



Chinese Medicine



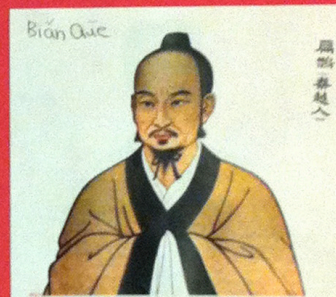
Balance and harmony

中醫



19,000 herbs & animal parts, 100,000 recipes
Ginseng, Wolfberry, Dang Gui, Ginseng Licorice
Turtle shells, Seahorse, endangered species
Trial & Error, Legends

中藥



Bian Que

扁鵲

Hu Bei province
500 BCE
Legendary physician
Yin Yang, 5 Elements, Acupuncture



針刺

Acupuncture
Tiny needles @ meridians energy
Achtmahl: soldier shot by arrow healed!



Zhang Zhong Jing

張仲景

200 BCE Han Dynasty
herbal doctor
wrote famous Treatise on Cold Damage



Qi Gong

氣功

Qi Gong
Martial arts balance energy
Breathing & movement exercise

IMPORTANCE

Translated & recompiled during Middle Ages
1900s modernized to include Western science
Some superstition but widely practiced in Asia
Acupuncture used today to control pain & nausea
Acupoints in Asia, many Qi Gong public parks
Many remedies for all organs and other illnesses

Chinese Medicine

by Alexis Tan

Chinese Medicine is still used today but has a long and ancient history. The Chinese believed that good health was reached balance and harmony. The Ying Yang symbol represented balance. Everything went into one of 5 elements: wood, fire, metal, earth, and water.

There are 3 parts to Chinese Medicine: Herbs, Acupuncture, and Qi Gong. There are 13,000 different kinds of herbs and 100,000 recipes. The most common are ginseng, wolfberry, dang gui, ginger, and licorice. Chinese also used odd things such as turtle shells, seahorse, and even endangered species. Most of the herbs were found by trial and error and passed down through legends. Acupuncture is the use of tiny needles stuck into certain meridians. The needles would release blockages of energy. It is believed that acupuncture was an accidental discovery when an arrow shot a soldier but that actually healed some of the soldier's other problems. Qi Gong is a form of martial arts with breathing and movement exercises that also balances energy.

Bian Que was an almost mythical physician because so little was known about him. He was from the Hu Bei province during 500 BC. He was thought to have used the Ying Yang, 5 elements, and acupuncture. A little more is known about Zhang Zhong Jing. He was an herbalist during 200 BC Han dynasty. He wrote the famous Treatise on Cold Damage. There are many other writings and doctors that have added to Chinese Medicine. These were translated and recompiled during the Middle Ages. It was modernized during the 1950s to include some western science. Acupuncture is still used to control pain and nausea. Most mornings in Asia, you can see large groups of people practicing Qi Gong. Herbal remedies are used for allergies and other sicknesses. Some people consider it superstition but Chinese Medicine is used widely in Asia.