
Global Certificate in Chinese Medicine and Health Care

Chinese Medicine Psychology

Acupuncture:

A traditional Chinese medicine (TCM) practice that involves the stimulation of specific points on the body, most often with thin needles. Acupuncture is based on the concept of qi, or life energy, flowing through the body along pathways called meridians. By stimulating certain points, acupuncture is said to restore the flow of qi and promote healing and balance in the body.

Related terms: qi, meridians, TCM

Anmo:

A form of Chinese medical massage that involves the use of hands, elbows, and other tools to manipulate the body's muscles, tendons, and ligaments. Anmo is used to promote circulation, relieve pain, and balance the flow of qi in the body.

Related terms: qi, TCM

Chinese herbal medicine:

A branch of TCM that involves the use of plants, minerals, and other natural substances to prevent and treat illness. Chinese herbal medicine is based on the principles of yin and yang, the five elements, and the concept of qi. Practitioners use a variety of herbs and formulas to restore balance and promote healing in the body.

Related terms: yin and yang, five elements, qi, TCM

Five elements:

A concept in TCM that describes the interrelationship between the five fundamental elements of wood, fire, earth, metal, and water. The five elements are believed to be present in all things and to influence the body's physical, emotional, and spiritual health.

Related terms: TCM, yin and yang

Moxibustion:

A TCM practice that involves the burning of the herb mugwort near specific points on the body. Moxibustion is used to warm the body, stimulate the flow of qi, and promote healing.

Qi:

In TCM, the vital energy or life force that flows through the body along pathways called meridians. Qi is believed to be responsible for maintaining health and balance in the body, and imbalances in the flow of qi are thought to contribute to illness.

Related terms: yin and yang, five elements, meridians, TCM

Tai Chi:

A low-impact exercise that involves slow, controlled movements and deep breathing. Tai Chi is based on TCM principles and is believed to promote the flow of qi, improve balance and flexibility, and reduce stress.

Tui Na:

A form of Chinese medical massage that involves the use of hands, elbows, and other tools to manipulate the body's muscles, tendons, and ligaments. Tui Na is used to promote circulation, relieve pain, and balance the flow of qi in the body.

Yin and yang:

A fundamental concept in TCM that describes the interdependent and complementary forces of yin and yang. Yin is associated with the feminine, passive, and cold, while yang is associated with the masculine, active, and hot. Yin and yang are believed to be present in all things and to influence the body's physical, emotional, and spiritual health.

Related terms: TCM, five elements

Zang Fu:

In TCM, the term zang refers to the solid organs (heart, liver, spleen, lungs, and kidneys), while fu refers to the hollow organs (gallbladder, stomach, small intestine, large intestine, bladder, and san jiao, or triple burner). The Zang Fu are believed to be interconnected and to play a vital role in the body's overall health and well-being.

Related terms: TCM, solid organs, hollow organs

Challenges:

One challenge in using Chinese medicine psychology is that it may be difficult to find qualified practitioners, as TCM is not as widely practiced or regulated in some countries as it is in others. Additionally, some people may be hesitant to try TCM due to misconceptions or fears about acupuncture or other unfamiliar practices.

Another challenge is that Chinese medicine psychology often takes a holistic approach, considering the body, mind, and spirit as interconnected. This can be challenging for people who are used to a more Western, compartmentalized approach to health care.

Examples:

An example of how Chinese medicine psychology might be used in a therapeutic setting is through the use of acupuncture to treat anxiety. A practitioner might stimulate specific points on the body, such as those on the ear or wrist, to help promote relaxation and balance the flow of qi.

Another example might be the use of Chinese herbal medicine to treat depression. A practitioner might prescribe a formula containing herbs such as St. John's Wort, ginseng, and licorice root to help lift the mood and balance the body's energy.

Practical applications:

Chinese medicine psychology can be used to treat a wide variety of physical and emotional conditions, including stress, anxiety, depression, chronic pain, and digestive issues. It can also be used to promote overall wellness and balance in the body.

To find a qualified practitioner, it is important to do research and ask for recommendations from trusted sources. It is also important to be open-minded and willing to try new therapies, while also being an advocate for one's own health and seeking a second opinion if necessary.

Incorporating Chinese medicine psychology into one's self-care routine might involve trying acupuncture, massage, or herbal medicine, as well as making lifestyle changes such as practicing tai chi, meditation, or mindfulness. It might also involve making dietary changes, such as incorporating more whole, unprocessed foods and avoiding trigger foods that may contribute to imbalances in the body.