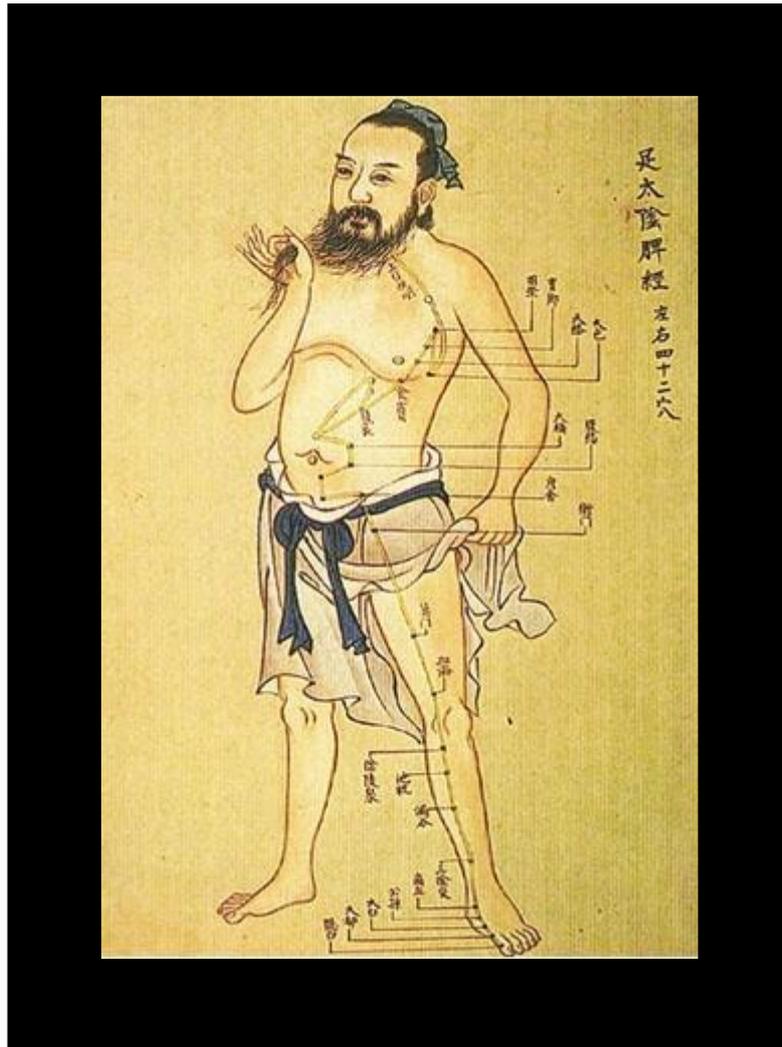


INTRODUCTION TO CHINESE MEDICINE

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In days of old, throughout the Orient, Chinese doctors would patrol their local community, going humbly from village to village, helping the people remain in good spirits and health. They would administer healing herbs, lotions, acupuncture, massage and energy transfer healing, by teaching martial arts, exercises and meditation techniques. They would be paid whilst their patients were healthy and payment stopped when they got ill.

CHINESE MEDICINE

Traditional Chinese Medicine (TCM) is an holistic approach to health based on over 3,000 years of development. It is a highly sophisticated system of diagnosis and treatment with the aim of keeping patients in balance and well. It is based on ancient theories and philosophies with its roots in Daoism and Buddhism. Once only practised in China it is now the primary healthcare system of 20% of the world's population due to its excellent curative and preventative abilities, with 90% of pain clinics in the UK offering acupuncture (WHO, 2003)

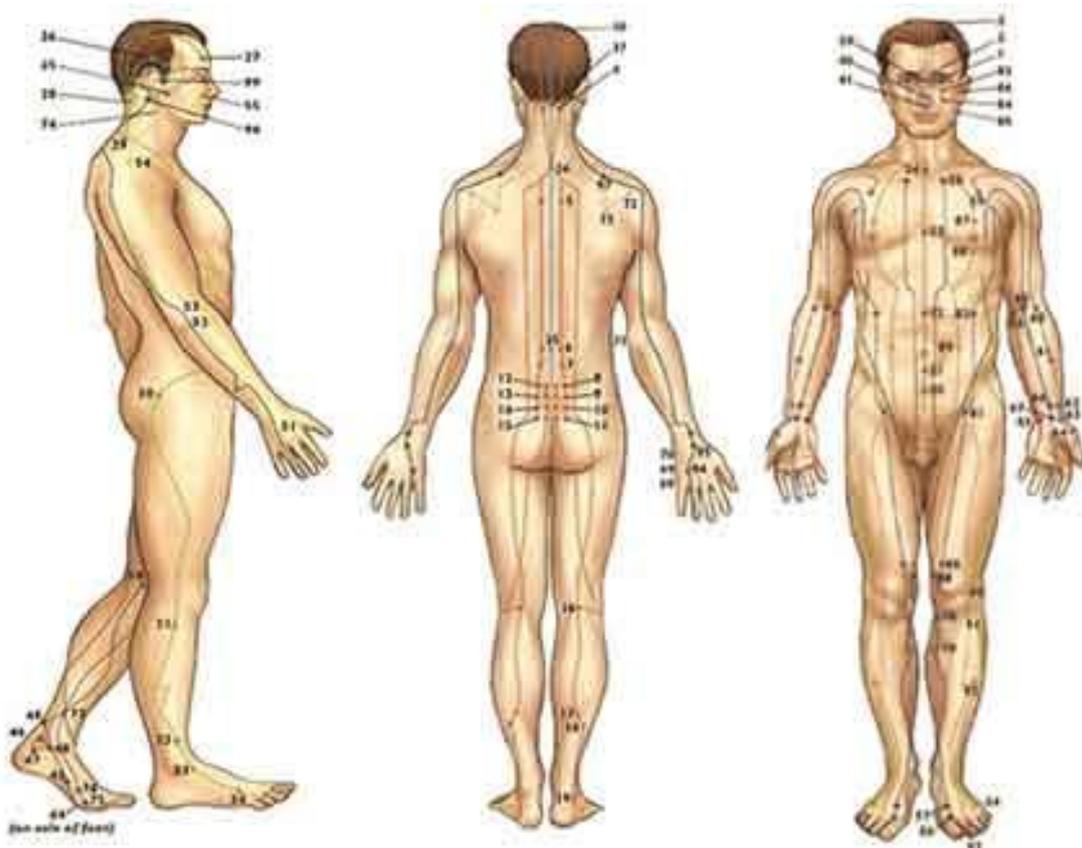


Chinese medicine has an amazing ability to transform people's lives. It not only helps physical pain and discomfort but relieves mental suffering caused by emotional upset. TCM treats the individual as a whole, not just the symptom. It can be successful in treating problems that are not always helped by conventional medicine, especially difficult to diagnose, on-going chronic conditions.

QI AND THE MERIDIANS (CHANNELS)

Qi, pronounced "chee", means energy. Qi is the energy of the body, the mind, the spirit, food, the world, the universe! While it may seem a nebulous topic there are refined theories regarding the different types of Qi within the body, the creation and actions of Qi and, consequently, ways to determine where imbalances may arise.

Through close observation of the body the Chinese discovered meridians where the qi of the body runs like rivers and streams. Chinese medicine practitioners use these meridians to tap into qi to help the rivers flow smoothly and balance to be restored.



HOW TO FEEL QI

1. Extend both arms in front of you, parallel to the floor and elbows straight.
2. Turn one hand up and one hand down. Now quickly open and close hands a dozen times or so.
3. Reverse your palms and repeat. This generates qi.
4. To feel the energy, open your hands and slowly bring your palms together, starting two feet apart.
5. When your hands are about four inches apart you should be able to feel a subtle ball of energy, like a magnetic field, floating between your palms. If you tune in closely you may be able to feel it spinning.
6. After a few moments the sensation will subside, but it can be repeated by opening and closing the palms again, as above.



YIN/YANG

Yin and Yang are the two interrelated forces which together with the concept of Qi form the foundation of eastern medicine. Yin and Yang are mutually exclusive and together form a whole which in balance constitutes a state of harmony and health and when out of balance indicates illness. The two spots in the symbol indicate that each of the two energies – at the highest stage of its realization – already contains the seed of, and is about to transform into, its polar opposite.

YIN
Dark
Night/moon
Cold
Material
Feminine
Still
Ice
Water
Calm
Sitting



YANG
Light
Day/sun
Hot
Functional
Masculine
Moving
Water
Steam
Hyperactive
Running



At a basic level a person without enough yang will be cold and have to wrap up warm all the time.

A person who is deficient in yin may have hot flushes (a very common menopausal scenario),

A person who has too much yang may be red faced, hot and angry (road rage candidate)!

THE FIVE ELEMENTS

The Five Elements theory posits wood, fire, earth, metal, and water as the basic elements of the material world. These elements are in constant movement and change. Moreover, the complex connections between material objects are explained through the relationship of interdependence and mutual restraint that governs the five elements. In traditional Chinese medicine Five Elements theory is used to interpret the relationship between the physiology and pathology of the human body and the natural environment



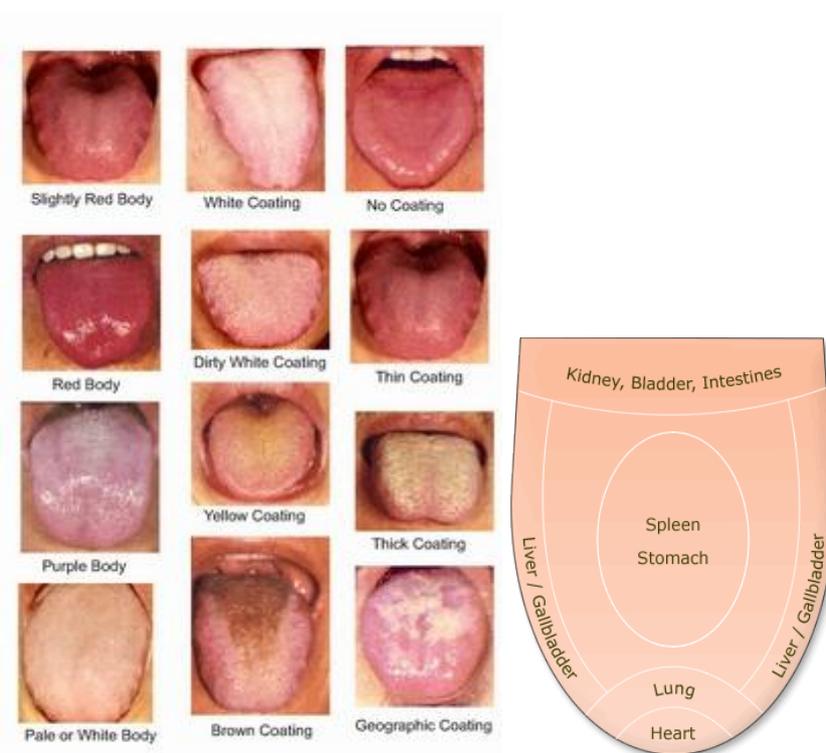
	Wood	Fire	Earth	Metal	Water
Flavours	sour	bitter	sweet	pungent	salty
Zang	liver	heart	spleen	lung	kidney
Fu	gall bladder	s. intestine	stomach	l. intestine	urinary
Senses	eye	tongue	mouth	nose	ear
Tissue	tendon	vessel	muscle	hair/skin	Bone
Emotion	Anger	Joy	Worry	Grief	Fear
Directions	east	south	center	west	north
Changes	germinate	grow	transform	reap	store
Colour	green	red	yellow	white	Black
Season	Spring	Summer	Late summer	Autumn	Winter
Life stage	adolescent	20s/30s	family	Middle age	Pre birth/ death

For example, a person who is imbalanced in the wood element may be angry with the world, this leads him to drink a bit too much, which effects his vision/co-ordination and when he wakes up in the morning he is stiff, after a long time he has problems with his tendons which cause permanent walking and co-ordination problems.

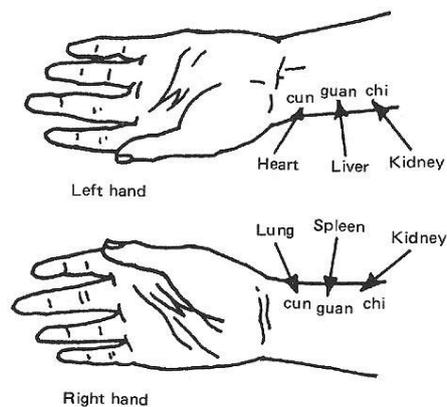
It is not unusual to find people who have suffered severe grief to have continuous colds (lung/nose).

DIAGNOSIS TECHNIQUES USED IN CONSULTATION

- Palpation of the patient's radial artery pulse (pulse diagnosis) in six positions
- Observations of patient's tongue, voice, hair, face, posture, eyes, ears, nails
- Palpation of the patient's body (especially the abdomen, chest, back, and lumbar areas) for tenderness or comparison of relative warmth or coolness of different parts of the body
- Observation of the patient's various odors
- Asking the patient about the effects of their problem.
- Asking detailed questions about their family, living environment, personal habits, food diet, emotions, menstrual cycle for women, child bearing history, sleep, exercise, and anything that may give insight into the balance or imbalance of an individual.



Reading the pulse



MATERIALS AND EQUIPMENT USED IN ACUPUNCTURE:



Needling

Fine needles are inserted into specific acupuncture points that are located along the meridians. Depending on what technique is being used, the need is inserted, the qi is obtained (similar to a fish biting the hook) – it is called ‘de qi’ sensation. The needles are then left in for approximately 20 minutes

Cupping

A type of Chinese massage, cupping consists of placing several glass "cups" (open spheres) on the body. A match is lit and placed inside the cup and then removed before placing the cup against the skin. As the air in the cup is heated, it expands, and after placing in the skin, cools down, creating a lower pressure inside the cup that allows the cup to stick to the skin via suction. When combined with massage oil, the cups can be slid around the back, offering what some practitioners think of as a reverse-pressure massage.

Moxibustion

"Moxa," often used in conjunction with acupuncture, consists in burning of dried Chinese mugwort (*Artemisia vulgaris*) on acupoints. Moxa can be rolled into a cigar-shaped tube, lit, and held over an acupuncture point, or rolled into a ball and stuck onto the back end of an inserted needle for warming effect. It can also be applied directly to the skin.

Gua Sha

Is the use of blunt instruments which are rubbed over problem areas of the body to help move stuck qi. It is often used for aches and pains in the muscles, but can also be used to expel pathogens/virus.

CHINESE HERBAL REMEDIES

In China, herbal medicine is considered as the primary therapeutic modality of internal medicine. Of the approximately 500 Chinese herbs that are in use today, 250 or so are very commonly used. In the UK only plants are used in the remedies.

Rather than being prescribed individually, single herbs are combined into formulas that are designed to adapt to the specific needs of individual patients. An herbal formula can contain anywhere from 3 to 25 herbs.

As with diet therapy, each herb has one or more of the five flavors/functions and one of five "temperatures" ("Qi") (hot, warm, neutral, cool, cold). After the herbalist determines the energetic temperature and functional state of the patient's body, he or she prescribes a mixture of herbs tailored to balance disharmony.

Herbal 'patents' are classical formulas that have been used for centuries for common ailments and these prescriptions have stood the test of time and are extremely safe to use. Due to their popularity they are mass produced and available mainly in capsule or tablet form.



All reliable herbal practitioners should be affiliated with the RCHM (register of Chinese herbal medicine) and only use RCHM recognised suppliers. High street shops may or may not use these suppliers, so patients need to be careful.

WHAT HAPPENS DURING A TREATMENT:-

- 1) The initial appointment will be longer than follow up treatments to allow for a detailed consultation to take place. Usually an hour.
- 2) During this consultation the practitioner will ask to feel pulses and look at the tongue which helps with diagnosis of any imbalances.
- 3) A Chinese diagnosis is made and a treatment strategy prepared, appropriate acupuncture points selected
- 4) Needles are inserted into the points, and depending on the strategy, usually left for around 20 minutes
- 5) Other techniques may be used including cupping, gua sha, moxibustion, electro machine, topical applications.
- 6) If the patient needs and wants herbal remedies these will be provided through the post.

It is important to understand that acupuncture has an accumulative effect, as it is dealing with the patient's energy and therefore a number of treatments are usually required. One course is considered to be 6-10 treatments and depending on the condition of the patient one or a number of courses will be required.

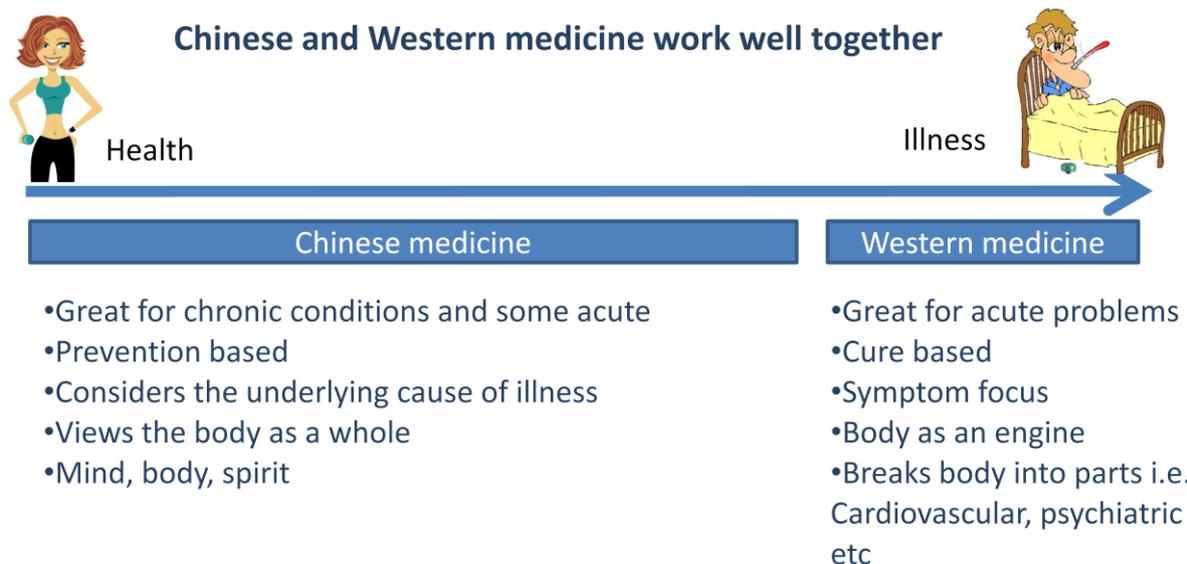
WHAT CONDITIONS CAN BE TREATED?

There is no condition that Chinese medicine cannot touch. Acupuncture is now in widespread use in specialist clinics and GP surgeries around the world. Within the medical profession, it is well recognized as being effective for pain relief, and increasingly it is being used to maintain good health and in the treatment of a wide range of conditions including:-

- **Stress related illness** - anxiety, insomnia, depression, panic attacks, poor concentration, poor memory & general fatigue.
- **Headaches** - migraine, premenstrual & stress related headaches.
- **Gynaecological** - irregular, heavy or painful menstruation, endometriosis, polycystic ovaries, ovarian cysts, PMT, menopausal symptoms, infertility, morning sickness & breech pregnancy.
- **Gastrointestinal** - IBS, constipation, diarrhoea, ulcers, indigestion, hiatus hernia, bloating, abdominal pain & weight loss.
- **Musculoskeletal** - arthritis, stiff shoulders/neck, repetitive strain injuries, lower back pain, sciatica, frozen shoulder, rheumatism, sports injuries & sprains.
- **Respiratory** - asthma, bronchitis, chronic cough, susceptibility to colds, hayfever, rhinitis & sinusitis.
- **Uro-genital Infections** - cystitis, prostatitis & urinary incontinence.

THERE IS ONLY 'ONE' MEDICINE

I don't believe in the segregation of Eastern and Western medicine and I take the view that there is only 'one' medicine, the one that helps bring each individual patient to optimum health. Treating the whole person and their specific needs, I believe that acupuncture can be used in conjunction with conventional medicine and/or other forms of treatments to produce the desired positive health benefits.



HOW DOES IT DIFFER FROM PHYSIO / DOCTORS THAT PERFORM ACUPUNCTURE?

Western or medical acupuncture is a more recent development practised predominantly by doctors and physiotherapists which uses acupuncture techniques within their existing scope of practice on the basis of a western medical diagnosis. Whilst this works well for pain relief, it is not intended to be used in a more holistic sense, as the theories of the meridians and how the body is balanced has not been studied.