

Syllabus

The syllabus of the Indian Acupuncture Online Course and Practical Training Centre is weighed towards practical hand on the training of students. The syllabus aims to train acupuncturists to practice independently efficiently with the safety of patients kept in mind. They are prepared to so that employed in hospitals to aid treatments.

Section I - Human Body

1. Anatomy, Physiology

1. Introduction to Anatomy
Primary Constituents of Body, RNA and DNA, Cells, Tissues, Organs
2. Introduction to Physiology
Levels, Functions
3. Nervous System
Introduction, Division, Basic Cells, Central NS, Sensory NS, Peripheral NS, Somatic NS, Autonomic NS, Sympathetic NS, Parasympathetic NS
4. Spine
Structure, Functions, Intervertebral Disc, Spinal Segment
5. Sensory Organs
General, Pain, Temperature, Touch, Stretch, Special, Eye, Ear, Taste, Smell
6. Musculoskeletal System
Skeletal, Muscles, Joints Bursae Ligaments, Upper Limb Trunk Lower Limb, Anatomy of Knee Joint
7. Endocrine System
8. Immune System
Functions, Components, Common Disorders
9. Lymphatic System
Introductions, Functions
10. Digestive System and Abdomen
Introduction, Stomach, Liver, Pancreas, Intestines, Spleen Kidneys
11. Respiratory System
12. Reproductive System –
Introduction, Male, Female
13. Urinary System
14. Integumentary System
15. Cardiovascular System

2. Human Surface Anatomy

Normal Anatomical Position, Anterior Landmarks, Posterior Landmarks, Spinal Landmarks, Abdominal Quadrants, Levels of Spinal Nerve Roots, Reference Lines, Anatomical Planes, Anatomical Directions, Anatomical Movements,

Section II – Acupuncture Therapies

3. Introduction of Acupuncture

Basic of Traditional Chinese Medicine, Acupuncture Point, ChiQi, Dechi, Meridian (Channel), TCM Organs, Five Elements, CUN, Advantages of Acupuncture, Bonus Effects, Side Effects, Potential of Acupuncture, Contribution of TCM to Acupuncture and Challenge

4. Mode of Action of Acupuncture

Action at – Local, Spinal Cord, Midbrain, Brain, Hypothalamic-Pituitary-Adrenal Axis, Hypothalamus-Pituitary-Ovarian Axis, Myofascial Trigger Point, Role of Neurotransmitters, According to TCM

5. Techniques and Emergencies of Acupuncture

Preparation for Needling, Specification of Needles, Needles of Ear, Insertions of Needles, Number of Needles, Pain Due to Needling, Manual Stimulation, Removal of Needles, Sharp Box, Assessment and Follow-up, Treatment Schedule
Syncope, Pneumothorax, Other Possible Injuries

6. TCM Acupuncture Channels and Points

1. Lung Channels
2. Large Intestine Channels
3. Stomach Channels
4. Spleen Channels
5. Heart Channels
6. Small Intestines Channels
7. Urinary Bladder Channels
8. Kidney Channels
9. Pericardium Channels
10. San Jiao Channels
11. Gall Bladder Channels
12. Liver Channels
13. DU Channels
14. REN Channels
15. Extra Points

7. Tung Acupuncture Correspondence, Areas, and Points

Biography of Tung Ching Chang, Human Microcosm, Correspondence of – Image, Channel, Tissue and Venous Congestion

8. Acupuncture Zones

1. Fingers 11.xx
2. Hand 22.xx

- | | | |
|-----|-------------------|---------|
| 3. | Lower Arm | 33.xx |
| 4. | Upper Arm | 44.xx |
| 5. | Sole | 55.xx |
| 6. | Dorsum of Foot | 66.xx |
| 7. | Leg | 77.xx |
| 8. | Thigh | 88.xx |
| 9. | Ear | 99.xx |
| 10. | Face Head | 1010.xx |
| 11. | Dorsal Trunk | DT.xx |
| 12. | Ventral Trunk | VT.xx |
| 13. | Tung Extra Points | Ex |

9. Scalp Acupuncture

Mechanism of Action, Structure, Indications, Needling Technique, Dr. Shunfa Jiao System, Jiao Standard Lines, Motor Area, Sensory Area, Chorea Area, Vertigo and Auditory Area, Third Speech Area, Usage (Praxia) Area, Visual Area, Equilibrium Area, Second Speech Area, Foot Motor Sensory, Stomach Area, Thoracic Area, Pelvic Area, Dr. Ming Qing Zhu System, Eding Zone, Dingjie Zone, Dingzhen Zone, Epang Zone, Dingnie Zone, Nieqian Zone, Niehou Zone

10. Abdominal Acupuncture

Abdomen – The Second Brain, Advantages, Contraindications, Abdominal Points, Protocol, Prescriptions

11. Ear Acupuncture

Advantages, Anatomy, Nerve Supply, Master Points, Motor Sensory Points, Internal Organs, Technique, Electro-Acupuncture, Press- Needles/ Tacks Pellets/Seeds, Bloodletting, Side Effects Precautions Contraindications, Indications, Prescriptions for - Pain, Psychological disorders, Addictions, Neurological disorders, Hearing Disorders, Skin and Hair Disorders, Weight Loss, Hypertension, Asthma, Constipation, Hemorrhoid

12. Periosteal Acupuncture

Technique, Indications

13. Myofascial Trigger Points

Types, Causes, Symptoms, Diagnosis, Management, MTrP Maps

14. Bloodletting Therapy

Techniques, Prescription

15. Electro-Acupuncture

Actions, Applications, Care and Contraindications, Machine, Technique, TENS, Pen

16. Allied Acupuncture Therapies

Cupping, Acupressure, Laser, Moxibustion, Plum Blossom, Embedding, Gua sha

Sections III Treatments of Diseases

17. General Management of Pain

Types, Causes, Effects, Assessment, Whole Patient Management, Options of Treatment, Principles of Management, History, Examination, Investigation, Diagnosis, Treatment Planning, General Treatment, Non-pharmaceutical, Psychological, Protocol, Methods of Treatment

18. Headache

Pathophysiology, Types, Diagnosis, Management

19. Diseases of Central Nervous System

1. Anxiety – Types, Symptoms, Management
Depression – Symptoms, Management
2. Fatigue – Causes, Diagnosis, Management
3. Insomnia – Causes, Effects, Management
4. Fibromyalgia – Causes, Symptoms, Management
5. Cerebral Palsy – Causes, Types, Classification, Symptoms, Diagnosis, Management
6. Stroke / Paralysis -
Types, Early Symptoms, and Signs, General Management, Scalp Method, XNKQ Method, Hemiplegia, Lower Extremity Paralysis, Upper Extremity Paralysis, Conditions Associated With Stroke, Prognosis After Stroke
7. Multiple Sclerosis – Symptoms, Treatment
8. Vertigo Dizziness - Causes, Ménière's Disease, Management
9. Parkinson's Disease – Causes, Management
10. Tinnitus - Management
11. Addiction - Management
12. Tremors – Causes, Treatment
13. Epilepsy – Types, Causes, Management
14. Aphasia – Causes, Management

20. Spinal Disorders

Radiculopathy, Intervertebral Disc Diseases, Spinal Stenosis, Piriformis Syndromes, Spondylolisthesis, Treatment of Spinal Diseases, Spinal Surgeries

21. Neck Pain

Causes, Symptoms, Diagnosis, Management Neck Pain, Treatment at Home, Cervical Spondylosis, Cervical Radiculopathy, Management Cervical Spondylosis, Ankylosing Spondylitis, Management Ankylosing Spondylitis, Acupuncture Treatment, Technique of Needling Cervical Articular Process, Exercises for Ankylosing Spondylosis and Cervical Spondylosis

22. Backache

Causes, Diagnosis, Management, Acupuncture Treatment, Exercises

23. Sciatica

Introduction of Sciatica, Causes, Symptoms, Diagnosis, Management, Technique of Sacro-Iliac Joint Stimulation, Exercises, Prognosis

24. Diseases of Eye

- Optic neuropathy, Diplopia, Strabismus, Ptosis, Twitching of Eyelids, Myopia, Retinitis Pigmentosa, Cataract, Glaucoma, Pain in Eye
- 25. Diseases of Nose**
Common Cold, Nasal Blockage, Allergic Rhinitis, Chronic Sinusitis, Epistaxis
- 26. Diseases of Ear**
Hearing Loss, Ear Pain
- 27. Diseases of Face**
Zygomatic Pain, Mandible Pain, Temporo-Mandibular Joint and Muscle Disorder, Trigeminal Neuralgia, Toothache, Facial Pain, Wrinkles of Face, Facial Twitching, Facial Palsy
- 28. Diseases of Throat**
Infections and Allergies, Management, Goiter
- 29. Non-Cardiac Chest Pain**
Causes, Diagnosis, Treatment
- 30. Respiratory Diseases**
Bronchial Asthma, Bronchitis, COPD, Pneumonia
- 31. Cardiovascular Diseases**
Atherosclerosis, Hypertension, Varicose Veins
- 32. Shoulder Pain**
Causes, Frozen Shoulder, Diagnosis, Management, Exercises
- 33. Arm Pain**
Upper Arm, Elbow, Wrist, Hand
- 34. Gastrointestinal and Abdominal Diseases**
Pain - Hypochondriac, Epigastric, Gastritis, Abdominal Colic, Appendicitis, Umbilical, and Back Pain, Fissure, Perianal Pain, Abdominal Colitis, Lower Lateral Abdominal Pain, Lower Abdominal, Gastro-esophageal Reflux, Anorexia Vomiting, Hiccup, Diarrhea, Constipation, Hemorrhoids, Hernia, Oral ulcers
- 35. Diseases of Liver, Kidney, and Spleen**
Biliary Colic Infections, Hepatitis, Liver Cirrhosis, Renal Colic, Splenomegaly
- 36. Diseases of the Male Reproductive System - Andrology**
Erectile Dysfunction, Balanitis, Orchitis, Hydrocele of Testes, Genital Pain
- 37. Diseases of Female Reproductive System (Obstetrics and Gynecology)**
Dysmenorrhea, Infertility, Blocked Fallopian Tube, Menorrhagia Metrorrhagia, Fibroids of Uterus, Leucorrhoea, Vaginitis, Itching, Prolapsed Uterus, Breech Presentation, Fibrocystic Disease of Breast, Galactorrhea
- 38. Endocrine Diseases**
Diabetes Mellitus, Hyperthyroidism, Obesity, Immunity Support
- 39. Urinary System Diseases**
Nocturnal Enuresis, Urinary Incontinence, Dysuria, Difficult Micturition, Neurogenic Bladder, Frequency, Other Urinary Diseases
- 40. Knee Pain**
Causes, Management, Treatment, Rehabilitation, Knee Replacement, Rehabilitation
- 41. Lower Limb Pain**

- Causes, Treatment of Pain of Lower Limb
- 42 Skin Diseases**
Acne Vulgaris, Hair Loss/ Alopecia, Urticaria, Pruritus, Eczema, Psoriasis, Hyperhidrosis, Lipoma
- 43 Peripheral Neuropathy**
Sensory Neuropathy, Motor Neuropathy, Autonomic Neuropathy, Mono-Neuropathy, Causes, Symptoms, Management
- 44 Palliation and Other Treatments**
Palliation - Aims, Role of Acupuncture, Indications, Acupuncture Prescription, Other Treatments - Fever, Duchenne Muscular Dystrophy, Improving Memory, Body Height, Unconsciousness Condition
- 45 Diseases Treatable by Acupuncture**
List

Section IV Other Therapies and Managements

- 46 Allopathic Therapy**
Diagnosis, Investigations, Medicines, Prescriptions, Medication, Synching with Allopathy
- 47 Complimentary Therapies**
Ayurveda, Homeopathy, Naturopathy, Siddha, Unani, Chiropractic, Reiki
- 48 First Aid**
Goals, Principles, Recovery Position, CPR Technique, Summary
- 49 Medical Emergencies**
Shock, Anaphylaxis, Heart Attack, Accidents, Burn, Choking, Drowning, Electric Shock, Poisoning, Snake Bite, Examples of Medical Emergencies
- 50 Recuperation and Diet**
General Measures, Diet

Section V Acupuncture Practice

- 51 Clinical Practice**
Principles, Prerequisites, Consent, Safety
- 52 Choice of Acupuncture Points**
Choice of Points Based on - Mode of Action, Correspondence, Periosteum, Scalp, Abdomen, Trigger Points, TCM, Electroacupuncture, Bloodletting, Ear, Allied Therapies
- 53 Sterilization**
Disinfection, Packaging, Methods
- 54 Ethical Responsibilities**

Commitment to Patients, Commitment to Public, Commitment to Profession

55 Professional Practice

Plan, City of Practice, Naming & Logo, Stationeries, Site and Approach, Entrance of Clinic, Signboard, Waiting Room, Staff Training, Consultation Room, Right Fees, Promotion, Record Keeping

56 Some Extraordinary Cases Cured by Acupuncture

One Needle Kills Two Years of Pain, Five Year's Diplopia to Single Cured, Fallopian Tubal Block Opens Up, Viral Toxemia Dissolves, Depression to Mental Creativity, Deafness to Communication, Lazy Eye Awakens, Transverse Presentation Presents Right, Excruciating Eye Pain Gone, Neurogenic Bladder Empties, Guillain Barre Syndrome Helped, Multiple Sclerosis Improves, Muscular Wasting Regained