

CERTIFICATE IN HILOT GAMUTAN OR MANGGAGAMOT PRACTICE

Course Description

The **Certificate Program on Hilot Manggagamot** is an advanced professional training curriculum focused on the therapeutic application of traditional Filipino medicine to facilitate systematic cleansing, structural and energetic repair, and ultimate cure. Positioned as the vital clinical counterpart to diagnostic practice, this program trains students to translate diagnostic insights into active, hands-on interventions. The curriculum is structurally divided into two operational phases: **Cleansing**, which focuses on detoxification and the evacuation of morbid humors through methods such as *Pagbababad*, *Paglalanggas*, *Pagbubuhos*, *Paghihilod*, *Pagpupunas*, *Pagsusuob*, and *Paglalatiba*; and **Repair**, which addresses structural, tissue, and energetic restoration utilizing *Pagtatapal*, *Pagbibigkis*, *Dagdagay*, *Pahid*, *Haplas*, *Masahe*, *Bentusa*, *Tawak*, and *Tandok*. Crucially, this program integrates **Lunas Pilay**, the advanced art of traditional Filipino bone setting and structural alignment, executed in strict accordance with the sacred *Hilot Binabaylan* lineage and energetic practices. Through rigorous clinical practicum and theoretical study, students will master the compounding of natural elements, environmental temperature control, and physical manipulation. Graduates will be equipped to safely administer comprehensive treatment plans that restore elemental equilibrium, realign structural imbalances, eliminate pathogenic blockages, and accelerate the body's innate capacity to heal.

Course Objectives

The primary objective of this program is to produce clinically proficient, safe, and ethically grounded traditional healers capable of executing advanced therapeutic interventions. The program aims to:

1. **Master Therapeutic Intervention:** Train students in the precise application of traditional cleansing, repair, and structural alignment modalities to effectively disrupt disease pathways.
2. **Standardize Safety and Protocols:** Establish strict clinical boundaries, hygiene standards, and safety indications/contraindications for advanced invasive and non-invasive traditional practices, particularly bone setting.

3. **Integrate Treatment with Diagnosis:** Enable students to seamlessly align therapeutic actions with the root causes identified during initial patient assessments.
4. **Preserve Ethnobotanical and Manual Arts:** Champion the authentic preservation of Filipino pharmacology, hot-and-cold thermal dynamics, specialized manual therapies, and the spiritual-physical lineage of the *Hilot Binabaylan*.

Learning Outcomes

Upon successful completion of the Certificate Program, graduates will be able to demonstrate the following core competencies:

I. Cleansing Modalities (*Paglilinis at Pagpapasuri*)

- **CLO 1:** Administer **Pagbababad** (therapeutic soaking) and **Paglalanggas** (herbal wound/skin washing) using appropriate ethnobotanical decoctions to clean wounds, lower systemic heat, or prepare tissues for manipulation.
- **CLO 2:** Execute **Pagbubuhos** (ritualized or therapeutic pouring of medicated waters) and **Pagpupunas** (therapeutic sponge bathing/wiping) to regulate body temperature, stimulate peripheral circulation, and clear external bio-energetic waste.
- **CLO 3:** Perform **Paghihilod** (skin scraping/exfoliation using traditional friction methods) to mechanically open pores, eliminate stagnant surface toxins, and stimulate lymphatic flow.
- **CLO 4:** Conduct **Pagsusuob** (traditional herbal steam inhalation/fumigation) safely, managing thermal dynamics to relieve respiratory congestion, induce diaphoresis (sweating), and expel cold humors.
- **CLO 5:** Formulate and safely administer **Paglalatiba** (traditional herbal enema) to cleanse the lower gastrointestinal tract, remove toxic buildup, and balance internal wind (*hangin*) and heat (*init*).

II. Repair and Restorative Modalities (*Pagbabalik-lakas at Paghilom*)

- **CLO 6:** Prepare and apply **Pagtatapal** (herbal poultices/pouches) and **Pagbibigkis** (traditional therapeutic binding/wrapping) to reduce localized inflammation, support structural misalignments, and sustain localized herbal delivery.
- **CLO 7:** Execute **Dagdagay** (traditional acupressure foot therapy using bamboo sticks) to stimulate reflex zones, release deep lower-extremity tension, and balance systemic energy lines.
- **CLO 8:** Demonstrate proficiency in **Pahid** (light oil application) and **Haplas** (vigorous application of warming or medicated liniments) to manipulate tissues and soothe nerve paths.
- **CLO 9:** Master the specialized strokes of traditional **Masahe** (Hilot manual manipulation) to realign muscles, break down tissue adhesions, and restore the smooth flow of *bisa* (vital life force).
- **CLO 10:** Administer **Bentusa** (cupping therapy) safely utilizing traditional methods to extract stagnant blood, trapped air (*singaw*), and metabolic waste from muscle tissues.
- **CLO 11:** Execute **Tawak** (traditional anti-venom/anti-toxin neutralizing protocols) and **Tandok** (traditional suctioning of localized toxins/venom using animal horns or specialized tools) with strict adherence to traditional sanitation, safety, and biohazard boundaries.
- **CLO 12:** Perform **Lunas Pilay** (Traditional Filipino Bone Setting) to manipulate, adjust, and realign sprains, strains, dislocations, and bone misalignments, integrating the spiritual, intuitive, and physical protocols unique to the *Hilot Binabaylan* tradition.

Conferment of Title

Upon successful completion of all prescribed learning outcomes, clinical hours, and institutional competencies of this program, the candidate shall be formally conferred the title of **Certified Hilot Manggagamot**.

This professional designation signifies that the graduate has demonstrated advanced clinical competence, ethical responsibility, and technical mastery in the therapeutic application of traditional Filipino healing arts, structural alignment, and trauma restoration. The conferral confirms the practitioner's official alignment with the quality standards of Hilot Academy, certifying their capacity to practice traditional therapeutics safely, effectively, and autonomously within the scope of holistic healthcare and cultural preservation.

9-Day Daily Lesson Plan

Day 1: Foundations of Hilot Gamutan & The 5 Healing Principles

- **Focus:** Redefining Hilot, Element Balance, and the 5-Step Protocol Overview.
- **08:00 AM – 10:00 AM | Deconstructing the Myth:** Lecture and discussion on *Hilot Gamutan* vs. commercialized "Filipino Massage." Introduction to Hilot as a comprehensive traditional medicine system focused on curing physical illnesses, restoring elemental equilibrium, and removing pathogenic blockages.
- **10:15 AM – 12:00 PM | The Hilot Healing Principles:** Deep dive into the flow of *Bisa* (vital life force). Introduction to the 5-Step Protocol: **Diagnostics, Cleansing, Repair, Strengthening, and Maintaining.**
- **12:00 PM – 01:00 PM | LUNCH BREAK**
- **01:00 PM – 03:00 PM | Step 1 - Diagnostics (Pagsusuri):** Traditional assessment methods to identify the root causes of disease, element imbalances (hot/cold dynamics), and structural misalignments.
- **03:15 PM – 05:00 PM | The Spiritual-Physical Lineage:** Understanding the *Hilot Binabaylan* lineage, ethical boundaries, and the healer's mindset.
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Day 2: Phase 1 (Cleansing) – Hydrotherapy and Surface Detoxification

- **Focus:** Evacuating morbid humors and preparing the body's tissues.
- **08:00 AM – 10:00 AM | Ethnobotanical Compounding for Cleansing:** Lecture on selecting and preparing traditional Filipino herbs for decoctions, identifying thermal properties (warming vs. cooling herbs).
- **10:15 AM – 12:00 PM | Pagbababad & Paglalanggas:** Practical application of therapeutic soaking and herbal wound/skin washing to lower systemic heat and clean external tissues.
- **12:00 PM – 01:00 PM | LUNCH BREAK**
- **01:00 PM – 03:00 PM | Pagbubuhos & Pagpupunas:** Hands-on practice of ritualized/therapeutic pouring of medicated waters and sponge bathing to regulate temperature and clear bio-energetic waste.
- **03:15 PM – 05:00 PM | Paghihilod:** Practical training on skin scraping and traditional friction exfoliation to mechanically open pores and eliminate stagnant surface toxins.

Day 3: Phase 1 (Cleansing) – Advanced Internal & Respiratory Cleansing

- **Focus:** Deep detoxification via steam and gastrointestinal clearing.
- **08:00 AM – 10:30 AM | Pagsusuob (Herbal Steam Inhalation):** Managing thermal dynamics, safety setups, and indications for relieving respiratory congestion, inducing diaphoresis (sweating), and expelling cold humors.
- **10:45 AM – 12:00 PM | Introduction to Paglalabatiba:** Theory, pharmacology, and strict safety/hygiene boundaries for traditional herbal enemas.
- **12:00 PM – 01:00 PM | LUNCH BREAK**
- **01:00 PM – 04:00 PM | Paglalabatiba Practicum & Safety:** Mock setup and step-by-step protocol execution for cleansing the lower GI tract, removing toxic buildup, and balancing internal wind (*hangin*) and heat (*init*).
- **04:00 PM – 05:00 PM | Phase 1 Integration Review:** Case study discussion on combining Cleansing modalities based on diagnostic insights.

Day 4: Phase 2 (Repair) – Manual Manipulation & Tissue Realignment

- **Focus:** Breaking tissue adhesions and restoring vital flow (*Bisa*).
- **08:00 AM – 10:00 AM | Pahid and Haplas Pharmacology:** Compounding warming liniments, medicated oils, and mastering light (*Pahid*) vs. vigorous (*Haplas*) application techniques to soothe nerve paths.
- **10:15 AM – 12:00 PM | Advanced Masahe (Hilot Manual Manipulation):** Anatomy of Hilot lines, specialized traditional strokes to realign muscle fibers, and breaking down deep tissue adhesions.
- **12:00 PM – 01:00 PM | LUNCH BREAK**
- **01:00 PM – 04:00 PM | Masahe Practical Intensive:** Supervised peer-to-peer exchange focusing on targeted treatments for physical illness and energy flow restoration.
- **04:00 PM – 05:00 PM | Skill Check & Mid-Course Theoretical Quiz:** Assessing understanding of Cleansing and basic Repair concepts.

Day 5: Phase 2 (Repair) – Thermal Dynamics & Energetic Cupping

- **Focus:** Drawing out trapped wind (*singaw*), stagnation, and localized toxins.
- **08:00 AM – 10:00 AM | Dagdagay (Foot Acupressure):** Utilizing traditional bamboo sticks to stimulate reflex zones, release deep lower-extremity tension, and balance systemic energy lines.
- **10:15 AM – 12:00 PM | Bentusa (Traditional Cupping):** Theory of *singaw* (trapped air) and metabolic waste in muscle tissues. Fire safety and traditional glass/bamboo application methods.
- **12:00 PM – 01:00 PM | LUNCH BREAK**
- **01:00 PM – 04:00 PM | Bentusa Practical Lab:** Hands-on practice of stationary and moving *Bentusa*, observing skin reactions for diagnostic insights.
- **04:00 PM – 05:00 PM | Post-Bentusa Care:** Integrating immediate structural support and heat preservation protocols.

Day 6: Phase 2 (Repair) – Advanced Toxins & Environmental Safeguards

- **Focus:** Managing high-level traditional detoxification protocols safely.
- **08:00 AM – 10:00 AM | Tawak & Tandok Theory:** Historical and clinical study of anti-venom/anti-toxin neutralizing protocols (*Tawak*) and suctioning localized toxins/venom using specialized tools (*Tandok*).
- **10:15 AM – 12:00 PM | Sanitation and Biohazard Boundaries:** Strict clinical boundaries, sterilization of tools, and infection control for invasive traditional practices.
- **12:00 PM – 01:00 PM | LUNCH BREAK**
- **01:00 PM – 03:30 PM | Practical Simulation:** Safe handling, mock execution of *Tandok*, and application of *Pagtatapal* (herbal poultices) and *Pagbibigkis* (binding) to sustain localized healing.
- **03:45 PM – 05:00 PM | Emergency Protocols:** Recognizing contraindications, patient distress, and knowing when to refer to western medicine.

Day 7: Lunas Pilay (Traditional Filipino Bone Setting)

- **Focus:** Structural alignment and trauma restoration.
- **08:00 AM – 10:00 AM | Introduction to Lunas Pilay:** Anatomy of joint misalignments, sprains, strains, and dislocations through the lens of the *Hilot Binabaylan* tradition.
- **10:15 AM – 12:00 PM | Structural Assessment & Palpation:** Developing intuitive and physical touch to locate *pilay* (misalignments or energetic blocks).
- **12:00 PM – 01:00 PM | LUNCH BREAK**
- **01:00 PM – 04:00 PM | Manipulation and Realignment Techniques:** Master hands-on traction, adjustments, and mobilization protocols for limbs and the spine.

- **04:00 PM – 05:00 PM | Pagbibigkis for Bone Setting:** Specialized traditional binding and splinting techniques using natural elements to support structural corrections.

Day 8: Steps 4 & 5 – Strengthening, Maintaining, and Comprehensive Treatment Planning

- **Focus:** Sustaining the cure and preventing relapse.
- **08:00 AM – 10:00 AM | Step 4 - Strengthening (Pagbabalik-lakas):** Post-treatment care protocols to rebuild the patient's elemental strength and immune responses after intense cleansing and repair.
- **10:15 AM – 12:00 PM | Step 5 - Maintaining (Pagpapanatili):** Formulating lifestyle, dietary (hot/cold food classifications), and regular self-care guidelines for patients to maintain equilibrium.
- **12:00 PM – 01:00 PM | LUNCH BREAK**
- **01:00 PM – 03:30 PM | Comprehensive Treatment Design:** Workshop on synthesizing Diagnostics →Cleansing →Repair →Strengthening →Maintaining into a cohesive patient chart.
- **03:45 PM – 05:00 PM | Practical Mock Exam Preparation:** Peer review and instructor feedback ahead of the clinical practicum.

Day 9: Clinical Practicum, Comprehensive Evaluation, and Conferment

- **Focus:** Practical validation of clinical competence and autonomy.
- **08:00 AM – 09:30 AM | Final Theoretical Examination:** Written test covering all 5 steps, modalities, safety protocols, and ethnobotanical compounding.
- **09:45 AM – 12:00 PM | Live Clinical Practicum (Part 1):** Students receive external patients or complex case profiles. They must execute live Diagnostics, design a treatment plan, and perform Cleansing modalities.
- **12:00 PM – 01:00 PM | LUNCH BREAK**

- **01:00 PM – 03:30 PM | Live Clinical Practicum (Part 2):** Execution of targeted Repair modalities (e.g., *Masahe*, *Bentusa*, *Lunas Pilay*) followed by prescriptive Strengthening and Maintaining care instructions.
- **03:30 PM – 04:15 PM | Final Panel Evaluation:** Instructors grade overall performance, safety compliance, and technique fluidness.
- **04:15 PM – 05:00 PM | Conferment Ceremony:** Formal conferral of the title **Certified Hilot Manggagamot** to passing candidates, solidifying their alignment with the *Hilot Academy* quality standards.

Course Grading System

To ensure clinical proficiency, safety, and ethical practice, students will be evaluated based on the following criteria:

Assessment Component	Weight	Description
Practical Return Demonstrations	40%	Daily hands-on evaluation of cleansing, repair, and bone-setting techniques.
Clinical Practicum / Case Study	20%	Day 9 live patient management, structural alignment, and treatment formulation.
Theoretical Examinations	20%	Quizzes and a comprehensive final exam on principles, pharmacology, and safety.
Safety, Sanitation, & Ethics	10%	Adherence to biohazard protocols, hygiene, and the <i>Hilot Binabaylan</i> lineage values.

Assessment Component	Weight	Description
Attendance & Professionalism	10%	Punctuality (8:00 AM–5:00 PM) and respect for the traditional space.

Note: A minimum passing score of **80%** in Practical Demonstrations and **100%** compliance in Safety Protocols is required to be conferred the title of **Certified Hilot Manggagamot**.

Schedule of Fee

Item	Price	Duration	Total
Venue	600	10	Php 6,000.00
Food	1000	10	Php 10,000.00
Hotel	2000	10	Php 20,000.00
Grab airport	2000	Sundo hatid	Php 2,000.00
Tricycle	240	10	Php 2,400.00
Lakay	2000	10	Php 20,000.00
Apu	2500	10	Php 25,000.00
Total	Php 10,340.00	10	Php 85,400.00

Enrollment and Payment Policy

To maintain the high clinical standards, structural safety, and ethical integrity of the *Hilot Binabaylan* lineage, all candidates must strictly adhere to the following enrollment, financial, and attendance regulations.

1. Program Cost Summary

The total investment for the 9-day comprehensive training program (calculated over a 10-day logistics/residency window) is **Php 85,400.00**. This all-inclusive fee covers institutional training, professional instruction, specialized cleansing and repair tools, accommodation, meals, and local transit.

2. Downpayment & Reservation Timeline

- **3-Month Advance Window:** To secure a slot in the upcoming cohort, students are permitted and encouraged to make their reservation and downpayment up to **three (3) months prior** to the scheduled Day 1 of training.
- **20% Non-Refundable Deposit:** The required reservation fee is **Php 17,080.00** (20% of the Php 85,400.00 total fee).
- **Purpose:** This deposit guarantees the student's seat and covers upfront costs for logistical arrangements, including accommodations, ethnobotanical compounding elements, and venue preparation.

3. Payment Terms and Schedule

- **Milestone 1 (Reservation):** Php 17,080.00 (20% Non-refundable downpayment due up to 3 months before training).
- **Milestone 2 (Day 1 of Class):** Php 68,320.00 (The remaining 80% balance must be paid in full on the first day of class before the orientation and introductory lecture begin).

No-Show and Cancellation Policy

Because student-to-teacher ratios are tightly controlled to safely pass down advanced manual techniques, *Tandok*, and *Lunas Pilay* (bone setting), a student's failure to attend directly impacts academy resources, slot availability, and pre-booked logistics.

- **No-Show / Failure to Attend:** If a student makes a reservation and fails to show up on the first day of class, or cancels their enrollment at any point before the training begins, the **20% downpayment (Php 17,080.00) is strictly non-refundable and non-transferable.**
- **Withdrawal During the Program:** Once full payment is made on Day 1 and training begins, **no refunds** will be issued under any circumstances if a student decides to withdraw or leave the program early.

Emergency Deferrals

If a student cannot attend due to a verified medical emergency or force majeure, they must submit official documentation to the *Hilot Academy* administration at

least forty-eight (48) hours before Day 1. Upon administrative approval, the 20% downpayment may be held as a credit for up to one (1) calendar year to be used toward a future scheduled training cohort.