

Traditional Ways of Healing

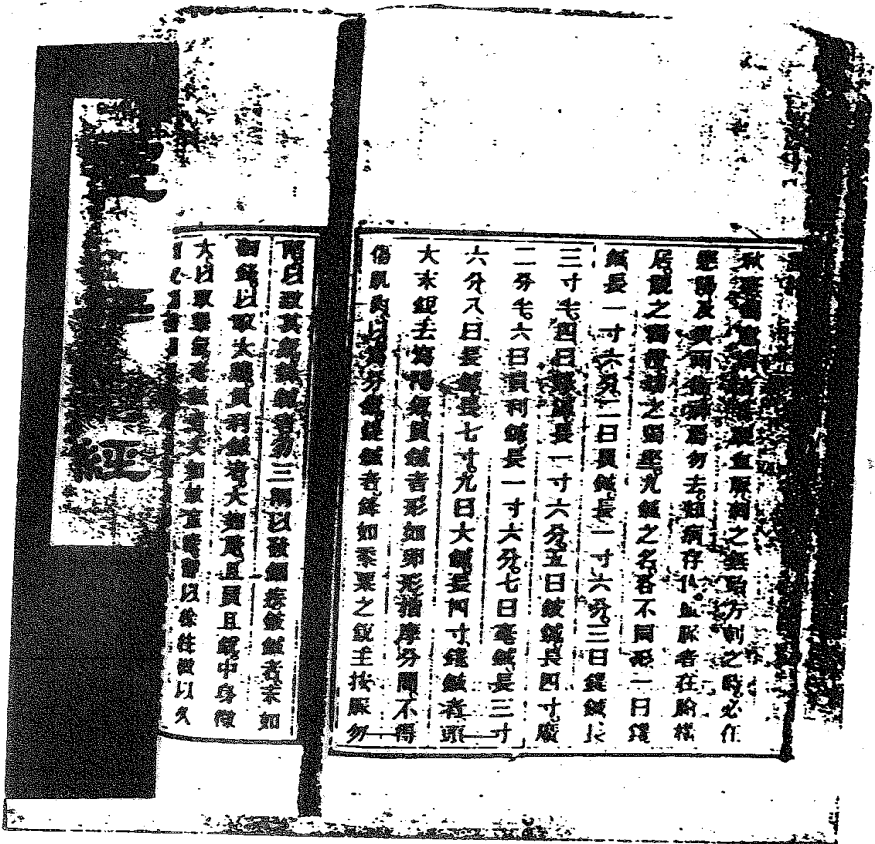
Dr. Hung Nguyen
November 13, 2008



Overview

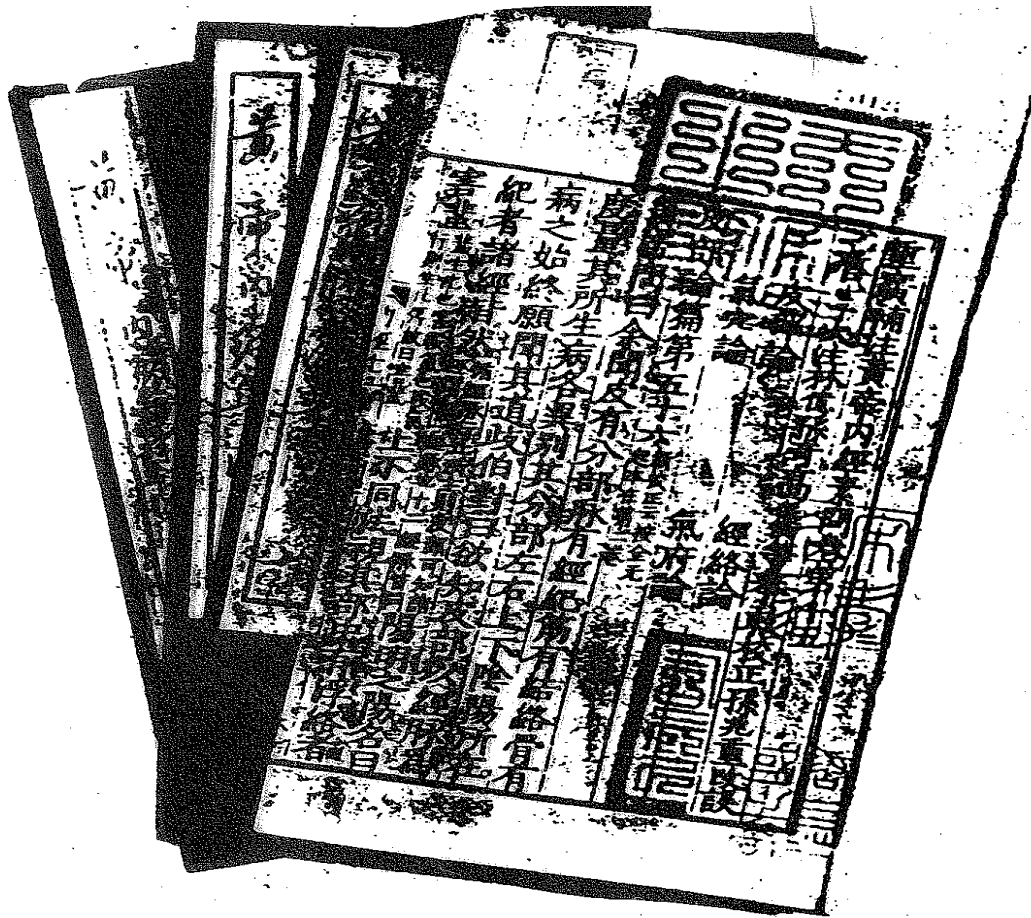
-  Tui Na
-  Qigong
-  Wushu
-  Tai Chi
-  Acupuncture
-  Herbs





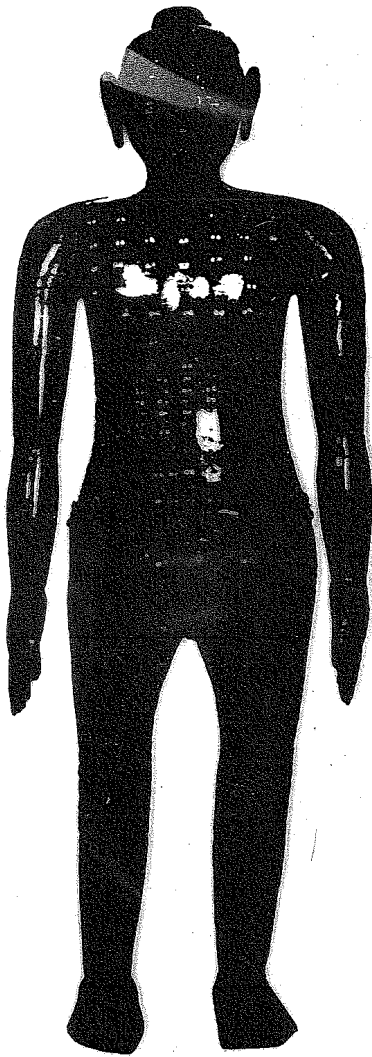
Ling Shu, also known as *Canon of Acupuncture*, is a part of *Huangdi Nei Jing*. It contains the earliest records of using nine different acupuncture instruments, the "Nine Needles."





Huangdi Nei Jing (Canon of Medicine), compiled c. 475 B.C.-23 A.D., is the earliest extant medical book in China in which acupuncture is described.



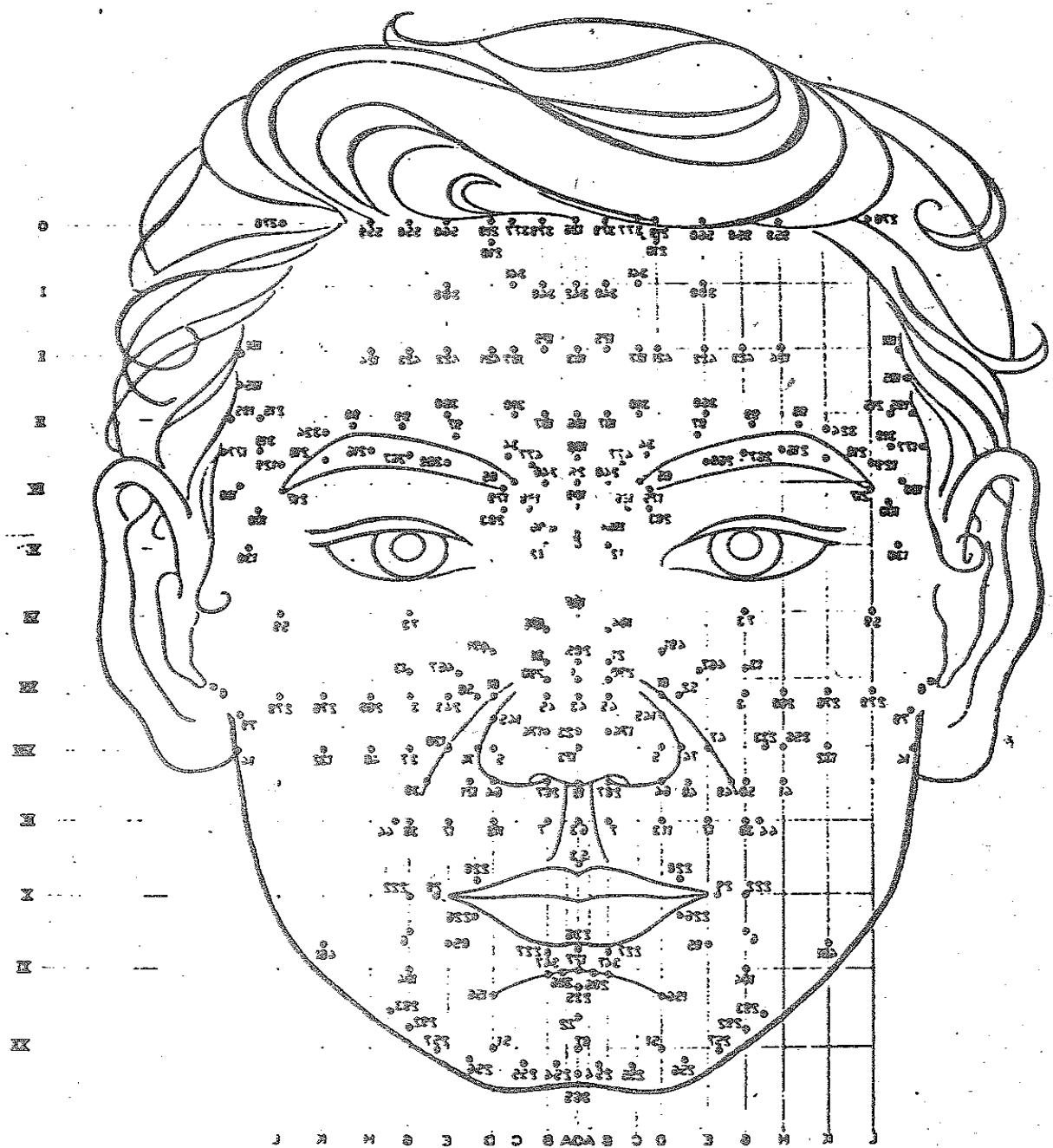


This bronze figure showing acupuncture points is a reproduction of one cast in 1443 A.D., during the Ming Dynasty.

7 APERTURE

SELF-ADHESIVE MOUNTS - CATALOG NO. 825





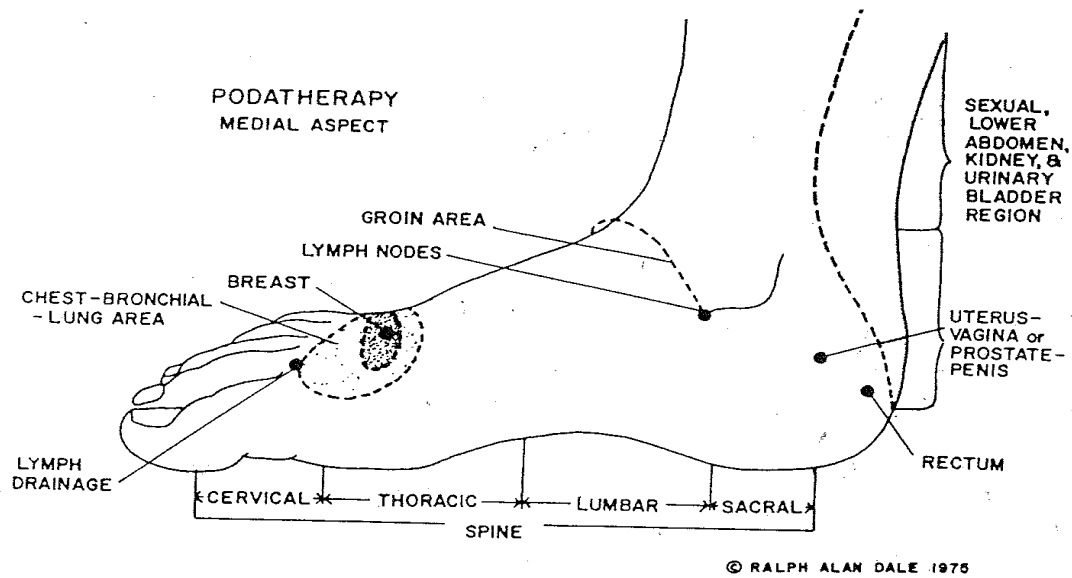


Fig. 18. Podotherapy, medial aspect.

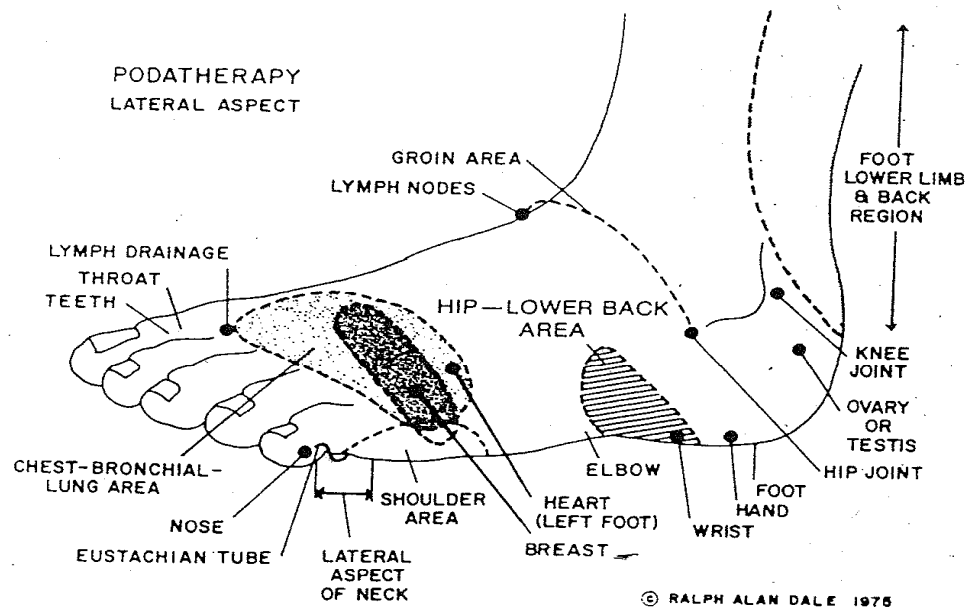
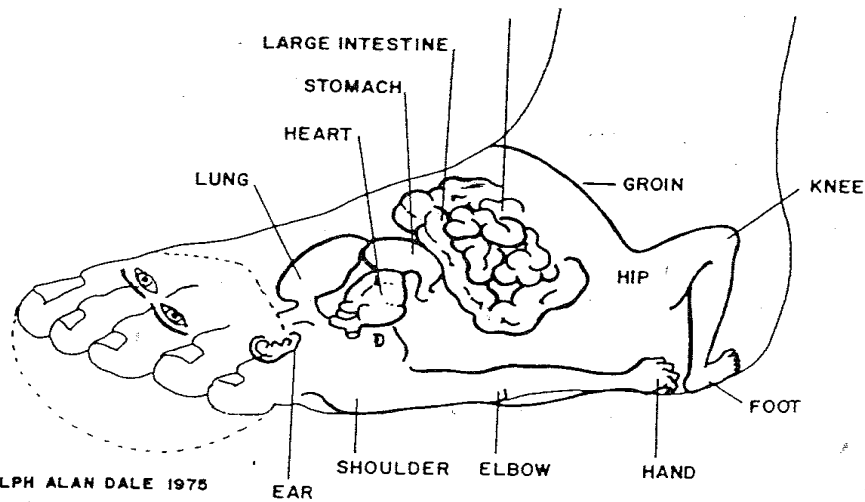


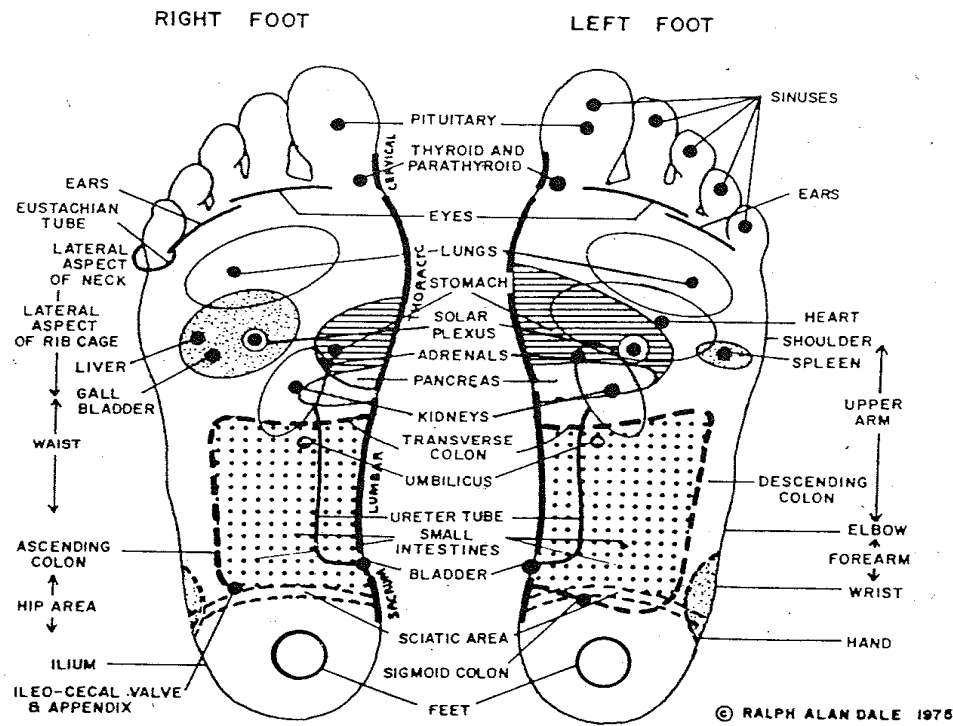
Fig. 19. Podotherapy, lateral aspect.





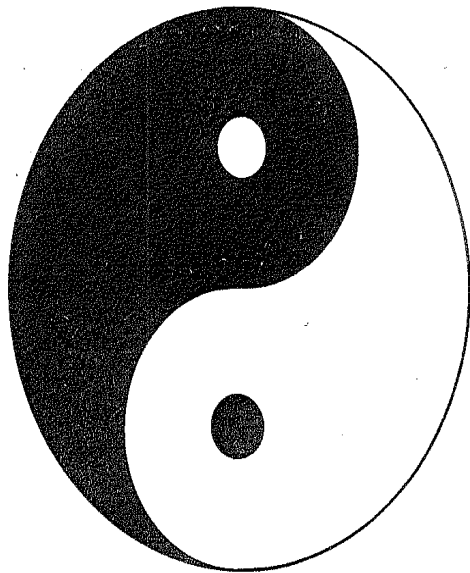
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Fig. 16. Representation of the relationship between the podotherapy reflexes on the lateral aspect of the foot and the anatomy of the body.



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Yin and Yang

陰



YIN
negative
passive
female
receptive
dark
night
cold
soft
wet
winter
shadow

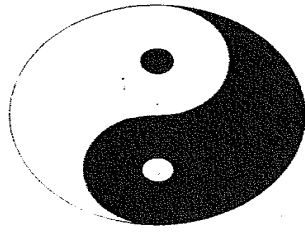
陽



YANG
positive
active
male
creative
light
day
heat
hard
dry
summer
sun



SUPREME
ULTIMATE



YANG
POSITIVE

YIN
NEGATIVE

T'AI YANG
SUMMER

SHAO YIN
SPRING

SHAO YANG
AUTUMN

T'AI YIN
WINTER

CH'EN
HEAVEN

TUI
LAKE

LI
FIRE

CHEN
THUNDER

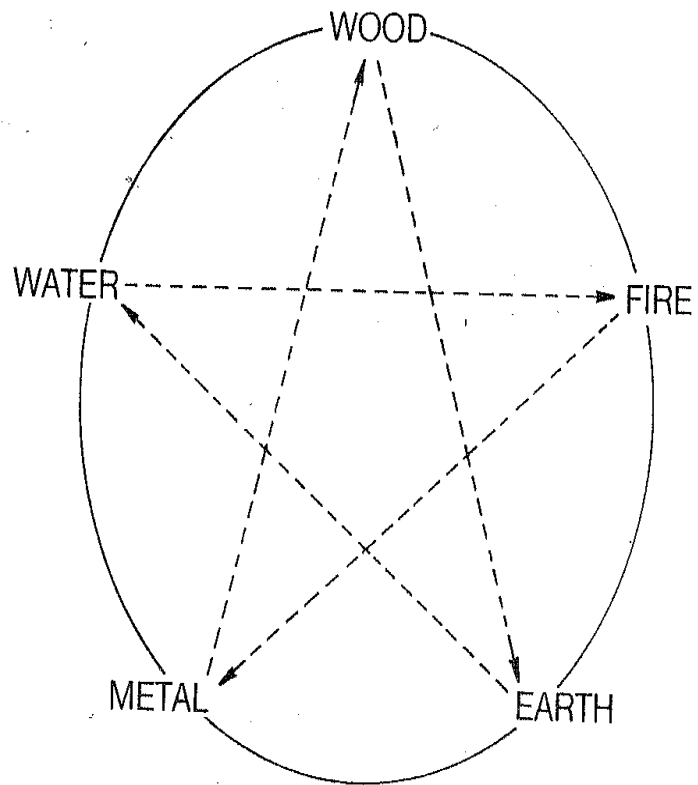
SUN
WIND

K'AN
WATER

KEN
MOUNTAIN

K'UN
EARTH





————— PRODUCTION
- - - - - CONQUEST

Five Phases



Table 1					
Dynasty Chart of the Pen tsao System					
Year A.D	Dynasty	Author	Book Title	Volumes	Herbs
25	Han	Chang Chi, Hua To	Shen nung pen tsao ching	4	365
500	Liang	Tao Hung-ching	Shen nung pen tsao ching	7	730
659	Tang	Su Ching et al.	Hsin hsin pen tsao	20	850
973	Sung	Liu Han et al.	Kai pao pen tsao	20	984
1057	Sung	Chang Yu-shi et al.	Chia yu pen tsao	20	1084
1098	Sung	Tang Shen-wei	Cheng lei pen tsao	31	1744
1590	Ming	Li Shih-chen	Pen tsao kang mu	52	1892



Table 2**Correspondences Associated with the Five Phases**

Direction	East	South	Center	West	North
Season	Spring	Summer	Long Summer	Autumn	Winter
Climatic Condition	Wind	Summer Heat	Dampness	Dryness	Cold
Process	Birth	Growth	Transformation	Harvest	Storage
Color	Green	Red	Yellow	White	Black
Taste	Sour	Bitter	Sweet	Pungent	Salty
Smell	Goatish	Burning	Fragrant	Rank	Rotten
Yin Organ	Liver	Heart	Spleen	Lungs	Kidneys
Yang Organ	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder
Opening	Eyes	Tongue	Mouth	Nose	Ears
Tissue	Sinews	Blood Vessels	Flesh	Skin/Hair	Bones
Emotion	Anger	Happiness	Pensiveness	Sadness	Fear
Human Sound	Shout	Laughter	Song	Weeping	Groan

