

Chinese Medicine

Traditional Chinese medicine is a comprehensive discipline based mainly on the theory and practical experience of Chinese medicine; it studies the changes in the patterns of health and illness in human life and its prevention, diagnosis, treatment, recovery, and health care. Traditional Chinese medicine is the essence of wisdom of the Chinese nation for prevention and treatment of diseases for thousands of years and has made an indelible contribution to the development, prosperity and health of the nation. Among the treatments, medication, acupuncture, cupping and massage Tuina are the four most characteristic of traditional Chinese medicine.

Medication: according to the principles of treatment based on syndrome differentiation of the Chinese medicine, and based on the clinical conditions, the traditional Chinese medicine combines the principles of “Jun, Chen, Zuo, Shi” to determine the formulation, dose and dosage form of each medicine in order to make a prescription of Chinese medicine for disease prevention and treatment or health care.

Acupuncture: it is a combination of acupuncture and moxibustion, according to the principles of meridian acupuncture points in Chinese medicine, inserting needles in specific acupoints, or using the heat from lighted moxa sticks in acupoints can unblock the meridians, balance qi and blood, harmonise organ functions, and maintain a healthy, balanced and stable body.

Cupping: the heat generated through combustion makes the inside of the cup have negative pressure, which then directly pulls the painful area or the acupuncture point in the skin surface, causing physical stimulation hyperaemia in the cupping area, so as to relieve rheumatic pains and colds, reduce swelling and pain, extract toxins, dispel blood stasis, among other treatment purposes.

Massage Tuina: according to the theoretical basis of the Zang-fu organs’ meridian in Chinese medicine, and according to the characteristics of the human body structure, various methods and forces such as pushing, holding, pressing, rubbing, kneading, pinching, pressing in a point, patting, among others are applied to specific parts of the body surface to relax the muscles, regulate qi and blood, strengthen body resistances and eliminate pathogenic factors, among other effects.

Diagnosing: in a clinical environment, Chinese medicine uses the “four fundamental methods of diagnosis”, namely “observation, auscultation and olfaction, inquiry, and pulse feeling and palpation”, to analyse and summarise the patient’s condition information. After determining the “name of the disease”, the next step is summarizing and identifying the stage of the pathology, and this is called “differentiation”. On this basis, a corresponding treatment method is established through “treatment based on syndrome differentiation”, which is one of the fundamental characteristics of the theoretical system of traditional Chinese medicine. According to the established diagnosis of Chinese medicine, doctors combine traditional Chinese medicines with different natures and effects according to the principle of prescriptions, formulate traditional Chinese medicine prescriptions, inform the patients about medication usage and precautions, and complete, in this way, the routine of diagnosis and treatment of patients. The diagnosis and treatment of Chinese medicine is the reflection of the comprehensive application of the traditional

Chinese medicine system “principles, methods, formulas and medicinals” in clinical practice.

In addition to the four aforementioned traditional Chinese medicine treatments and health care methods, in accordance with the open-minded characteristics of the theoretical system of Chinese medicine, and adhering to the concept of “inheriting essence, consolidating and upholding innovation”, the Chinese medicine is continuously assimilating today's advanced science and technology. New dosage forms such as traditional Chinese medicine solid-liquid capsules are being used and new methods of treatment such as micro needling and acupuncture point injection are emerging. Traditional Chinese medicine is playing an increasingly important role in safeguarding the health of our people and in building towards the grand goal of having a “Healthy China”.

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