

MINISTRY OF EDUCATION AND SCIENCE OF THE KYRGYZ REPUBLIC  
OSH STATE UNIVERSITY  
INTERNATIONAL OF MEDICAL FACULTY

Department of Pathology, Basic and Clinical Pharmacology

TRAINING PROGRAM  
(Syllabus) -2

Specialty (direction)	(General Medicine)	Course code	30873 / 28124
Language of instruction	english	discipline	Complementary medicine.
Academic year	2025-2026	Number of credits	2
Teacher	Mamatkulova N Abdieva B Kabylbekov U Murzaeva M Seitov T	Semester	IV-sem
E-Mail		Schedule for the application “OshGU Student”	<a href="https://myedu.oshu.kg/#/teacherSchedules">https://myedu.oshu.kg/#/teacherSchedules</a>
Consultations (time/audience)	According to the schedule,	Location (building/room)	IMF
Form of study (daytime/correspondence/evening/distance learning)	daytime	Course type: elective	B

Head of MEP, Ph.D., Associate Professor Bugubaeva M.M. 

Osh, 2026

**Information about the instructors:**

Nº	Full name	Degree	Position	E-mail
1	<b>Mamatkulova N</b>	PhD	Senior lecturer	<a href="mailto:0559101812">0559101812</a>
3	<b>Begimai Abdieva</b>		Lecturer	<a href="mailto:0778289692">0778289692</a>
4	<b>Kabylbekov U</b>		Lecturer	<a href="mailto:0705814071">0705814071</a>
5	<b>Murzaeva M</b>		Lecturer	<a href="mailto:0998939293">0998939293</a>
6	<b>Seitov T</b>		Lecturer	<a href="mailto:0553333448">0553333448</a>
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***Course description:***

The course "Complementary Medicine" refers to the disciplines of the variable part of the cycle of professional disciplines. This means that the course is designed for in-depth study of specific methods and approaches in medicine that complement or are alternative to traditional medical practices. In the context of higher professional education (HPE), this approach emphasizes the importance of an integrated approach to treatment and health, providing students with the knowledge and skills necessary to integrate various medical practices.

***The aim of the course:***

Study of theoretical and practical aspects of complementary and alternative medicine for the integration of non-traditional approaches into modern medical practice in order to expand the possibilities of patient recovery and rehabilitation.

**Course objectives:**

1. Introduction to the history and philosophy of complementary and alternative medicine, including cultural and ethnic aspects that influence the development and use of alternative medicine in different countries.
2. Study of the main methods and approaches of alternative medicine, such as homeopathy, Ayurveda, naturopathy, traditional Chinese medicine, reflexology and others, as well as their scientific basis and clinical effectiveness.
3. Analysis of clinical studies and scientific data confirming the safety and effectiveness of alternative medicine methods, in order to form a critical approach to assessing the information.
4. Mastering practical skills in applying selected alternative medicine methods as part of complementary therapy aimed at improving the quality of life and alleviating the condition of patients.
5. Developing skills of interdisciplinary interaction to integrate complementary alternative medicine into traditional medical practices, taking into account ethical and legal aspects.
6. Conducting independent research and case studies on the effectiveness and safety of alternative medicine methods, developing recommendations for their use in clinical practice.

<b>Prerequisites</b>	History of medicine, nursing.			
<b>Post-requisites</b>	Nutrition, pharmacology, hospital therapy, public medicine.			
<b>Learning outcomes of the discipline</b>				
By the end of the course, the student: will achieve the following learning outcomes (LO) corresponding to the expected results of mastering the educational program (ERMP) and will have the corresponding competencies: LO1, LO4, LO5.				
LO (learning outcome)	LO discipline	Competencies		
LO-1 Able to use basic knowledge of medical, natural science and social disciplines in professional activities.	PC-31 - able and willing to analyze and publicly present medical information based on evidence-based medicine;	<p>Knows and understands:</p> <ul style="list-style-type: none"> <li>- Basic theoretical approaches and practical methods of complementary medicine.</li> <li>- Historical and cultural aspects of development.</li> <li>- Scientific foundations and methods of clinical evaluation of the effectiveness and safety of complementary or alternative medicine.</li> </ul> <p>Can:</p> <ul style="list-style-type: none"> <li>- Integrate alternative medicine methods into the comprehensive treatment of patients.</li> <li>- Critically evaluate scientific research on CAM.</li> <li>- Develop individual health programs using complementary medicine methods.</li> </ul> <p>Has the following skills:</p> <ul style="list-style-type: none"> <li>- Application of alternative treatment methods in practice.</li> <li>- Interdisciplinary interaction and communication with patients and colleagues.</li> </ul>		
LO-4 Capable of using information resources and specialized equipment to solve professional problems in the field of complementary medicine.	PC-7 – able to work with specialized medical equipment used in alternative medicine, is proficient in computer technology, analyzes and applies information technology to search, process and apply data in professional practice	<ul style="list-style-type: none"> <li>- Scientific foundations and methods of clinical evaluation of the effectiveness and safety of complementary or alternative medicine.</li> </ul> <p>Can:</p> <ul style="list-style-type: none"> <li>- Integrate alternative medicine methods into the comprehensive treatment of patients.</li> <li>- Critically evaluate scientific research on CAM.</li> <li>- Develop individual health programs using complementary medicine methods.</li> </ul> <p>Has the following skills:</p> <ul style="list-style-type: none"> <li>- Application of alternative treatment methods in practice.</li> <li>- Interdisciplinary interaction and communication with patients and colleagues.</li> </ul>		

LO-5 Able to apply fundamental knowledge in health assessment and diagnostics using complementary medicine methods.	PC-15 – is capable of analyzing and evaluating the effectiveness of alternative treatment methods based on clinical data and scientific research, using knowledge of the basic physiological and pathological processes in the body.	<ul style="list-style-type: none"> <li>- Scientific foundations and methods of clinical evaluation of the effectiveness and safety of complementary or alternative medicine.</li> </ul> <p>Can:</p> <ul style="list-style-type: none"> <li>- Integrate alternative medicine methods into the comprehensive treatment of patients.</li> <li>- Critically evaluate scientific research on CAM.</li> <li>- Develop individual health programs using complementary medicine methods.</li> </ul> <p>Has the following skills:</p> <ul style="list-style-type: none"> <li>- Application of alternative treatment methods in practice.</li> <li>- Interdisciplinary interaction and communication with patients and colleagues.</li> </ul>
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### Calendar and thematic plan of lectures

№ week	Topic Title	Number of hours	Баллы			
			visit	Test (for TC), oral, written questionin g	keeping a workboo k	total
<b>1<sup>st</sup> module</b>						
1	Introduction to Complementary Medicine - An overview of complementary, alternative, and complementary medicine. - Principles and foundations for the safe use of alternative therapies.	2	1	2	1	4
2	AYURVEDA: Tridosha concept, Prakriti (body constitution), Panchakarma, Diet principles (Ahara), Herb-drug interactions (Ashwagandha, Turmeric, Guduchi), Role in lifestyle disorders (diabetes, obesity)	2	1	2	1	4
3	SIDDHA: Thatuvams (fundamental principles), Tridosha (Vatham, Pitham, Kabham), Herbo-mineral formulations, Pulse diagnosis, Role in chronic skin diseases	2	1	2	1	4
4	UNANI: Four humors (Dam, Balgham, Safra, Sauda), Ilaj-bil-Ghiza & Ilaj-bil-Dawa, Cupping (Hijama), Hepatoprotective drugs, Approach to skin & gastrointestinal disorders	2	1	2	1	4
5	HOMEOPATHY: Concept of health and disease (vital force), Acute vs chronic diseases, Role in chronic and functional disorders, Psychosomatic conditions (stress, anxiety, sleep disorders)	2	1	2	1	4
	<b>Total Hours / Average Current Score</b>	10	1	2	1	4

### Calendar and thematic plan of practical classes

№	Topic title	Points
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week			visit	Task on google classroom	activity	total
<b>1<sup>st</sup> module</b>						
1	Introduction to Complementary Medicine - An overview of complementary, alternative, and complementary medicine. - Principles and foundations for the safe use of alternative therapies.	2	1	2	1	4
2	AYURVEDA: Tridosha concept, Prakriti (body constitution), Panchakarma, Diet principles (Ahara), Herb-drug interactions (Ashwagandha, Turmeric, Guduchi), Role in lifestyle disorders (diabetes, obesity)	2	1	2	1	4
3	SIDDHA: Thathuvams (fundamental principles), Tridosha (Vatham, Pitham, Kabham), Herbo-mineral formulations, Pulse diagnosis, Role in chronic skin diseases	2	1	2	1	4
4	UNANI: Four humors (Dam, Balgham, Safra, Sauda), Ilaj-bil-Ghiza & Ilaj-bil-Dawa, Cupping (Hijama), Hepatoprotective drugs, Approach to skin & gastrointestinal disorders	2	1	2	1	4
5	HOMEOPATHY: Concept of health and disease (vital force), Acute vs chronic diseases, Role in chronic and functional disorders, Psychosomatic conditions (stress, anxiety, sleep disorders)	2	1	2	1	4
6	Alternative medical systems - Homeopathy, Antihomotoxic therapy, Iridology, Colon therapy.	2	1	2	1	4
7	Reflexology and point therapy - Reflexology, Su-jok, Acupuncture.	2	1	2	1	4
<b>Total hours / average current score</b>		<b>14</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>4</b>
<b>Exam, Final control</b>						<b>50</b>

### SRSP/ISW organization plan (lec-6, pr-9)

№ Нед	Topic	Tasks of the SRSP	Time Лк/пр		Points	Evaluation tools	Learning technologies	Lit.	Completion date
1	Traditional folk medicine in modern healthcare.	<ul style="list-style-type: none"> <li>• Definition of the problem of traditional medicine in modern healthcare</li> </ul>	1	1	3	Ppt	DL TD PBL	О-1,2,3 Д-1,2,3 И-2-11	1-нед
2	Traditional oral and traditional written medicine.	<ul style="list-style-type: none"> <li>• Presentation in front of classmates, discussion in small groups</li> </ul>		1	5	Report, diagram, table	DL TD SAL	О-1,2,3 Д-1,2,3 И-2-11	2-нед
3	Rational experience of folk medicine.	<ul style="list-style-type: none"> <li>• Differentiation between rational and irrational folk medicine, shown in table form</li> </ul>	1		3	PPT	CS SAL DL IT	О-1,2,3 Д-1,2,3 И-2-11	3-нед
4	Irrational methods of treatment in folk medicine	<ul style="list-style-type: none"> <li>• Differentiation between rational and irrational folk</li> </ul>		1	5	Tables Presentation	IT DL	О-1,2,3 Д-1,2,3 И-2-11	3-нед

		medicine, shown in table form							
5	Alternative medicine. WHO and strategy in the field of folk medicine.	<ul style="list-style-type: none"> <li>Report at a conference or Olympiad</li> </ul>	1	1	5	Tables Presentation	IT DL	О-1,2,3 Д-1,2,3 И-2-11	4-нед
6	Types of traditional Indian medicine	<ul style="list-style-type: none"> <li>Practical implementation of the project. Provide examples of how it is used in medicine. Present it in the form of a diagram or table; this is decided based on the goals of the scientific work;</li> </ul>	1	1	3	Report, diagram, table	DL IT	О-1,2,3 Д-1,2,3 И-2-11	5-нед
7	Types of medical systems and socio-cultural conditions of their formation.	<ul style="list-style-type: none"> <li>Conduct statistical analysis in the form of a report.</li> </ul>	1	1	3	Report, diagram, table	TD SAL PBL	О-1,2,3 Д-1,2,3 И-2-11	6-нед
8	Treatment methods and means: phyto-, physio-, and psychotherapy, animal and mineral origin, folk traumatology and surgery.	<ul style="list-style-type: none"> <li>Preparing a presentation Presenting a report, <ul style="list-style-type: none"> <li>Peer assessment of students</li> </ul> </li> </ul>		1	3	Report, diagram, table	PR TD IT	О-1,2,3 Д-1,2,3 И-2-11	7-нед
	module								
	total		5	7	30				

## **Educational technologies and teaching methods**

Methods (ways of interaction with students):

- verbal methods (lectures, conversations, discussions/lecture method); LM
- visual methods (video materials, visual aids/visual method); VM
- practical methods (problem solving, term papers/problem solving); PСтегнологии обучения (способы реализации содержания обучения):
  - Working with projects. PBL
  - Distance learning. DL
  - Modular training. MBL
  - Work in pairs. PR
  - Brainstorming. BS
  - Thematic discussions.TD

## **Course Policy:**

### **1. Attendance and Participation in Classes**

Attendance is mandatory. Students are expected to arrive to all classes on time, prepare for them by studying the required literature, express their opinions openly, and show respect for the opinions of others.

### **2. Academic Integrity and Plagiarism**

Academic integrity and honesty include the obligation not to engage in acts of dishonesty: copying, plagiarism, passing off someone else's work as one's own, using sources without citation, facilitating academic dishonesty in other students, etc. More information about the principles of academic integrity can be found at the link: <https://www.oshu.kg/ru/page/9>

### **3. Deadlines and Penalties for Late Submission of Work**

Deadlines for homework, projects, and other work are specified in the syllabus and in Google Classroom. Failure to meet deadlines without a valid reason will result in low grades, failure to complete assignments will result in disqualification from taking the exam.

### **4. Rules for formatting assignments and references**

The formatting of written assignments must meet the requirements and assignments of the teacher, previously posted in Google Classroom.

### **5. Consultations and teacher office hours**

Consultation schedule and teacher office hours for individual consultations and receiving independent work, making up absences: according to the schedule

### **6. Student behavior**

The classroom is a safe place to learn, regardless of race/ethnicity, religious beliefs, socioeconomic status, etc. Bullying and harassment are unacceptable. If you notice bullying or harassment, please report it to the teacher. Behavior that disrupts the learning of others, such as talking to others while the teacher is teaching, other students are doing an assignment, or using a cell phone to send text messages, is not encouraged.

### **7. Problem solving procedure**

Any question that arises during the course of studying the discipline must first be discussed with the teacher. If it is impossible to come to a solution that suits both parties, this issue can be discussed with the head of the program or department <https://imf.oshu.kg/pages/page/9435>

Link to the MEP <https://base.oshu.kg/resurs/document/PDF-20250110100739-usekov85.pdf>

## **Assessment system**

Assessment of students' knowledge is carried out in accordance with Regulation A-2025-0001 "On the modular point-rating system for assessing students' knowledge at OshSU" approved by the order of the Rector of OshSU dated 11.02.2025

Баллы	Оценка по буквенной системе	Цифровой эквивалент оценки	Оценка по традиционной системе
93-100	A	4,00	Отлично
90-92	A-	3,75	
87-89	B+	3,5	
84-86	B	3,25	
81-83	B-	3,00	Хорошо
78-80	C+	2,75	
74-77	C	2,5	
71-73	C-	2,25	
68-70	D+	2,00	Удовлетворительно
64-67	D	1,75	
61-63	D-	1,5	
31-60	FX	0,00	
0-30	F	0,00	Неудовлетворительно
61-100	P		
0-60	NP		
-	I		
	X		Не учитывается при расчете GPA
	W		Не выполнил все требования по дисциплине по уважительной причине
			Обучающийся может быть отстранен от изучения дисциплины по академическим причинам в административном порядке
			Оценка, подтверждающая отказ студента продолжить изучение этой дисциплины

## 12. Scoring in discipline.

The student can score points in all types of classes. At lectures =30p and practical class (each current control) = 30p. At the boundary control-a maximum =30p. For the implementation of the IWS = 30p.

**The points gained are multiplied by two, as the lesson is designed for 1 module only.**

### *Educational resources*

<b>Electronic resources (E-Internet)</b>	<ol style="list-style-type: none"> <li>1. Test for assessing the quality of a scientific journal to avoid publications in potentially predatory publications. ©Authors: Moldashev Kairat, Kenesov Bulat. <a href="https://narxoz.edu.kz/journalcheck?fbclid=IwAR1Teiq-OvZna-tLF3OuurfXTGki2sa0wC1oz2uIgPNkSJStQ5IauRhxwI">https://narxoz.edu.kz/journalcheck?fbclid=IwAR1Teiq-OvZna-tLF3OuurfXTGki2sa0wC1oz2uIgPNkSJStQ5IauRhxwI</a></li> <li>2. Electronic bibliographic and abstract database SCOPUS <a href="https://www.scopus.com/home.uri">https://www.scopus.com/home.uri</a></li> <li>3. Electronic free platform SJR (Scimago Journal Rank), collecting information on indexed publications and ranking them according to authority <a href="https://www.scimagojr.com/index.php">https://www.scimagojr.com/index.php</a></li> <li>4. Electronic search system for biomedical research <a href="https://pubmed.ncbi.nlm.nih.gov/">https://pubmed.ncbi.nlm.nih.gov/</a></li> <li>5. Electronic paid search platform combining several bibliographic and abstract databases Web of Science <a href="https://clarivate.com/cis/solutions/web-of-science/">https://clarivate.com/cis/solutions/web-of-science/</a></li> <li>6. Electronic catalog of the Library of Congress of the United States: <a href="http://catalog.loc.gov">http://catalog.loc.gov</a>.</li> <li>7. Electronic catalog of the New York Public Library: <a href="http://catalog.nypl.org">http://catalog.nypl.org</a>.</li> <li>8. Electronic catalog of the British Library: <a href="http://explore.bl.uk/primo_library/libweb/action/search.do">http://explore.bl.uk/primo_library/libweb/action/search.do</a>.</li> <li>9. Electronic catalog of the Bodleian Library (Oxford): <a href="http://www.bodleian.ox.ac.uk/bodley#search-in-catalogue">http://www.bodleian.ox.ac.uk/bodley#search-in-catalogue</a>.</li> <li>10. Electronic catalog of Harvard libraries: <a href="http://library.harvard.edu">http://library.harvard.edu</a>.</li> <li>11. Electronic database of medical and biological publications PUBMED <a href="https://pubmed.ncbi.nlm.nih.gov/">https://pubmed.ncbi.nlm.nih.gov/</a></li> <li>12. <a href="https://www.coursera.org">https://www.coursera.org</a> website of the educational platform Coursera</li> </ol>
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<b>Electronic resources</b>	<ol style="list-style-type: none"> <li>1. Apitoxin therapy (treatment with bee venom)</li> <li>2. Gerber Richard. Vibrational medicine</li> <li>3. Homeopathic treatment of domestic injuries</li> <li>4. Gular S.A., Limansky Y.L. Permanent magnetic fields and their application in medicine</li> <li>5. Gular S.A., Limansky Y.P., Tamarova Z.A. Pain and color: treatment of pain syndromes by color polarized light</li> <li>6. Report - Chromotherapy as a method of treatment and prevention of diseases of various etiologies</li> <li>7. Respiratory gymnastics A.N. Strelnikova, V.F. Frolov, K.P. Buteyko</li> <li>8. Yoga - a non-traditional method of treatment</li> <li>9. Kinesiologic approach in the study of physical culture</li> <li>10. Course work - Bath massage</li> <li>11. Nalyan A.A. Dangerous Medicine. The crisis of traditional methods of treatment</li> <li>12. Potebnya G.P., Orlovsky A.A., Kasyanenko A.A. et al. Complementary Medicine and Positive Natural Science</li> <li>13. Subbotin A.V., Raschevskaya L.L. Therapeutic cynology. Theoretical approaches and practical realization</li> <li>14. Etkin V.D. Incurable Diseases and Alternative Medicine</li> </ol> <p><b>Internet Resources:</b></p> <ol style="list-style-type: none"> <li>1. <a href="http://www.studmedlib.ru">http://www.studmedlib.ru</a></li> <li>2. <a href="http://www.dgma.ru">http://www.dgma.ru</a></li> <li>3. (<a href="http://www.scsmr.rssi.ru/">http://www.scsmr.rssi.ru/</a>),</li> <li>4. textbook supplements on CD-ROMs.</li> <li>5. computer simulation.</li> </ol> <p><b>Electronic sources:</b></p> <ol style="list-style-type: none"> <li>1. <a href="https://library.nyu.edu/">https://library.nyu.edu/</a></li> <li>2. <a href="http://www.booksmed.com">www.booksmed.com</a></li> <li>3. <a href="http://www.bankknig.com">www.bankknig.com</a></li> <li>4. <a href="http://www.wedmedinfo.ru">www.wedmedinfo.ru</a> <a href="http://www.spr.ru">www.spr.ru</a></li> </ol>
Laboratory Physical Resources	Not required
Regulatory and legal acts	Clinical protocols for all nosologies