

Traditional Chinese Medicine and Culture

Syllabus

Introduction

The cost of health keeping is getting higher globally which brings great challenge for human society since the drug or vaccine is getting so much expensive today. Furthermore, lack of effective drugs for new disease, such as the corvid-2019 pandemic cause disaster in some districts. TCM is an ancient knowledge and technique for human healthy keeping and treatment with unique thoughts under traditional Chinese culture which should contribute. TCM provide not only cheap treatment methods, for example, well known acupuncture, and also emphasize on preventive treatment which should low the cost for health keeping.

The course Traditional Chinese Medicine and Chinese Culture aims at introducing the characteristic theories and thoughts of traditional Chinese Medicine, characteristic therapies of Traditional Chinese Medicine (TCM), processing of Chinese material medica, study of traditional Chinese medicine as well as the history and the social and cultural background of traditional Chinese medicine, and spreading the knowledge and culture of traditional Chinese medicine.

Objectives

Upon successful completion of this course, participants will be able to:

- Understand basic concepts and principles of Traditional Chinese Medicine (TCM);
- Be aware of traditional Chinese culture behind the TCM;
- Understand how TCM practitioners think in Chinese traditional thoughts to prevent or treat human diseases.

Instructor

Chongsheng Peng, associate professor in school of pharmacy, Shanghai Jiao Tong University.

Schedule

started on March 2, 2020 and will held about 8 weeks.

Course Methodology

This course mainly provide online learning via high well prepared video watching coupled with mini-tests for each section. Participants are encouraged to present their questions or personal harvests from the course learning as well as some arguments in forum of the platform where other learners may join the discussion with the guider. The team discussions and dialogues with instructor should be helpful for every participant.

Learning Requirements:

1. It is required for learners to conduct online video learning currently, complete relevant

assignments and tests and in the meantime actively participate in the activities on the online forum.

2. Learners who have got an online learning achievement of 60 pts or above may enroll for the learning of offline flipped classroom and practical teaching.

Course Contents

Chapter I Introduction

In this chapter, example-based lecturing will be utilized to help learners to be informed of the main contents of traditional Chinese culture and the main forms and contents of traditional Chinese medicine and the objective and tasks of this course as well as the seven main modules concerned will be introduced.

1. What is traditional Chinese culture?

By learning this section, you will be informed of the role and position of traditional Chinese culture in the global culture at three levels including “culture”, “traditional culture” and “traditional Chinese culture” so as to help you to understand the basic features of traditional Chinese culture.

Key words: Culture; traditional culture; Chinese culture; Chinese

2. What is traditional Chinese medicine (TCM)?

This section will introduce what discipline TCM is from two perspectives of specialty and culture and help the learners without a background knowledge of TCM understand how traditional Chinese medicine help people solve problems with their health by giving examples.

Key words: Traditional Chinese Medicine (TCM); material medica; Acupuncture; Four Great Innovation

3. What is the purpose of learning traditional Chinese medicine and traditional Chinese culture?

In this section, the original purpose of offering this course will be introduced to help learners, by starting with learning the knowledge of TCM, to explore the gene of traditional Chinese culture in the knowledge and better understand the thoughts and methods of TCM from the perspective of traditional Chinese culture.

Key words: TCM Backgrounds; Yin Yang thoughts

4. Main contents of this course

This section will introduce the objective of this course, the teaching contents of online videos, linearly flipped classroom and the arrangement for practical teaching.

Key words: Harmonious life; Taijiquan; shadowboxing; TCM museum; flipped classroom

Chapter II

Approaching traditional Chinese medicine

This chapter aims to help learners to be informed of the basic knowledge of TCM from five aspects including the origin and development course of TCM materia medica, the Yin Yang thoughts of traditional Chinese medicine, the Wu Xing model of TCM, the Zang-fu and Jing-luo (meridian) theory as well as theories of the property of a medicine.

1. Origin and development of traditional Chinese medicine

This section will explore the development course of TCM in the course from the legends of ancient times to the foundation of traditional Chinese medicine theories in the Spring and Autumn Period and the Qin and Han Dynasties to the development in the Tang and Song Dynasties and then to the integration in the Ming and Qing Dynasties.

Key words: Fuxi and acupuncture; Shennong and herbs; Huang Di Nei Jing; Inner Canon of Yellow Emperor; Shennong's Herbal Classic; Shanghan Zabing Lun; Typhoid miscellaneous diseases theory; Treatise on Cold Pathogenic and Miscellaneous Diseases; Compendium of Materia Medica

2. An informal discussion of the Yin Yang thoughts

This section aims to help learners to understand that the Yin Yang thoughts is one of the core thoughts of TCM but not exclusive to it through the exploration and study at three aspects including the imminence, emerging and development of the Yin Yang thoughts, the Yin Yang thoughts on the absorption and application of TCM as well as the Yin Yang thoughts of other disciplines.

Key words: Yin Yang thoughts; Yin Yang theory; Yin; Yang; Yin and Yang in Modern science

3. Exploration and analysis of the Wu Xing theory

This section, through introduction of the origin and development of the Wu Xing theory, categorization of the property of substances according to the theory, the relation of mutual generation and mutual overcoming between Wu Xing and some cases of its application in TCM, aims to enable the learners selecting this course to understand the Wu Xing theory is just one of the various models used for studying the complicated relations between substances, which is of a certain value for understanding nature and human body health.

Key words: Wuxing; Five elements; Mu (wood); Huo (fire); Tu (soil); Jin (metal); Shui (water)

4. Brief introduction of Zang-fu and Jing-luo system

This section will introduce the basic knowledge of TCM on the constitution of human body and the focus of TCM on understanding the association between the different Zang-fu and organs from the perspective of their functions and its highlight on the key role of Jing-luo in constituting these complicated relations by highlighting its difference from the way of understanding human body from the perspective of anatomy in the Western Medicine.

Key words: Zangfu; Zang and Fu; internal organs; Jingluo; channels and collaterals; Gan (liver); Xin (heart); Pi (spleen); Fei (lung); Shen (kidney)

5. Brief analysis of the theories of the property of material medica (drug properties)

This section will introduce the knowledge of TCM on drug properties and the focus of TCM on summarizing the characteristics of each drug according to the feeling and reaction of human body after a drug takes effect on human body by highlighting its difference from the

focus of the Western medicine on understanding a drug from the perspective of active ingredients.

Key words: Drug properties; the property of material medica; Wen (warm); Re (hot); Han (cold); Liang (cool); guijing; channel tropism

Chapter III

Gene of traditional Chinese culture in traditional Chinese medicine

This chapter aims to understand the gene of traditional Chinese culture in traditional Chinese medicine by exploring and studying the influence of the Yi culture, the Taoism culture, the Confucianism thought and the Buddha culture on the development of TCM.

1. Gene of the Yi culture in traditional Chinese medicine

This section aims to help learners learn that the Yi culture is neither witchcraft nor deceitful tricks and its thoughts on Yin Yang and changing still play an important role in understanding and managing human body health by analyzing the imminence, development and the core thoughts of the Yi culture, the source of Chinese culture, and its influence on the emerging and foundation of TCM.

Key words: Yi; Yi culture; the Eight Diagrams; Ba Gua; Fuxi; Zhou Wenwang; King Zhou; the Yi commentary

2. Gene of Confucianism culture in traditional Chinese culture

This section focuses on discussing the embodiment and value of the thoughts of “kindheartedness” and “Zhizhonghe” of the Confucianism thought in traditional Chinese culture, so as to enable learners to be aware of the core problems to be considered in designing a harmonious life.

Key words: kindheartedness; Zhizhonghe; the doctrine of the mean; balance of Yi and Yang; Confucianism thought

3. Gene of the Taoism culture in traditional Chinese culture

This section aims to understand the spirit of healing the sick and saving the dying, the exploring spirit for the laws of health and the characteristic thoughts of nourishing of life by adjusting one’s psychology and emotional moods in TCM by analyzing the influence of such thoughts as “Xian Dao Gui Sheng (seeking the ways for being immortal and an eternal life), Taoism follows nature and quietism” of the Taoism culture on the development of TCM.

Key words: Taoism; Philosophical Taoism; Religious Taoism; Taoism follows nature; Quietism; conquering firmness with soft

4. Buddha culture and traditional Chinese medicine

This section aims to understand the origin of the thoughts of respect for life and hospice care of TCM by analyzing the introduction and the fundamental thoughts of Buddhism and its influence on the thoughts of TCM as well as its spreading.

Key words: Sakyamuni; Buddhism; Buddha culture; respect for life; hospice care; vegetarian diets

Chapter IV

Nourishing of life of traditional Chinese medicine

This chapter aims to explore the concepts and methods of nourishing of life of traditional Chinese medicine at different levels including the origin of the thoughts of nourishing of life and preventive treatment of diseases as well as the principles for nourishing of life and regimens of traditional Chinese medicine and discusses the culture for nourishing of life that “medicine and food are of the same source by combining the actual life, with a purpose of enabling learners to apply the knowledge of nourishing of life and plan a harmonious and healthy life.

1. The thought of preventive treatment of diseases of TCM

This section mainly introduces the thoughts of nourishing of life and preventive treatment of diseases of traditional Chinese medicine and answers the questions such as what nourishing of life is and what preventive treatment of diseases is, so as to enable learners to be aware of the importance of nourishing of life and learn to be healthy persons.

Key words: Nourishing of life; health keeping; preventive treatment of disease; weight loss; sleep regulation

2. Principles for nourishing of life of TCM

This section focuses on exploring the basic principles for nourishing of life of TCM from the aspect of conformity to natural rhythms, so as to enable learners to master the principles for nourishing of life properly.

Key words: Conformity to nature; natural rhythm; circadian rhythm; diurnal rhythm; rhythm of four season

3. Regimens of nourishing of life of TCM

This section focuses on exploring the characteristics of different regimens based on the common regimens of traditional Chinese medicine, so as to enable learners to correctly choose suitable regimens.

Key words: Training for health; health diet; food regimen; diet regimen; dietary health preserving

4. Dietary culture that medicine and food are of the same source

This section further explores the application of some certain Chinese medicines to nourishing of life in daily life to enable learners to understand the truth that nourishing of life lies in our daily life and it is not as profound as expected.

Key words: Drug; food; herbs; traditional Chinese health food; affinal drug and diet; homology of medicine and food; hawthorn; Chinese-date; frutus ziziphi jujubae.