FOUNDATIONS OF TRADITIONAL CHINESE MEDICINE
SUBJECT STUDY GUIDE
Semester 1, 2019
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As students in the ‘knowledge-age’ you are increasingly confronted with a vast array of, sometimes conflicting and contested, information. As students and practitioners, you must be able to seek, evaluate and synthesise information and be active participants in the development of your own knowledge and understanding. Subsequently, you will become more responsive and dynamic practitioners who are able to ensure your ongoing capacity to effectively work within the changing nature and demands of society and enhance the field of Natural Health Practice.

How to best utilise subject study guide

This subject study guide (SSG) has been produced to assist you to explore, investigate, critically analyse and evaluate the principles and practice of the subject and to encourage you to achieve deeper levels of learning. Each week you will be expected to complete the necessary pre-readings before class. Following the class you should complete any specified tasks or activities.

- During your pre-readings it is advantageous to highlight the key points.
- In the case of lengthy readings or documents it is a good idea to summarise and write your own synopsis.
- Answer questions or complete activities as directed.
- Jot down any queries, questions or concerns for discussion in class.

Students must submit work when requested. Individual teachers will direct you in regards to the requirements and submission of your SSG work. It may be oral or written.
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SESSION 1: Introduction To TCM

Session Aims and Objectives

As introduction level, students can learn from the philosophy and history of TCM to approaching basic component of Chinese medicine. Through contrasting TCM and Western medical approaches to health, illness and healing, student will be able to establish a plate in disease, healing and general health in human body based on Tradition Chinese Medicine (TCM) theories.

1. Be familiar with the brief history of the formation and development of TCM theories.
2. Be familiar with the philosophical basis of Chinese Medicine;
3. Comprehend the basic characteristics of Chinese Medicine comparing with western medicine;

Post class revision questions

1. Briefly describe the formation and development of the theoretical system of traditional Chinese Medicine.
2. Based pre-reading of the text book and the explanation of the lecturer, describe the following TCM conceptions:
   a. Yin-Yang
   b. Five Element and their classification
   c. Diagnosis in TCM
   d. Principle of treatment
3. What are the main characteristics of Chinese Medicine?
4. About the general concept in aetiology and pathogenesis, what are the different ideas in Chinese medicine and western medicine?
5. Explain the special characteristics of Chinese medicine diagnosis and treatment principles.
SESSION 2: Dào, Yīn-Yáng

Session Aims and Objectives

After the introduction session, student should be more focused on individual basic concept of Dào, Yīn-Yáng theory; familiar with content of and relationships of Yīn-Yáng; and their application in Chinese medicine.

1. Understand the formation and development of the Dào, Yīn-Yáng theories.
2. Master the concept and basic content of the Dào, Yīn-Yáng theories.
3. Apply the Dào, Yīn-Yáng theory in Chinese Medicine
4. Understand the application of Dào, Yīn-Yáng in Diagnosis and treatment principle.
5. Understand the relationships of Yīn & Yáng deeper and more clearly by applying it into the daily life.

Pre reading


Answer the following question

1. Briefly describe the following definitions:
   a. Dào, Yīn-Yáng
   b. The wane and wax of Yīn-Yáng
   c. The inter-dependence of Yīn-Yáng

2. Find some examples of pair of Yīn & Yáng from you daily life. Try to understand their inter-relationship based on your own understanding. For example, wife and husband, which one is Yīn, which one is Yáng? How to understand the relationship between wife and husband based on Yīn-Yáng theory? How to understand the responsibilities of wife and husband based on Yīn-Yáng theory?

Post class revision questions

1. What are the applications of Yīn-Yáng in Chinese Medicine?
2. Explain the applications of Yīn-Yáng in physiology.
3. Based on Yīn-Yáng theory, discuss what kind of house position is better for our health.
SESSION 3: Wǔ Xíng

Session Aims and Objectives

In this session, students need to learn Five Element theory, the second Chinese medicine theory after Yīn-Yáng theory. Understand the concept, contents, relationship and their application in Chinese medicine.

1. Understand the formation and development of the Five Element theory.
2. Master the concept and basic content of Five Element theories.
3. Apply the five element theory in Chinese Medicine
4. Discuss the application of Five Element theory in daily life

Pre reading


Answer the following questions

1. Briefly describe the definition of Five Elements and their classification.
2. What are relationships of these of Five Elements?
3. In China, all the things, which can be seen or touched, are called East-west (dōng xī). Why? Why can’t they be called South-north (nán bĕi).

Post class revision questions

1. Explain the basic qualities of each element. Based on the basic qualities of each element, try to categorize the things you meet in daily life into these five systems.
2. What are the applications of Five Element in Chinese Medicine?
3. Explain the relationships of generating, controlling, overacting and insulting among five elements?

Note: The Chart of The Correspondence of Five Elements in the ppt is very important. Everyone should be very familiar with this chart.
SESSION 4-5: Vital substances

Session Aims and Objectives

In this session, student will learn the foundational substance theory, understanding the basic concept, structure, functions and pathologies of Qi, blood, body fluid, Jing and Shen in Chinese medicine term.

1. Understand the basic concepts of Qi, Blood, Body Fluids, Jing and Shen.
2. Comprehend the formation, distribution, classification and functions of Qi
3. Comprehend the formation, circulation and functions of Blood;
4. Comprehend the formation, distribution, excretion and functions of Body Fluids;
5. Comprehend the formation, classification and functions of Jing.
6. Comprehend the conception and functions of Shen.

Pre reading


Answer the following questions

1. Define the concepts of Qi, Blood & Jing.
2. Classify all different types of Qi in body.
3. Briefly understanding the formation Qi, blood & Jing.
4. Metabolism of body fluid in body.

Post class revision questions

1. Describe the Qi mechanisms.
2. What are the functions of Qi and blood?
3. Describe the relationships between Qi, Blood and body fluid.
4. Demonstrate the metabolism of body fluid.
5. What are the functions of Jing.

Discuss:
Why is blood red?
SESSION 6-8: Zàng Xiàng Theory: Lung Heart/Pericardium and Spleen

Session Aims and Objectives

In this session, student will learn the Zàng Xiàng theory, understanding the basic structure and physiology of individual organ system. Understand the normal structure and functions of Lung, Heart and spleen system and their pathological conditions.

1. Understand the formation and characteristics of the theory of Zàng-臓-Xiàng-象.

2. Comprehend the physiological functions of Zàng-fŭ organs: Lung, Heart and Spleen; Understand their relationships with five emotions, five tissues, five sense organs, nine orifices and others.

3. Comprehend the main pathological manifestations of Zàng-fŭ to help the understanding of their physiological functions.

Pre reading


Answer the following questions

1. Review the table of The Correspondence of Five Elements. Think about how to connect the external phenomena with the internal organs.

2. What organs are included in Zàng? What organs are included in Fŭ? What organs are included in Extraordinary Fŭ?

3. Could you list the paired Zàng & Fŭ?

4. What are the physiological functions of Lung, Heart and Spleen?

Post class revision questions

1. What is Zàng Xiàng Theory? How to understand Zàng and Xiàng?

2. What is included in the dispersing and descending function of the lung?

3. How to understand “Lung governs the rhythm of the body”?

4. Why does Spleen dominate transformation / transportation?
5. Describe how Spleen controls the blood?
6. What does postnatal foundation mean?
7. Why is Heart the leading organ in the human body?
8. What does "Heart dominates Blood and vessels" mean?
SESSION 9-10: Zàng Xiàng theory: Liver, Kidney

Session Aims and Objectives

In this session, student will continually learn the Zàng Xiàng theory, understanding the basic structure and physiology of individual organ. Understand the normal structure and functions of Liver and Kidney and their pathological conditions.

1. Comprehend the physiological functions of Liver and Kidney; their relationship with five emotions, five tissues, five sense organs and nine orifices.
2. Comprehend the main pathological manifestations of Liver and Kidney to help the understanding of their physiological functions.

Pre reading


Answer the following questions

1. What are the physiological functions of Liver and Kidney?
2. Based on your observation of nature and your understanding of Five Elements Theory, think about what are the effects of Liver on Spleen and Stomach.

Post class revision questions

1. Why is Liver the command organ in the human body?
2. Why is liver so important in keeping the normal functions of Qi?
3. Why is blood so important in keeping normal functions of Liver?
4. Why is the Kidney so important for man and woman?
5. What does the prenatal foundation mean?
6. Based on the functions of kidney and Five elements theory, describe why eating too much lolly is not good for teeth.
SESSION 11-12: Zàng Xiāng theory: Large Intestine, Small Intestine, Stomach, Gallbladder, Bladder and Sān Jiāo

Session Aims and Objectives

In this session, student will continue to learn the Zàng Xiāng theory, understanding the basic structure and physiology of individual organ. Understand the normal structure and functions of Fū: Large Intestine, Small Intestine, Stomach, Gallbladder, Bladder, San Jiao and their pathological conditions.

1. Understand the formation and characteristics of Zàng- fū; 
2. Comprehend the physiological functions of Fū organs and their relationship with five emotions, five tissues, five sense organs and nine openings; 
3. Comprehend the main pathological manifestations of fū to help the understanding of their physiological functions.

Pre-reading


Answer the following questions

1. What do the Fū organs’ physiological functions? 
2. What’s the direction of healthy stomach Qi? 
3. What is triple burner/Sān Jiāo in TCM? 
4. How to understand that Gall Bladder controls decisiveness. 
5. What factors affect Large Intestine’s conduction function?

Post class revision questions

1. Why does the stomach have band of Qi and blood? 
2. What are the triple burner’s physiological functions? 
3. Why does Gall Bladder’s “decision making” help all other 11 internal organs? 
4. From “warm-hearted” or “warm-heart and small intestine”, how to understand the effect of Small Intestine conditions on mental conditions? 
5. How does Lung Qi affect Bladder function?
SESSION 13: Zàng Xiàng theory: Inter-relationships

Session Aims and Objectives

In this session, students need to focus on the inter-relationships between Zàng- Zàng organ according to Five Element relationship; Zàng-Fŭ organs according to interior and exterior and Fŭ- Fŭ organs. Students also need to understand the inter-actions between Zàng Fŭ and vital substances.

1. Comprehend the interrelationships among Zàng organs and Fŭ organs.
2. Comprehend the interrelationships between Zàng Fŭ and vital substances.

Pre reading


Answer the following questions

1. What are the relationship between five Zàng and six Fŭ?
2. What are the relationship between Zàng and Zàng organs?
3. What are the inter-actions between Zang Fu and vital substances.

Post class revision questions

- Why it’s so important to understand the relationship between Zàng and Fŭ organs?
- Why it’s so important to understand the relationship between Zàng and Zàng?
SESSION 14-15: Six Extraordinary Fu

Session Aims and Objectives

In this session, the students need to understand what are six Extraordinary Fŭ. Why they are called Extraordinary Fŭ. What are the functions and pathological disorders of each of them.

Pre reading


Answer the following questions

1. Which six organs are included in Six Extraordinary Fŭ? Why are they called extraordinary Fŭ.
2. What are the functions of extraordinary Fu.

Post class revision questions

3. Which internal organ/s has/ have strong effects on Marrow?
4. Which channels have strong effects on Uterus?
5. What's the relationships between Brain and Heart? ( discussion )
SESSION 16: Aetiology & Mechanism of Diseases

Session Aims and Objectives

In this session, the students need to understand the main etiologies of diseases, how the diseases develop and what affects the development of diseases.

Pre reading


Answer the following questions

1. How many types of aetiology are included in TCM aetiology system?
2. What are Six Yín?
3. What are included in non-external non-internal aetiology.

Post class revision questions

1. What are the characteristics of TCM aetiology theory?
2. What are Liu Qi? What are Liu Yín?
3. Describe the nature and the characteristics of each external pathogen.
4. What are the effects of seven pathogenic Qing (emotions) on the moving of Qi?
5. What are Five Overs?
6. What decides the onset and prognosis of diseases.
SESSION 17: Introduction of TCM Health Enhancement

Session Aims and Objectives

In this session students will learn: the importance of health enhancing issue in modern daily life; the prospect of health enhancement relying on the human being and universe; different life stages of human body according to Chinese medicine classic theory.

- Understand some classic theories of traditional Chinese Health Enhancement.
- Understand human body's life stages.
- Be familiar with the aspects of health enhancement.

Pre reading


Answer the following questions

1. What kinds of exercises are good to do in summer but not good to do in winter?
2. According to CM theories you learned, what’s your opinion about the exercises in gym? Are they good to health or not?

Post class revision questions

1. Describe the Zàng Fŭ Horary Clock. And discuss how to regulate our life style based on this clock.
2. Why is Yáng Qì very important for health and life? How to protect Yáng Qì?
3. Discuss how to change our daily life style based on seasons.
SESSION 18-20: Eight Principles

Session Aims and Objectives

In session 18-22, students need to understand what are the main pattern differentiations in TCM. But in CMPR113, only Bá Gāng (Eight Principles) and Liù Jīng (Six Divisions) will be introduced in detail and be assessed. Others are only a brief introduction and will be taught and assessed in CMPR121.

In session 18-20, you should know:

a. What are the Eight Principles?
b. How to differentiate each principle?

Pre reading


Answer the following questions

1. What are the Eight Principles?

Post class revision questions

1. What is the definition of exterior, interior, hot, cold, full, empty, yin & yang?
2. How to differentiate each principle?
3. What are the common combinations of the eight principles?
4. How to recognise False Heat, False Cold, False Empty, False Full?
SESSION 21-22: The Six Divisions

Session Aims and Objectives

In this session, students need to understand another basic TCM identification of patterns: The Six Divisions. The Six Divisions includes Tāiyáng, Yángmíng, Shàoyáng, Tàiyīn, Shàoyīn, Juéyīn six patterns. The differentiation and transition characteristics of the six patterns will be introduced in this session.

a. What are The Six Divisions?
b. How to differentiate the Six Divisions?
c. What are the normal transitions within Six Divisions?

Pre reading


Post class revision questions

1. Which book was the Six Divisions originally described in detail. Who is the author?
2. What is the normal transfer routine of diseases according to the Six Divisions theory?
3. What are the possible abnormal transfer routine of diseases according to the Six Divisions theory?
4. Get yourself very familiar with all the differentiations between patterns and Divisions introduced in this session.
SESSION 23-26: Introduction to the Four Diagnostic Methods:

Session Aims and Objectives

In these 4 sessions, the specific TCM four diagnostic methods will be briefly introduced. Students need to grasp all the basic concepts and physiological symptoms and signs collected by four diagnostic methods.

a. Master the basic contents of the 4 diagnostic techniques;

b. Underst and the importance/significance of the combined application of the 4 diagnostic techniques.

c. Master the main content of the 4 diagnostic techniques.

d. Master the physiological symptoms and signs collected by the 4 diagnostic techniques.

Pre reading


Answer the following questions

1. What is the four diagnostic method in TCM?
2. What are included in TCM inspection examination?
3. Which examination should the pulse reading be included in?
4. Which examination should the tongue diagnosis be included in?
5. What are included in TCM inquiring examination?
6. What are included in TCM palpation examination?
7. Describe the main characteristics of pulse reading in TCM.
8. What other part of body needs to be palpated in TCM?

Post class revision questions

1. What is ‘disease’? What is ‘pattern’? What is ‘symptom’?
2. What do the following conceptions mean: having spirit, loss of spirit and false spirit?
3. What kind of information can be obtained from smelling and listening?
4. What should be inspected in Tongue diagnosis and their clinical significance?
5. Why the inquiring is the most important in four diagnostic methods?
6. What is the pulse indication of the body in TCM?
7. Describe the location of pulse and their relation to five Zāng organs?
8. Describe the normal pulse and its variation with age, sex, body constitution, emotional state and climatic changing.