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FACULTY OF MEDICINE

STUDY PROGRAM 0912.1 MEDICINE

CHAIR OF ALTERNATIVE AND COMPLEMENTARY MEDICINE

APPROVED

at the meeting of the Commission for Quality Assurance and Evaluation of the Curriculum in Medicine

Minutes No. 7 of 18.06.24

Chairman PhD, associate professor
Padure Andrei

(signature)

APPROVED

at the Council meeting of the Faculty Medicine no.2

Minutes No. 10 of 18.06.24

Dean of Faculty PhD, associate professor
Betiu Mircea

(signature)

APPROVED

approved at the meeting of the chair of *Alternative and Complementary Medicine*

Minutes No. 19 of 15.05.2024

Head of chair academician of ASM, PhD, professor

Lacusta Victor

(signature)

SYLLABUS

DISCIPLINE COMPLEMENTARY AND ALTERNATIVE MEDICINE

Integrated studies

Type of course: **Compulsory discipline**

Curriculum developed by the team of authors:

- Lacusta Victor, acad. ASM, PhD, professor,
- Cereș Victoria, PhD, associate professor,
- Gilea Angela, PhD, associate professor,
- Șincarenco Irina, PhD, associate professor



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I. INTRODUCTION

- **General presentation of the discipline: place and role of the discipline in the formation of the specific competences of the professional / specialty training program**

The socio-economic features of the country, which largely influenced the health of the population, determine the necessity of using in the contemporary training process of the future doctors some noninvasive, ecologically pure, nonexpensive treatment methods. Among these methods, the alternative and complementary medicine, which actuality is determined by the high therapeutic efficacy due to the inclusion of the own sanogenic mechanisms, lack of secondary harmful effects, the possibility of applying as monotherapy and the efficiency in case of polymorphic diseases, takes a leading place. The professional training of a contemporary doctor must include the knowledge of some curative systems based on empirical experience with well structured concepts.

The discipline "Complementary and alternative medicine" is intended to acquaint the students with theoretical bases, mechanisms of action, the possible alternative or complementary application of these methods in the treatment of patients.

- **Mission of the curriculum (aim) in professional training**

The multilateral training of students, which is focused on the knowledge of the possibilities of clinical diagnosis, indications and contraindications for the treatment and prophylaxis of various diseases and pathological conditions, using the methods specific to alternative and complementary medicine at adults and children.

- **Language (s) of the discipline:** Romanian, Russian, English, French.
- **Beneficiaries:** students of the 5th year, Faculty of Medicine no.2, specialty Medicine.

II. MANAGEMENT OF THE DISCIPLINE

Code of discipline	S. 09. 0. 078		
Name of the discipline	Complementary and alternative medicine		
Person(s) in charge of the discipline	V. Lacusta, head of chair, ASM academician, PhD, professor		
Year	V	Semester/Semesters	9
Total number of hours, including:			60
Lectures	10	Practical/laboratory hours	10
Seminars	10	Self-training	30
Form of assessment	E	Number of credits	2

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III. TRAINING AIMS WITHIN THE DISCIPLINE

At the end of the discipline study the student will be able to:

- **at the level of knowledge and understanding:**
 - Alternative and complementary medicine methods (acupuncture, phytotherapy, homeopathy, ayurveda, etc.). History. WHO recommendations. Alternative and complementary medicine in the Republic of Moldova.
 - Mechanisms of acupuncture action (modern scientific concepts and traditional Chinese medicine concepts).
 - The etiopathogenical and clinical-physiological argumentation of acupuncture treatment's indications and contraindications.
 - Acupuncture stimulation methods.
 - The diagnostic and curative significance of acupuncture microsystems (auricular, cranial, mano-podo).
 - The possible complications during the acupuncture session and countermeasures and prevention measures.
 - Combining alternative and complementary medicine methods with other methods of treatment (pharmacotherapy, kinetotherapy, diet therapy, physical medicine, psychotherapy etc.).
 - Basic theoretical concepts of modern phytotherapy (herbal medicine).
 - Basic theoretical concepts of traditional Chinese phytotherapy (herbal medicine).
 - Phytotherapeutic drug forms.
 - Indications and contraindications for prescribing medicinal plants.
 - Principles of dosage of phytotherapeutic medicinal forms.
 - Selection of the medicinal herbs in certain nosologies and pathological conditions in adults and children.
 - The basic principles of homeopathy.
 - Homeopathic drugs: sources of homeopathic remedies, classification.
 - Indications and contraindications for homeopathic treatment.
- **at the application level:**
 - The application of the acupressure method.
 - The application of the superficial acupuncture method.
 - The application of the thermopuncture method.
 - The sanogenic massage of the auricle.
 - The methods of location of acupoints.
 - The location of acupoints with a wide spectrum of action (GI4 Hegu, E36 Zusanli, RP6 Sanyinjiao, R3 Taixi, VB20 Fengchi, F3 Taichong, VG20 Baihui, Yin Tang, Tai Yang).
 - The location of acupoints used for the first aid (GI4 Hegu, R1 Yongquan, VG26 Renzhong, Shi Xuan).
 - The technology of preparation of phytotherapeutic forms (infusion, decoction).
- **at the integration level:**
 - Implementation and integration of the knowledge obtained at discipline "Alternative and complementary medicine" to the fundamental and clinical therapeutic disciplines.



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IV. PROVISIONAL TERMS AND CONDITIONS

- Knowing of the instruction language.
- Communication and teamwork abilities.
- Basic digital skills (use of the internet, document processing, use of text editors and presentation applications).
- Basic knowledge in Biology, Anatomy, Biochemistry, Pharmacology, Pathophysiology, Semiology and internal diseases in adults and children.

V. THEMES AND ESTIMATE ALLOCATION OF HOURS

Lectures, practical hours/ laboratory hours/seminars and self-training

No. d/o	THEME	Number of hours		
		Lectures	Practical hours	Self-training
1.	Alternative and complementary medicine methods (acupuncture, phytotherapy, homeopathy, ayurveda, etc.). History. WHO recommendations. Alternative and complementary medicine in the Republic of Moldova.	2	2	-
2.	The basics of acupuncture. Mechanisms of acupuncture action. Modern scientific concepts of acupuncture. Advantages, indications, contraindications and complications of acupuncture. The association of acupuncture with other methods of treatment. Acupuncture stimulation methods. Topography of some of the acupuncture points (with a wide spectrum of action).	2	6	10
3.	Traditional Chinese Medicine concepts. The diagnostic and curative significance of acupuncture microsystems (auricular, cranial, mano-podo).	2	4	6
4.	The basics of phytotherapy. Clinical phytotherapy.	2	4	10
5.	The basics of homeopathy. Clinical homeopathy.	2	4	4
Total		10	20	30

VI. PRACTICAL TOOLS PURCHASED AT THE END OF THE COURSE

Mandatory essential practical tools are:

- to possess the application of the acupressure method;
- to possess the application of the superficial acupuncture method;
- to possess the application of the thermopuncture method;
- to possess the sanogenic massage of the auricle;
- to possess the methods of location of acupoints;
- be able to appreciate the location of acupoints with a wide spectrum of action (GI4 Hegu, E36 Zusanli, RP6 Sanyinjiao, R3 Taixi, VB20 Fengchi, F3 Taichong, VG20 Baihui, Yin Tang, Tai Yang);
- be able to appreciate the location of acupoints used for the first aid (GI4 Hegu, R1 Yongquan, VG26 Renzhong, Shi Xuan);



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- to know the technology of preparation of phytotherapeutic forms (infusion, decoction).

VII. OBJECTIVES AND CONTENT UNITS

Objective	Content units
Theme (chapter) 1. Alternative and complementary medicine	
<ul style="list-style-type: none">• to know the alternative and complementary medicine methods• to know the principles of association of alternative medicine methods with other methods of treatment	<ol style="list-style-type: none">1. alternative and complementary medicine methods (acupuncture, phytotherapy, homeopathy, ayurveda, etc.);2. WHO recommendations;3. alternative and complementary medicine history;4. alternative and complementary medicine in the Republic of Moldova. <ol style="list-style-type: none">1. association with pharmacotherapy, physical medicine, kinetotherapy, manual therapy, dietotherapy etc.
Theme (chapter) 2. The basics of acupuncture	
<ul style="list-style-type: none">• to define the modern scientific concepts of acupuncture• to know the advantages and indications of acupuncture• to know the contraindications and possible complications of acupuncture• to know methods of acupoints stimulation• to possess some methods of acupoints stimulation	<ol style="list-style-type: none">1. neuroreflex concept;2. humoral concept;3. bioenergetic concept;4. placebo concept. <ol style="list-style-type: none">1. the advantages of acupuncture;2. WHO indications. <ol style="list-style-type: none">1. anatomical contradictions;2. physiological contradictions;3. clinical contradictions;4. acupuncture complications;5. moxibustion complications;6. pharmacopuncture complications. <ol style="list-style-type: none">1. mechanical;2. with temperature factor;3. physical;4. injectables. <ol style="list-style-type: none">1. presopuncture;2. superficial acupuncture;3. thermopuncture.
Theme (chapter) 3. Traditional Chinese Medicine concepts. The acupuncture microsystems.	
<ul style="list-style-type: none">• to define the Traditional Chinese Medicine concepts	<ol style="list-style-type: none">1. Energy(Qi) concept;2. Yin-Yang concept;3. 5 elements concept;4. point and meridian concept.



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<ul style="list-style-type: none">to know acupuncture microsystemsto apply the sanogenic massage of the auricle	<ol style="list-style-type: none">the advantages of auriculotherapy;innervation and vascularization of the auricle;projection of body structures on the auricle. <ol style="list-style-type: none">8 methods of traditional Chinese auricular massage.
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Theme (chapter) 4. The basics of phytotherapy (herbal medicine)

<ul style="list-style-type: none">to know the advantages and disadvantages of phytotherapy (herbal medicine)to know the indications, contraindications and possible complications of phytotherapyto know the classification of medical herbsto know the basic principles of phytotherapy (herbal medicine)to know the principles of comparison of Chinese and European phytotherapyto define the phytotherapeutic prescription algorithm in Traditional Chinese Medicineto know the methods of administration of medical plantsto know the technology of preparation of some phytotherapeutic medicinal formsto know the rules for the application of phytotherapeutic treatmentto know the application of medicinal plants in certain nosologies and pathological conditions in adults and childrento know the peculiarities of the administration of phytopreparations to children	<ol style="list-style-type: none">the advantages of phytotherapy;the disadvantages of phytotherapy. <ol style="list-style-type: none">indications of phytotherapy;contraindications of phytotherapy;possible complications of phytotherapy. <ol style="list-style-type: none">the European classification of medical herbs;the classification of medical herbs in Traditional Chinese Medicine. <ol style="list-style-type: none">the basics of European phytotherapy (herbal medicine);the basics of traditional Chinese phytotherapy (herbal medicine) <ol style="list-style-type: none">the principles of comparison of Chinese and European phytotherapy. <ol style="list-style-type: none">the phytotherapeutic prescription algorithm in Traditional Chinese Medicine. <ol style="list-style-type: none">the internal methods of administration of medical plants;the external methods of administration of medical plants. <ol style="list-style-type: none">preparation of the decoction;preparation of the infusion;preparation of the syrup. <ol style="list-style-type: none">the rules for the application of phytotherapeutic treatment. <ol style="list-style-type: none">the application of medicinal plants in certain nosologies and pathological conditions in adults and children. <ol style="list-style-type: none">the peculiarities of the administration of phytopreparations to children.
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Theme (chapter) 5. The basics of homeopathy

<ul style="list-style-type: none">to know the advantages and disadvantages of homeopathyto know the general indications of homeopathy	<ol style="list-style-type: none">the advantages of homeopathy;the disadvantages of homeopathy. <ol style="list-style-type: none">general homeopathy indications.
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<ul style="list-style-type: none">to define the laws and principles of homeopathyto know the methods and rules of homeopathic remedies administrationto integrate the accumulated knowledge with modern scientific medicine	<ol style="list-style-type: none">the law of Similia;the law of Simplex (unique remedy);the law of Minimum;the Hering's law of cure;the law of individualization. <ol style="list-style-type: none">rules of homeopathic remedies administration.
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VIII. PROFESSIONAL (SPECIFIC (SC)) AND TRANSVERSAL (TC) COMPETENCES AND STUDY FINALITIES

✓ **Professional (specific) (SC) competences**

- **PC1.** Responsible execution of professional tasks with the application of the values and norms of professional ethics, as well as the provisions of the legislation in force.
- **PC2.** Adequate knowledge of the sciences about the structure of the body, physiological functions and behavior of the human body in various physiological and pathological conditions, as well as the relationships between health, physical and social environment.
- **PC3.** Resolving clinical situations by developing a plan for diagnosis, treatment and rehabilitation in various pathological situations and selecting appropriate therapeutic procedures for them, including providing emergency medical care.
- **PC4.** Promoting a healthy lifestyle, applying prevention and self-care measures.
- **PC5.** Interdisciplinary integration of the doctor's activity in a team with efficient use of all resources.

✓ **Transversal competences (TC)**

- **TC1.** Autonomy and responsibility in the activity.

✓ **Study finalities**

- to know the principles of association of alternative medicine methods with other methods of treatment
- to define the modern scientific concepts of acupuncture
- to define the concepts of Traditional Chinese Medicine
- to know the advantages, indications and contraindications of acupuncture
- to know the methods of acupoints stimulation
- to apply the sanogenic massage of the auricle
- to know the advantages and disadvantages of phytotherapy (herbal medicine)
- to know the indications and contraindications of phytotherapy
- to know the classification of medical herbs
- to know the basic principles of phytotherapy (herbal medicine)
- to know the phytotherapeutic drug forms and the methods of administration of medical plants
- to know the rules for the application of phytotherapeutic treatment
- to know the peculiarities of the administration of phytopreparations to children
- to define the basic homeopathy laws and principles

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- to know the advantages and disadvantages of homeopathy
- to know the general indications of homeopathy
- to know methods and rules of homeopathic remedies administration.

Note. Discipline finatities (are deduced from the professional competences and the formative valences of the informational content of the discipline).

IX. STUDENT'S SELF-TRAINING

No.	Expected product	Implementation strategies	Assessment criteria	Implementati on terms
1.	<i>Working with information sources</i>	Reading lecture and the didactic materials of the topic. The formulation of generalizations and conclusions regarding the importance of the theme / subject. Selection of additional information, using WEB-links and additional bibliography.	The ability to extract the essentials; interpretative abilities; workload	During the course
2.	<i>Applying different learning techniques</i>	Working in small groups	Workload, the degree of penetration in the essence of different subjects, the level of scientific argumentation, the conclusions quality, creativity elements, demonstration of the problem understanding, personal attitude forming.	During the course
3.	<i>Elaborated project (individual / group)</i>	Elaboration of a project on a theme from the content of the discipline. The project topic is assigned to the students on the first day of the module. The project is presented in the last seminar.	Evaluation	At the end of the module

X. METHODOLOGICAL SUGGESTIONS FOR TEACHING-LEARNING-ASSESSMENT

• Teaching and learning methods used

In the teaching Complementary and alternative medicine there are used various methods and didactic processes, directed towards acquiring efficacy and achieving the objectives of the didactic process. Within the theoretical lessons along with traditional methods (lesson-exposure, lesson-conversation, lesson-synthesis) modern methods (lesson-debate, problem-solving lesson), also are used. Individual forms of work,



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working in groups, brainstorming, T-graphing, guided discussion, etc. are used in practical works. Individual exercises are applied to acquire practical skills. For a deeper understanding of the material different semiotic systems like scientific language, graphical and computerized language and teaching materials like tables, schemes, video, Power Point presentations, are used.

- **Applied** (specific to the discipline) **teaching strategies / technologies**
 - ✓ analytical learning.
 - ✓ problem-question-answer learning.
 - ✓ self-organized learning, self-reliant learning, creative learning, cooperative learning.
 - ✓ learning by searching and obtaining information.
 - ✓ the proper use of existing databases and virtual library.
 - ✓ working in groups.
- **Methods of assessment** (including the method of final mark calculation)

Current:

- applying tests.
- solving problems / exercises.
- control works.

Final: examination (computer assisted test)

The final grade consists of 2 components: average annual mark (x 0.5) and final examination mark (x 0.5).

Method of mark rounding at different assessment stages

Intermediate marks scale (annual average, marks from the examination stages)	National Assessment System	ECTS Equivalent
1,00-3,00	2	F
3,01-4,99	4	FX
5,00	5	E
5,01-5,50	5,5	
5,51-6,0	6	
6,01-6,50	6,5	D
6,51-7,00	7	
7,01-7,50	7,5	C
7,51-8,00	8	
8,01-8,50	8,5	B
8,51-9,00	9	
9,01-9,50	9,5	A
9,51-10,0	10	

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The average annual mark and the marks of all stages of final examination (computer assisted, test, oral) - are expressed in numbers according to the mark scale (according to the table), and the final mark obtained is expressed in number with two decimals, which is transferred to student's record-book.

Absence on examination without good reason is recorded as "absent" and is equivalent to 0 (zero). The student has the right to have two re-examinations in the failed exam.

IV. RECOMMENDED LITERATURE:

A. Compulsory

1. Lacusta V., Cereș V., Gîlea A., Șincarenco I. Indicațiile și contraindicațiile clinice ale acupuncturii adaptate la clasificarea internațională a maladiilor (CIM-10). Elaborare metodică. In: Medicina alternativă: fiziologie clinică și metode de tratament, 2013, vol. 18, p. 56-72.
2. Șincarenco I. Acupuncture: indications, contraindications and adverse events. Recomandare metodică. Chișinău: CEP *Medicina*, 2023. 64 p.
3. Лакуста В., Фала В. Акупунктура в стоматологии. Руководство для врачей. Кишинев, 2020. 614 с.

B. Additional

1. Bojor O., Popescu O. Fitoterapia tradițională și modernă. București, 2004. 466 p.
2. Lacusta V. Tratat de acupunctură clinică. Vol. I-II. București, 2005. 792 p.
3. Vasilca-Mozaceni Adrian. Ghidul plantelor medicinale. Iasi: Polirom, 2003, 416 p.
4. Vithoulkas G. Știința homeopatiei. Pitești: Trefla, 2003. 323 p.
5. Кёлер Г. Гомеопатия. Ч. 1-2, Основные положения гомеопатии; практические рекомендации к выбору лекарств. Москва: Медицина, 2000. 608 с.
6. Фроули Д. Аюрведическая медицина. Москва: Саттва, 2009, 448 с.
7. Фурдуй Ф.И., Лакуста В.Н., Вуду Л.Ф. Практические основы санокреатологической акупунктуры. Кишинэу, 2007. 392 с.
8. <https://www.gfmer.ch/ASF-Burkina-Faso/pdf/Abrege-acupuncture.pdf>