

Editorial Note on Alternative & Integrative Medicine – Traditional Chinese Medicine

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Editorial

Traditional Chinese medicine (TCM) is a branch of traditional medicine in China. TCM is said to be based on Compendium of Materia Medica and Huangdi Neijing. The practice includes various forms of herbal medicine, acupuncture, cupping therapy, gua sha, massage (tui na), bonesetter (die-da), qigong, and dietary therapy. TCM is widely used in the Sinosphere, where it has a long history; subsequently it is now also practiced outside of China.

One of the basic tenets of TCM is that the body's vital energy (ch'i or qi) is circulating through channels called meridians having branches connected to bodily organs and functions. The concept of vital energy is pseudoscientific, and has no foundation in evidence-based medicine. Concepts of the body and of disease used in TCM reflect its ancient origins and its emphasis on dynamic processes over material structure, similar to the pseudoscientific humoral theory of Ancient Greece and Ancient Rome. Many treatments in TCM have no proven effectiveness and lack logical mechanisms of action.

While popular in China and in many other countries as a primary or complementary health approach, its efficacy has not been investigated. However, existing research does suggest that many herbal remedies are effective to treat conditions such as constipation and fever.

In Traditional Chinese Medicine (TCM), five elements, or five phases, theory outlines the relationship between the different elements in nature and the life force, or "qi," that flows through them. The basic elements are wood, fire, earth, metal, and water.

About the D-TCM in Traditional Chinese Medicine. Practitioners use herbs, acupuncture, massage, and other methods to treat a wide range of medical conditions in their patients. ... Our program is the first clinical doctoral TCM program on the East Coast to be offered within a university setting.

Some Chinese herbal products have been contaminated with toxic compounds, heavy metals, pesticides, and microorganisms and may have serious side effects. Manufacturing errors, in which one herb is mistakenly replaced with another, also have resulted in serious complications.

Related Journals of Traditional Chinese Medicine

Chinese Herbal Medicine Journals, Alternative Medicine Journals, Journal of Traditional Chinese Medicine, Chinese Traditional and Herbal Drugs, Journal of Traditional Chinese Medicine

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