

College of  
Medicine and  
Healing Arts



Prospectus &  
Curriculum  
**2017/2018**

# College of Medicine and Healing Arts

Founder and Principal

Hakim M. Salim Khan  
M.D.(M.A) M.H. D.O. F.G.N.I.

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## Telephone

(+44) (0)116 273 86 14

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## E-mail

[admissions@CoMHA.org.uk](mailto:admissions@CoMHA.org.uk)

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## Website

[www.CoMHA.org.uk](http://www.CoMHA.org.uk)



*“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



## 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, which was established in Leicester, England (UK) and is the leading organisation for practice, research, and training in the wisdom and science of *Tibb* – whole-person healthcare and medicine.

The College of Medicine and Healing Arts is 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 including full curriculum of the programmes that the College offers are included in this Prospectus.

# Tibb: Whole-Person Healthcare & Medicine

*Tibb* is an Arabic word which in different parts of the world is referred to as *Arabic, Greco-Arab, Hikmah, Unani, Oriental, Islamic* and/or *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 concepts of *wholeness* and *balance* permeate the

philosophy, principles and practice of *Tibb*. In previous times, 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*, listed as follows: *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 *wholeness* 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 help balance the patient's 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* – the 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

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

### Diploma in Tibb Naturopathic & Herbal Medicine

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

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

- Attend all five stages of training (Stages 1 – 5);
- Invest 6-10 hours per week of guided home-study;
- Satisfactorily complete all homework assignments;
- Complete and submit 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)

We are happy to accommodate those who are interested in enrolling online. This way, they can start their journey of discovering and practicing the Tibb approach to health from the comfort of their own home, immediately.

The online programmes **do not** replace in-person trainings. Attendance of all in-person trainings is required for those pursuing the *Diploma in Tibb*. To facilitate transferring from online to in-person, a discounted enrolment is available.

To learn more, please visit [www.CoMHA.Online](http://www.CoMHA.Online).

## More Information

For further information and any specific questions, you can:

- 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). Successful graduates can apply to join this association and participate in its running.

## Reputation & Credibility

The College of Medicine and Healing Arts (CoMHA) has an excellent reputation and credibility within the fraternity of *Tibb*, due to its high standards. Graduates of the College of Medicine and Healing Arts (CoMHA) are respected by their peers in the complementary and alternative medicine (CAM) community.

## Opportunities for Graduates

As our graduate there are different options available to you:

- You may wish to set up your own practice as a herbalist, nutritionist, a wellbeing counsellor, personal health coach or health advisor.
- You may wish to work as a practitioner at one of our clinics.
- You may 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 (CoMHA), to become an authentic and competent physician of natural medicine by expanding your range and depth of knowledge, and the skills that this classical tradition of *Tibb* offers you.

### Professional Indemnity Insurance

Successful graduates of the College of Medicine and Healing Arts (CoMHA) can apply for professional indemnity insurance before they begin their practice. This protects them and the public.

### Support After Graduating

As a College of Medicine and Healing Arts (CoMHA) graduate you will have continuing support after graduating as well as clinical supervision.

# Diploma in Tibb Naturopathic & Herbal Medicine – 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 this 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 will take place at a working clinic. Students will 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 supplements & medicines.

Students are required to attend this stage which will allow them to experience at least 30 hours of various clinical activities including reception, consultation and dispensing.

## 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 Tibb: Naturopathic & Herbal Medicine – 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	A'faal: 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
- 1.2 Introduction to the Healing Crisis

### **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

### **Materia Medica**

Unit Title

- 4.1 Single Medicaments
- 4.2 Compound Medicaments

## Stage 3 – Physician Training & Clinical Skills

### **Physician Training**

- 1.1 The Physician's Role and Responsibilities
- 1.2 Patient-Centred Assessment
- 1.3 Patient Education
- 1.4 Preparing for Clinical Case Studies
- 1.5 Professional Considerations

### **Materia Medica**

- | Unit | Title                            |
|------|----------------------------------|
| 2.1  | Single Medicaments (Continued)   |
| 2.2  | Compound Medicaments (Continued) |
| 2.3  | Phytopharmacy                    |

### **Clinical Skills**

- | Unit | Title                                  |
|------|--|
| 3.1  | Introduction to Clinical Skills        |
| 3.2  | Introduction to Diagnostic Equipment   |
| 3.3  | The Art of History Taking              |
| 3.4  | The Pulse                              |
| 3.5  | Physiognomy                            |
| 3.6  | Introduction to Iris Analysis          |
| 3.7  | Stools and their Diagnostic Importance |
| 3.8  | Urinoscopy                             |

## Stage 4 – Therapeutics & Practice Management

### **Anatomy and Physiology**

Unit	Title
1.1	The Digestive System
1.2	The Respiratory System
1.3	The Cardiovascular System
1.4	The Skeletal System
1.5	The Muscular System
1.6	The Lymphatic System
1.7	The Endocrine System
1.8	The Excretory System
1.9	The Nervous System
1.10	The Reproductive System
1.11	The Sense Organs and Skin

### **Etiology & Pathology**

Unit	Title
2.1	Essential Understanding of Etiology
2.2	Essential Understanding of Pathology

### **Therapeutics**

Unit	Title
3.1	Introduction to Therapeutics
3.2	Definitions of Health and Disease
3.3	Classifications of Diseases
3.4	Specific Disease Examples

- 3.5 Emergencies and Accidents
- 3.6 Death and Dying
- 3.7 Patient-Centred Treatment
- 3.8 Guidelines for Good Practice

## **Practice Management**

- | Unit | Title                       |
|------|-----------------------------|
| 4.1  | Legislation                 |
| 4.2  | Professional Considerations |
| 4.3  | Business Considerations     |
| 4.4  | Resources for Good Practice |

## How to Register and Enroll

You can register as a student by enrolling on any of our available courses and programmes. You can apply for enrolment through our website [www.CoMHA.org.uk](http://www.CoMHA.org.uk), or e-mail us at [admissions@CoMHA.org.uk](mailto:admissions@CoMHA.org.uk) if you would like us to help you make your application.

## Online Programme(s)

The Life Balance & Healthy Living online programme is available to access instantly, just visit [www.CoMHA.Online](http://www.CoMHA.Online).

## Get In Touch With Us

If you have further questions, please get in touch us. We are happy to address your concerns or queries. 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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