2014 Summer School TRADITIONAL CHINESE MEDICINE PROGRAM

About the course

Theme of the Program—

A Miraculous Tour: Chinese Medicine Exploration

Program Modules

1. Chinese Language and Culture (24 hours)

   This module enables students to learn daily Chinese conversations, experience Chinese martial arts, Chinese calligraphy and Peking Opera. It also aims to help students know better about Shanghai through the tour to Yu Garden, Huangpu River, Shanghai Museum and Xin Tian Di.

2. Chinese Medicine and Materia Medica (32 hours)

   This module introduces the origin and development history of Chinese medicine; how Chinese medicine understands the nature, human body and diseases; how Chinese medicine diagnosis diseases; components of Chinese materia medica; and common formulae. This module aims to present with the history, essential theory, diagnosis, pharmacy and formulae of Chinese medicine. It also aims to help students understand how to collect and prepare Chinese materia medica through field trip to planting and processing base of Chinese herbs.

3. Acupuncture and Tuina (12 hours)

   This module introduces two common external therapies: acupuncture and tuina. Main contents include needling technique, moxibustion, cupping, common tuina manipulations. Students can experience the amazing power of acupuncture and tuina during the learning process.

4. Clinical Application of Traditional Chinese Medicine (8 hours)

   This module introduces application of Chinese medicine and integrated Chinese and Western medicine in modern society. The visit to university affiliated hospitals can enable students to understand the application and vitality of Chinese medicine in modernized hospitals.

5. Life-nurturing and Healthcare (16 hours)

   This module introduces qigong, herbal diet, cosmetology and foot reflexology massage. It enables students to understand that Chinese medicine is not limited to disease treatment but also a life nurturing method. The knowledge in this regard can benefit students’ lifestyles and improve their wellness and quality of life.
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About the teachers

**Qu Li-fang**, Professor at the College of Basic Medicine, Shanghai University of Traditional Chinese medicine, chief physician at Shuguang Hospital, edited or co-authored more than 10 books including *TCM Diagnostics, Collections of Health Preservation in TCM Perspective, TCM for Mental Conditions, Interpretations of Jin Kui Yao Lüè* and *Key Principles of Jin Kui Yao Lüè*, coupled with more than 30 academic papers (some included by *American Chemical Abstracts*). She has chaired scientific research projects including *TCM for Depression, History of TCM Psychology, Experimental Study on Kidney Qi* and *Disease-Syndrome of Jin Kui Yao Lüè*.

**Chen De-xing**, Doctorate supervisor, Professor at College of Chinese Materia Medica, Shanghai University of Traditional Chinese Medicine, an expert in education, clinical application and research of herbal diet. He sits on the editorial boards of four journals—*Chinese Traditional Patent Medicine, China Journal of Experimental Traditional Medical Formulae, Oriental Medicated Diet* and *Diet Therapy and Healthcare*.

**Li Zheng-yu**, M.D., professor at College of Acupuncture and Tuina, Shanghai University of Traditional Chinese Medicine, has been dedicated in bilingual teaching of tuina. Prof. Li has edited the book *Collections of Chinese Tuina* and published 15 academic papers including *Observation on the Effect of Massage on Experimental Gastric Ulcer in Rats*. In addition, he has chaired numerous scientific research projects.

**Zhao Ling**, M.D., associate professor at College of Acupuncture and Tuina, Shanghai University of Traditional Chinese Medicine, one of the top 10 young scholars in the University. Her research orientation is Acupuncture Basis and Effect. She has published 16 academic papers (including 3 SCI papers) and co-edited texts of acupuncture and moxibustion. She has chaired 8 scientific research projects.

**Li Yi**, M.D., Associate Professor at College of Acupuncture and Tuina, Shanghai University of Traditional Chinese Medicine. She is mainly engaged in subject of acupuncture and moxibustion therapy. Successively, she has been responsible for or participated in 4 projects at various levels. In recent years, she got four articles published as the first author.
Hu Rong, M.D., lecturer at College of Basic Medicine, Shanghai University of Traditional Medicine. She mainly teaches the History of Chinese Medicine and History of Chinese Pharmacy. She has published 10 academic papers and co-edited 3 books. In addition, she has also chaired three scientific research projects.

Fu Jing-jing, lecturer at College of Basic Medicine, Shanghai University of Traditional Chinese Medicine. She mainly teaches TCM Diagnostics. Her research orientation is Experimental and Clinical Study on Objectification of Four Diagnostic Methods and Standardization of TCM Syndromes. She has co-authored numerous books on tongue diagnosis and published 4 academic papers. She has chaired one scientific research project for distinguished young scholars and participated in two national natural science foundation programs.

Zhou Dian, attending physician and lecturer at College of Medical Technology, Shanghai University of Traditional Chinese Medicine, an expert in dealing with skin aging, sensitivity and skin conditions including acne, seborrheic dermatitis, eczema, urticaria, atopic dermatitis, psoriasis, and chloasma using Chinese herbal formulae, acupuncture and Guasha (scraping).