



Ibn Sina College
Yr 2 Student Handbook
2022-2023



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Students Handbook

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يَتَيْنُ أَنْ يَمْلَأَهُ نَوَافِعَ الشَّيْءِ وَالْحَلَامِ
صِنْعُهُ شَرِبَ لِلذَّمَامِ وَالشَّعَالِ
وَوَزِيرَ الطَّبِخِ وَالشَّيْءِ الْمَعْدِيِّ فَهُوَ رُغْبٌ وَأَوْقِيهِ وَأَصُولُهُ حُجْرٌ تَرْدُ فِيهِ
وَتُطْلَقُ بِشَيْءٍ مِنْ أَوْقِيهِ وَهِيَ بَرِيحَةٌ وَأَنْ يَطْبَخُ فِيهِ وَيَجْعَلُهُ فِيهِ كَمَا تَطْبَخُ
لِيَسْبِقَ فِيهِ نَفْسُهُ لِيَأْمُرَ بِرُغْبِهِ وَأَلْفَمَةٌ فِيهِ أَشْرَبُ مِنْهُ بَعْدَ الْعَلَا



صَوْنٌ فِي رُؤْيِهِ يَدَاؤِي لِلرَّحْمِيِّ

Ibn Sina College

2022-2023



Our Modules

- Greco-Islamic Herbal Medicine
- Foundation of Psychology
- Western Herbal Medicine
- Principles of Pharmaceutical Research
- Contemporary Clinic Herbal Medicine



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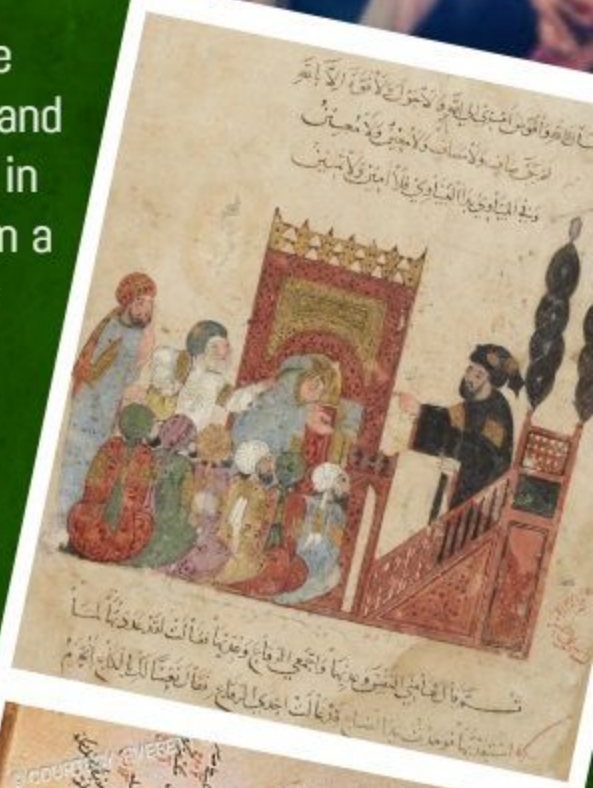
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SEMESTER 1 (THEORETICAL) - OVERVIEW

As mentioned before you will study the different chapters of the *Urjuzah fi-Tibb* of Ibn Sina for the theoretical side of Herbal Medicine. Below is the breakdown of the modules and their chapters you will cover in Semester 1. They are made in a table for you so you can tick them off as you cover them with the herbalist.



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Category	Topic
(AL MARAD) - ILLNESS, STMTOMS AND REASONS	
On signs obtained from expectoration	On signs obtained from the function of the liver <ul style="list-style-type: none"> • On signs obtained from the examination of urine • Signs obtained from the examination of stools • Signs obtained from sweat
Fifth Deviation	On Prognosis (On the general signs of prognosis) <ul style="list-style-type: none"> • On the signs of an excess of Blood (imtila) • On the signs of the predominance of the Dam (blood) • On the signs of the predominance of Safra (Yellow bile) • On the signs of the predominance of the Sowda (Black bile) • On the signs of the predominance of the Balgam (Phlegm)
Sixth Deviation	On the signs of prognosis in the cause of illnesses <ul style="list-style-type: none"> • On the knowledge of periods in the course of illnesses • On the duration of illnesses On the signs of a Buhraan <ul style="list-style-type: none"> • On different aspects of a Buhraan • On the signs to know at the time of a Buhraan • On the signs leading to a Buhraan • On the days of a Buhraan • On signs indicating the end of the Buhraan On the signs of approaching death <ul style="list-style-type: none"> • First: Those based on the patient actions • Second: Those obtained from the condition of the body • Third: Those obtained from the waste materials Signs of Healing

Category	Topic
(AL MARAD) - ILLNESS, STMPOTMS AND REASONS	
First Deviation	<ul style="list-style-type: none"> • Illnesses that overcome organs • Description of the Illnesses in the organs • On the loss of continuity
Second Deviation	<ul style="list-style-type: none"> • The causes of Abnormal factors • The causes illnesses due to Heat • The causes illnesses due to Cold • The causes illnesses due to Wetness • The causes illnesses due to Dryness • The causes of physical Alternations • The causes that open the ducts (passageways) • The causes of roughness of flexibility • The causes of Separation • The causes of the loss of continuity
Third Deviation	<ul style="list-style-type: none"> • On the causes of Abnormal Symptoms • On the types of Symptoms obtained from the body • On the types of symptoms obtained from the bodily extracts • On the types of symptoms in general
Fourth Deviation	<ul style="list-style-type: none"> • Abnormal Signs • On general signs of the present • On the signs obtained from the functions of the brain • On the signs obtained from the functions of the heart
Second	<p>On the signs of the pulse</p> <ul style="list-style-type: none"> • First: on the amitude of the pulse • Second: on the frequency of the pulse • Third: On the slow frequency of the pulse • Fourth: On the strength of the pulse • Fifth: on the artery • Sixth: on the consistency of the artery • Seventh: On the temperature of the artery • Eighth: What the artery contains • Ninth: On the periods of pulsations and rest • Tenth: On the quantity of the arteries • Eleventh: Number of pulsations of the artery <p>On the pulse in Harmony with Age, Region, Season, Temperament, general appearance and gender.</p>

SEMESTER 2

PSYCHOLOGY

The module is designed to cover the most common psychological issues from various schools of practical psychology. Below the breakdown of the topics included in the first year;

- Depression
- Practical Case study of Depression
- Anxiety
- Practical Case study of Anxiety
- Live discussion



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Dr. Saiqa Naz

President of BCP, UK



Saiqa has previously worked as a Psychological Wellbeing Practitioner and a CBT therapist, and is now completing her clinical psychology training. Prior to this, Saiqa worked in Sheffield's Specialist Psychotherapy Service. Saiqa has delivered the psychology teaching for Ibn Sina College for the past couple of years. Saiqa is on the board of editors for The Cognitive Behaviour Therapist and Behavioural and Cognitive Psychotherapies Journals. Saiqa is the previous Chair of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) Equality and Culture Special Interest Group and co-author of the Improving Access to Psychological Therapies (IAPT) Black Asian and Minority Ethnic Positive Practice guide.



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Principles of Medical Research



Topics

- Historical background
- Examples of experiments
- Medical research in the modern age



Dr. Junaid Patel



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Dr. Junaid Patel



BSc Hons in Pharmacology., University of Liverpool. Worked in the famous companies such as Hammersmith Medical Research Reckitt Benckiser Pharma Syneos Health. Has over 16 years experience in Pharmaceutical Research Organizations in Europe and USA, managing and running phase I-IV studies.

Responsible for designing and conducting clinical trials globally, in Latin America, Europe, Russia and India meeting challenging local country requirements, business timelines and budgets.

Therapeutic area experiences include:

- Multiple Sclerosis
- Alzheimers
- General analgesic Pain and Gastroenterology diseases.

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Principles of Pharmaceutical Research

Dr. Junaid Patel



Content

- Exploring and development of clinical trials programme
- Meeting regulatory guidelines
- Developing a strategy in the conduct of clinical trials on a global level



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Dr. Proff. Maisha Pesante

M.D., C.C.H.P.



Senior Supervisor

Maisha Pesante, M.D., C.C.H.P., C.C.T.C. is a board-certified family physician, healer, orator, and professor. For over 20 years, Dr. Pesante has been successfully blending eastern healing modalities with modern medicine. She practiced healing arts as a certified massage therapist and herbologist, prior to becoming a family physician. She received her Bachelor of Arts in Psychology and Spanish with Honors from the University of Virginia in 1998. She completed her Doctorate of Medicine at the University of Cincinnati in 2005. In 2010, she completed her residency at UNC-Chapel Hill, the top family medicine program in the United States of America.



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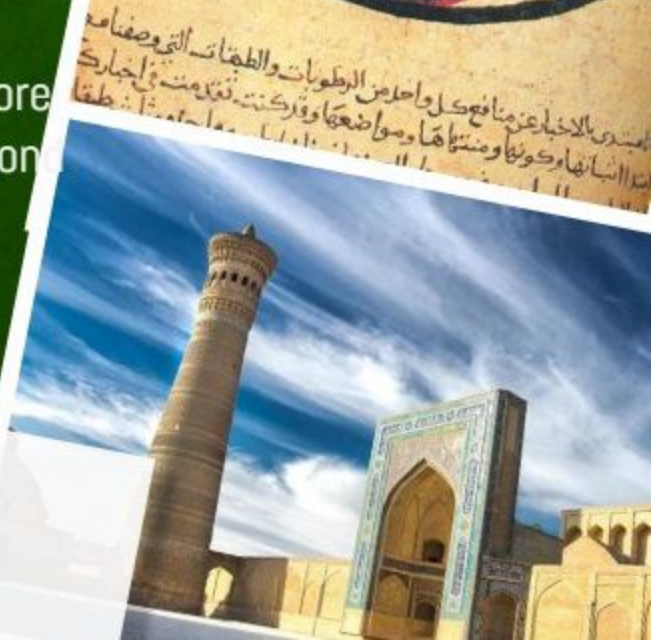
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SEMESTER 3

ANCIENT GREEK MEDICINE

As mentioned before you will study the different chapters of the Urjuzah fi-Tibb of Ibn Sina for the theoretical side of Herbal Medicine. Below is the breakdown of the modules and their chapters you will cover in Semester 3. They are made in a table for you so you can tick them off as you cover them with the herbalist. After Year 1 this will cover 1 full section of Urjuzah fil Tibb.

This is very important to understand and know before you progress into the second year.



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Dr. Amina Stader-Chan (CA, USA)

Supervisor - Instructor



Dr. Amina Stader-Chan specializes in the Western Herbal Medicine and Apitherapy with more than thirty years of experience in both USA and abroad. She also, has graduated from three years of studies of Unani IBB (Ancient Egyptian-Greek-Islamic) medicine in Ibn Sina College. Dr. Chan has been assisting the patients relying on all of three fields of her expertise. She has been delivering lectures and holding events in the States and abroad (including Ibn Sina College, UK).

Dr. Chan is currently residing in Turkey where she is carrying research on the Unani IBB with good access to the relevant plants described by the Early Herbalists lived around the Mediterranean sea and yet continues to practice the Western Herbal Medicine and Apitherapy.

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Western Herbal Medicine

Dr. Amina Chan



The course introduces the foundational teachings of WHM. Together through lectures, readings, and practical demonstrations we will cover the fundamental principles of the nutritional and healing properties of herbs and some of our everyday foods. We will review several herbs, learn their properties and actions, when and how to apply them for balance and healing. We will be addressing methods of preparation and administration, harvesting and storage of your herbs for best potency and sustainability. The objective of the course is for the student to understand what WHM is, and how to put it into practical application, making herbs a natural part of everyday life in order to achieve optimal health for you and your loved ones.



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Ibn Sina College Callendar 2022-2023

Key Dates



First Semester

- 2nd October
- 18th December

Second Semester

- 8th January
- 19th March

Third Semester

- 16th April
- 18th June

Exams

- 2nd July
- 20th August

Eid al-Fitr

- 21-22 April

Eid al-Adha

- 28-30 June

Christmas

- 25th December

Easter

- 9th April

