

LESSON SEVEN

Traditional Chinese Medicine

Presented by



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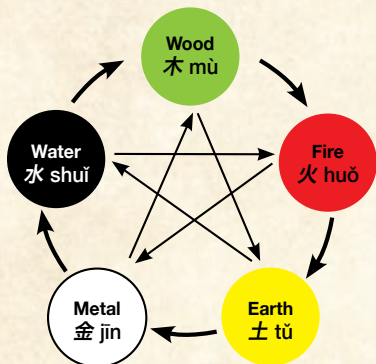
CONFUCIUS INSTITUTE AT THE UNIVERSITY OF OKLAHOMA

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Traditional Chinese medicine (TCM) is based on a belief that the body can fight off and recover from illness with proper methods of healing.

Chinese medicine is based on the philosophy of Taoism and teaches us how to find a balance in our lives and in our bodies. There are a few guiding principles that help define what TCM is. Qi (chee) is energy or the life force within you and around you. The basic building block of everything in the universe is energy or Qi. This energy is of course the building block of the five elements.

The five elements framework is ancient and is deeply woven into Chinese culture. In Taoism, everything in nature can be classified as one of the following: metal, wood, water, fire or earth (金 jīn, 木 mù, 水 shuǐ, 火 huǒ, 土 tǔ). These five elements are not only



physical materials; they also describe how they interact with each other. For example, wood produces fire, fire produces earth, earth produces metal, metal produces water, and water produces wood.

Questions -

1. What are the 5 elements?
2. What are the 5 organs associated with each element?
3. In the Star Wars movies the "force" would be called what in Chinese?

Different organs are associated with each element: Metal - **lungs**; Wood - **liver**; Water - **kidneys**; Fire - **heart**; Earth - **spleen**. These classifications help adjust the balance in the human body.

Another important concept in Taoism that permeates Chinese medicine is the principle of Yin and Yang. This universal principal states that there must be opposition in all things. Both are necessary in order to achieve balance. The Yin and Yang symbol is shown with a swirl, which represents the fact that we are always changing. So there is an emphasis on achieving equilibrium of Yin and Yang in the patient's body in order for it to heal itself.



Treatments:



Acupressure - Uses specific hand techniques to stimulate acupoints

Acupuncture - Relieves pain to help the Qi flow smoothly



Classical Herbal Therapy - Herbal medicines that works to heal the body

To find out more about Traditional Chinese Medicine please visit the OU Confucius Institute website at ouci.ou.edu/traditionalchinesemedicine

Chinese After-School Program ouci.ou.edu/afterschool



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