

Traditional Chinese Medicine (TCM)

Traditional Chinese medicine is an effective treatment system, its origin dates back into third millennium BC. The beginnings of TCM are linked to the names of the Chinese emperors such as Fu-Si (it is said that acupuncture was first used, the basic Yi Jing, the Book of changes), the emperor Shen-nung (the alleged author of the earliest Chinese herbals), famous Qin Shi Huang (the Yellow Emperor), maintaining life power, health exercise, the fundamental work of TCM comes from his period, time by time the skills of TCM were improved so that TCM became one of the most elaborate.

The basic principles are:

Holistic approach – a view of the human body is interconnected to each organ.

Connections with nature – a man is set in the certain circumstances (climate zone), influenced by annual cycles. All the mentions have the impact on all organs and organism.

Causal treatment – is not only treated a symptom, disease manifestation, is researched for real disease.

Diagnostics - using very fine investigative methods, is able to detect many initial diseases, uses a perfect pulse diagnosis supplemented by face examination, language, eyes, skin, nails and etc.

The fields of TCM:

- Acupuncture**
- Phytotherapy**
- Moxibustion** – warming of acupuncture points
- Cupping** – use of vacuum glass flasks
- Massage**
- Acupressure** – pressure massage of acupuncture points

Newer methods:

- Magnetopuncture** – stimulus acupuncture points using special magnets
- Electropuncture** – surface stimulation points of weak electrical current
- Electroacupuncture** – stimulus acupuncture needle with weak electrical current

Health exercise:

- Chi - kung**
- Tai chi training**

Man is seen as a microcosm. As well as the rest of the world there are five elements in the human body (wood, fire, earth, metal, water), and in the form of tsang organs (the livers, heart, spleen-pancreas, lungs, kidneys), Qi circulates through them (vital energy circulates along the acupuncture and meridian channels).

When disease occurs, TCM with action on the meridians tries to influence the functions of organs and find lost energy and lost health.

TCM in today's concept treats the human body as a whole, unlike our and west medicine. TCM is based on the state of the whole body and soul.