

Diploma in Global Integrative & Traditional Medicine (GITM)

Offered by
Al Hadid – Institute of Islamic & Integrative Medicine

1. Introduction

The *Diploma in Global Integrative & Traditional Medicine (GITM)* is a two-year, research-informed professional program designed to unify the world's major healing systems under one academically rigorous curriculum.

This diploma synthesizes knowledge from Islamic Medicine, Modern Biomedical Sciences, Traditional Chinese Medicine (TCM), Ayurveda, Unani Medicine, Herbal Pharmacology, Homeopathy, Energy Medicine, and Therapeutic Nutrition.

The overarching purpose is to develop competent integrative practitioners who understand human health through multiple medical paradigms and can design comprehensive, evidence-informed treatment strategies.

2. Program Philosophy

The GITM program is grounded in the principle that healing is a universal science enriched by various civilizations. No single medical system holds all answers; therefore, a holistic approach is essential.

The curriculum:

- Integrates classical healing wisdom with contemporary scientific frameworks
- Prioritizes ethical practice, patient-centered care, and Islamic values
- Develops practitioners who are intellectually mature, clinically competent, and spiritually balanced
- Emphasizes whole-person assessment: physical, emotional, mental, and spiritual

This unique synthesis prepares graduates to offer integrative health solutions that are safe, ethical, effective, and globally relevant.

3. Program Structure

Duration: 2 Years

Semesters: 4

Mode of Study: Hybrid (Online lectures + Physical Practicals)

Total Intake: 50 Candidates

Fee: Rs. 20,000 per semester

The program includes theory modules, clinical practicals, workshops, research assignments, and a mandatory internship.

4. Target Audience

The GITM diploma welcomes individuals from diverse academic backgrounds who wish to pursue a career in holistic health sciences. Suitable candidates include:

- College and University Students
- Housewives and Community Health Learners
- Hijama and Cupping Practitioners
- Herbal and Unani Practitioners
- Homeopathic Practitioners
- Physiotherapists and Rehabilitation Assistants
- Nutritionists and Diet Consultants
- Health & Wellness Coaches
- Individuals seeking to establish or expand a clinical healing practice

5. Program Distinction

This is the **first comprehensive integrative healing diploma in Pakistan** that brings together all major healing sciences in a unified, academically structured format.

Key areas of study include:

- **Islamic Medicine:** Unani, Tibb-e-Nabawi, Ruqyah
- **Biomedical Sciences:** Anatomy, Physiology, Pathology
- **Traditional Chinese Medicine:** Meridian theory, energy flow, acupuncture
- **Ayurveda & Yogic Concepts:** Doshas, gunas, mind-body balance
- **Herbal Medicine:** Global materia medica, formulations, pharmacology
- **Homeopathy:** Educational overview, philosophy, case-taking
- **Manual Therapies:** Massage, lymphatic work, trigger points
- **Cupping Therapy:** Dry, wet, and modern clinical applications
- **Nutrition Science:** Functional & therapeutic dietetics
- **Energy Medicine:** Theoretical foundations and safe applications
- **Entrepreneurship:** Clinic setup, branding, and business strategy
- **Clinical Internship:** Case work, observation, supervised sessions

This curriculum ensures both breadth and depth—preparing graduates to function confidently in diverse healing environments.

6. Curriculum Outline

Semester 1: Foundations of Global Medical Systems

Subjects:

1. Introduction to Islamic and Prophetic Medicine
2. Fundamentals of Anatomy and Physiology
3. Comparative History of Global Medical Traditions (Unani, Greek, Chinese, Ayurvedic)
4. Principles of Nutrition Science
5. Introduction to Homeopathy
6. Basics of Massage and Manual Bodywork

Practicals:

- Mizaj (temperament) assessment
- Foundational herb identification
- Introduction to pulse reading
- Basic massage techniques

Semester 2: Systemic Disease Models & Therapeutic Approaches

Subjects:

1. Integrative Pathophysiology
2. Global Herbal Materia Medica
3. Traditional Chinese Medicine (Meridian Theory)
4. Ayurvedic Dosha Theory and Applications
5. Homeopathic Philosophy and Case-Taking
6. Foundations of Manual Therapy and Bodywork

Practicals:

- Herbal oils, salves, powders, and decoctions
- Introductory acupoint localization
- Basic yogic postures for therapy
- Trigger point identification

Semester 3: Clinical Studies and Applied Integrative Therapies

Subjects:

1. Clinical Nutrition and Therapeutic Diet Planning
2. Advanced Clinical Herbalism and Formulation Science
3. Applied Acupuncture (Model-based techniques)
4. Islamic Psychology, Emotional Health, and Ruqyah
5. Intermediate Homeopathy
6. Applied Manual Therapy in Rehabilitation

Practicals:

- Cupping therapy (dry and wet)
- Acupuncture practice on simulation models
- Clinical case study development
- Emotional-release and trauma-processing exercises

Semester 4: Professional Practice, Research, and Internship

Subjects:

1. Clinic Establishment, Entrepreneurship, and Branding
2. Research Methodology and Literature Evaluation
3. Advanced Integrative Case Planning (Herbs, Acupuncture, Nutrition, Ruqyah, Ayurveda, Homeopathy)
4. Professional Ethics, Law, and Scope of Practice

Internship Requirements:

- Minimum 120 supervised clinical hours
- Case documentation and reflective journaling
- Final viva examination
- One research assignment and one integrated case presentation

7. Core Competencies Gained

Graduates will develop skills in:

- Herbal formulation, dispensing, and safety assessment
- Nutrition consultation and therapeutic diet design
- Acupuncture theory and beginner-level clinical needling
- Homeopathic philosophical approaches and remedy selection
- Classical Unani and Ayurvedic diagnostic principles
- Islamic psychological assessment & spiritual intervention
- Cupping therapy and manual bodywork
- Clinical documentation and differential analysis
- Case-based treatment planning
- Business management, clinic setup, branding, and patient handling

8. Career Pathways

Graduates may pursue careers as:

- Integrative Health Practitioners
- Herbal and Nutrition Consultants
- Acupuncture and Cupping Therapists
- Homeopathy Advisors
- Islamic Psychology Assistants
- Wellness and Lifestyle Coaches
- Clinic Managers / Owners
- Writers, educators, and community health advocates

Graduates will be well positioned to establish **wellness centers**, work privately, collaborate with clinics, or join the growing global integrative health sector.

9. Assessment Framework

The assessment strategy includes:

- Written theory examinations each semester
- Practical evaluations
- Clinical case submissions
- Research paper (Semester 4)
- Comprehensive viva
- Internship performance evaluation

10. Certification

Upon successful completion of all academic and clinical requirements, candidates will be awarded:

“Diploma in Global Integrative & Traditional Medicine (GITM)”

Al Hadid – Institute of Islamic & Integrative Medicine

This certification signifies competence in multi-disciplinary integrative practice and holistic patient care.

Contact Information

For admissions and details:

Phone: +92 03124193119

Registration Form: <https://forms.gle/wVtuqD9YUEfSaPji8>

Email: muzammilsaghla343@gmail.com

**Institute: Al Hadid – Institute of Islamic & Integrative Medicine
Shadman Town Sahiwal**

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