



## UNIVERSITI TEKNOLOGI MARA

### PHC661: TRADITIONAL & COMPLEMENTARY MEDICINE

<b>Course Name (English)</b>	TRADITIONAL & COMPLEMENTARY MEDICINE <b>APPROVED</b>
<b>Course Code</b>	PHC661
<b>MQF Credit</b>	2
<b>Course Description</b>	This course exposes the students to some introductions of traditional and complementary medicine theory and principles. Several practices will be described, including Malay herbal traditional, Malay traditional massage, aromatherapy and its oils, acupuncture, chiropractice, homeopathy, heat/steam/sauna, reflexology, bekam / cupping etc. The uses, properties, actions, safety and precautions of traditional and complimentary medicines are discussed.
<b>Transferable Skills</b>	Leadership Teamwork Communication skill
<b>Teaching Methodologies</b>	Lectures, Seminar/Colloquium, Presentation, Self-directed Learning
<b>CLO</b>	CLO1 Describe the principles and practices of traditional and complementary medicine. (C1), PLO1 CLO2 Discuss the application of traditional and complementary medicine in health practice (A5), PLO5
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. Introduction to T&amp;CM</b> 1.1) Traditional medicine is a comprehensive term that refers to forms of medicine long-established in a country, whether developed or developing. Health care practices that are not part of a country's own tradition and that are not well established within the country's conventional health care system are often referred to as complementary and alternative medicine. Sometimes, the terms complementary medicine or alternative medicine are used interchangeably with traditional medicine, but complementary and alternative medicine may include more recently developed technologies, unlike traditional medicine. Therapeutically active ingredients that are plant based.	
<b>2. Introduction to TCM in Malaysia</b> 2.1) Although traditional medicine has a great influence on health care practices worldwide, little reliable information exists regarding the safety, quality, and efficacy of traditional medicine /complementary and alternative medications, in part because most country governments do not regulate or officially recognize TM/CAM therapies. Topic on traditional medicine practices are discuss.	
<b>3. Malay, Chinese &amp; Indian Traditional Medicine</b> 3.1) In Malaysia, Traditional and Complementary Medicine (TCM) are classified into six major groups 2 namely traditional Malay medicine, traditional Chinese medicine, traditional Indian medicine, homeopathy, complementary medicine, and Islamic medical practice. Malaysian studies have reported that 69.4% of the Malaysian population used.	
<b>4. Complementary medicine &amp; Homeopathy</b> 4.1) In Malaysia, Traditional and Complementary Medicine (TCM) are classified into six major groups 2 namely traditional Malay medicine, traditional Chinese medicine, traditional Indian medicine, homeopathy, complementary medicine, and Islamic medical practice. Malaysian studies have reported that 69.4% of the Malaysian population used.	
<b>5. Malay postnatal care &amp; Cupping</b> 5.1) Malaysia is a multicultural country consisting of three major ethnic groups, namely the Malays, Chinese and Indians, with each having their own confinement practices that may vary across different states in the country, but sharing some similar principles. While Cupping therapy is a traditional Chinese and Middle Eastern practice that people use to treat a variety of conditions.	

**6. Malay Massage & Herbal treatment , Acupunture**

6.1) Malay Traditional Massage Therapy (MTMT) is one of the fields of Traditional Malay Medicine (TMM) where the knowledge and practices are indigenous to the Malay culture that cover aspects of health and healing practices from generations. These practices are usually inherited via traditions among families, either in verbal or written forms. MTMT practitioners are often known as Tabib (healers). The treatment aims to cure or prevention of diseases. Generally it involves three basic methods of physical approach namely massaging (urut), doubling (lumur) and cupping (bekam). Before the advent of Islam in Malay states, TMM including massage were largely influenced by the belief and practices that uses supernatural power to treat the disease and even until today some of them still remain popular methods of treatment.

**7. Self – directed learning**

7.1) Several practices will be described, including Malay herbal traditional, Malay traditional massage, aromatherapy and its oils, acupuncture, chiropractice, homeopathy, heat/steam/sauna, reflexology, bekam / cupping etc. The uses, properties, actions, safety and precautions of traditional and complimentary medicines are discussed.

**8. Webinar**

8.1) Three topics on TCM will be discussed.

**9. Group Presentation**

9.1) Several practices will be described, including Malay herbal traditional, Malay traditional massage, aromatherapy and its oils, acupuncture, chiropractice, homeopathy, heat/steam/sauna, reflexology, bekam / cupping etc. The uses, properties, actions, safety and precautions of traditional and complimentary medicines are discussed.

Assessment Breakdown		%		
Continuous Assessment		100.00%		
Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Final Test	n/a	40%	CLO1
	Presentation	Presentation	20%	CLO2
	Test	Test 1	20%	CLO1
	Written Report	Self-Reflection report	20%	CLO2
Reading List	Recommended Text	<ul style="list-style-type: none"> <li>Magfired Abdulveli Bozlar &amp; Syed Mohamed Aljunid. 2020, <i>Practice of Traditional and Complementary Medicine Among Health Professionals in Malaysia.</i>, 1st Ed., 6, Partridge Publishing Singapore Singapore [ISBN: 9781543757]</li> <li>Rosa N. Schnyer 2001, <i>5. Acupuncture in the treatment of depression: a manual for practical.</i>, Churchill Edinburgh</li> </ul>		
Article/Paper List	Reference Article/Paper Resources	<ul style="list-style-type: none"> <li>Fariza Fadzil, Haniza Mohd Anuar, Suhaila Ismail, Norsuria Abd Ghani, and Norlaili Ahmad. 2012, Urut Melayu, the Traditional Malay Massage, as a Complementary Rehabilitative Care in Postpartum Stroke., <i>Journal of Alternative and complementary Medicine.</i>, 18, 415</li> <li>Abuduli, M., Sharifa Ezat WP. And Aljunid, S 2011, 2. Role of traditional and complementary medicine in universal coverage., <i>Malaysian Journal of Public Health Medicine</i>, 11, 1</li> <li>Othman, CN., Farooqui, M., Lamina, RAC. And Din, N 2012, Malay traditional massage therapy (MTMT) seeking behaviours among Malays for their chronic diseases-case study, <i>Procedia Social and Behavioral Sciences</i>, 50, 591</li> <li>Jamia Azdina Jamal, JA., Ghafar, ZA. and Husain, K. 2011, Medicinal Plants used for Postnatal Care in Malay Traditional Medicine in the Peninsular Malaysia, <i>Journal of Pharmacognosy.</i>, 3, 15</li> </ul>		
Other References	This Course does not have any other resources			