UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Fondamenti Razionali e Critici di Medicina Complementare

1819-3-H4101D047

Aims

1. To inform the students about “Complementary Medicines”, that WHO and NHI have considered particularly depending on their utility and efficacy.

2. To give knowledge for a critical evaluation of the elements that can indicate or contraindicate the application of complementary methodologies: Acupuncture, Phytotherapy and Homeopathy.

Contents

Complementary Medicine is formed by a set of diagnostic and therapeutic methodologies that in some pathological conditions have proven, alone or integrated to conventional medicine, to be useful in improving the quality of life of several patients. Among people, the most diffused CM practices are: acupuncture, phytotherapy and low doses therapy or homeopathy. A newly graduated doctor is often unable in giving an opinion about the use of these medicines. Frequently the opinions about the use of these or other methodologies are ideologically based.

On the other side the WHO in several documents recommends the integration of the CAM to the conventional health care system. This course aims to give to the students information about some complementary medicines on which also international institutions like WHO and NHI have expressed positive opinions. The historical basis, the philosophy, the fundamentals, the research levels, the indications and the contraindications are showed in this basic training course.

Detailed program

TRADITIONAL MEDICINE AND COMPLEMENTARY MEDICINE

· Basic principles of Traditional Medicines in accordance with the WHO

· History of Traditional Chinese medicine

· The analogical language and the symbolic language

· The model of medical integration of modern China

ACUPUNCTURE

· Historical brief explanation

· Anatomy and physiology in TCM

· Causes of disease and unbalances in TCM

· Therapeutical techniques: rational basis and evidences

o Acupuncture

o Moxibustion

o Massages

o Gymnastics

o Phytotherapy

o Dietetics

PHYTOTHERAPY

· History of Traditional Phytotherapy and his current use in according to WHO

· General framing of ethnic phytotherapies

· Illustration of the study of a medicinal plant:

o Botanical description and habitat

o Plant materials of interest

o Balsamic time

o Preparations

o Tradition and history

o Major chemical constituents and mechanisms of action

o Experimental pharmacology

o Clinical pharmacology

o Toxicity

o Indications in according to the traditional use

o Indications in according to the EBM

o Contraindications

o Warnings

o Interactions

o Adverse reactions

o Energetic characteristics

o Conclusions

· The scientific basis for the comprehension of mechanisms of action of medicinal plants

HOMEOPATHY AND/OR LOW DOSES THERAPY

· Historical brief explanation

· Homeopathy in Italy and in the world: historical excursus until nowadays

· Fundamentals of the method and his development: Unicism, Pluralism, Complexism

· The approach to the patient and to the disease

· Homeopathic interrogation

· The prescription and evaluation of different prescriptive strategies

· Illustration of the structure and of the use of homeopathic materia medica

· Interrelations of Homeopathy with the development of medical and scientific philosophy

· Experimental and clinical research in homeopathy: methodological criteria

Prerequisites

Medical Students at 3rd year and over

Teaching form

Lectures of 2 hours for 4 days

Textbook and teaching resource

· Minelli E., The Five Ways of the Acupuncture, Gemma Editco, Verona 2000.

· Sangiorgi E., Crescini G., Garzanti S., Minelli E., Phytotherapy: principles of clinical, traditional, energetic, modern phytotherapy. Casa Editrice Ambrosiana, Milano 2007.

· Berera F., Crescini G., Minelli E., The Five Ways of the Chinese Dietetics, red! Ed., Milano 2008

Semester

Assessment method

Interactive verification at the course conclusion

Office hours