



LESSON C.4

TRADITIONAL CHINESE MEDICINE

中医

ZHŌNGYĪ

REVISION C.3



- Share with the class a **memorable word or phrase** you have learned from the last lesson.
- Working as a pair, make up a **simple but meaningful dialogue** that must consist with the memorable words or phrases given by both of you.
- Below is an example:

fruit
水果
shuǐguǒ

eat egg friend rice
吃鸡蛋炒饭
chī jīdàn chǎofàn

我喜欢水果。
wǒ xǐhuān shuǐguǒ

我们先吃鸡蛋炒饭吧！
wǒmen xiān chī jīdàn chǎofàn ba

然后吃水果。
ránhòu chī shuǐguǒ



CLASSROOM ICE-BREAKER: WHAT DO THEY SAY?



我想你是对的。
wǒ xiǎng nǐ shì duì de



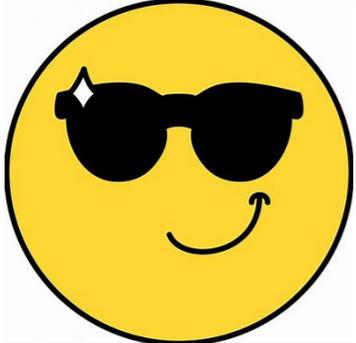
我还没说什么。
wǒ hái méi shuō shénme

我只是不想花时间.....
wǒ zhǐshì bùxiǎng huā shíjiān

DESCRIBE SOMEONE'S CHARACTER



形容人物性格 xíngróng rénwù xìnggé

					
自信 / 有信心 zìxìn / yǒu xìnxīn	谦虚 qiānxū	大方 dàfāng	独立 dúlì	勇敢 yǒnggǎn	有力 yǒulì

					
自卑 zìbēi	自大 / 骄傲 zìdà / jiāo'ào	自私 zìsī	粘人的 zhān rén de	胆小 dǎnxiǎo	弱 ruò

CLASSROOM EXERCISE: GUESS A FIGURE



猜一个人物 cāi yīgè rénwù

- Describe the character of the following figures and let others guess who that is.
- The rest of the group may ask questions.

A



B



C



D



E



F

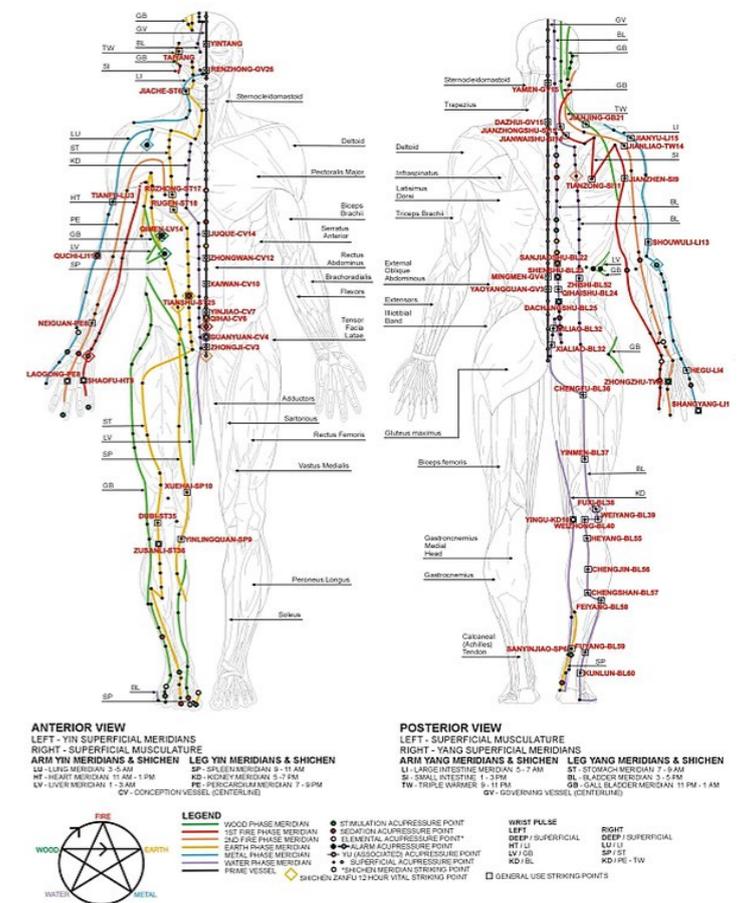




一颗宝石 yī kē bǎoshí

- Traditional Chinese medicine (TCM) is a **broad 广泛 (guǎngfàn)** range of **alternative 替代 (tìdài)** medicine practices based on a tradition of more than **2,000 years**.
- TCM has been used to treat countless conditions. Western scientists are still studying its effectiveness for various diseases.
- One of the basic principles is that the body's life force or energy "**qi**" 气 (**qì**) is circulating through channels called **meridians 经络 (jīngluò)** connected to bodily organs and functions. There is **no evidence** that meridians or vital energy exist.
- It has been described as **pseudoscientific 伪科学 (wèi kēxué)**, with the majority of its treatments having **no** known mechanism of action.
- Chinese President Xi Jinping strongly supported TCM, calling it a "**gem**" 一颗宝石 (**yī kē bǎoshí**).

Human body meridians



herbal medicine
 草药
 cǎoyào

acupuncture
 针灸
 zhēnjiǔ

tui na
 推拿
 tuīnā

cupping
 拔罐
 báguàn

qigong
 气功
 qìgōng

bonsetter
 跌打
 diē dǎ

diet
 饮食
 yǐnshí



- TCM's philosophy is based on Yinyangism, i.e., the combination of Yin Yang 阴阳 (*yīnyáng*) and Five Elements 五大要素 (*wǔdà yàosù*).
- The concept of yin and yang is applicable to the human body; for example, the **upper part** 上部 (*shàngbù*) of the body and the **back** 背部 (*bèibù*) are assigned to **yang**, while the **lower part** 下部 (*xiàbù*) of the body is believed to have the **yin** character.

Yin deficiency / vacuity-heat

虚热
xū rè

- heat sensations 热感 (*rè gǎn*)
- possible sweating at night 夜间可能出汗 (*yèjiān kěnéng chū hàn*)
- insomnia 失眠 (*shīmián*)
- dry pharynx 咽干 (*yàn gàn*)
- dry mouth 口干 (*kǒu gān*)
- dark urine 尿色深 (*niào sè shēn*)
- a fine and rapid pulse 脉搏细和快 (*màibó xì hé kuài*)

Yang deficiency / vacuity-cold

虚寒
xū hán

- aversion to cold 恶寒 (*wù hán*)
- cold limbs 肢冷 (*zhī lěng*)
- bright white complexion 面色鲜白 (*miànsè xiān bái*)
- long voidings of clear urine 小便清长 (*xiǎobiàn qīngcháng*)
- diarrhea 腹泻 (*fùxiè*)
- pale and enlarged tongue 舌质淡胖 (*shé zhì dàn pàng*)
- a slightly weak, slow and fine pulse 脉搏稍弱缓细 (*màibó shāo ruò huǎn xì*)

CLASSROOM DISCUSSION: ONE LYCHEE, THREE FIRES



一粒荔枝，三把火
yī lì lìzhī, sān bǎ huǒ



不要吃多，太熱气了！
bùyào chī duō, tài rè qìle

- **Balance 平衡 (píng héng)** between Yin and Yang is a key health concept in TCM.
- Those who have too much Cold in their body are said to either have a **yin excess 阴盛 (yīn shèng)** or a **yang deficiency 阳虚 (yáng xū)**.
- In Chinese culture, foods are allocated according to their 'energy' profiles - heaty (yang), neutral, cool (yin).
- Lychee is believed to have yang energy. Consume too much would cause **nosebleeding 流鼻血 (liú bíxiě)**.

- Can you tell yin and yang from these two groups of food?



CLASSROOM EXERCISE: FIVE ELEMENTS

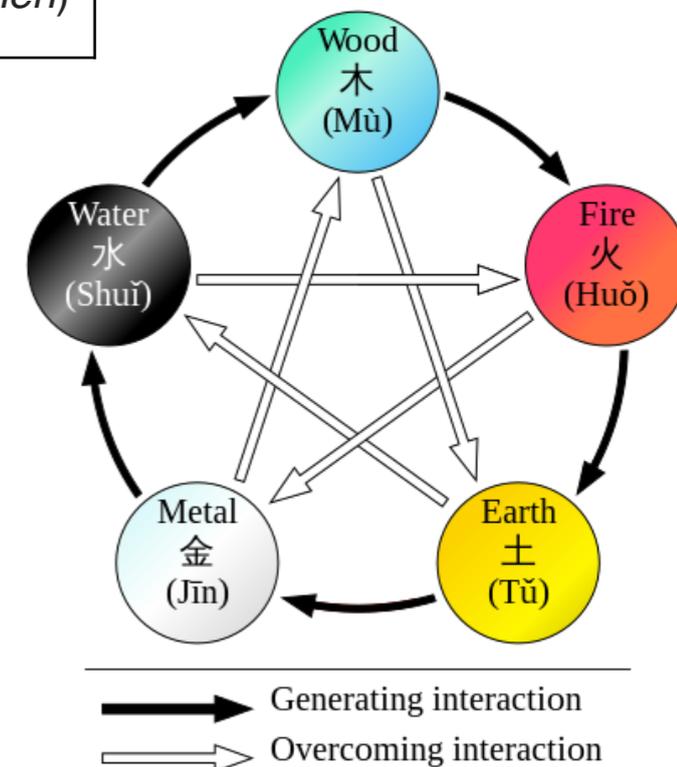


- Five Elements 五大要素 (*wǔdà yàosù*) is applied in TCM diagnosis and therapy.
- Strict rules are identified to observe the relationships between the Five Element in terms of sequence, of acting on each other, of counteraction, etc.

Phenomenon	Wood	Fire	Earth	Metal	Water
Direction	东 (<i>dōng</i>)	南 (<i>nán</i>)	中 (<i>zhōng</i>)	西 (<i>xī</i>)	北 (<i>běi</i>)
Colour	green/violet	red/purple	yellow/pink	white	black
Climate	wind	heat	damp	dryness	cold
Taste	sour 酸 (<i>suān</i>)	bitter 苦 (<i>kǔ</i>)	sweet 甜 (<i>tián</i>)	acrid 辛辣 (<i>xīnlà</i>)	salty 咸 (<i>xián</i>)
Zang Organ	Liver 肝 (<i>gān</i>)	Heart 心 (<i>xīn</i>)	Spleen 脾 (<i>pí</i>)	Lung 肺 (<i>fei</i>)	Kidney 腎 (<i>shèn</i>)

- Can you match each sense organ with the corresponding element:

木 <i>mù</i>	火 <i>huǒ</i>	土 <i>tǔ</i>	金 <i>jīn</i>	水 <i>shuǐ</i>
耳 <i>ěr</i>	鼻 <i>bí</i>	口 <i>kǒu</i>	舌 <i>shé</i>	眼 <i>yǎn</i>

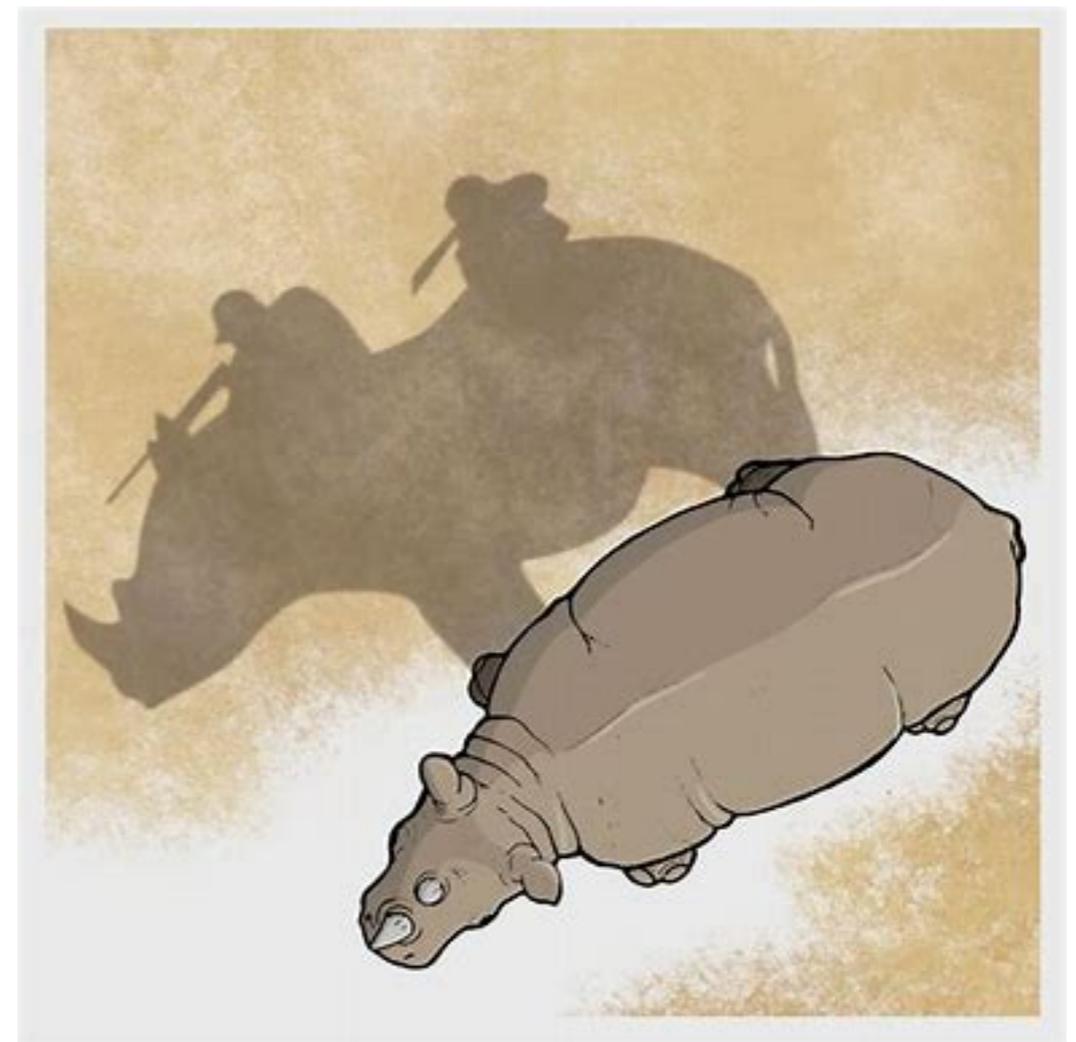




争议和批评

zhēngyì hé pīpíng

- There are concerns over a number of potentially **toxic plants** 有毒植物 (*yǒudú zhíwù*), **animal parts** 动物部位 (*dòngwù bùwèi*) and **minerals** 矿物 (*kuàngwù*) used by TCM.
- Trafficked and farm-raised animals used in TCM are a source of several **fatal zoonotic diseases**.
- There are additional concerns over the **illegal trade and transport of endangered species** 濒危物种 (*bīnwēi wùzhǒng*) including **rhinoceroses** 犀牛 (*xīniú*) for their horns and **tigers** 老虎 (*lǎohǔ*) for their bones, and the welfare of specially farmed animals, including **bears** 熊 (*xióng*).
- There is **no scientific evidence** 没有科学证据 (*méiyǒu kēxué zhèngjù*) of efficacy for tiger medicines.
- However, Chinese authorities have in recent years **cracked down on illegal smuggling** 非法走私 (*fēifǎ zǒusī*) of wildlife, and the industry has increasingly turned to cultivated **alternatives** 替代品 (*tìdài pǐn*).



SHARK FIN SOUP



11

鱼翅汤 yúchì tāng

- The shark fins have been a part of TCM for centuries. They are regarded as **beneficial for health** 对健康好 (*duì jiànkāng hǎo*).
- Shark finning is **banned** 禁止 (*jìnzhǐ*) in many countries, but the trade is thriving in Southeast Asia where the fins are part of shark fin soup.
- The shark fins provide **texture** 质地 (*zhídì*), while the **taste** 味道 (*wèidào*) comes from the other soup ingredients.
- It is commonly served at special occasions such as **weddings and banquets** 婚礼和宴会 (*hūnlǐ hé yànhuì*), or as a **luxury item** 奢侈品 (*shēchǐ pǐn*).
- It has been condemned by the Humane Society International, which states that approximately **72 million sharks** 鲨鱼 (*shāyú*) are killed each year for their fins.
- Shark fin soup **substitutes** 替代品 (*tìdài pǐn*) have lately appeared on the market.

不要，太残忍了！
bùyào, tài cánrěnle



味道还不错！
wèidào huán bùcuò



来多一碗！
lái duō yī wǎn



GOOD MEDICINE TASTES BITTER



12

苦口良药

kǔkǒu liángyào

- Apart from its literal meaning, it also implies that advice or criticism that is unpleasant to receive, but necessary or beneficial.



真苦啊!
zhēn kǔ a!



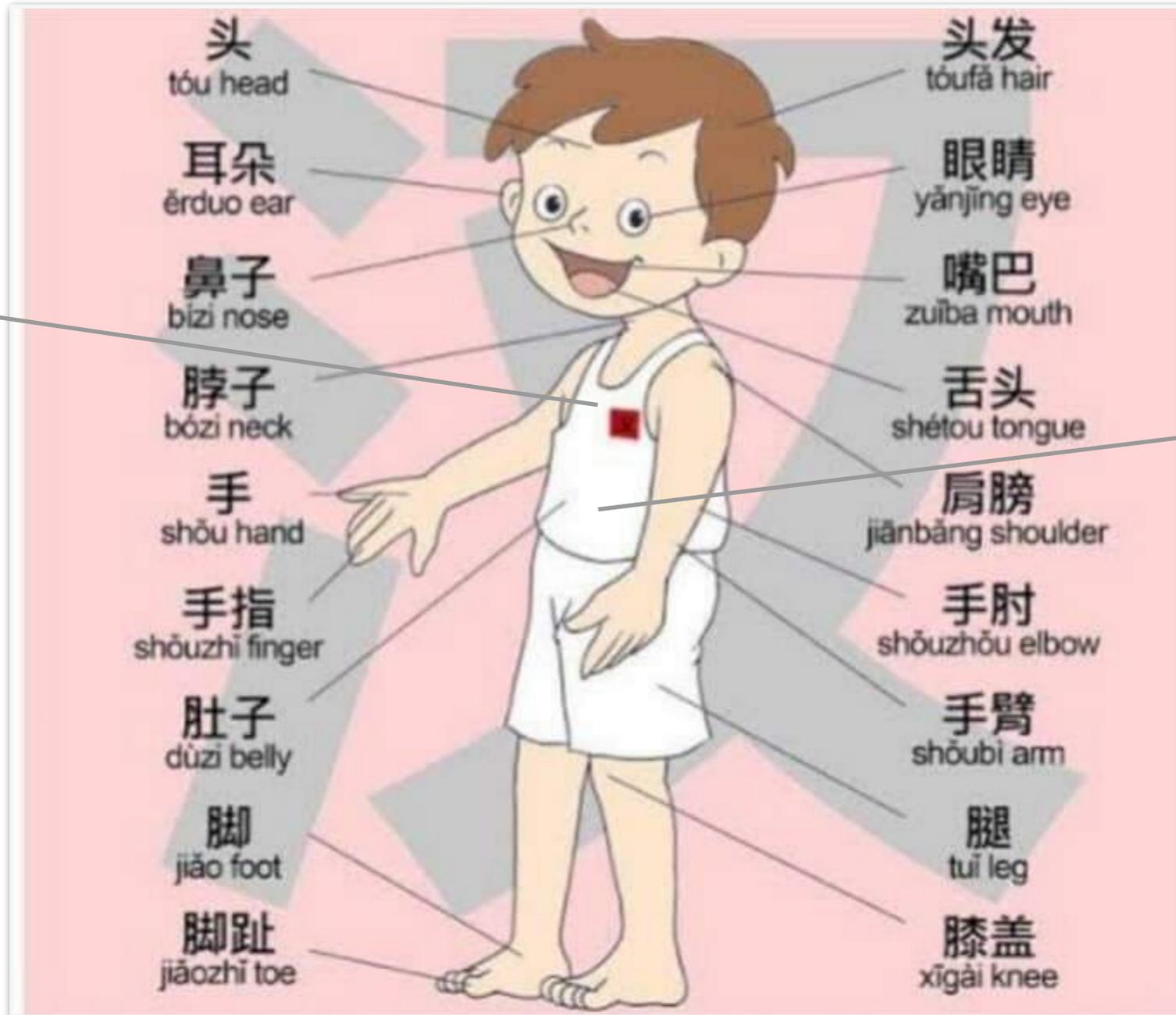
CLASSROOM LISTENING EXERCISE: MICRO-WORKOUT



微运动 wēi yùndòng

- Your tutor is going to give a set of simple instructions for seated workout 坐式运动 (zuò shì yùndòng).
- Try to follow as a group.

胸
xiōng chest



腹部
fùbù abdomen

CLASSROOM GAME: TRAITOR, WHO IS IT EXACTLY?



背叛者，究竟是谁？ *bèipàn zhě, jiùjìng shì shéi*

如何玩？ *rúhé wán*

- Amongst you lie a **"traitor"** 背叛者 (*bèipàn zhě*) who has been secretly pre-selected by your tutor. The rest of you are **"faithful"** 忠实的 (*zhōngshí de*).
- Your task is to **collectively determine** 一起判定 (*yīqǐ pàndìng*) who the "traitor" could be.
- You may ask each other questions. Make your judgment based on their **reactions** 反应 (*fǎnyìng*), **body language** 身体语言 (*shēntǐ yǔyán*), **eye contact** 眼神交流 (*yǎnshén jiāoliú*).

Why don't you speak out?
你为什么不出声?
nǐ wèishéme bù chū shēng



Are you snickering?
你在偷笑吗?
nǐ zài tōu xiào ma





背叛者仍在逃！ *bèipàn zhě réng zài táo*

你是不是背叛者？
nǐ shì bùshì bèipàn zhě

我是无辜的！
wǒ shì wúgū de

我没有说谎！
wǒ méiyǒu shuōhuǎng

你在骗我吗？
nǐ zài piàn wǒ ma

我说的都是真的！
wǒ shuō de dōu shì zhēn de

你在胡说吗？
nǐ zài húshuō ma



你有一张天使的脸。
nǐ yǒu yīzhāng tiānshǐ de liǎn

你看起来像魔鬼！
nǐ kàn qǐ lái xiàng móguǐ

你为什么不眨眼睛？
nǐ wèishéme bù zhǎ yǎnjīng

你眨眼睛眨不停！
nǐ zhǎ yǎnjīng zhǎ bù tíng