

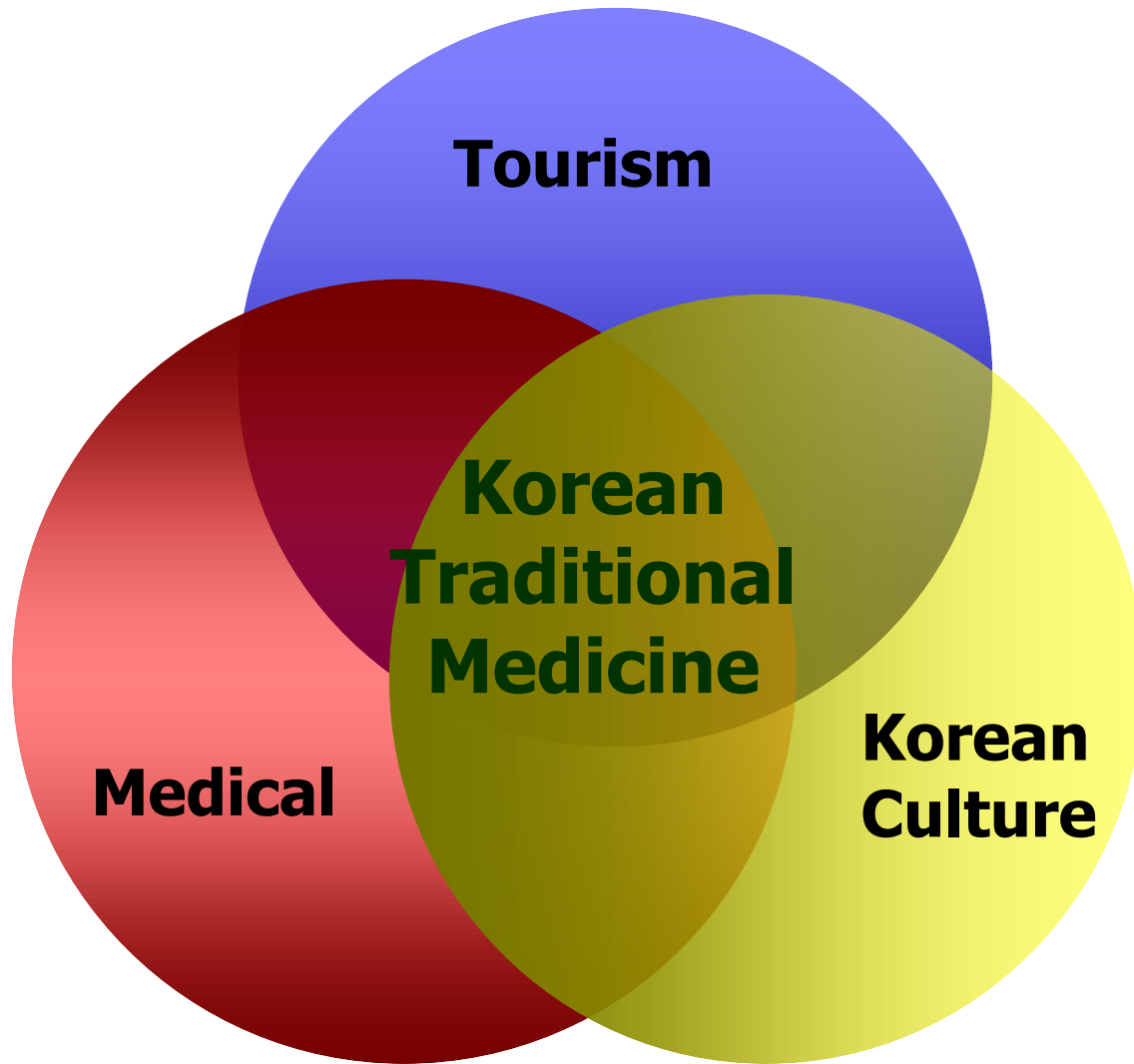
Korean Traditional Medicine

SAM Oriental Hospital
Dr. Park, Mun-hyeon

빛과 바람 그리고 떠나고 싶을 때 떠나라
사진_ 행복한 감성여행자 JJ

- Korean Traditional Medicine Trend
- History of Korean Traditional Medicine
- Terminology
- The character and the basic principle
- The outline of treatment

The meaning of Korean Traditional Medicine



The history and related area

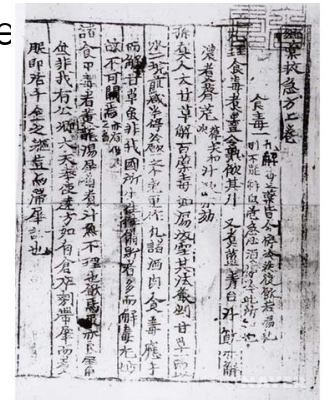
Traditional Korean Medicine

- 한의학 (Traditional Korean Medicine)
 - Type of medicine with Korean characteristics in the history of oriental medicine
- 한방 (Oriental Medicine)
 - Opposite of 양방(Medicine originating in the West)
 - Traditional Medicine of Korea
- 동양의학 – 서양의학에 대하는 말.
Oriental (Eastern) Medicine vs. Western Medicine



History of Traditional Korean Medicine

- Ancient – Independently developed tradition based on the myth of Dangun (mugwort, garlic)
- Three States Period – Buddhist Medicine, imported from China, <백제신집방>
- United Silla Period – Influence from Sui, Tang, and Indian Medicine
- Goryeo Period – Tang, Arabia, and Song Medicine + Independent Korean Medicine research <향약구급방> written
- Joseon Dynasty Period – <향약집성방>, <의방유취> written during reign of Sejong
1623: Heo Jun's <동의보감> written
Heo Im's 침구법 & 사암 ascetic's 침구보사법 invented
1901: Lee Je-ma's <동의수세보원> & 사상의학 invented



향약구급방
1417년본이 일본 국립중앙도서관에 보관되어 있다

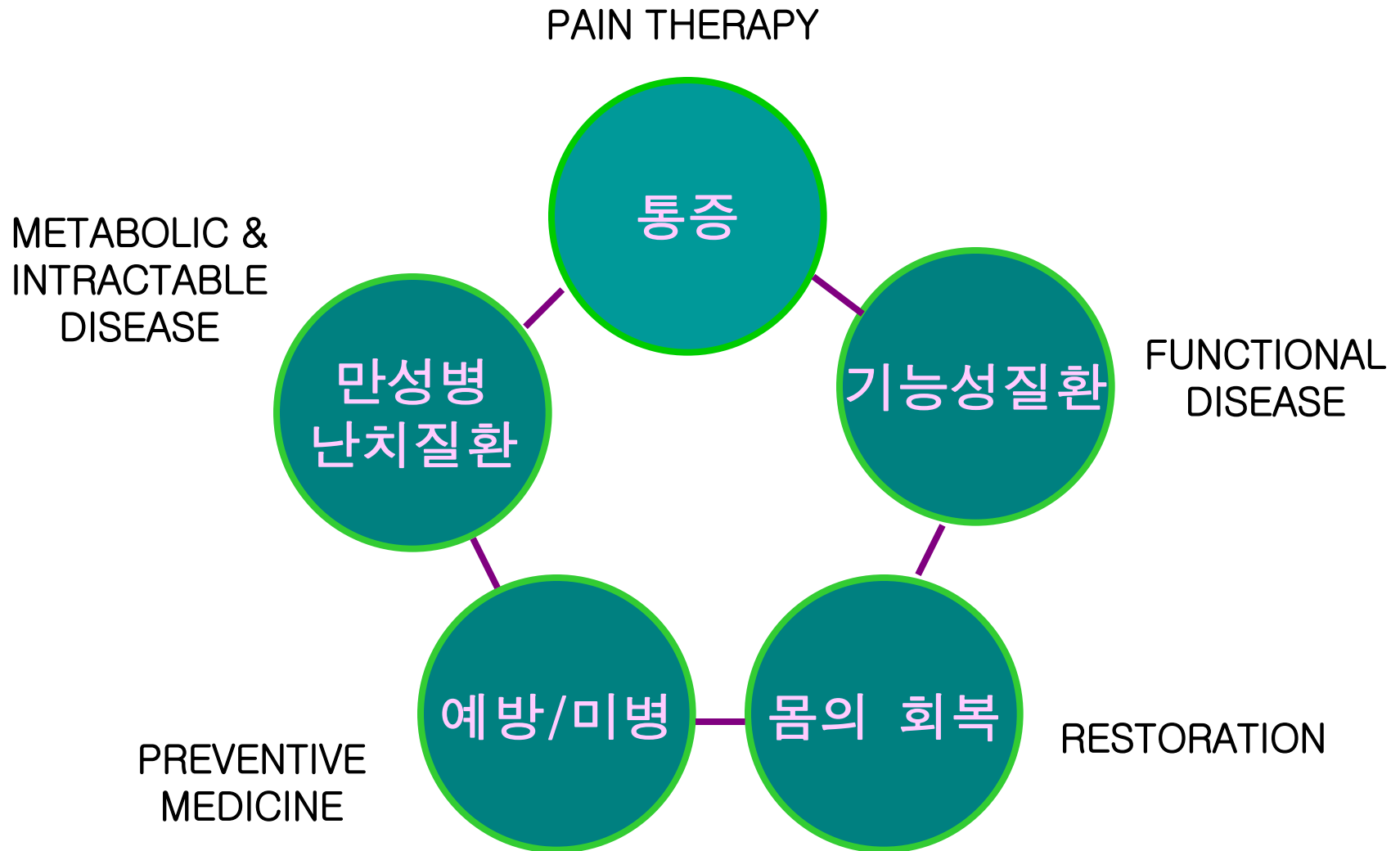
- Japanese Occupation Period – discrimination against traditional medicine, and stagnation followed
- Republic of Korea – 1952: Korean Medicine Doctor reinstated, Association of Korean Medicine founded
1955: Eastern School of Medicine(동양의학대학) founded
Currently, there are 11 School of Traditional Korean Medicine

허준(許浚, Heo Jun, 1537~1615)
동의보감

(Donguibogam: Principles and
Practice of Eastern Medicine)



SAM Traditional Medicine Treatment Area of Emphasis



Traditional Korean & Chinese Medicine

- **한의학 (Korean Traditional Medicine)**

- Traditional medicine developed in Korea
- Shares many parts with Chinese Medicine but has numerous unique medical traditions
- Korea's own therapy and experiential prescriptions that existed since ancient times
- Human-oriented medicine that emphasizes unique traits of humans

- **중의학(TCM, Traditional Chinese Medicine)**

- Development into various schools of medicine through history
- Rise of 온병학 after Qing Dynasty, developed based on 상한론 of 한대
- Development of medicine based on the theory of treatment
- An attempt to combine the oriental and western medicine

Traditional Korean & Southeast Asian Medicine

1. 한국의 傳統醫學 (Traditional Korean Medicine)

- 남한 : 동(東)의, 한(漢)의학, 한(韓)의학
- 북한 : 동(東)의학, 고려의학

2. Southeast Asian Medicine

- 인도의 아유르베다(Ayur-veda), 중(中)의학(Chinese), 티베트의 장(藏)의학(Tibetan), 베트남의 월(越)의학(Vietnam), 한(韓)의학(Korean), 몽고의 몽(蒙)의학(Mongolian), 조(朝)의학, 위구르의학(Uyghur), 한방의학, 황한의학(Japanese)

3. 영어호칭

- 한의학(Oriental Medicine, Traditional Korean Medicine)
- 중의학(Traditional Chinese Medicine)
- 일본의 전통의학(Kampo, Traditional Japanesen Medicine,)
- Traditional Tibetan Medicine, Traditional Mongolian Medicine

@ Where does traditional Korean medicine stand in the world?

Traditional Southeast Asian Medicine



보완대체의학의 부상

(emergence of CAM, Complementary & Alternative Medicine)

- Developed after 1970s in response to a crisis in Western medical care system
- 비정통, 비전통의학(Unorthodox, Unconventional Med.) -> CAM
- National financial burden as medical care cost increases
- Questioning the clinical efficacy of Western medicine: Increase in terminal diseases that cannot be cured by cutting-edge medical technology, limitation of treating lifestyle-related diseases
- Resentment against medicine based on positivism that regards diseases only in biological sense, rather than treating the patient as a person and understanding spiritual as well as mental side of the patient
- Approval of alternative medicine by WHO after 1990s.
- Immense support from National Institutes of Health (NIH)

통합의학(Integrative Medicine)

1.What is Integrative Medicine?

- Combining the strengths of traditional Western medicine with oriental medicine and utilizing CAM (including traditional Korean medicine) for active clinical use
- Type of medicine that aims for holistic treatment and emphasizes the relationship between the doctor and the patient, treating the mind, body, soul, as well as sociality as a whole
- Natural, non-toxic, and non-invasive; non-traditional medical treatment that uses low-cost methods with empirical evidence

2.통합의학 교육 (Integrative Medicine Education)

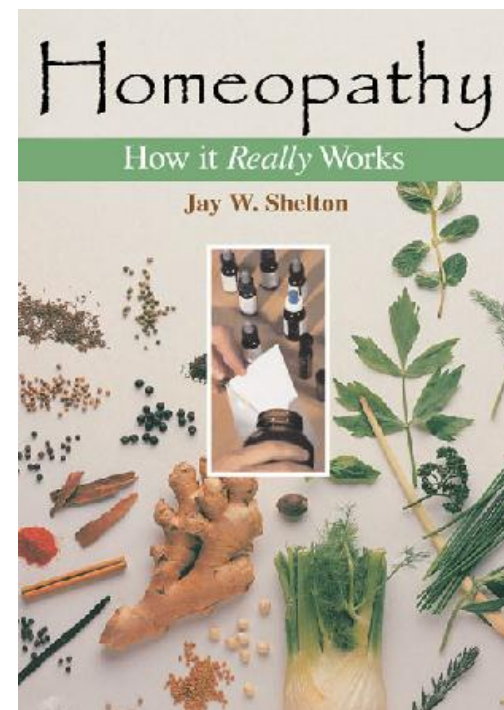
(일례) The Arizona Program

- Forerunner in providing CAM education since 1975; led the development of Integrative Medicine through PIM (Program in Integrative Medicine) in 1996
- Specialization of natural Healing, Spirituality, Botanic Medicine
- Defines Integrative Medicine as Healing-Oriented Medicine and emphasizes the relationship between the patient and the doctor
- Approaches holistic treatment through Bio-Psycho-Socio-Spiritual Dimension and pursue medical treatment that aims for wellness and healing



Natural Medicine Treatment

1. 임상영양과 식이 (Clinical nutrition and diet)
2. 동양적인 치료법 (Oriental treatment)
 - 침술 (acupuncture), 뜸 (moxibustion), 탕약 (herbal infusion), 경락마사지 (meridian massage), 봉침요법 (Bee Venom Therapy)
3. 약용식물요법 (Medicinal plant therapy)
 - 허브 (Herbal Medicine), 향기요법 (Aroma Therapy)
3. 수기요법 (Manipulative Therapy)
 - 기공 (Qigong), 요가 (Yoga), 마사지 (Massage), 치료운동 (therapy exercise), 발반사요법 (Foot Reflexology),
4. 동종요법 (Homeopathy) : 독일의 하네만 (Hahnemann, 1755~1843)
5. 수치료 (Hydrotherapy)
 - 온천, 족욕, 좌욕, 관주, 팩, 습포, 찜질
6. 심신치료 (Mind&Body Treatment)
 - 명상요법 (Meditation), 이완요법, 접촉요법 (Touching)
7. 카운셀링과 생활습관교정 (Counseling and lifestyle correction)
8. 기타 : 원예요법 (Horticulture Therapy), 꽃요법 (Flower Remedies), 해독요법 (Detoxification Therapy)



Traditional Korean Medicine & CAM

- Recognition of phenomenon of life
 - Recognizing humans as part of the universe and nature
- Understanding the human body holistically, comprehensively, and systematically
 - Interdependence between the mind and the body
 - Comprehensive understanding of the function and the structure
 - Recognizing the importance of environment
- Acknowledging the natural healing power
- Treat the person, rather than the disease
- Promote health by focusing on restoring the balance at large, rather than treating individual symptoms

Traditional Korean Medicine & Western Medicine

	Western Medicine	Traditional Korean Medicine
Scientific Basis	<ul style="list-style-type: none"> * Natural scientific analysis * Cytopathology, anatomy-oriented * Emphasize change in tissue and organs 	<ul style="list-style-type: none"> * Based on Eastern philosophy * Built around theory of internal organs, energy & blood flow, and meridian system * Emphasize the relationship between mental activity and internal organs
Cause of illness	<ul style="list-style-type: none"> * Emphasize external causes such as bacterial infection and wound 	<ul style="list-style-type: none"> * Emphasize internal causes such as abnormality in body functions
Diagnosis	<ul style="list-style-type: none"> * Emphasis on identifying pathogenic bacterium * Physical examination such as blood tests and radiography 	<ul style="list-style-type: none"> * Emphasis on investigating imbalance in the human body * Four unique diagnosis of traditional Korean Medicine (Observation, Listening, Asking, and Checking pulse)
Treatment	<ul style="list-style-type: none"> * Treatment around organic lesions * Chemotherapy, immunotherapy, surgery * Local treatment on the area of lesion * Same treatment for the same disease 	<ul style="list-style-type: none"> * Emphasis on regulation of functional change * Acupuncture, moxibustion, oriental medicine, dietary therapy * Emphasis on increasing natural healing * Different treatments for the same disease, depending on the individual

양한방협진 (Western & Oriental Consultation Treatment)

- Combined Western and Oriental treatment methods have proven particularly effective for stroke recovery, palsy, arthritis, lumbago, allergic disease, obesity, and post-natal recuperation.
- Integrative medicine centers in which doctors collaborate to combine the advantages of Western and Oriental medical treatment.

**Basic principles and
distinct characteristics
of traditional Korean
medicine**

Life theory (Human view) of traditional Korean medicine

천인합일
(天人合一)

→ Humans are part of the heavens and the earth(=nature)

인신소우주
(人身小宇宙)

→ Humans are part of the universe(=environment)

Fundamental characteristics of the life theory of traditional Korean medicine is that it does not limit the **phenomenon of life** to the human body but seeing it from the perspective of the whole universe.



Understanding the human body through cosmological view

Oriental medicine is unique in that ...

the perspective through which environment and universe is viewed

→ is extended to the thought process through which the human body is viewed

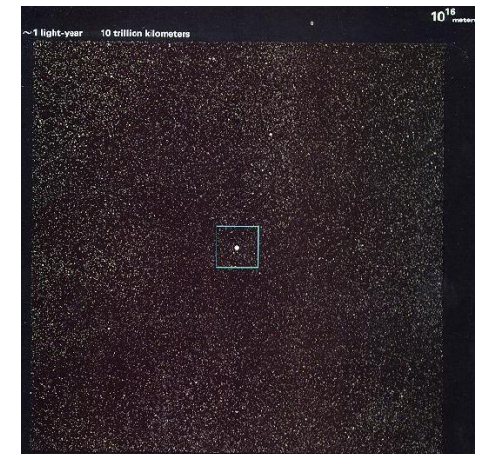
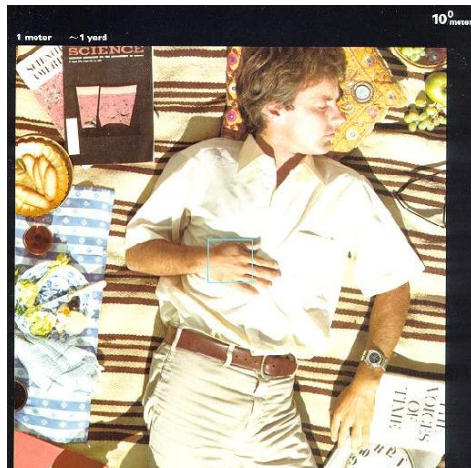
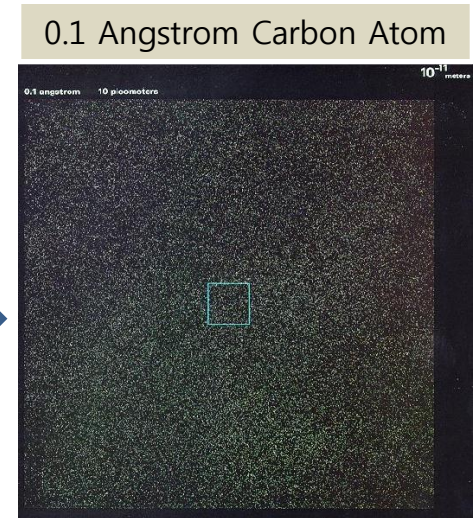
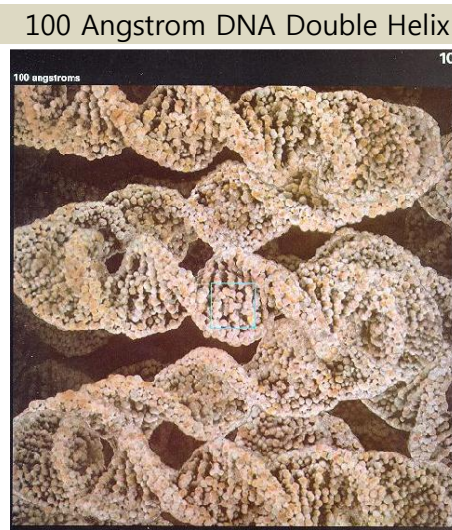
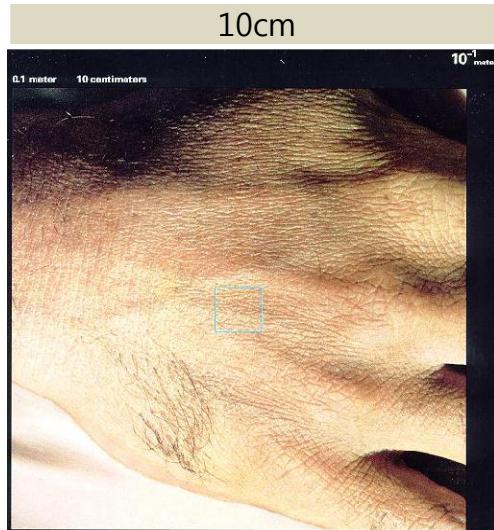
Physiology, pathology ← Hydraulic Engineering
Etiology ← Meteorology

유비적(類比的) 상동관계(homology)

소우주(Micro cosmos) ← 대우주(Macro cosmos)

*Laws that are valid in Macro cosmos is valid in micro cosmos(humans)

Micro cosmos & Macro cosmos



Cause-oriented vs symptom-oriented

(Comparison between Eastern & Western paradigm of disease)

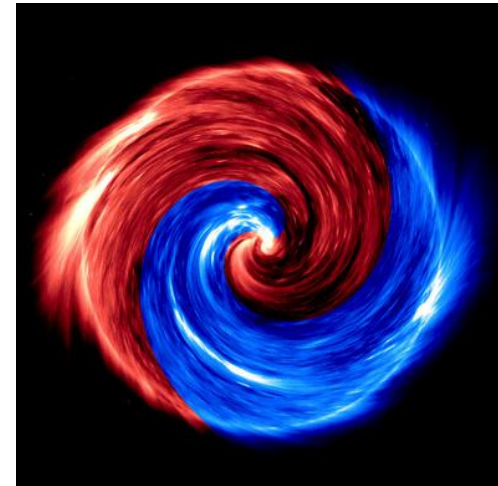
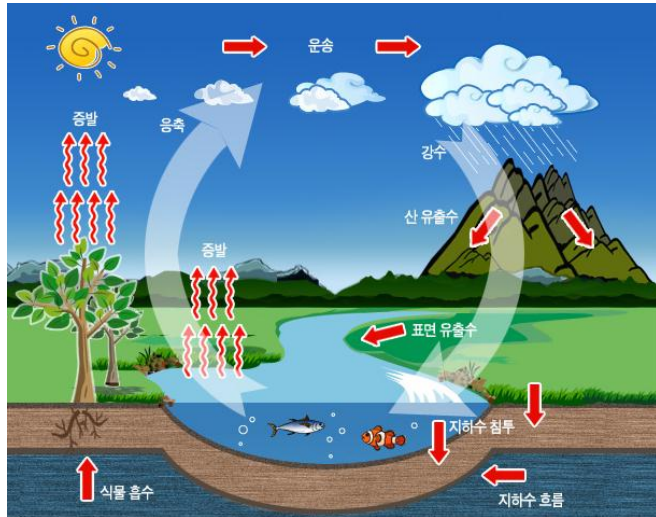
- Western medicine is cause-oriented, while oriental medicine is symptom-oriented, in regards to diseases.
- In Western medicine, diagnosis of the disease is done first and treatment is provided accordingly. However, in oriental medicine, patient examination itself is determining the treatment.

- Finding the disease~ (病因)
- Eliminating the disease~
- Locating the target~
- Pathological medicine

- Examining the body~ (病症)
- Creating conditions for healing~
- Attaining balance~
- Physiology of medicine(prevention, natural healing)

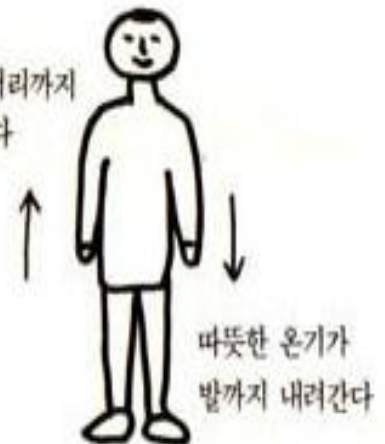
수승화강(水昇火降)

(Liquid rises, heat falls)

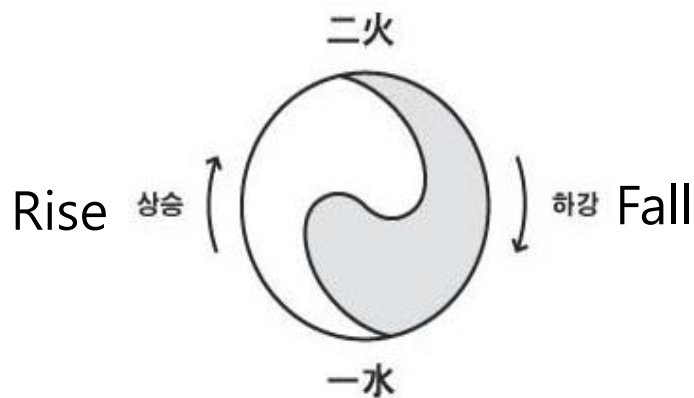


Blood flows up
to the head

혈액이 머리까지
올라간다



Warmth flows
down to the feet



Traditional Korean Medicine – Medicine of communion and communication

- As the earth and the sky commune and the atmosphere convects ~
- Upper and lower, inside and out, and both sides of the human body need to communicate ~
- Going beyond the physical body to mental, social, and spiritual relationship

Recognize the human body as a unified whole and see that intricately connected organs and tissues work together.

Mind and body relation(心身相關)medicine

Localization of the mind- ‘within the five viscera, we have found the mind’s place

Five viscera : Liver魂, Heart神, Spleen意, Lungs魄, Kidney志

- If the heart worries too much and is too thoughtful, it damages 神
- If the spleen feels alone and depressed, it damages 意
- If the liver provokes the inside with sorrow, it damages 魂
- If the lungs are joyful and there is no limit to the joy, it damages 魄
- If the kidney gets extremely angry and does not stop, it damages 志

‘excess of emotion brings about illness in the five viscera and the body.’

- 七情 : 희/喜, 노/怒, 우/憂, 사/思, 비/悲, 경/驚, 공/恐
- the seven emotions (of joy, anger, pensiveness, anxiety, sorrow, fright, and fear)

‘In oriental medicine, the mind and the body has always been one.’

"심신일여(心身一如)"

Emphasis on the unique traits of the individual (Constitutional Medicine)

- In Western medicine, same treatment is applied for the same illness, but in oriental medicine, the patient's individuality is the basis.
- Depending on whether the illness is a "deficient condition" or "excess condition", treatment is sometimes reversed.

“同病異治, 異病同治”

Prevention principles of traditional Korean medicine

Treating Sub-optimal Health Status

“A great doctor does not treat after the onset of illness, but treats before the onset.”

聖人不治已病，治未病 (소문, 四氣調神大論)

Usually, treating the illness after its onset is like (夫病已成而後藥之)
seeking peace after the war already happened(亂已成而後治之)
Like digging a well after becoming thirsty (譬猶渴而穿井)
Like producing weapons after the combat already began(鬪而鑄兵)
Is it not already too late if done like this? (不亦晚乎)

Emphasis on natural healing

The essence of oriental medicine is strengthening the natural healing ability that the individual Possesses -- that is, to provide enough strength to live.

- “The driving force in treating an illness is the patient himself, and the doctor only provides assistance.” (소문, 湯液醪醴論篇)
- “A dead person cannot be made alive. However, it is only that the doctor resuscitates a person who has strength left to live.” (편작)
- “A person who is alive can be killed, but a dead person (who is incurable) cannot be resuscitated.” (영추, 玉版篇)

Harmony = Health

“소위 平人(조화로운 사람)은 병에 걸리지 않는다.

병에 걸리지 않는 사람은
몸의 맥이 사계절에 순응하며,
자연과 인간의 리듬이 서로 호응하는 가운데
맥기(脈氣)가 왕래한다.

여섯 경맥이 막힘 없이 흐르며,
경맥의 시작(本)과 끝(末)이,
또한 그 차갑고 따뜻함이 적정하게 보존되어
육체의 기혈이 조화를 이룬다.

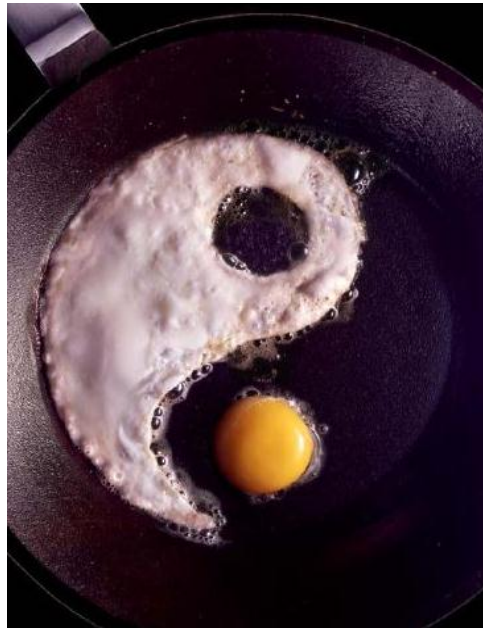
이와 같은 사람을 평인이라고 한다.”

<영추 종시편>

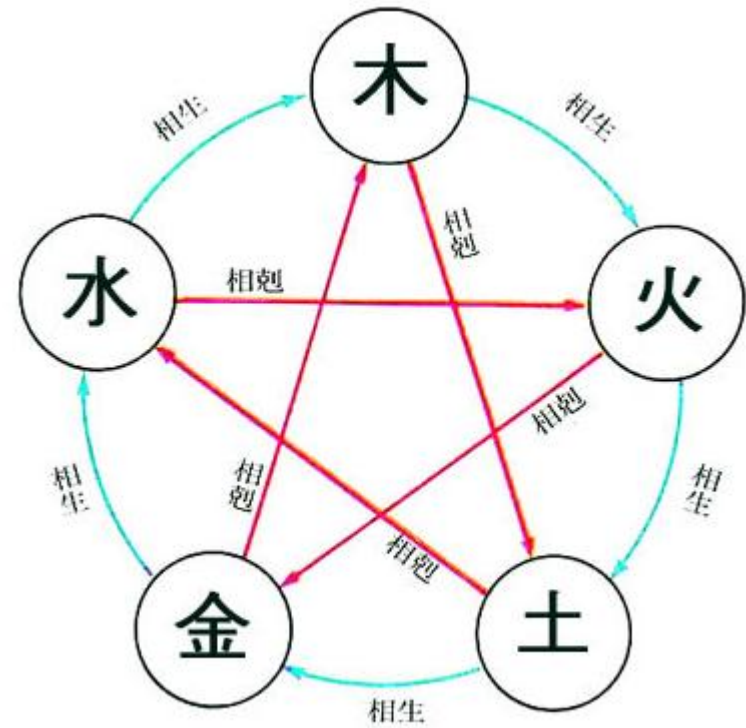
“음양화평지인(陰陽和平之人)”

Terminology

Yin-Yang



The five elements



Wood, Fire, Earth, Metal, Water

Yin and Yang & The five elements

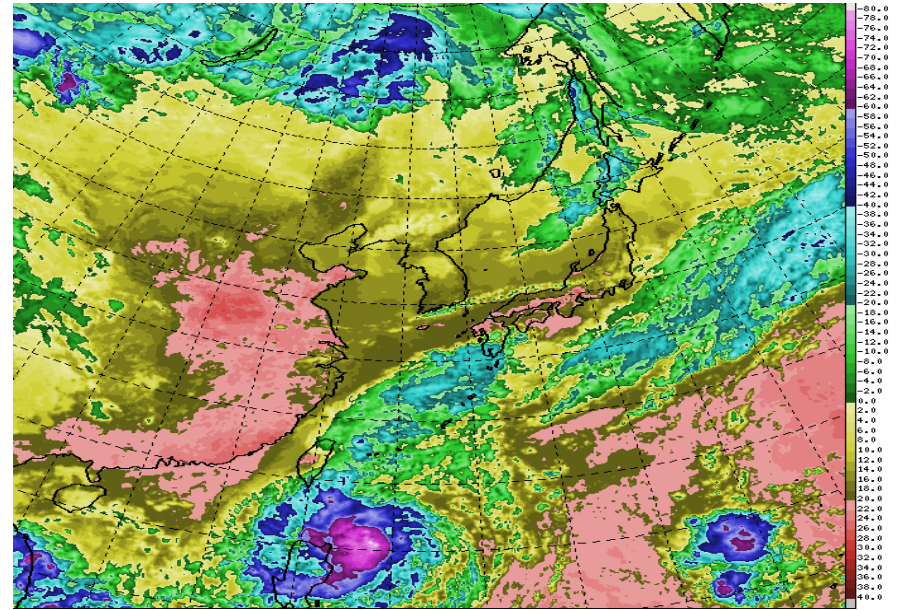
1. Yin and Yang

The concept of Yin-Yang is probably the single most important and distinctive theory of Oriental Medicine. That of Yin-Yang is extremely simple.

Yin and Yang represent opposite but complementary qualities. Each thing or phenomenon could be itself and its contrary.

Yin and Yang are two stages of a cyclical movement, one constantly changing into each other, such as the day giving way to night and vice versa. One cannot exist without the other. When one increases the other is consumed to preserve the balance.

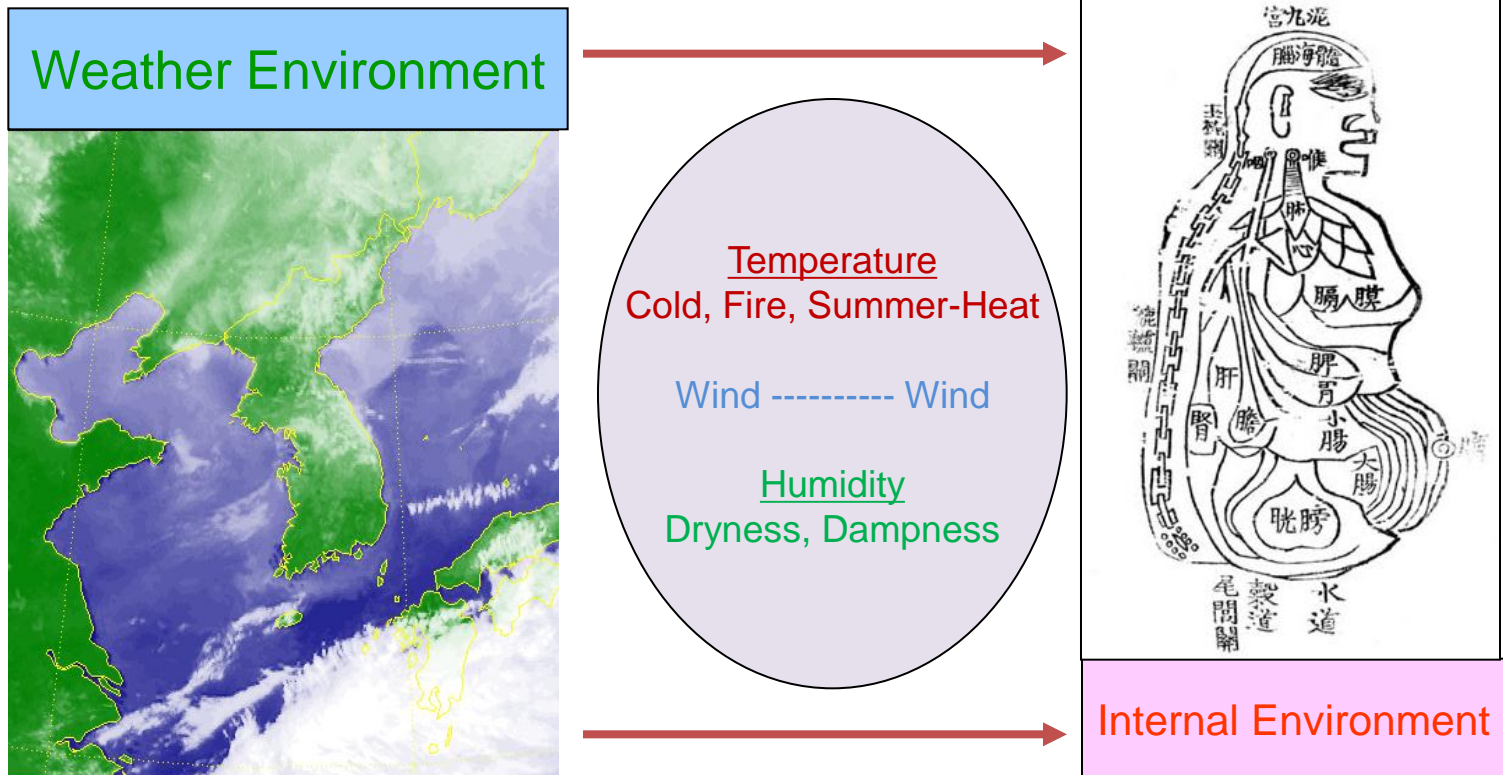
The Six Climates



Wind, Cold, Summer-Heat, Dampness, Dryness, Fire

Six climates of traditional Korean Medicine(六氣) → Geomedicine

- 風寒暑濕燥火(풍한서습조화)
 - Wind, Cold, Summer-Heat, Dampness, Dryness, Fire



Vital substances

Qi

Qi has been translated as energy, material force, vital force, vital power.

The functions of Qi are transforming, transporting, holding, raising, protecting.

Blood

Blood in Oriental medicine has a different meaning than Western medicine. Blood is itself a form of Qi.

The function of Blood are nourishing the body, moistening function, and it provides the material foundation for the body.

Essence

Essence of life is the essential substances constituting the human body and maintaining life activities.

In a broad sense, it generally refers to qi, blood, body fluid and essential substances from foodstuff. In a narrow sense, it refers to essential substance for reproduction, or congenital essence.

Body Fluid

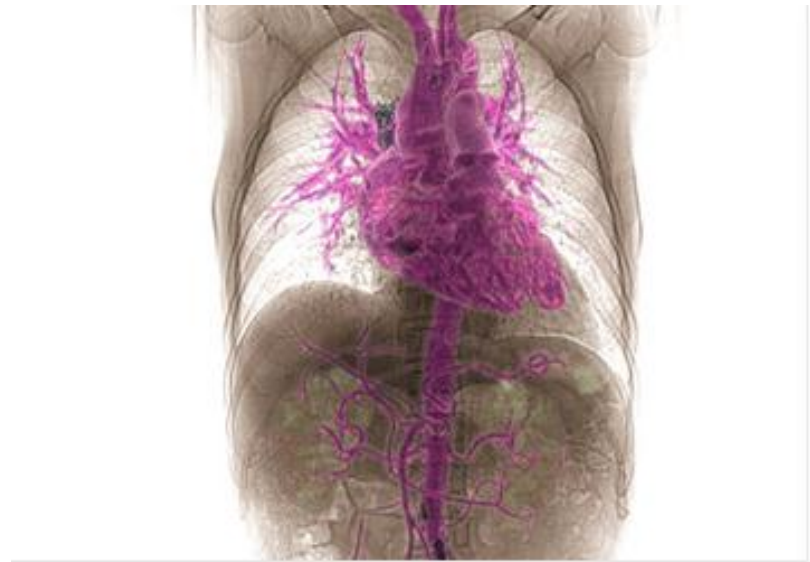
It refers to the components of body fluid which comes from water and food, and flows easily in the skin and muscles, accompanied by the qi of three-energizer, to nourish muscles and moist skin.

The Five Yin Organs

심(Heart), 간(Liver), 폐(Lung),
비(Spleen), 신(Kidney)

The Six Yang Organs

위(Stomach), 소장(Small Intestine),
대장(Large Intestine), 담(Gall Bladder),
방광(Bladder), 삼초(Trippl Burner)



Internal Organs~



Seven Emotions

노(怒)
Anger



Anger could lead to high blood pressure.

희(喜)
Joy



In TCM joy refers to a state of agitation or overexcitement.

사(思)
Anxiety



Anxiety can block the qi and manifest in rapid, shallow breathing.

우(憂)
Pensiveness



Too much intellectual stimulation can cause pensiveness.

비(悲)
Grief



Grief that remains unresolved can create disharmony in the lungs.

공(恐)
Fear



Fear that cannot be directly addressed is likely to lead to disharmony in the kidneys.

경(驚)
Fright



Fright can affect the kidneys if left unchecked.

Excess emotional activity causes severe **yin-yang** energy imbalances, wild aberrations in the flow of **blood**, **qi (vital energy)** blockages in the **meridians** and impairment of vital **organ** functions.

Meridian Theory

•What is the Meridian Theory?

The network that connects the internal organs to the whole body, as well as manages the connections between the organs, is the meridian system.

- 1.The concept of the meridians/channels
- 2.The composition/classification of the meridians
 - 12정경(the twelve regular meridians)
- 3.The function of the meridians
- 4.The cyclical flow of channels

Acupuncture Points

Figure 1: Anterior View of Meridians

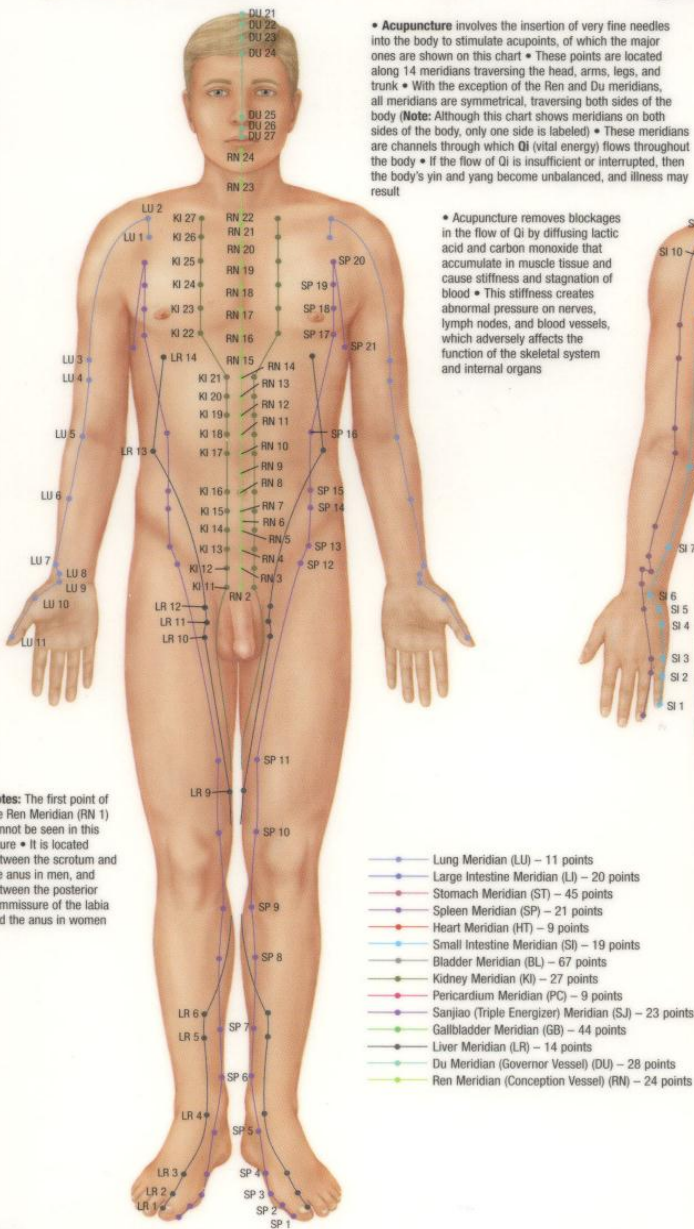
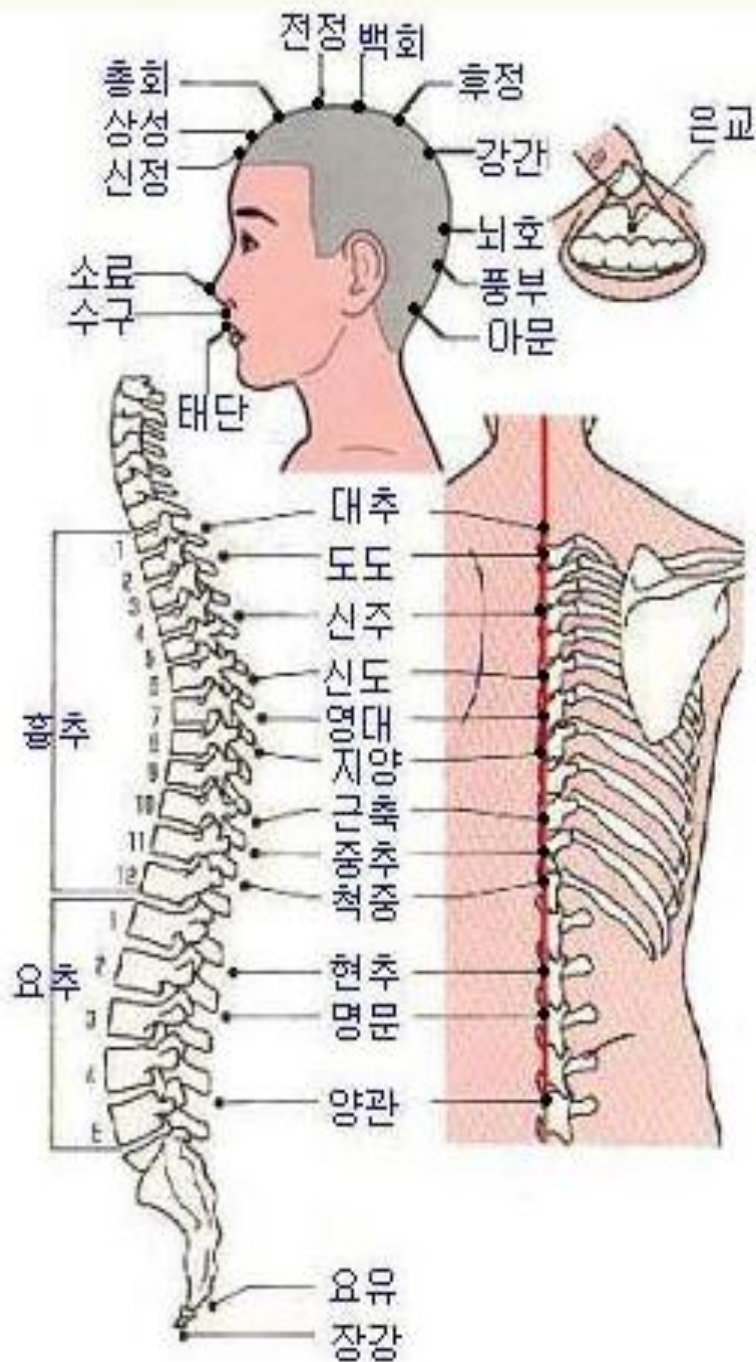
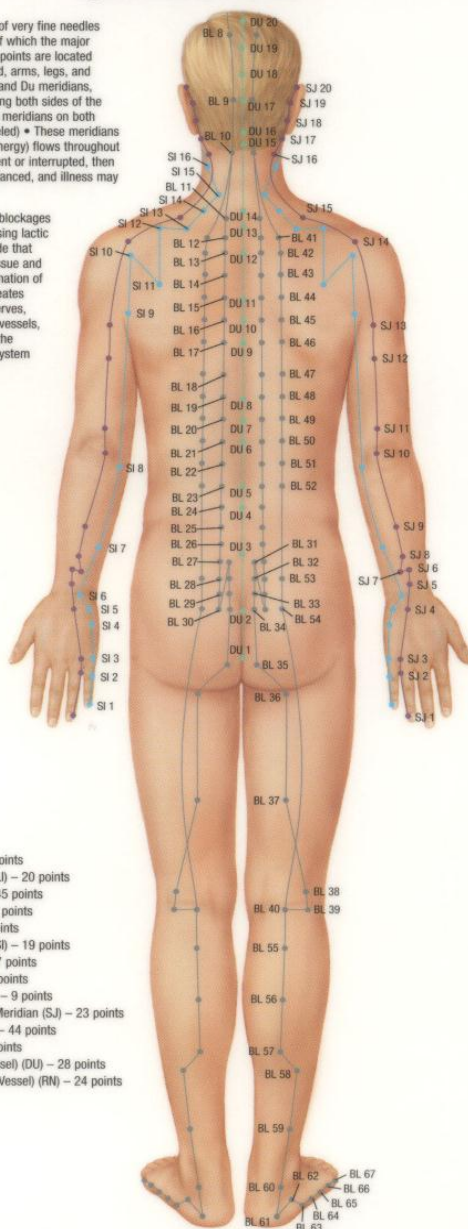


Figure 2: Posterior View of Meridians



Acupuncture points

- What are **acupuncture points**?

The point where meridian system pulses (경락맥) originating from various viscera meets the surface of the body – the entry/exit points that connect the outside with the inner parts of the body.

Acupuncture points (also called **acupoints**) are locations on the body that are the focus of acupuncture treatment. Several hundred acupuncture points are considered to be located along [meridians](#). There are also numerous "extra points" not associated with a particular meridian.

Diagnosis & Treatment

Diagnosis

1. Diagnosis by looking

- Spirit, Body, Demeanor, Face, Eyes, Skin, Tongue, Limbs, throat, Channels

2. Diagnosis by hearing, smelling

- Voices, Breathing, Cough

3. Diagnosis by asking

- Sweating, Sleep, Taste, Thirst and drink, Stools and urine, Chills and fever, Pain

4. Diagnosis by feeling

- Pulse diagnosis, Abdomen diagnosis

Pulse diagnosis



Pulse qualities

Floating pulse

Deep pulse

Slow pulse

Rapid pulse

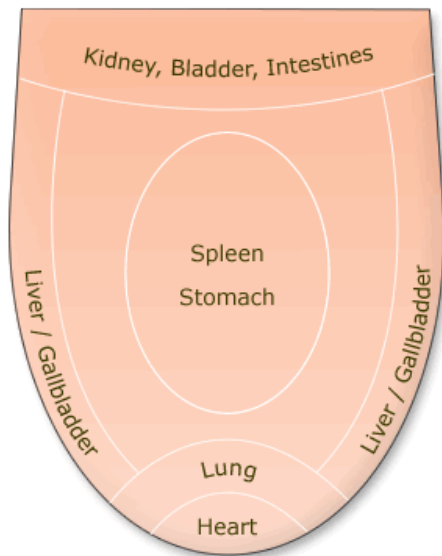
Slippery pulse

Choppy pulse

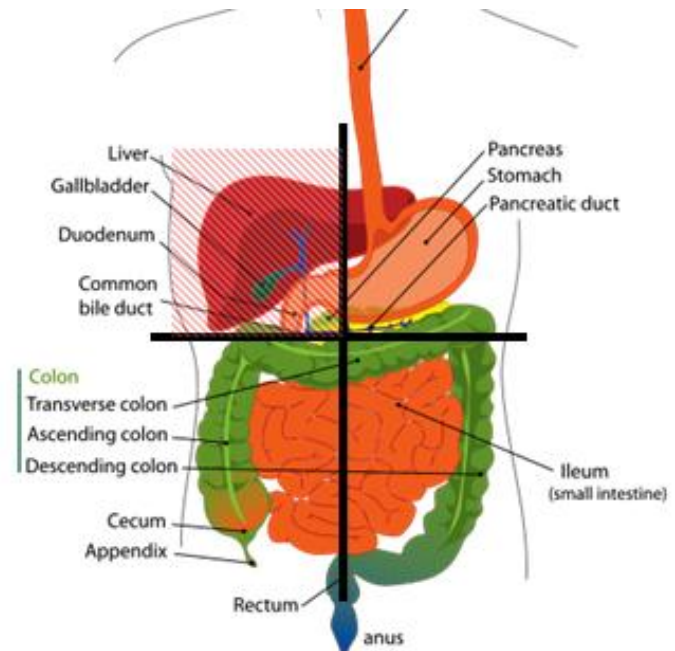
Tight pulse

Slow-down pulse

Tongue diagnosis



Abdominal diagnosis



The medical equipment

Yangdorak



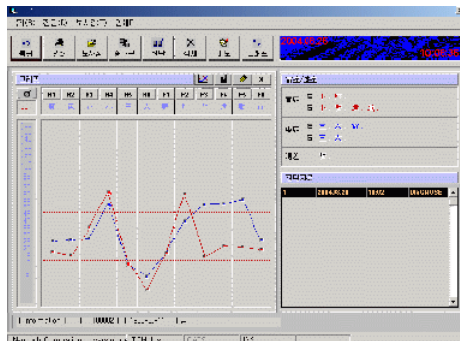
Meridian system Test



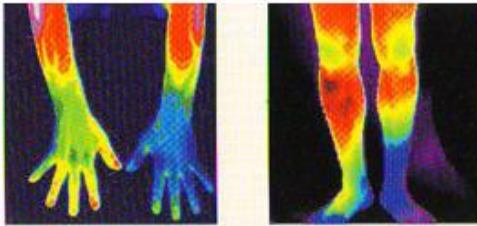
Pulsimeter



Sphygmoscope



Infrared thermographic imaging



Cerebral Blood Flow Test



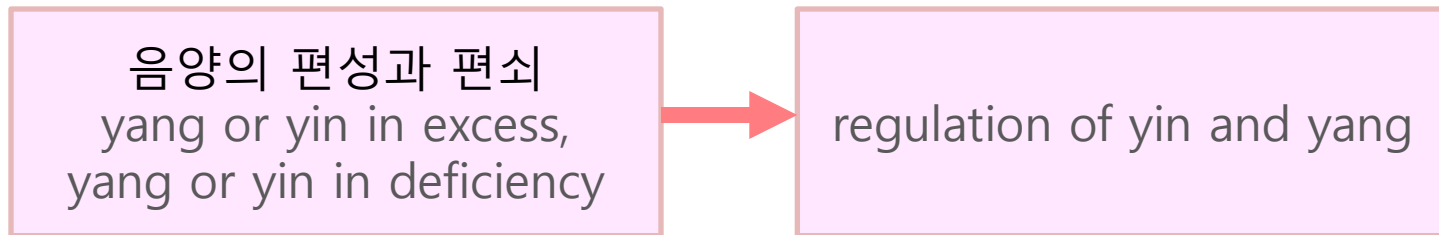
Body composition Test



General principles of treatment

1. 음양의 조절 (regulation of yin & yang)

-fundamental principle in clinical treatment



2. 부정거사(扶正祛邪)

-strengthening the body resistance and eliminating the pathogenic factors
-support upright Qi, expel pathogenic factors

3. 치병구본(治病求本)

-표(表)와 본(本): The Root and the Manifestation
-treat the root cause-distinguish the primary from the secondary

Syndrome

It refers to a group of interrelated symptoms appearing in a phase in the course of a disease.

A summary of specific step during the disease process; a correlated combination of various symptoms that are relatively stable and independent. This combination of symptoms is intrinsically related at a specific level, so it suggests the cause, development, location, and characteristics of the disease, as well as its development trend. It also provides the basis for the treatment.

Deficient condition

Excess condition

“허(虛)에는 보하고, 실(實)에는 사한다”

Add in the case of deficiency and remove in the case of excess

補其不足，瀉其有餘
(보기부족, 사기유여)

Therapeutic method

1. Reinforcing
2. Reducing
3. Warming
4. Cleaning
5. Ascending
6. Descending

The Constitution

Lee, Je-ma
Sasang Constitutional Medicine



1838~1900



Taeyangin



Soyangin



Taeumin



Soeumin

Sasang Constitutional Medicine

- Sasang Constitutional Medicine is Korea's own constitutional medicine which classifies human being into 4 types such as Taeyangin, Taeumin, Soyangin, Soeumin and presents different treatments according to constitution.
- It was originated by Lee Je-ma(1837~1900) in his medical writing <Dongyi Soose Bowon> in 1894.
- It is quite different from Traditional Chinese Medicine. TCM is based on Taoism and it explains all phenomena of human being with Yin-Yang and five phases ideas. And also it takes great importance in the harmony of human nature environment.

But Sasang Constitutional Medicine is based on confucianism and it understands everything with quaternary and it takes great importance in the harmony of social life. TCM has a structure of five viscera and six bowels, but Sasang Constitutional Medicine has a structure of four viscera; lung, spleen, liver, kidney and the heart which is a supreme ruler of other viscera.

Various Treatment

Acupuncture

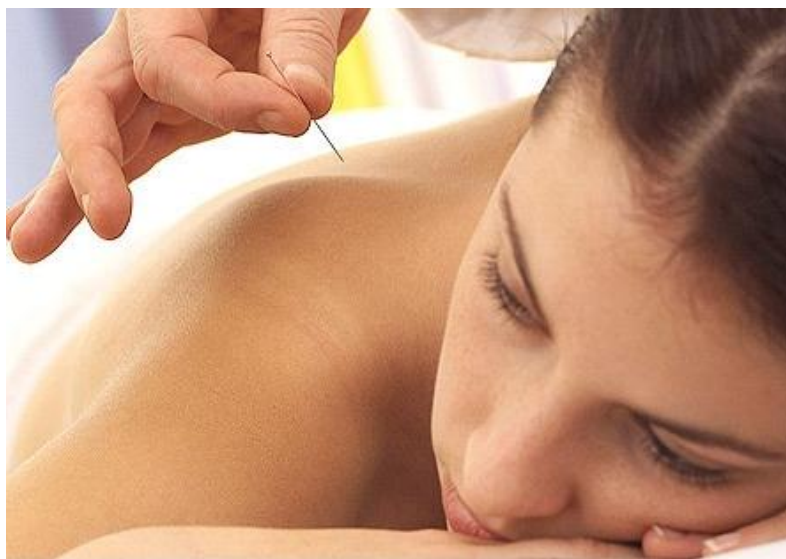


- Acupuncture is an oriental medicine that treats patients by insertion and manipulation of needles in the body. Its proponents variously claim that it relieves pain, treats infertility, treats disease, prevents disease, promotes general health, or can be used for therapeutic purposes. Different variations of acupuncture are practiced and taught throughout the world.
- Traditional acupuncture was developed prior to the understanding of human anatomy and cell theory upon which modern biology is based, and there is no anatomical or scientific evidence for the existence of qi or meridians; concepts central to acupuncture theory.

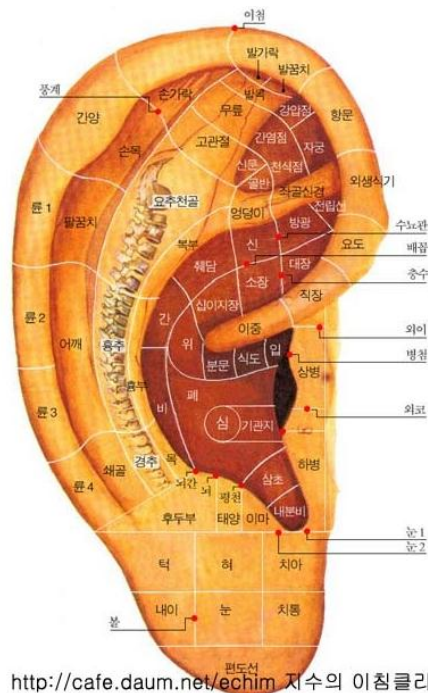
Various Acupuncture

- Acupuncture therapy decreases pain.

Body Acupuncture



Ear Acupuncture



<http://cafe.daum.net/echim> 지수의 이침클리닉

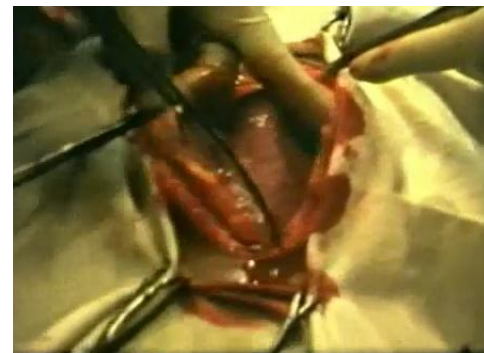
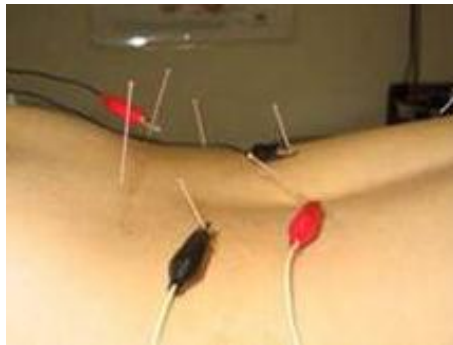
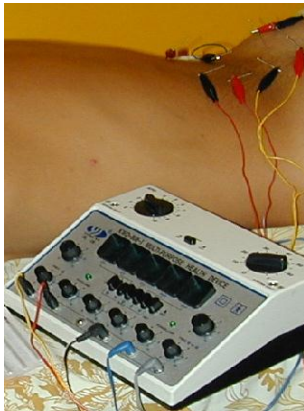
Electroacupuncture



Laser Acupuncture



Acupuncture Anesthesia



Injection of herbal extract



bee venom therapy



Fire Acupuncture



Saam acupuncture

Acupuncture



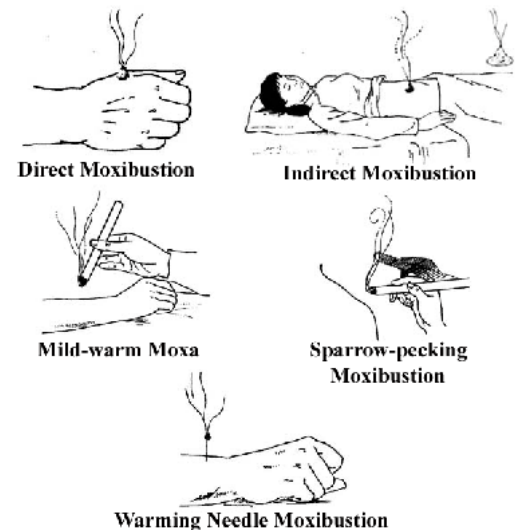
Eight Constitutional acupuncture

Needling Response



Moxibustion

Moxibustion is a [traditional asian medicine](#) therapy using *moxa*, or [mugwort herb](#). It plays an important role in the traditional [medical](#) systems of [China](#), [Japan](#), [Korea](#), [Vietnam](#), [Tibet](#), and [Mongolia](#). Suppliers usually use the mugwort and grind it up to a fluff; practitioners burn the fluff or process it further into a stick that resembles a [cigar](#). They can use it indirectly, with [acupuncture](#) needles, or sometimes burn it on a patient's skin.



Cupping Therapy

cupping is a method of applying acupressure by creating a vacuum on the patient's skin. The therapy is used to dispel stagnation—stagnant blood and lymph, thereby improving qi flow



Chuna, Tui-na

Chuna manipulation therapy (push-and-pull technique for spinal alignment) releases the tightened muscles and adjusts the spine.



Chuna Therapy

- Chuna is a kind of manipulation procedure in Oriental medicine, which includes soft tissue and joint manual therapy.
- Chuna therapy is defined to treat the human body by manipulating specific parts of the body(e.g. acupoint on skin, myofascial trigger point, spine and joints) to control the body's physiological and pathological conditions.
- Principle of Chuna is known as maintaining the body's balance by correcting musculoskeletal malposition and controlling internal energy. It also eases muscle and gives immediate relaxation to patients. Chuna therapy itself has neither side effects nor toxicity compared to medical therapy.
- Manual therapy is classified by joint manipulation procedures and soft tissue manipulation procedures.
- Indication of Chuna therapy is divided into musculoskeletal diseases and internal organic or systemic diseases.



Oriental Medicine Form

Decoction



Powder





Pill



Cheongsimhwan, Gongjindan

Syrup



Kyungokgo



Extract



Herbal Medicine which has anti-virus effect.

Bupleurum falcatum



Ledebouriella seseloides



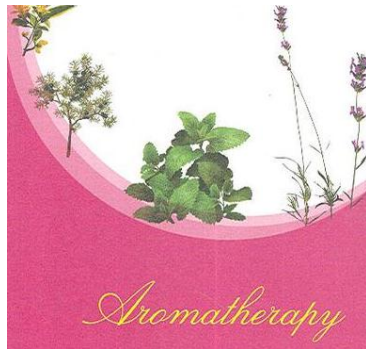
Scutellaria baicalensis



Mongolian dandelion



Aroma Therapy



Hydrotherapy



Exercise Therapy



t'ai chi ch'uan



qigong

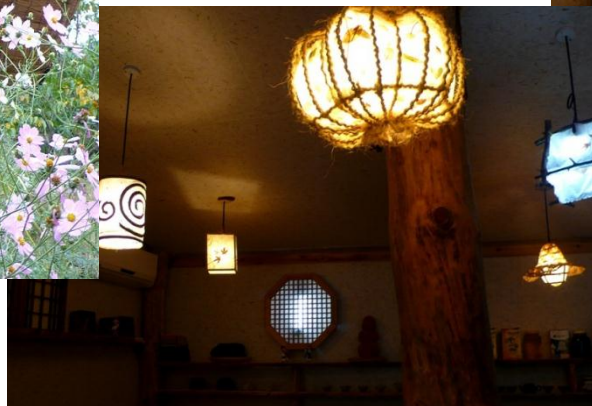
Oriental Medicine & Traditional Food











Oriental Medicine & Traditional Culture

Medicinal Herbal Tea

Omi ja Tea



Rice Punch



Persimmon Punch



Boiled pear preserved in honey



Cherry Fruit Salad





Health Check up + Oriental Medicine Program

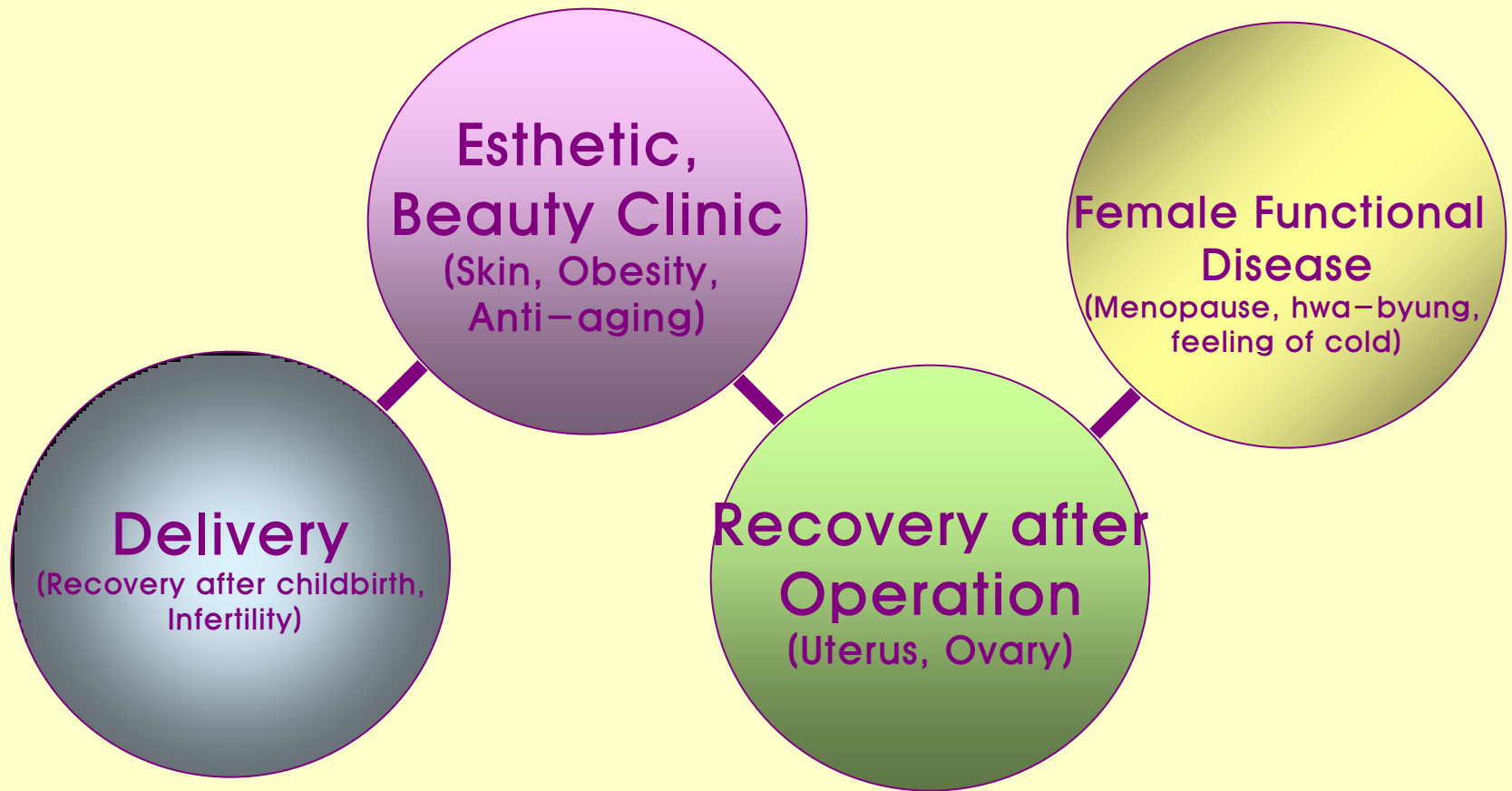
Disease Medicine → Health Medicine

HOSPITAL → HEALTH CARE CENTER

The person
who feels weakness
Without any diagnosis.

Personalized Health Clinic
→ VIP Patient

Women + Oriental Medicine Program











Thank you

빛과 바람 그리고 떠나고 싶을 때 떠나라
사진_ 행복한 감성여행자 JJ