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**TRADITIONAL CHINESE MEDICINE SYSTEM**  
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China has one of the world's oldest medicine systems. Acupuncture, Massage (Tui na), Exercise (Qigong) and Chinese herbal remedies date back at least 2,200 years, which is around 23 centuries old that aims to prevent or heal disease by maintaining or restoring yinyang balance. Traditional Chinese medicine is widely used in China as well as in West. Its philosophy is based on Yinyangism (i.e., the combination of Five Phases theory with Yin-Yang theory), which was later absorbed by Daoism. Daoism is a philosophy and a religion based on the texts "Tao Te Ching" and the "Zhuangzi". "Yin and Yang" refer to the complementary yet opposing forces that are both interconnected and interdependent and that together create all aspects of life. Just like a shadow cannot be created without light, both forces are necessary and must be in the correct balance. Yin (female, dark, cold, negative) and Yang (male, light, hot, positive) are ancient Chinese concepts which can be traced back to the Shang dynasty. According to traditional Chinese medicine, a person is healthy when harmony exists between Yin and Yang; illness, on the other hand, results from a breakdown in the equilibrium of Yin and Yang. The concept of Yin and Yang is applicable to the human body; for example, the upper part of the body and the back are assigned to yang, while the lower part of the body is believed to have the yin character.

Traditional Chinese medicine also include one more theory – "THE FIVE PHASES": Wood, Fire, Earth, Metal, and Water.

These elements correspond with the stages of human life: birth, growth, maturation, death, and rebirth. The movement through these phases is reflected in both the external environment and the human internal environment. Five Phase theory is also applied in diagnosis and therapy.

Herbal medicine is also an important part of Chinese medicine. The term "Herbal medicine" is somewhat misleading since, a lot of other substances were also used in Chinese medicine namely non-botanic substances: animal, human, fungi, and mineral. Thus, the term "medicinal" (instead of herb) may be used. Plant elements and extracts are by far the most common elements used. Some animal parts used include cow gallstones, hornet nests, leeches and scorpion.

Another interesting method used in traditional Chinese medicine is "Acupuncture". It is the insertion of needles into superficial structures of the body (skin, subcutaneous tissue, muscles) – usually at acupuncture points (acupoints) – and their subsequent manipulation; this aims at influencing the flow of qi. Qi is air, breath, energy, or primordial life source that is neither matter or spirit. While Gong is a skillful movement, work, or exercise of the qi. Acupuncture is often accompanied by moxibustion – the Chinese characters for acupuncture literally meaning "acupuncture-moxibustion" – which involves burning mugwort on or near the skin at an acupuncture point.

Qigong is a traditional Chinese system of exercise and meditation that combines regulated breathing, slow movement, and focused awareness, purportedly to cultivate and balance qi.

Tui na is a form of massage, based on the assumptions of traditional Chinese medicine, from which shiatsu is thought to have evolved. Techniques employed may include thumb presses, rubbing, percussion, and assisted stretching.