

General Information

Origins and development

Chinese medicine has its roots in ancient China. The oldest textbook the Huang Di Nei Jing (the yellow emperor's classic of the inner medicine) was written about 300 B.C and is still one of the most important and substantiated basis for TCM education in East and West. It indicates how early in China the nature, the human nature and the ground of illnesses and ways of their treatment were considered in a distinct way. Traditional Chinese Medicine applies different therapies:

Acupuncture

Moxibustion (Heating of acupuncture points via burning herbs)

Herbal medicine (in China 75% of all treatments)

Dietetics (basics of nutrition)

Tuina and Anmo (Special Chinese way of massaging)

Qigong and Taijiquan (Treatment through movements of the body and the energy through the body)



The education in China at a TCM University with a TCM Practice Hospital takes 5 years. Since the 1920's acupuncture is more and more famous in Germany. It is essential that acupuncture is carried out on a high quality. An incorrect acupuncture does not help to heal the illness. A therapist who works with a high quality TCM looks at the tongue, feels the pulse and asks in details about the symptoms of the illness.

Health and illness

Why does one fall ill? According to Chinese medicine health means that the Qi can flow freely in the body. In the centre of TCM is the knowledge that physical and psychological processes and outside factors mutually influence the free flowing of the energy, the person and by this way the health.

The Yin Yang Symbol

The Yin Yang Symbol is an ancient Chinese sign. It has two parts (Yin and Yang) which symbolises that the energy of life is in constant movement. If this movement and by this way the flow of energy (Qi) is not in balance that's the basis of all kinds of illnesses.

1. Innate constitution

The root of illnesses and tendencies for chronic diseases within the family are also taken into consideration. TCM traces the strong and weak parts of the constitution.

2. Emotional and mental state

Imbalances of emotions like stress, worries, fears, hardships, anger, grief, etc. can weaken the organs and the whole body. In the Chinese Medicine everything is in connection, the

emotions, the way of thinking, the organs and the body. E. g. A disorder of the organs can cause negative emotions.

3. Nutrition

The bad quality and the low nutritional value of victuals, chemicals, flavouring and colour substances, preservatives and pesticides are the reasons for illnesses. Another reason for illnesses are irregular eating, eating under stress and the pressure of time.

4. Environmental factors

Cold, wind, heat, humidity or dryness could have a bad influence on the organism. One example is the meteorosensitivity. Social environment like family connections, friends, the place where you live, professional success have an influence on your health.

5. Traumas

Emotional and physical accidents and injuries have a big influence on the health.

6. Drugs

Tea, coffee, tobacco, alcohol, sugar as well as chemical drugs are common reasons for illnesses. Acupuncture can help to stop using the drugs and detoxify the body.