

Department: AASI

Course No.: 3216

Credits: 3

Title: Asian Medical Systems

Contact: Susan Gregoire

Content Area: CA4 Diversity and Multiculturalism

Diversity: CA4 International

Catalog Copy: AASI 216 - Asian Medical Systems

Second semester. Three credits. Palaniswamy

Examination of diversity in the ancient traditional medical systems of Asian origin and their prevalence in the United States . Topics to include popular medical systems: Ayurveda , Traditional Chinese Medicine, Chinese, Indian and Japanese Herbal Medicine; the values and beliefs of different models.

Course Information:

- 1.To study the history, philosophy, and traditional uses of various Asian Medical systems.
2. To develop an appreciation for the ancient systems developed by the ethnic groups and their connection to the nature and Universe.
3. Examine the diversity in the use of herbals in the ancient healing practices and explore the effect of ethnicity, migration and the American experience.
4. Examine the effect of the changing demographics in healing practices, and the need for complementary and alternative systems in the new millennium.
5. To identify the possible areas of integration of the complementary and alterative medical systems in the biomedical model integrating mind, body and spirit.

Distributed course materials are from:

- 1.Complementary and Alternative Medicine, A Research Based Approach, by L.W. Freeman & G. F. Lawlis , 2001 . Mosby Inc. A Hartcourt Health Sciences Company, St Louis , MI
2. Fundamentals of Chinese Medicine, by N. Wiseman & A. Ellis, 1996. Paradigm Publications, Brookline , MA
3. Ayurveda : The science of Self-healing, by V. Lad, 1993. Lotus Light Publishers,
4. Other published papers and journal articles given out in class for discussion.

Class Schedule

Week 1. Why alternative medicine (Asian Medical Systems)? Eastern Philosophy and principles and practices of healing vs. Western concepts and comprehension.

Week 2 & 3. Diversity in Humors/elements- Chinese Yin and Yang & the Indian tridoshic approaches to understanding the human body and function

Week 4 & 5. Diversity in the examinations, pathological processes, patterns and diagnostic methods: The Chinese: Four examinations and eight patterns of identifications, Meridians, channels and acupuncture; The Indian: multiple pulses, touch and visual examinations and charts

Week 6 & 7: Diversity in min-body-spirit connections, meditation and mental health approaches: The Chinese Tai Chi & Qi Gong vs. the Indian Yoga.

Week 8 & 9: Effect of multiculturalism on alternative practices such as Yoga, Taichi , and Qi Gong, and the variations due to ethnicity, migration and the American experience.

Week 10 and 11: Diversity in touch therapies- massage, light and Reiki

Week 12 & 13: Student Presentations

Grading

Class participation and lead discussion based on assigned readings and questions: 10%

Mid term: 25%

Final Exam 25%

Research Report: 20%

Presentation: 20%

Each class will consist of a structured lecture by the Instructor and a student lead discussion on a paper given out the previous week.

ACADEMIC HONESTY POLICY OF THE UNIVERSITY OF CONNECTICUT WILL BE STRICTLY FOLLOWED.

Please read ACADEMIC HONESTY POLICY of the University of Connecticut

<http://vm.uconn.edu/~dosa8/code2.html>

GRADING:

94-100 =A	74-76 =C
90-93 =A-	70-73 =C-
87-89 =B+	67-69 =D+
84-86 =B	64-66 =D
80-83 =B-	60-63 =D-
77-79 =C+	<60 =F

Meets Goals of Gen Ed.: Meets criteria 1, 2, 3 and international

CA4 Criteria:

Criteria 1 - Asian medical system and their evolution.

Criteria 2 - Discuss the interpretation of the cultural creation of Asian medical system.

Criteria 3 - Considers the similarities in interpretation and creation of healing systems in the various types of medical systems that originated in Asia.