

Download Chinese Folk Medicine And Acupuncture

Traditional Chinese medicine (TCM; simplified Chinese: 中医; traditional Chinese: 中医学; pinyin: Zhōngyī) is a style of traditional medicine based on more than 2,500 years of Chinese medical practice that includes various forms of herbal medicine, acupuncture, massage (tui na), exercise (qigong), and dietary therapy, but recently also influenced by modern Western medicine. Introduction. Traditional Chinese medicine (TCM) originated in ancient China and has evolved over thousands of years. TCM practitioners use herbal medicines and various mind and body practices, such as acupuncture and tai chi, to treat or prevent health problems. In the United States, people use TCM primarily as a complementary health approach. This fact sheet provides a general overview of TCM ... The meridian system (simplified Chinese: 经络; traditional Chinese: 經絡; pinyin: jīngluò, also called channel network) is a concept in traditional Chinese medicine (TCM) about a path through which the life-energy known as "qi" flows. Despite ongoing research into the existence of meridians, no convincing scientific evidence has been put forward for their existence. Understanding the Past By Professor Wang Jin-Huai The emergence of disease follows the emergence of life. From the beginnings of humankind there have been invasions by disease, thus from those earliest times humans have been groping for ways to overcome illness.