

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 syllabus:

2020 Spring Term Syllabus

Week 1	Ancient Health Care Preventive Health Maintenance Herbal Remedies
Week 2	Yin Yang Principle in Health Care 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

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>

Handouts: Class lecture notes

LEADER: Leonard Chin is a retired professor of engineering.

WEDNESDAYS: 2:00 p.m. to 4:00 p.m., 8 weeks: February 26 to April 22 (no class on 4/8)

LOCATION: PSRC, Maximum 25 seats