Session 1
Introduction to TCM
Chinese Medicine Department
By Dr Shulan Yang
LEARNING OUTCOMES

- Describe and discuss the philosophical underpinnings of Traditional Chinese Medicine.
- Outline and discuss Zang Xiang theory, philosophy and principles and their application in Traditional Chinese Medicine practice.
- Explain the concepts and principles underlying Traditional Chinese Medicine balance, structure and function as they relate to Yin/Yang, Zang Xiang, the Five Elements, fundamental substances and the development of diseases.
- Outline the basic TCM diagnostic methods.
Tips

☀ Preview: please read the relevant part in SSG and text books.
☀ In the class: please join the class actively by listening, thinking, questioning, discussing, etc. And Take notes if necessary.
☀ Review: please check the review questions in SSG. If you have anything not clear, please discuss it with your lecturer, classmates, or subject coordinator (by Shulan.yang@endeavour.edu.au)
☀ Sharing: if you have something would like to share with lecturers or other students, or if you have any questions would like to discuss within the whole group, please put it in the loop in LMS.
## Assessment

### Assessment Tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Sessions Content Delivered</th>
<th>Session Due</th>
<th>Weighting</th>
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<tbody>
<tr>
<td>Quiz</td>
<td>1-4</td>
<td>1-10</td>
<td>11</td>
<td>25%</td>
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<td>Multiple choice questions, short answer questions, extended response questions (30 mins)</td>
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<tr>
<td>Quiz</td>
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<td>Multiple choice questions, short answer questions, extended response questions (30 mins)</td>
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<td>Final Exam</td>
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<td>1-26</td>
<td>Examination Period</td>
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<td>Multiple choice questions, short answer questions, extended response questions (2 hours)</td>
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What is Medicine?

- What’s your opinion on medicine. What do you think the medicine should be like?
  - 故圣人不治已病治未病
  - When a sage treats a patient, precaution is always emphasized, and often uses preventive measures in calming down the disturbances.
  - 上工医未病之病，中工医欲病之病，下工医已病之病。
  - The best practitioner helps people to keep healthy and away from disorders, the medium practitioner treats the disorders when it hasn’t caused obvious symptoms. The basic practitioner treats disorders when it has caused obvious symptoms.

Huang Di Nei Jing, Su Wen ch2


Sun Si Miao (Tang dynasty)
Discussion

• Why do you choose TCM?

• What’s the duty of TCM practitioners in your opinion.
What is TCM?

- Special philosophy
- Special diagnostic methods based on special philosophy
- Special treatment principles based on special philosophy
- Special treatment methods based on special philosophy
TCM Philosophy

- Holistic
- Harmony
- Change
- Relativity
- Function
- Correspondences
- Continuum
- Divisibility
- Force
- Ambiguity
TCM Diagnostic Methods and Treatment Principle

• TCM is based upon the study of humans in harmonious relationships with him/herself-in body, mind & spirit-and with the universe around him/her

• TCM Practitioners seek the prevention of sickness and maintenance of harmony. (Prevention is more important than treatment in TCM health and healing system.)
TCM Diagnostic Methods and Treatment Principle

- They never treat only a part of the body, they always look at the whole picture. No treatment for a symptom alone

- Treatment is not aimed at an overnight miracle cure. The great strength of TCM is regulating the functions of the organs and harmonizing the internal environment of the body.

- If harmony is maintained in the body, then the patient is not likely to suffer disease or have accidents
Attitude of Oriental Medicine

Oriental medicine = Medicine practiced in China, Japan, India, and other Asian countries over 5000 years ago, until Western Med 100

- **Highest Medicine**
  Treatment of whole personality and lifestyle, self-reflection & self-improvement.

- **Middle Medicine**
  Treatment of cause, mainly through diet, physical exercises and adjustment of energy flow.

- **Lower Medicine**
  Symptomatic treatment
  Medicinal and surgical practices

- **Highest Doctors**
  Those who help to prevent various sickness through philosophy and education about the proper way of life.

- **Middle Doctor**
  Treat and heal person suffering with sickness, through changing his personal habits.

- **Lower Doctor**
  Treat and heal symptomatically but do not treat the whole personality of the patient.
Difference between Western medicine and TCM

- History and development
- Definition of health
- Etiology
- Diagnostic methods
- Treatment principles
- Regimens
History and development

• Western medicine----experiment

• TCM------philosophy and experience
Definition of Health

- Western medicine:
  - Emphasize all the examination results should be in the normal range.

- TCM:
  - All kinds of organs and tissues should keep normal function and coordinate harmoniously so that the dynamic balance of the body can be kept.
  - The person has no pain or discomfort.
Etiology

• Western medicine:
  - external factors are the basic cause of diseases, such as bacteria, viruses and so on

• TCM:
  - Defensive power of the body. Internal regulating power
  - The power of external intruder
    The occurrence of disease is up to the contrast of Zheng and Xie. Zheng wins, no disease; Xie wins, disease will happen.
Diagnostic methods

• **Western medicine:**
  - Examinations and assays
  - Inspection, palpation, percussion, auscultation

• **TCM:**
  - Deduce the internal changes by external signs.
  - Inspection, smelling and hearing, inquiry, palpation (palpate pulse and channels)
Regimens

• Western medicine:
  – To exercise the power of fighting against the nature
  – To challenge the limit of the body

• TCM:
  – To adapt oneself to the environment
  – Balance the body to harmonious and calm condition
History of TCM

Mǎ Wáng Duī Texts (Compiled around 400 BC)

• Texts that indicate Medicine became distinct from Religion
• Contained descriptions of 11 of the 12 separate Acupuncture channels (pericardium missing)
• These texts contained medical theories describing the idea that channels are subject to repletion, vacuity, and undesirable movement. These ideas remain central today.
History of TCM

Mǎ Wáng Duī Texts

• No points mentioned – indicates that channels predates the concept of acupuncture points.
• No mention of needles, only moxibustion which means moxa predates needles
History of TCM

Huáng Dì Nèi Jīng
(Yellow Emperor’s Inner Classics)

• This text is arguably the single most important text in Chinese Medicine
• Authors unknown, compiled around 100 BC.
• Written as dialogue between Huáng Dì & Minister Qí Bó
History of TCM

Huáng Dì Nèi Jīng
(Yellow Emperor’s Canon of Inner Medicine)

• Huáng Dì Nèi Jīng has 2 parts with 81 chapters in total
  – The Simple Questions (Sù Wèn) contains basic TCM theories
  – The Spiritual Axis (Líng Shū) is an acupuncture manual
History of TCM

Huáng Dì Nèi Jīng
(Yellow Emperor’s Inner Classic)

• Yīn Yáng theory & 5 phases (Wǔ Xíng) theory are included
• 12 regular channels identified, 295 acupuncture points identified
• 11 organs - 5 Zàng and 6 Fǔ
• Bloodletting, Needle insertion, and moxibustion.
• Internal & external causes of disease, including climatic factors and emotions, recognise in the Nèi Jīng
• Systemic understanding on the life process.
• Systemic explanation of how to keep healthy and have long life.
Nàn Jīng (Classic of Difficulties)

- Written in the 1st Century, the Nan Jing has 81 Chapters.
- Mature development of Medicine of Systematic Correspondence.
- All channels connected in one circuit of Qì circulation.
- Pulse diagnosis
- Demonology & magic are entirely absent
- Goal of treatment is to adjust Qì to an ideal state
History of TCM

Shāng Hán Lùn (Treatise on Febrile Diseases)

• Written around 200AD by Chinese physician, Zhāng Zhòng-Jǐng
• 1st major text written on Herbal Medicine
• Explains how to understand the process of all kinds of diseases
• Details on febrile diseases through the six levels.
History of TCM

Huá Tuó (110 – 207AD)

• 1st surgeon
• Invented anaesthesia
• Plaster (mulberry paper)
• Internal Medicine (parasites)
History of TCM

Zhēn Jiǔ Jiǎ Yǐ Jīng (*Systematic Classic of Acupuncture and Moxibustion*)

- A summary of the achievements of acupuncture at that time.
History of TCM

- Some interesting links:

  http://www.traditionalstudies.org/historical-timeline-of-chinese-medicine/

  https://www.youtube.com/watch?v=fZRSjoM2kA8

  http://www.who.int/intellectualproperty/studies/Jia.pdf
Reference

- Huangdan2060, 26 Nov 2010, The Mawangdui Silk Text, Viewed 14 Feb 2018
  https://commons.wikimedia.org/wiki/File:Mawangdui_Silk_Texts_2.JPG
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