Traditional Chinese Medicine 101:
Know more about your body and yourself

Overview
This course is an introduction to Traditional Chinese Medicine (TCM), including its theories, diagnostic methods, and its relation to our diet, emotions and science. Students will be introduced to the basic theories in TCM such as Yin and Yang, the Five Elements, Jing, Qi and Shen, as well as how our common illnesses such as flu, nausea, stomachache, amnesia, etc are explained and treated in TCM. Also, we will talk about how to apply TCM to decide on diet and manage emotions to achieve a healthier lifestyle. Throughout the course, students will be exposed to demonstrations of different TCM techniques such as acupuncture, Tui Na (massage), Qi Gong, and moxibustion.

Learning Outcomes
- Have an appreciation of TCM and Chinese culture
- Acquire a basic understanding of TCM (basic theories, differences from western medicine) so as to let students rethink what “medicine” truly means
- Ultimate goal: learn how to use the knowledge of TCM to decide on diet, manage illnesses and emotions, and introduce the resources available for further study

Method of Instructions
- Lecture: taught by both the facilitators and the professors from Acupuncture and Integrative Medicine College, Berkeley (AIMC)
- Discussion
- Demonstration (acupuncture, massage, moxibustion)

Grade Distribution

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance and Participation</td>
<td>500</td>
</tr>
<tr>
<td>Quizzes</td>
<td>100</td>
</tr>
<tr>
<td>Papers</td>
<td>100</td>
</tr>
<tr>
<td>Field Assignment</td>
<td>100</td>
</tr>
<tr>
<td>Presentation</td>
<td>200</td>
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</tbody>
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IMPORTANT NOTE: To receive Pass for the course, students need to complete every assignment with an overall grade ≥70%

Attendance and Participation
Attendance and participation is mandatory, and we highly encourage you to come to every class. However, students are allowed 2 absences without valid reason, after which the course will be
failed. Only time conflicts of other exams or courses are considered valid reasons for absence. Lateness of more than 30 minutes will be counted as 11/2 of an absence. To be specific, one tardiness means 25 points deduction of total grade and one absence means 50 points deduction.

**Quizzes**
We will give out ten weekly quizzes from 2/2 to 4/20. The quizzes can be found on bCourses after each lecture and students will be given time until the next lecture to finish the quiz. The questions will not be hard and most are based on the previous lecture. Each quiz takes up 10 points of the total grade.

**Papers**
Two reflection papers are assigned, and each takes up 50 points. The first one will be assigned after the first lecture, while the second one on the 10th lecture. Students will have two weeks to finish the papers.

**The essay should be 2-3 pages long, size 12 double spaced, 1 inch margin.**

**Paper 1 instructions:** Write about your experience with TCM, why you are interested in TCM and what aspect do you find most interesting about TCM (basically an expanded version for your response in your application).

**Paper 2 instructions:**
please write a reflective essay that addresses (but not limited to) the following:
1. What is(are) your most important takeaway from this class?
2. How have taking this class changed the way you look at your own health?
3. Name a couple things that you might change in your daily habit/diet and why.
4. What more do you want to learn about TCM?

**Field Assignment (Choose one only)**
1. In the middle of the semester, students will make a visit to AIMC or other TCM institutions to get a TCM diagnosis, during which students should record the doctor’s diagnoses and explanations and submit their notes to receive points.
2. Alternatively, students can make a field trip to the Chinese herb area at Berkeley Botanical Garden and submit at least 4 pictures afterwards. The student should be in at least one picture to prove that they have actually visited the garden. Also, a description of at least one herb during the visit should be included.

**Presentation**
At the end of the course, students will make a presentation about an illness from the perspective of TCM in a group of approximately four students. Students will have about a month to prepare for their presentation, which takes up 200 points.
**Facilitator Contact Information**

Dawei Liu  
dawei.liu@berkeley.edu  

Helen Gao  
helen.gao@berkeley.edu

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**Weekly Schedule: Th 6:30-8:00pm @TBA**

<table>
<thead>
<tr>
<th>No.</th>
<th>Date</th>
<th>Topic</th>
<th>Speaker</th>
<th>Reading (from the list below)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9/7</td>
<td>Introduction: Why TCM?</td>
<td>Nishanga Bliss</td>
<td>1 &amp; 2</td>
</tr>
<tr>
<td>2</td>
<td>9/14</td>
<td>TCM Basics: Yin Yang, the Five Element Theory, Jing, Qi and Shen Paper 1 Due</td>
<td>Dawei Liu</td>
<td>3 &amp; 5</td>
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<tr>
<td>3</td>
<td>9/21</td>
<td>TCM Basics: Zang Fu Organ Theory</td>
<td>Dawei Liu</td>
<td>4</td>
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<tr>
<td>4</td>
<td>9/28</td>
<td>Causes and Mechanisms of Illnesses</td>
<td>Dennis von Elgg</td>
<td>6 &amp; 7</td>
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<tr>
<td>5</td>
<td>10/5</td>
<td>Diet</td>
<td>Nishanga Bliss</td>
<td>14</td>
</tr>
<tr>
<td>6</td>
<td>10/12</td>
<td>TCM Diagnosis: Tongue and Pulse</td>
<td>Dennis von Elgg</td>
<td>8 &amp; 9</td>
</tr>
<tr>
<td>7</td>
<td>10/19</td>
<td>Introduction to acupuncture, Demonstration with students Field Assignment Due</td>
<td>Nishanga Bliss</td>
<td>12 &amp; 13</td>
</tr>
<tr>
<td>8</td>
<td>10/26</td>
<td>Introduction to herbs</td>
<td>Dennis von Elgg</td>
<td>10&amp;11</td>
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<tr>
<td>9</td>
<td>11/2</td>
<td>Common Illnesses: Cold/Flu, stomachache, menstruation illnesses</td>
<td>Dawei Liu</td>
<td>15 &amp; 16 &amp; 17</td>
</tr>
<tr>
<td>10</td>
<td>11/9</td>
<td>Demonstration: patient treatment</td>
<td>Nishanga Bliss</td>
<td>18 &amp; 19</td>
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<tr>
<td>11</td>
<td>11/16</td>
<td>Presentation</td>
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<tr>
<td>13</td>
<td>11/30</td>
<td>Presentation Paper 2 Due</td>
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</tbody>
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**Reading List**

4. The 5 Elements or 5 Phases in Chinese Medicine
   (http://www.sacredlotus.com/go/foundations-chinese-medicine/get/5-elements-fire-earth-metal-water-wood)
6. The Six Evils or Six Pernicious Influences in Chinese Medicine
   (http://www.sacredlotus.com/go/foundations-chinese-medicine/get/causes-illness-6-evils)
8. Commentary on Li Shi Zhen’s “Pulse Diagnosis”, by James Ramholz
   (http://www.acupuncture.com/education/diagnosis/pulsediag.htm)
9. Tongue Gallery (http://www.giovanni-maciocia.com/tonguegallery/)
10. An Introduction to Chinese Herbs, by Subhuti Dharmananda
    (http://www.itmonline.org/arts/herbintro.htm)
12. An Introduction to Acupuncture and How It Works, by Subhuti Dharmananda
    (http://www.itmonline.org/arts/acuintro.htm)
13. Jing Luo (Channels and Collaterals | Meridians and Sub-Meridians)
    (http://www.sacredlotus.com/go/acupuncture/get/acupuncture-channel-theory)
14. Energetics of Food - a beginner’s guide
    (http://www.meridianpress.net/articles/energeticsoffood.html)
15. Raynaud’s Disease: Chinese Medical Perspective, by Subhuti Dharmananda
    (http://www.itmonline.org/journal/arts/raynauds.htm)
16. East/West Protocols for Winter Health, by Craig Williams
    (http://www.acupuncturetoday.com/mpacms/at/article.php?id=32147)
17. Crohn’s Disease: Western and Oriental Perspectives, Part II, by John Chen
    (http://www.acupuncturetoday.com/mpacms/at/article.php?id=27771)
18. How to Treat Acne According to Traditional Chinese Medicine, by Tracy Raftl
    (http://thelovevitamin.com/4826/how-to-treat-acne-according-to-traditional-chinese-medicine/)
20. Broadening Strategies In the Treatment of Insomnia, by Jake Paul Fratkin
    (http://drjakefratkin.com/articles/broadening-strategies-in-the-treatment-of-insomnia)
21. The Emotions (http://www.chinesemedicineliving.com/philosophy/the-emotions/)
22. Chinese Cupping Therapy — Relaxing, Healing and Pain Relieving | ASMR Triggers
    (https://www.youtube.com/watch?v=L94OETMNzWQ)

Supplements
Book: The Web That Has No Weaver, by Kaptchuk
Book: Real Food All Year, by Nishanga Bliss
Movie: 10,000 Needles