

Traditional Chinese Medicine—The Process

Traditional Chinese Medicine includes acupuncture, bodywork and herbal remedies. The Sheen Nona Ben Cao, one of the oldest Asian Medicine texts, describes the hierarchy of healing which mirrors the hierarchy of human needs as proposed by psychologist Abraham Maslow. In Maslow's hierarchy of needs, individuals seek to fulfill the highest potential of self-actualization, followed by improved self-esteem, love/belonging, safety, and the lowest, most basic being physiological or biological needs. The highest purpose of healing for a Asian Medicine practitioner is spiritual; that is helping the person fulfill his/her destiny (Ming) through self-actualization and, thereby, living out his/her years in comfort, joy and productivity. The second level of Asian Medicine healing is to empower the innate nature of the person (Xing) or innate wisdom power in their body, mind and spirit. The third and lowest level of healing of Asian Medicine is the symptomatic and physiological relief of the person's physical or mental disease. Thus, it is wise to seek care from a healthcare practitioner who uses the ancient hierarchy in their healthcare practice—Asian Medicine. The practitioner's highest goal needs to be a restoration and strengthening of one's innate wisdom in a spiritually based practice, moving a person towards the highest level of self-actualization in mind, body and spirit. It is important to ask an Asian Medicine practitioner, prior to treatment, "What do you see as the purpose of acupuncture?" His/her answer will tell you if he/she is merely focusing on eliminating symptoms—a 'quick fix' that the majority of Western born and raised people expect—or will this Asian Medicine practitioner help you reach your highest healthy actualization?

About the Author

Medicine is a branch of the health sciences, and is the sector of public. The practice of medicine combines both science as the evidence.

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