



# Introduction to Traditional Chinese Medicine Basic Theory and Application

Presented by  
Aina Zhang and James Wang



# About the Presenters



## ❖ Aina Zhang

- Director General of The Chinese Medicine and Acupuncture Association of Quebec
- Exam committee member for L'ordre de Acupuncture du Quebec
- Masters degree in gynecology (China)
- Medical doctor degree in combined Chinese & Western Medicine (China)
- Licensed Acupuncturist, Massotherapist and Naturotherapist

## ❖ James Wang

- International MBA
- Learning to become a naturopath
- Partner of Commerce SinoCare – A retailer of Chinese and western herbal medicine, Vitamins and minerals and other health products



# Presentation outline



- ❖ The basic characteristics of Traditional Chinese Medicine (TCM)
- ❖ TCM treatment Process
- ❖ The two out five fundamental theories of TCM
- ❖ Case Study 1 & 2
- ❖ Questions & answers period
- ❖ Live demonstration



# The Basic Characteristics of TCM



- ❖ The concept of the organism as a whole
  - The unity within the body
  - The unity between the human body and nature
- ❖ A complete medical system existed independent of the western medicine
- ❖ Diagnosis and treatment based on an overall analysis of signs and symptoms (Bian Zheng Shi Zhi)



# TCM Treatments Process



- ❖ Diagnosis according to the Eight Principles
- ❖ Chose treatment orientation
- ❖ Select one or more appropriate therapies
  - Acupuncture
  - Chinese herbal medicine
  - Therapeutically exercise – Tai Chi & Qi Gong
  - Tuina (Chinese Massotherapy)
  - Dietary regulation



# Eight Diagnostic Principles



Differentiation of:

- ❖ Exterior and interior syndromes
- ❖ Cold and heat syndromes
- ❖ Fullness and emptiness syndromes
- ❖ Yin and Yang syndrome

Complex as they are, all signs and symptoms of diseases can be categorized according to these eight principles.



# Diagnostic Intake Techniques



- ❖ Interrogation (questioning stool, urine, menses, sleeping pattern, eating habits, past medical history, etc)
- ❖ Inspection (looking at facial complexion; tongue's shape, color and coating; eye' color, etc)
- ❖ Auscultation (hearing) and Olfaction (Smelling)
- ❖ Pulse taking and palpation



# The Five Fundamental Theories



- ❖ The theory of Yin and Yang
- ❖ The theory of Five Elements
- ❖ The theory of Viscera and Bowels
- ❖ The theory of the Channels and Collaterals
- ❖ The theory of Qi, Blood and Body fluid

These theories are the cornerstones of TCM !!!





# Viscera and Bowels



- ❖ Five Viscera (Heart, Lung, Spleen, Liver and Kidney)
- ❖ Six Bowels (Gallbladder, Stomach, Small Intestine, large Intestine, Bladder & Triple Burners)
- ❖ The connotations differ from western anatomy concepts

Western Anatomy	Chinese Medicine
Heart	Heart and part of the nervous system
Lung	Respiratory system, water metabolism, blood circulation and the functions of the vegetative nervous and immune system
Spleen	Digestive system, blood coagulation and body fluid metabolism
Liver	Liver, part of the central nervous and vegetative nervous systems, blood and visual organ.
Kidney	Kidney, urinary, reproductive, and part of endocrine and nervous system.



# Example of Five Elements



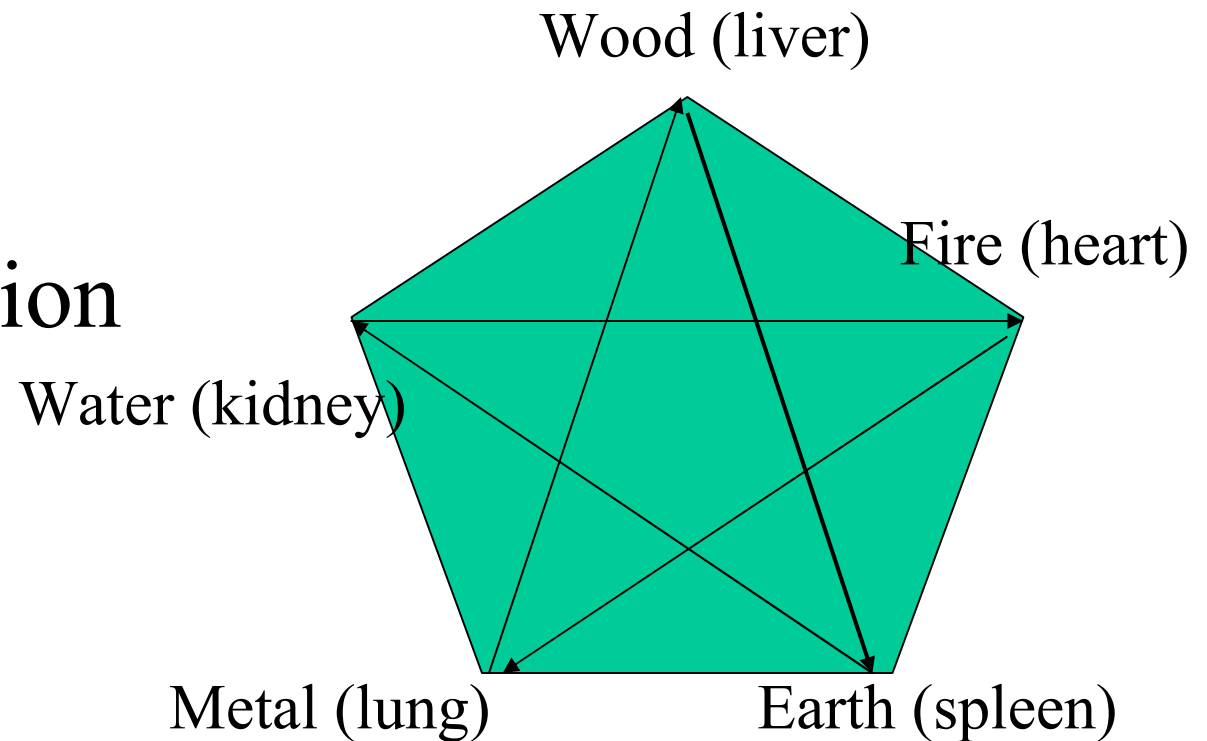
Human Body					
Five Elements	Viscera	Bowels	Sense Organs	Emotional Activities	Color
Wood	Liver	Gall Bladder	Eye	Anger	Green
Fire	Heart	Small Intestine	Tongue	Joy	Red
Earth	Spleen	Stomach	Mouth	Over-thinking	Yellow
Metal	Lung	Large Intestine	Nose	Grief	White
Water	Kidney	Urinary Bladder	Ear	Fear	Black



# Relationship between Five Viscera



- ❖ Generation
- ❖ Restriction
- ❖ Subjugation
- ❖ Reverse restriction

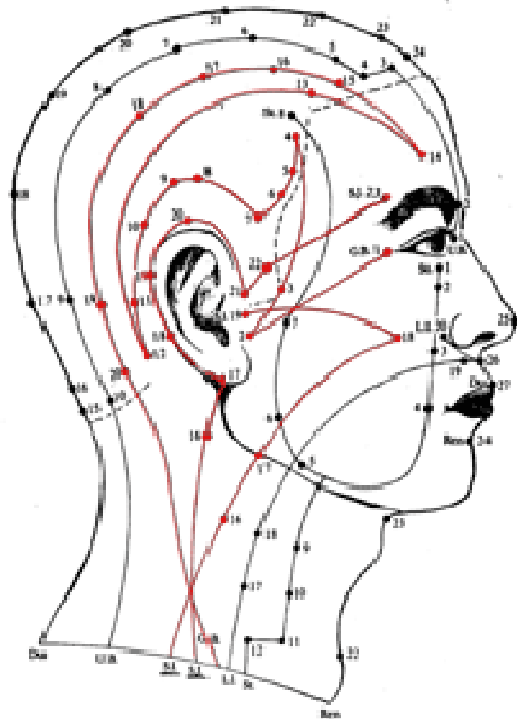




# Channels and Collaterals

中醫

❖ 20 Channels & many collaterals





# Application of Channels and Collaterals Theory



- ❖ The channels and collaterals make the human body an organic whole. They
  - Link with each other and connect the superficial (sense organs & five tissues) to interior (viscera & bowels) and , upper body to lower body
  - Transport Qi, Blood and body fluid to nourish the whole body
  - Transmit feedback, induce stimulation, and regulate physiological functions
- ❖ The theory is absolute essential for Acupuncture, Moxibustion and Tuina



# Case Study 1



- ❖ **Case Study:** Woman in 30s, complains severe headache and angry outburst prior to her menstruation, strong stomach cramps that is worse with pressure and heat. Has red eyes and tongue. Liver pulse is fast, full and strong.
- ❖ **Anomalies diagnosed:**
  - Heat, excess, in Liver
- ❖ **Treatment Orientation:**
  - Disperse excessive heat in liver
- ❖ **Therapy chosen:**
  - Acupuncture and herbal medicine



## Case Study 2



- ❖ **Case Study:** Woman in 30s, complains of lower energy, painful menstruation that is lessened with pressure and heat. Has pale complexion, loose stool and cold extremities. Her spleen and kidney pulses are slow, deep and weak.
- ❖ **Anomalies diagnosed:**
  - Yang deficiency, in spleen and kidney
- ❖ **Treatment Orientation:**
  - Tonify Kidney and Spleen Yang
- ❖ **Therapy chosen:**
  - Acupuncture, moxibustion and herbal medicine



# Thanks for Coming!!



❖ Questions & Answers

❖ For further information regarding this presentation or Chinese medicine, please contact us

➤ 514 483 6669 or 514 483 6999

➤ [www.sinocare.ca](http://www.sinocare.ca)

➤ [jameswang@sinocare.ca](mailto:jameswang@sinocare.ca)