

課程名稱 (course name)	印度傳統保健法 Indian Traditional Knowledge of Health and Healing				
開課系所班級 (dept. & year)	通識教育中心	學分 (credits)	2	規劃教師 (teacher)	通識中心 古山吉 Kumar
課程類別 (course type)	必修	授課語言 (language)	中文或英文	開課學期 (semester)	上或下
課程簡述 (course description)	<p>本課程旨在協助學生簡要了解印度和印度次大陸的傳統保健知識，包含阿育吠陀、悉達、尤那尼、順勢療法、瑜伽、自然療法…等，有些方法是印度原有的，有些歷經多年，亦已融於印度傳統中。</p> <p>The Indian systems of traditional therapeutic knowledge consist of Ayurveda, Siddha, Unani and Homoeopathy, and therapies such as Yoga and Naturopathy. Some of these systems are indigenous and others have over the years become a part of Indian tradition. The principle aim of this course is to provide a brief understanding of traditional therapeutic systems in India and Indian sub-continent.</p>				
先修課程 (prerequisites)	無				
課程目標與核心能力關聯配比(%) (relevance of course objectives and core learning outcomes)					
課程目標	course objectives			核心能力 core learning outcomes	配比 合計 100%
1. 介紹印度傳統保健知識	1. An introduction to Indian systems of traditional therapeutic knowledge			人文素養	0%
2. 簡易區分各種印度傳統保健法之異同	2. A brief understanding of similarities and differentiations in each Indian traditional therapeutic system			科學素養	30%
3. 學習如何將印度傳統保健知識應用於現代疾病	3. Learning how Indian traditional therapeutic knowledge is applied to encounter modern diseases			溝通能力	15%
				創新能力	30%
				國際視野	25%
				社會關懷	0%
課程目標之教學方法與評量方法 (teaching and assessment methods for course objectives)					
教學方法 (teaching methods)			學習評量方式 (evaluation)		

講授 lecture
 討論 discussion
 專題探討與製作 group project (A comparative study of ISTM and other systems of traditional medicine)

出席狀況 attendance/ participation 15%
 作業 homework 30%
 口頭報告 oral presentation 20%
 書面報告 reports 35%

**授課內容 (單元名稱與內容、習作 / 考試進度、備註)
 (course content and homework / tests schedule)**

Week	Topic of the lecture
1	Introduction to Indian system of traditional medical practice
2	Principles, merits and demerits, dosage forms of Ayurveda
3	Preparation and standardization of Ayurveda medicines
4	Principles, merits and demerits, dosage forms of Siddha
5	Preparation and standardization of Siddha medicines
6	An introduction to Yoga and yogic science
7	Principles, merits and demerits, dosage forms of Unani
8	Preparation and standardization of Unani medicines
9	Mid-Term exam
10	Principles, merits and demerits, dosage forms of Homeopathy
11	Preparation and standardization of homeopathy medicines
12	Problems in Standardization of homeopathy medicines
13	An introduction to naturopathy
14	Medicinal sources: Herbal sources, Mineral sources, Animal sources, their collection, purification and processing
15	Rules and Regulations to Safeguard the Complimentary Medicines
16	Toxicity studies of different formulations used in different Complimentary medicines
17	Introduction to indigenous medicine
18	Final report submission and oral presentation

**教科書與參考書目 (書名、作者、書局、代理商、說明)
 (textbook & other references)**

1. Susan WB (2018) Ayurveda beginner's guide: Essential Ayurvedic principles and practices to balance and heal naturally. Athea Press, Singapore.
2. Paul JT (2000) Siddha medicine handbook of traditional remedies. Thottam Publisher, Chennai, India.
3. Jamil A (1998) Unani: The science of Graeco Arabic medicine. Lsutre Press, Kanpur, India.
4. Christine A (2014) Homeopathic medicine: The complete guide to homeopathic medicine and treatment of common disorders. The fruitful mind, Word press.

課程教材（教師個人網址請列在本校內之網址）
(teaching aids & teacher's website)

另行公告

課程輔導時間
(office hours)

另行公告