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Autore	Wu Hongzhou
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Altri autori (Persone)	ChengPanji FangZhaoqin HeYe-bo
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Nota di contenuto	Contents; THE FIRST WEEK; Chapter 1 Introduction; Section 1 A Summary of the Development of Basic Theories of TCM; The Warring States Period - The Eastern Han Dynasty; The Wei Dynasty, Jin Dynasty, and Southern-Northern Dynasties; The Sui and Tang Dynasties; The Song, Jin and Yuan Dynasties; The Ming and Qing Dynasties; Daily Exercises; Section 2 The Main Characteristics of Basic Theories of TCM; Concept of Holism; The Human Body is an Organic Whole; The Close Connection Between Man and Nature; Treatment Based on Syndrome Differentiation; Daily Exercises Section 3 The Essentials of Basic Theories in TCM Daily Exercises; Chapter 2 The Theory of Essence, Qi and Spirit; The Essentials of the Theory of Essence, Qi and Spirit; Daily Exercises; The Application of the Theory of Essence, Qi and Spirit in TCM; Essence; Qi; Spirit; The Relationship Between Essence, Qi and Spirit; Daily Exercises; Weekly Review; Daily Exercises; THE SECOND WEEK; Chapter 3 The Theory of Yin and Yang; The Essentials of Yin-Yang Theory; Interaction Between Yin and Yang; Mutual Restriction Between Yin and Yang; Daily Exercises; The Essentials of Yin-Yang Theory

Waning-Waxing of Yin and Yang in a Balance Inter-Transformation Between Yin and Yang; Daily Exercises; The Application of Yin-Yang Theory in TCM; For Generalization of the Organic Structure of the Body; For Generalization of the Physiological Functions of the Body; For Generalization of the Pathological Changes of the Body; Daily Exercises; The Application of Yin-Yang Theory in TCM; An Overview of Exogenous Pathogenic Factors; For Diagnosis of Diseases; For Treatment of Diseases; Daily Exercises; Chapter 4 The Theory of Five Elements; The Essentials of Five-Element Theory

The Characteristics of Five Elements The Classification of Things According to the Attributes of Five Elements by Analogy and Deduction; Daily Exercises; Weekly Review; Daily Exercises; THE THIRD WEEK; The Essentials of Five-Element Theory; Inter-Generation, Inter-Restriction, Over-Restriction and Counter-Restriction of the Five Elements; Daily Exercises; The Application of Five-Element Theory in TCM; To Explain the Physiological Function of the Five Zang-Organs; To Explain the Inter-Connection Among the Five Zang-Organs; To Illustrate the Pathological Interaction Among the Five Zang-Organs

Daily Exercises The Application of Five-Element Theory in TCM For Diagnosis of Diseases; For Diagnosis of Diseases; Daily Exercises; The Application of Five-Element Theory in TCM For Treatment of Diseases; Daily Exercises; Chapter 5 The Theory of Visceral Manifestation; Daily Exercises; Weekly Review; Daily Exercises; THE FOURTH WEEK; Section 1 The Five Zang-Organs; The Heart; The Main Physiological Functions of the Heart; The Relationship of the Heart to the Emotions, Fluids, Body Constituents and Orifices; Appendix: The Pericardium; Daily Exercises; The Lung

The Main Physiological Functions of the Lung

#### Sommario/riassunto

Traditional Chinese medicine (TCM), with a history of thousands of years, is the crystallization of the ancient Chinese's experiences in their struggle against diseases. It is also an integral part of the Chinese's splendid culture. Under the influence and direction of classic Chinese philosophies, it has undergone long-term medical practice and infiltrated into, as well as absorbed from, other subjects in that point in time, thus gradually evolving into a unique medical theoretical system that contributed and is still contributing significantly to the healthcare of the Chinese and the prosper