

ABOUT TRADITIONAL CHINESE MEDICINE (TCM)

With almost a 3000 year history TCM is regarded as conventional medicine in China throughout its history including current time.

Basic Principles of TCM:

1. The first principle is that of taking the **holistic approach** to a person. TCM sees the human body as an integral part of nature with all seasons and geographic changes seen to have an impact on the body. An important aspect and challenge in TCM is to find a way to harmonise the human body with its environment and nature. TCM also sees the body as a "whole" with all parts of the body serving different functions yet dependent and cooperating with each other, including emotional, mental and physical aspects.
2. The second principle is that of planning its treatments according to individual presentations of **syndromes** rather than based only on symptoms and disease labels. In other words, two people with the same symptoms may be prescribed different treatments due to the difference of their presenting syndromes. A classic example of this would be how the symptom of migraine can be due to any of the following possible syndromes: "Liver yang over activity", "heat accumulation in the stomach", "Kidney yin deficiency" or "chi deficiency". Similarly, different diseases may be given the same treatment if their underlying syndrome is the same. An example of this would be treating a case of hypertension, migraine and hyperthyroidism with the same treatment regime for the underlying syndrome of "liver yang hyperactivity" which they all have as their origin of symptoms.
3. The third principle is based on finding the balance between **Yin and Yang** and the **five elements**. Everything in nature is seen as a movement between Yin and Yang which although opposites, they need to be harmonised in order to live together inter depending, inter opposing, inter consuming & inter exchanging. In respect of the 5 elements, the body is based on 5 major systems which includes key organs, emotions, tissues and senses. Whilst they can all work individually and independently, they all need the cooperation and flow with the other systems together.

The relationship of the 5 systems is based on inter-promotion or support and inter checking or controlling whereby one system both controls & supports each other at the same time. This ensures balance of the whole system and helps to understand and treat the underlying root cause of a problem.

For example, take a digestive problem such as IBS which may be a problem itself of the **Earth** element or its Spleen organ due to food intolerances but could also be due to the Liver **Wood** element over acting on the earth. In this case one needs to focus the treatment on the Liver and not on the Spleen directly.

Another example is that of Yin deficiency in the Kidney **Water** element system which can in turn affect the Heart system or **Fire** element. Water is there to put out the excess of fire. No "water" means the fire rises creating an imbalance in the heart organ system causing insomnia, mood swings or agitation.

Another example is the Liver or Wood element being dependent on the Kidney water element for its nourishment. So Kidney yin deficiency deprives the Liver of its basic nourishment causing the Liver yang to rise, hence symptoms of irritability and quick temper.

A good example of this is with the **menopause** where one overheats and becomes irritable. Menopause is seen as Yin and Yang out of balance because Yin is weak or deficient and so relative to this, Yang becomes excess which is in effect an excess of heat. The treatment is to tonify or increase the Yin part which in turn helps control the Yang to restore balance.

However, a hot flush may also be due to an infection, which in TCM is due to an excess of Yang. In this case, the treatment is based on reducing the excess yang which in effect clears the excess heat.

TCM Diagnosis is based on 4 main techniques

1. **Observation** including general physical appearance, complexion and appearance of tongue.
2. **Listening** skills.
3. **Enquiry** into their medical history.
4. **Palpation** of pulse and body for tender points based on the meridian lines.

TCM is particularly helpful in managing common **skin problems**. In TCM skin rashes are distinguished and categorised based on how they present. For example, itching or irritation suggests a "wind" component, redness suggests "heat", weeping suggests "dampness" and flaky dark red patches suggests "blood stagnation". Chronic long term skin rashes may imply a deficiency state such as "chi, blood or yin deficiency"

It is relatively easy and straightforward to treat skin problems using TCM principles because here you are treating the underlying factors including dietary adjustments.

TCM is also useful in treating **under active thyroid** or **overweight** issues both of which have a component of "chi deficiency", "chi blood deficiency", or "yang deficiency" depending on their specific symptoms.

Symptoms of **Water Retention**, feeling overweight or heavy and fatigued can all be explained with "damp phlegm retention" which usually comes from spleen, kidney or lung "chi deficiency", "Yang deficiency" or "blood deficiency" states.

In cases of **Breast Cancer**, any formation of a cyst or lump in TCM is considered to be due to some blockage which can be caused by Chi stagnation, blood stagnation, heat, cold or toxic accumulation and the treatment will vary depending on the origin of the blockage.

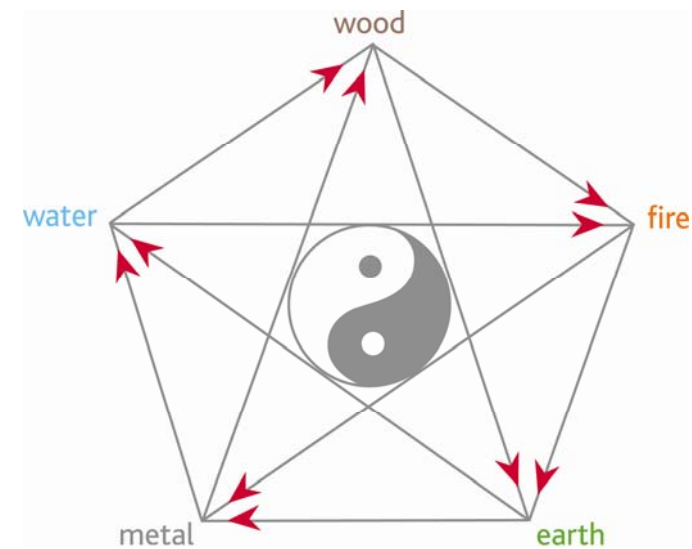
Most breast and menstrual irregularities are found to originate from **liver imbalances** such as "Liver chi stagnation", "liver blood stagnation", "Liver heat" or "toxic accumulation". Correcting these liver imbalances can have a profound effect on the body's self healing process.

TCM Pathological factors causing disease

In TCM such factors are considered highly relevant in taking a good history from a patient and to understand how they might have come to their current diagnostic syndrome. It is important to appreciate the origins of a disease process as much as the current presenting picture.

1. **External Factors** - such as the effects of wind, cold, damp, heat, chemicals, viruses...
2. **Internal Factors** - such as the effects of emotions and diet.
3. **Other Factors** - such as the effects of an injury or fall, surgery, chemotherapy and radiotherapy.

Traditional Chinese Medicine



DR SHAMIM DAYA
57 HARLEY STREET
LONDON W1G 8QS

TEL: 020 7580 7537
Fax: 020 7580 0551

E-mail: info@wholisticmedical.co.uk
www.wholisticmedical.co.uk

He specialises in gynaecology including infertility & child health. Professor Li works closely with Dr Daya running Team Clinics combining both their skills in achieving the best result for their patients.

Dr Daya has a good sound understanding of the basic principles of TCM and its valuable place in gathering useful information and explanations for many symptoms that normally have no clear meaning or explanation in normal medical and general practice.



What people say about their TCM treatments with Prof. Li

"Having suffered from an **itchy fungal skin rash** for over 6 months and tried numerous treatments I was hugely relieved when Prof Li so easily diagnosed "damp heat" as being at the root of this rash and within 2 weeks of taking the relevant pills to cool my system down as well as avoiding heat producing foods from my diet, I was amazed to see the rashes disappear" **S.D.**

"Being peri-menopausal and suffering from **mood swings, irritability and hot flushes**, I am relieved to be free of these symptoms since starting on the Chinese pills prescribed by Prof Li. I know they work because whenever I run out of them, my symptoms tend to come back. Dr Daya is also pleased to not have to prescribe HRT if the Chinese pills are enough to support my fluctuating hormone levels." **J.B.**

"I was very impressed when Prof. Li was able to so easily explain my symptoms of **fatigue, ravenous appetite and facial acne** with "kidney yin deficiency" and "stomach heat". I was even more impressed when the pills he prescribed corrected my symptoms so quickly. I now know how to better manage these symptoms when they recur and come for my 6 monthly checks to see Prof. Li with Dr Daya to make sure I'm on track!" **P.B.**

For example it is highly relevant that your stiff neck came about after wind or draught exposure and if caught early enough can be easily reversed or eased by applying acupuncture needles to certain meridian points.

Equally, it is highly relevant that after eating a lot of "hot" foods such as prawns, mackerel, sardines, garlic, ginger and chillies that a skin rash that is red, itchy and irritated develops. In order to treat this overheated climate in the body, as much as giving Chinese pills to cool the system down, it is necessary to also avoid such "heat producing" foods to better manage the skin condition.

Prevention and TCM

In TCM, prevention takes into consideration 3 important aspects of our life.

1. Our **Lifestyle** - This involves finding a balance between exercise, exertion and physical activity with adequate rest and sleep.
2. Our **Emotional management** - This requires finding a balance between the effects of too much mental activity such as reading, studying, thinking with less busy mental activity moments such as including also time for activities such as Qi Gong, Tai Chi, Meditation, philosophical studies.
3. Our **Diet** - This requires there to be variety in what we eat rather than focusing on only a narrow range of food groups. It is also very important to eat at regular meal times and not skip meals.

ABOUT PROFESSOR YANG LI

Yang Li qualified as a TCM Practitioner in China in 1976. He then worked as a teaching assistant and practitioner in hospital for the following 3 years. He underwent further advanced training in TCM including teaching at the Beijing International Acupuncture Training Centre. In 1996 he was invited as the Honorary Professor of this training centre.



Professor Li moved to the UK in 1991. He has his main practice in Oxford and also teaches at Ren Shu College of TCM in London.