How the Human Body is perceived and Health preserved in Chinese Medicine

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STRENGTHS

- Beijing University of Chinese Medicine (BUCM) was founded in 1956
- One of the earliest universities of Chinese Medicine in China.
- Top rank TCM University in China
MISSION

- To preserve TCM as a vital part of traditional Chinese culture
- To train outstanding TCM medical professionals
- To strengthen our understanding of TCM using modern science
- To promote the study and practice of TCM in China and worldwide
Opening ceremony (US Center of TCM)
Museum of Chinese Medicine, 5,000 square feet
(The whole area of center is about 23,000 square feet)
Visiting the Museum

Times of visiting Museum: over 100 times

Numbers of Visitor : Over 600 people
Visiting
家园老年日间保健中心

彩虹老年日间保健中心
In the time of Alexander, Herophilus, the father of anatomy pointed out, Medicine is, in effect, a technique of possibility. But the superior doctor should know what is possible and what is not.
Difference Between Chinese Medicine and Western Medicine

• Different origins
• Different medical models
• Different understandings of the Internal Organs
Different Understandings of the Internal Organs

**Western Medicine** focuses on the disease itself.

**Chinese Medicine** is primarily concerned with the patient.
Different understandings of the Internal Organs

➢ In Western medicine, the viscera refers to tangible organs
Different understandings of the Internal Organs

➢ In Chinese Medicine, the corresponding term refers to functions, interactions and processing mechanism of these internal organs instead of the concrete aspect.
Example 1:
The Liver

◆ Smoothing and Regulating the flow of vital energy and Blood

The Liver’s function in promoting unrestrained and free movement of Qi is shown in the following three aspects:
1. Regulating Mind and Mood
2. Promoting Digestion and Absorption
3. Keeping Qi and Blood Moving Normally
◆ Storing and Regulating Blood
◆ Having Relationship with the Tendons and Eyes
Admittedly, due to its nature of applied science, Chinese Medicine shows defects in anatomy.

**But it prevails** in the aspect of macro regulation and holistic intervention.
Especially, such a treatment concept results in extraordinary outcomes in diseases involving multiple tissues, organs and systems, disorders of the nervous system, endocrine system, and immune system, and other problems of unknown causes. Today, it bears profound academic significance in the current transformation of medical models.
Theory of Chinese medicine

- Yin-yang
- Five elements
- Zang-fu organs
- Qi, blood, fluid
- Meridians
- Constitution

- Pathogenesis
- Etiopathogenesis
- Principles of treatment
Yin-yang theory and human body

Yin and Yang was originally included in the category of the ancient philosophy of China.

◆ At first, Yin and Yang meant whether a place faces the sun or not.
Subsequently, through long-term living, practice and observation of every kind of natural phenomenon, people have come to realize that yin and yang, the two components which oppose each other, exist in all things.
Yin and Yang Theory

➢ The heaven is considered as yang, while the earth is yin
➢ Outside is yang, while inside is yin
➢ Movement is yang, while stability is yin
➢ Day is yang, while night is yin
➢ Heat is yang, while cold is yin
When yin and yang are in the balance situation can essence – spirit be normal. If yin and yang separate from each other, essence-spirit will be completely exhausted.

(Shengqi Tongtian Lunpian: Discussion on the Interrelationship between Life and Nature)
This notion is about the regular rhythm of waxing and waning of yang qi during day and night, and it can be inferred that the ancients attached great importance to the influence of time change on human life.
The Five-element Theory and the Human Body

The five elements, wood, fire, earth, medal and water, correspond with different aspects of the human body.
### Understandings of the five elements theory on the human body

<table>
<thead>
<tr>
<th>Five viscera</th>
<th>liver</th>
<th>heart</th>
<th>spleen</th>
<th>lung</th>
<th>kidney</th>
</tr>
</thead>
<tbody>
<tr>
<td>Five sense organs</td>
<td>eye</td>
<td>tongue</td>
<td>mouth</td>
<td>nose</td>
<td>ear</td>
</tr>
<tr>
<td>Five body constituents</td>
<td>tendon</td>
<td>vessel</td>
<td>muscle</td>
<td>skin</td>
<td>bone</td>
</tr>
<tr>
<td>taste</td>
<td>sour</td>
<td>bitter</td>
<td>sweet</td>
<td>pungent</td>
<td>salty</td>
</tr>
<tr>
<td>Five emotions</td>
<td>anger</td>
<td>over-joy</td>
<td>Over-thinking</td>
<td>grief</td>
<td>fear</td>
</tr>
</tbody>
</table>
For example:

* **Sour corresponds with liver**, and therefore indulgence in sour flavor will result in hyperactive of liver qi;
Consequently, it will over-restrict the spleen, and spleen qi will be weakened.
Healthy qi and pathogenic qi

It is due to the fact that there is sufficient healthy qi inside the body. That is why pathogenic qi cannot invade the body.

(*Cifa Lunpian: Discussion on Acupuncture Methods*)

This is analogous to what Western medicine calls its own immunity.
Therapeutic principles

According to *Huangdi’s Canon of Medicine*, therapeutic principles are based on conditions of human body, including constitution, gender, age, etc., the season and the environment, and the treatment was guided in the light of course of the disease.
It is said in Classic of Difficulties No.77 that the superior doctors pay more attention to the prevention, while the ordinary treat the occurred diseases.
Treatment methods: Acupuncture, traditional Chinese medicine, cupping, scraping, deep tissue massage, breathing techniques, physical therapy, nutrition therapy, etc.
Adverse reactions to radiotherapy or chemotherapy, Abdominal pain (in acute gastroenteritis or due to gastrointestinal spasm), Allergic rhinitis (including hay fever), Bell’s palsy, Cancer pain, Chronic gastritis, Morning sickness, Diabetes mellitus, non-insulin-dependent, Dysmenorrhoea, Earache, Epistaxis, Facial pain, Facial spasm, Female infertility, Fibromyalgia and fasciitis, Headache, epatitis B virus carrier status, Herpes zoster, Hypertension, Induction of labor, Insomnia, Knee pain, Leucopenia, Low back pain, Male sexual dysfunction, non-organic, Malposition of fetus, Nausea and vomiting, Neck pain, Obesity, Osteoarthritis, Pain in dentistry, Peptic ulcer, Periarthritis of shoulder, Polycystic ovary syndrome, Postoperative pain, Premenstrual syndrome, Prostatitis, Raynaud syndrome, Renal colic, Retention of urine, traumatic, Rheumatoid arthritis, Schizophrenia, Sciatica, Sore throat (including tonsillitis), Spine pain, acute Sprain, Stiff neck, Stroke, TMJ dysfunction, Tennis elbow, Tobacco dependence, Ulcerative colitis, chronic, Whopping cough (pertussis)
After beginning of Autumn, yin qi is going up day by day. Super physicians in ancient times maintained “Nourish yang in spring and summer, and nourish yin in autumn and winter”. In terms of the five phases, autumn and yin attribute to metal, and Lung also belongs to metal, so lung qi is abundant in autumn.
Because metal (lung) restrains wood (liver), so liver qi is weaker. In autumn pathogenic dryness is dominating, which tends to hurt yin. That is why in autumn it is essential to nourish the lung and tonify the liver.
Acupoint selected

Taiyuan (LU 9)
Action: Reinforce lung qi, resolve phlegm and stop cough.

Feishu (BL 13)
Action: Reinforce lung qi.
Taichong (LR 3)
Action: Pacify liver wind, regulate qi and blood.

Ganshu (BL 18)
Action: Reinforce the liver and normalize the gallbladder function.
Tuina-massage: Digital pressing: Press and knead the selected acupoint until sore feeling appears. It works for 50-100 times in 3-5 minutes.

Action: Generate body fluids to check thirst.
Dietary therapy:
Pear
tremella fungus
lotus seed
Chinese date (jujube)
Autumn wind, rain and falling leaves often affect people’s emotion and make people feel sad, which may hurt the lung. So it is important to keep optimistic. There is a saying in TCM that “smile benefits the lung”. I hope you all will usher in autumn with a cheerful mind.