errors. Criteria for choosing a protocol / statistical test appropriate to the research / study / experiment.

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|-----------------|-----------|----------------|--------------------------|---------|------------|---------|
|                 |           |                | course                   | seminar | laboratory | project |
| Medical English | M_MTC-EM1 | 2              | 1                        | -       | -          | -       |

**Course description (Syllabus):** The Hippocratic Oath in TCM; The Study of the Human Body in TCM; Basic Phenomena of Living Organisms in TCM; The Organization of the Body in TCM; Structure and Movement in TCM; The Nervous System in TCM; The Circulatory System in TCM.

| Course title    | Code     | No. of credits | Number of hours per week |         |            |         |
|-----------------|----------|----------------|--------------------------|---------|------------|---------|
|                 |          |                | course                   | seminar | laboratory | project |
| Formulas in TCM | M_MTC_FF | 5              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** Origin and Development of Formulas; The characteristics of traditional Chinese medicine pharmaceutical forms; The concept of formulas and formulas of Chinese Medicine; ingredients' principle, structure, classification and application of formulas; Formulas to Release the Exterior Syndromes; Formulas for Purgation; Formulas for Harmonizing; the cultural and philosophical foundations of Traditional Chinese Medicine.

| Course title                  | Code     | No. of credits | Number of hours per week |         |            |         |
|-------------------------------|----------|----------------|--------------------------|---------|------------|---------|
|                               |          |                | course                   | seminar | laboratory | project |
| Chinese Materia Medica in TCM | M_MTC_PM | 6              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** Chinese material medica - 185 species (including 112 essential herbs); The therapeutic properties of medicinal plants; Knowledge habitat to the herbal quality, collection to the herbal quality, collection time and methods, commonly Used Processing Methods, incompatibility, modification of dosage; Herbs that Release the Exterior; Herbs that Clear Heat; Purgatives; Herbs that Expel Wind and Dampness; Herbs that Transport Dampness; Herbs that Drain Dampness; Herbs that Warm the Interior; Herbs that Regulate Qi; Herbs that Improve the Digestion; Herbs that Stop Bleeding; Tonics; Herbs that Calm the Mind; Herbs that Kill Parasites.

| Course title   | Code      | No. of credits | Number of hours per week |         |            |         |
|--|-----------|----------------|--------------------------|---------|------------|---------|
|  |           |                | course                   | seminar | laboratory | project |
| Traditional Chinese Medicine Practices in Internal Pathology 1 | M_MTC-MI1 | 7              | 2                        | 1       | -          | -       |

**Course description (Syllabus):** The aetiology, pathogenesis and therapeutic principle of internal diseases using basic theories of TCM; The basic characteristics of health alteration in TCM; The key points of syndrome differentiation; The principles and methods of the basics of prescribing in TCM; syndrome differentiation and treatment in: cold, cough; asthma and wheezing; palpitations; chest pain; stroke; headache; gastralgia and vomiting; constipation and diarrhea; hypochondriac pain; jaundice; oedema; stranguria, Xiao Ke (diabetes); Obstruction and Rejection.

| Course title                                | Code      | No. of credits | Number of hours per week |         |            |         |
|---|-----------|----------------|--------------------------|---------|------------|---------|
|   |           |                | course                   | seminar | laboratory | project |
| Translation of scientific research into TCM | M_MTC-ESC | 4              | 2                        | 1       | -          | -       |

**Course description (Syllabus):** Concepts and steps of scientific research; designing a research project; bibliographic documentation, collecting data, statistical processing in TCM; Data analysis and interpretation; scientific work in the field of integrative medicine; errors in medical studies; Exploitation of research results; Scientific writing in medical texts; Presentation of the results.

| Course title          | Code        | No. of credits | Number of hours per week |         |            |         |
|-----------------------|-------------|----------------|--------------------------|---------|------------|---------|
|                       |             |                | course                   | seminar | laboratory | project |
| Tuina and reflexology | M_MTC_TREFL | 4              | 1                        | -       | 1          | -       |

**Course description (Syllabus):** Tuina concepts and energetic values; Tuina manual techniques – definition, classification, requirements to stimulating technique and rectifying manipulation; Principle of foot massage and the anatomy of the feet; The origin and development of foot massage and other external treatments of the foot; Clinic anatomy, with cause and pathology, with method of evaluation, manual techniques and evaluation of different trauma.

| Course title                     | Code      | No. of credits | Number of hours per week |         |            |         |
|----------------------------------|-----------|----------------|--------------------------|---------|------------|---------|
|                                  |           |                | course                   | seminar | laboratory | project |
| Advanced Applied Medical English | M_MTC-EM2 | 2              | 1                        | -       | -          | -       |

**Course description (Syllabus):** Particularities of medical staff – patient communication in Traditional Chinese Medicine; Specific terminology of procedures and patient examination in TCM; Terminology of the anamnestic interview in TCM; Terminology of anatomy, physiology, and pathophysiology specific to TCM, for health status assessment, investigations and procedures in TCM; Investigations. Explaining and discussing investigations. Terminology of investigations and treatment methods specific to TCM; Terminology of tuina, reflex-therapy, and acupuncture procedures; English terminology in TCM in the preparation of a scientific paper.

| Course title | Code     | No. of credits | Number of hours per week |         |            |         |
|--------------|----------|----------------|--------------------------|---------|------------|---------|
|              |          |                | course                   | seminar | laboratory | project |
| Practice     | M_MTC-P1 | 2              | -                        | -       | -          | -       |

## 2<sup>nd</sup> Year

| Course title   | Code      | No. of credits | Number of hours per week |         |            |         |
|--|-----------|----------------|--------------------------|---------|------------|---------|
|  |           |                | course                   | seminar | laboratory | project |
| Traditional Chinese Medicine Practices in Internal Pathology 2 | M_MTC-MI2 | 4              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** The aetiology, pathogenesis and therapeutic principle of internal diseases using basic theories of TCM; Principles utilized in TCM for the differentiation of Bleeding Diseases; Principles utilized in TCM for the differentiation of Fever due to Internal Injury; Principles utilized in TCM for syndrome differentiation of Arthralgia; Principles utilized in TCM in differentiating lung diseases, heart diseases, kidney diseases, stomach diseases.

| Course title  | Code     | No. of credits | Number of hours per week |         |            |         |
|---|----------|----------------|--------------------------|---------|------------|---------|
|   |          |                | course                   | seminar | laboratory | project |
| Traditional Chinese Medicine Practices in Obstetrics and Gynecology | M_MTC-OG | 4              | 1                        | -       | 1          | -       |

**Course description (Syllabus):** Introduction in Obstetrics and Gynecology from the TCM point of view; The importance of traditional Chinese Medicine in menstrual disorders; Principles used by TCM in menopausal syndrome; Principles used by TCM in Leukorrhoea; Principles used by TCM in pregnancy related syndromes; Principles used by TCM in postpartum disorders; Principles used by TCM in miscellaneous Gynecopathy; Principles used by TCM infertility.

| Course title | Code      | No. of credits | Number of hours per week |         |            |         |
|--------------|-----------|----------------|--------------------------|---------|------------|---------|
|              |           |                | course                   | seminar | laboratory | project |
| Acupuncture  | M_MTC_AC2 | 7              | 2                        | -       | 1          | 1       |

**Course description (Syllabus):** Basic Needling Techniques of Filiform Needle, Acupuncture De Qi and Related Needling Techniques; Commonly Used Filiform Needling Techniques; Possible Accidents in Acupuncture Treatment; Reinforcing and Reducing in Acupuncture and Related Manipulations; Moxibustion and Cupping; ; Effects and application of Acupuncture Treatment; Principles of application in acupuncture; Treatment principles and acupoint prescription; Acupuncture treatment for internal medicine, gynaecology and children disorders, orthopaedic and

traumatic pathologies; Acupuncture treatment for dermatological, ENT disorders; Acupuncture treatment for scalp, auricular and wrist-ankle.

| Course title   | Code    | No. of credits | Number of hours per week |         |            |         |
|--|---------|----------------|--------------------------|---------|------------|---------|
|  |         |                | course                   | seminar | laboratory | project |
| Traditional Chinese Medicine Practices in Pediatrics | M_MTC-P | 4              | 1                        | -       | 1          | -       |

**Course description (Syllabus):** Basic principles of Paediatrics in Traditional Chinese medicine. Child growth and development- normal physiology in the light of TCM; Syndrome differentiation and methods utilized in TCM in common cold, pneumonia, asthma in children; Clinical manifestation and basic principles of anorexia; Methods of evaluation and syndrome differentiation in TCM of: diarrhoea and food accumulation; attention deficit hyperactivity disorder and of Tourette syndrome; oedema according to different syndrome types; measles; rubella and chickenpox; epidemic parotitis.

| Course title                                  | Code    | No. of credits | Number of hours per week |         |            |         |
|---|---------|----------------|--------------------------|---------|------------|---------|
|   |         |                | course                   | seminar | laboratory | project |
| Moxibustion and other external TCM techniques | M_MTC-D | 2              | -                        | 1       | -          | -       |

**Course description (Syllabus):** Introduction in traditional Chinese medicine; Operation steps of wet compress; the application of fire needle; The application of acupuncture; the application of bloodletting; The application of needle knife and operational note; Preparation of Chinese medicine ointment and tincture.

| Course title                  | Code      | No. of credits | Number of hours per week |         |            |         |
|-------------------------------|-----------|----------------|--------------------------|---------|------------|---------|
|                               |           |                | course                   | seminar | laboratory | project |
| Ethics and academic integrity | M_MTC-EIA | 2              | 1                        | -       | -          | -       |

**Course description (Syllabus):** Norms and values in scientific research and academic activity; Principles of good practice in scientific research and academic activity; Information resources and evaluation of information; Ethical conduct in research. Manufacture and falsification of research data; Principles of Good Practice in Academic Writing; Sources and references. Intellectual Property Rights. Plagiarism and integrity; Applying the principles of ethics and academic integrity in the elaboration of the dissertation thesis.

| Course title           | Code     | No. of credits | Number of hours per week |         |            |         |
|------------------------|----------|----------------|--------------------------|---------|------------|---------|
|                        |          |                | course                   | seminar | laboratory | project |
| Kinesiology and Qigong | M_MTC-KQ | 3              | 1                        | -       | 1          | -       |

**Course description (Syllabus):** Introduction to Qigong; Basic concepts of body adjustment, of breathing adjustments and of mind adjustment; The origin and development of Yi Jin Jing; Basic principles of Yi Jin Jing; Essentials of practice of Yi Jin Jing; Yi Jin Jing – footwork and routine action; Movement specification in health preservation.

| Course title                | Code      | No. of credits | Number of hours per week |         |            |         |
|-----------------------------|-----------|----------------|--------------------------|---------|------------|---------|
|                             |           |                | course                   | seminar | laboratory | project |
| Clinical studies assessment | M_MTC-CTE | 2              | 1                        | -       | -          | -       |

**Course description (Syllabus):** Evidence-based medicine. Evidence level. Types of clinical trials; Evaluation of intervention studies; Evaluation of case-control studies; Evaluation of cohort studies; Evaluation of transversal studies; Evaluation of systematic reviews and meta-analysis; Exploitation of research results. Scientific writing in medical texts. Presentation of the results.