

CERTIFICATE IN MAGTATAWAS OR HILOT DIAGNOSTIC PRACTICE

Course Description

The **Certificate in Magtatawas or Hilot Diagnostic Practice** is a specialized professional certification designed to preserve, systematize, and elevate the traditional Filipino diagnostic sciences used in Hilot and Indigenous Filipino Medicine. The program focuses on the art and science of identifying the root causes of imbalance through traditional methods of physical, energetic, elemental, behavioral, and spiritual assessment.

Recognizing that accurate diagnosis must precede effective treatment, students will first develop a foundational understanding of **Indigenous Filipino Anatomy and Physiology (Hilot Body Parts)**, exploring the traditional concepts of katawan, laman, ugat, litid, buto, kasu-kasuan, lamang-loob, hininga, init, lamig, hangin, and bisa. Learners will examine how these body structures and functions are understood within the framework of traditional Filipino healing and how they relate to health, wellness, and disease.

The program further introduces students to the recognition and documentation of common signs and symptoms frequently encountered in traditional healing practice. Participants will learn to differentiate observed signs from reported symptoms, identify basic wellness indicators, recognize traditional conditions such as pasma, usog, pilay, and naipitan ng ugat, and determine when referral to licensed healthcare professionals is necessary.

Building upon these foundations, students will master the diagnostic arts of **Pagsusuri** (physical and energetic assessment) and **Pagtatawas** (traditional spiritual and elemental diagnostics). Training includes Pantay Daliri, Tudluan, Himulsohan, Pasubay, Pagkapa, Pagsalat, Padampi, and the traditional methods of Tawas sa Papel, Tawas sa Kandila, and Tawas sa Itlog.

Graduates will be equipped to ethically perform traditional assessments, document findings accurately, identify wellness patterns and imbalances, and formulate appropriate referrals or traditional treatment recommendations within the recognized scope of Hilot practice.

Course Objectives

The primary goal of this program is to develop safe, ethical, and highly proficient Hilot Diagnostic Practitioners. By the conclusion of the course, the program aims to:

1. **Preserve and Standardize:** Provide a structured, authentic environment to learn traditional Filipino diagnostic methodologies without losing their cultural and spiritual essence.
2. **Cultivate Diagnostic Accuracy:** Train students to systematically synthesize physical, emotional, and spiritual signs to pinpoint the exact origin of a patient's disharmony.
3. **Instill Hilot Philosophy:** Deepen the student's understanding of the four elements (Earth, Water, Air, Fire) and spiritual harmony as they relate to human health and disease.
4. **Bridge Assessment and Care:** Enable practitioners to seamlessly translate diagnostic findings into highly individualized, safe, and effective traditional treatment plans.
5. **Develop Foundational Knowledge of the Human Body through Indigenous Filipino Medicine**
Enable learners to understand traditional Filipino concepts of anatomy and physiology (*Hilot Body Parts*), including the structure and function of the body's major systems and their relationship to health assessment, pulse reading, body evaluation, and treatment planning.
6. **Recognize Common Signs and Symptoms**
Train learners to identify, document, and interpret common signs and symptoms encountered in traditional healing practice, while understanding the limitations of traditional diagnosis and the importance of timely referral to licensed healthcare professionals when necessary.

Learning Outcomes

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

I. Foundations of Indigenous Filipino Anatomy, Physiology, and Assessment

CLO 1: Describe the major body systems and body parts according to Indigenous Filipino Medicine (Hilot Body Parts) and explain their relationship to health and wellness.

CLO 2: Differentiate between signs and symptoms and accurately document common client complaints and observable conditions.

CLO 3: Identify common wellness disturbances and traditional conditions including Pasma, Usog, Pilay, Pulikat, Ngalay, Lamig, Naipit na Ugat, and Pagkapuwersa.

CLO 4: Recognize clinical red flags that require immediate referral to a physician, emergency department, or licensed healthcare provider.

II. Core Diagnostic Modalities (Pagsusuri)

CLO 5: Execute Pantay Daliri with precision to identify structural misalignment, nerve impingements, and energetic imbalances manifested in the extremities.

CLO 6: Locate and manipulate vital reflex points using Tudluan to assess nerve communication and localized energy blockages.

CLO 7: Perform Himulsuhan (traditional pulse reading) to evaluate the status of the patient's bisa (vital life force) and determine elemental dominance or deficiency.

CLO 8: Interpret body language, facial expressions, and overall body mechanics through Pasubay (Physiognomy and Kinesics) to evaluate the patient's emotional, psychological, and constitutional state.

CLO 9: Demonstrate mastery of the three levels of touch—Pagkapa (surface heat/moisture scanning), Pagsalat (deep tissue palpation for nodules or gonggong), and Padampi (superficial temperature and energetic sensitivity testing).

III. Spiritual and Elemental Diagnostics (Pagtatawas)

CLO 10: Conduct and safely interpret Tawas sa Papel to reveal hidden energetic patterns and emotional stressors affecting the patient.

CLO 11: Analyze the flame, smoke, and melting patterns of Tawas sa Kandila to diagnose spiritual interferences or psychic blockages.

CLO 12: Perform Tawas sa Itlog to read structural and spiritual anomalies, using the egg as a clearing and diagnostic medium for environmental or metaphysical illnesses.

IV. Integrative Clinical Application

CLO 13: Synthesize data from all ten diagnostic modalities to differentiate between physical ailments (likas na sakit) and spiritual/energetic disharmony (sakit sa gawa or na-engkanto).

CLO 14: Formulate an appropriate, personalized Hilot treatment plan (incorporating banyos, herbs, bentusa, or specific strokes) based strictly on the identified root cause, ensuring patient safety and holistic recovery.

Upon the successful completion of all prescribed learning outcomes, institutional competencies, and clinical assessments, students will officially graduate from the program and be conferred the professional title of **Certified Magtatawas / Hilot Diagnostic Practitioner**.

This credential signifies that the recipient has demonstrated rigorous academic and practical mastery in traditional Filipino medical diagnostics. It certifies their ability to ethically, safely, and accurately evaluate physical, energetic, and spiritual disharmonies in accordance with the ancestral principles of Hilot healing. Conferral of this certification grants the practitioner the institutional authority to practice traditional assessment modalities within the professional scope and ethical boundaries established by the Hilot Academy.

10-Day Lesson Plan

DAY 1

Foundations of Hilot Diagnostics and Indigenous Filipino Medicine

08:00 AM – 10:00 AM

Program Orientation

History of Hilot

Evolution of Magtatawas Practice

Role of the Hilot Diagnostic Practitioner

10:00 AM – 12:00 PM

Introduction to Pagsusuri and Pagtatawas

Concepts of Karamdaman

Root Cause versus Symptoms

01:00 PM – 03:00 PM

Four Elements of Hilot

Lupa

Tubig

Hangin

Apoy

03:00 PM – 05:00 PM

Likas na Sakit

Sakit sa Gawa

Na-engkanto

Group Case Discussions

Related CLOs: Foundation for CLO 3, 13

DAY 2

Indigenous Filipino Anatomy and Physiology (Hilot Body Parts)

08:00 AM – 10:00 AM

Structural Components

Balat

Laman

Ugat

10:00 AM – 12:00 PM

Structural Components

Litid

Buto

Kasu-kasuan

01:00 PM – 03:00 PM

Internal Components

Puso

Baga

Atay

Bato

03:00 PM – 05:00 PM

Internal Components

Sikmura

Bituka

Lamang-Loob

Functional Relationships

Related CLO: CLO 1

DAY 3

Vital Forces, Signs and Symptoms Recognition

08:00 AM – 10:00 AM

Vital Components

Hininga

Bisa

Init

Lamig

Hangin

10:00 AM – 12:00 PM

Signs versus Symptoms

Observable findings

Reported complaints

01:00 PM – 03:00 PM

Traditional Wellness Disturbances

Pasma
Usog
Pilay
Pulikat

03:00 PM – 05:00 PM
Traditional Wellness Disturbances
Ngalay
Lamig
Naipit na Ugat
Pagkapuwersa
Related CLOs: CLO 2, CLO 3

DAY 4
Documentation, Ethics and Medical Referral
08:00 AM – 10:00 AM
Intake Interview
Chief Complaint Documentation
Health History Collection
10:00 AM – 12:00 PM
Katutubong Gamutan Profile Form
01:00 PM – 03:00 PM
Red Flags and Emergency Recognition
Chest Pain
Difficulty Breathing
Severe Bleeding
Fractures

03:00 PM – 05:00 PM
Referral and Professional Boundaries
Scope of Practice
Ethics
Medical Collaboration
Related CLO: CLO 4

DAY 5
Pantay Daliri and Tudluan
08:00 AM – 10:00 AM

Pantay Daliri Theory
10:00 AM – 12:00 PM
Pantay Daliri Practicum
01:00 PM – 03:00 PM
Tudluan Theory
03:00 PM – 05:00 PM
Tudluan Clinical Practice
Related CLOs: CLO 5, CLO 6

DAY 6

Himulsuhan Mastery
08:00 AM – 10:00 AM
Principles of Himulsuhan
10:00 AM – 12:00 PM
Pulse Location Mapping
01:00 PM – 03:00 PM
Organ Correspondences
Heart
Small Intestine
Liver
Gallbladder
Lung
Colon
Kidney
Bladder
Spleen
Stomach
Triple Metabolism
Pericardium
03:00 PM – 05:00 PM
Guided Practical Exercises
Related CLO: CLO 7

DAY 7

Pasubay and Behavioral Assessment
08:00 AM – 10:00 AM
Physiognomy
Face Reading
Constitutional Observation
10:00 AM – 12:00 PM

Kinesics

Body Movement

Posture

Gait

01:00 PM – 03:00 PM

Emotional Indicators

03:00 PM – 05:00 PM

Practical Assessment Exercises

Related CLO: CLO 8

DAY 8

Pagkapa, Pagsalat and Padampi

08:00 AM – 10:00 AM

Pagkapa

Surface Assessment

Heat Recognition

10:00 AM – 12:00 PM

Pagsalat

Tissue Palpation

Gonggong Identification

01:00 PM – 03:00 PM

Padampi

Temperature Assessment

Energetic Sensitivity

03:00 PM – 05:00 PM

Combined Touch Practicum

Related CLO: CLO 9

DAY 9

Tawas Diagnostics

08:00 AM – 10:00 AM

Tawas sa Papel

10:00 AM – 12:00 PM

Tawas sa Kandila

01:00 PM – 03:00 PM

Tawas sa Itlog

03:00 PM – 05:00 PM

Interpretation Workshop

Related CLOs: CLO 10, CLO 11, CLO 12

DAY 10

Clinical Integration and Final Evaluation

08:00 AM – 10:00 AM

Data Synthesis

Combining:

Intake Information

Signs & Symptoms

Pantay Daliri

Tudluan

Himulsuhan

Pasubay

Pagkapa

Pagsalat

Padampi

Tawas Findings

10:00 AM – 12:00 PM

Treatment Planning

Banyos

Bentusa

Herbal Recommendations

Referral Recommendations

01:00 PM – 04:00 PM

Final Clinical Practicum

Complete patient assessment from intake to diagnosis and treatment planning.

04:00 PM – 05:00 PM

Oral Examination

Feedback Session

Graduation and Conferral of Credentials

Related CLOs: CLO 13, CLO 14

Summary

Category	Hours
Foundations of Hilot Philosophy	8
Indigenous Filipino Anatomy & Physiology	8
Signs & Symptoms Assessment	8
Ethics, Documentation & Referral	8
Pantay Daliri & Tudluan	8
Himulsuhan	8

Pasubay	8
Pagkapa, Pagsalat & Padampi	8
Tawas Diagnostics	8
Clinical Integration & Practicum	8
Total Contact Hours	80 Hours
Program Duration	10 Days
Daily Schedule	8:00 AM – 5:00 PM

This 10-day structure is much more balanced for achieving competency in all 14 CLOs while remaining practical as a professional certificate that can later articulate into your Bachelor's-level Hilot curriculum.

Schedule of Fee

Item	Price	Duration	Total
Venue	600	11	Php 6,600.00
Food	1000	11	Php 11,000.00
Hotel	2000	11	Php 22,000.00
Grab airport	2000	Sundo hatid	Php 2,000.00
Tricycle	240	11	Php 2,640.00
Lakay	2000	11	Php 22,000.00
Apu	2500	11	Php 27,500.00
Total	Php 10,340.00		Php 93,740.00

ACADEMIC RULES, ENROLLMENT, PAYMENT, AND CERTIFICATION POLICIES

Certificate in Magtatawas or Hilot Diagnostic Practice 10-Day Intensive Professional Certification Program

ARTICLE I

Academic Standards and Professional Conduct

The Certificate in Magtatawas or Hilot Diagnostic Practice is a professional certification program designed to develop competent, ethical, culturally grounded, and clinically responsible practitioners of traditional Filipino diagnostic arts. All students are expected to uphold the highest standards of professionalism, respect, integrity, safety, and cultural responsibility throughout the duration of the program.

Students shall:

- Demonstrate respect toward instructors, clients, fellow students, and traditional healing practices.
 - Preserve the dignity and confidentiality of clients and case studies.
 - Observe all health, safety, and sanitation protocols.
 - Practice within the accepted scope of traditional Hilot assessment.
 - Refrain from claiming to diagnose, cure, treat, or manage diseases beyond the scope of traditional healing.
 - Avoid making statements that contradict the advice of licensed healthcare professionals.
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ARTICLE II

Attendance Policy

Because competency in Hilot diagnostics requires both theoretical learning and extensive practical application, regular attendance is mandatory.

Minimum Attendance Requirement

Students must complete at least:

90% of Total Training Hours

to qualify for graduation and certification.

Absences

Students who exceed the allowable absence limit may:

- Be required to complete remedial training.
- Be required to repeat missed practical sessions.
- Be denied eligibility for the final practicum examination.

Tardiness

- Class begins promptly at 8:00 AM.
- Students arriving more than thirty (30) minutes late shall be marked tardy.

- Three (3) instances of tardiness shall be equivalent to one (1) absence.

ARTICLE III

Grading and Assessment System

The academy uses a competency-based assessment system that measures knowledge, technical skills, clinical judgment, professionalism, and ethical conduct.

Grade Distribution

A. Clinical Performance Evaluation – 50%

- Client Intake and Documentation – 10%
- Physical Diagnostic Modalities – 15%
- Spiritual and Elemental Diagnostics – 10%
- Diagnostic Analysis and Interpretation – 5%
- Treatment Plan Formulation – 10%

B. Academic Evaluation – 30%

- Quizzes and Class Exercises – 10%
- Mid-Course Assessment – 10%
- Final Written Examination – 10%

C. Attendance and Professionalism – 20%

- Attendance and Punctuality – 10%
- Professional Conduct and Ethics – 10%

Passing Grade

Students must achieve a minimum final grade of:

75%

to successfully complete the certification program.

ARTICLE IV

Academic Grading Scale

Percentage	Grade	Description
96 – 100	1.00	Excellent
91 – 95	1.25 – 1.50	Very Good
86 – 90	1.75 – 2.00	Good
80 – 85	2.25 – 2.50	Satisfactory
75 – 79	2.75 – 3.00	Competent
Below 75	5.00	Did Not Meet Competency

ARTICLE V

Automatic Failure Provisions

Regardless of examination scores, the following actions shall immediately result in a status of:

Did Not Meet Competency

- Conducting any physical assessment without client consent.
 - Performing procedures before securing a signed waiver and informed consent.
 - Making false medical claims.
 - Advising clients to discontinue treatment prescribed by a licensed healthcare provider.
 - Gross negligence resulting in safety risks.
 - Falsification of documentation.
 - Unethical or abusive conduct toward clients, faculty, or classmates.
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ARTICLE VI

Admission and Enrollment Policy

Applicants shall be considered officially enrolled only after:

1. Submission of a completed enrollment application.
2. Submission of required identification documents.
3. Payment of the required Reservation and Downpayment Fee.
4. Acceptance of all academy policies.
5. Signing of the Enrollment Agreement and Student Declaration.

Enrollment shall be processed on a first-paid, first-confirmed basis.

Because training slots are limited, reservation is strongly encouraged.

ARTICLE VII

Program Fee

Total Program Investment

PHP 93,740.00

The program fee includes:

- Ten (10) days of training
- Lectures and demonstrations
- Practical laboratory sessions
- Assessment materials
- Training handouts and learning resources
- Meals during training
- Accommodation arrangements
- Venue utilization
- Instructor and facilitator fees

- Graduation and certification processing

ARTICLE VIII

Reservation and Downpayment Policy

To officially secure a training slot, students shall pay a combined:

Reservation and Downpayment Fee

PHP 18,748.00

This amount is equivalent to:

20% of the Total Program Fee

and shall be credited toward the student's total tuition obligation.

Conditions

- No seat shall be reserved without payment.
- Reservation is confirmed only upon receipt of payment.
- Payment signifies acceptance of all academy rules and policies.
- Training slots are limited and are assigned on a first-paid basis.

ARTICLE IX

Full Payment Discount Program

Students who choose to pay the entire tuition fee during enrollment shall be entitled to a special enrollment incentive.

Full Payment Discount

Students who pay the full amount before the training begins shall receive a:

5% Discount

Equivalent to:

PHP 4,687.00

Discounted Full Payment Amount

PHP 89,053.00

This incentive applies only to students who complete payment before the program start date.

ARTICLE X

Balance Payment Policy

Students paying through the reservation option shall have a remaining balance of:

PHP 74,992.00

after payment of the reservation and downpayment fee.

Remaining Balance Deadline

The balance must be paid in full:

On or Before 12:00 Noon of the First Day of Training

Students who fail to settle their balance by the prescribed deadline may:

- Be temporarily suspended from training activities.

- Be denied access to practical sessions.
- Be prohibited from taking examinations.
- Be ineligible for certification.

No certificate shall be issued while any financial obligation remains outstanding.

ARTICLE XI

Cancellation Policy

Students who wish to cancel their enrollment must submit written notice to the academy.

Cancellation Seven (7) Days or More Before Training

The student may apply for a one-time deferment of enrollment to the next available batch.

Cancellation Less Than Seven (7) Days Before Training

The reservation and downpayment fee shall be forfeited.

Failure to Appear on Day One

Students who fail to appear on the first day of training shall automatically forfeit:

PHP 18,748.00

and their reserved slot may be offered to another applicant.

ARTICLE XII

Strict No-Refund Policy

The academy incurs immediate and irreversible expenses upon confirmation of enrollment, including:

- Hotel accommodations
- Venue reservations
- Instructor scheduling
- Food preparation
- Learning materials
- Administrative processing
- Graduation preparation

For this reason, the academy adopts a strict no-refund policy.

Non-Refundable Reservation and Downpayment

The following amount is strictly non-refundable:

PHP 18,748.00

representing the Reservation and Downpayment Fee.

No partial or full refund shall be granted due to:

- Change of personal plans
- Employment commitments
- Family obligations
- Travel concerns

- Failure to attend
- Voluntary cancellation
- Voluntary withdrawal

ARTICLE XIII

Withdrawal During Training

Students who voluntarily withdraw after the commencement of classes shall not be entitled to any refund of:

- Reservation Fee
- Downpayment
- Tuition Payments
- Material Fees
- Administrative Fees
- Training Fees

No prorated refund shall be provided for missed or unused training days.

ARTICLE XIV

One-Time Deferment Privilege

Students experiencing documented emergencies may request a one-time deferment provided that notice is submitted at least seven (7) calendar days before the start of training.

Under this policy:

- The Reservation and Downpayment Fee of PHP 18,748.00 remains non-refundable.
- The amount may be credited toward the next scheduled training batch.
- The deferment privilege may only be granted once.
- The deferred enrollment must be used within twelve (12) months.

Failure to attend the deferred training schedule shall result in forfeiture of all fees paid.

ARTICLE XV

Certification Requirements

To receive the title:

Certified Magtatawas / Hilot Diagnostic Practitioner

the student must:

1. Complete all required training hours.
2. Meet the minimum 90% attendance requirement.
3. Obtain a final grade of at least 75%.
4. Pass the final written examination.
5. Pass the final clinical practicum examination.

6. Demonstrate ethical and professional conduct.

7. Fully settle all tuition and financial obligations.

Only students who satisfy all academic, clinical, ethical, attendance, and financial requirements shall be eligible for graduation and the conferral of professional certification.

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