

TCM: THEN AND NOW

AN ANALYSIS OF TRADITIONAL CHINESE MEDICINE
AND ITS POSITION IN THE MODERN WORLD

LEARN TO TEACH MANDARIN

Ms YUQI TANG

IEUAN BANCROFT

2121316@student.uwtsd.ac.uk



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

CONTENTS

OF THIS PRESENTATION

WHAT IS TCM?

- AN ANALYSIS OF TCM
- THE HISTORY OF TCM
- TCM PRACTICES

TCM IN THE MODERN WORLD

- SCIENTIFIC ARGUMENTS SURROUNDING TCM
- OTHER CONCERNS SURROUNDING TCM
- SCIENTIFIC LEGITIMACY OF TCM PRACTICES

WHAT IS TCM?

AN ANALYSIS OF TRADITIONAL CHINESE MEDICINE

“[a] system of medicine [...]that aims to prevent or heal disease by maintaining or restoring yinyang balance.”

Britannica (n.d.)

WHAT IS TCM?

AN ANALYSIS OF TRADITIONAL CHINESE MEDICINE

TRADITIONAL CHINESE MEDICINE is a system of alternative medical practices drawn from traditional medicine in China, designed to balance one's **QI** (or one's vital energy).

- Herbal remedies
- Food and dietary plans
- Exercise
- Acupuncture
- Moxibustion
- Cupping

传统中医（中医）是一种能够平衡人的气的医疗实践体系。

WHAT IS TCM?

THE HISTORY OF TRADITIONAL CHINESE MEDICINE

TRADITIONAL CHINESE MEDICINE can be traced back to the **HAN DYNASTY** (3rd century BCE – 3rd century CE), and arguably even as far back as the **SHANG DYNASTY** (approximately 16th – 11th centuries BCE).

- **SHANG DYNASTY:** Acupuncture/bloodletting/lancing needles found in ancient tombs.
- **HAN DYNASTY:** Inner Canon of the Yellow Emperor;
Treatise on Cold Damage Diseases.

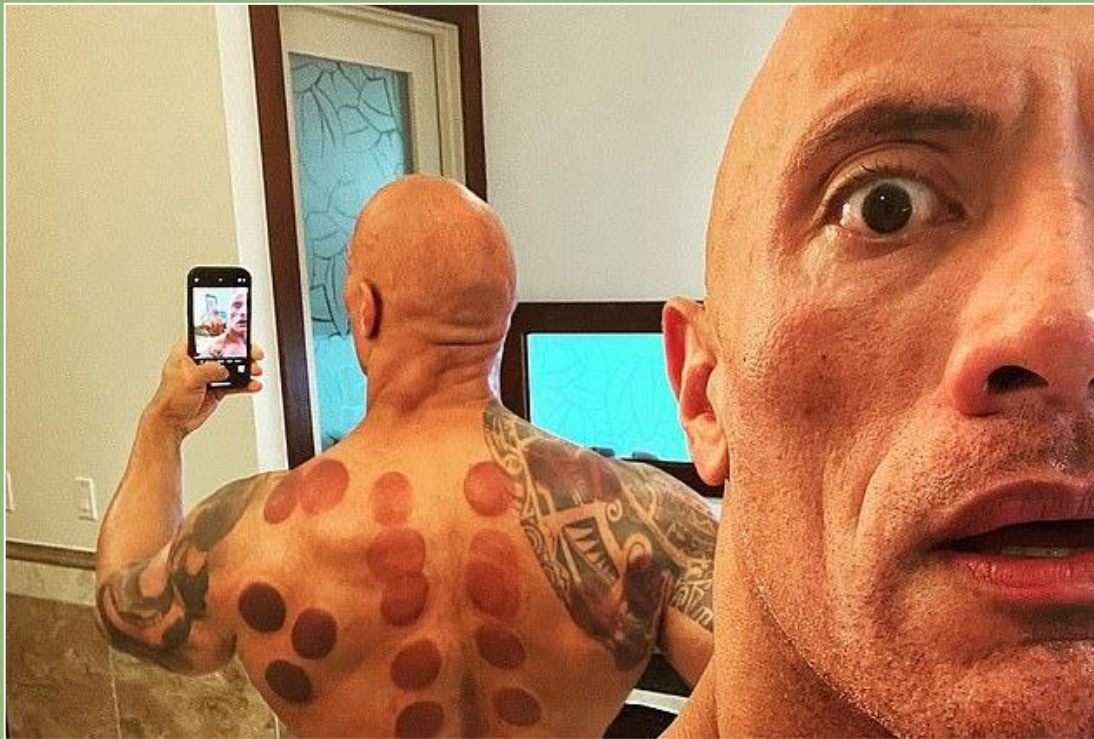
TCM PRACTICES

ACUPUNCTURE



TCM PRACTICES

CUPPING



NOTES/REFERENCES:

This image of cupping is © Dwayne Johnson (The Rock)/Instagram

TCM IN THE MODERN WORLD

SCIENTIFIC ARGUMENTS SURROUNDING TCM

*“[It] is difficult to use a Western yardstick
to measure Eastern medicine.”*

Britannica (n.d.)

TCM IN THE MODERN WORLD

SCIENTIFIC ARGUMENTS SURROUNDING TCM

TRADITIONAL CHINESE MEDICINE has been labelled as extremely pseudoscientific in nature, and many of its treatments as having little to no justifiable explanations (illogical mechanism of action).

- The concept of **QI** and the related **MERIDIAN POINTS** have been described as flawed and lacking in evidence.
- A lack of agreement between TCM practitioners regarding treatments demonstrates a lack of credibility in its practices.

中医是伪科学，一些实践（做法）是不符合逻辑的。

TCM IN THE MODERN WORLD

OTHER CONCERNS SURROUNDING TCM

TRADITIONAL CHINESE MEDICINE has drawn criticism due to the arguably unnecessary or clinically unjustifiable use of animal products in some of its practices.

- Parts of **ENDANGERED SPECIES** are often used in TCM, such as pangolin scales, rhinoceros horns, tiger bones, and turtle shells.
- The use of **UNSAFE INGREDIENTS** is commonplace, including herbal medicines containing extremely toxic chemicals and heavy metals.

中医（中药的制作）使用一些濒危动物和危险成分。

NOTES/REFERENCES:

Still (2003)

Feng & Wiseman (2002)

Feng & Wiseman (1998)

Zhao, et al. (2013)

Genuis (2012)

Chapman, et al. (2011)

Chang (2009)

Sheng (2012)

TCM IN THE MODERN WORLD

SCIENTIFIC LEGITIMACY OF TCM PRACTICES

Several practices of **TRADITIONAL CHINESE MEDICINE** have been identified as scientifically legitimate, or as having positive health benefits, in a number of areas.

- Techniques such as **TAI CHI** and **QIGONG** have been used as therapeutic treatments for people with Parkinson's disease.
- Many **MODERN MEDICINES** have been developed thanks to TCM herbal remedies, including those used to treat Alzheimer disease.

一些中医的做法，
就好像是打
太极，
对健康有益。

TCM PRACTICES

TAI CHI



NOTES/REFERENCES:

This image of Tai Chi master Yang Chengfu (杨澄甫) performing the “*Single Whip*” posture is in the public domain



TCM PRACTICES

QIGONG



NOTES/REFERENCES:

This image of Qigong practitioners in Brazil is in the public domain

TCM: THEN AND NOW

AN ANALYSIS OF TRADITIONAL CHINESE MEDICINE
AND ITS POSITION IN THE MODERN WORLD

*If you have any questions,
I remain at your disposition!*



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

BIBLIOGRAPHY

CITED WORKS AND OTHER NOTABLE WORKS

- Andrews, B. (2013). *The Making of Modern Chinese Medicine*. Vancouver, BC: UBC Press. ISBN 9780774824323.
- "As China pushes traditional medicine globally, illegal wildlife trade flourishes". Reuters. 28 March 2019. Retrieved 20 October 2021.
- Britannica (n.d.). Traditional Chinese medicine. <https://www.britannica.com/science/traditional-Chinese-medicine>
- Byard, R.W. (2010). "A review of the potential forensic significance of traditional herbal medicines" (PDF). *Journal of Forensic Sciences*. 55 (1): 89–92. CiteSeerX 10.1.1.627.5612. doi:10.1111/j.1556-4029.2009.01252.x. PMID 20412155. S2CID 205768581.
- Chang, H.C., Chen, T.H., & Lue, K.Y. (2009). "Unregulated Trade in Turtle Shells for Chinese Traditional Medicine in East and Southeast Asia: The Case of Taiwan". *Chelonian Conservation and Biology*. 8 (1): 11–18. doi:10.2744/CCB-0747.1. S2CID 86821249.

BIBLIOGRAPHY

CITED WORKS AND OTHER NOTABLE WORKS

- Chapman, R.L., Yuan, X., & Wu, Z. (2011). "Analytical methods for heavy metals in herbal medicines". *Phytochemical Analysis*. 22 (3): 189–98. doi:10.1002/pca.1287. PMID 21341339.
- Chen, G., et al. (2013). Avila, M.A. (ed.). "Causes and outcomes of acute liver failure in China". *PLOS ONE*. 8 (11): e80991. Bibcode:2013PLoSO...880991Z. doi:10.1371/journal.pone.0080991. PMC 3838343. PMID 24278360.
- Chen, N. (2003). *Breathing Spaces*. Columbia University Press. ISBN 9780231128056.
- Davies, E. (2014). "'Shocking' scale of pangolin smuggling revealed", 13 March. *Nature News*. BBC.
- Ernst, E. & Singh, S. (2008). *Trick or Treatment: Alternative Medicine on Trial*. London: Bantam. ISBN 978-0593061299.
- Feng, Y. & Wiseman, N. (1998). *A Practical Dictionary of Chinese Medicine* (2 ed.). Paradigm Publications. p. 904. ISBN 978-0912111544.

BIBLIOGRAPHY

CITED WORKS AND OTHER NOTABLE WORKS

- Feng, Y. & Wiseman, N. (2002). Introduction to English Terminology of Chinese Medicine. ISBN 978-0912111643. Retrieved 10 June 2011
- Genuis, S.J., et al. (2012). "Toxic element contamination of natural health products and pharmaceutical preparations". PLOS ONE. 7 (11): e49676. Bibcode:2012PLoSO...749676G. doi:10.1371/journal.pone.0049676. PMC 3504157. PMID 23185404.
- Harper, D. (1998). Early Chinese Medical Literature: The Mawangdui Medical Manuscripts. London and New York: Kegan Paul International. ISBN 978-0-7103-0582-4.
- Hinrichs, T. J. (2005). "Healing and Medicine in China". In Jones, L. (ed.). Healing and Medicine. Vol. 6. Detroit, MI: Macmillan Reference USA. pp. 3859–3864.
- Holland, A. (2000). Voices of Qi: An Introductory Guide to Traditional Chinese Medicine. North Atlantic Books. ISBN 978-1-55643-326-9.

BIBLIOGRAPHY

CITED WORKS AND OTHER NOTABLE WORKS

- Li, W., et al. (2005). "Bats Are Natural Reservoirs of SARS-Like Coronaviruses", 28 October. Science. 310 (5748): 676–679. Bibcode:2005Sci...310..676L. doi:10.1126/science.1118391. PMID 16195424. S2CID 2971923.
- Lu, G.D. & Needham, J. (2002). Celestial Lancets: A History and Rationale of Acupuncture and Moxa. Routledge. ISBN 978-0-700-71458-2.
- "Poaching for rhino horn" (2010). Save The Rhino, 20 August. Archived from the original on 21 March 2016. Retrieved 25 March 2016.
- Radford, B. (9 July 2011). "Sharks Fin Soup Bans Don't Stop Strong Demand". livescience.com. Retrieved 7 September 2020.
- "Shark Fin Soup: An Eco-Catastrophe?". San Francisco Chronicle. 20 January 2003. Archived from the original on 14 June 2012. Retrieved 3 June 2020.

BIBLIOGRAPHY

CITED WORKS AND OTHER NOTABLE WORKS

- Sheng, X., Weng, Q., & Zhang, H. (April 2012). "Traditional Chinese medicine: China's bear farms prompt public outcry". *Nature*. 484 (7395): 455. Bibcode:2012Natur.484R.455S. doi:10.1038/484455c. PMID 22538598.
- Silva, L.M., et al. (2009). "Qigong massage treatment for sensory and self-regulation problems in young children with autism: a randomized controlled trial". *The American Journal of Occupational Therapy*. 63 (4): 423–32. doi:10.5014/ajot.63.4.423. PMID 19708471.
- Sivin, N. (1987). *Traditional Medicine in Contemporary China*. Ann Arbor: Center for Chinese Studies, University of Michigan. ISBN 978-0-89264-074-4.
- Sivin, N. (1993). "Huang-ti nei-ching" 黃帝內經. In Loewe, M. (ed.). *Early Chinese Texts: A Bibliographical Guide*. Los Angeles and Berkeley: Institute for East Asian Studies, University of California, Berkeley. pp. 196–215. ISBN 978-1-55729-043-4.

BIBLIOGRAPHY

CITED WORKS AND OTHER NOTABLE WORKS

- Still, J. (June 2003). "Use of animal products in traditional Chinese medicine: environmental impact and health hazards". *Complementary Therapies in Medicine*. 11 (2): 118–22. doi:10.1016/S0965-2299(03)00055-4. PMID 12801499.
- Unschuld, P.U. (1985). *Medicine in China: A History of Ideas*. Berkeley: University of California Press. ISBN 978-0-520-05023-5.

TCM: THEN AND NOW

AN ANALYSIS OF TRADITIONAL CHINESE MEDICINE
AND ITS POSITION IN THE MODERN WORLD

LEARN TO TEACH MANDARIN

Ms YUQI TANG

IEUAN BANCROFT

2121316@student.uwtsd.ac.uk



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David