



THE CHINESE UNIVERSITY OF HONG KONG
INTERNATIONAL SUMMER SCHOOL (JULY SESSION)
29 JUNE – 2 AUGUST 2021

UGEB2831 FUNDAMENTALS IN CHINESE MEDICINE

Time: Tuesday, Wednesday & Thursday 09:30 – 12:15 (GMT +8)

Location: Online (Zoom)

Instructor: Prof. LIN Zhi Xiu

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Instructor: Dr. LIONG Ching

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Instructor: Dr. Ha Eun Hae

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COURSE DESCRIPTION

This course introduces the fundamental concepts in Chinese medicine to students who are interested in a general understanding of the basic theories, working principles, methods for health preservation and disease healing in Chinese medicine. The course comprises an introduction to the five key areas in Chinese medicine including the basic theories, methods of diagnosis and treatment, acupuncture & moxibustion, Chinese medicinal materials, and Chinese herbal formulary. This general education module will also include some practical tutorials to demonstrate diagnostic methods, and classic treatments, which include tongue observation, pulse taking, acupuncture and cupping. The medium of instruction for the course is English.

Remarks

Not for Chinese Medicine Majors.

Co-requisite: UGFH1000, UGFN1000 or UGFN1001 (only applicable to students admitted to the 4-year curriculum)

LEARNING OUTCOME(S)

Upon the completion of the course, the student will be able to:

1. Understand the Chinese philosophy that underpin Chinese medicine practice;
2. Understand the general properties and processing of Chinese medicinal herbs;
3. Give an account on the therapeutic properties of some common Chinese herbs;
4. Discuss the principles of combination of herbal ingredients;
5. Compare the functions of the visceral organs from the perspectives of Chinese and Western medicine;
6. Discuss the concepts of channels and acupoints and the principles underpinning acupuncture and moxibustion practice;
7. Appreciate the principles of Chinese medical diagnostic procedures including four diagnostic techniques and pattern differentiation;
8. Apply the fundamental knowledge gained in the course for health maintenance and disease prevention.

CONTENT, HIGHLIGHTING FUNDAMENTAL CONCEPTS

A. Topics Instructed by Dr. LIONG Ching:

1. Characteristics and Philosophies of Chinese Medicine
2. The Internal Organs: The Five Visceral Organs
3. The Vital Substances: Qi, Blood, Essence and Body Fluids
4. Cold and Insomnia

B. Topics Instructed by Dr. Ha Eun Hae:

1. Diagnostics in Chinese medicine
2. Tutorial in Chinese medical diagnosis
3. General introduction to acupuncture and moxibustion
4. Tutorial in acupuncture and moxibustion

C. Topics Instructed by Prof. LIN Zhi-Xiu:

1. Introduction to Chinese Materia Medica
2. Applications of common Chinese Materia Medica (I)
3. Applications of common Chinese Materia Medica (II)
4. Chinese herbal formulas and examples of their clinical applications

REQUIRED TEXTBOOK

No textbook is required for the course.

READING(S)/REFERENCE(S)

The following list serves as course reference books.

1. Liao Yuqun (2011). *Traditional Chinese Medicine*. Cambridge;New York: Cambridge University Press.
2. Kaptchuk, Ted. (2000). *Chinese Medicine: The Web That Has no Weaver*. London: Rider.
3. Maciocia, G. (2005). *The Foundations of Chinese Medicine*. Edinburgh: Churchill Livingstone. (digital format available)
4. Beijing University of TCM (1998). *Basic Theories of Traditional Chinese Medicine*. Beijing: Xue Yuan Academy Press.
5. Zhang, H. & Rose, K. (1999). *Who Can Ride the Dragon? An Exploration of the Cultural Roots of Traditional Chinese Medicine*. Brookline: Paradigm Publications. (digital format available)
6. Williams, T. (1996). *Chinese Medicine* Alexandria, Virginia : Time-Life Books.
7. Liu Ganzhong, Xu Qiuping and Wang Tai (2003). *The Essentials of Traditional Chinese Herbal Medicine*. Beijing: Foreign Languages Press.
8. Unschuld, P. (2010). *Medicine in China. A History of Ideas*. Berkeley: University of California Press.

EBOOKS

9. Henry H. Sun, Jingyan Meng, Kaijing Yan (2020). *The book of Chinese medicine. Volume 1, The timeless science of balance and harmony for modern life*: Cambridge Scholars Publisher
10. Henry H. Sun, Jingyan Meng, Kaijing Yan (2021). *The book of Chinese medicine. Volume 2, The timeless science of balance and harmony for modern life*: Cambridge Scholars Publisher
11. Hans-Ulrich Hecker (2008). *Color atlas of acupuncture [electronic resource]: body points, ear points, trigger points*. 2nd Edition, Stuttgart; New York: Thieme

GRADING WEIGHTS

Task nature	Description	Weight
Four short quizzes	Multiple choice questions only.	40%
Final written examination	Multiple choice questions, true or false questions, brief answer questions or other format.	60%

COURSE DESCRIPTOR

Grade A / A-

Outstanding performance on all learning outcomes.

Students demonstrate an excellent ability to master the philosophy of Chinese Medicine (CM). They highly appreciate the concepts underpin CM diagnostic methods, acupuncture & moxibustion and herbs. They can compare and contrast the principles of CM with modern medicine. They are well updated with the modern development of CM in Hong Kong and worldwide. They have a strong intension to apply the concepts of CM in health maintenance and disease prevention.

Students are able to conduct an outstanding, well-structured project to demonstrate their in-depth knowledge in CM. They are able to discuss complex argument and present in a logical flow. Project shows their creative thought and articulation of own ideas. The presentation is succinct, with a neat layout, consistent style and correct citations.

Grade B

Substantial performance on all learning outcomes, OR high performance on some learning outcomes which compensates for less satisfactory performance on others, resulting in overall substantial performance.

Students demonstrate an ability to state and apply the philosophy of CM. They appreciate the concepts underpin CM diagnostic methods, acupuncture & moxibustion and herbs. They are familiar with the principles of CM and its differences with modern medicine. They are updated with the modern development of CM. They can express the concepts of Chinese Medicine (CM) in relate to health maintenance and disease prevention.

Students are able to conduct a well-structured project to demonstrate their accurate knowledge in CM. They can present in a logical way with discussion on some complex argument. Project shows their creativity and some use of their own ideas. The presentation is generally succinct, with a neat layout, consistent style and correct citations.

Grade C

Demonstrates the ability to state and apply the principles or subject matter learnt in the course to most (but not all) familiar and standard situations in a manner that is not incorrect but is somewhat fragmented. Has the ability to express the separate pieces of knowledge in an unambiguous way.

Students demonstrate an ability to state and partially apply the philosophy of CM. They can describe the concepts underpin CM diagnostic methods, acupuncture & moxibustion and herbs. They can list some of the differences of CM principles with modern medicine. They recognize the modern development of CM. They can recall some concepts of CM in relate to health maintenance and disease prevention.

Students are able to conduct a satisfactory project to demonstrate their knowledge in CM. They can present in a logical way with weak development of argument. Project shows some use of their own ideas. The presentation is generally competent, with a neat layout, consistent style and correct citations.

Grade D

Demonstrates the ability to state and sometimes apply the principles or subject matter learnt in the course to some simple and familiar situations in a manner that is broadly correct in its essentials
Has the ability to state the knowledge or application in simple terms.

Students can partially state the philosophy of CM. They can barely recall the concepts underpin CM diagnostic methods, acupuncture & moxibustion and herbs. They can tell a few of the differences between CM and modern medicine. They recognize the development of CM. They can tell some concepts of CM in relate to health maintenance and disease prevention.

Students conduct a project with unclear structure and weak argument. Project shows rare use of their own ideas. The presentation is generally lacks of clarity.

Grade F

Unsatisfactory performance on a number of learning outcomes, OR failure to meet specified assessment requirements.

Students are fair in understanding the scope of CM philosophy and concepts, and unable to relate CM theory on health maintenance and disease prevention.

Students conduct a project with illogical structure based on inaccurate materials. Project lacks of their own ideas and the presentation is unclear.

ASSIGNMENT SUBMISSION & FEEDBACK

No assignment is required to submit. Students’ comments and feedback are welcome. Ideas and suggestions can be communicated to the teacher or teaching assistant through telephone calls, emails, and/or meetings.

CLASS SCHEDULE

<u>Week</u>	<u>Date</u>	<u>Topics</u>	<u>Speakers</u>
1	1 <i>Tue, June 29</i>	Characteristics and Philosophies of Chinese Medicine	Dr. Liong Ching
	2 <i>Wed, June 30</i>	The Internal Organs: The Five Visceral Organs	Dr. Liong Ching
	<i>Thu, July 1</i>	Public Holiday (No Class)	
2	3 <i>Tue, July 6</i>	The Vital Substances: Qi, Blood, Essence and Body Fluids	Dr. Liong Ching
	4 <i>Wed, July 7</i>	Cold and Insomnia	Dr. Liong Ching
	5 <i>Thu, July 8</i>	Virtual clinic visit	Dr. Liong Ching
3	6 <i>Tue, July 13</i>	Diagnostics in Chinese Medicine I	Dr. Ha Eun Hae
	7 <i>Wed, July 14</i>	Diagnostics in Chinese Medicine II (Tutorial)	Dr. Ha Eun Hae

	8 <i>Thu, July 15</i>	General Introduction to Acupuncture and Moxibustion	Dr. Ha Eun Hae
4	9 <i>Tue, July 20</i>	General Introduction to Acupuncture and Moxibustion II (Tutorial)	Dr. HA Eun Hae
	10 <i>Wed, July 21</i>	Introduction to Chinese Materia Medica	Professor Lin Zhi Xiu
	11 <i>Thu, July 22</i>	Applications of common Chinese Materia Medica (I)	Professor Lin Zhi Xiu
5	12 <i>Tue, July 27</i>	Applications of common Chinese Materia Medica (II)	Professor Lin Zhi Xiu
	13 <i>Wed, July 28</i>	Chinese herbal formulas and examples of their clinical applications	Professor Lin Zhi Xiu
	<i>Mon, Aug 2</i>	Final Examination (A period of 24 hours, exam time 1-2 hrs)	

ACADEMIC POLICIES

Attention is drawn to University policy and regulations on honesty in academic work, and to the disciplinary guidelines and procedures applicable to breaches of such policy and regulations. Details may be found at <http://www.cuhk.edu.hk/policy/academichonesty/>.

With each assignment, students will be required to submit a signed declaration that they are aware of these policies, regulations, guidelines and procedures.

- In the case of group projects, all students of the same group should be asked to sign the declaration, each of whom is responsible and liable to disciplinary actions should there be any plagiarized contents in the group project, irrespective of whether he/she has signed the declaration and whether he/she has contributed directly or indirectly to the plagiarized contents.
- For assignments in the form of a computer-generated document that is principally text-based and submitted via VeriGuide, the statement, in the form of a receipt, will be issued by the system upon students' uploading of the soft copy of the assignment. A user manual of VeriGuide can be found at: [https://academic.veriguide.org/academic/documents/VeriGuide Academic Student User Manual CUHK .pdf](https://academic.veriguide.org/academic/documents/VeriGuide%20Academic%20Student%20User%20Manual%20CUHK.pdf).

Assignments without the properly signed declaration will not be graded by teachers.

Only the final version of the assignment should be submitted via VeriGuide.

The submission of a piece of work, or a part of a piece of work, for more than one purpose (e.g. to satisfy the requirements in two different courses) without declaration to this effect shall be regarded as having committed undeclared multiple submission. It is common and acceptable to reuse a turn of phrase or a sentence or two from one's own work; but wholesale reuse is problematic. In any case, agreement from the course teacher(s) concerned should be obtained prior to the submission of the piece of work.