

In the Name of God



**Hamadan University of Medical Sciences and Health Services
Educational Deputy of the University
Center for Studies and Development of Medical Sciences Education**

Theory/Practical Lesson Plan Form

Dear Colleagues,

As the teaching-learning process is one that requires careful planning to achieve its objectives, the preparation of a lesson plan at the beginning of the educational process (as a map and guide for instructors and students) is essential. It serves as one of the main tools for the educational activities of instructors. Therefore, we kindly ask all instructors to pay utmost attention to completing the lesson plan.

Course and Instructor Details (Completing all items in this section is essential)

Course Information

- Course Title: Introduction to Principles of Iranian Traditional and Complementary Medicine
- Instructor: Mamk Hashemi
- Course Coordinator: Mamk Hashemi
- Head of Department: Mehdi Biglarikhani
- Credit Hours: Theory: 2 units
- Program & Level: Medical Internship (Clinical Internship)

- Semester: Second semester
- Teaching Location: Classroom, Faculty of Medicine

Session-by-Session Syllabus (Theory — 2 units)

Session	Topic(s)	Expected Learning Outcomes (Behavioral)	Learning Domain	Teaching Method(s)	Duration	Teaching Aids	Assessment Method(s)
1	Introduction (Necessity of education & research in traditional medicine and challenges)	By the end of the session the student will be able to: 1. Distinguish complementary vs. alternative medicine versus conventional medicine. 2. Explain the basis for classification of traditional and complementary medical schools. 3. List types of traditional and complementary therapeutic methods and interventions.	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning
2	History of Iranian Medicine and Its Innovations	By the end of the session the student will be able to: 1. Name important historical periods that influenced medicine in Iran. 2. Describe at least one distinctive medical feature of each	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning

		historical period.					
3	Principles of Iranian Medicine (1)	By the end of the session the student will be able to: 1. Explain the concept of the Humoral Elements (Arkan) in Iranian medicine. 2. Describe the characteristics of each Element. 3. Differentiate between elemental body and composite body in Iranian view. 4. Explain the usefulness of each Element within composite bodies.	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning
4	Principles of Iranian Medicine (2)	By the end of the session the student will be able to: 1. Define temperament (Mizaj) from the Iranian medicine perspective. 2. Explain the concept of balance (I'tidal). 3. Name the different types of temperaments.	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning
5	Principles of Iranian	By the end of the session the student will be	Cognitive	Interactive lecture	2 hours	PowerPoint, whitebo	Oral questioning

	Medicine (3)	able to: 1. Define humors (Akhlaat) in Iranian medicine. 2. Name the humors and their attributed qualities. 3. Explain the quality associated with each humor. 4. Describe the four causes that generate each humor. 5. State the primary classification of organs. 6. Describe the temperament of each organ. 7. (listed as 8 in original) Identify types of pneuma/spirits (Rouh-e Bukhari) and their sites of origin. 8. Describe the classification of bodily faculties (quwa). 9. Explain the functions of the main bodily faculties.				ard, data projector	
6	Principles of Health Preservation from Iranian Medicine (1)	By the end of the session the student will be able to: 1. Explain health-preserving measures related to climate and environment. 2.	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning

		Explain health-preserving measures related to foods and drinks. 3. Explain cleansing/purification measures for the body.					
7	Principles of Health Preservation from Iranian Medicine (2)	By the end of the session the student will be able to: 1. Explain health-preserving measures related to movement and rest. 2. Explain measures related to sleep and wakefulness. 3. Explain measures related to nervous and psychological states.	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning
8	Symptomatology (Nosology)	By the end of the session the student will be able to: 1. State the main divisions of medical science. 2. Name general signs of innate temperament (mizaj-e jebeli). 3. For each sign indicating innate temperament, explain it based on the four qualities.	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning

9	Food Therapy in Iranian Medicine	By the end of the session the student will be able to: 1. Explain principles of treatment with food. 2. Describe effects of different tastes on the body. 3. Recommend an appropriate diet based on the qualities of foods.	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning
10	Measures for Fatty Liver, Diabetes, and Hypertension	By the end of the session the student will be able to: 1. Explain dietary recommendations for patients with fatty liver. 2. Explain dietary recommendations for patients with hypertension. 3. Explain dietary recommendations for patients with diabetes.	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning
11	Measures for Women's Health, Pregnancy & Breastfeeding	By the end of the session the student will be able to: 1. Describe health measures during puberty. 2. Describe health and hygiene measures for dysmenorrhea. 3. Explain measures regarding	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning

		sexual intercourse. 4. Describe preconception health measures. 5. Prescribe pregnancy measures tailored to the individual. 6. Explain appropriate measures during lactation.					
12	Therapeutic Manual Practices (Yadavi)	By the end of the session the student will be able to: 1. Describe classifications of massage in Iranian medicine. 2. State therapeutic goals of massage in Iranian medicine. 3. Prescribe the type of massage appropriate to individual, temporal, and spatial conditions. 4. Prescribe age- and condition-appropriate massage. 5. State contraindications for massage.	Cognitive	Interactive lecture, video demonstration	2 hours	PowerPoint, whiteboard, data projector	Oral questioning
13	Bloodletting in Iranian Medicine	By the end of the session the student will be able to: 1.	Cognitive	Interactive lecture, video	2 hours	PowerPoint, whiteboard, data	Oral questioning

		<p>Explain indications and contraindications for phlebotomy (fasd). 2. Define types of cupping (hijamat). 3. Explain indications and contraindications for cupping. 4. State indications and contraindications for leech therapy.</p>		demonstration		projector	
14	Overview of Iranian Medicine Applications in Physiotherapy	<p>By the end of the session the student will be able to: 1. Identify factors affecting the viscosity/consistency of bodily humors. 2. Describe signs of increased viscosity of bodily humors. 3. Recommend diets that affect the viscosity balance of bodily humors. 4. Apply Iranian medicine approaches to reduce common physiotherapy complications for patients.</p>	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning
15	Evidence-based Herbal and Traditional Medicines	<p>By the end of the session the student will be able to: 1. Differentiate medicinal herbs</p>	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning

		from herbal medicines. 2. Describe therapeutic effects, dosing, and contraindications of selected herbs used in psychiatric disorders. 3. Describe therapeutic effects, dosing, and contraindications of selected herbs used in gastrointestinal disorders.					
16	Review of Evidence-Based Acupuncture	By the end of the session the student will be able to: 1. Explain the disease-generation mechanism according to Traditional Chinese Medicine. 2. Name conditions for which acupuncture may be beneficial. 3. List possible complications and risks of acupuncture.	Cognitive	Interactive lecture	2 hours	PowerPoint, whiteboard, data projector	Oral questioning
17	Final Examination	—	—	—	—	—	Final exam (computer-based multiple-choice)

Grading Scheme

- Quiz: (not specified)
- Project Presentation: Optional — up to +5 bonus points added to final exam
- Final Examination: Computer-based multiple-choice exam — 20 points
- Other: Attendance and professional conduct — inappropriate behavior may result in deduction from final grade
- Total: 20 points

References

1. Course booklet: Iranian Medicine for Medical Students (Darsnameh-e Teb-e Irani baraye Daneshjuyan pezeshti)
2. Review Book on the Fundamentals of Traditional Iranian Medicine