

The impact and role of the Traditional Chinese Medicine on human health

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Abstract: *Traditional Chinese Medicine dates back more than 5,000 years ago and includes variety of therapies - acupuncture, cupping, massage, moxibustion, nutrition, herbal medicine, tai chi and chi gong. One of the basic principles of Traditional Chinese Medicine (TCM) is that the body's vital energy Qi circulates through the channels called meridians and have branches connected to the organs and functions in the body. A key element of TCM is the holism meaning that the human being is seen as a whole and a part of nature. Although there is some level of skepticism about TCM in today's society; plenty of studies continue every day to show amazing results and prove the many benefits of the therapies. The main purpose of TCM is to balance the Qi imbalances by expelling the external factors, balancing the internal emotions, removing the blockages from the meridians, freeing the flow of the Qi and blood, balancing the hormones, reducing the inflammation and pain and etc. TCM practitioners are looking at the balance of the body, mind and spirit so they can determine how to restore the Qi, Yin and Yang balance and the good health. The benefits from treatment are numerous including: pain and stress reduction, increased immunity, increased fertility, reduced anxiety and depression, good muscle strength, balance and flexibility. Coming from this it is very important to share the knowledge about TCM and enable population to learn more about the advantages of the treatment and slowly accept it as a valuable health care treatment.*

Key words – *Health, Treatment, Traditional Chinese Medicine, Impact, Role*

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I. Introduction

Traditional Chinese Medicine (TCM) dates back more than 5,000 years ago and includes variety of therapies - acupuncture, cupping, massage, moxibustion, nutrition, herbal medicine, tai chi and chi gong. People who accept modern cultural and scientific education probably find it hard to understand those seemingly old and distant civilizations, and therefore the value of Traditional Chinese Medicine remains undiscovered. Although there is some level of skepticism about TCM in today's society; plenty of studies continue every day to show amazing results and prove the many benefits of the therapies. The main purpose of TCM is to balance the Qi imbalances by expelling the external factors, balancing the internal emotions, removing the blockages from the meridians, freeing the flow of the Qi and blood, balancing the hormones, reducing the inflammation and pain and etc. TCM practitioners are looking at the balance of the body, mind and spirit so they can determine how to restore the Qi, Yin and Yang balance and the good health. The benefits from treatment are numerous including: pain and stress reduction, increased immunity, increased fertility, reduced anxiety and depression, good muscle strength, balance and flexibility.

Recently, more and more medical schools from around the world recognize the importance of training employees and students to practice TCM, where they can effectively prevent diseases and influence on the overall mental, physical, emotional, spiritual and social health of people. TCM and Western (modern) medicine should be equal and complementary to each other. They are two health care systems who do not need to be replaced with one another. TCM attaches importance to the temporal structure of the human body and emphasizes the analysis of pathogenicity and pathogenesis and integrates cognitions derived from society, biology, psychology, and physical nature. TCM is an original science and its fields of researches are beyond those of Western medicine.

TCM points up that the most important thing is to prevent the disease and to treat the disease in time so as not to allow it to become serious. And this is also what the modern preventive medicine requires. TCM supports mental treatment and claims that in order to cure the disease, the heart must first be healed, stress

relieved, and the harmony between mind and body, man and society and man and nature, restored again. All this is what future medicine vigorously advocates. [1] [2]

II. Discussion

Traditional Chinese Medicine (TCM) is safe, accessible, effective and affordable treatment covering a wide range of methods of treatment of Chinese medicinal herbs to acupuncture, moxibustion, massage, and so on. Practitioners also have many unique methods for preventing and treating some severe and complicated diseases that contribute to significant health outcomes in the world, such as all types of sub-health conditions and diseases requiring long-term rest and nurturing.

One of the basic principles of Traditional Chinese Medicine is that the body's vital energy Qi circulates through the channels called meridians and have branches connected to the organs and functions in the body. A key element of TCM is the holism meaning that the human being is seen as a whole and a part of nature. Although TCM has abstract ideas such as the five elements, yin and yang, it is a complete and rational system consisting of diagnosis, prognosis, prevention and treatment. TCM is trying to treat all kinds of diseases that could be encountered. Treatment is designed to improve the regulatory mechanisms of the body and remove factors that impair the ability of self-healing of the body. A treatment regimen can be used for multiple different diseases or syndromes with similar basic mechanisms such as, for example, insulin resistance shares several disorders, including diabetes, hypertension, obesity, atherosclerosis and hyperlipidemia. The key to success in TCM is the treatment of each patient to be individual. [3]

In general, the TCM's theories see the body as a system composed of Zang and Fu organs, meridians and collaterals, chi, blood, essence, body fluid, five sensory organs and nine body openings, limbs, and tendons, muscles, blood vessels, bones and skin. The TCM's theories in particular emphasize the functions of the mind and many other notions such as mentality, spirit, consciousness, emotion, emotion, character, thought, and the external manifestation of life, which together reflect the sophisticated meanings of the mind. Organs that are focus on the treatment are: liver, heart, kidney, lungs, spleen, gallbladder, colon, and small intestine.

With the development of the modern technology, it is possible to determine the pharmacology and mechanisms of the action of many Chinese herbs, and TCM becomes understandable in terms of modern medicine. With the advancement of the theoretical background, related technologies, therapeutic principles, as well as understanding of life sciences, a clearer understanding of the active elements of TCM is possible. [4]

Herbal therapy is the basis for treatment of TCM. In general, the recipe usually consists of a mixture of 2 to 40 herbs, each in varying amounts. [3] The World Health Organization (WHO) has estimated that 80% of the world's population uses herbal medicines. [5] Treatment with Chinese herbs focuses on helping the exact dysfunction of certain organs and diseased tissue. The goal of herbal therapy is to return the body to a condition of homeostasis (balance) and to return the proper energy - Qi. Patients with very different symptoms can be treated with herbs, including those with frequent colds or flu, infertility, fatigue, allergies, chronic respiratory problems, chronic pain, depression, anxiety, insomnia, menopausal symptoms, and even people who are recovering from chemotherapy or cancer. [1] Chinese herbal remedies improve and increase the effectiveness of Western medicines in the treatment of arthritis, liver cirrhosis and cancer, which reduces the dose and adverse side effects of chemotherapy. [6-9]

Acupuncture is also a cornerstone of TCM. The first study which has examined the scientific basis of acupuncture analgesia is published in 1973. Cochrane's library includes numerous studies on acupuncture treatment for various diseases, ranging from somatic disorders such as chronic asthma, lower back pain, rheumatoid arthritis, vascular dementia epilepsy, vomiting and nausea caused by chemotherapy, shortness of breath, insomnia and psychological disorders such as schizophrenia and depression. [3] [10]

All medicines used in TCM are natural, which is one of the main benefits. TCM is becoming more and more popular among individuals because it focuses on more than just the physical aspects of the patients. Chinese medicine also focuses on restoring the mind, body and spirit of the individual in the proper balance to achieve optimal health. Another major benefit of TCM is that it is focused on finding a diagnosis of what exactly causes a disease. Modern medicine generalizes diseases, while Chinese medicine focuses on finding specificities and treating the specificities. [11]

When the vital energy, known as Qi, flows through the body, it establishes a balance between the spiritual, mental, emotional and physical spheres. Similarly, a person needs to function in harmony with his environment, which includes climate acclimatization and changes in his daily lifestyle. If that flow and equilibrium are destabilized, diseases and different conditions will occur. TCM uses a diagnostic, therapy and medicine system to restore that balance by increasing the body's immune system in an effort to fight the pathogens.

Inflammation is at the root of most diseases and is associated with multiple health problems, including autoimmune disorders, cancer, diabetes, heart disease and cognitive impairment. Treatments with TCM, including acupuncture, acupuncture and herbal treatments, can also help patients overcome various lifestyle-

related habits associated with inflammation such as chronic pain, cigarette smoking, chronic stress, overeating and liver damage caused by alcohol. Numerous studies suggest that certain "adaptogens" of Chinese herbal medicines contain anti-inflammatory and antioxidants compounds that can change the way nerves transport messages to the brain, improving various functions within the central nervous and endocrine system. This helps to improve the ability to cure the body naturally and helps in balancing hormones - including insulin, cortisol, estrogen and testosterone.

III. Conclusion

Coming from this it is very important to share the knowledge about TCM and enable population to learn more about the advantages of the treatment and slowly accept it as a valuable health care treatment.

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