



*Shiraz University
of
Medical Sciences*

A Practical Introduction to Traditional Persian Medicine (TPM)

Course Description

During this course, attendees will review a history of Traditional Persian Medicine (TPM) and learn about its basic principles, theoretical concepts, herbal treatments, and therapeutic techniques. They will be familiarized with TPM approaches in treating a wide variety of disorders and make clinical observations of TPM techniques.



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Vice-Chancellery for Global Strategies and International Affairs
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Course Objectives

The program starts with a one-day presentation of the history and philosophies of Traditional Persian Medicine (TPM). During the next three days, the instructors provide insight into the fundamental concepts, rules, principles, and approaches in TPM. The presented topics briefly include:

- Mizaj (Temperament) in TPM
- Semiology in TPM
- A brief overview of evidence-based review and research procedures in TPM
- Six principles of Health care in TPM (2 sessions)
- Basic rules of treatment in TPM (maturation and purgation)
- Manipulative therapy in TPM (cupping, bloodletting, and massage)

This will be followed by a one-day study of common herbal drugs and herbal combination guidelines in TPM. The following sessions will be dedicated to TPM therapeutic approaches in treating a range of disorders, including:

- Neurological disorders (headache, paralysis)
- Psychiatric disorders (depression, insomnia, Alzheimer's)
- Gastrointestinal disorders (dyspepsia, constipation)
- Gynecological disorders (amenorrhea, polymenorrhagia)
- Male disorders (erectile dysfunction, premature ejaculation)
- Skin disorders (acne, pruritus)

Finally, the attendees will have the opportunity to make clinical observations of patients subjected to therapeutic techniques such as cupping, bloodletting, Ghamz and Dalk, and Ghamz with needle.



Length of Training: 10 Working Days

Course Content

Day 1

1. History of TPM (sages and sources) (2 hrs.)
2. Basics of TPM (Arkan and philosophy) (2 hrs.)

Day 2

1. Mizaj (Temperament) in TPM (2 hrs.)
2. Semiology in TPM (2 hrs.)
3. A Review on TPM Research (Case Studies, Case Series, and Clinical Trials)

Day 3

1. Six principles of Health care in TPM (1) (2 hrs.)
2. Six principles of Health care in TPM (2) (2 hrs.)

Day 4

1. Basic rules of treatment in TPM (maturation and purgation) (2 hrs.)
2. Manipulative therapy in TPM (cupping, bloodletting, and massage) (2 hrs.)

Day 5

1. Common herbal drugs in TPM (2 hrs.)
2. Herbal combination rules (Mosleh, Mobadregh, etc.) (2 hrs.)

Day 6

1. TPM in neurologic disorders (headache and paralysis) (2 hrs.)
2. TPM in psychiatric disorders (Depression, Insomnia, and Alzheimer) (2 hrs.)

Day 7

1. TPM in G.I disorders (dyspepsia and constipation) (2 hrs.)
2. TPM in Gynecological disorders (Amenorrhea and Polymenorrhagia) (2 hrs.)

Day 8

1. TPM in Male disorders (Erectile dysfunction and premature ejaculation) (2 hrs.)
2. TPM in skin disorders (Acne and pruritus) (2 hrs.)

Day 9

1. Clinical observation (cupping) (2 hrs.)
2. Clinical observation (bloodletting) (2 hrs.)

Day 10

1. Clinical observation (ghamz and dalk) (2 hrs.)
2. Clinical observation (ghamz with needle) (2 hrs.)



Medium of Instruction: English

Course Instructors

Dr. Mohammad Ebrahim Zohalinejad, M.D., Ph.D.

Dr. Majid Nimrouzi, M.D., Ph.D.

Dr. Mohammad Hashem Hashempur, M.D., Ph.D.

Dr. Amir Mohammad Jaladat, M.D., Ph.D.

Dr. Ali Tavakoli, M.D., Ph.D.

Dr. Yasaman Vazani, M.D., Ph.D.

Dr. Mehdi Pasalar, M.D., Ph.D.

Dr. Forough Namjuyan, Pharm.D., Ph.D.

Dr. Maryam Mossafa-Jahromi, Pharm.D., Ph.D.

Dr. Mojtaba Heydari, M.D., Ph.D.

Dr. Seyed Hamdollah Mosavat, M.D., Ph.D.

Dr. Mohammad Mahdi Parvizi, M.D., Ph.D.



Target Audience

The presupposition of this course is that its attendees have a medical practice background; therefore, the target audience comprises researchers, practitioners, healthcare workers, trainers, and graduates who are holding the below degrees and are interested in Traditional Persian Medicine.

Acceptable Degrees:

- Doctor of Medicine (M.D.)
- Bachelor of Medicine, Bachelor of Surgery (MBBS)
- Academic Degree with Relevant Background

Max Enrollments: 20 participants

Date & Location

Date: November 5-16, 2022

Venue: International Campus, Shiraz University of Medical Sciences, Kish Island

Learning Style: Theoretical and Practical

Certificate

Upon completion of the course requirements, the participants will receive a certificate of attendance endorsed by SUMS. The certificate indicates the participant's name, the course name, and the duration of the course. A detailed digital transcript of the course content can be provided upon the participant's request via SUMS official email.



Accommodation

Kish Island offers a wide array of hotels ranging from budget to mid-range and high-end hotels. For more information and advice, please contact us at international@sums.ac.ir.



Visa

A citizen of a foreign country who seeks to enter Iran generally must first obtain a visa. Upon completion of your registration, therefore, our expert visa support team will contact you directly via your email address so as to provide you with detailed and definitive visa advice and guidance.



Registration Deadline: October 1, 2022

Registration Fee

600 U.S.D. (This fee covers access to the in-person component of the course, airport transfer, hotel-campus transfer, light lunch, and refreshments)



How to Register

For further details on registration and payment, please contact the moderator of the course, Dr. Mehdi Pasalar, via the below email address:

Email: international@sums.ac.ir

Please indicate "A Practical Introduction to Traditional Persian Medicine (TPM)" in the email subject line.



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About *Kish Island*



Located along the northern shores of the Persian Gulf, Kish Island is a major holiday resort off the southern coast of mainland Iran. With an area of 91.5 square kilometers, the island is generally sunny throughout the year and enjoys a warm and humid climate with relatively mild winters.

Kish island is a free trade zone with a variety of tourist attractions, shopping centers, and resort hotels. The popular attractions include Dolphin Park, Marjan Beach Park, Greek Ship, Bird Garden, Kariz Underground Aqueduct, and the Ancient Town of Harireh, along with other historical sights, recreational facilities, and shopping malls.

