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ALTERNATIVE SYSTEM OF MEDICINE

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1. Ayurveda
2. Siddha
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AYURVEDA

- ❧ Ayurveda is the dominant herbal tradition in India.
 - ❧ It still enjoys the faith of a large number of people of our country though it is perhaps, the oldest system of healing in the world.
 - ❧ Ayurveda is a classical system of healthcare originating from the Vedas documented around 5000 years ago.
 - ❧ Around 1000 B.C. the knowledge of Ayurveda was first comprehensively documented in the compendia called Charak Samhita and Sushruta Samhita.
 - ❧ Definition The term “Ayurveda” is derived from two Sanskrit words, Ayur and Veda.
 - ❧ Ayur means life and Veda means knowledge or science.
 - ❧ Therefore, Ayurveda means science of life or way of life.
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AYURVEDA

❧ As per the fundamental basis of Ayurveda, all objects and living bodies are composed of five basic elements, called the Pancha Mahabhootas, namely:

❧ Prithvi (earth),

❧ Agni (fire),

❧ Jal (water),

❧ Akash(ether)

❧ Vayu (air)



AYURVEDA

- ❧ Principle : concept of five basic elements and tridoshas.
- ❧ The whole universe includes the material world, plant kingdom and all other living beings.
- ❧ In other words, these five elements together form the basis of all matter. The five elements are – Akasha (ether), Vayu (air), Agni (fire), Jala (water), Prithvi (earth) There is a balanced condensation of these elements in different proportions to suit the needs and requirements of different structures and functions of the body matrix and its parts.



AYURVEDA

- ❧ The growth and development of body matrix depends on its nutrition i.e. on food.
- ❧ The food, in turn, is composed of above elements. The health or sickness depends on the presence or absence of a balanced state of the total body matrix including the balance between its different constituents.



AYURVEDA

- ❧ 1.Ether: is nonresistance, it is located in the body cavities like mouth, thorax, abdomen, lung cavity, digestive tract.
- ❧ 2.Air: is related to movements, vibrations and oscillations. They manifest movement of muscles, pulsation of heart, expansion and contraction of lungs, functioning of digestive and nervous systems.
- ❧ 3.Fire: concerned to radiation, it manifests digestion, metabolism, temperature, vision and intelligence
- ❧ 4.Water: is related to force and cohesion. Located in cytoplasm, blood, salivary glands, gastric juice.
- ❧ 5.Earth: is concerned to resistance and solidarity. They manifest skin, nails, hairs and bones.
- ❧ These elements manifest in the functioning of our scenes. They are also closely related to our ability to perceive and interact with environment.

AYURVEDA

❧ TRIDOSHAS

- ❧ The five elements combine to form “Tri Doshas” i.e. Vata, Pitta, and Kapha.
- ❧ They are the “Basic Forces” and also known as the “Pillars of Life”
- ❧ Vata (Air principle) the elements ether and air
- ❧ Pitta (Fire principle) the elements fire and water
- ❧ Kapha (Water principle) the elements earth and water
- ❧ According to the Ayurveda, sickness is due to the imbalance of any one or more of the three doshas. E.g. Aggravation of Pitta leads to indigestion, skin diseases and liver problems.



AYURVEDA

❧ Diagnosis

❧ In Ayurveda diagnosis is always done of the patient as whole.

❧ Diagnosis is carried out to find out which dosha is aggravated.

❧ For this purpose, Ayurveda diagnosis is done by questioning and by undertaking 8 investigation including

❧ nadi(Pulse),

❧ tongue,

❧ skin,

❧ physical features,

❧ stool,

❧ urine etc. are examined.




AYURVEDA

- ❧ Treatment: Treatment includes preventive and curative measures.
- ❧ Preventive measures include personal hygiene, regular daily routine, appropriate social behavior.
- ❧ The curative measures include three major measures including aushadhi i.e. drugs, Anna i.e. diets and vihar i.e. exercise and general mode of life. The curative treatment consists of
 - ❧ Aushadhi (drugs),
 - ❧ Ahara (diet) and
 - ❧ Vihara (life style).
- ❧ Ayurveda largely uses plants as raw materials for the manufacture of drugs, though materials of animal and marine origin, metals and minerals are also used.

AYURVEDA

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AYURVEDA

- ❧ Ayurveda medicines are generally safe and have little or no known adverse side effects, if manufactured properly and consumed judiciously following necessary DOs and DON'Ts.
 - ❧ Ayurveda is proven to be effective in the treatment of chronic, metabolic and life style diseases for which satisfactory solutions are not available in conventional medicine.
 - ❧ Over the years, Kshar Sutra and Panchakarma therapies of Ayurveda have become very popular among the public.
 - ❧ Panchakarma is a unique therapeutic procedure for the radical elimination of disease-causing factors and to maintain the equilibrium of humors.
- 

AYURVEDA

- ❧ Panchakarma include 5 detoxification processes, used to treat diseases, according to Ayurveda.
- ❧ Vamana (Medicated emesis),
- ❧ Virechana (Medicated purgation),
- ❧ Basti (Medicated enema),
- ❧ Nasya (medication through the route of nose),
- ❧ Raktamokshana (Bloodletting)



AYURVEDA

- ❧ The Panchakarma therapy minimizes the chances of recurrence of the diseases and promotes positive health by rejuvenating body tissues and bio-purification.
- ❧ Kshar Sutra is a para-surgical intervention using an alkaline thread for cauterization, which is scientifically validated to be effective in the treatment of fistula-in-ano and such surgical conditions as require excision of overgrown soft tissue like polyps, warts, non-healing chronic ulcers, sinuses and papillae.
- ❧ The importance of treatment is to restore the balance and harmony of doshas with proper diet and drugs.



AYURVEDA

- ❧ Rasa (Taste),
- ❧ Virya(Potency)
- ❧ Vipaka (Taste after digestion)
- ❧ RASA Rasa indicates the composition, properties and probable action of the drugs.



AYURVEDA

- ❧ There are six tastes.
- ❧ Each taste has one or more mahabuthas(elements) and each taste has its own influence on doshas.
- ❧ Sweet (earth and water), influences on doshas– Kapha increases, vata and pitta decreases and promote antibiotic activities
- ❧ Sour - (Water and fire) – Pitta increases –stimulates enzymes.
- ❧ Saline- (Fire and earth)- Pitta increases.
- ❧ Bitter - (Air and fire) – Pitta increases
- ❧ Pungent- (Air and ether)- Kapha and pitta decreases
- ❧ Astringent- (Air and earth)- Pitta decreases and vatta increases



AYURVEDA

- ❧ VIRYA On the basis of Virya, the drugs are classified into hot and cold drugs.
- ❧ Hot (Ushna) drugs – Aggravates pitta and pacifies vata and kapha, garlic, drumstick
- ❧ Cold (Sita) drugs – Aggravates kapha and vata and pacifies pitta, Jeera, amla
- ❧ Vipaka Food and medicine undergoes various changes during digestion (metabolism).
- ❧ The taste after digestion is known as vipaka.



AYURVEDA

- ❧ The three tastes described under vipaka, sweet, sour and pungent.
- ❧ Sweet – Aggravates kapha and alleviates pitta and vatta
- ❧ Sour – Aggravates pitta and alleviates kapha and vatta
- ❧ Pungent – Aggravates vatta and alleviates kapha



AYURVEDA

- ❧ Some medicinal plants
- ❧ Brahmi: *Bacopa monnieri*-memory
- ❧ Kalmegh: *Andrographis paniculata*-Jaundice
- ❧ Tulsi: *Ocimum sanctum*- Fever, cold
- ❧ Sarpagandha: *Rauwolfia serpentina*: Hypertension
- ❧ Pipali: *Piper longum*: Bronchitis
- ❧ Harde: *Terminalia chebula*: Digestion
- ❧ Ashwagandha: *Withania somnifera*: Tonic, Vatta disease
- ❧ Guduchi: *Tinospora cordifolia*: Dyspepsia, fever



AYURVEDA

- ❧ Sushruta induced anesthesia using intoxicants such as wine and henbane (*Cannabis indica*).
- ❧ He treated numerous cases of Nasa Sandhan (rhinoplasty), Oshtha Sandhan (lobuloplasty), Karna Sandhan (otoplasty).
- ❧ 1. Chedana, - (Incising)
- ❧ 2. Bhedya (Excising)
- ❧ 3. Lekhya- (Scraping)
- ❧ 4. Vyadana (Puncturing)
- ❧ 5. Eshana , (Probing)
- ❧ 6. Ahasrana- (Extracting),
- ❧ 7. Visravaya (draining Secreting fluids)
- ❧ 8. Seevya.- (Sututring)



HOMEOPATHY

- ⌘ Homeopathy is relatively a recent system of medicine.
- ⌘ The word “Homeopathy” is derived from two Greek words Homois meaning similar and pathos meaning suffering.
- ⌘ Homeopathy simply means treating diseases with remedies, prescribed in minute doses, which are capable of producing symptoms similar to the disease when they taken by the healthy people.
- ⌘ It is based on the natural law of healing.



HOMEOPATHY

- ❧ “Similia Similibus Curantur” which means “Likes are cured by likes”
- ❧ ORIGIN AND DEVELOPMENT HOMEOPATHY
- ❧ Homeopathy = homois (similar) + pathos (suffering).
- ❧ Homeopathy is a specialized method of drug therapy curing a natural disease by administration of drugs.
- ❧ Homeopathy began in the late 1700s, developed by a German doctor named Samuel Hahnemann.
- ❧ Homoeopathy is a system of medical treatment introduced by Dr. Christian Friedrich Samuel Hahnemann, a German physician.
- ❧ He had spread a long and useful life of 88 years during which he benefited the suffering humanity immense by introducing this new system of medicine.

HOMEOPATHY

- ❧ Homoeopathy is a system of treatment (branch of medical science) works on the principle of “Similia similibus curenter” Means like cures like, further explanation is that patient & medicine symptoms are similar, it also called LAW OF SIMILA ABOUT THE FOUNDER DR. HAHNEMANN.
- ❧ The Founder of homoeopathy was born on 10th April, 1755 at Meissen in Saxony of Germany.
- ❧ He was basically a M.D Medicine allopathic doctor who turned in to Homoeopath.
- ❧ He Died on 2nd July 1843.



HOMEOPATHY

❧ FUNDAMENTAL PRINCIPLES OF HOMOEOPATHY

- × 1. Law of Similia
- × 2. Law of Simplex
- × 3. Law of Minimum
- × 4. Doctrine of Drug proving
- × 5. Theory of Chronic disease
- × 6. Theory of Vital force
- × 7. Doctrine of Drug-dynamization Principle



HOMEOPATHY

- ❧ The cause of the disease itself can be its treatment i.e. Law of similar. This is the basic principle of homeopathy.
- ❧ According to Hahnemann, diseases are congenital and caused by gene mutations.
- ❧ Toxic or poisonous substances are called Miasms are responsible for gene mutation Miasms are of three types- Psora, Psychosis, Syphilis.
- ❧ These exist in a suppressed or sleeping state in a person.
- ❧ As long as they are in that state, the person does not suffer from diseases due to resistance power.
- ❧ If any one of them stimulated, then the person loses his resistance power and suffers from diseases related to it.
- ❧ Therefore, Homeopathy is called a Genetic medicine

HOMEOPATHY

- ❧ Discovery of drugs : The drugs are discovered by testing on humans but not on animals.
- ❧ A drug is administered on healthy person to induce any one of the miasms and the symptoms of the drugs are discovered .
- ❧ Treatment The treatment is based on the concept of proving and prover.
- ❧ Prover – The healthy person.
- ❧ Proving – The symptoms (Physical, mental, emotional changes) that are caused by the various potencies of medicines in prover.



HOMEOPATHY

- ❧ Discovery of drugs : The drugs are discovered by testing on humans but not on animals.
- ❧ Homeopathic products come from plants (such as red onion, arnica [mountain herb], poison ivy, belladonna [deadly nightshade], and stinging nettle), minerals (such as white arsenic), or animals (such as crushed whole bees).
- ❧ Homeopathic products are often made as sugar pellets to be placed under the tongue; they may also be in other forms, such as ointments, gels, drops, creams, and tablets.
- ❧ E.g. Arsenic album



HOMEOPATHY

- ❧ The following are the six sources of homeopathic medicines:
- ❧ Herbs: The whole plant, root, leaves, bark, seeds, flowers and plant resins are used according to the rules laid down in homeopathic pharmacopoeia.
- ❧ Animal or animal products: Some homeopathic medicines are derived from animal or products such as spiders, honey bee, snake poison, spider poison.
- ❧ Minerals: This group includes metals, non-metals, and their compounds.
- ❧ Diseased products / tissues: Few homeopathic medicines are prepared using tissues or secretions from diseases containing bacteria, viruses, and other microorganisms.
- ❧ Healthy tissues or products: Healthy human/animal tissues and secretions are also used to prepare homeopathic medicines.
- ❧ Imponderables: Certain energy sources, such as magnetism, x-ray, radiation, etc., are also used to prepare homeopathic medicines.

UNANI

- ❧ The Unani System of Medicine has a long and impressive record in India.
- ❧ It was introduced in India by the Arabs and Persians sometime around the eleventh century.
- ❧ Today, India is one of the leading countries in so far as the practice of Unani medicine is concerned.
- ❧ It has the largest number of Unani educational, research and health care institutions.
- ❧ Unani name is derived from the word 'Ionian' which originated in Greece.
- ❧ Unani medicine, like any other form of medical science strives to find the best possible ways by which a person can lead a healthy life with the least or zero sickness.

UNANI

- ❧ Origin & Development of Unani System: Unani system originated in Greece.
- ❧ Hakim Ajmal Khan is UNANI physician but also one of the foremost freedom fighters in the country.
- ❧ He established an Ayurvedic and antino Tibbia College and Hindustani Davakhana – a pharmaceutical company –for Ayurvedic and Unani medicine in Delhi.
- ❧ Today the Unani system of medicine with hospitals and educational and research institutions, forms an integral part of the national health care delivery system.



UNANI

- ❧ Unani Medicine as a healing system was founded by Hakim Ibn Sina.
- ❧ It was introduced in India around 10th century with the spread of Islamic civilization.
- ❧ Now Unani-pathy has become a part of Indian system of Medicine and India is one of the leading countries so far as its practice is concerned.



UNANI

- ❧ Principles & Concepts According to the basic principles of Unani the body is made up of the
 - ❧ Four basic elements: earth, air, water, fire
 - ❧ Four temperaments cold, hot, wet, dry.
 - ❧ Four humours: Blood, phlegm, yellow bile and black bile.
 - ❧ After mixing and interaction of four elements a new compound having new temperament existence.
 - ✕ Hot wet, hot dry, cold wet, and cold and dry.
- ❧ The body has the simple and compound organs which got their nourishment (The substances necessary for growth, health, and good condition) through four humours.



UNANI

❧ The humour (put into a good mood) is also assigned temperament as

❧ blood is hot and wet,

❧ Phlegm is cold and hot,

❧ Yellow bile is hot and dry

❧ Black bile is cold and dry.



UNANI

- ❧ Phlegm is cold and hot (Thick, sticky, stringy mucus secreted by the mucous membrane of the respiratory tract, as during a cold or other respiratory infection).
- ❧ Yellow bile is hot and dry (A yellow, or greenish, viscid fluid, usually alkaline in reaction, secreted by the liver. It passes into the intestines, where it aids in the digestive)
- ❧ Black bile is cold and dry (a humor that was once believed to be secreted by the kidneys or spleen and to cause sadness)
- ❧ Unani medicine believes in promotion of health, prevention of diseases and cure.



UNANI

- ❧ Health of human is based on the six essentials.
- ❧ Treatment:
- ❧ Atmospheric air
- ❧ Physical activity and rest
- ❧ Drinks and foods
- ❧ Sleep and wakefulness
- ❧ Excretion and retention
- ❧ Mental activity and rest



UNANI

- ❧ The human body is considered to be made up of the following seven components are:
- ❧ i. Elements (Arkan)
 - ❧ ii. Temperament (Mizaj)
 - ❧ iii. Humors (Akhlat)
 - ❧ iv. Organs (Aaza)
 - ❧ v. Spirits (Arwah)
 - ❧ vi. Faculties (Quwa)
 - ❧ vii. Functions (Afaal)



UNANI

- ❧ Elements (Arkan) The human body contains four elements. (earth, air, water, fire).
- ❧ Each of the four elements has its own temperament as follows:
Element Temperament
- ❧ Air Hot and Moist,
- ❧ Earth Cold and Dry,
- ❧ Fire Hot and Dry,
- ❧ Water Cold and Moist



UNANI

- ❧ Temperament (Mizaj) In the Unani system, the temperament of the individual is very important as it is considered to be unique.
- ❧ The individual's temperament is believed to be the result of the interaction of these four elements.
- ❧ Humors (Akhlat) Humours are those moist and fluid parts of the body which are produced after transformation and metabolism of the aliments; they serve the function of nutrition, growth and repair; and produce energy, for the preservation of individual and his species.



UNANI

- ❧ The humors are responsible for maintaining moisture of different organs of the body and also provide nutrition to the body.
- ❧ Organs (Aaza) These are the various organs of the human body.
- ❧ The health or disease of each individual organ affects the state of health of the whole body.
- ❧ Spirits (Arwah) Ruh (Spirit) is a gaseous substance, obtained from the inspired air, it helps in all the metabolic activities of the body.



UNANI

- ❧ It is the source of vitality for all the organs of the body.
- ❧ These are considered to be the life force and are, therefore, important in the diagnosis and treatment of disease. These are the carriers of different powers, which make the whole body system and its parts functional.
- ❧ Faculties (Quwa) These are of three kinds:
 - ❧ 1. Natural power (Quwa Tabiyah) Natural power is the power of metabolism and reproduction. Liver is the seat of this power and the process is carried on in every tissue of the body.



UNANI

- ❧ Metabolism is concerned with the processes of nutrition and growth of human. Nutrition comes from the food and is carried to all parts of the body, while growth power is responsible for the construction and growth of human organism.
- ❧ Psychic power refers to nervous and psychic power. It is located inside the brain and is responsible for perceptive and motive power. Perceptive power conveys impressions or sensation and motive power brings about movements as a response to sensation.



UNANI

- ❧ 2. Vital power (Quwa Haywaniyah) Vital power is responsible for maintaining life and enables all the organs to accept the effect of psychic power. This power is located in the heart. It Keeps life running in the tissues.
- ❧ 3. Functions (Afaal) This component refers to the movements and functions of all the organs of the body. In case of a healthy body the various organs are not only in proper shape but are also performing their respective functions.



UNANI

- ❧ This makes it necessary to have full knowledge of the functions of the human body in full detail.
- ❧ Diagnosis: The diagnosis of a disease is done by feeling pulse, observation of urine, stool color of skin and gait etc.
- ❧ The Diagnostic process in Unani system is dependent on observation and physical examination.
- ❧ Diagnosis involves investigating the causes of disease thoroughly and in detail.
- ❧ For this, the physicians depend mainly on pulse reading and examination of urine and stool.



UNANI

The ten conditions of pulse observed during the diagnosis are:

- i. Quantity, ii. Force
- iii. Duration of movement, iv. Condition of the vessel wall
- v. Volume, vi. Duration of the rest period
- vii. Palpitation of the pulse, viii. Equality and inequality
- ix. Balance of the pulse, x. Rhythm



UNANI

- ❧ Physical examination Is carried out by the diagnosis of urinogenital disorders, pathogenesis of blood and other humors, metabolic disorders and liver diseases.
- ❧ The following observations of urine are made: Colour, Consistency, Clearness and turbidity, Odour Foam or froth, Precipitates, Quantity The examination of stool, its colour, quantity, consistency and the presence of foreign body help very much in the diagnosis of various diseases.



UNANI

❧ Besides the means of pulse reading and physical examination of urine and stool, other conventional means such as inspection, palpitation, percussion and occultation are also used for diagnosis purposes. Strength of Unani: Unani system of Medicine has very remarkable strength in the following disorders: Skin disorders, Digestive disorders, Mental disorders, Sexual disorders, Gynecological disorders, Neurological disorders Treatment:



UNANI

- ❧ The treatment comprises of three components namely preventive and curative it seeks the restoration of the body as whole to its original state.
- ❧ Treatment is carried out in the four form i.e. regimental therapy, pharmacotherapy dieto therapy and surgery.
- ❧ Regimental Therapy –It includes venesection, diaphoresis, diuresis, Turkish bath, massage, cauterization, exercise and leeching.



UNANI

- ❧ These are the drugless therapies and are found to be effective in treating diabetes, high blood pressure, obesity, arthritis and migraine etc.
- ❧ Dietotherapy –It deals with certain ailments by administration of specific diets or by regulating the quantity and quality of food.
Pharmacotherapy – It deals with the use of naturally occurring drugs mostly herbal drugs of animal and mineral origin.
- ❧ The drugs are used singly or in the form of infusion, powder and syrup Unani system of medicine specializes on rheumatic arthritis, jaundice, filariasis, eczema, sinusitis and bronchial asthma.



UNANI

❧ Medicines used:

❧ Safoof Solid

❧ Marham Solid

❧ Sharbat Liquid

❧ Jawarish Semisolid

❧ Arq liquid

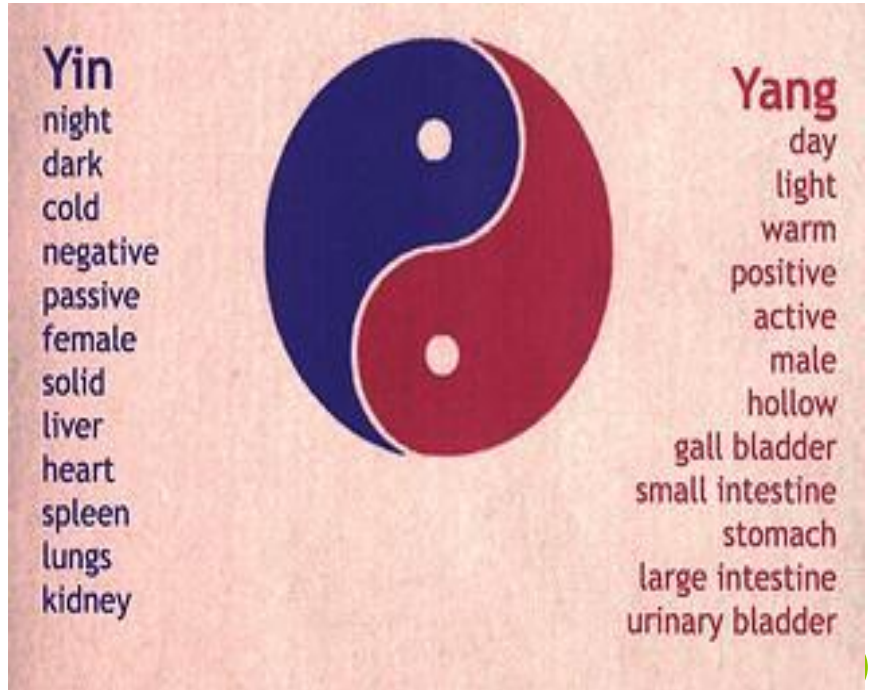
❧ Habb E - Tablet



CHINESE

☯ Zang organs- Yin nature

☯ Fu organs- Yan nature



CHINESE

Health: According to the TCM view, the body is a complex system of different *qi* and *yin-yang* properties, known as the **Functional Entities**. As mentioned previously, the **functional entities** are:

1. The **Five Fundamental Substances**: *Qi* (vital energy & life force), *Xue* (Blood), *Jinye* (Body Fluids), *Jing* (Essence), and *Shen* (Spirit).
2. **Zang-fu**: A *Wu Xing* cycle of 5 *zang* organs, 6 *fu* organs, and their functions:
3. **Jing-luo**: The channels or meridians through which *qi* flows



CHINESE

The functional entities perform a series of actions known as the **Five Cardinal Functions**.

In Traditional Chinese Medicine, the Five Cardinal Functions are:

1. Actuation
2. Warming
3. Defense
4. Containment
5. Transportation

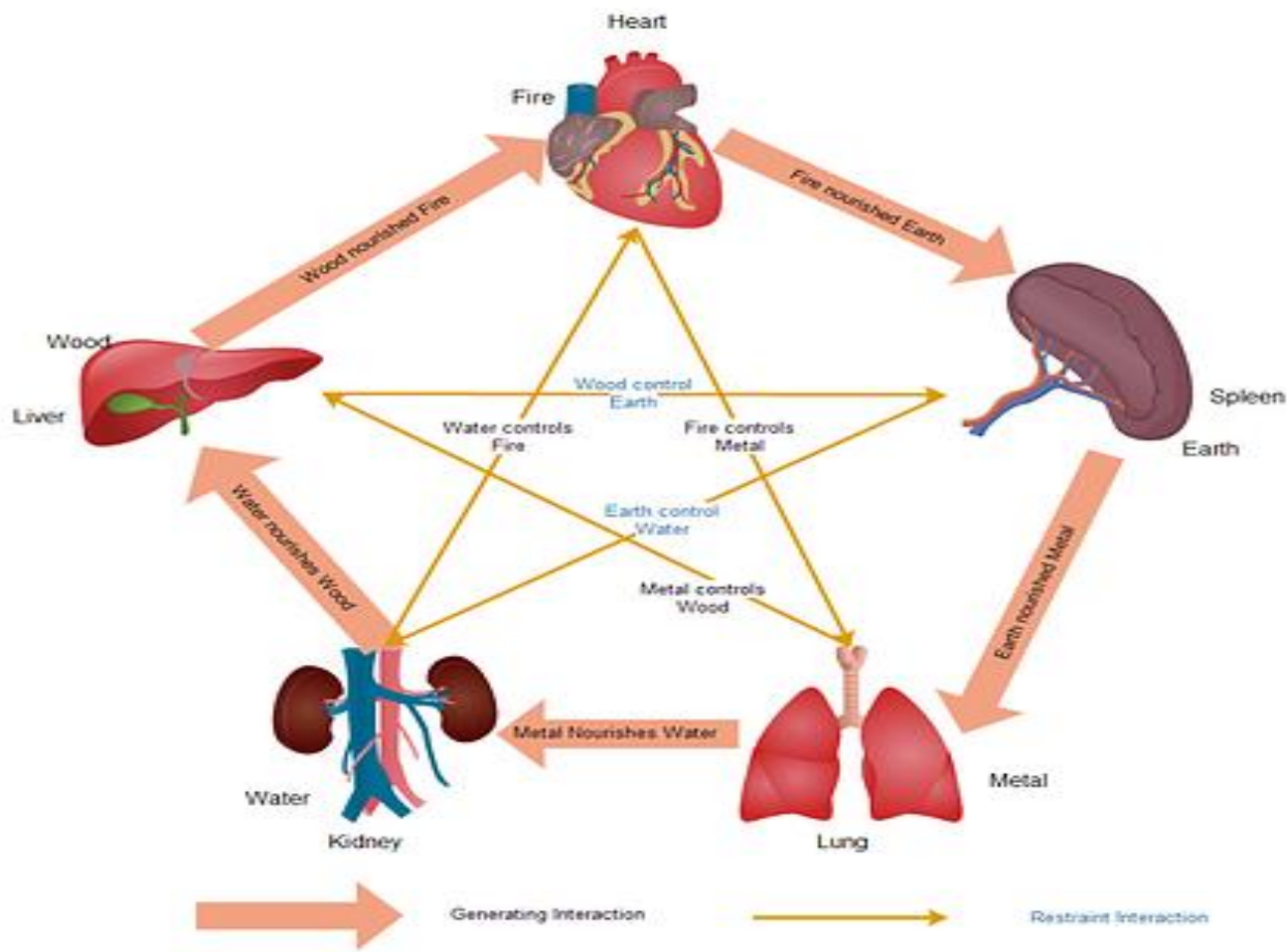


CHINESE

- ⌘ Naturally, it follows that the functional entities are orientated towards achieving balance and harmony. When the functional entities are balanced, they are able to perform the cardinal functions well.
- ⌘ However, what happens when there is imbalance and disharmony of the functional entities?
- ⌘ **Illness:** When there is disharmony and imbalance of the functional entities, the cardinal functions cannot be not well-performed and as a result, the body becomes ill. Illness then, is ultimately viewed as arising from an imbalance of *qi* and *yin-yang*, rather than a purely physical phenomenon.

CHINESE

The Wu Xing cycle of the Zang-fu organs •





This *Jing-luo* model from the Ming Dynasty (circa 1500) identifies where *qi* and blood flow through.



CHINESE

The process of determining the actual pattern of diagnosis begins with an evaluation of *bing* according to the notion of the Eight Principles. The Eight Principles describe the basic qualities of a disease. This notion refers to four pairs of mutual opposites. The Eight Principles

1. ***Yin***: *yin* is Cold.
2. ***Yang***: *yang* is Heat.



CHINESE

3. **Interior:** *Interior* describes diseases that manifest themselves in the *Zang-fu* organs or deep inside the body, such as *qi*, blood, and bone marrow. More broadly, it used to describe diseases that cannot be classified as Exterior.


4. **Exterior:** Exterior describes diseases that manifest themselves on surface of the body, such hair, skin, nails, and meridians. Its clinical features include body chills, fever, aversion to cold temperatures and winds, a weak pulse, and headaches.



CHINESE

5. **Heat:** Heat describes the *absence of an aversion* to Cold. If paired with an Exterior pattern, its symptoms can include a rapid pulse, fever, body chills, dehydration, and a sore throat. If paired with an Interior pattern, its symptoms can include a preference for cold drinks, clear urine, and a slow pulse.

6. **Cold:** Cold describes *an aversion* to cold. If paired with an Exterior pattern, its symptoms can include body aches, a tense pulse, fever, body chills, and headaches. If paired with an Interior pattern, its symptoms can include nausea, stomach pain, vomiting, and diarrhea.



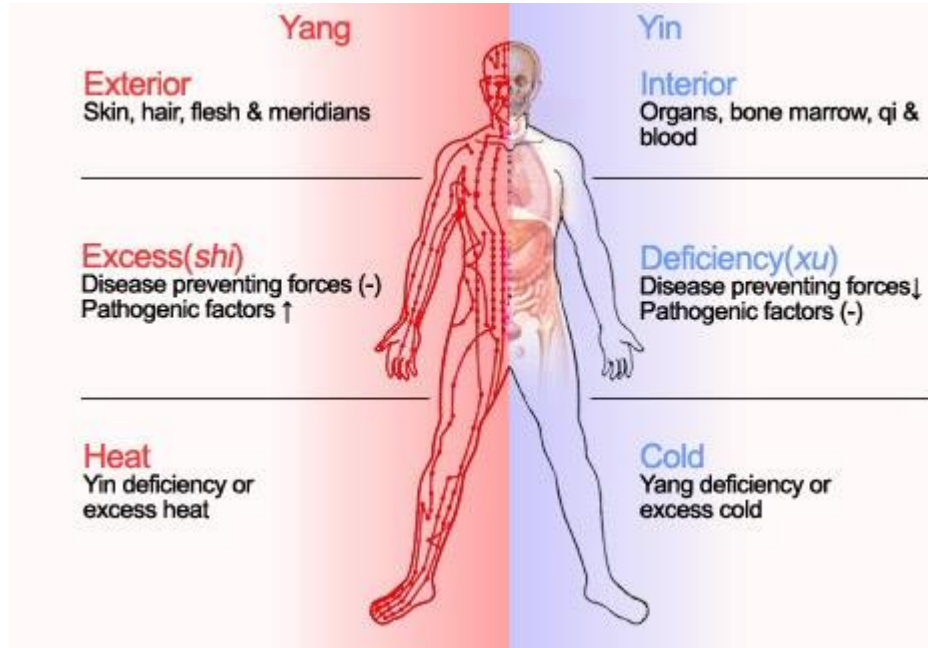
CHINESE

7. **Deficiency:** *Deficiency* is used to describe a vacuity in *qi*, blood (*Xue*), or body fluids (*Jinye*). Depending on how it relates to Interior/Exterior and Cold/Heat, it can manifest as constipation, having a small appetite, dizziness, and slow pulse.

8. **Excess:** *Excess* is generally classified as any disease that can't be identified as a Deficiency pattern. Usually, it means that one of the Six Excesses is present. Depending on how it relates to Interior/Exterior and Cold/Heat, it can manifest as quick pulse, sweaty palms, and sharp stomach pains.



CHINESE



After a basic diagnosis of the diseases is given via the Eight Principles, the diagnostic continues and focuses on more specific conditions. After evaluating the present symptoms, a person's condition is further evaluated as to how the specific entities (*qi*, meridians, *Zang-fu*, etc.) are affected.

CHINESE

Traditional Chinese Medicine does not strongly differentiate between the cause and effect of a disease. However, there are three major categories that are considered to give rise to disease. The three major categories of disease causes are:

- ⌘ 1) External: Disease caused by the **Six Excesses** and bad *qi*.
 - + Wind (spring), Summer heat (Summer), Damp (long summer), Dryness (Autumn), Fire, Cold (winter),
- ⌘ 2) Internal: Disease caused the by **Seven Emotions** or **Seven Affects**:
 - + Anger, Joy, Shock Sadness, Worry, Pensiveness, Fear
- ⌘ These are said to effect the *zang-fu* organs.



CHINESE

⌘ 3. Other Irregularities-

- ⌘ Disease caused something that is neither external nor internal, such as having unbalanced diet or damage done by parasites.



CHINESE

Four Pillars of Diagnosis

There are four methods of diagnostics in Traditional Chinese Medicine, which are often referred to as the Four Pillars of Diagnosis. They are:

1. **Inspection:** Inspection or “looking” focuses on visual analysis of the face, skin features, and particularly, the tongue. In TCM, the surface of the tongue corresponds to particular *zang-fu* organs and can reveal a lot about a particular disease. Therefore, the tongue diagnosis is considered a cornerstone practice in the diagnostic process.
2. **Auscultation:** Auscultation refers to the analysis of particular sounds. In TCM, there are five major types of sounds: shouting, laughing, singing, weeping, and groaning. Auscultation analysis extends to **olfaction**, which analyzes the smell of body odor, even though sound and smell are considered to be separate senses in the West.
3. **Palpation:** Palpation refers to analysis by feeling, particularly the wrist pulse, abdomen, and meridians points. The techniques for doing are complex and can take years to learn.
4. **Inquiry:** Inquiry refers to analysis by asking questions about the person’s past health and habits. Traditionally, this included 10 questions, which ranged from diet to sleep pattern.