**Course Title:** Special Acupuncture Treatment and Clinical Application
**Duration:** 3 years
**Total Hours:** 36 hours (distributed over one academic year)
**Academic Year:** 1st Year

## Course Objectives

- Apply acupuncture principles in the context of Internal Medicine for disease treatment.
- Identify and treat various pathologies based on Traditional Chinese Medicine (TCM).
- Develop skills in selecting the most effective acupuncture points for each clinical condition.
- Critically evaluate the effectiveness of acupuncture in different pathologies.

## Course Syllabus

### Module 1: Methodology and Literature Review (1 hour)

- Research methodologies in acupuncture.
- Using PubMed to search for scientific evidence.

### Module 2: Definition of Therapeutic Principles, Strategy, and Acupuncture Point Selection (4 hours)

- Mechanisms of disease onset and progression in Chinese Medicine.
- Fundamental principles of acupuncture point selection.
- Treatment strategies.
- Individualized therapeutic planning.
- Discussion of applied clinical cases.

### Module 3: Jing Luo Theory in Clinical Practice (6 hours)

- Concept and functions of Jing Luo.
- Diagnosis based on Jing Luo energy circulation.
- Interrelationships between meridians and Zang Fu.
- Clinical application of Jing Luo.
- Clinical integration of Jing Luo in disease analysis and treatment.

### Module 4: Nervous System and Neuropathy (2 hours)

- **4.1. Migraine (1 hour)**
  - Mechanisms of acupuncture action in neuropathic pain relief.

    - Discussion of clinical studies.
- **4.2. Diabetic Neuropathy (1 hour)**
    - Analgesic and neuroprotective effects of acupuncture.
    - Analysis of systematic reviews and meta-analyses.

**Module 5: Musculoskeletal System (9 hours)**

- **5.1. Relationship between meridians, muscles, and movement (4 hours)**
    - Functional muscle analysis and treatment strategies.
- **5.2. Knee Osteoarthritis (1 hour)**
    - Impact of acupuncture on pain and joint function.
    - Discussion of controlled clinical trials.
- **5.3. Shoulder Periarthritis (2 hours)**
    - Effectiveness of acupuncture in shoulder joint complex.
- **5.4. Chronic Low Back Pain (2 hours)**
    - Effectiveness of acupuncture in lumbar pain.
    - Case studies and clinical evidence.

**Module 6: Respiratory System (2 hours)**

- **6.1. Asthma (1 hour)**
    - Role of acupuncture in immunological and inflammatory modulation.
    - Review of relevant clinical studies.
- **6.2. Allergic Rhinitis (1 hour)**
    - Effects of acupuncture in reducing allergic symptoms.
    - Analysis of available scientific evidence.

**Module 7: Digestive System (2 hours)**

- **7.1. Irritable Bowel Syndrome (1 hour)**
    - Mechanisms of acupuncture action on intestinal motility.
    - Discussion of clinical studies and meta-analyses.
- **7.2. Functional Dyspepsia (1 hour)**
    - Effectiveness of acupuncture in improving digestive symptoms.
    - Review of scientific literature.

**Module 8: Cardiovascular System (2 hours)**

- **8.1. Hypertension (1 hour)**
    - Influence of acupuncture on blood pressure regulation.
    - Analysis of clinical studies.
- **8.2. Heart Failure (1 hour)**
    - Potential benefits of acupuncture on cardiac function.
    - Discussion of available evidence.

**Module 9: Endocrine System (2 hours)**

- **9.1. Type 2 Diabetes Mellitus (1 hour)**
    - Effects of acupuncture on glycemic control and complications.
    - Review of clinical studies.

- **9.2. Polycystic Ovary Syndrome (1 hour)**
    - Impact of acupuncture on hormonal regulation and associated symptoms.
    - Analysis of scientific evidence.

**Module 10: Immune System (2 hours)**

- **10.1. Fibromyalgia (1 hour)**
    - Effectiveness of acupuncture in chronic pain modulation and immune response.
    - Discussion of studies and meta-analyses.
- **10.2. Systemic Lupus Erythematosus (1 hour)**
    - Potential of acupuncture in symptom management and disease activity.
    - Review of available literature.

**Module 11: Genitourinary System (2 hours)**

- **11.1. Urinary Incontinence (1 hour)**
    - Effects of acupuncture on pelvic floor strengthening and urinary control.
    - Analysis of clinical studies.
- **11.2. Benign Prostatic Hyperplasia (1 hour)**
    - Impact of acupuncture on associated urinary symptoms.
    - Discussion of scientific evidence.

**Module 12: Female Reproductive System (1 hour)**

- **12.1. Dysmenorrhea (1 hour)**
    - Effectiveness of acupuncture in reducing menstrual pain.
    - Review of clinical studies and meta-analyses.

**Module 13: Male Reproductive System (1 hour)**

- **13.1. Erectile Dysfunction (1 hour)**
    - Benefits of acupuncture on erectile function and male sexual health.
    - Analysis of available evidence.

**Module 14: Dermatological System (2 hours)**

- **14.1. Atopic Dermatitis (1 hour)**
    - Effects of acupuncture on immune regulation and skin inflammation.
    - Discussion of clinical studies and systematic reviews.
- **14.2. Herpes Zoster (1 hour)**
    - Effectiveness of acupuncture in treating viral infection-related dermatological conditions.
    - Review of clinical studies and meta-analyses.

## Teaching Methodology

- Theoretical and interactive classes for analysis of fundamentals and scientific evidence.

- Discussion of relevant scientific articles, including meta-analyses and randomized clinical trials published in PubMed.
- Clinical case studies, based on real patients and therapeutic simulations.
- Supervised practical sessions for refining point selection and applied techniques.
- Group work to discuss therapeutic protocols based on the literature.

## Evaluation

- Participation and critical analysis of scientific articles (30%).
- Presentation of a literature review on one of the diseases covered (40%).
- Discussion and development of a therapeutic plan based on available evidence (30%).

## Recommended Bibliography


- Cheng, X. (2009). *Chinese Acupuncture and Moxibustion*. Foreign Languages Press.
- Liang, F. et al. (2020). *Evidence-Based Clinical Practice of Acupuncture*. Springer.
- Wang, J. (2008). *Applied Channel Theory in Chinese Medicine*. Eastland Press.
- Maciocia, G. (2015). *The Foundations of Chinese Medicine*. Elsevier.
- Deadman, P., & Al-Khafaji, M. (2007). *Manual de Acupuntura*. São Paulo: Roca.
- Recent scientific publications retrieved from PubMed, as per the topics discussed.