

STUDENT PROSPECTUS  
2018 - 2019

STUDY THE ANCIENT SCIENCE OF

# HERBAL MEDICINE

3 PROGRAMS TAUGHT IN 1 INSTITUTE

PRACTICAL HERBAL MED I THEORETICAL HERBAL MED I CONTEMPORARY HERBAL

**3**

YEAR BEGINNER TO  
ADVANCED COURSE

TAUGHT UNDER THE GUIDANCE OF

**Sh.Hakeem  
Atabek**

**SHUKUROV AN NASAFI.**  
A RENOWNED SCHOLAR AND  
HERBALIST IN BRITAIN

**Contemporary  
Medicine**

GIVING YOU A  
MODERN  
UNDERSTANDING OF  
NATURAL MEDICINE

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HERBALIST WITH OVER

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STUDENTS FROM OVER

**5**

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**IBN SINA INSTITUTE**  
SPECIALISTS IN HERBAL MEDICINE





## Herbalist's Message

*"It is the habit of life that everything comes back to its beginning. Herbal Medicine has served humans for thousands of years. Today, we have a battle between antibiotics and bacteria. Scientists show, in time, bacteria will overcome antibiotics or even become resistant to it. Humans will then turn to alter native medicine searching for answers. Islamic and Greek Herbal Medicine will be a true alternative, a shining luminary in a place of darkness"*

- **Sh.Hakeem Atabek Shukurov**

### Introduction

For over a millennia, people have healed with herbal or animal-derived remedies, using knowledge handed down through generations. In Africa, Asia, Latin America and the Middle East, 70-95 per cent of the population still use traditional medicine (TM) for primary healthcare. And some 100 million people are believed to use traditional, complementary or herbal medicine in the European Union (EU) alone — as high as 90 per cent of the population in some countries. (Source: World Health Organisation magazine, 2011)

The WHO (World Health Organization) estimates that 80% of the world's population uses herbal medicine. Research has shown that over 40% of plants comprise key ingredients which can be used for prescription drugs, and researchers look to traditional medicine as a guide to help them.

There are as many as one hundred and twenty compounds, which have been taken from the higher plants, and 80 percent of those, which are used in modern medicine have a positive connection between their modern and traditional usage.

Natural Medicine or also known as Herbal or Alternative Medicine is a science with generations of experience but with very few specialists in the world qualified to practice or teach this science. You can find many ancient manuscripts in libraries, museums and educational institutes around the world but again only a few that can actually decipher the lost herbal language within them. Ibn Sina Institute is offering a once in a lifetime opportunity for students to enrol onto Ibn Sina's Herbal Medical Program.

Students will be learning under qualified Herbalists, some with over 30 years of experience. The program includes the study of ancient manuscripts, dating back over 800 years old. The course encompasses classical, theoretical knowledge and traditional, practical methods, which will be taught in a modern way. Graduates from this 3 year program will have mastered the ability to diagnose illnesses and the ability to make herbal remedies, unlocking the historical secrets of Islamic and Greek Herbal Medicine.

### About the Head Herbalist



Ibn Sina Institute was an organisation that was founded by the renowned Scholar and Herbalist: Sh.Hakeem Atabek Shukurov an Nasafi. His immaculate character and ocean of knowledge in both the Islamic Sciences and Herbal Medicine make him

second to none in this field. In the field of Islamic and Greek Herbal Medicine Sh.Hakeem Atabek Shukurov has a direct isnad (chain of knowledge) back to Ibn Sina (Avicenna) himself, who was one of the greatest Herbalists and Philosophers the world has ever seen. Sh.Hakeem Atabek speaks over 8 languages, has studied in over 5 different countries and practiced Herbal Medicine for over 30 years, making him one of the most unique and authentic Herbalists in the world today.

Sh.Hakeem Atabek came to the UK in 2006 in an effort to spread traditional Islamic knowledge and Herbal Medicine. He has taught in numerous institutes and universities and is regular on Sky Television, channel 835 on British Muslim TV where he has daily shows such as "Ask the Alim" and a special Herbal show named "Avicenna's Garden".

In 2012 Sh.Hakeem Atabek decided to teach a systemised program that was designed to take the student from a beginner to an advanced level in Herbal Medicine, within 3 years. He wrote the syllabus using only classical texts that would teach both Theoretical (Amali) and Practical (Nathari) Herbal Medicine. In 2015 we saw the first graduates certified by Sh.Hakeem Atabek graduating on an advanced level, where they were diagnosing patients, preparing remedies and curing them successfully from chronic illnesses. Today some of these graduates work under Sh.Hakeem Atabek whilst some run successful clinics in some of the major cities in the UK.

The program today is taught by Sh.Hakeem Atabek and other qualified Senior Herbalists, some of whom have obtained their certification (isnaad) and experience under the guidance of Sh.Hakeem Atabek.





## What is Herbal Medicine?

Herbal Medicine (also known as: Herbology, Herbalism, Natural or Alternative Medicine), is said to predate recorded human history, is the name given to the use of herbs and natural substances (eg: plants, shrubs, herbs, fruits, minerals etc) to support the body in achieving and maintaining a healthy state. There is a theoretical basis found in Islamic Herbal Medicine, which is said to follow on the principles of medicine found in Greek Medicine. This is what Herbalists class as the "Nathari" side of Herbal Medicine.

This medicine is based upon the notion of temperaments and specific humours that exist in the body, with the general aim being to correct bodily temperaments in order to maintain a healthy state of being. However there were many additions and improvements in terms of methodology and practice in the Islamic era which add to the potency and affectivity of this medicine.

Al Dinawari described more than 637 plant drugs in the 9th century, and Ibn al-Baitar described more than 1,400 different plants, foods and drugs, over 300 of which were his own original discoveries, in the 13th century. The experimental scientific method was introduced into the field of "Materia Medica" (Rome's name given to substances of medicinal properties) in the 13th century by the Andalusian-Arab botanist Abu al-Abbas al-Nabati, the teacher of Ibn al-Baitar. Al Nabati introduced empirical techniques in the testing, description and identification of numerous medicines. He separated unverified reports from those supported by actual tests and observations. This allowed the study of basic medicine to evolve into the science of Pharmacology.



Artist depiction of Ibn al-Baitar collecting herbs for Herbal remedies

Another great pioneer of Herbal Medicine was Ibn Sina (Avicenna). He too created numerous unique medicines and formulas using the medical theories of Galen and the ancient Herbal Medicine that was inherited by the Muslim world, but unfortunately for reasons that are complex and multifaceted, have been lost today.

## Homeopathy and Allopathic Medicine

Herbal Medicine over the centuries has broken off into different branches. These branches both use herbs and natural ingredients as the main source for curing however their approach to illnesses is based on different principles. Today the two most famous branches of Herbal Medicine are: Homeopathy and Allopathy.

**Homeopathy** is used to treat both acute and chronic conditions. It is based on the principle of 'like cures like'. In other words, a substance taken in small amounts will cure the same symptoms it causes if it were taken in large amounts.

On the other hand **Allopathy** uses an opposite principle. Allopathy is a system of medical practice that aims to combat disease by use of remedies producing effects different from or opposite to those produced by the disease being treated.

Islamic and Greek Herbal Medicine stems from and develops on the Allopathic method of treating. This will be the same method taught on the Ibn Sina Herbal course.

## What is a Herbalist?

Herbal Medicine just like modern medicine has two main aspects: the Diagnosis element and the Pharmaceutical (Remedy making) element. Today, in Western culture one general title is given to a person who deals with Herbs, which is a "Herbalist". A person can be classed as a Herbalist if he or she does one of the following:

1. A person whose life is dedicated to the economic or medicinal uses of plants.
2. One skilled in the harvesting and collection of medicinal plants.
3. One who is trained or skilled in the dispensing of herbal prescriptions.
4. One trained or skilled in the therapeutic use of medicinal plants.
5. One who is skilled in the preparation/manufacture of dried and/or liquid herbal products who possesses a pharmaceutical, formulary and/or clinical understanding of the products being prepared/manufactured.

However, in Eastern tradition there were two different names used for a diagnostic and Pharmacist. For someone who is diagnosing an illness the title of "**Tabeeb**" would be used and for the one who is collecting, drying, preparing and making remedies the title of "**Hakeem**" would be used.

Those studying on the Ibn Sina Herbal program will be covering **both** the Tabeeb (Diagnostic) and Hakeem (Pharmacist) aspects of Herbal Medicine. This unique approach gives the students a strong foundation in both sides of Herbal Medicine, giving them the opportunity to specialise in either of the two fields. The strong knowledge of the Head Herbalist (Shaykh Atabek) and his years of experience in teaching this science makes this course "second to none". The syllabus has been adjusted and developed over the years as to cover these two aspects in detail.



## What Texts are studied on the program?

There are a number of texts that were compiled together by the Head Herbalist in systemising the syllabus for Herbal Medicine. From Greek to Islamic Sources the Head Herbalist has researched manuscripts dating back over 800 years, unlocking the secrets of the past and bringing it into the present world.

Greek and Islamic Herbal Medicine have a strong history of pioneers. On this course research and knowledge is taken and taught from the books of great Herbalists and Physicians such as Avicenna (Ibn Sina), Hippocrates, Plato, Ibn al-Nafees and Alberonius (Al Biruni).

For the Theoretical side of Herbal Medicine the "Urjuzah fi al-Tibb" is taught throughout the 3 years. This manual in Herbal Medicine dates back to the Medieval Islamic World in the 8th Century. Written by Ibn Sina himself the book is written as a Medical Poem. It was one of the main books that was the key in transmitting the medical knowledge to Medieval Europe, studied in nearly every medical university in Europe at the time. This famous historical manuscript now makes the main foundation of Ibn Sina's Herbal Medicine Course.

For the Practical side of Herbal Medicine there are a number of classical manuscripts from great authors such as Ibn Nafees and Ibn Sina from which the methods of drying herbs, extracting oils and making remedies are deduced. Formulas to unique remedies are taken from these trialled and tested recipes of our historical Herbalists to give the students a unique experience.



### Aelius Galenus (Galen)

Aelius Galenus or more famously known as Galen was born c.200 was a prominent Greek Physician, Surgeon and Philosopher in the Roman Empire. Galen influenced the development of various scientific disciplines including anatomy,

physiology and neurology. His main principles in medicine were influenced by the then-current theory of humorism (also known as the four elementary humours or temperaments) which was later adapted by the likes of Hippocrates, Ibn Sina and other famous Herbalists. His theories influenced western medicine for more than 1,300 years and is still used today as a source of evidence by many Herbalists around the world.



### Al-Biruni (Alberonius)

Abū Rayḥān Muḥammad ibn Aḥmad Al-Bīrūnī (Known as Alberonius in Latin) was born in 1048 in Khwarizmī (Uzbekistan). He was a polymath as he mastered many fields of sciences such as Physics, Astronomy, Maths, Medicine and much more. Al-Biruni

was a contemporary to Ibn Sina and it is said they both conversed on many sciences including Medicine, exchanging views and sharing ideas.



### Ibn Sina (Avicenna)

Abu Ali Ibn Sina (Known in Latin as Avicenna) was born c.980 in a village near Bukhara. His most famous works are "The book of Healing" and his encyclopaedia: "The Canon of Medicine (Al Qanun)", which was a standard medical text at many

medieval universities. The Qanun provides a complete system of Medicine according to the principles of his preceding Greek Herbalists Galen and Hippocrates. His great collection of books also includes writings on Philosophy, Astronomy, Alchemy, Geology, Psychology, Theology, Logic and many more sciences.



### Ibn al-Nafees

Ala al-din Abu Hassan Ibn al-Nafees (more widely known as Ibn Nafees) was born 1213 in Egypt. He was an Arabian Physician mostly famous for being the first to describe the pulmonary circulation of the blood.

He was known for being an expert in the Islamic Sciences and as a Physician. The number of medical textbooks written by al-Nafis in his lifetime is estimated at more than 110 volumes. He has some great works in Herbal Medicine such as the 300 volume encyclopaedia known as Al Shami fi al-Tibb. He also wrote a number of commentaries on the books of Hippocrates and Avicenna.





## Overview of the Herbal Medical Program

There are many topics that are taught and covered in this unique course, from theoretical to practical. The course covers a comprehensive text of Ibn Sina called the "Urjoozah" that is taught over the 3 years along with 3 semesters in the 3 years that will focus on Herbal remedies, oils, concentrates and complicated remedies known as Majoons. It also delves into herbs, types of herbs, different methods of drying them and their affects on a person's health, from a preventative perspective to a curing perspective.

Below is a breakdown of what is taught over the 3 years:

### YEAR 1

Semester	Term Period	Topic
Semester 1	Sept - Dec	THEORETICAL Study of Natural Things
Semester 2	Jan - March	PRACTICAL Remedy Making Study of Oils
Semester 3	April - July	THEORETICAL Study of Natural Things

### YEAR 2

Semester	Term Period	Topic
Semester 1	Sept - Dec	THEORETICAL Study of Illnesses & Diagnosis
Semester 2	Jan - March	PRACTICAL Remedy Making Study of Carriers/Sharaabs/Concentrates
Semester 3	April - July	THEORETICAL Study of Illnesses & Diagnosis

### YEAR 3

Semester	Term Period	Topic
Semester 1	Sept - Dec	THEORETICAL Study of Practice of Medicine
Semester 2	Jan - March	PRACTICAL Remedy Making Study of Majoons/Murabba/Marham
Semester 3	April - July	THEORETICAL Study of Practice of Medicine

## Theoretical Modules

The course is broken down into two distinct categories: The Theoretical and the Practical side of Herbal Medicine. Below is a breakdown of some of the Theoretical Modules that are covered on the program (Note: these are not all of the modules but just some of the major ones):

- Reading a patient's Meezaj (Temperament)
- Elements and there effects
- Reasons for and Preventing Illnesses
- Theory of Cupping and Blood Letting
- Symptoms of Various Illnesses
- Treating Illnesses
- Primary and Secondary organs
- Reading a Pulse to determine illnesses
- Reading a patient's Urine and Faeces to determine Illnesses.
- Reading a patient's Blood, Skin colour and texture to determine Illnesses.
- ...and many more

## Practical Modules

Below is a breakdown of some of the Practical Modules that are covered on the program (Note: these are not all of the modules but just some of the major ones):

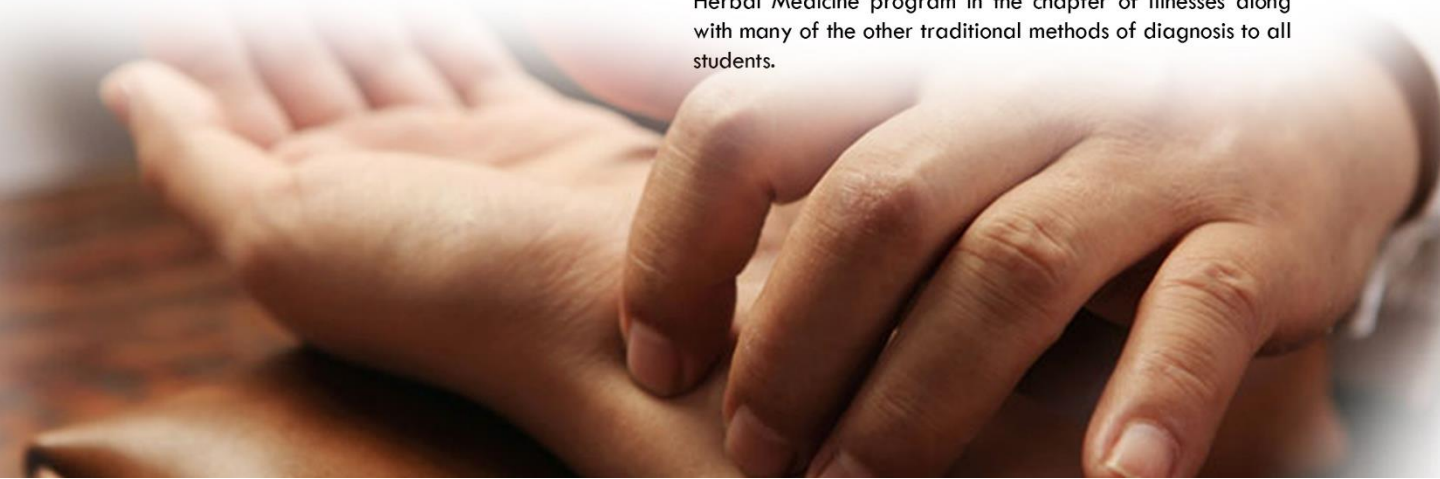
- Making standard remedies
- Procedures of making various Oils
- Extracting oils from flowers and nuts
- Procedure of making Murabbas
- Procedure of making Concentrates (Ruboobs)
- Procedure of making Marhams (creams)
- Procedure of making Herbal Tablets
- Procedure of making Majoons (complicated remedies)
- How to develop your own remedies
- Herbal Formulas and Calculations
- ...and many more

## What is Pulse Reading?

Unlike contemporary medicine, where doctors measure the heart rate and blood pressures only, Islamic and Greek Herbal Medicine boasts a deeper interpretation of the pulse of the heart. The pulse provides the Herbal Doctor (Tabeeb) with around ten categories of information with a layer of subcategories further adding to the precision of the diagnosis.

The Herbal doctor (Tabeeb) does not rely on technological heart monitoring systems and devices but rather implements the use of his fingers to detect the pulse of the patient. The information has been used by our Head Herbalist Shaykh Atabek to diagnose problems to a degree of accuracy that has startled the curious sceptical people.

This method of diagnosis is taught on the second year of the Herbal Medicine program in the chapter of Illnesses along with many of the other traditional methods of diagnosis to all students.



## Why Choose to Study with us?

Ibn Sina Herbal Program is one of the first courses in the UK and Europe that provides authentic and traditional remedies based on Islamic and Greek Herbal Medicine. The course head teacher has a direct authentic chain of tutelage through teachers connected back to Ibn Sina (Avicenna) himself.

The course texts "Urjuzah" and "Mujaz" covering the theoretical and practical sides of Herbal Medicine are classical texts taught nowhere else, making it one of the most unique courses in UK and Europe (see "What will you study?" section in prospectus for more info on the text studied).

## Studying Online

Ibn Sina Herbal Course has invested into very sophisticated, high quality and reliable online software and equipment. The online resources provided are:

- High quality video/sound
- High quality playback of all lessons

Missed your lesson? Or you just want to watch the lesson again?...You don't need to worry! All lessons are pre-recorded (some may be live) and then put online for you to watch in your own time almost instantly after the lesson. Students also have the option of watching their lessons for the whole year, which is extremely beneficial for revision and exam periods.

## Certification (Isnaad)

After the 3 years of study, if you are successful and pass all your theoretical and practical examinations then you will receive certification from Ibn Sina Herbal. This will be a certificate declaring that you have qualified as a herbalist on the program of study. For those that get over a certain amount of percent will not only receive the certificate but also the sanad (chain certificate). This is a highly unique document that will connect the student all the way back to one of the world's greatest Herbalists, Ibn Sina (Avicenna).

The Isnaad document is an ancient method of certification that would be displayed to students on completion of studies in the past. This would contain all the names of the teachers throughout the generations that have passed on the knowledge from teacher to student going back to the source, which in this case is Ibn Sina. The isnaad will be certified and issued by the Head Herbalist (Sh.Hakeem Atabek).

## Student Testimonials



*"I am a graduate of the Herbal Medical Program. I have studied the program for 3 years and now work alongside the Head Herbalist on research and remedies. I found the program very unique. I've not seen a problem like it. The Shaykh is very knowledgeable in Herbal Medicine and his method of teaching the Urjuzah in both its original Arabic and then translating it to English is a total different experience in itself. I have seen many chronic illnesses been cured through this science"*

**Moneeb Minhas (Doncaster, UK)** - Herbal Graduate



*"The Islamic and Greek Herbal Medicine course taught by Sh.Hakem Atabek has helped me to see health and illness in a whole new light. It takes a much more holistic approach and works with the body to eliminate disease from its source rather than fighting the disease and often damaging the body in the process. It offers that which contemporary medicine does not as no system offers the panacea for all ills. The course is such that it can be used to treat patients or to just benefit ones family or oneself."*

**Kauser Mukhtar (Bradford, UK)** - Herbal Graduate



*"There are many courses which teach Unani (Greek) medicine and after having spoken to a number of different providers I chose the course at Ibn Sina. This course is the most authentic. Sh.Hakeem Atabek is always happy to answer any questions which we may have during the class and outside of class time also. The online platform is interactive and you feel very much part of the classroom. Students are always kept up to date and queries are answered in a timely manner. I wholeheartedly recommend this course to anyone considering learning Islamic and Greek Medicine and wish the very best for those who follow this path."*

**Shazia Noor (Riyadh, Saudi Arabia)** - Online 1st Year Herbal Student



*"I have come such a far way from when I first started this course in 2012. I love the fact that you can watch any lesson again and again throughout the year. This is very beneficial for revision time. The course structure is good and Sh.Hakeem Atabek is no doubt one of the most knowledgeable Herbalists we have. An ocean of knowledge."*

**Sonia Nisa (Sheffield, UK)** - Herbal Graduate



## General Information

This unique science is attractive to many students. Not only is it a good career as you are helping and curing people from illnesses on a daily basis, but also because it is very financially rewarding. We are interested in those students who will challenge ideas, make innovative findings, use their leadership talents in new areas, and take advantage of the breadth as well as the flexibility of the Course's offerings. Students are advised to enrol as early as possible as due to classroom size restrictions we have a maximum student restriction.

The "Islamic and Greek Herbal Medical Program" is a 3 year structured course that will entail the study of both the Theoretical and Practical side of Herbal Medicine. The other two modules are "Contemporary Herbal Medicine" and "Homeopathic Medicine". Students have an option to choose one or more of these modules. The lessons are pre-recorded and are given to the students at the beginning of the week. This makes the modules flexible and easier to study, as students have the opportunity to study whenever and wherever they like. Currently we have many distant students around the UK, Europe and rest of the world. In 2014-15 we had over 20% of students enrolled from overseas countries such as the USA and Germany.

Students enrolling on the Islamic and Greek Herbal Medical Program must be 16+. Students younger than 16 can contact the institute and if they succeed at the interview the students will gain entry into the First year of study.

## How to Register?

Admissions is very straightforward and easy. You will be required to fill in one simple online admissions form and make the first instalment of the fees (\*Note: these could change prior to enrolment. For up-to-date fee prices please visit the website: [www.ibnsina.co.uk](http://www.ibnsina.co.uk)).

Anyone enrolling must make sure they enrol before the start date of the course. The start date is also the deadline for enrolment. If you miss the deadline date for enrolment then you are advised to contact the admin team at the earliest possible date to see if any places are available.

To enrol on the program please visit: [www.ibnsina.co.uk](http://www.ibnsina.co.uk). After enrolment and making the initial payment, you will then be sent an email with a Student starter pack. This will contain your username and password for online students and to watch playback lessons as well as other relevant documents for the program.

## Course Start Date

The course will commence on:

**Sunday 7th October 2018**



## Timetable

Due to the course being held and based in the UK. All timings and schedules will be issued according to UK time and date. If you are located in a different time zone, then you must calculate your own time differences according to your own respective countries.

The course term times and holidays will be in conjunction with regular UK state schools and universities (ie: Christmas and New year holidays, similar to UK schools). For the full Yearly course calendar and timetable please visit the website.

Note: This is a pre-recorded course, meaning most or all of the lessons will be pre-recorded and uploaded within the week for you to watch at your own flexible time within the week.

## Course Fees & Payment Options

As any other academic course there is a cost involved for studying on this program. We try and ensure to keep the fees as low as possible, however there are many unavoidable costs involved in setting up a course from managing the online system, admin costs, room hiring etc.

There are 3 payment options available for each year of study. You can only choose one option for each year:

### Greco-Islamic Herbal Medicine Module

Academic Year	Upfront Payment	Termly Payment (x3)	Monthly Payment (x8)
Yearly fees	£1,200	£1,300 <small>(this includes admin charges) x3 quarterly payments of £435</small>	£1,100 <small>(this includes admin charges) x8 monthly payments of £135</small>

### Contemporary Herbal Medicine

Academic Year	Upfront Payment	Termly Payment (x3)	Monthly Payment (x8)
Yearly fees	£550	£750 <small>(this includes admin charges) x3 quarterly payments of £250</small>	£840 <small>(this includes admin charges) x8 monthly payments of £105</small>

### Greco-Islamic and Contemporary Herbal Medicine

Academic Year	Upfront Payment	Termly Payment (x3)	Monthly Payment (x8)
Yearly fees	£1,500	£1,605 <small>(this includes admin charges) x3 quarterly payments of £535</small>	£1,720 <small>(this includes admin charges) x8 monthly payments of £215</small>

## Contact Details

To enrol on the course please visit the website and fill out the online enrolment form. This will reserve your place on the course.

For further information or queries please contact the administration

Website: [www.ibnsina.co.uk](http://www.ibnsina.co.uk)  
 Email: [admin@ibnsina.co.uk](mailto:admin@ibnsina.co.uk)  
 Telephone: UK students: +44 (0)7411778275  
 Address: Int students: +44 (0)7872941010  
 (whatsapp only)





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WEBSITE: [www.ibnsina.co.uk](http://www.ibnsina.co.uk)

EMAIL: [admin@ibnsina.co.uk](mailto:admin@ibnsina.co.uk)

CONTACT: +44 (0)741 1778275