



## CURSO DE INTRODUÇÃO À MEDICINA TRADICIONAL CHINESA

Anexo III

## Program of Introduction to Traditional Chinese Medicine in UFSM

## 圣马利亚联邦大学"中医学概况"课程

UFSM

## Profa. WANG Xuemin 王学敏

Traditional Chinese medicine (TCM) is the excellent traditional culture of the Chinese nation and the achievement of human civilization. It plays a positive role in disease prevention and health care. It has its unique theoretical system and is totally different from Western medicine. This course helps the students without Chinese cultural background to understand Chinese medicine, grasp the core of TCM, and understand the related Chinese culture. The course consists of: the origin of TCM, basic characteristics of TCM, yin and yang theory, five-element theory, TCM culture, acupuncture and moxibustion, cupping, scraping, tuina, diagnostic methods, and application of TCM in daily life, especially in health care. 中医学是中华民族的优秀传统文化,是全人类的文明成果,在疾病防治和健康事业上发挥着 积极的作用。它有其独特的理论体系,完全不同于西医。本课程有助于没有中国文化背景的 学生了解中医,掌握中医的核心,了解跟中医相关的中国文化。课程内容包括:中医起源、 中医基本特征、阴阳学说、五行学说、中医文化、针灸、拔罐、刮痧、推拿、诊断方法、中

医在日常生活特别是养生保健中的应用,等。

Times	Contents
1	What is TCM
2	Basic characteristics of TCM theoretical system
3	Five-element theory
4	TCM Culture
5	What is Acupuncture (Meridians 1)
6	What is Acupuncture (Meridians 2)
7	What is Acupuncture (Meridians 3)
8	Acupoints (1)
9	Acupoints (2)
10	Techniques of Acupuncture
11	Moxibustion
12	Tuina
13	Cupping
14	Diagnostic Methods (inspection)

15	Diagnostic Methods (listening and smelling)
16	Diagnostic Methods (inquiry)
17	Diagnostic Methods (pulse-taking)
18	Commonly Used Medicinals and Formulas
19	Medicated Bath
20	Medicated Liquor
21	Medicinal Tea
22	Tai Chi Chuan
23	Dietary regimen