



# AVICENNA

## *Herbal*

# PROGRAM

A Herbal program designed to make the student  
a **Herbal Pharmacist and Doctor (Tabeeb)**.

A modern study of a classical text: from a Herbal Medical scholar  
with a direct Isnad (chain) to **Ibn Sina (Avicenna)**.

**2 YEAR**  
BEGINNER - ADVANCED  
**COURSE**

TAUGHT UNDER THE GUIDANCE OF EMINENT SCHOLAR AND HERBALIST  
**SHAYKH ATABEK SHUKUROV AN NASAFI**

# The Herbalist's Message

*"It is the habit of life that everything comes back to its beginning.*

*Herbal medicine has served human for thousands of years.*

*Today, we have a battle between antibiotics and bacteria. Statistics show, in time, bacteria will overcome the antibiotics. Humans will turn to alternative medicine searching for answers. Herbal Medicine will be the true alternative, a shining illuminary in a place of darkness."*

## Introduction

Study Live Online, or in Person with Avicenna Academy, located in Sheffield.

Avicenna is offering a once in a life time opportunity for students to enrol in Avicenna's Herbal Medical Academy. Students graduating will have mastered the ability to diagnose all illnesses and the ability to make any herbal remedy.

Taking knowledge back to its traditional classical root, students will be able to learn Herbal Medicine in a program, developed so that students will graduate, as reliable and expert Herbalists and Tabeebs (Herbal Doctors).

## About the Herbalist

The main teacher is Shaykh Atabek Shukrov al-Nasafi one of the most knowledgeable scholars and herbalist in the UK. In the field of Islamic Herbal Medicine Shaykh Atabek Shukrov has a direct Isnaad (chain of knowledge) back to Ibn Sina (Avicenna)

He has studied and practiced the science of Herbal Medicine for over 20 years making him one of the few authentic Herbalists in the world today.

Shaykh 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, where he has daily shows such as 'Ask the Alim' and a special Herbal show named 'Avicenna's Garden'.

All the Herbalists teaching on this 2 year program have obtained their certification (Isnaad) and experience under the guidance of Shaykh Atabek Shukurov.



# Why choose to study with us?

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Avicenna Herbal Clinic is the first clinic that provides authentic and traditional remedies based on Islamic Herbal Medicine. The course teacher has a direct authentic chain of tutelage through teachers connected back to Avicenna (Ibn Sina).

The course and course texts taught are classical texts taught nowhere else, making it one of the most unique courses in UK and Europe.

## Studying Online

Missed your lesson? Or you just want to listen to the lesson again?...You don't need to worry! All lessons are recorded 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 even as far behind as 3 months.

Avicenna Herbal Academy 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.
- Ability to ask questions live
- Ability to type your questions live
- Receive replies to questions instantly live.
- Communicate with other students online to discuss things

## Certification (Isnaad)

Avicenna Herbal is unique in that it provides all students who succeed on the Herbal program with certification (isnad) of an unbroken chain going back to one of the worlds greatest Herbalists, Ibn Sina (Avicenna).

## General & Fees Information

Students enrolling on the Islamic Herbal Medical Program must be 16+. Students younger than 16, can contact the university, and if they succeed at the interview the students will gain entry into the 1st year of study.

The Herbal Medical Academy is a 2 year structured course, the term times and holidays will be in conjunction with regular UK state schools.

There are 3 payment options available for each year of study.

Academic Year	Upfront payment	Termly Instalments	Monthly Instalments
Year 1	£1,100	Deposit - £550, 2 Quarterly Payments of £350 Total = £1,250	Deposit - £650, 10 Monthly Payments of £80 Total = £1,450
Year 2	£1,300	Deposit - £650, 2 Quarterly Payments of £450 Total = £1,550	Deposit - £750, 10 Monthly Payments of £100 Total = £1,750

## Admissions and Timetable

### Admissions:

One must make sure they have completed the online enrolment form and paid the first instalment of their fees before commencing the program in September 2015.

### Course Start Date:

Saturday 12th September 2015

Academic Year	Herbalist & Tabeeb
Year 1	Sat (10.00am - 2.00pm)
Year 2	Sat (10.00am - 2.00pm)

On Completion of the 1st Year Students will be able to make basic-medium level herbs and diagnose basic-medium level illnesses. After Graduating a Herbalist will be able to make any person specific remedy and a Tabeeb will be able to diagnose any illness

## How to Register?

To enrol on the Herbal Medical Programme visit the website:

website:

[www.avicennaherbal.com/learn](http://www.avicennaherbal.com/learn)

email:

or email us on: [info@avicennaherbal.com](mailto:info@avicennaherbal.com)

contact:

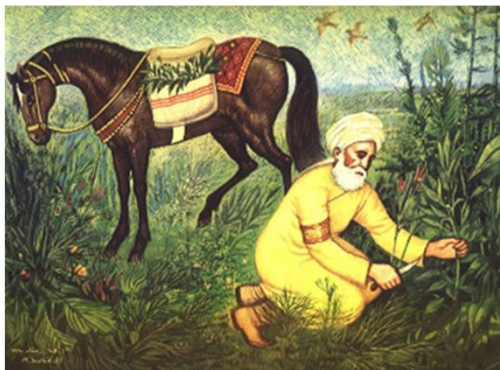
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# What is Herbal Medicine?

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Herbal Medicine, said to predate recorded human history, is the name given to the use of herbs and natural substances 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 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 effectivity of this medicine.



*Artist depiction of Ibn al-Baitar collecting herbs for remedies.*

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, and 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.

Avicenna too had created numerous unique medicines 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!



# An overview of the Herbal Medicine Programme

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 "Urjoozah" that is taught over the 2 years programme along with principles of making Herbal remedies, oils, concentrates, sharaabs, murabba and much more.

It also delves deep into herbs, types of herbs and their effects on a persons health from a preventative perspective to a curing perspective.

## A breakdown of some of the Theoretical Modules

- Reading a patients Meezaj (temperament) -
- Elements and their effects -
- Reasons for illnesses -
- Preventing illnesses -
- Symptoms of various illnesses -
- Treating illnesses -
- Primary and secondary organs according to Ibn Sina -
- Reading a patients Pulse to determine illnesses -
- Reading a patients Urine, Blood, Feaces etc to determine illnesses -
- Using traditional measuring units -
- Herbs, Flowers and their effects -
- Principles of making remedies, oils, murabba, sharaab, concentrates etc -
- Herbal Encyclopaedia -
- ...many more

## A breakdown of some of the Practical Modules

- Making standard remedies -
- How to develop your own remedies -
- Herbal Formulas and calculations -
- Procedure of making various oils -
- Extracting oils from flowers and nuts -
- Procedure of making Murabbas -
- Procedure of making Majoons -
- Procedure of making Ruboobs -
- Procedure of making creams -
- Procedure of making herbal tablets -
- ....many more

## 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 with around ten categories of information with a layer of subcategories further adding to the precision of the diagnosis.

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

This method of diagnosis is taught on the herbal medicine program along with many of the other traditional methods to all students.

# Biography of Avicenna (Ibn Sina)

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Abū 'Alī al-Husayn ibn 'Abd Allāh ibn Sīnā (known in Latin as Avicenna) was born c. 980 in a village near Bukhara, which was a city of Greater Khorasan. Avicenna's independent thought was served by an extraordinary intelligence and memory, which allowed him to overtake his teachers at the age of fourteen. It is said that there was nothing that he had not learned when he reached eighteen.

Avicenna is regarded as the most famous and influential polymath of the Islamic Golden Age. He is reported to have written almost 450 treatises on a wide range of subjects, of which around 240 have survived. In particular, 150 of his surviving treatises concentrate on philosophy and 40 of them concentrate on medicine. His corpus includes writing on philosophy, astronomy, alchemy, geology, psychology, Islamic theology, logic, mathematics, physics, as well as poetry.

His most famous works are The Book of Healing, a vast philosophical and scientific encyclopaedia, and The Canon of Medicine (Al-Qanun), which was a standard medical text at many medieval universities. The Canon is regarded as a key influence on early medical thinking in Europe and it was used as a standard text in Europe's medical schools and universities for 500 years. Avicenna's canon of medicine provides a complete system of medicine according to the principles of Galen (and Hippocrates). It is said of him that:

"Bridging the gap between Eastern and Western civilizations, Avicenna stands among the prominent men of history; he has even been counted by Dante in inferno as among the greatest mind in the non-Christian world"

Such was his contribution to pharmacy that the Royal Pharmaceutical Association of Great Britain incorporated Avicenna's image into their coat of arms over 150 years ago. As a result each and every UK qualified pharmacist features Avicenna in their pharmacy on their certificate.





[www.avicennaherbal.com](http://www.avicennaherbal.com)

The only Authentic  
Herbal Medical  
program in the UK



Learn to treat people with  
medicine that has no side effects



Learn one remedy  
to cure hundreds  
of diseases.



Herbal remedies of the past for the  
uncurable diseases of the present



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the manuscripts from the  
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