Course | UGEB2831 Fundamentals in Chinese Medicine
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Class Time | 09:30-12:15 Tue, Wed, Thur
Class Location | TBC
Teacher | Professor Lin Zhi Xiu  
Acting Director, Associate Professor, School of Chinese Medicine, CUHK  
Professor Wendy Wong  
Assistant Professor, School of Chinese Medicine, CUHK  
Dr. Liong Ching  
Lecturer, School of Chinese Medicine, CUHK
Teaching Assistant | Teaching Assistant/Tutor’s contact details  
Name: Dr. Benji BUT

**Course Description**

This course introduces the fundamental concepts in Chinese medicine to students who are interested in a general understanding of the basic theories, working principles, methods for health preservation and disease healing in Chinese medicine. The course comprises an introduction to the five key areas in Chinese medicine including the basic theories of Chinese medicine, methods of diagnosis and treatment, acupuncture & moxibustion, Chinese medicinal materials, and Chinese herbal formulary. This general education module will also feature a half-day visit to the Chinese Medicine Clinical Research and Services Centre, TWGHs Kwong Wah Hospital–The Chinese University of Hong Kong, where the students will learn about how Chinese medicine is being practised in a contemporary context. The medium of instruction for the course is English.

Remarks: Chinese Medicine Majors cannot take this course

**Content, Highlighting Fundamental Concepts**

**A. Topics Instructed by Dr. LIONG Ching:**
1. Characteristics and Philosophies of Chinese Medicine  
2. The Internal Organs: The Five Visceral and Six Bowel Organs  
3. The Vital Substances: Qi, Blood, Essence and Body Fluids  
4. Aetiology in Chinese Medicine  
5. Cold and Insomnia

**B. Topics Instructed by Prof. LIN Zhi-Xiu:**
1. Diagnostics in Chinese medicine  
2. Tutorial in Chinese medical diagnosis  
3. General introduction to acupuncture and moxibustion  
4. Tutorial in acupuncture and moxibustion

**C. Topics Instructed by Prof. Wendy Wong:**
1. From the Story of Tu Youyou to the Theory of Materia Medica  
2. Applications of common Chinese Materia Medica (I)  
3. Applications of common Chinese Materia Medica (II)  
4. Drug administration and the drug market

**Course Objective(s)**

Upon the completion of the course, the students will be able to:  
- Discuss the Chinese philosophy such as yin-yang and five elements that underpin Chinese medicine practice;  
- Compare the functions of the visceral organs from the perspectives of Chinese and Western medicine;  
- Understand the concept of qi, blood, essence and body fluids;
- Give an account of various pathogenic factors in disease causation from the Chinese medicine’s viewpoint;
- Appreciate the basic principles of Chinese medical diagnostics including four diagnostic techniques and pattern differentiation;
- Discuss the concepts of channels and acupoints and the principles underpinning acupuncture and moxibustion practice;
- Understand the general properties and processing of Chinese medicinal herbs;
- Give an account of the therapeutic properties of some common Chinese herbs;
- Discuss the principles of combination of herbal ingredients;
- Understand the importance of the authentication and quality assessment of Chinese materia medica; and
- Apply the fundamental knowledge gained in the course for health maintenance and disease prevention.

**Required Textbook(s) (Core text for the course, to be included in the ISS booklist)**

No textbook is required for the course

**Reading(s)/Reference(s) (Additional readings recommended for the course, NOT to be included in the ISS booklist)**

The following list serves as course reference books.


**Learning Activities**

<table>
<thead>
<tr>
<th>Lecture</th>
<th>Interactive tutorial</th>
<th>Lab</th>
<th>Discussion of case</th>
<th>Field-trip</th>
<th>Projects</th>
<th>Web-based teaching</th>
<th>Clinical Observation</th>
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* Please delete as appropriate.

M: Mandatory activity in the course

O: Optional activity

NA: Not applicable

**Course Requirements/Evaluation**

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<thead>
<tr>
<th>Task nature</th>
<th>Description</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Final written examination</td>
<td>Multiple choice questions, true or false questions and brief answer questions. The minimum attendance requirement is 60% or 8 out of 13 lectures. Those who attend less than 8 lectures will not be allowed to attend the course evaluation and no credit will be recorded.</td>
<td>100%</td>
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**Assignments and Policies**

**Honesty in Academic Work:**

Attention is drawn to University policy and regulations on honesty in academic work, and to the disciplinary guidelines and procedures applicable to breaches of such policy and regulations. Details may be found at
With each assignment, students will be required to submit a signed declaration (http://www.cuhk.edu.hk/policy/academichonesty/Eng_htm_files_(2013-14)/p10.htm) that they are aware of these policies, regulations, guidelines and procedures.

- In the case of group projects, all students of the same group should be asked to sign the declaration, each of whom is responsible should there be any plagiarized contents in the group project, irrespective of whether he/she has signed the declaration.

- For assignments in the form of a computer-generated document that is principally text-based and submitted via VeriGuide (http://www.cuhk.edu.hk/veriguide), the statement, in the form of a receipt, will be issued by the system upon students’ uploading of the soft copy of the assignment.

Assignments without the properly signed declaration will not be graded by teachers.

Only the final version of the assignment should be submitted via VeriGuide.

The submission of a piece of work, or a part of a piece of work, for more than one purpose (e.g. to satisfy the requirements in two different courses) without declaration to this effect shall be regarded as having committed undeclared multiple submission. It is common and acceptable to reuse a turn of phrase or a sentence or two from one’s own work; but wholesale reuse is problematic. In any case, agreement from the course teacher(s) concerned should be obtained prior to the submission of the piece of work.

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<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>1 Wed, June 28</td>
<td>LWC 113</td>
<td>1. Characteristics and Philosophies of Chinese Medicine</td>
<td>Dr. LIONG Ching</td>
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<tr>
<td>2 Thu, June 29</td>
<td>TBC</td>
<td>2. The Internal Organs: The Five Visceral and Six Bowel Organs</td>
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<td>3 Tue, July 4</td>
<td>LWC 111</td>
<td>3. The Vital Substances: Qi, Blood, Essence and Body Fluids</td>
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<td>4 Wed, July 5</td>
<td>TBC</td>
<td>4. Cold and Insomnia</td>
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<td>5 Thu, July 6</td>
<td>LWC 113</td>
<td>5. Visit to Hong Kong Museum of Medical Sciences</td>
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<td>6 Tue, July 11</td>
<td>LWC 111</td>
<td>6. Diagnostics in Chinese Medicine I</td>
<td>Prof. LIN Zhi-Xiu</td>
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<td>7 Wed, July 12</td>
<td>LWC 113</td>
<td>7. Diagnostics in Chinese Medicine II (Tutorial)</td>
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<td>8 Thu, July 13</td>
<td>TBC</td>
<td>8. General Introduction to Acupuncture and Moxibustion I</td>
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<td>9 Tue, July 18</td>
<td>LWC 111 LWC</td>
<td>9. General Introduction to Acupuncture and Moxibustion II (Tutorial)</td>
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Class Schedule

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<tr>
<th>Date</th>
<th>Venue</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>10 Wed, July 19</td>
<td>TBC</td>
<td>10. From Tu Youyou to the Theory of Traditional Chinese Medicine</td>
<td>Prof. Wendy Wong</td>
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<tr>
<td>11 Thu, July 20</td>
<td>TBC</td>
<td>11. Applications of common Chinese Materia Medica (I)</td>
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<td>Date</td>
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<tr>
<td>Tue, July 25</td>
<td>12. Applications of common Chinese Materia Medica (II)</td>
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<td>Wed, July 26</td>
<td>13. Modernization of Chinese Medicine (Visit to a GMP production unit)</td>
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<tr>
<td>TBC</td>
<td>Final Examination</td>
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