Four Systems of CAM

1. Traditional Chinese Medicine

Traditional Chinese medicine (TCM) originated in ancient China and has evolved over thousands of years. TCM practitioners use herbs, acupuncture and other methods to treat a wide range of conditions. In the Western world, TCM is considered part of complementary and alternative medicine (CAM).



Background: Traditional Chinese medicine, which encompasses many different practices, is rooted in the ancient philosophy of Taoism and dates back more than 5,000 years. Today, TCM is practised side by side with Western medicine in many of China's hospitals and clinics: ... TCM is widely used in the Western world.

1. What does CAM stand for?

2. What does TCM stand for?

Underlying Concepts: Underlying the practice of TCM is a unique view of the world and the human body that is different from Western medicine concepts. This view is based on the ancient Chinese perception of humans as microcosms of the larger, surrounding universe—interconnected with nature and subject to its forces. The human body is regarded as an organic entity in which the various organs, tissues and other parts have distinct functions but are all interdependent. In this view, health and disease relate to balance of the functions.

The theoretical framework of TCM has a number of key components:

- Yin/yang theory—the concept of two opposing, yet complementary, forces that shape the world and all life—is central to TCM.
- In the TCM view, a vital energy or life force called *qi* circulates in the body through a system of pathways called *meridians*. Health is an ongoing process of maintaining balance and harmony in the circulation of qi.

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• The TCM approach uses eight principles to analyze symptoms and categorize conditions: cold/heat, interior/exterior, excess/deficiency and yin/yang (the chief principles). TCM also uses the theory of five elements—fire, earth, metal, water and wood—to explain how the body works; these elements correspond to particular organs and tissues in the body.

3. In the above paragraph the words 'is a unique view of the world' is used. This means

a. a different point of view.

b. an unusual point of view.

c. a shared point of view.

4. Ancient perceptions means:

a. old ideas

b. new ideas

c. outdated ideas

5. The word 'microcosm' is made up of the root word micro (small) and cosmo (world). what does it mean when TCM says that humans are a microcosm of the larger surrounding universe.

a. humans are mini worlds linked to the rest of the universe.

b. humans are a separated mini world apart from the rest of the universe.

c. humans have many mini worlds as well as the universe.

6. The TCM theoretical framework is made of key components. The word theoretical means:

a. a structure that can hold and support a theory of research or study.

b. a structure that has some ideas about a theory or research study.

c. theories and ideas about the one topic.

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7. The paragraph list key components and their opposites. Write their opposites here.

yin/

cold/

interior/

deficiency/

Treatment: TCM emphasizes individualized treatment. Practitioners traditionally used four methods to evaluate a patient's condition: observing (especially the tongue), hearing/smelling, asking/interviewing and touching/palpating (especially the pulse).

TCM practitioners use a variety of therapies in an effort to promote health and treat disease. The most commonly used are Chinese herbal medicine and acupuncture.

- Chinese herbal medicine: The Chinese *Material Medica* (a pharmacological reference book used by TCM practitioners) contains hundreds of medicinal substances—primarily plants, but also some minerals and animal products—classified by their perceived action in the body. Different parts of plants such as the leaves, roots, stems, flowers and seeds are used. Usually, herbs are combined in formulas and given as teas, capsules, tinctures or powders.

- Acupuncture: By stimulating specific points on the body, most often by inserting thin metal needles through the skin, practitioners seek to remove blockages in the flow of qi.

Other TCM therapies include moxibustion (burning moxa—a cone or stick of dried herb, usually mugwort—on or near the skin, sometimes in conjunction with acupuncture); cupping (applying a heated cup to the skin to create a slight suction); Chinese massage; mind-body therapies such as qigong and tai chi; and dietary therapy.

TRADITIONAL CHINESE MEDICINE	NOTES
PHILOSOPHY: What is the main idea, approach or theory?	
METHOD: What do the practitioners actually do?	
YOUR THOUGHTS: Do you think this system is effective? Explain your answer.	

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2. Homeopathy

Homeopathy, also known as homeopathic medicine, is a whole medical system that was developed in Germany more than 200 years ago and has been practised in the Western world since the early nineteenth century. Homeopathy is used for wellness and prevention and to treat many diseases and conditions.

Overview: The term homeopathy comes from the Greek words *homeo*, meaning "similar," and *pathos*, meaning "suffering or disease." Homeopathy seeks to stimulate the body's ability to heal itself by giving very small doses of highly diluted substances. This therapeutic method was developed by German physician Samuel Christian Hahnemann at the end of the eighteenth century. Hahnemann articulated two main principles.

- The principle of similar (or "like cures like") states that a disease can be cured by a substance that produces similar symptoms in healthy people. This idea, which can be traced back to Hippocrates, was further developed by Hahnemann after he repeatedly ingested cinchona bark, a popular treatment for malaria, and found that he developed the symptoms of the disease. Hahnemann theorized that if a substance could cause disease symptoms in a healthy person, small amounts could cure a sick person who had similar symptoms.

- The principle of dilutions (or "law of minimum dose") states that the lower the dose of the medication, the greater its effectiveness. In homeopathy, substances are diluted in a stepwise fashion and shaken vigorously between each dilution. This process, referred to as "potentization," is believed to transmit some form of information or energy from the original substance to the final diluted remedy. Most homeopathic remedies are so dilute that no molecules of the healing substance remain; however, in homeopathy, it is believed that the substance has left its imprint or "essence," which stimulates the body to heal itself (this theory is called the "memory of water").

Homeopaths treat people based on genetic and personal health history, body type and current physical, emotional and mental symptoms. Patient visits tend to be lengthy. Treatments are "individualized" or tailored to each person—it is not uncommon for different people with the same condition to receive different treatments.

8. Homeopathy was originally developed in Germany. True / False

9. It treats the body as whole and to self-stimulating healing. True / False

10. Homeopathy is based on three principles. True / False

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Homeopathic remedies are derived from natural substances that come from plants, minerals or animals. Common remedies include red onion, arnica (mountain herb) and stinging nettle plant.

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11. Hahnenman's malaria symptoms became better after he ingested cinchona bark. True / False

12. According to homeopathy, diluted doses have a greater effect in self-body healing. True / False

3. Naturopathy

Naturopathy, also called naturopathic medicine, is a whole medical system—one of the systems of healing and beliefs that have evolved over time in different cultures and parts of the world. Naturopathy is rooted in health care approaches that were popular in Europe, and includes therapies (both ancient and modern) from many traditions. In naturopathy, the emphasis is on supporting health rather than combatting disease.

A Brief Description of Naturopathy: Naturopathy is a whole medical system that has its roots in Germany. It was developed further in the late nineteenth and early twentieth centuries in the Western world, where today it is part of complementary and alternative medicine (CAM). The word naturopathy comes from Greek and Latin and literally translates as "nature disease."

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A central belief in naturopathy is that nature has a healing power (a principle called *vis medicatrix naturae*). Another belief is that living organisms (including the human body) have the power to maintain (or return to) a state of balance and health and to heal themselves. Practitioners of naturopathy prefer to use treatment approaches that they consider to be the most natural and least invasive, instead of using drugs and more invasive procedures.

Key Principles: The practice of naturopathy is based on six key principles:

1. Promote the healing power of nature.
2. First, do no harm. Naturopathic practitioners choose therapies with the intent to keep harmful side effects to a minimum and not suppress symptoms.
3. Treat the whole person. Practitioners believe a person's health is affected by many factors, such as physical, mental, emotional, genetic, environmental and social ones. Practitioners consider all these factors when choosing therapies and tailor treatment to each patient.
4. Treat the cause. Practitioners seek to identify and treat the causes of a disease or condition, rather than its symptoms. They believe that symptoms are signs that the body is trying to fight disease, adapt to it or recover from it.



5. Prevention is the best cure. Practitioners teach ways of living that they consider most healthy and most likely to prevent illness.
6. The physician is a teacher. Practitioners consider it important to educate their patients in taking responsibility for their own health.

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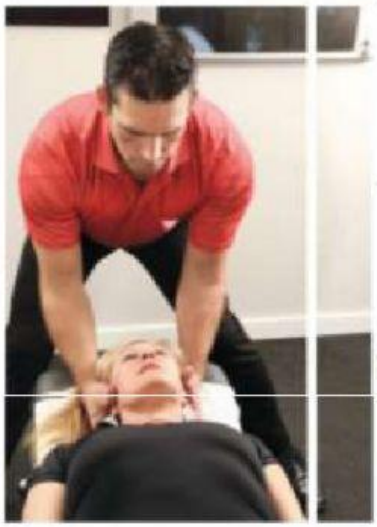
4. Chiropractic

Chiropractic is a health care approach that focuses on the relationship between the body's structure—mainly the spine—and its functioning. Although practitioners may use a variety of treatment approaches, they primarily perform adjustments to the spine or other parts of the body with the goal of correcting alignment problems and supporting the body's natural ability to heal itself.

Overview and History: The term chiropractic combines the Greek words *cheir* (hand) and *praxis* (action) to describe a treatment done by hand. Hands-on therapy—especially adjustment of the spine—is central to chiropractic care. Chiropractic, which in the Western world is considered part of complementary and alternative medicine (CAM), is based on these key concepts:

- The body has a powerful self-healing ability.
- The body's structure (primarily that of the spine) and its function are closely related, and this relationship affects health.
- Therapy aims to normalize this relationship between structure and function and assist the body as it heals.

What to Expect from Chiropractic Visits: During the initial visit, chiropractors typically take a health history and perform a physical examination, with a special emphasis on the spine. Other examinations or tests such as x-rays may also be performed. If chiropractic treatment is considered appropriate, a treatment plan will be developed.



During follow-up visits, practitioners may perform one or more of the many different types of adjustments used in chiropractic care. Given mainly to the spine, a chiropractic adjustment (sometimes referred to as a manipulation) involves using the hands or a device to apply a controlled, sudden force to a joint, moving it beyond its passive range of motion. The goal is to increase the range and quality of motion in the area being treated and to aid in restoring health. Other hands-on therapies such as mobilization (movement of a joint within its usual range of motion) may also be used.

Chiropractors may combine the use of spinal adjustments with several other treatments and approaches, such as heat and ice; electrical stimulation; rest; rehabilitative exercise; counselling about diet, weight loss and other lifestyle factors; and dietary supplements.

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