

Applied Channel Theory In Chinese Medicine

Applied Channel Theory In Chinese Medicine Applied Channel Theory in Chinese Medicine In traditional Chinese medicine (TCM), understanding the human body's intricate network of pathways is fundamental to diagnosing and treating various health conditions. Among these, the concept of channels, or meridians, plays a pivotal role. The applied channel theory in Chinese medicine provides practitioners with a detailed framework to interpret physiological functions, pathologies, and therapeutic interventions. This article explores the core principles of applied channel theory, its practical applications, and its significance in modern TCM practice. --- Introduction to Chinese Medicine and the Concept of Channels Traditional Chinese medicine is a holistic system that emphasizes the balance of vital energy, or Qi, within the body. Central to this philosophy are the meridians or channels—dynamic pathways through which Qi and blood circulate. These channels connect various organs and tissues, facilitating communication and maintaining health. Key points about Chinese medicine channels: - They form an interconnected network that sustains physiological functions. - Each channel corresponds to specific organs and their related functions. - Blockages or imbalances within these channels can lead to disease. The understanding of these channels is crucial for diagnosis and treatment, especially in acupuncture, herbal medicine, and other modalities. --- Fundamentals of Applied Channel Theory in Chinese Medicine Applied channel theory is a practical framework that helps practitioners interpret the complex interactions within the meridian system. It integrates classical theories with modern clinical insights to optimize therapeutic outcomes. Core Principles of Applied Channel Theory 1. Pathways and Connections: Recognizing the pathways of meridians and their interconnections across the body. 2. Organ-Channel Relationships: Understanding how each meridian relates to specific organs and their functions. 3. Pathology Manifestation: Identifying how disruptions in channels manifest as symptoms or diseases. 4. Treatment Strategies: Using channel pathways to target specific areas with acupuncture, moxibustion, or herbal formulas. Historical Development of the Theory

The foundation of applied channel theory stems from classical texts like the Huangdi 2 Neijing (Yellow Emperor's Inner Canon), which systematically describes the channels and their functions. Over centuries, practitioners have refined these concepts through clinical practice, leading to modern interpretations and applications. --- Types of Channels in Chinese Medicine Understanding the various types of channels is essential for applying the theory effectively. Main Channels (Jing Mai) - Yin Channels: Associated with Yin organs (Liver, Heart, Spleen, Lung, Kidney). - Yang Channels: Linked with Yang organs (Gallbladder, Small Intestine, Stomach, Bladder, Urinary Bladder). Extra Meridians (Qi Jing Ba Mai) - Auxiliary pathways that supplement the main channels. - Include the Ren, Du, Chong, Dai, Yang Qiao, Yin Qiao, Yang Wei, and Yin Wei meridians. - Play roles in maintaining balance and transmitting Qi in special ways. Collateral Channels (Luo Mai) - Smaller branches that connect main channels and organs. - Facilitate the distribution of Qi and blood throughout the body. --- Applied Channel Theory in Clinical Practice The practical application of channel theory involves various diagnostic and therapeutic techniques. Diagnosis Based on Channel Pathways - Palpation: Feeling pulse qualities at specific points to detect imbalances. - Observation: Monitoring skin, tongue, and facial features related to specific channels. - Symptom Localization: Mapping symptoms to particular meridian pathways. Therapeutic Applications 1. Acupuncture Point Selection: - Choosing points along affected channels to restore balance. - For example, stimulating LI-4 (Hegu) for face and head issues related to the Large Intestine meridian. 2. Herbal Medicine: - Formulas tailored to unblock or strengthen specific channels. - For example, using herbs that invigorate the Liver channel in cases of stagnation. 3. Moxibustion: - Applying heat to specific points to promote Qi flow within 3 channels. 4. Cupping and Gua Sha: - Techniques that influence channel pathways to release stagnation and improve circulation. Case Studies Demonstrating Applied Channel Theory - Headaches: Often linked to the Gallbladder or Yang Wei channels. - Digestive Disorders: Associated with the Stomach and Spleen channels. - Respiratory Issues: Connected to Lung and Large Intestine channels. By understanding these pathways, practitioners can develop targeted treatment plans that address root causes rather than just symptoms. --- Modern Perspectives and Integration With increasing interest in integrating traditional and modern medicine, applied channel theory has found relevance in various contemporary applications. Research and Scientific Validation - Studies using neuroimaging and bioelectrical measurements have explored the physiological basis of meridians. - Some research suggests that acupuncture points correspond to

nerve bundles, vascular structures, or connective tissue planes aligned with channels. Integrative Approaches - Combining applied channel theory with Western diagnostic methods enhances diagnostic accuracy. - Use of imaging technologies to visualize tissue and nerve pathways related to meridians. Challenges and Future Directions - Need for more empirical research to validate the physiological basis of channels. - Development of standardized protocols for channel-based treatments. - Educational efforts to incorporate applied channel theory into modern clinical training. --- Conclusion: The Significance of Applied Channel Theory in Chinese Medicine Applied channel theory in Chinese medicine provides a comprehensive and practical framework that bridges ancient wisdom with modern clinical practice. Its emphasis on pathways and connections guides diagnosis, treatment, and understanding of disease processes in a holistic manner. As research advances, the integration of applied channel theory with scientific methods promises to deepen our understanding of human health and enhance therapeutic outcomes. For practitioners and students of TCM, mastering 4 applied channel theory is essential for effective treatment and for advancing the field toward a more evidence-based approach while respecting its rich traditional roots. Whether through acupuncture, herbal medicine, or other modalities, the application of this theory continues to be a cornerstone of effective Chinese medical practice. --- Keywords: applied channel theory, Chinese medicine, meridians, acupuncture, Qi, diagnosis, treatment, collateral channels, organ relationships, traditional Chinese medicine, holistic health

Question Answer What is applied channel theory in traditional Chinese medicine? Applied channel theory in traditional Chinese medicine (TCM) focuses on understanding and utilizing the pathways of meridians and collaterals to diagnose and treat health conditions by restoring the balance of Qi and blood flow within these channels. How does applied channel theory inform acupuncture treatment strategies? Applied channel theory guides acupuncturists to select specific points along meridians that correspond to affected organs or symptoms, enhancing treatment efficacy by targeting the interconnected pathways that govern systemic health. What role does applied channel theory play in herbal medicine within TCM? In herbal medicine, applied channel theory helps practitioners choose herbs that influence particular meridians, thereby addressing specific patterns of disharmony and ensuring that treatment restores proper Qi and blood flow along the targeted channels. Can applied channel theory explain the mechanism behind certain TCM diagnostic techniques? Yes, applied channel theory underpins diagnostic methods such as pulse reading and tongue diagnosis by providing a framework that links observable signs to disruptions in specific

meridians and their associated organs. What are the recent developments or research trends related to applied channel theory in Chinese medicine? Recent research in applied channel theory explores its neurophysiological basis, integration with modern biomedical models, and the development of evidence-based protocols for acupuncture and herbal treatments, aiming to enhance its scientific validation and clinical application.

Applied Channel Theory in Chinese Medicine: A Comprehensive Exploration

The concept of applied channel theory in Chinese medicine forms a cornerstone of understanding how traditional practices interpret the flow of vital energy, or Qi, through the body's intricate network of channels and collaterals. This theory not only underpins diagnostic and therapeutic strategies but also bridges ancient philosophical insights with modern clinical applications. As practitioners and scholars delve deeper into the nuances of channel theory, they uncover both its profound potential and its limitations, shaping how Chinese medicine adapts to contemporary healthcare contexts.

--- Applied Channel Theory In Chinese Medicine 5 Understanding the Foundations of Chinese Channel Theory

Historical Origins and Philosophical Underpinnings

Chinese medicine's channel theory traces back thousands of years, originating from classical texts such as the Huangdi Neijing (The Yellow Emperor's Inner Canon) and the Shang Han Lun. These texts describe a complex network of channels (Jing Luo) that facilitate the flow of Qi and blood, nourishing organs, tissues, and limbs. The philosophical basis is rooted in Taoist concepts emphasizing harmony, balance, and the dynamic flow of energy within the body.

Key points include:

- The channels are pathways for Qi and blood, essential for health.
- The body's health reflects the smoothness or stagnation of Qi flow.
- Disease arises from blockages, deficiency, or imbalance in these channels.

Major Channels and Their Significance

The primary channels are traditionally divided into twelve meridians, each associated with a specific organ system, along with additional systems such as the extraordinary vessels. These channels are mapped along the body, often corresponding to superficial and deep pathways.

Features:

- 12 Main Meridians: Lung, Large Intestine, Stomach, Spleen, Heart, Small Intestine, Bladder, Kidney, Pericardium, Triple Burner, Gallbladder, Liver.
- Yin and Yang Balance: Each meridian is classified as either Yin or Yang, maintaining energetic harmony.
- Collateral Vessels: These link the main channels, distributing Qi and blood more broadly.

--- Application of Channel Theory in Clinical Practice

Diagnosis Through Channel Observation

In Chinese medicine, diagnosis involves assessing signs and symptoms related to the channels' health status. Practitioners often examine:

- Pulse: The quality, depth, and rate of the pulse reflect the

state of specific channels and organs. - Tongue: Color, coating, and texture provide clues about Qi and blood flow within channels. - Local Examination: Tenderness, temperature, and swelling along the channels inform about stagnation or deficiency. Features: - Holistic assessment integrating multiple signs. - Focus on functional imbalances rather than isolated symptoms. Therapeutic Techniques Targeting Channels Treatments aim to restore the free flow of Qi within the channels, alleviating stagnation and deficiency. Techniques include: - Acupuncture: Insertion of needles at specific points (Xue) along the meridians to unblock or tonify Qi. - Moxibustion: Applying heat to stimulate Qi flow. - Herbal Medicine: Formulations designed to support or dispel Applied Channel Theory In Chinese Medicine 6 stagnation within particular channels. - Cupping and Gua Sha: External methods to enhance circulation along channels. Features: - Precise point selection based on channel theory enhances treatment efficacy. - Emphasizes individualized treatment plans. --- Modern Perspectives and Scientific Inquiry into Channel Theory Research on Meridians and Qi Modern science faces challenges in objectively verifying the existence of meridians and Qi. Nonetheless, research has explored: - Electrical Conductivity: Some studies suggest meridians can be mapped as bioelectrical pathways. - Imaging Techniques: Technologies like thermography and ultrasound reveal patterns correlating with traditional channel pathways. - Physiological Correlates: Nerve pathways, lymphatic vessels, or fascia may correspond to meridian maps. Pros: - Provides a scientific basis for traditional concepts. - Opens avenues for integrative medicine approaches. Cons: - Lack of conclusive, universally accepted evidence. - Difficult to quantify Qi as an energetic phenomenon. Integration with Modern Medicine Efforts are underway to incorporate channel theory insights into contemporary clinical practice, especially for pain management, neurology, and rehabilitation. Features: - Combining acupuncture with Western diagnostics to improve outcomes. - Using imaging to guide precise interventions. --- Advantages and Limitations of Applied Channel Theory Advantages - Holistic Approach: Considers the body as an interconnected system, promoting comprehensive treatment. - Personalized Medicine: Tailors interventions based on individual channel assessments. - Multiple Modalities: Offers diverse therapeutic options (acupuncture, herbs, external therapies). - Preventive Focus: Emphasizes maintaining Qi balance to prevent disease. Limitations - Subjectivity: Diagnostic methods can be influenced by practitioner experience. - Lack of Standardization: Variations in point selection and technique. - Scientific Skepticism: Challenges in empirical validation hinder wider acceptance. - Complexity: The vast network of channels can be overwhelming for

practitioners without extensive training. --- Applied Channel Theory In Chinese Medicine 7 Future Directions in Applied Channel Theory Technological Integration Advances in bioengineering may facilitate: - Development of devices to visualize meridian pathways. - Use of bioelectrical measurements for objective assessment. Research and Evidence-Based Practice Increasing clinical trials and scientific studies aim to: - Validate channel-based interventions. - Clarify mechanisms underlying acupuncture and related therapies. Educational and Standardization Efforts Standardizing training and protocols can improve reliability and increase acceptance. --- Conclusion Applied channel theory remains a vital component of Chinese medicine, offering a unique perspective on health, disease, and treatment. Its emphasis on the flow of Qi through an interconnected network aligns with holistic health paradigms and continues to inspire both traditional practitioners and modern researchers. While challenges persist in scientifically validating some aspects of channel theory, ongoing innovations in technology and research promise to deepen our understanding and integration of this ancient wisdom into contemporary healthcare. Ultimately, applied channel theory exemplifies the enduring relevance of Chinese medicine's nuanced approach to the human body, blending philosophical insight with practical application. Chinese medicine, channel meridians, acupuncture, qi flow, acupuncture points, meridian theory, traditional Chinese medicine, energetic pathways, acupoint therapy, herbal medicine

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this book set covers the last 3000 years of chinese medicine as a broadly flowing river from its source to its mouth it takes the story from the very beginnings in proto scientific china to the modern age with a wealth of historical and cultural detail it is unique in presenting many anecdotes sayings and excerpts from the traditional classics the content is organized into four parts part one focuses on the medical activities in chinese primitive society and the characteristic features of the witchcraft stage of medicine part two traces the progress of chinese medicine as it entered the stage of natural philosophy it also discusses how other aspects of philosophy religion and politics influenced chinese medical theory and practice at the time chinese medicine having a kind of social existence was also impacted by the natural and social environment and multiple cultural factors some of these factors are discussed in part three the last part concludes by examining the cultural process of chinese medicine in history and offers a glimpse into the future of chinese medicine

use traditional chinese medicine in diagnosing and treating disease maciocia s the practice of chinese medicine 3rd edition describes how

to apply tcm theory to the diagnosis and treatment of disorders and conditions frequently encountered in practice covering common chronic and acute conditions maciocia s provides guidelines to treatment with both acupuncture and chinese herbs case studies offer real world insights into determining effective treatment care from an expert team of editors who were close to the late giovanni maciocia and who practice the maciocia way this practical illustrated text makes it easier to apply tcm in western medical practice coverage of traditional chinese medicine includes the diagnosis and treatment of 48 common diseases conditions and disorders discussion of aetiology pathology and differential diagnoses according to tcm is provided for each disease condition and disorder unique summaries of western differential diagnoses provide alternative treatment options coverage of treatments includes acupuncture and herbs with explanations of choices reviews of clinical trials and modern chinese literature report the experience of noted doctors of chinese medicine practical appendices include identification of patterns according to the six stages the four levels and the three burners prescriptions and suggested substitutions of chinese herbs english pinyin glossary of chinese terms is included new and unique clinical tips provide practical guidelines to diagnosing and treating diseases new and unique red flags list symptoms that may necessitate a referral to a western physician new updated clinical trials and references are added new updated western differential diagnosis sections are added new discussion on sexuality in chinese medicine is added new additional tongue photos aid in diagnosing diseases based on chinese medicine protocols new updated full color photos are added new four new appendices are added for a total of 10 appendices new reorganization of material provides easier access to key topics

traditional chinese medicine has a long and complex history yet the basic principles at the heart of practice have remained the same for hundreds of years without a solid understanding of these fundamental theories effective practice is impossible and this book provides a complete introduction to everything that students and practitioners both new and experienced need to know the book describes and explains all of the fundamental principles of traditional chinese medicine including yin yang the five elements the zang and fu organs zang xiang qi and the meridians and collaterals of the body explaining not only the principles upon which these elements work but also how they interrelate the book describes how they can be used in practice to identify treat and prevent ill health and disease this thorough and

accessible textbook compiled by the china beijing international acupuncture training center cbiatc under the editorial directorship of leading chinese clinicians zhu bing and wang hongcai is essential reading for students of traditional chinese medicine and is also a useful basic reference for tcm practitioners

the second edition of this book is a rearranged and enriched version of the previous edition composed of feedback and constructive comments from readers acupuncture is the most popular form of treatment in chinese medicine the theories and practice of acupuncture have been revised and rewritten to give readers a clear idea of how it works and when it is to be utilized botanicals i e herbal medicine form the major core of chinese medicine practice the potential of botanicals development is wide from casting specific biological activities to preventive uses three new chapters are offered i for the understanding of the biological activities of herbal medicine ii the products produced from herbs for specific needs and iii the individual s choice for what may suit him her best in this present era of information technology readers should be guided on the use of the internet and related areas in order to independently secure information for personal use and research needs the last chapter is provided for this practical purpose since the publication of the first edition much development has occurred in the field of chinese medicine all the chapters have been updated and revised accordingly so that general readers those looking for effective treatment as well as those who want to serve their patients better can have a reliable comprehensive reference

traditional chinese medicine tcm is a great treasure of china s ancient history and culture written for health professionals researchers social scientists and educators this book elaborates a view that tcm is embodied in diverse and complex human dimensions and meanings in chinese culture encircling cultural meaning includes the tcm concept qi the holistic approach which embodies culture in medicine the book identifies intricate human dimensions of tcm in the life stages of youth adulthood and old age as family connections as identity as balancing harmonising life as complementary and knowledge transmission roles in particular tcm is seen through the lens of leadership as refining human relationships as self as moral practice as good management practice and as embracing the cultural

environment underlying these categories shared meanings are revealed as well as core values and health beliefs in chinese culture the complex human dimensions of tcm are shown to be deeply rooted in social cultural and historical contexts in the chinese diaspora the spirit of chinese culture its human centredness conceptions of leadership in traditional chinese medicine tcm for youth adults and the elderly tcm in family connectedness chinese identity body image and gender balance harmony knowledge underlying beliefs and roles social cultural significance the author draws from and extends her phd research on lived chinese experiences and conceptions of tcm across diverse individuals populations two focus groups in australia and three focus groups in macau and hong kong encircling cultural meaning reveals rich and profound values in chinese culture manifested at all levels of life including the reciprocal care of filial piety trust respect considerations for others the quest for self understanding and the strive for peace and harmony these inner virtues in human relationships offers a soothing refuge and solution to the modern world which is often punctuated with imbalance the overdependence on material acquisition distrust violence and man s inhumanity towards man

phytotherapy or herbal medicine is the most important therapy within chinese medicine and is being used increasingly in the west a materia medica for chinese medicine plants minerals and animal products describes 400 of the most important plants minerals and animal substances used as treatments by chinese medical practitioners the items included have been selected according to their degree of clinical relevance each remedy is clearly described and illustrated on two facing pages making this an easily accessible reference for both students and practitioners of chinese herbal medicine the clearly laid out text presents the following details for each herb or substance included a detailed description of the characteristic features indications for safe use medicinal and toxic effects possible combinations with other substances full colour illustrations generally two for each substance showing the detailed characteristics of the item described a materia medica for chinese medicine has been written by two medically trained doctors who have worked as tcm therapists specializing in the use of chinese herbs for more than 30 years based on their many years of teaching and practice the book has been carefully compiled and designed to provide a concise and accurate practice based reference for both students and practitioners

this textbook is designed specifically for western students of chinese medicine the detailed descriptions give readers a solid feeling for the subject it guides the reader through the terms and techniques necessary to understand and perform tcm cosmetology treatments tcm cosmetology is a field that has been built from the past and will continue to develop in the future we are sorry that the dvd content are not included

the essentials of chinese medicine is a text book intended for international students who wish to gain a basic understanding of chinese medicine cm at the university level the idea of writing such a text was originated from the sino american consortium for the advancement of chinese medicine sacacm which was founded in february 2000 in 1995 the british hong kong administration set up a preparatory committee for the development of chinese medicine to look into ways of bringing chinese medical practice and herbal trade under proper control and regulation after the reunification of hong kong with mainland china in 1997 the government of the hong kong special administrative region continued the efforts to uplift the practice of cm to a fully professional level through legislation to help bring up a new generation of professional cm practitioners the hong kong baptist university hkbu obtained approval from the government's university funding authority to develop a school of chinese medicine to prepare students who will meet the future professional requirements through public examinations in order to establish itself quickly as a rigorous provider of university level cm education hkbu sought alliance with eight major cm universities in the chinese mainland and one us university which was interested in developing cm education within its medical college as a result the consortium known as sacacm was formed with ten founding institutions from beijing shanghai nanjing shandong guangzhou chengdu heilongjiang hong kong and the united states

practices for maintaining optimum health and prolonging life or yang sheng have been a part of chinese culture for thousands of years and health cultivation is an important component of chinese medicine health cultivation is related to methods of disease prevention involving exercises and practices that aim to improve the individual constitution while maintaining harmony within the body a broad range of practices involving both body and mind have been collected here this book contains twenty chapters beginning with an introduction to

the historical development and basic concepts of yang sheng health cultivation methods provided in this book include dietary methods sexual practices spirit cultivation exercises medicinal herbs geomancy feng shui tui na massage qi gong exercise and many other specific practices for promoting health in all stages of life

a comprehensive introduction to the concept of traditional chinese medicine its basic principles therapy and medication more than 5000 well structured entries are arranged in alphabetical order and cover a wide spectrum from symptoms and diseases to acupuncture points to herbal and other drugs used in chinese medicine also included are color images of the most important herbs and medicinal plants this is an indispensable guide not only for medical practitioners interested in tcm but also for pharmacists and interested laypersons

this book offers a comprehensive overview of chinese medicine terminology translation defining the most central concepts in chinese traditional medicine providing simplified chinese characters mandarin pronunciation in pinyin citations for 111 of the most key concepts in traditional chinese medicine and culture covering definitions of terms relating to essence qi yin yang theory five elements and visceral manifestation in traditional medicine it offers a selection of english versions of each term in addition to a standard english version drawing on the translation history of traditional chinese medicine it provides a useful resource to understand the fundamental terms of traditional chinese medicine and culture in chinese and english and their relevance to cross cultural discourse

awarded the international contribution to chinese medicine accolade at the 2023 world congress of traditional chinese medicine this book is intended as an introduction to traditional chinese medicine tcm for students practitioners or lay people with a general interest in chinese medicine it provides a clear and compact delivery of tcm s reasoning history philosophy theory and treatment principles the author has approached this from the perspective of the reasoning behind chinese medicine its philosophical foundations and its approach to treatment the text is accompanied by clear and bold graphical illustrations to allow for an easier understanding

superbly illustrated one volume source on all aspects of chinese medicine award winner pocket atlas of chinese medicine has won first

prize at the association of american publishers prose awards and been recognized as the best nursing and allied health text published in 2009 a traditional medicine with up to date applications chinese medicine is gaining steady acceptance throughout the world in this exquisitely illustrated pocket atlas of chinese medicine written by a renowned team of international experts readers will find a concise yet comprehensive synopsis of the entire field from the clinical practice of acupuncture and moxibustion to chinese herbal medicine and nutrition therapy tai ji qi gong and tuina the book offers a deep understanding of the underlying theory characteristics and fundamental concepts of chinese medicine as well as its philosophical and cultural basis for those needing a single volume overview of this broad and multi faceted field this book is unrivalled highlights full coverage of the basic tenets of chinese medicine from its historical roots to modern scientific research methods and findings informative chapter on diagnosis in chinese medicine practical discussion of chinese herbs and their usage including formulas for various common ailments insights from leading specialists on their respective disciplines proven pocket atlas format with double page spreads and juxtaposition of text and related photographs drawings and charts for easy comprehension more than 150 beautifully detailed full color illustrations demonstrating key models pocket atlas of chinese medicine is a must have resource for students and practitioners of chinese medicine acupuncture and complementary medicine including medical doctors in acupuncture training general physicians interested in expanding their services will also benefit from the wealth of information in this practical guide

this book is a clinically oriented presentation of differential diagnosis and treatment in traditional chinese medicine this volume consists of eight series of case studies 40 in all each focusing on a variety of patterns associated with a common clinical disorder asthma facial disorders poor appetite abdominal and epigastric pain abnormal bowel movements abnormal urination constraint disorders hypochondrial and intercostal pain each case provides a systematic analysis of the patient s presentation from the cause and site of the disorder to the underlying theory of the case the pathogenesis pattern of disease treatment principle and modalities of treatment including both herbs and acupuncture are described in illuminating detail the authors themselves both clinicians then pose a number of questions that are likely to confront the practitioner more than a hundred charts organize and present in graphic form what is explained in the text each

chapter concludes with a diagnostic overview or tree that summarizes the process of differential diagnosis for the patterns associated with that disorder patterns practice in chinese medicine will be of particular value to the developing practitioner as well as the student who is making the transition from the classroom to the clinic

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a favorite for first year acupuncture and tcm students because it covers the essential knowledge of the channels and collaterals and the characteristics of the channel system providing descriptives that include the key points pathway associated organs and points physiology pathology clinical applications and divergent teninomuscular and collateral channels

this contemporary introduction to traditional chinese medicine tcm is written in a lively and lucid way for the general reader interested in holistic healing and internal harmony it also explains tcm to the western physician medical concepts are presented in a way that does not conflict with knowledge of biomedicine helping them appreciate tcm as complementary healthcare beginning with an outline of fundamental entities qi blood and essence the book then expounds tcm models of yin yang the five elements and tcm syndromes that form the basis of diagnosis and therapy delightful chapters on the healing wonders of herbs and recipes come with instructions for preparing delicious food and teas explanations of acupuncture chronic disease management and yangsheng life cultivation enlighten with simple yet profound ideas underlying this ancient science they reveal how tcm retains an irreplaceable role in healthcare despite impressive advances in modern medicine the materials in the book have been used in well received public courses in chinese medicine

that the authors have taught for over a decade

a leading authority explains the ideas and practice of chinese medicine from its beginnings in antiquity to today paul u unschuld describes medicine s close connection with culture and politics throughout chinese history he brings together texts techniques and worldviews to understand changing chinese attitudes toward healing and the significance of traditional chinese medicine in both china and the western world unschuld reveals the emergence of a chinese medical tradition built around a new understanding of the human being considering beliefs in the influence of cosmology numerology and the supernatural on the health of the living he describes the variety of therapeutic approaches in chinese culture the history of pharmacology and techniques such as acupuncture and the global exchange of medical knowledge insights are offered into the twentieth century decline of traditional medicine as military defeats caused reformers and revolutionaries to import medical knowledge as part of the construction of a new china unschuld also recounts the reception of traditional chinese medicine in the west since the 1970s where it is often considered an alternative to western medicine at the same time as china seeks to incorporate elements of its medical traditions into a scientific framework this concise and compelling introduction to medical thought and history suggests that chinese medicine is also a guide to chinese civilization

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