

College of  
Medicine and  
Healing Arts



**Prospectus &  
Curriculum  
2017/2018**

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# College of Medicine and Healing Arts

## Founder and Principal

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*“Come, come, whoever you are,  
wonderer, worshipper, lover of leaving,  
it doesn’t matter.*

*Ours is not a caravan of despair,  
Come, even if you have broken  
your vow a thousand times.  
Come, yet again, come, come.”*

Mevlana Jelaluddin Rumi

1207 – 1273



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## Our Patrons & Advisors

### Our Patrons

**Prof. Hakim Syed Zillur Rahman** - President of Ibn Sina Academy of Medieval Medicine and Science, Aligarh, India.

**Dr. Mohammed Khalid Siddiqui** - Former Director General, Central Council for Research in Unani Medicines (CCRUM).

**Prof. Mir Ajab Khan** - Former Dean, Quaid-i-Azam University, Islamabad, Pakistan.

**Hakim Ziauddin Ahmad** - New Delhi, India.

### Our Consultant Advisors

**Hakim Haroon Azam Niazi** - Rawalpindi, Pakistan.

**Dr. Rafeek Hameed** - ND, PHD, MGNI, Sri Lanka.

## A Brief Introduction

Welcome to the College of Medicine and Healing Arts: the leading organisation for practice, research, and training in the wisdom and science of *Tibb* – whole-person healthcare and medicine, established in Leicester, England.

We are an initiative dedicated to develop and synthesise traditional knowledge and forms of medicine such as *Unani Tibb* and *Tibb-un-Nabawi*, along with useful and beneficial research and innovations from Complimentary & Alternative Medicine (CAM).

Mohsin Health (providing consultations, natural remedies and trusted health information), since 1978, and College of Medicine and Healing Arts (CoMHA), since 2011, are the pioneers and custodians of this knowledge and these skills.

The College welcomes you into its fold and we look forward to serving you as our valued student learner. Details of the programmes the College offers are available in the next section.

# Tibb: Whole-Person Healthcare & Medicine

*Tibb* is an Arabic word which in different places of the world, has been referred to as *Arabic*, *Greco-Arab*, *Hikmah*, *Yunani*, *Oriental*, *Islamic* and *Sufi* medicine. Some of the most illustrious names such as *Ar-Razi* of Persia, and *Ibn Al-Baytar* of Andalusia, Spain, are associated with the tradition of *Tibb*. Maimonides of Cairo, Egypt and *Ibn Sina* (Avicenna) were practitioners and teachers of *Tibb*. *Tibb* is a tradition of health whose synthesis was in the crucible of the Middle East, and integrates elements from Egypt, India, China and Classical Greece.

Today, *Tibb* continues to provide relief for millions of people in India, Pakistan, Afghanistan, Bangladesh, Malaysia, various parts of the Middle East, Africa, USA, Europe and the United Kingdom. *Unani Tibb* medicine is recognised by the World Health Organisation as a tradition of medicine.

## Wholeness and Balance

*Tibb*, which literally means “nature”, is a body of knowledge and practice, which maintains health and endeavours to restore it when lost. Health is a purposeful



condition of *i'tidal* – dynamic balance, in which all the functions of the human being are carried out in a correct and whole manner. The concept of *wholeness and balance* permeates the philosophy, principles and practice of *Tibb*. Once, the condition of wholeness and balance was a norm for most human beings. However, as people and societies moved away from *fitrah* – the natural way of life, disharmony and diseases increased.

## Diagnosis

There are three types of professionals within *Tibb*: *Hakim* – a consultant physician; *Tabeeb* – a physician; and *Muhallij* – a practitioner. Every physician within the *Tibb* tradition works with the whole person. In their diagnosis or evaluation, they assess the whole person, while attempting to find the locus of any given disease. An imbalance may be found on one or more of four levels: physical, emotional, mental and spiritual. Depending upon the individual patient's *Mizaj* – temperament, the physician can use one or more of the available techniques or modalities to restore order and balance.

## Treatment

On the physical level, the physician may select massage, manipulation or cupping. This may be complemented with subtle changes in diet supported by a single or a

compound remedy from a rich materia medica – selection of healing materials, mostly plant-based.

If necessary and appropriate, the physician can use Nafisiyat – holistic psychotherapeutic measures to balance the inner dimensions of emotions or thoughts. If there is a spiritual imbalance, then the Hakim may use Ruhaniyat – logotherapy – to harmonise the transcendental aspects of Ruh - soul, the core of the human being.

# Programmes Available

## Foundation in Natural Health

Suitable for those wanting to improve their own and their family's health using the time-tested healing wisdoms of Tibb: Whole-Person Healthcare & Medicine.

- Stage 1 – Life Balance & Healthy Living
- Stage 2 – Whole-Person Healing & Medicine

## Naturopathic Physician Training

For those interested in learning traditional (Tibb) and modern (Complimentary & Alternative) skills to help their patients and clients. This programme requires satisfactory completion of Stages 1 & 2 in Foundation in Natural Health.

- Stage 3 – Naturopathic Physician Training & Clinical Skills
- Stage 4 – Therapeutics & Practice Management
- Stage 5 – Clinical Practice

## Diploma in Herbal & Naturopathic Medicine (Tibb)

After the satisfactory completion of Foundation in Natural Health and Naturopathic Physician Training, students may wish to continue towards completion of the professional Diploma.

Those wishing to pursue the *Diploma in Herbal & Naturopathic Medicine (Tibb)* are required to:

- Satisfactorily complete homework assignments;
- Complete ten clinical case studies;
- Attend a further five days of Review & Consolidation;
- Pass their final exams.

To find out more, visit [www.CoMHA.org.uk/diploma](http://www.CoMHA.org.uk/diploma).

## Online Programme(s)

Those who are unable to currently attend in-person can join as an online learner. Foundation in Natural Health is being made available online. To enroll in the Life Balance & Healthy Living online programme, please visit [www.CoMHA.org.uk/Online](http://www.CoMHA.org.uk/Online).

Please note our online courses do not replace in-person attendance.

## More Information

We look forward to your participation on our programmes. If you have any specific questions or need further information/clarification, you can either:

- E-mail us at [admissions@CoMHA.org.uk](mailto:admissions@CoMHA.org.uk); or
- Call us on (+44) (0)116 273 86 14

# Validation & Qualifications

## Accreditation

The College of Medicine and Healing Arts (CoMHA) is accredited by the International Association of Natural Medicine (IANM).

CoMHA has excellent credibility and reputation within the fraternity of *Tibb*, due to its high standards.

Graduates of CoMHA are respected by their peers within complementary and alternative medicine (CAM).

## International Association of Natural Medicine (IANM)

Successful graduates can apply to join the association and participate in its running.

## Opportunities for Graduates

As our graduate there are different options available to you:

- You may wish to set up your own practice either as a herbalist, nutritionist, a well-being counsellor, personal health coach or advisor.
- You may wish to work as a practitioner at one of our clinics.
- You may wish to choose to run your own practice on a full-time or part time basis.

You may also continue your training with the College of Medicine and Healing Arts, to become an authentic and competent physician of natural medicine by the expanding your range and depth of knowledge, and the skills that this classical tradition offers you.

### Professional Indemnity Insurance

Successful gradates of CoMHA can apply for professional insurance before they begin their practice. This protects them and the public.

### Support After Graduating

As a CoMHA graduate you will have continuing support after graduating as well as clinical supervision.

# Diploma in Herbal & Naturopathic Medicine (Tibb) – Aim and Objectives

## Aim of the Diploma Programme

For the graduate to be able to run a safe, effective, legal and financially viable naturopathic and herbal practice based on the Tibb tradition, incorporating useful knowledge and skills from Complimentary & Alternative Medicine (CAM).

## Stage 1 – Life Balance & Healthy Living

In this stage, learners are introduced to the *Tibb* whole-person approach, specifically the seven components of the human constitution – *umoor-e-tabiyaat*.

Learners are introduced to the Six Life-Balance Factors – *asbaab-e-sittah-zururiah*, and how to use them to promote their own health.

Learners practically prepare a range of spice mixtures, drinks and dishes according to the recipes in Alchemy in the Kitchen – *alkimia-fil-matbakh*.



## Stage 2 – Whole-Person Healing & Medicine

In this stage, learners further their learning by exploring specific interventions pertaining to the Six Life-Balance Factors. One major focus in this stage is nutrition, including *Tibb* nutrition and the seven critical nutritional components.

A key theme introduced in this stage is this healing crisis. Learners are also introduced to single remedies and compound formulations, and begin developing their practical skills in safely preparing these medicines.

## Stage 3 – Physician Training & Clinical Skills

Students in this stage begin to develop their consciousness, approach and skills as future physicians. They continue to develop the knowledge and skills they began to develop in Stage 2, with their now patient-centred approach.

In this stage, students learn and develop the skills to conduct a patient interview and take relevant case notes, as well as to professionally assess an individual client/future patient.

The training delivered in this stage emphasises professional considerations such as health and safety, confidentiality, record keeping and data protection.

After completing Stage 3, students can begin to take their own individual clinical case studies.

## **Stage 4 – Therapeutics & Practice Management**

Basic anatomy and physiology is introduced in this stage. Specific disease examples are explored with a view to learning how to successfully manage maintenance of health and treatment of diseases.

Students in this stage are informed of the basic procedures with respect to accidents and emergencies, and to know when to refer a patient elsewhere.

In Stage 4, just like in Stage 3, professional considerations are emphasised, with a particular focus on UK legislation that is relevant to their practice. In addition, students learn the main business considerations relevant to their practice.

## **Stage 5 – Clinical Practice**

This is a practical stage where students acquire the skills they need to eventually demonstrate safe, effective, legal and financially viable naturopathic and herbal practice.

In Stage 5, students practically learn how to prepare and manage their clinic premises and equipment, receive patients, interview their patients, and learn important skills to do with making and dispensing medicines.

Students are required to attend this stage which will allow them to experience at least 30 hours of various clinical activities and preparing and dispensing medicines.

## **Stage 6 – Review & Consolidation**

This stage is to review the progress of each learner, in regards to their personal development as well as their professional development.

As well as a general review, the focus is specifically on reviewing and updating students' individual clinical case studies. In this stage, students prepare to complete any remaining coursework and be ready for their exams.

# Diploma in Herbal & Naturopathic Medicine (Tibb) – Curriculum

## Stage 1 – Life Balance & Healthy Living

### Introduction to Tibb

Unit	Title
1.1	Hikmah: The Philosophical Foundations of Tibb
1.2	Definitions and Subject Matter of Tibb
1.3	Arkan: The Elements
1.4	Mizaj: Temperament
1.5	Akhlat: The Humours
1.6	A'dha: The Organs
1.7	Arwah: The Spirits
1.8	Quwwah: The Faculties
1.9	Af'aal: The Functions

### Introduction to Life Balance

Unit	Title
2.1	Introduction to Life Balance
2.2	Seasons and Air
2.3	Food and Drink
2.4	Psychological Activity and Rest

- 2.5 Physical Activity and Rest
- 2.6 Sleep and Wakefulness
- 2.7 Elimination and Retention
- 2.8 Life Balance Worksheets

### **Alchemy in the Kitchen**

- | Unit | Title                                   |
|------|---|
| 3.1  | Health and Safety in the Kitchen        |
| 3.2  | Health and Safety with Herbs and Spices |
| 3.3  | Chapatti/Roti/Paratha                   |
| 3.4  | Curry Powder                            |
| 3.5  | Garam Masala                            |
| 3.6  | Ghee (Clarified Butter)                 |
| 3.7  | Kitchari                                |
| 3.8  | Nabeez (Date Drink)                     |
| 3.9  | Lassi                                   |
| 3.10 | Moroccan Soup (Harira)                  |
| 3.11 | Pumpkin and Barley Soup                 |
| 3.12 | Saffron Elixir Tea                      |
| 3.13 | Stuffed Date Halwa                      |
| 3.14 | Water                                   |
| 3.15 | Wholemeal Bread                         |
| 3.16 | Zaytoon (Olive) Oil                     |

## Stage 2 – Whole-Person Healing & Medicine

### Whole-Person Healing

Unit Title

1.1 Understanding Whole-Person Health

### Creating a Balanced Lifestyle

Unit Title

2.1 Seasons, Air & Environment

2.2 Food & Drink

2.3 Physical Activity & Rest

2.4 Psychological Activity & Rest

2.5 Sleep & Wakefulness

2.6 Retention & Elimination

### Tibb: Whole-Person Nutrition

Unit Title

3.1 Introduction & Definitions

3.2 Keys to Understanding Whole-Person Nutrition

3.3 Nutrition & Wholistic Health

### Naturopathic Nutrition

Unit Title

4.1 Introduction to Naturopathic Nutrition

4.2 Macronutrient Composition

4.3 Dietary Fibre and It's Health Benefits

4.4 Essential Fatty Acids

4.5 Balance of Minerals

- 4.6 Micronutrient Composition
- 4.7 Glycaemic Index
- 4.8 Acid-Alkali Balance

## **Materia Medica**

Unit Title

- 5.1 Single Medicaments
- 5.2 Compound Medicaments

## **The Healing Crisis**

Unit Title

- 6.1 Introduction to the Healing Crisis

## Stage 3 – Naturopathic Physician Training & Clinical Skills

### Naturopathic Physician Training

- 1.1 The Naturopathic Physician’s Role and Responsibilities
- 1.2 Professional Considerations
- 1.3 Patient Care and Management
- 1.4 Physician Heal Thyself
- 1.5 Managing the Healing Crisis
- 1.6 Preparing for Clinical Case Studies
- 1.7 Patient-Centred Assessment

### Clinical Skills

- | Unit | Title                                       |
|------|---|
| 2.1  | The Art of History Taking                   |
| 2.2  | Physiognomy                                 |
| 2.3  | Introduction to Iridology                   |
| 2.4  | The Pulse                                   |
| 2.5  | Stools and their Diagnostic Importance      |
| 2.6  | Urine Analysis                              |
| 2.7  | Use of Equipment in the Clinic and Pharmacy |

### Materia Medica

- | Unit | Title                            |
|------|----------------------------------|
| 3.1  | Single Medicaments (Continued)   |
| 3.2  | Compound Medicaments (Continued) |



## Stage 4 – Therapeutics & Practice Management

### **Anatomy and Physiology**

1. The Digestive System
2. The Respiratory System
3. The Cardiovascular System
4. The Skeletal System
5. The Muscular System
6. The Lymphatic System
7. The Endocrine System
8. The Excretory System
9. The Nervous System
10. The Reproductive System
11. The Sense Organs and Skin

### **Etiology & Pathology**

Unit Title

- 1.1 Essential Understanding of Etiology
- 1.2 Essential Understanding of Pathology

### **Therapeutics**

Unit Title

- 2.1 Introduction to Therapeutics
- 2.2 Classifications of Diseases
- 2.3 Specific Disease Examples
- 2.4 Emergencies and Accidents
- 2.5 Death and Dying
- 2.6 Patient-Centred Treatment

- 2.7 Guidelines for Good Practice
- 2.8 Phytopharmacy

## **Practice Management**

Unit Title

- 3.1 Legislation
- 3.2 Professional Considerations
- 3.3 Business Considerations
- 3.4 Resources for Good Practice

## **Handbook for Successful Practice Management**

- 1. The Choice of Practice Premises
- 2. Health and Safety
- 3. Setting Up a Practice
- 4. Employment of Staff
- 5. Financial Management
- 6. Advertising

## How to Register and Enroll

You can register as a student by enrolling on any of our available courses and programmes. You can enroll through our website [www.CoMHA.org.uk](http://www.CoMHA.org.uk), or e-mail us to enroll you at [admissions@CoMHA.org.uk](mailto:admissions@CoMHA.org.uk).

## Online Programme(s)

You can enroll yourself instantly on the Life Balance & Healthy Living online programme, just visit [www.CoMHA.org.uk/Online](http://www.CoMHA.org.uk/Online).

## Get In Touch With Us

If you have further questions, just get in touch with our team. You can:

- Phone us on: (+44) (0)116 273 86 14
- E-Mail us at: [admissions@CoMHA.org.uk](mailto:admissions@CoMHA.org.uk)
- Write to or visit us: 446 East Park Road  
Leicester, LE5 5HH  
England (UK)

# Prospectus 2017/2018



*“Honor your body, which is your representative in this universe. Its magnificence is no accident.*

*It is the framework through which your work must come; through which the spirit and the spirit within the spirit speaks.*

*The flesh and the spirit are two phases of your actuality in space and time. Who ignores one, falls apart in shambles. So it is written...”*



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