

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

Field	Details
Course Title	Traditional and Complementary Medicine
Course Coordinator	Mehdi Biglarikhani
Head of Department	Mehdi Biglarikhani
Credit Hours	Theory: 2 units
Program & Level	Bachelor's in Nutrition
Semester	Second semester
Teaching Location	Classroom No. 4, 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)	1. Differentiate complementary and alternative medicine from conventional medicine. 2. Explain the basis for classification of traditional and complementary medical schools. 3. List types of traditional and complementary therapeutic methods.	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning
2	History of Iranian Medicine and Innovations	1. Name important historical periods influencing Iranian medicine. 2. Describe at least one distinctive medical feature of each historical period.	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning
3	Principles of Iranian Medicine (1)	1. Explain the concept of Elements (Arkan). 2. Describe	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning

		characteristics of each Element. 3. Differentiate elemental body and composite body in Iranian medicine. 4. Explain the usefulness of each Element in composite bodies.					
4	Principles of Iranian Medicine (2)	1. Define temperament (Mizaj) in Iranian medicine. 2. Explain the concept of balance (I'tidal). 3. Name the types of temperaments .	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning
5	Principles of Iranian Medicine (3)	1. Define humors (Akhlalat). 2. Name humors with their assigned qualities. 3. Explain the qualities in each humor. 4. Describe four generative causes of each humor. 5. State the main classification of organs. 6. Describe temperament of organs. 7.	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning

		Identify types of spirits (Rouh-e Bukhari) and their origin sites. 8. Describe classification of bodily faculties (Quwa). 9. Explain the functions of the main bodily faculties.					
6	Health Preservation Principles (1)	1. Explain health-preserving measures in relation to climate and environment. 2. Explain health-preserving measures related to foods and drinks.	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning
7	Health Preservation Principles (1)	1. Explain health-preserving measures related to movement and rest. 2. Explain measures related to sleep and wakefulness.	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning
8	Health Preservation Principles (2)	1. Explain health-preserving measures for body purification. 2. Explain measures	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning

		related to nervous and psychological states.					
9	Symptomatology	1. State the main divisions of medicine. 2. Name general signs of innate temperament (Mizaj-e Jebeli). 3. Explain each sign based on the four qualities.	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning
10	Food Therapy in Iranian Medicine	1. Explain principles of treatment with food. 2. Describe effects of different tastes on the body. 3. Prescribe a proper diet considering food qualities.	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning
11	Measures for Fatty Liver in Iranian Medicine	1. Prescribe suitable dietary recommendations for patients with fatty liver.	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning
12	Measures for Diabetes in Iranian Medicine	1. Prescribe suitable dietary recommendations for patients with diabetes.	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning
13	Measures for Hypertension in Iranian Medicine	1. Prescribe suitable dietary recommendations for	Cognitive	Interactive lecture	2 hours	Slides	Oral questioning

		patients with high blood pressure.					
14	Final Examination	—	—	—	—	—	Written descriptive exam

Grading Scheme (Total: 20 points)

Assessment Type	Assessment Tool	Points
Project Presentation (Optional)	Oral presentation/conference	Bonus up to 2
Midterm Exam	—	—
Final Exam	Written descriptive questions	20
Other	Attendance and professional behavior	Deduction applies if not satisfactory
Total	—	20

References

1. *Course Booklet on Introduction to Iranian Traditional and Complementary Medicine for Undergraduate Nutrition Students*
2. *Review Book on the Fundamentals of Traditional Iranian Medicine*