

# Syllabus

## 1. Anatomy, Physiology

1. Introduction to Anatomy: Basic Constituents of Body, RNA and DNA, Cells, Tissues, Organs
2. Introduction to Physiology: Levels, Functions
3. Nervous System: Division, Basic Cells, Central NS, Sensory NS, Peripheral NS, Somatic NS, Autonomic NS, Sympathetic NS, Parasympathetic NS
4. Spine: Structure, Functions, Intervertebral Disc, Spinal Segment
5. Sensory Organs: General Sense Organs, Pain, Temperature, Touch, Stretch, Special, Eye, Ear, Taste, Smell
6. Musculoskeletal System: Skeletal Systems, Joints, Bursae, Ligaments, Upper Limb Trunk, Lower Limb, Anatomy of Knee Joint
7. Endocrine System
8. Immune System: Functions, Components, Common Disorders
9. Lymphatic System: Introductions, Functions
10. Digestive System and Abdomen: Introduction, Stomach, Liver, Pancreas, Small Intestines, Spleen, Kidneys
11. Respiratory System
12. Reproductive System: Introduction, Male, Female
13. Urinary System
14. Integumentary System
15. Cardiovascular System

## 2. Human Surface Anatomy

Normal Anatomical Position, Anterior Landmarks, Posterior Landmarks, Spinal Landmarks, Abdominal Quadrants, Levels of Spinal Nerve Roots, Reference Body Lines, Anatomical Planes, Anatomical Directions, Anatomical Movements

## 3. Introduction of Acupuncture

Basic of Traditional Chinese Medicine, Acupuncture Point, Chi/Qi, Dechi, Meridian (Channel), TCM Organs, Five Elements, CUN, Advantages of Acupuncture, Bonus Effects, Potential of Acupuncture, Contribution of TCM to Acupuncture and Challenge

## 4. Mode of Action of Acupuncture

Action at – Local, Spinal Cord, Midbrain, Brain, Hypothalamic-Pituitary-Adrenal Axis, Hypothalamus-Pituitary-Ovarian Axis, Myofascial Trigger Point, Role of Neurotransmitters, According to TCM

## **5. Techniques of Acupuncture**

A. Preparation for Needling, Specification of Needles, Needles of Ear, Insertions of Needles, Number of Needles, Pain Due to Needling, Manual Stimulation, Removal of Needles, Sharp Box, Assessment and Follow-up, Treatment Schedule

B. Side Effects and Emergencies in Acupuncture, Syncope, Pneumothorax, Other Possible Injuries

## **6. TCM Acupuncture Channels and Points**

1. Lung Channels
2. Large Intestine Channels
3. Stomach Channels
4. Spleen Channels
5. Heart Channels
6. Small Intestines Channels
7. Urinary Bladder Channels
8. Kidney Channels
9. Pericardium Channels
10. San Jiao Channels
11. Gall Bladder Channels
12. Liver Channels
13. DU Channels
14. REN Channels
15. Extra Points

## **7. Tung Acupuncture**

Biography of Tung Ching Chang, Human Microcosm, Correspondence of – Image, Channel, Tissue and Venous Congestion

## **8. Tung Acupuncture Zones and Points**

1. Fingers 11.xx
2. Hand 22.xx

3. Lower Arm 33.xx
4. Upper Arm 44.xx
5. Sole 55.xx
6. Dorsum of Foot 66.xx
7. Leg 77.xx
8. Thigh 88.xx
9. Ear 99.xx
10. Head and Face 1010.xx
11. Dorsal Trunk DT.xx
12. Ventral Trunk VT.xx
13. Tung Extra Ex

## **9. Scalp Acupuncture**

Mechanism of Action, Structure, Indications, Scalp Needling, Technique, Dr. Shunfa Jiao System, Jiao Standard Lines, Motor Area, Sensory Area, Chorea Area, Vertigo and Auditory Area, Third Speech Area, Usage (Praxia) Area, Visual Area, Equilibrium Area, Second Speech Area, Foot Motor Sensory, Stomach Area, Dr. Ming Qing Zhu System, Eding Zone, Dingjie Zone, Dingzhen Zone, Epang Zone, Dingnie Zone, Nieqian, Zone, Niehou Zone

## **10. Abdominal Acupuncture**

Abdomen – The Second Brain, Advantages, Contraindications, Abdominal Points, Protocol, Prescriptions

## **11. Ear Acupuncture**

Advantages, Anatomy, Nerve Supply, Master Points, Motor, Sensory Points, Internal Organs, Technique, Electro- Acupuncture, Press - Needles/ Tacks Pellets/Seeds, Bloodletting, Side Effects, Precautions Contraindications, Indications, Prescriptions for - Pain, Psychological disorders, Addictions, Neurological disorders, Hearing Disorders, Skin and Hair Disorders, Weight Loss, Hypertension, Asthma, Constipation, Hemorrhoid

## **12. Periosteal Acupuncture**

Technique, Indications

## **13. Myofascial Trigger Points**

Types, Causes, Symptoms, Diagnosis, Management, MTrP Maps

## **14. Bloodletting Therapy**

Techniques, Prescription

## **15. Electro-Acupuncture**

Actions, Applications, Care and Contraindications, Machine, Technique, TENS, Pen

## **16. Allied Acupuncture Therapies**

Cupping, Acupressure, Laser, Moxibustion, Plum Blossom, Embedding, Gua sha

## **17. General Management of Pain**

Types of Pain, Causes, Effects, Assessment, Principles of Management, Options of Treatment, History Taking, Examination, Investigation, Diagnosis, Treatment Planning, General Treatment, Non-pharmaceutical, Psychological, Protocol, Methods of Treatment

## **18. Headache**

Pathophysiology, Types, Diagnosis, Management

## **19. Diseases of Central Nervous System**

1. Anxiety – Types, Symptoms, Management, Depression – Symptoms, Management
2. Fatigue – Causes, Diagnosis, Management
3. Insomnia – Causes, Effects, Management
4. Fibromyalgia – Causes, Symptoms, Management
5. Cerebral Palsy – Causes, Types, Classification, Symptoms, Diagnosis, Management
6. Stroke / Paralysis - Types, Early Symptoms, and Signs, General Management, Scalp Method, XNKQ Method, Hemiplegia, Lower Extremity Paralysis, Upper Extremity Paralysis, Dysfunctions Associated With Stroke, Prognosis of Stroke
7. Multiple Sclerosis – Symptoms, Treatment
8. Vertigo Dizziness - Causes, Ménière's Disease, Management
9. Parkinson's Disease – Causes, Management
10. Tinnitus - Management
11. Addiction - Management
12. Tremors – Causes, Treatment
13. Epilepsy – Types, Causes, Management
14. Aphasia – Causes, Management

## **20. Spinal Disorders**

Radiculopathy, Intervertebral Disc Diseases, Spinal Stenosis, Piriformis Syndromes, Spondylolisthesis, Treatment of Spinal Diseases, Spinal Surgeries

## **21. Neck Pain**

Causes, Symptoms, Diagnosis, Management Neck Pain, Treatment at Home, Cervical Spondylosis, Cervical Radiculopathy, Management Cervical Spondylosis, Ankylosing Spondylitis, Management Ankylosing Spondylitis, Acupuncture Treatment, Technique of Needling Cervical Articular Process, Exercises for Ankylosing Spondylosis and Cervical Spondylosis

## **22. Backache**

Causes, Diagnosis, Management, Acupuncture Treatment, Exercises

## **23. Sciatica**

Causes, Symptoms, Diagnosis, Management, Technique of Sacro-Iliac Joint Stimulation, Exercises, Prognosis

## **24. Diseases of Eye**

Optic neuropathy, Diplopia, Strabismus, Ptosis, Twitching of Eyelids, Myopia, Retinitis Pigmentosa, Cataract, Glaucoma, Pain in Eye

## **25. Diseases of Nose**

Common Cold, Nasal Blockage, Allergic Rhinitis, Chronic Sinusitis, Epistaxis

## **26. Diseases of Ear**

Hearing Loss, Ear Pain

## **27. Diseases of Face**

Zygomatic Pain, Mandible Pain, Temporo-Mandibular Joint and Muscle Disorder, Trigeminal Neuralgia, Toothache, Facial Pain, Wrinkles of Face, Facial Twitching, Facial Palsy

## **28. Diseases of Throat**

Pain Infections and Allergies, Management, Goiter

## **29. Non-Cardiac Chest Pain**

Causes, Diagnosis, Treatment

## **30. Respiratory Diseases**

Bronchial Asthma, Bronchitis, COPD, Pneumonia

## **31. Cardiovascular Diseases**

Atherosclerosis, Hypertension, Varicose Veins

## **32. Shoulder Pain**

Causes, Frozen Shoulder, Diagnosis, Management, Exercises

## **33. Arm Pain**

Upper Arm, Elbow, Wrist, Hand

#### **34. Abdominal Pain and GI Diseases**

Hypochondriac, Epigastric, Gastritis, Abdominal Colic, Appendicitis, Umbilical, and Back Pain, Fissure, Perianal Pain, Abdominal Colitis, Lower Lateral Abdominal Pain, Lower Abdominal, Gastro-esophageal Reflux, Anorexia Vomiting, Hiccup, Diarrhea, Constipation, Hemorrhoids, Hernia, Oral ulcers

#### **35. Diseases of Liver, Kidney, and Spleen**

Biliary Colic Infections, Hepatitis, Liver Cirrhosis, Renal Colic

#### **36. Diseases of the Male Reproductive System**

Erectile Dysfunction, Balanitis, Orchitis, Hydrocele of Testes, Genital Pain

#### **37. Diseases of Female Reproductive System**

Dysmenorrhea, Infertility, Blocked Fallopian Tube, Menorrhagia, Metrorrhagia, Fibroids of Uterus, Leucorrhea, Vaginitis, Itching, Prolapsed Uterus, Breech Presentation, Fibrocystic Disease of Breast, Galactorrhea

#### **38. Endocrine Diseases**

Diabetes Mellitus, Hyperthyroidism, Obesity, Immunity Support

#### **39. Urinary System Diseases**

Nocturnal Enuresis, Urinary Incontinence, Dysuria, Difficult Micturition, Neurogenic Bladder, Frequency, Other Urinary Diseases

#### **40. Knee Pain**

Causes, Management, Treatment, Rehabilitation, Knee Replacement

#### **41. Lower Limb Pain**

Causes, Treatment

#### **42. Skin Diseases**

Acne Vulgaris, Hair Loss/ Alopecia, Urticaria, Pruritus, Eczema, Psoriasis, Hyperhidrosis, Lipoma

#### **43. Peripheral Neuropathy**

Sensory Neuropathy, Motor Neuropathy, Autonomic Neuropathy, Mono-Neuropathy, Causes, Management

#### **44. Palliation and Other Treatments**

Palliation - Aims, Role of Acupuncture, Acupuncture Prescription, Other Treatments - Fever, Duchenne Muscular Dystrophy, Improving Memory, Body Height, Unconsciousness Condition

#### **45. List of Diseases Treatable by Acupuncture**

#### **46. Synching with Allopathic Therapy**

Diagnosis, Investigations, Medicines, Prescriptions, Medication

#### **47. Physical and Complimentary Therapies**

Physiotherapy, Massage, Osteopathy, Chiropractic, Ayurveda, Homeopathy, Naturopathy

#### **48. First Aid**

Aims, Principles, Recovery Position, CPR Technique, Summary

#### **49. Medical Emergencies**

Shock, Anaphylaxis, Heart Attack, Accidents, Burn, Choking, Drowning, Electric Shock, Poisoning, Snake Bite, Principles of Management of Medical Emergencies – Suspect, Get Help, Do Not Give Up, Plan Transport of Causality.

#### **50. Recuperation, Diet and General Measures**

#### **51. How to Choose Acupuncture Points**

Choice Based on - Mode of Action, Correspondence, Periosteum, Scalp, Abdomen, Trigger Points, TCM, Electroacupuncture, Bloodletting, Ear

#### **52. Sterilization**

Disinfection, Packaging, Methods

#### **53. Principles of Acupuncture Practice**

Prerequisites, Consent, Safety

#### **54. Starting Professional Practice**

Plan, City of Practice, Site and Approach, Signboard, Entrance of Clinic, Waiting Room, Consultation Room, Naming & Logo, Staff Training, Fees, Promotion, Record Keeping

#### **55. Ethical Responsibilities**

Commitment to Patients, Commitment to Public, Commitment to Profession

#### **56. Extraordinary Cases Cured by Acupuncture**

One Needle Kills Pain of Two Years, Five Year's Diplopia Cured, Fallopian Tubal Block Opens Up, Severe Viral Toxemia Dissolves, Depression Cured, Deafness Cured, Lazy Eye Awakens, Transverse Presentation Corrected, Excruciating Eye Pain Relieved, Neurogenic Bladder Empties, Guillain Barre Syndrome Helped, Multiple Sclerosis Improves, Muscular Wasting Regained

#### **57. Summary of Prescription Points of Some Diseases**