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Nota di contenuto	Basic Theories of Traditional Chinese Medicine; Introduction; I. The Origin and Development of Traditional Chinese Medicine (TCM); 1. Formation of the theoretical systems of TCM; 2. Written development of the theoretical systems of TCM; II. The Basic Characteristics of TCM; 1. The holistic concept; 2. Treatment based on differentiation of syndromes; Chapter 1 The Theories of Yin-Yang, and the Five Elements; I. The Theory of Yin-Yang; 1. The concept and characteristics of Yin and Yang; 2. Yin-Yang attributes; 3. The basic nature of Yin-Yang; 4. Application of the Theory of Yin-Yang in TCM II. The Theory of the Five Elements1. The basic concept of the Five Elements (Wu Xing); 2. The nature of the Five Elements; 3. Application of the Five Elements in Chinese medicine; Chapter 2 The Theory of the Zang Fu Organs; I. Brief Introduction; 1. The basic concepts of Zang Xiang Theory; 2. Common physiological characteristics of Zang Xiang; 3. The formation of Zang Xiang Theory; 4. The main characteristics of Zang Xiang theory; 5. Differences between 'zang Fu' organs and 'visceral'organs; II. The Five Zang Organs; 1. The Heart; 2. The Lungs; 3. The Spleen; 4. The Liver; 5. The Kidneys III. The Six Fu Organs1. The Gallbladder; 2. The Stomach; 3. The Small Intestine; 4. The Large Intestine; 5. The Bladder; 6. The Triple Burner; IV. The Extraordinary Fu Organs; 1. The Brain; 2. The uterus; V. The

Relationships among the Zang and Fu Organs; 1. The relationship between the Zang organs; 2. The relationship between the Fu organs; 3. The relationship among Zang Fu organs; Chapter 3 Qi, Blood and Body Fluids; I. Qi; 1. The concept of Qi; 2. The formation of Qi; 3. The physiological functions of Qi; 4. The movements of Qi and the forms of movements
5. The distribution and classification of Qi. II. Blood; 1. The concept of Blood; 2. The formation of Blood; 3. The functions of Blood; 4. The circulation of Blood; III. Body Fluids; 1. The concept of Body Fluids; 2. The formation, distribution and secretion of the Body Fluids; 3. The function of the Body Fluids; IV. The Relationships among Qi, Blood and Body Fluids; 1. The relationship between Qi and Blood; 2. The relationship between Qi and Body Fluids; 3. The relationship between Blood and Body Fluids; Chapter 4 Meridians and Collaterals; I. Brief Introduction; Meridian theory
II. The Concept of the Meridians and Collaterals and Their Composition 1. The concept of the meridians and collaterals; 2. The composition of the meridians and collaterals; 3. The functions of the meridians and collaterals; III. The Twelve Main Meridians; 1. The nomenclature of the Twelve Main Meridians; 2. The regulation of the running courses and cyclical flow of Qi; 3. Distribution; 4. The cyclical flow of Qi in the Twelve Main Meridians; 5. Exterior-interior relationships; 6. The courses of the Twelve Main Meridians; IV. The Eight Extra Meridians; 1. Concept; 2. Function
3. The Governor Vessel

Sommario/riassunto

Traditional Chinese medicine has a complex history, yet the basic principles at the heart of practice have remained the same for hundreds of years. Without a solid understanding of these fundamental theories, effective practice is impossible. This book provides a complete introduction to everything that students and practitioners need to know.
