

TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine (TCM) has undergone a long course of development. It dates back to the third century BC when healers began analyzing the body, interpreting its functions, and describing its relations to various treatments, including herbal remedies, massage, and acupuncture. For more than 2,000 years, generations of practitioners added to and refined the accumulated knowledges, The result is a canon of literature which are considered the foundation of TCM. In time, it has become integrated with Western science-based medicine. Today, Chinese physicians are trained according to modern practices. However, TCM remains as the essential part of the State health care system. Hospitals have wards devoted to ancient cures and cite TCM's potential to lower costs and yield innovative treatments.

Americans increasingly are turning to TCM, notably acupuncture, which is now covered by health insurance plans. As such, many people view the 21st century as a golden age for TCM.

Although traditional medicine is the core of this course, modern medical issues such as old age health care and emerging medicine for the future will also be discussed as part of this course.

2022 Spring Term Syllabus

Week 1:

Ancient Health Care
Preventive Health Maintenance
Herbal Remedies

Week 2:

Yin Yang Principle in Health
Physical Health
Mental Health

Week 3:

Exercise To Boost Immunity
Tai Ji
Qi Gong

Week 4:

Dietary—Medicine is Food, Food Is Medicine
What to Eat
When to Eat

Week 5:

Acupuncture
Theory
Practice

Week 6:

Modern Health Care
Surgery
Transplant

Week 7:

Future Health Care
Gene Editing
Robotic and Artificial Intelligent Procedures

Week 8:

Old Age Health Care
Heart Disease
Alzheimer's

Class Format: Lecture /Discussion

Assigned Text: None

Handouts: Class lecture notes

References:

1. *National Geographic*, Jan 2019
2. Download: History of Chinese Medicine Timeline or Chinese Medicine Chronology
<http://www.shen-nong.com/eng/history/chronology.html>

LEADER: Leonard Chin is a retired professor of engineering.

LOCATION: Zoom

WEDNESDAYS: 2:00 p.m. to 4:00 p.m., 8 weeks beginning March 2 through April 20

MAXIMUM: 15