



SYLLABUS

Credit Level Requirements

Course/ Test	Syllabus	Credit Point as per Syllabus	Approximate Period of Training
Level - II (Equal to Diploma in Acupuncture)	A, B, C, D, E, G 75%	500	1 year
Level - I Certificate in Acupuncture	A1-7, B1-11, C1-4, D1,2, E1,3, Ga 50%, Gb 50%	250	6 months
Internship For Practical Training	Treatments of all diseases specified	500	6 months

- 1 Minimum qualification for eligibility for in any course is 10th Pass
- 2 Knowledge of human anatomy, surface anatomy, physiology and pathology of diseases treated by acupuncture is core necessity of syllabus.
- 3 Weightage of different part of syllabus is given in credit point form to be followed. Examination will follow credit point weight of syllabus and evaluate candidates specifically on practical knowledge.
- 4 Different levels of courses will be conducted by acupuncture institutions as per syllabus.

- 5 Syllabus is credit based with time frame whenever necessary maximum total credit earned to be earned is 1000 earned depending upon course and test. It needs to be earned from each section A to G of syllabus. Minimum 10% of total needed credit must be earned from each section of A to G.

Contents

Introduction

Purpose of training

Level of training and eligibility

Syllabus

A	I	Anatomy and physiology	Credit 100
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	4	Muscular System	
	5	Nervous system	
	6	Tissue	
	7	Biochemistry and cells	
	8	Hematology	
	9	Cardiovascular System	
	10	Lymphatic System	
	11	Respiratory system	
	12	Digestive System	
	13	Urinary System	
	14	Reproductive system	
	15	Endocrine system	
	16	Integument system	
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	III	Pathology of diseases enlisted.	25

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2	Basic theory of Acupuncture	
3	Meridians, distribution and functions	
4	Acupuncture points and their location.	
5	Classification of acupuncture points and usage	
6	Yin Yang Theory	
7	Theory of traditional Chinese medicine	
8	Functions of <i>qi</i> , <i>blood</i> , <i>essence</i> , <i>body fluids</i> and their relationship.	
9	<i>Physiological and pathological</i> manifestation of <i>Zang Fu</i> organs, and their relationship	
10	Disease occurrence causes, mechanism of illness.	
11	Diagnosis methods –	
	History taking	
	Inspection	
	Tongue diagnosis	
	Pulse diagnosis	
	Auscultation	
	Olfaction	
12	Differentiations of syndromes according to eight principles, theory of visceral manifestation, qi, blood, meridians, and collaterals	
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2	Mirror Images	
3	Holographic	
D	Tan Acupuncture	25
1	Mirror Format	

	2	Image Format	
	3	Balancing Dynamics and guidelines	
	4	System 1: Chinese Meridian Name- Sharing	
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	5	System 3: Biao-Li or Interior/Exterior Pairs	
	7	System 4: Chinese Clock Opposites	
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		Wet	
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F		Principles of Treatments	100
		Safety	
		Prerequisites	
		Clean working environment	

Clean hands

Aseptic technique

Sterilization and storage of needles and equipment

Needle quality

Treatment protocols

Contraindications

Undiagnosed patient

Better treatment option

Bleeding disorders

Cardiac pace maker - Electro-acupuncture

Untoward effects

Fainting

Bleeding

Soreness

Pain

Stuck needles

Infection

Burning after moxibustion

Bruising after cupping

Convulsion

Accidental Injury to organs

Plural lung injury

Heart sternal opening

Brain frontally

Cervical cord thorough Neck

Blood Vessel

Nerve

Points potentially dangerous and not to be used

Sterilizations

Steam Sterilizations

Boiling

Maintenance

G Practical Demonstration of acupuncture 100

Instruments and applications

**H Practical clinical training - At least 80%
of disease to be treated during training 400**

Overview of acupuncture treatments

a	Painful conditions	250
b	Non-painful conditions	100
c	Acupuncture as adjuvant therapy	50

A Anatomy and Physiology Syllabus

Aim of learning anatomy and physiology for acupuncture students are to acquaint them with following at high school level knowledge –

- ✓ **How is the body organized?**
- ✓ **What does the body do to maintain life?**
- ✓ **What terms are essential to understanding the anatomy of the human body?**
- ✓ **How are chemical reactions controlled in the human body?**
- ✓ **What are the basic molecules that make up the human body? How do they work?**
- ✓ **How are structure and function related for each of the types of body tissues?**

- ✓ **What is the purpose of the integumentary system? What are various diseases associated with the integumentary system?**

A 1 Introduction to Human Anatomy and Physiology

Aim: Acupuncturist needs to know –

How is the body organized?

What does the body do to maintain life?

What terms are essential to understanding the anatomy of the human body?

Introduction to the Body Structural organization • Life functions • & needs
Feedback loops • Anatomy terminology •

Body systems - Cells

Life functions • & needs

- o Maintaining boundaries
- o Movement o Responsiveness
- o Digestion o Metabolism
- o Excretion
- o Reproduction
- o Growth
- o Nutrients
- o Oxygen
- o Water
- o Body temperature
- o Atmospheric pressure Feedback loops •
- o Homeostasis o Positive feedback
- o Negative feedback Anatomy terminology •

- o Regional terms
- o Directional terms

- o Body planes & Sections

- o Body cavities

A 2 Surface Human Anatomy

A 3 Joints of the Skeletal System

Aim: Acupuncturist needs to know –

What are functions of the skeletal system?

How are bones formed and maintained?

What diseases are associated with this system?

Skeletal System Anatomy • & Function of bone tissue

- o Types and parts of a bone
- o Functions: support, protection, movement, storage and blood cell formation

Axial Skeleton •

- o Identify major bones • Appendicular Skeleton •

- o Identify major bones

A 4 Muscular System: Structure and Anatomy

Aim: Acupuncturist needs to know –

Muscular System Structure • & function

Muscle tissue anatomy • Muscle Contraction • Muscle identification • Myo-neural junction •

Muscular System Structure • & function

- o types of muscles

Muscle anatomy •

- o Microscopic make up of a skeletal muscle

- o Physiology of a skeletal muscle

Muscle Contraction •

- o Sliding filament theory

Muscle identification •

- o Identify major muscles on a model or diagram

Myoneural Junction •

- o Transmission of a signal from a nerve to a muscle

A 5 Nervous System

Aim: Acupuncturist needs to know –

Nervous System Structure• & function CNS• & PNS Nerve impulse• transmission Reflex arcs• Sympathetic• & Parasympathetic divisions Sense organs•

- o Parts of the brain
- o Parts of the spinal cord CNS• & PNS
- o Divisions of each
- o Types of cells in each Nerve impulse transmission•
- o Parts of the synapse
- o Transmission of a signal across a synapse
- Reflex arcs•
- o Sensory receptor, effector organ, sensory and motor neurons, integration center Sympathetic• & Parasympathetic divisions
- o Function of each Sense organs•
- o Relate structure to function for each of the sense organs

A 6 Biochemistry and Cells

Aim: Acupuncturist needs to know -

How are chemical reactions controlled in the human body?

What are the basic molecules that make up the human body? How do they work?

What role does the cell membrane play in cell communication?

Chemistry & Cells overview Enzymes• Organic molecules• Cells, Cell division, Membrane transport• Endocrine Structure• & Function Endocrine control•

- o Role in chemical reactions
- o Effects of pH and temperature on enzyme activity
- Organic molecules

- o Carbohydrate, protein, amino acids, nucleic acid (structure and function) Cells, Cell division• & Cancer

- o Plant vs. animal cells

A 7 Tissues

Aim: Acupuncturist needs to know –

How are structure and function related for each of the types of body tissues?

Body Tissues Epithelial Tissue• Connective tissue• Muscle Tissue• Nervous Tissue•

Integument System Structure• & Function

- o Structure and function

- o Endocrine vs. exocrine tissue Connective tissue•

- o Structure and function Muscle Tissue•

- o Structure and function Nervous Tissue•

- o Structure and function

A 8 Hematology

Aim: Acupuncturist needs to know –

Blood Composition• Functions• Haemostasis/coagulation• Blood types/transfusions•

- o Plasma and formed elements Functions•

- o Plasma and formed elements Haemostasis•

- o Steps of haemostasis

- o Mechanism of coagulation Blood types•

- o Process

- o Transfusion reactions

A 9 Cardiovascular System

Aim: Acupuncturist needs to know –

Circulatory System Structure• & Function Blood flow• Circulation pathways• Physiology of circulation•

Circulatory System

- o Anatomy of the heart, blood vessels Blood flow•
- o Pathway through the heart o Factors that affect blood flow Pathways of circulation•
- o Systemic circulation
- o Arterial supply to the brain o Hepatic portal circulation
- o Fetal circulation Physiology of circulation•
- o Heart sounds and what they mean
- o Hypertension and risk factors

A 10 Lymphatic System & Body Defenses

Lymphatic System & Body Defenses Nonspecific body defenses•

- o Skin o Mucous membranes
- o Secretions o Phagocytes
- o Antimicrobial proteins o Inflammatory response Specific body defenses•
- o Lymphocytes
- o Antibodies o Macrophages Lymphatic structure• & function Vaccines• & antibiotics

A 11 Respiratory System

Aim: Acupuncturist needs to know –

Respiration Structure• & Function Respiratory physiology•

- o Organs of respiratory system Respiratory physiology•
- o Process of ventilation
- o Gas exchange

- o Gas transport
- o Mechanisms that control ventilation

A 12 Digestive System

Aim: Acupuncturist needs to know –

Digestive System Structure• & function Mechanical• & chemical digestion, absorption Neural• & hormonal control

- o Location of each process
- o Describe how each process works to digest food and supply the body with nutrients
- o Hormonal/neural control•

A 13 Urinary System

Aim: Acupuncturist needs to know –

Urinary System Structure• & Function Formation of urine•

- o Filtration, tubular reabsorption, tubular secretion
- o Components of urine (normal & abnormal)

A14 Reproductive system

Aim: Acupuncturist needs to know –

Reproduction System Structure• & Function Pregnancy• & Fetal development

- o Basic overview

A 15 Integument System

Aim: Acupuncturist needs to know –

Integument System Structure• & function

What is the purpose of the integumentary system?

What are various diseases associated with the integumentary system?

- o Skin
- o Hair
- o Nails

o Skin diseases

A 16 Endocrine System

Aim: Acupuncturist needs to know –

Endocrine Structure • & Function

o Relate the glands to the hormones they secrete Hormones •

o Compare endocrine and neural controls

Reference to Diabetes Hypo/hyper thyroidism

B Syllabus of acupuncture as per TCM

B 1 Brief history of acupuncture

B 2 Basic theory of Acupuncture as per TCM

B 3 Meridians and collaterals, their distribution and functions.

B 4 Knowledge of acupuncture points

B 5 Location and anatomical description of the acupuncture Points

B 6 Yin – yang theory

B 7 Theory of traditional Chinese medicine.

B 8 Functions of *qi*, blood, mind, essence and body fluids, as well as their relationship to one another.

B 9 Physiological and pathological manifestations of *zang-fu* (visceral organs) and their relationship to one another.

B 10 Disease occurrence and etiology, causes and mechanisms of illness.

B 11 Classifications of points, direction and depth of insertion of needles, actions and indications of the commonly used points.

B 12 Diagnosis Methods of diagnosis, history taking, inspection and tongue diagnosis, palpation and pulse taking, auscultation and olfaction.

B 13 Differentiation of syndromes according to the eight principles, the theory of visceral manifestations (*zang-fu*), the theory of *qi* and blood, and the theory of meridians and collateral vessels.

C Tung Acupuncture and treatment Protocols

- C 1 Zone Distributions
- C 2 Mirror and images
- C 3 Holographic theory

D Tan Methods of Treatments general approach

- D 1 Mirror Format
- D 2 Image Format
- D 3 Balancing Dynamics and guidelines and systems

E 1 Ear Acupuncture

Anatomical Study of ear,
Body representation on ear,
Distribution and location of points
Treatment protocols

E 2 Scalp acupuncture

Principles of Scalp acupuncture
Representation of motor and sensory areas of brain on scalp
Different protocols of treatments
Techniques of managements

E 3 Abdominal Acupuncture

Turtle Protocol.

E 4 Electro- acupuncture and TENS

E 5 Moxibusion

E 6 Cupping

- a Dry cupping
- b Wet cupping

E 7 Blood letting

F Principles of Treatments

- Practical application of theory and diagnosis to treatment in each Individual case.
- Planning of the acupuncture treatment to be given.
- Appropriate selection of points and methods of needle manipulation.
- Appropriateness of acupuncture treatment for the patient.

- Limitations of acupuncture, and need for referral to other health professionals or specialists.