

WORKSHOP on TCM and Herbal medicine research

18th June - Tuesday; University of Minho, IB-S, Campus de Gualtar, Braga

08:30 **Registration**

09:00 **Demonstration of Taichi (Prof. Jiang Hua)**

09:50 **Basics of Tradicional Chinese Medicine (TCM):**

Introduction to Yin-Yang theory (Prof. Zhang Zhewei)
TCM Diagnostic Methods (Prof. Luo Gang)
Concept of Holism, Case report (TCM), (Prof. Jiang Hua)

12:30 **Lunch time**

14:00 **Acupuncture and Moxibustion (Prof. Jiang Hua):**

The basic theory of Acupuncture and Moxibustion
Training of basic techniques of Acupuncture and Moxibustion

17:30 **End of classes and practicals**

19th June - Wednesday; University of Minho, IB-S, Campus de Gualtar, Braga

09:00 **Chinese Tuina therapy to soft tissue:**

(Prof. Zhang Zhewei)

The basic manipulations of TCM massage
Training of the basic manipulations (TCM massage)
The treatment of common disease by TCM massage
Training of the treatment of common disease by TCM massage

12:30 **Lunch time**

14:00 **Basic knowledge of Traditional Chinese Medicine
Traditional Chinese Medicines and Neurodegenerative Disease**

(Prof. Wang Qiong)

**A brief introduction of the TCM applications in
Affiliated TCM hospital of Southwest Medical University** (Prof. Luo Gang)

16:00 **Case Report** (Prof. Juan Hua)

16:30 **TCM approaches for Autism Spectrum Disorders**

Lara Lopes, Mário Gonçalves, Henry Greten, Jorge Pereira Machado (ICBAS, UP, Porto)

17:30 **End of classes and practicals**

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20th June -Thursday; University of Minho, IB-S, Campus de Gualtar, Braga

- 09:30 ***Herbal medicine research methodologies***
Prof. Alberto Dias, Dep. Biology, UMinho
- 10:30 ***Dark tea Culture: Mysterious Tea on the Ancient Silk Road***
Prof. Zhu Haiyan, Hunan Agricultural University, China
Dark Tea and Human Health
Jianan Huang, Haiyan Zhu, Na Tian, Huaming Zhou, Hunan Agricultural University, China
- 11:30 ***Relevance of medicinal plants for the treatment and prevention of infectious diseases***
Prof. Maria Silvana Alves, Federal University of Juiz de Fora, Brazil
- 12:30 ***Lunch time***
- 14:00 ***Medicinal plants as anti-inflammatory agents***
(Prof. Alberto Dias, CBMA, UMinho;
Prof Filipa Pinto-Ribeiro, ICVS/UMinho, Dr. Inês Laranjeiro, CBMA/ICVS)
Neuroprotection and medicinal plants: some case studies
(Prof. Alberto Dias, CBMA, UMinho;
Prof Patrícia Maciel, Dr. Daniela Campos, ICVS/UMinho)
- Application of medicinal and functional food***
Prof. Xie Mengzhou, Hunan University of Chinese Medicine
- 17:30 ***End of classes and practicals***

21st June –Friday; University of Minho, IB-S, Campus de Gualtar, Braga

- 09:30 ***A Ecological Civilization of Ancient China and Taoist Cosmological Philosophy in TCM: wits for our life in the modern era***
Prof. Sun Lam (CEHUM, ILCH, UMinho) and Dr. Xu Ying (Confucius Institute, UMinho)
- Aromatherapy, principles and practices***
(Natural Concepts, Bárbara Ferreira)
- 12:30 ***Lunch time***
- 14:00 ***Aromatherapy, principles and practices***
(practical class)
- 16:30 ***Tea Ceremony***
Prof. Sun Lam (CEHUM, ILCH, UMinho)
- 17:30 ***End of classes and practicals***