

Live in a TCM Way

Department: Fudan International Summer Session 2026

Course Code							
Course Title	Live in a TCM Way						
Credit	2	Experiment (including Computer) Credit		Practice Credit		Aesthetic Education Credit	
Credit Hours Per Week	9	Education on The Hard-Working Spirit Credit Hours		Language of Instruction	Engl ish	Honors Course	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Nature	<input type="checkbox"/> Core General Education Course <input type="checkbox"/> Specific General Education Course <input type="checkbox"/> Basic Course in General Discipline <input checked="" type="checkbox"/> Others			2+X Major :			
				<input type="checkbox"/> Professional Core Course <input type="checkbox"/> Professional Advanced Course			
Course Objectives	<p>This course will provide you with an in-depth exploration of traditional Chinese medicine culture and learn how to use TCM knowledge in your daily life.</p> <p>You will learn about the correspondence between food and internal organs and how to apply this knowledge to improve your diet.</p> <p>Furthermore, you will delve into the concepts of Chinese medicine meridians and acupuncture points, master the art of brewing traditional Chinese herb teas and creating scented bags, and experience the renowned Chinese medicine fitness practice of the Baduanjin.</p>						
	<p>The course aims at introducing the culture system of traditional Chinese medicine (TCM), including the basic theory (yin-yang and five elements, viscera and their manifestations), basic skills (tongue and face diagnose), basic practice (diet therapy, moxibustion, scraping, cupping, TCM aromatherapy) and qigong (Baduanjin).</p>						
Course Description							
Course Requirements:							
<ul style="list-style-type: none"> ● Have interest in the TCM and Chinese culture ● Have good practice ability ● This course involves attending lectures and visiting on site ● Students are also encouraged to read materials before class and participate in group discussion in class 							

Teaching Methods:

- ◆ Lecture
- ◆ Visiting
- ◆ Practice

Course Director's Academic Background:

Yi Feng Ph.D. & M.D. Professor

Dr. Yi Feng is a professor of Integrative Medicine and Neurobiology of Shanghai Medical College, Fudan University. She obtained her Ph.D. in Neurobiology and Integrative Medicine at Fudan University in China, then a visiting scholar at Gothenburg University of Sweden during 2008-2009 and worked at Stanford University as a visiting associate professor from 2013-2016.

Dr. Feng focuses on her study on the effect and mechanism study of acupuncture on gynecological diseases, such as perimenopausal syndrome and polycystic ovary syndrome by using cellular and molecular technology, as well as 3D tissue clearing imaging and *in vivo* near-infrared II live imaging. Her research has been supported by the Chinese Special Fund for Postdoc, the Chinese Post-doc Fund, and the National Science Foundation of China (NSFC) etc. By far, she has published 60 scientific papers and 17 scientific books.

She is good at teaching and clinic. By far, she is involved in 9 undergraduate courses such as *Introduction to Integrated Traditional Chinese and Western Medicine*, *Multidisciplinary Teaching Based on Diseases*, *Masters of Traditional Chinese and Western Medicine and Humanistic Literacy*, *Darwin's Evolutionary Theory and Modern Medicine*, and 6 graduate courses. She also led undergraduate and graduate students in science and technology innovation, winning multiple awards.

Publications:

- (1) 演化医学启示录--人类疾病的过去与未来 .复旦大学出版社. 2022.9 薛人望 冯异 主编
978-7-309-16106-9 307 千字
- (2) 医学组织透明化三维成像. 复旦大学出版社. 2020.6 978-7-309-14885-5 冯异 主编 358 千字
- (3) Yan Xiao^{1,2, #}, Lixia Yang^{3, #}, Yicong Wang^{1,2, #}, Yu Wang^{1,2, #}, Yuning Chen¹, Wenhan Lu⁴, Zhenle Pei¹, Ruonan Zhang¹, Yao Ye⁵, Xiaowei Ji⁵, Suying Liu⁵, Xi Dong⁵, Yonghua Xu^{3,*}, **Yi Feng**^{1,2,*}. Pulsed Low-intensity focused ultrasound (LIFU) activation of ovarian follicles. *IEEE Open Journal of Engineering in Medicine and Biology*. 2024;5:316-329.
- (4) Wei Hu[#]; Lu Meng[#]; Chao Wang; Wenhan Lu; Xiaoyu Tong; Rui Lin; Tao Xu; Liang Chen; An Cui; Xiaoqing Xu; Anni Li; Jia Tang; Hongru Gao; Zhenle Pei; Ruonan Zhang; Yicong Wang; Yu Wang; Wendong Han; Ning Jiang; Chenglong Xiong; **Yi Feng**^{*}; Kuinyu Lee^{*}; Mingquan Chen^{*}. Spatiotemporal observations of host pathogen interactions in mucosa during SARS-CoV-2 infection indicate a protective role of ILC2s. *Microbiology Spectrum*. 2023 Dec 12;11(6):e0087823. doi: 10.1128/spectrum.00878-23. Epub 2023 Nov 8.
- (5) Chang J, Guo B, Gao Y, Li W, Tong X, **Feng Y**^{*}, Abumaria N^{*}. Characteristic Features of Deep Brain Lymphatic Vessels and Their Regulation by Chronic Stress. *Research* 2023;6:Article 0120. <https://doi.org/10.34133/research.0120>
- (6) Cheng-Feng He, Wen-Jiao Xue, Xiao-Die Xu, Jian-Tao Wang, Xin-Ru Wang, **Yi Feng**^{*}, Hou-Guang Zhou^{*} and Jing-Chun Guo^{*}. Knockdown of NRSF Alleviates Ischemic Brain Injury and

Microvasculature Defects in Diabetic MCAO Mice. *Front. Neurol.* 13:869220. doi: 10.3389/fneur.2022.869220

- (7) Feifei Zhang^{1,2*}, Tong Ma^{3*}, Xiaoyu Tong^{3*}, Yanjun Liu³, Peng Cui³, Xiaoqing Xu³, Jiemei Shi³, Wei Hu³, Wenhan Lu³, Zhenle Pei³, Minzhen Xu³, Xin Li^{1,2}, Congjian Xu^{1,2} and **Yi Feng³**. Electroacupuncture improves metabolic and ovarian function in a rat model of polycystic ovary syndrome by decreasing white adipose tissue, increasing brown adipose tissue, and modulating the gut microbiota. *Acupuncture in Medicine* .2022. 1 - 13 DOI: 10.1177/09645284211056663
- (8) Hongru Gao[†] , Xiaoyu Tong[†] , Wei Hu[†] , Yicong Wang, Kuinyu Lee, Xiaoqing Xu, Jiemei Shi, Zhenle Pei, Wenhan Lu, Yuning Chen, Ruonan Zhang, Zheyi Wang, Ziyu Wang, Chengzhi Han, Yu Wang and **Yi Feng***. Three-dimensional visualization of electroacupuncture-induced activation of brown adipose tissue via sympathetic innervation in PCOS rats. *Chinese Medicine*.2022 <https://doi.org/10.1186/s13020-022-00603-w>
- (9) Wei Hu[†], Junda Chen[†], Caixia Sun[†], Xiaoyu Tong, Wenhan Lu, Ziyong Ju, Yong Xia, Zhenle Pei¹, Mingzhen Xu, Xiaoqing Xu, Jiemei Shi, Yi Li, Haofeng Chen, Yizhou Lu, Ying Ying, Hongru Gao, Aaron J.W. Hsueh, Fan Zhang, Zhi Lü, *, **Yi Feng***. Spatial topological analysis of the sympathetic neurovascular characteristic of acupoints in the Ren meridian using advanced tissue-clearing and near infrared II imaging. *Computational and Structural Biotechnology Journal*. 2021. <https://doi.org/10.1016/j.csbj.2021.04.010> 8;19:2236-2245
- (10) Xiaoyu Tong, Yanjun Liu, Xiaoqing Xu, Jiemei Shi, Wei Hu, Tong Ma, Peng Cui, Wenhan Lu, Zhenle Pei, Mingzhen Xu, Feifei Zhang, Xin Li, and **Yi Feng***. Ovarian Innervation Coupling With Vascularity: The Role of Electro-Acupuncture in Follicular Maturation in a Rat Model of Polycystic Ovary Syndrome. *Front. Physiol.*, 29 May 2020 <https://doi.org/10.3389/fphys.2020.00474>

Awards & Honors

2023, Third Prize of the 9th National College Student Basic Medical Innovation Research and Experimental Design Forum

2021, First Prize of Scientific and Technological Progress Award of China acupuncture and moxibustion Society, acupuncture and moxibustion Science of China meeting

2020, Third Prize of the 6th National College Student Basic Medical Innovation Research and Experimental Design Forum

Third Prize in the 2020 Yangtze River Delta Urban Youth Entrepreneurship and Innovation Competition

First Prize in the 2020 Fudan University High Level Talent and Second Postdoctoral Entrepreneurship Competition

In 2017, Fudan University Shanghai Medical College awarded the "Outstanding Teacher Award"

Academic Achievements:

2022 the National Natural Science Foundation of China's general project "Panoramic Analysis of GnRH Neuron Networks in the Hypothalamus and Comparison of Central Mechanisms of Electro-acupuncture and Manual Acupuncture in the Treatment of PCOS"

2020 the National Natural Science Foundation of China's general project "Exploring the Neuro-vascular Coupling Mechanism of Acupuncture Stimulated Follicular Development through Multi-modal Molecular Imaging"

2020, Fudan University coronavirus Pneumonia Prevention and Control Research Project "Research on SARS CoV-2 Multiple Organ Infection Pathway and Mechanism"

2019 Shanghai Municipal Science and Technology Major Project "International Human Phenotypic Group Plan (Phase I)" Molecular Mechanisms and Tissue Phenotypes of Histone Carcinogenic Mutations in Pediatric Gliomas Based on Brain Models "

2017 the National Natural Science Foundation of China's general project "Research on the role of neovascularization in follicular development and acupuncture induced ovulation Using Whole Tissue Transparent Staining Combined with 3D Imaging Technology "

Instructor's Academic Background:

Members of Teaching Team

Name	Gender	Professional Title	Department	Responsibility
Yi Feng	Female	Professor	Department of Integrative Medicine and Neurobiology, School of Basic Medical Sciences, Shanghai Medical College, Fudan University	Organize and coordination, lectures, practical courses, and grading
Zhengyu Li	Male	Professor	Department of Acupuncture and Moxibustion, Shanghai University of Traditional Chinese Medicine	Organize and coordination, lectures
Shan Sun	Female	Professor	Department of Integrative Medicine and Neurobiology, School of Basic Medical Sciences, Shanghai Medical College, Fudan University	lectures
Wenli Mi	Female	Professor	Department of Integrative Medicine and Neurobiology, School of Basic Medical Sciences, Shanghai Medical College, Fudan University	lectures
Yuxia Chu	Female	Associated Professor	Department of Integrative Medicine and Neurobiology, School of Basic Medical Sciences, Shanghai Medical College, Fudan University	lectures
Yin Wei	Female	Professor	Department of Integrative Medicine and Neurobiology, School of Basic Medical Sciences, Shanghai Medical College, Fudan University	Lectures, practice and visiting
Xiaoyu Tong	Female	Experimentalist	Department of Integrative Medicine and Neurobiology, School of Basic Medical Sciences, Shanghai Medical College, Fudan University	Lectures, practice and visiting

			University	
Wei Hu	Female	Postdoc	Department of Integrative Medicine and Neurobiology, School of Basic Medical Sciences, Shanghai Medical College, Fudan University	practice and visiting
Shujin Yang	Female	Associated Professor	Department of Integrative Medicine and Neurobiology, School of Basic Medical Sciences, Shanghai Medical College, Fudan University	Lectures, practice

Course Schedule (Please supply the details about each lesson):

Week 1	3 h	History, current situation and future of acupuncture and moxibustion 中医的历史和基本理论 李征宇
	3 h	Demonstration and Experience (1) - Demonstration/Operation of Traditional Chinese Medicine Treatment Methods such as Acupuncture and Moxibustion 中医针灸、经络穴位和应用 李征宇
	3 h	Visit to Shanghai Museum of Traditional Chinese Medicine 上海中医药博物馆参观 示教和实验（一） 童小雨 胡薇
Week 2	3 h	Treatment of female infertility with acupuncture and moxibustion 中医诊断 李征宇
	3 h	推拿按摩和自我保健 李征宇
	3 h	八段锦练习 示教和实验（二） 冯异
Week 3	3 h	Acupuncture and moxibustion and moxibustion for insomnia and chronic fatigue 中医食疗（中药咖啡、奶茶） 童小雨
	3 h	Facial Acupuncture and Moxibustion for Beauty 中医美容 褚玉霞
	3 h	中药芳香疗法 示教和实验（三） 杨淑静
Week 4	3 h	Visit to Clinic 针灸临床参观 示教和实验（四） 冯异
	3 h	Group Presentation and Free Discussion 小组展示和自由讨论 冯异
	3 h	Final Examination 冯异

The design of class discussion or exercise, practice, experience and so on:

Practice: Students can use the TCM knowledge in their daily life, learn about the correspondence between

food and internal organs and how to apply this knowledge to improve diet. They can practice scraping, cupping, moxibustion and massage therapies. Students excise the manipulation on each other.

If you need a TA, please indicate the assignment of assistant:

Yes. The TA will help with recording attendance, participation, organizing field trips.

Grading & Evaluation (Provide a final grade that reflects the formative evaluation process):

Attendance 20%
 Presentation 30%
 Final examination 50%

Usage of Textbook: Yes(complete textbook information form below) No

Textbook Information (No more than two textbooks) :

Title	Author	ISBN	Publishing time	Publisher	Type I	Type II
					<input type="checkbox"/> Self-compiled Textbook (Published) <input type="checkbox"/> Non-mainland Textbook <input type="checkbox"/> Other Textbook (Published)	<input type="checkbox"/> National Planning Textbook <input type="checkbox"/> Provincial and Ministerial Planning Textbook <input type="checkbox"/> School Level Planning Textbook <input type="checkbox"/> Others
					<input type="checkbox"/> Self-compiled Textbook (Published) <input type="checkbox"/> Non-mainland Textbook <input type="checkbox"/> Other Textbook (Published)	<input type="checkbox"/> National Planning Textbook <input type="checkbox"/> Provincial and Ministerial Planning Textbook <input type="checkbox"/> School Level Planning Textbook <input type="checkbox"/> Others

Teaching References (Including author, title, publisher, publishing time,ISBN):

- (1) Basic Theory of Traditional Chinese Medicine, by Wu Changguo & Zhu Zhongbao, 2002, Publishing House of Shanghai University of Traditional Chinese Medicine;
- (2) Internal medicine of Traditional Chinese Medicine, by Wang Yue & Huang Yuezhong, 2002, Publishing House of Shanghai University of Traditional Chinese Medicine;
- (3) Acupuncture and Moxabustion, Wang Xuedong, Shanghai Science and Technology Publishing House,2002

Table column size can be adjusted according to the content.