

Chinese Medicine

Traditional Chinese medicine is a broad field that covers different medical practices that have common concepts. These practices have been practiced for over 2000 years in different regions of China. The TCM includes different practices and medicines such as herbal medicine, exercise, acupuncture, dietary therapy, and massage. Chinese medicine can be helpful in the treatment of many illnesses such as neuropathy, colitis, stress and anxiety, infertility, insomnia, and pain. As traditional western medicine fails to produce long-lasting health outcomes and benefits, people hesitate to go to doctors and see beyond the scope of existing medical options. Traditional Chinese medicine is one of such alternates (Lushing, 2018). TCM is practiced by people of many races all around the world. It is a whole medical system that has the potential to be incorporated into the Western healthcare system. This can produce efficient, affordable, and long-lasting healthcare outcomes. The practice of TCM in the United States can be dated back to the mid-19th century when Chinese immigrants practiced it, but most Americans were unaware of its existence until 1971. New York Times writer James Reston was covering the trip of President Nixon to China, and he needed an appendix removal urgently. For pain relief after the procedure, acupuncture was used, and his anecdotes about his TCM treatment captivated the audience. Since then, TCM has evolved into a major holistic medicine practiced around the world (Mount Sinai, n.d.).

Chinese medicine acknowledges that illnesses can be induced by environmental and seasonal elements such as wind, cold, heat or fire, dryness, and dampness. These factors are referred to as External pathogens. These pathogens enter via the skin and can cause various physical or physiological symptoms. They can influence the mind or soul if it is left untreated for an extended time. The word "climate" in traditional Chinese medicine (TCM) is associated with

factors that trigger sickness; TCM argues that man is a mirror of the cosmos (Dashtdar et al., 2016). In Chinese philosophy, the wind is the part of 5 climates that are associated with five seasons, and it is linked with col weather and winter. Even though the wind is prevalent in all seasons, its manifestation is strong in the season to which it is related. The wind is said to be the foundation of several ailments in TCM. Wind influences the body in just the same manner that moving twigs impact a tree; as a result, the wind is considered to be a Yang phenomenon. When "Feng Xie", or malicious wind, invades the skin and pores and affects the body, it imbalances the appearance of the exterior. This is commonly said to be induced by environmentally aggressive pathogenic elements (Dashtdar et al., 2016). Traditional Chinese medicine suggests that fire is the excess of QI and is often manifested in fever and diseases such as hyperactivity, insomnia, and headaches (Maciocia, 2008).

In Chinese medicine, one must achieve a balance between internal body organs and external elements to achieve good health. The internal organs of the body are linked to the element discussed earlier. Ancient beliefs suggest that all vital organs are classified into the 5 Zang organs and 6 fu organs. The five Zang organs are the spleen, liver, lung, heart, and kidney, while the six fu organs are the gallbladder, Sanji (triple energizer), small intestine, large intestine, stomach, and urine bladder. Furthermore, there might be another category of tissues and organs known as the remarkable fu organs, which are related to the Zang organs in functionality and the fu organs in shape, and include the brain, arteries, marrow, gallbladder, bones, and uterus (Liao et al., 2017). The reason for this classification is that the 5 zang organs and 6 fu organs differ in their roles and features. The major purpose of the 5 Zang organs is to retain jing-qi or core, which is the processed dietary nutrient necessary for performing everyday activities and maintenance of health. The primary purpose of the six fu

organs is the transportation and transformation of food. This includes receiving and digesting food, as well as holding nutrients and excreting toxins.

Several emotions have been linked with human health in Chinese Medicine. These emotions are anger, pensiveness, sadness, shock, joy, fear, and worry. These different emotions are considered to affect different organs in the body. For example, anger is associated with the blocking of "qi" and is related to the development of diseases in the liver. Joy is related to the heart, sadness is related to the kidneys, and shock is related to the heart and kidney (Liao et al., 2017). These emotions are affected by the external factor of the environment. A chaotic situation and environment will incite feelings of fear, worry, and sadness among people and might increase the chances of heart, kidney, and liver problems. One such chaotic situation can be seen in the covid-19, which was an external pathogen but also inflicted internal pathogens by negative emotions, which led to depression and anxiety which are related to heart problems in adults (Lyu et al., 2021).

The advantage of Chinese medicine etiology lies in the philosophy that Chinese medicine uses to determine the natural sciences and the nature of the human body. Chinese and western philosophies about the human body are different from one another. CM views life as a spiritual, holistic, functional, and dynamic oneness and illness development as the outcome of a disrupted condition of the human functional balance, which advocates the notion of protection first by preserving health and wellbeing before illnesses begin. Western medicine and its etiology approach evolved from the atomic theory and continues to use it in practice, thinking that everything is made up of its part and should be treated separately. Because WM development is based on human features or physiology, WM studies are based on the method of dissecting the entire human body into numerous pieces as well, which is the driving factor for the development

of WM. Chinese medicine examines the patient's condition and features and then aims to cure the broader systemic condition with an emphasis on avoiding any possible negative repercussions. Western medicine, on the other hand, treats symptoms and treats the target or target organ as isolated from the rest of the body instead of as one whole interconnected system. Western medicine provides diagnosis through a lab test, and it focuses on eliminating symptoms but normally fails to address adverse effects on the body. Chinese medicine assesses via the patient's condition and demeanor, then aims to cure the broader systemic condition with an emphasis on avoiding any potential negative repercussions (Cao & Brown, 2020). The advantage of using Chinese etiology is that it goes down a deeper level of the body and discusses all the symptoms in detail. It not only discusses the environmental factors that might have caused the ailment but also the internal and emotional factors that might have contributed to the development of the disease. An in-depth diagnosis through a vast and inclusive etiology can have long-lasting positive health outcomes. Chinese medicine can affect or transform total immunity, which helps in preventing future difficulties or the recurrence of sickness that Western medicine would be unable to treat (Cao & Brown, 2020). Using the etiology of Chinese medicine and considering the body as one while treating the illness, Chinese medicine can be personalized to be precise. It also helps remove ingredients that might prove bad for other parts of the body. So, by focusing on the entire body instead of just one part, Chinese etiology develops more precise medicine with fewer side effects than western medicine.

Traditional Chinese medicine relies on 5,000 years of practice and understanding. With the creation of a new China in 1949, western medicine started to feature prominently in medical treatment inside the region. As the influence of contemporary medicine grew, the term "integrative medicine" emerged around the end of the 1950s. Theories, therapeutic concepts,

technology, and comprehension of the biological sciences were developed, as was the fundamental framework of traditional Chinese medicine. Most crucially, traditional Chinese medicine and modern medicine began to intersect (Dong, 2013). The idea of "the essence of the kidney" is central to traditional Chinese medical thinking. In western medicine, "Kidney deficiency syndrome" is equal to aging, independent of its exterior behavior and inner alterations (Shen, 2000). The same is the case with the concept of etiology of "heart qi deficiency," which is similar to the concept of heart deficiency in western medicine. The examination comprises an assessment of the tongue along with an assessment of a patient's exterior aspect to identify internal and external symptoms of illness. Inspection is compatible with modern medicine's attention to observing a patient's looks and behavior. A pale lip, for instance, might signify anemia in both modern and Chinese medicine (Dong, 2013). In the diagnosis process, both Chinese and Western medicine rely significantly on the use of smelling and hearing. If a patient speaks in a low and weak voice, then both medicines will determine that the patient is suffering from some kind of deficiency. Moreover, the odor of the patient is crucial for the Chinese and Western medicine as by smelling the patient, it can be determined what potential problem the patient might have. While asking a patient for their history and information, Chinese and Western medicine focus on the emotional feelings, onset time, medical history, and present or past symptoms (Dong, 2013).

Chinese medicine is not comprehensive itself, and neither is western medicine. There are gaps in both approaches, and integration between Chinese and Western medicine can make the diagnosis and treatment of patients easier and more efficient. Sum and colleagues (2021) carried out a study that used studies with quasi-randomized trials and compared Integrated Chinese and Western Medicine with just Western medicine. After applying the exclusion criteria and

removing the bias 55 studies were chosen for the review and the majority of the studies suggested that ICWM was better than WM alone in diagnosing and providing treatment for different diseases. While the implementation of an integrated medicine system is feasible and logical, there can be several issues and barriers to the implementation. One of such issues could be the underpayment of either TCM professionals or WM professionals in Western or Chinese settings. This could give rise to conflict in the workforce and reduce the mutual respect between professionals (Kushner & Yu, 2015). Thus to integrate Chinese and Western medicine for better healthcare outcomes, the workplace environment and equality must be improved between TCM and WM professionals.

Chinese Medicine has existed for over 2000 years through years of practice and implementation. Chinese medicine uses internal, external, and miscellaneous pathogens that can affect the body through environmental elements such as earth, water, wind, fire, and metal. The internal pathogen can be the organs that are associated with these elements. Western and Chinese medicine differ in their approach to the understanding of the human body because Western theory considers each part of the body separate and asks for separate diagnoses and treatment. Nevertheless, Chinese medicine considers the whole body to be one and treats the disease while taking into account other organs and symptoms as well to reduce the side effects. Western and Chinese medicine can be combined for precision medicine and for increased health outcomes. However, to do so, workplace problems must be resolved, and new policies should be introduced to ensure the equality of healthcare professionals.

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