

*Good Afternoon*



# Plan for the Course

- Session 1: Definitions of Health and Disease.
- Session 2: Different types of “medicines”.
- Session 3: Ancient Asian medical traditions.
- Session 4: Faith/religious healing traditions.
- Session 5: Food as Medicine.
- Session 6: Energy therapies.
- Session 7: Diverse unconventional therapies.
- Session 8: Osher Foundation Integrative Centers.

# Plan for Session 3

- Discuss some of the common principles and guiding beliefs of Asian medicines.
- Briefly survey Chinese, Japanese and Southeast Asian traditional medicines.
- Describe Indian traditional medicines and some of their overlap.

# Disclosure

(Spoiler Alert)

- My descriptions of some treatment modalities do not imply approval or disapproval of any of them.
- My intention is not to impugn or defend any specific type of treatment or the beliefs associated with that variant.
- I apologize if, at any time, anyone feels that their personal favorite theories are under attack.
- The topics are very summarized digests and can not include all aspects of each specific therapy.

熱瘡肌瘡醜主  
毒止渴解散發痢  
利大腸主  
瘡酪



## Session 3

### Ancient Asian/Oriental Medicines

# Vital Principle (1)



- Most cultures have a concept of an integrated life force or vital energy principle in every being.
- Every system defines a route, flow pattern and some rhythm or periodicity.
- The majority describe body areas (Brain, Heart, Solar Plexus, Liver) as major centers of source, storage or dispersal of the vital principle.
- Vibrational theories include inanimate objects also.

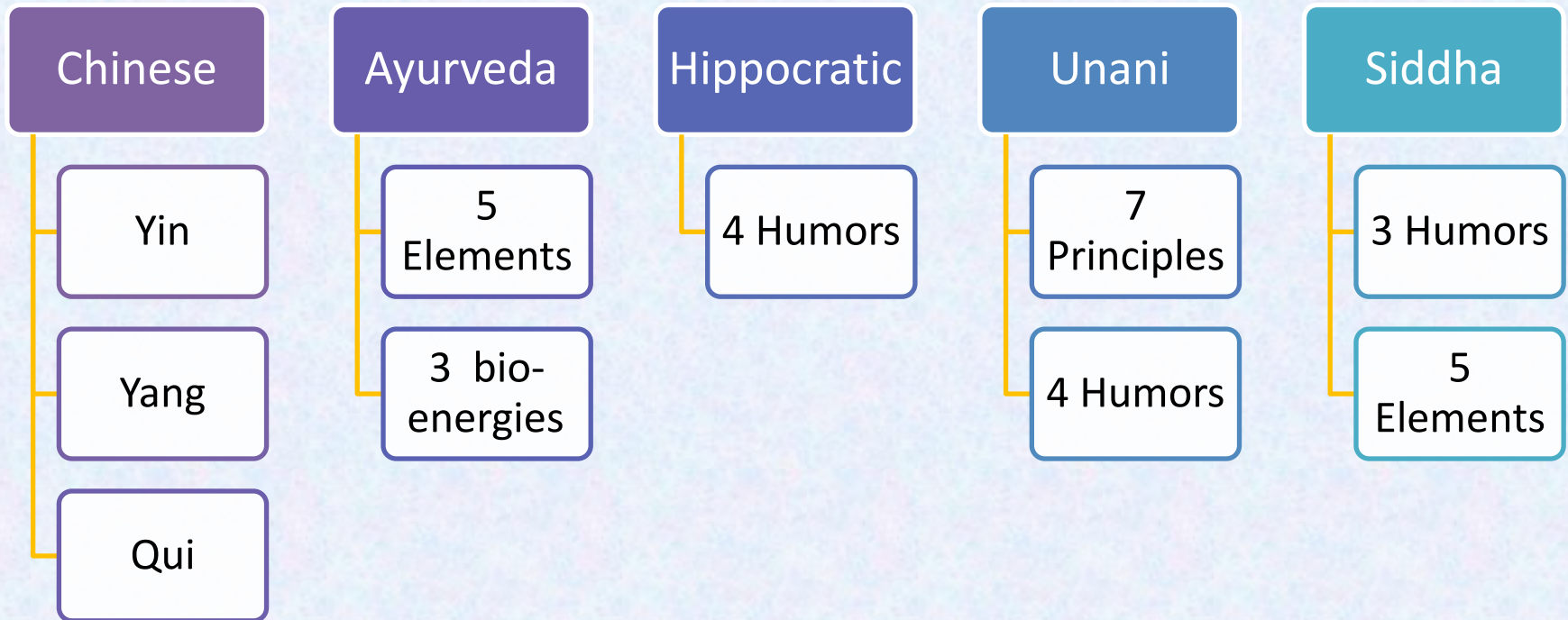
# Vital Principle (2)

Culture	Name	Flows through
Ancient Egypt	Ka	Metw
India	Prana	Nadis (channels)
China	Qi	Jingluo (meridians)
Japan	Ki	Keiraku
Korea	Gi	Kyungrak
Vietnam	Khí	Kinh tuyền
Greece	Pneuma	Phlebes (veins)
Rome	Spiritus (anima)	Blood (arteries)
Judaism	Ruah (ruach)	Breath
Homeopathy	Vital force	Nerves and blood
Depak Chopra	“Quantum mechanical body”	Whole body

Ramírez 2021 inspired by Mayor 2011

# Health as Balance

## Illness as Imbalance





# Humors and their Correlations

HUMOR	ELEMENT	QUALITIES	AGE	ORGAN	TEMPERAMENT	SEASON
<b>Blood</b>	Air	Moist and Warm	Infancy	Liver	Sanguine	Spring
<b>Yellow Bile</b>	Fire	Warm and Dry	Youth	Gallbladder	Choleric	Summer
<b>Black Bile</b>	Earth	Dry and Cold	Adulthood	Spleen	Melancholic	Autumn
<b>Phlegm</b>	Water	Cold and moist	Old Age	Brain/lung	Phlegmatic	Winter

Ramírez 2019

# The 5 Elements in Different Cultures

Babylon	Greek	Chinese	Japanese	Hindu/ Buddhist	Tibet
Wind	Air	Wood	Air	Vayu (wind/air)	Air
Sea	Water	Water	Water	Ap (Water)	Water
Earth	Earth	Earth	Earth	Prithvi (earth)	Earth
Fire	Fire	Fire	Fire	Agni (Fire)	Fire
Sky	Ether	Metal	Void	Akasha (Ether)	Ether

Ramírez 2021

此中國醫道之圖也京中醫士有太醫御醫  
之稱乃是在太醫院應差者如有人請馬錢  
二吊四百文四吊八百不等如來到門首看  
病者給錢數百名為門脈



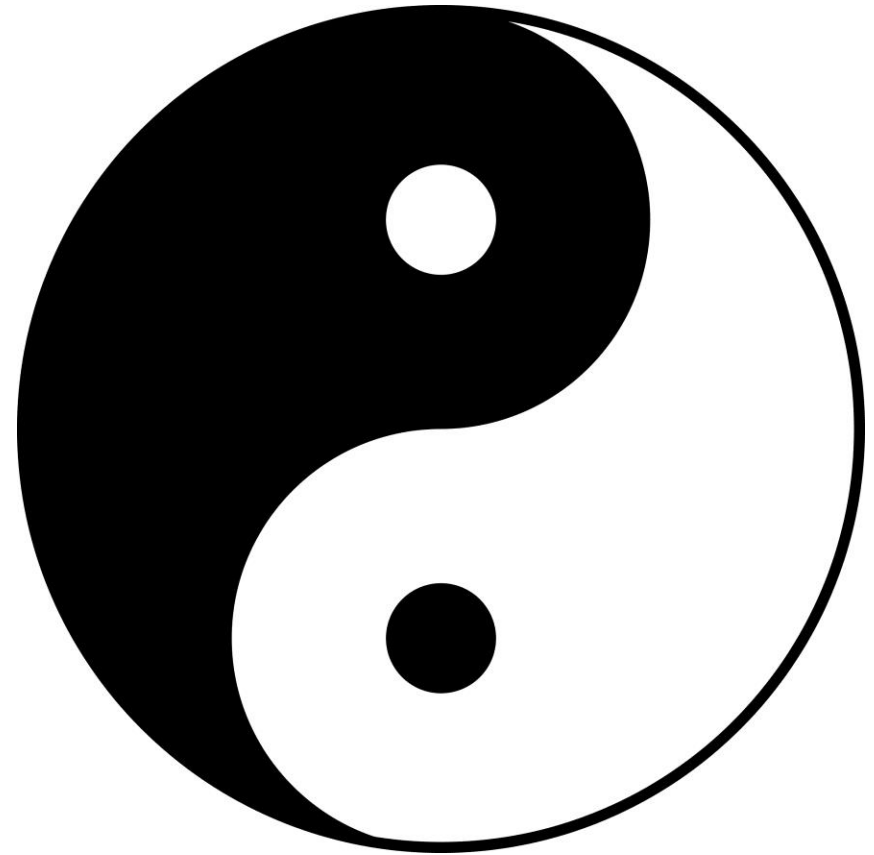
Traditional Chinese Medicine TCM

# CHINESE MEDICINE

# Yin and Yang (1)

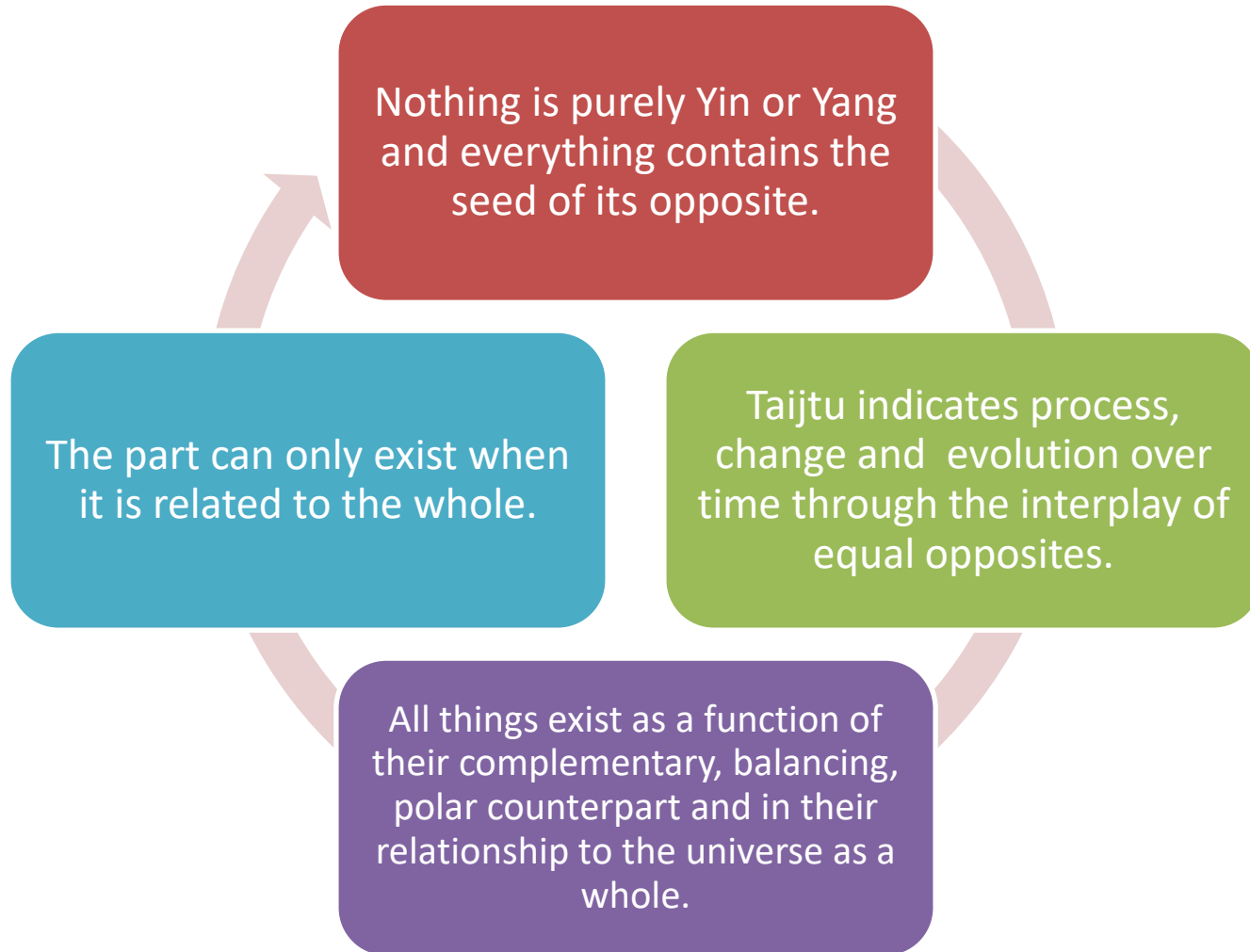
陰 陽

Yin	Yang
Women	Men
Negative	Positive
Night	Day
Winter	Summer
Hot	Cold
Dark	Light
Rest	Activity
Interior	Exterior
Cold	Hot
Deficiency	Excess
Soft	Hard



Taijtu: “Diagram of the Supreme Ultimate”

# Yin and Yang (2)



# Qui

- Pictogram depicts a bowl of rice with steam issuing up from the rice.
- The rice is a solid substance, representing the material foundation of everything that exists.
- The steam is warm, in motion, with functional energy.
- The steam transforms the rice and brings out its softness and deeper, finer essence.

# Tools of Chinese Medicine

- Acupuncture and Adjuncts.
- Chinese Herbal Medicine.
- Dietetics.
- Lifestyle considerations.
- Active physical therapies:
  - Qigong (Qui Gong).
  - Taiji (Tai Chi).
- Passive physical therapies:
  - Tuina (Tui Na) .
  - Acupressure.

# Therapies of TCM

(Restore balance of *yin* and *yang*)

**Acupuncture:**  
needles to cure  
disease or  
relieve pain  
(cold).

**Moxibustion:**  
heated  
pulverized wood  
passed along  
meridian( hot).

**Cupping:** draws  
blood & Lymph  
to skin,  
removes cold &  
damp “evils”.

**Tui Na:**  
“pushing and  
pulling”  
massage,  
manual  
acupuncture.

**Herbology:**  
herbs gathered  
at night or day  
depending on  
type.

**Animal parts:**  
deer antlers,  
rhinoceros  
horns, snake  
flesh,  
silkworms,etc.

**Metals &  
minerals:** lime  
calcium,  
quicksilver,  
copper,  
lodestone.



# Electronics and Qi



- Qi defines wireless ***energy transfer*** through inductive charging over short distances (3-4 in).
- The system uses a charging pad on which a compatible device is placed.

Charging occurs by ***inductive coupling*** of the two individual ***resonant frequencies***.

# Acupuncture

- Insertion of very fine needles into points that are specific to each patient's needs.
- Points located on 12 energy pathways (meridians or channels) that are well defined on the body.
- Each meridian is associated with a *primary organ*, and influences its function.

# Acupuncture

## Does it work?

- In January 2020, D. Gorski analyzed a 2020 review of systematic reviews on the use of acupuncture for chronic pain.
- He concluded that acupuncture is “a theatrical placebo whose real history has endured retcon\* beyond recognition.”
- This review revealed the many weaknesses in the design of acupuncture clinical trials.

\*Retcon: a piece of new information imposes a different interpretation of previously described events, typically used to account for an inconsistency.

# Acupuncture

## Moves the Qui

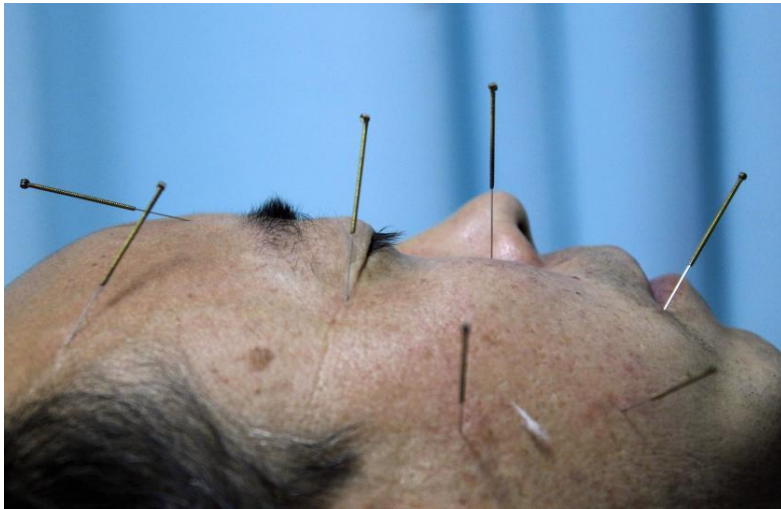
Stimulates its  
flow when it  
is weak.

Redirects *qui*  
to areas that  
need more of  
it.

Draws *qui*  
away from  
areas that  
have an  
excess.

Opens up  
obstructions  
and allows  
*qui* to flow  
freely.

# Acupuncture



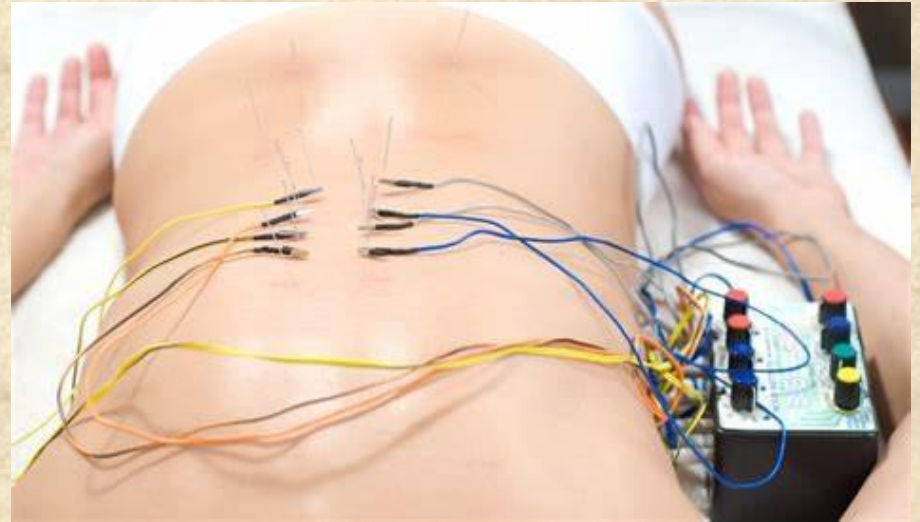
# Acupuncture Adjuncts

Electroacupuncture



Moxibustion

Cupping.



# Moxibustion

## Three Methods

- Direct scarring: small *moxa* cone placed on skin at an acupuncture point and burned until skin blisters.
- Direct non-scarring: burning *moxa* cone removed before skin blisters. (There is also stick-on moxa.)
- Indirect: a “cigar” made of *moxa* is held near the acupuncture point or is held on an acupuncture needle inserted at the point.

# Moxibustion





# Tui Na (1)

- *Tui na* applies massage and manipulation techniques at specific points along the body's meridians seeking to reestablish the normal flow of *qi*.
- *Tui na* (“push and grasp”) includes pressing, kneading, and pulling of the muscles, tendons and soft tissues.
- The range of maneuvers, from light stroking to deep tissue work combine acupressure and musculoskeletal manipulation to treat injuries and chronic pain.

# Tui Na (2)

- Chinese massage generally isn't light or relaxing, and it can be very powerful, or a bit painful for some people.
- In Traditional Korean Medicine it is known as *Chuna*.
- It is related to Japanese massage or *anma* (*Awn-mah*), and its derivatives *shiatsu*, and *sekkotsu*.

# JAPANESE MEDICINE

# Japanese *Kampō* Medicine <sup>(1)</sup>

- *Kampō* medicine (漢方医学, *Kanpō igaku*), is the study of traditional Chinese medicine in Japan since the 7th century.
- It was adapted and modified to suit Japanese culture and traditions.
- Japanese traditional medicine (called TOM) uses most of the Chinese therapies, traditional Chinese herbology and food therapy.

# Japanese *Kampō* Medicine (2)

In the 15th and 16th centuries, Japanese physicians achieved a more independent view of Chinese medicine.

Japanese *Kampō* tradition uses fixed combinations of herbs in standardized proportions according to **Classical** Chinese medicine.

They don't modify formulae like **Traditional** Chinese Medicine does.

The 14th edition of the Japanese Pharmacopoeia (JP) lists 165 herbal ingredients that are used in *Kampō* medicine.

Today in Japan, *Kampō* is integrated into the Japanese national health care system.

# Japanese *Kampō* Medicine (3)

- In US, *Kampō* is practiced mostly by acupuncturists, Chinese medicine practitioners, naturopath physicians, and other alternative medicine professionals.
- Frequent usage of *Kampō* among some medical specialists (e.g. OB/GYN) has shown clinical usefulness of *Kampō* for certain health conditions.
- *Kampō* has been used for patients with various health issues, mostly chronic and stress-related illnesses.

# Japanese *Kampō* Medicine (4)

- Western herbalists and naturopaths usually consider a single herb for each condition (echinacea for colds or peppermint for digestive discomfort).
- Practitioners of *Kampō* or Traditional Chinese Medicine will often use various combinations of herbs at one time.
- Classical herbal formulas are typically comprised of five to ten different herbs or more, in specific combinations that have been used for thousands of years.
- Combining different herbs enhances the positive effects of certain herbs while neutralizing the negative effects or toxicity of others.

# Japanese *Kampō* Medicine (5)

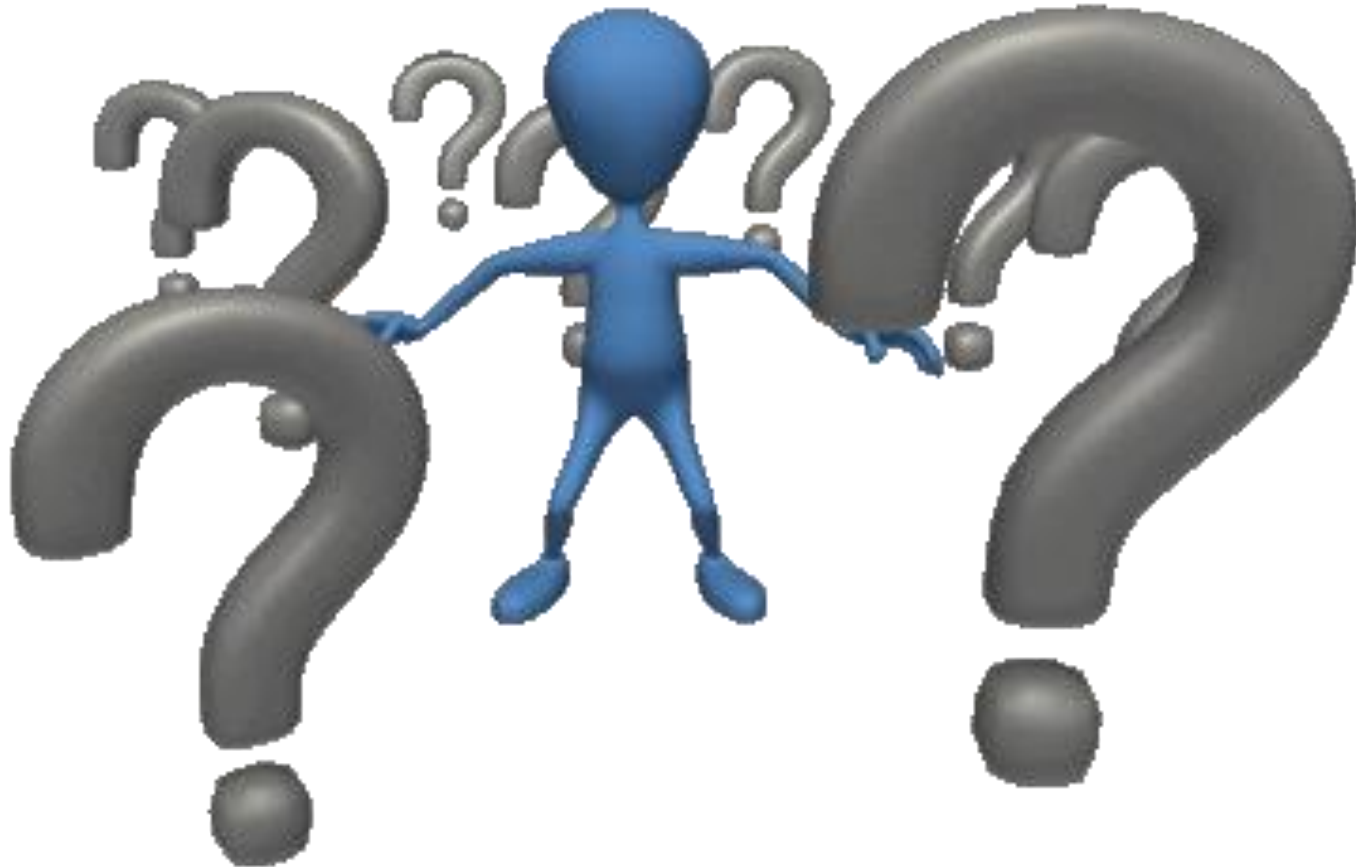
- Compare with Homeopathy: single remedy.
- Remember: *galenicals* made up of 10 or more ingredients.
- Allopaths often combine many medicines into one.
- For some conditions, combining the *Kampō* treatment with other techniques or modalities like acupuncture and moxibustion is recommended.

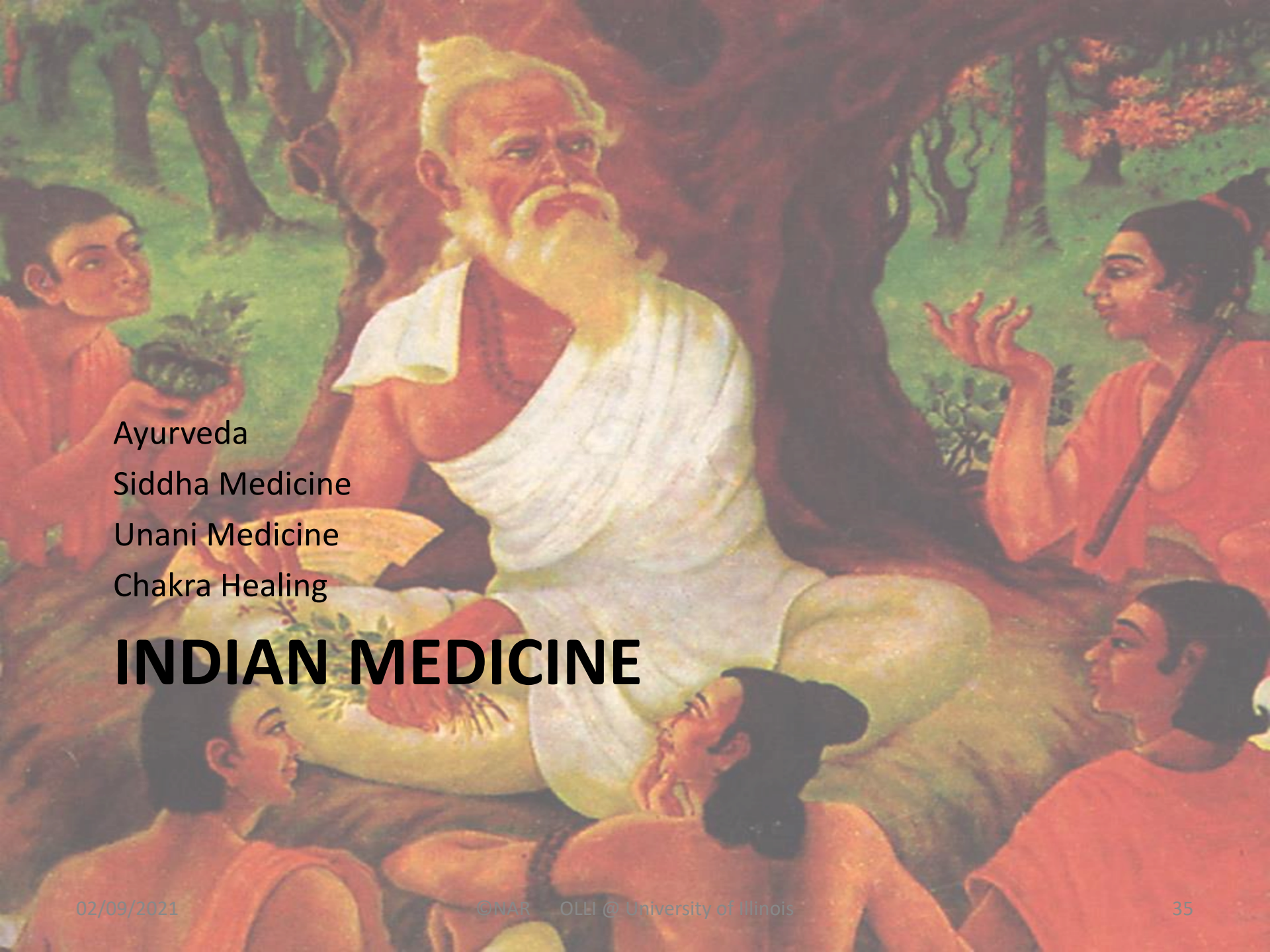


# Japanese Kampō Medicine (6)

- 148 *Kampō* “formulas” with herbal ratios and components fixed by the government are now approved for the public health insurance plan.
- Formulas, such as *kakkontō* (for common cold) and *maōtō* (for influenza), are standardized freeze-dried powders sold in sachets.
- Some institutions supply bags of crushed herbal mixtures that need to be decocted.

# Questions?





Ayurveda  
Siddha Medicine  
Unani Medicine  
Chakra Healing

# INDIAN MEDICINE

# 3 Medicines in India

- The 3 systems that are in practice in India are *Ayurveda*, *Siddha* and *Unani*, all based on humoral pathology and on the physiological doctrine that air, bile and phlegm are the 3 supports of the body.
- They all advocate that, without these 3 humors, the individual cannot exist and that if those humors are not in proper balance diseases or death will be the result.
- All are regulated in India by the Ministry of AYUSH (Ayurveda, Yoga, Unani, Siddha and Homeopathy).

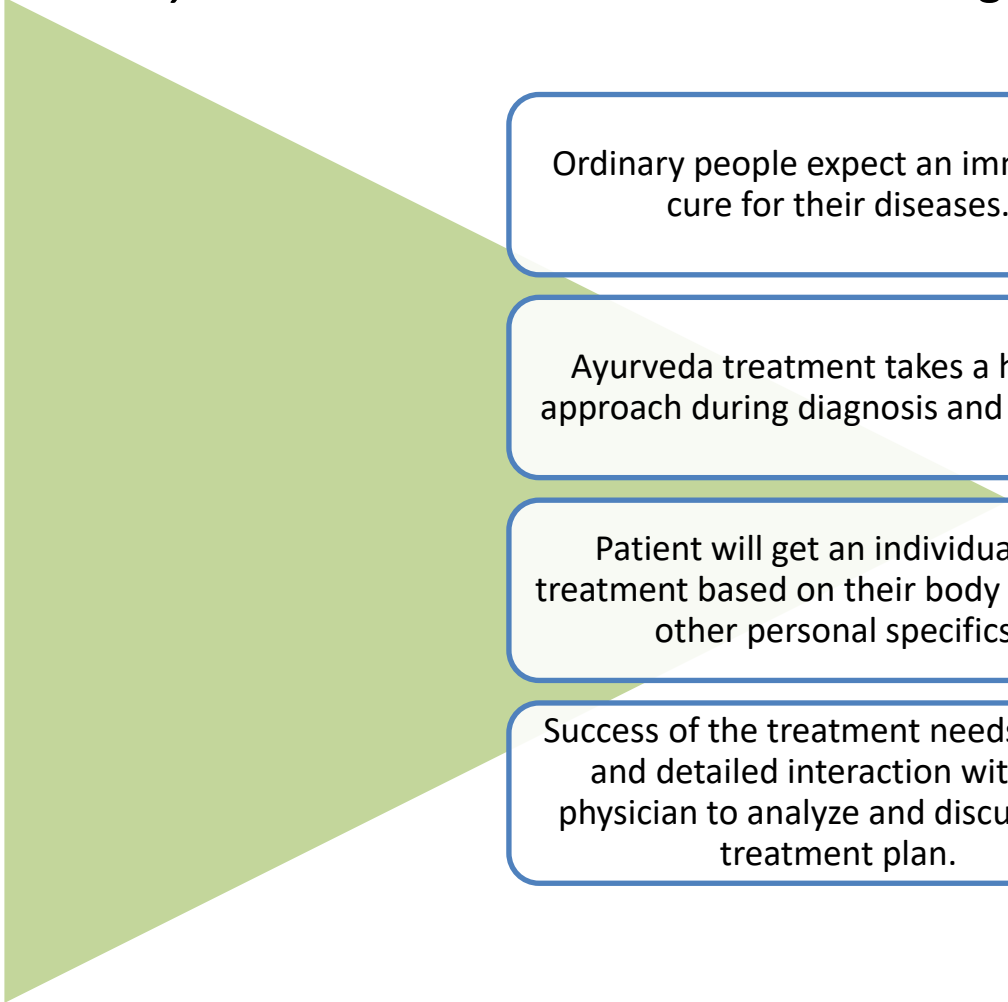
# **AYURVEDA MEDICINE**

# Ayurveda

- Includes elements of:
  - Herbal medicine.
  - Nutrition.
  - Meditation.
  - Stress Reduction.
  - Yoga.
  - Massage therapy.
- The universe is one big living, breathing, thinking unified organism.

# Ayurveda Medicine

*Ayur* = life + *veda* = science or knowledge



Ordinary people expect an immediate cure for their diseases.

Ayurveda treatment takes a holistic approach during diagnosis and therapy.

Patient will get an individualized treatment based on their body type and other personal specifics.

Success of the treatment needs a direct and detailed interaction with the physician to analyze and discuss your treatment plan.

# Ayurveda Medicine

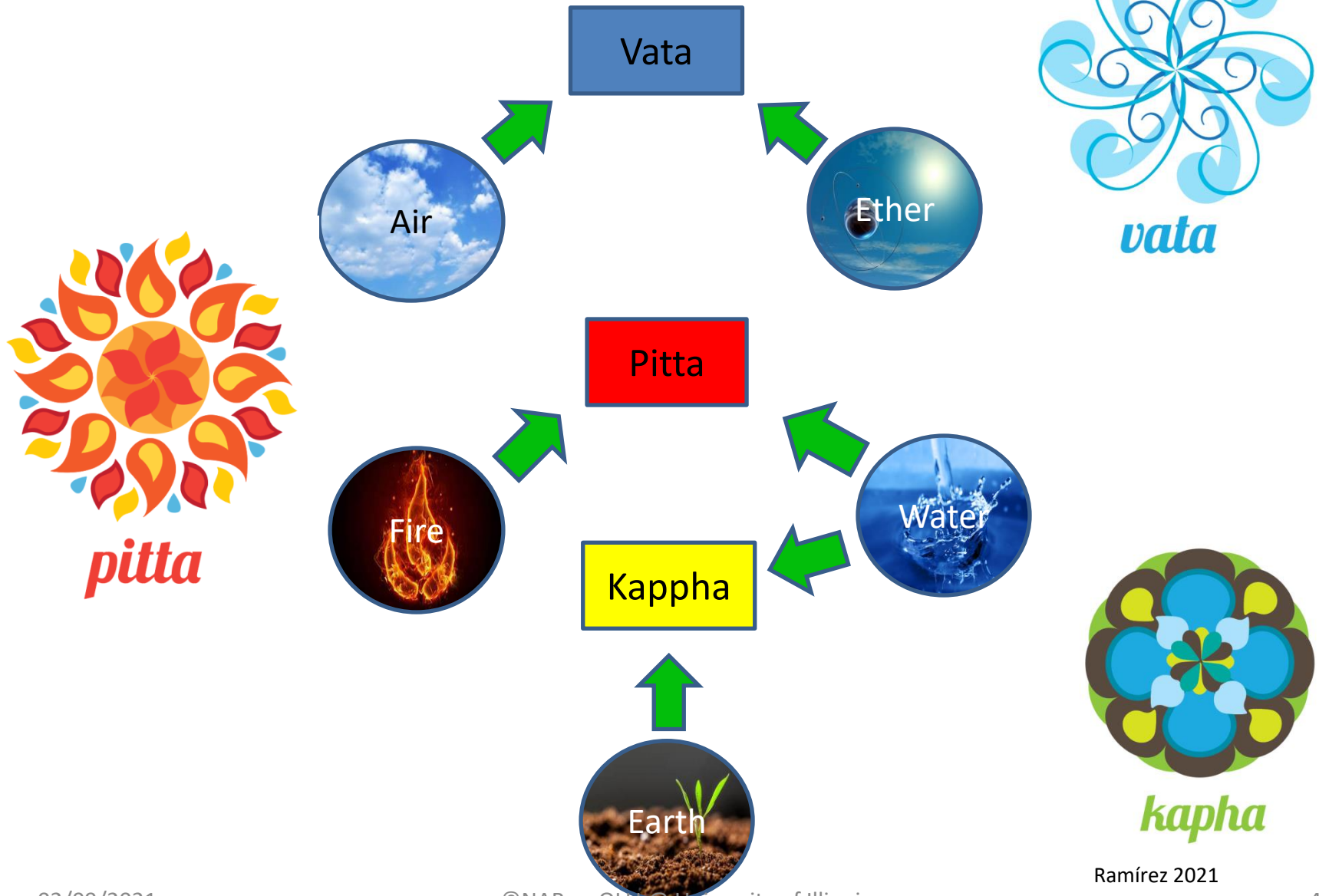
- 5 elements present in all nature and in the body:
  - Ether, air, fire water and earth.
  - Every part of the body manifests one or more of these elements.
  - The 5 elements combine to form 3 basic forces (*doshas*).
- These *doshas (bio-nergies)* exist in all persons in individual different combinations.
- A person's specific combination is called their *tridosha*.



# Ayurveda Medicine

- The unique combination of your *doshas* is determined at the moment of conception.
- It is your own personal blueprint, or *prakriti* (nature).
- Your 3 *doshas* fluctuate as you move through life, according to your environment, your diet, the seasons, the climate, your age, and many other factors
- As they move in and out of balance, the *doshas* can affect your health, energy level, and general mood.

# The Doshas



# Doshas vs. Western Typology

Dosha	Type	Characteristics	Body structure
Vata	Ectomorph	Thin, restless, creative	Lean and delicate
Pitta	Mesomorph	Conforms to happy medium	Compact and muscular
Kapha	Endomorph	Heavy, slow, lethargic	Stocky

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- Everyone has a particular combination of doshas in their bodily constitution.
- Your *Tridosha* is manifested by the *dosha* that predominates in your mind-body type.
- A specific *tridosha* determines the kind of illnesses you will have and how you will heal from them.

# Ayurveda Medicine

Your *prakriti* is the sum total of all your physical and emotional qualities and remains stable for most of your life.

It is important to understand your *prakriti* and live in harmony with your intrinsic nature.

Strive to maintain the proportion of the *doshas* in your body closest to your birth constitution.

Deviating from your ideal *doshic* state can result in health imbalance = *vikriti* (the antonym of *prakriti*).

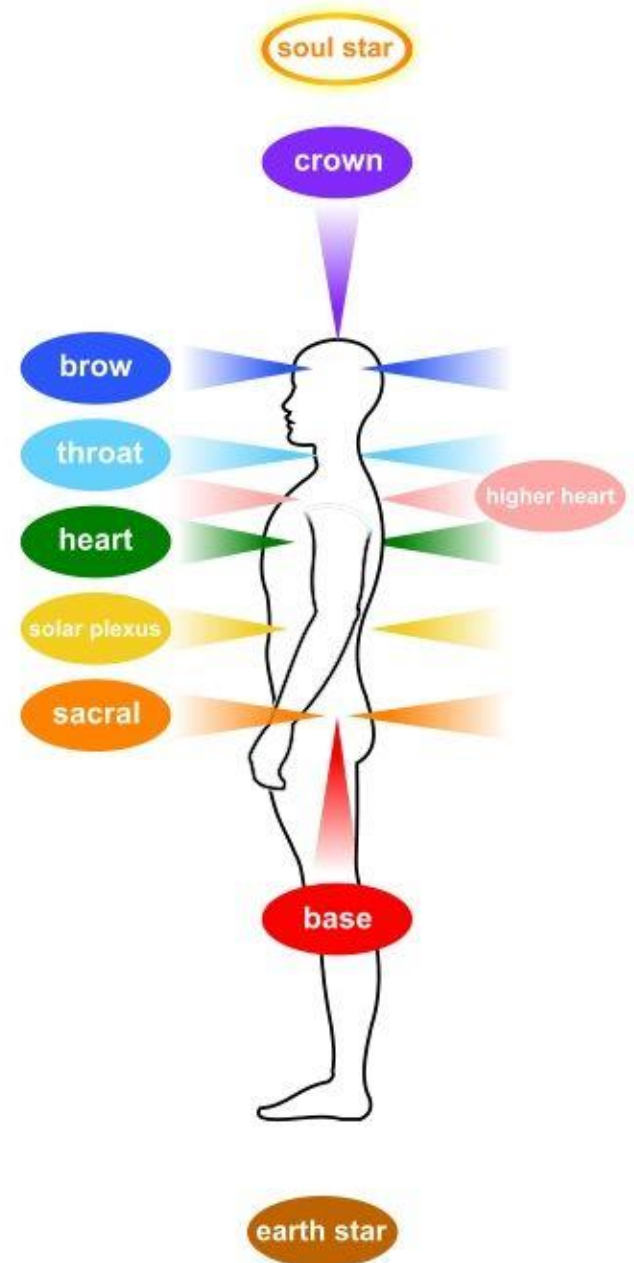
# Ayurveda Chakras

All life is based on an underlying vital force (*prana*).

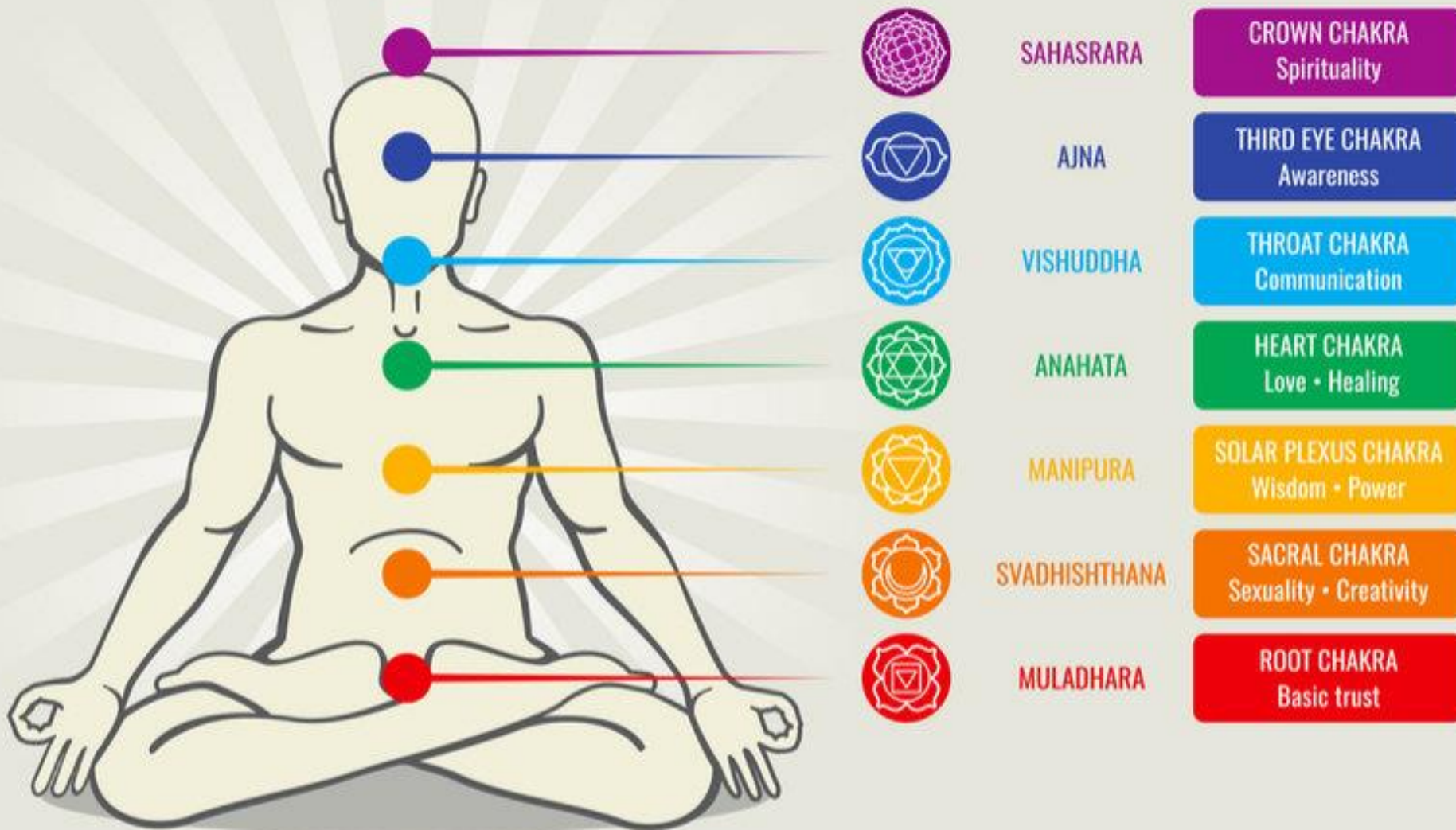
This *prana* is centered on energy centers throughout the body called *chakras*.

Chakras work together to keep the *prana* flowing evenly and uninterrupted.

This is essential for the health of mind, body and spirit.



# The Chakra System



# Chakras

- *Chakra* means wheel or disk.
- The traditional chakra system includes seven primary energy centers.
- But, there is an additional chakra above the Third eye chakra: *Sutara* or Soul Star chakra.
- And even more, an additional chakra under The root chakra: *Vasundhara* or Earth Star chakra.

# Ayurveda Chakras



Ancient Vedic medicine sees illness as an energy blockage anchored in one or more of the chakras.



The Earth Star chakra is a spinning wheel of light that grounds you and connects you to Mother Earth.



The Soul Star chakra is your portal to pursue ascension and spiritual development in this life.



You can draw upon these wells of soul strength and draw from them for inspiration and courage.



# Chakras for Profit (?)



Wear this healing bracelet to help balance life energy through each chakra channel and witness spiritual, emotional, and physical alignment transcend. (Etsy \$40)



Florida, US 27 to Claremont

# Ayurveda Medicine

## Treatment

### Spiritual

- Consultation
- Lifestyle
- Daily routines
- *Panchakarma*
- Meditation
- Yoga

### Mental

- Consultation
- Counseling
- *Marma* puncture
- *Panchakarma*
- Meditation
- Yoga

### Physical


- Consultation
- Dietary advice
- Oral meds
- Yoga
- Breathing exercises
- *Panchakarma*
- *Marma* puncture
- External applications

### Preventive

- Consultation
- Dietary advice
- Lifestyle
- Meditation
- Yoga
- *Panchakarma*
- *Marma* puncture

# Ayurveda Medicine

## *Panchakarma* Detoxification

- 
- Detoxification is primary before other major treatments.
  - Even healthy persons should undergo this 3-4 times a year to free the body from chemical toxins.
  - Ayurvedic *Panchakarma* alone can cure many chronic diseases:
    - Removes poisons/toxins from the stomach, lungs, veins and sensory system.
    - Strengthens the muscles and joints and helps in the hormone discharge of all organs.
    - It enhances appetite, sleep quality, sexuality, fixation and memory.
    - Many persons feel like they have another body after Panchakarma!

# Ayurvedic *Panchakarma*

## Detoxification Treatment

***Vamana karma:***  
herbally incited  
vomiting,  
washes the  
upper gastro  
framework.

***Anuvasana  
vasti/Niruha  
vasti:*** oil or  
herbal decoction  
enemas, done  
several times,  
purify many  
internal organs.

***Rakta  
Moksha:***  
bloodletting,  
optional  
therapy.

***Virechana:***  
herbally  
actuated  
purgation  
washes down  
the stomach, the  
digestive tract  
and the liver.

***Nasya karma:***  
Inhaled herbal  
steam to purify  
and give power  
to the sense  
organs in the  
head, improves  
neck & shoulder  
health.

# Ayurveda Medicine

## Diabetes (*Madhumeha*)

- **“*Nidana Parivarjanam chikitsa*”**: eliminating the causes is the primary element in treating diabetes:
  - Overconsumption of food like meat, curd, milk, newly harvested grains.
  - Food and drinks that increase the *kapha*.
  - Overindulgence in sleep.
  - Living a sedentary life.
  - Lack of Exercise.
- *Kapha* gets heated and the fat, muscle and watery components of the body are attacked, causing *prameha* (urinary dysfunction).
- Ayurveda’s approach Prevents, Treats and Avoids diabetes complications:
  - *Panchakarma*.
  - Advice on Diet based on one’s *Prakruti* (body constitution).
  - Herbal medicine aimed at weight management and controlling blood sugar.

# **SIDDHA MEDICINE**

# Siddha Medicine <sup>(1)</sup>

- In India, Sidha flourished in the South (Tamil) and *Ayurveda* was prevalent in the North.
- Both deal both with the body of man and also with the inner soul.
- “The art of medicine is based on truth and as such it is a divine art not to be adulterated for the base purposes of money.”

# Siddha Medicine (2)

- *Siddha* is a curative medicine derived from the vegetable kingdom.
- Comes from *Siddhi* which means an object to be attained or perfection of heavenly bliss (immortality).
- *Siddhi* refers to the *Ashtama Siddh* (the 8 supernatural powers).
- Those who attained or achieved these powers are known as the *siddhars*.



# Siddha Medicine (3)

Watch this short interesting video:

Siddha medicine, a gift for the human being from Siddhars!

[https://www.youtube.com/watch?v=eK3\\_cTrOZ\\_vl](https://www.youtube.com/watch?v=eK3_cTrOZ_vl)

# Siddha Medicine (4)

- One of the oldest traditional medicines originating in South India.
- The Indian Medical Association regards Siddha medicine degrees as "fake" and Siddha therapies as **quackery**, posing a danger to national health.
- Supreme Court of India (2018): "unqualified, untrained **quacks** pose a great risk to the entire society and play with the lives of people by not having the requisite training and education in science from approved institutions".
- Tamil State runs a 5.5 year training in BSMS (Bachelor in Siddha Medicine and Surgery).

# Siddha Medicine

## Fundamental principles

- Nature is man and man is nature and both are essentially one.
- Man is the microcosm and the Universe is the macrocosm, because what exists in the Universe exists in man.
- Man is the Universe in miniature and contains the five elements and materials which constitute the mineral, vegetable and animal kingdoms.
- Everything is composed of 2 and united primal forces of matter, consciousness (*shiva*) and energy (*shakti*).

# Shiva and Shakti

- The whole universe is created, penetrated and sustained by both fundamental forces, which are permanently in a perfect, indestructible union.
- **Shakti** is the cosmos itself, the embodiment of energy and dynamism, and the motivating force behind all action and existence in the universe.
- **Shiva** is her transcendent masculine aspect, providing the divine ground of all beings.
- “There is no Shiva without Shakti, or Shakti without Shiva. The two in themselves are One”.

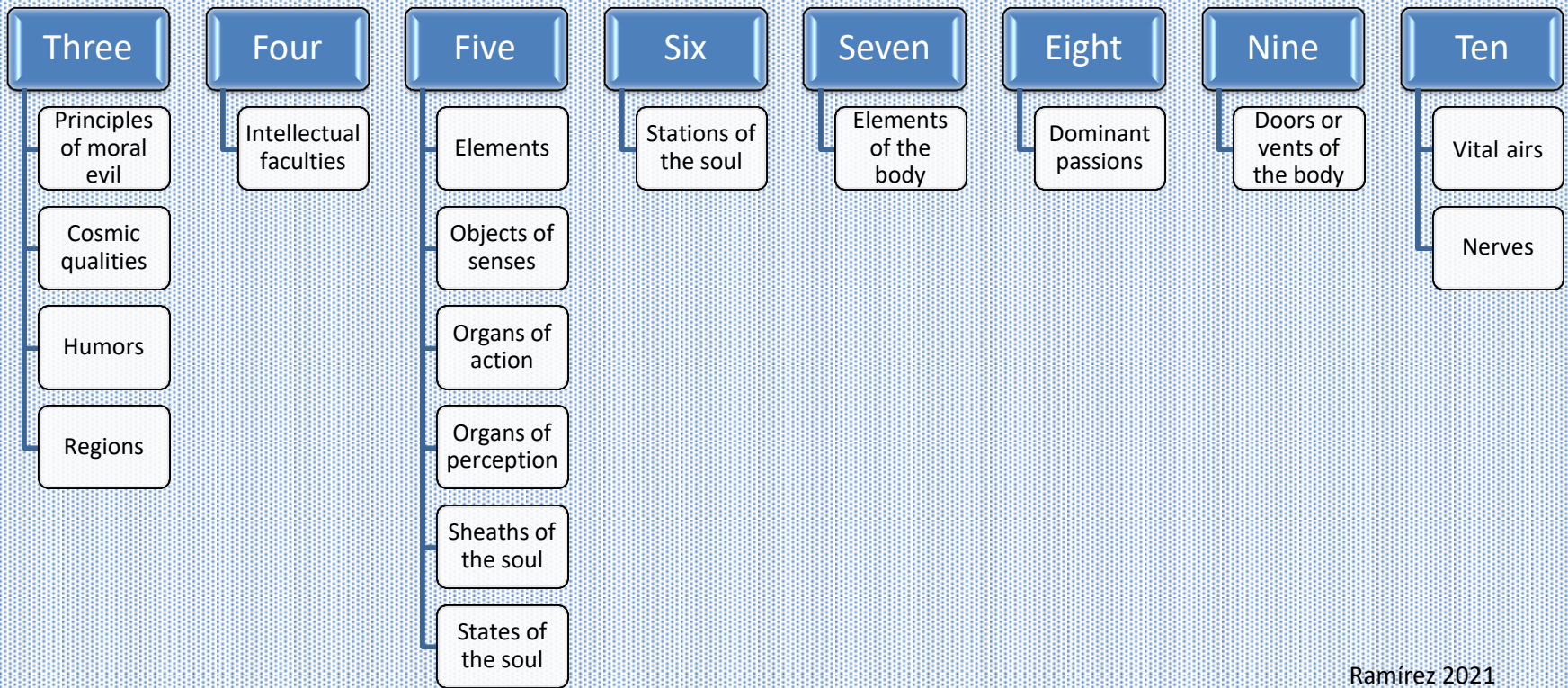
Shiva



Shakti

# Siddha Medicine

## 96 Basic Principles (*Tattvas*)

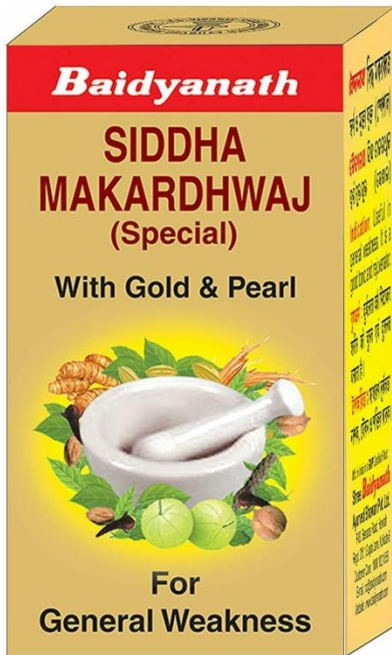


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# Siddha Medicine

- Besides the 96 *tattvas*, the human body consists of 72,000 blood vessels, 13,000 nerves and 10 main arteries.
- Derangement of the three humors can cause 4,448 diseases or illnesses.
- 64 different approaches, 32 internal and 32 external.
- There are more than 200,000 documented Siddha medical formulations existing.

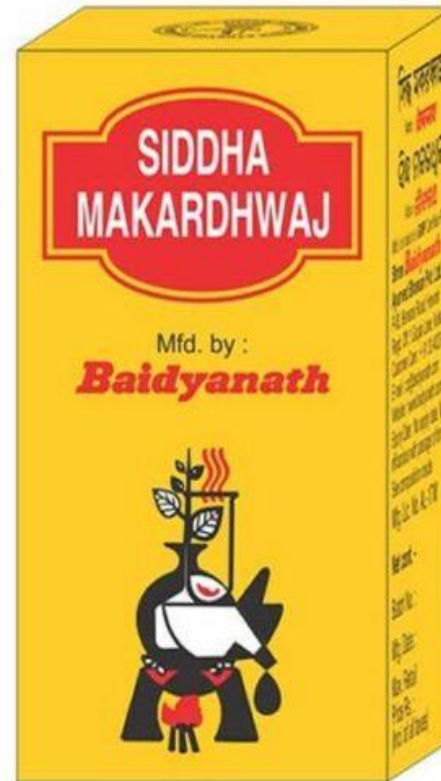
# Siddha Medications



20 tablets (\$54)

## Ingredients (Different brand, same Makardhwaj)

- Shuddha Swarna – Purified gold leaves
- Shuddha Parada – Herbal purified Mercury
- Shuddha Gandhaka – Herbal purified Sulphur
- Karpasa – Gossypium herbaceum's juice extract
- Kumari – Aloe vera – juice



Same Brand  
Not the “Special”.  
Cheaper looking packaging.  
No ingredient listing.

50 tablets (\$50)



# Ayurveda vs. Siddha

## Ayurveda

- Written in sanskrit.
- Naturalistic basis.
- Imbalance creates illness.
- Predominant doshas:
  - *Kapha*: childhood
  - *Pitta*: adulthood
  - *Vata*: old age
- Herbs & exercise to prevent illness.
- Cleanse body of illness causes.
- 5 different *Vatha* humors.

## Siddha

- Written in Tamil.
- Religious/spiritual basis.
- Imbalance creates illness.
- Predominant *doshas*:
  - *Vatta*: childhood
  - *Pitta*: adulthood
  - *Kapha*: old age
- Fasting, meditation & yogic practices to achieve longevity.
- Strengthen the body to fight illness.
- 10 different *Vatha* humors.

# Ayurhealing

- Blends the strength of the Indian Vedic sciences, Ayurveda and Siddha, to bring to the patients a comprehensive method of reaching a holistic state of existence rather than just being free from diseases.
- This is offered at the AYURHEALING Ayurveda & Siddha Hospital in Bangalore, India.
- Provides all the services and techniques of both traditional medicines.

Yunani

# UNANI MEDICINE

# Unani Medicine (1)

- Founded on the teachings of Hippocrates, Galen Ibn-Sina and Razes.
- Practiced in the Middle East and South Asian countries and developed into an elaborate system of medicine in the Middle Ages by Arabs and Persians.
- Unani emphasizes the role of the key elements Air, Earth, Fire and Water in constituting health in the human body.
- The 4 humors, when in a state of equilibrium preserve health:
  - Blood (*dam*)
  - Phlegm (*balgham*)
  - Yellow bile (*safra*)
  - Black bile (*sauda*).

# Unani Medicine (2)

- Health of the human body is maintained by the harmonious arrangement of *al-umoor al-tabiyah*, the 7 basic physiological principles of the Unani doctrine:
  - *arkan* (elements)
  - *mizaj* (temperament)
  - *akhlāt* (bodily humors)
  - *aaza* (organs and systems)
  - *arwah* (vital spirit)
  - *quwa* (faculties or powers)
  - *afaal* (functions)
- Each individual's constitution has a self-regulating capacity or power called *tabiyat* (or *mudabbira-e-badan*; *vis medicatrix naturae* in Latin) to keep the seven components in equilibrium.

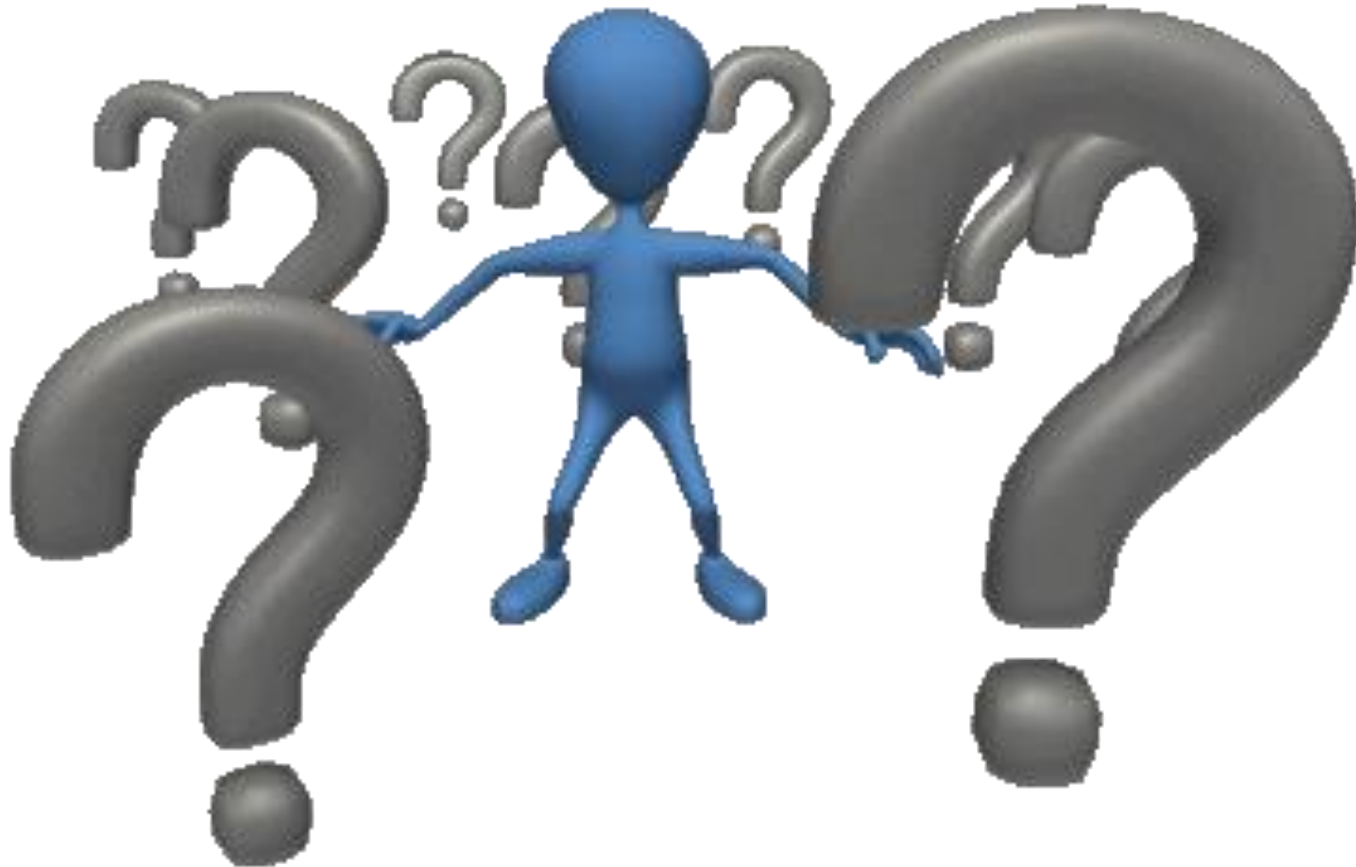
# Unani Medicine (3)

- Theory of *nazaria-e-akhlat* says that the four humors derive from and are utilized in the digestive processes.
- These humors, the *akhlat*, suffuse the body's cells, interstitial spaces, and vascular channels, affecting physical and behavioral well-being.
- Their continuous actions/reactions break down large molecules into simpler molecules, which are then incorporated throughout the body as fluid.
- A healthy individual has very stable, balanced *akhlat*.

# Unani Medicine (4)

- Diagnosis is done by checking the pulse (*nabz*) and with the help of appearance and other details of the history like sleep, diet, mental constitution etc.
- Medicines are made from natural substances like plant products, but may include minerals and precious gems.
- Regimented therapy includes processes that eliminate toxic agents and cleanse the system through massage, steam baths, purging, vomiting, exercise, leeching etc.
- Unani medicine also gives great importance to special diets by regulating the quality and quantity of food.

# Questions?





Laos

Hmong

Cambodia

Vietnam

# **SOUTHEAST ASIA MEDICINE**

# **LAOTIAN AND HMONG MEDICINE**

# Laotian Medicine <sup>(1)</sup>

- Animist beliefs are widespread among all segments of the Lao population.
- The belief in *phi* (spirits) guides the relationships of many Lao with nature and provides an explanation for illness and disease.
- Belief in *phi* is blended with Buddhism, and some monks are respected as having particular abilities to exorcise malevolent spirits from a sick person or to keep them out of a house.
- Some *phi* are connected with the universal elements--earth, heaven, fire, and water.

# Laotian Medicine (2)

- Traditional Laotian medicine involves massages and herbal cures.
- Practitioners of traditional medicine may be laypeople or monks.
- Since sickness is often seen as a problem of spiritual essence, the *khwan*, chants, and healing rituals are often used to cure illnesses.

# Laotian Medicine <sup>(3)</sup>

- Many Lao also believe that they are being protected by *khwan* (32 spirits), and illness occurs when one or more of these spirits leaves the body.
- This may be reversed by the *baci*--a ceremony that calls all 32 *khwan* back to bestow health, prosperity, and well-being on the affected participants.
- Cotton strings are tied around their wrists to keep the spirits in place.
- The ceremony is often performed as a curing ritual or after recovery from an illness.

# Laotian Medicine (4)

- Laotian Americans are more likely to visit a community clinic than any other type of medical establishment.
- As new arrivals, their mental health generally follows a pattern common to refugees:
  - First year in the US tends to be a period of euphoria.
  - Second year tends to be a time of psychological shock, with feelings of helplessness and strangeness.
  - New Laotian Americans begin to adjust during the third or fourth year in the US.

# **CAMBODIAN MEDICINE**

# Cambodian Medicine (1)

- Yin-yang imbalance is believed to cause health problems.
- Some believe in supernatural causes such as punishment from the gods.
- Family is responsible for healthcare and many home remedies are used to cure illness before considering biomedical medicine.
- Coining is frequently used.



# Cambodian Medicine (2)

- Patients may feel uncomfortable and frightened of invasive procedures because they believe their souls are attached to different parts of the body and fear the soul can leave, causing illness or death.
- Patients may not accept blood to be drawn, because they fear that it is irreplaceable.
- In times of serious and terminal illness, clinicians should consult the head of family before consulting the patient.

A man in a blue traditional Chinese garment is shown in a pharmacy setting, weighing dried herbs on a balance scale. He is holding a wooden beam of the scale with one hand and a string with the other. The scale's pan contains several pieces of dried, sliced herbs. In the foreground, there is a mortar and pestle, and various other dried herbs are laid out on a table. The background consists of a wall of wooden drawers, typical of a traditional Chinese pharmacy.

# VIETNAM MEDICINE

# Vietnamese Medicine (1)

- Thuốc Nam or Traditional Vietnamese Medicine is thousands of years old.
- Before the 2<sup>nd</sup> century B.C, a system of herbal medicine existed in the northern Vietnam.
- Unlike Traditional Chinese Medicine, Thuốc Nam has no complex brewing processes.
- Instead, different combinations of herbs are simply chopped or ground and consumed.

# Vietnamese Medicine (2)

- Traditional Vietnamese medicine is also known as Southern Herbology while Northern Herbology is really TCM.
- Traditional Vietnamese medicine wholly uses native ingredients which are then used in their fresh state or simply dried.
- Animal products like silkworms are rarely used.
- Ointments, poultices and steaming therapy are also available.
- Coining is frequently used.

# Vietnamese Medicine <sup>(3)</sup>

- Chinese and Vietnamese medicines have similar underlying beliefs:
  - Based around the idea of Qi (energy).
  - Concept of Yin and Yang (balance).
  - Five Elements:
    - Water <sup>(1)</sup> nourishes wood <sup>(2)</sup>.
    - Wood <sup>(2)</sup> brings fire <sup>(3)</sup>.
    - Fire <sup>(3)</sup> forms earth <sup>(4)</sup>.
    - Earth <sup>(4)</sup> creates metal <sup>(5)</sup>.

# Vietnamese Medicine (4)

- A mixture of rice gruel and onion is prescribed for the common cold.
- Garlic may cure spells of fainting.
- Warding off malaria is as simple as eating ginger.
- Chewing betel prevents tooth decay.

# Vietnamese Medicine (5)

- Traditional Vietnamese Medicine is constantly changing:
  - More Western influence and technology.
  - Prices of traditional remedies have soared.
  - Are mostly inaccessible to the poorer people.
- Traditional medicine can be studied at the HCMC Medical and Pharmaceutical University.
- Treatment can be received at the government-run Traditional Medicine Institute.

# Coining (Cao gio) (2)





# Coining (Cao gio) <sup>(1)</sup>

Technique used to treat illness since ancient times, widely practiced in: China (*Gua sha*), Indonesia (*Kerikan*) and Vietnam (*Cao gio*).

The intention is to rid the body of “heatiness, “bad wind”, or “negative energies”, or treat cough, cold, fever and headache.

Heated ointments or oils of camphor, menthol, wintergreen, eucalyptus, peppermint, or cinnamon, are rubbed into the chest, back or head.

A coin is then rubbed vigorously in a linear fashion for 15-20 minutes over the spine, along the ribs, or the head, until a reddened area appears.

# Final Questions or Comments?



# Next Week

- Session 1: Definitions of Health and Disease.
- Session 2: Different types of “medicines”.
- Session 3: Ancient Asian medical traditions.\*\*\*
- Session 4: Faith/religious healing traditions.
- Session 5: Food as Medicine.
- Session 6: Energy therapies.
- Session 7: Diverse unconventional therapies.
- Session 8: Osher Foundation Integrative Centers.

**THANK YOU!**