Tianjin University of Traditional Chinese Medicine

Trend in classification of integrative medicine and its usage in Republic of Serbia

- Traditional, alternative, complementary, integrative medicine and special point attention on Massage therapy

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Biography


I have studied since 2001 year master studies at Medical University of Kragujevac – Republic of Serbia and year 2007 have defend master thesis and granted title master of medicine.

From 2001 I have studied at Tianjin University of Traditinal Chinese Medicine - department of acupuncture & tuina. My studies are supported as Chinese Government Scholarship Council chose me to be selected candidate from Republic of Montenegro.
As a successful candidate 2007 year, again was granted by Chinese Government scholarship for PhD studies. Program include 1 year of studies of Chinese language and 3 years research studies in Tianjin University of TCM.

From 2007 until 2008 have studied Chinese language and from year 2008 started my PhD research program.

Have few published works in Republic of Serbia and was support person for realisation few projects head by UN medical programs in field of traditional medicine.
Modern medicine in present time is face with big difficulties in healing process. Today is in usage many systems of medicine but with different standard aproach as clinical usage. During last century as new age modern medicine has scientifically separated from other methods of healing which often is not possible to be explained in rational way.

WHO 1948 year make definition of Health like completely state of physical, mental and social wealth not only merely with absent of diseases.

Besides modern medicine – medicine based of facts which is in primary use in most countries exists other more or less known methods of treatments incorporated in modern medical systems and from my point of view require more detail explanation. Not conventional medicine with different names as: alternative, complementary, integrative, traditionaly, holystic, natural medicina become widely accepted around the world.
Defining context of unconventional medicine

- Traditional medicine is defined as health practice, approach, knowledge and believing in particular, as using plant, animal and mineral source, spiritual therapy, manual therapy and clinical usage used along or in combination, in purpose to treat, diagnose or do prevention all human been.

- Countries in Africa, Asia and Latin America using traditional medicine as primary heath care. In Africa 80% of population use traditional medicine as primary health care. In developed countries usage of traditional medicine is accepted as in different names like complementary or alternative medicine (CAM).

- TM(2) has high rate of usage in transitional countries as in developing countries. In Europe, North America, and other developed countries more then 50% of population used complementary or alternative medicine at least once. In Canada 70% of population used (CAM) more then once. In Germany 90% population used natural medicine, number of doctors who are trained on courses to use natural remedies is double amount in present time on 10800. In USA 158 000 000 adults use complementary.

- In developed countries traditional medicine is known in different names and I beleive should be explained in details.

- **Alternative medicine (3)** represent wide therapeutics and preventive health practise which doesnt follow generally accepted medical methods and not neccessary posses scientificaly explanation for its usage.
Complementary medicine (4) usually is not taught in Universities or official medical schools. It represents a wide number of healthcare systems and clinical practice which vary depending on cultural, social, economical or scientific reasons and because of these, it is not adapted in modern medicine. Complementary medicine is different from alternative medicine. Complementary medicine (5) is always used in combination with modern medicine, but in opposite, alternative medicine is used instead of modern medicine. One more term the most interesting for me is Integrative medicine.

Integrative medicine (6,34) is defined as a combination already proved and recognized modern medicine and (CAM) Complementary-Alternative medicine already scientifically explained and clinically used with proof of safety and effectiveness used together as equal parts of the treatment process.
In the world exists many various type of traditional medicines but by my believe are few most influential.

Ayurveda (the science of life) is a system of traditional medicine native to India and practised in other parts of the world as a form of alternative medicine. In sanskrit the word Ayurveda comprises the words ayus, meaning 'life' and veda, meaning 'science'. Evolving throughout its history, Ayurveda remains an influential system of medicine in South Asia. The earliest literature of Ayurveda appeared during the Vedic period in India. The Sushruta Samhita and the Charaka Samhita were influential works on traditional medicine during this era. Ayurvedic practitioners also claim to have identified a number of medicinal preparations and surgical procedures for curing various ailments and diseases.

Ayurveda is considered to be a form of complementary and alternative medicine (CAM) within the western world, where several of its methods—such as herbs, massage, and Yoga as exercise of alternative medicine applied on their own as a form of CAM treatment.

Root of Ayurveda science is connected with superior God Brachma bu beleiving of Indian people.
Ayurveda develop from its beginning of existence 2000 b.c.to period of Budha 520 b.c. and second phase from Prince Ashoka 304-320 a.d. as third phase from 375 a.d. when become dominant medical system in India until occupation from Great Britain.

In modern time Ayurveda Colleges exists and schooling is lasting 5 years lead to bachelor of medicine. Doctors are supervised and controled from Indian Bord of medicine.
Unani means “Greek", and has its origins in the Greek word Yonia placename given to a Greek populated coastal region of Anatolia.

It is used to refer to Graeco-Arabic or Unani medicine, based on the teachings of Hippocrates, Galen, and Avicenna, and based on the four humours: Phlegm, Blood, Yellow bile and Black bile.

Though the threads which comprise Unani healing can be traced all the way back to Claudius Galenus of Pergamum who lived in the second century of the Christian Era, the basic knowledge of Unani medicine as a healing system was developed by Hakim Ibn Sina (known as Avicenna in the west) in his medical encyclopedia The Canon of Medicine. The time of origin is thus dated at circa 1025 AD, when Avicenna wrote The Canon of Medicine in Persia. While he was primarily influenced by Greek and Islamic medicine.

In India, there are about hundred Unani Medical Colleges where Unani System of medicine is taught. It is a five and half year course and the graduates are awarded BUMS (Bachelor of Unani Medicine and Surgery) degree. There are about 10 Unani Medical Colleges where a Postgraduate degree is being awarded to BUMS Doctors. all these colleges are affiliated to reputed universities and recognized by the Government.
Traditional Chinese Medicine

Ancient (classical) TCM history

Much of the philosophy of traditional Chinese medicine derives from the same philosophy that inform Taoist and Buddhist thought, and reflects the classical Chinese belief that the life and activity of individual human beings have an intimate relationship with the environment on all levels.

In legend, as a result of a dialogue with his minister Qibo (岐伯), the Yellow Emperor (2698 - 2596 BCE) is supposed by Chinese tradition to have composed his Neijing Suwen (《内经·素问》) or Inner Canon: Basic Questions, also known as the Huangdi Neijing (Yellow Emperor's Inner Canon). The book's title is often mistranslated as Yellow Emperor's Classic of Internal Medicine. During the Han Dynasty (202 BC –220 AD), Zhang Zhongjing (張仲景/張仲景), the Hippocrates of China, who was mayor of Chang-sha toward the end of the 2nd century AD, wrote a Treatise on Cold Damage, which contains the earliest known reference to Neijing Suwen. Another prominent Eastern Han physician was Hua Tuo (c. 140 – c. 208 AD), who anesthetized patients during surgery with a formula of wine and powdered hemp.
Hua's physical, surgical, and herbal treatments were also used to cure headaches, dizziness, internal worms, fevers, coughing, blocked throat, and even a diagnosis for one lady that she had a dead fetus within her that needed to be taken out. The Jin dynasty practitioner and advocate of acupuncture and moxibustion, Huang-fu Mi (215 - 282 AD), also quoted the Yellow Emperor in his (甲乙经/甲乙經), ca. 265 AD. During the Tang dynasty, Wang Bing claimed to have located a copy of the originals of the Neijing Suwen, which he expanded and edited substantially. This work was revisited by an imperial commission during the 11th century AD. There were noted advances in Chinese medicine during the Middle Ages. Emperor Gaozong (r. 649–683) of the Tang Dynasty (618–907) commissioned the scholarly compilation of a materia medica in 657 that documented 833 medicinal substances taken from stones, minerals, metals, plants, herbs, animals, vegetables, fruits, and cereal crops. In his Bencao Tujing ('Illustrated Pharmacopoeia'), the scholar-official Su Song (1020–1101) not only systematically categorized herbs and minerals according to their pharmaceutical uses, but he also took an interest in zoology.
Contact with Western culture and medicine has not displaced TCM. While there may be traditional factors involved in the persistent practice, two reasons are most obvious in the westward spread of TCM in recent decades. Firstly, TCM practices are believed by many to be very effective, sometimes offering palliative efficacy where the practices of Western medicine fail or unable to provide treatment, especially for routine ailments such as flu and allergies, or when Western medicine fails to relieve patients suffering from chronic ailments. TCM has been shown to be effective in the treatment of chronic, functional disorders, such as migraines and osteoarthritis, and is traditionally used for a wide range of functional disorders. Secondly, TCM provides an alternative to otherwise costly procedures whom many can not afford, or which is not covered by insurance. There are also many who turn to TCM to avoid the toxic side effects of pharmaceuticals. TCM of the last few centuries is seen by at least some sinologists as part of the evolution of a culture, from shamans blaming illnesses on evil spirits to "proto-scientific" systems of correspondence, any reference to supernatural forces is usually the result of romantic translations or poor understanding and will not be found in the Taoist-inspired classics of acupuncture such as the Huang Di Nei Jing.
The term "TCM" describes the modern practice of Chinese medicine as a result of sweeping reforms that took place after 1950 in the People's Republic of China. The term "Classical Chinese medicine" (CCM) often refers to medical practices that rely on theories and methods dating from before the fall of the Qing Dynasty (1911). Advocates of CCM portray it as less influenced by Western and political agendas than TCM.

**Timeline**

The history of TCM can be summarized by a list of important doctors and books.

* **Huángdì nèijīng** (黃帝內經/黄帝内经) (Yellow Emperor's Inner Canon) - **Sùwèn** (素問/素問) and **Língshū** (灵樞/靈樞). The earliest classic of TCM passed on to the present.

* **Warring States Period** (5th century BC to 221 BC): Silk manuscripts recording channels and collaterals, **Zubi shiyi mai jiu jing** (足臂十一脉灸经/足臂十一脈灸經) (Moxibustion Classic of the Eleven Channels of Legs and Arms), and **Yinyang shiyi mai jiu jing** (阴阳十一脉灸经/陰陽十一脈灸經) (Moxibustion Classic on the Eleven Yin and Yang Channels). The latter was part of a cache of texts found in Mawangdui in the 1970s.
Han Dynasty (206 BC–AD 220) to Three Kingdoms Period (220 - 280 AD):

- **Zhenjiu zhenzhong jing (针灸枕中经/鍼灸枕中經)** (Classic of Moxibustion and Acupuncture Preserved in a Pillow) by Huà Tuó (华佗/華佗).

- **Shanghan zabing lun (伤寒杂病论/傷寒雜病論)**, which has since been split into two texts: the **Shānghán lùn (伤寒論/傷寒論)** ("Treatise on Cold Damage [Disorders]" - focusing on febrile conditions attributed to "Cold") and the **Jingui yaolue (金匮要略)** ("Essentials of the Golden Cabinet" - focusing on "miscellaneous illnesses") by Zhāng Zhòngjǐng (张仲景/張仲景).

Jin Dynasty (265-420) : **Zhēnjiǔ jiǎyǐ jīng (针灸甲乙经/鍼灸甲乙經)** (Systematic Classic of Acupuncture and Moxibustion) by Huángfǔ Mì(皇甫谧/皇甫謐).

Tang Dynasty (618–907)

- **Beiji qianjin yaofang (备急千金要方/備急千金要方)** (Emergency Formulas Worth a Thousand in Gold) and **Qianjin yifang (千金翼方)** (Supplement to the Formulas Worth a Thousand in Gold) by Sūn Sīmiao (孙思邈/孫思邈).

- **Waitai miyao (外台秘要/外臺秘要)** (Arcane Essentials from the Imperial Library) by Wang Tao (王焘/王燾)
Song Dynasty (960 – 1279):
- *Tōngrén shūxué zhēnjiǔ tújīng* (銅人腧穴針灸圖經/銅人腧穴鍼灸圖經) (Illustrated Manual of the Practice of Acupuncture and Moxibustion at (the Transmission) (and other) Acu-points, for use with the Bronze Figure) by (王惟一).

Yuan Dynasty (1271 to 1368): *Shísi jīng fāhuī* (十四經發揮/十四經發揮) (Exposition of the Fourteen Channels) by (滑壽).

Ming Dynasty (1368 to 1644): golden age of acupuncture and moxibustion.
- *Zhēnjiǔ dàchéng* (針灸大成/鍼灸大成) (Compendium of Acupuncture and Moxibustion) by (杨继洲/楊繼洲), completed in 1601.
- *Běncǎo gāngmù* (本草綱目/本草綱目) (Compendium of Materia Medica) by Lǐ Shízhēn (李時珍), the most complete and comprehensive pre-modern herbal book (completed in 1578).
- *Wényì lún* (溫疫論/溫疫論), by Wú Yǒuxíng 吴有性 (1642)
Qing Dynasty (1644-1912):

- **Yizong jinjian** (医宗金鉴/醫宗金鑒) (Golden Mirror of the Medical Tradition) compiled by Wu Quan (吴谦/吳謙) under imperial commission.
- **Zhenjiu fengyuan** (针灸逢源/鍼灸逢源) (The Source of Acupuncture and Moxibustion) by (李学川/李學川).
- **Wenre lun** (温热论/溫熱論), by Ye Tianshi (叶天士/業天士).
- **Wenbing tiaobian** (温病条辨/溫病條辨) (Systematized Identification of Warm-factor disorders) compiled by Wu Jutong (吴鞠通) in 1798

In modern times begin from Mao Ze Dong reactivation University of TCM started new era for Chinese medicine. Today education in Chinese Medicine lasting 5 years in Universities of Chinese Medicine and lead to bachelor of medicine.
Kampo

**Kampo** (or **Kanpō, 漢方**) medicine is the Japanese study and adaptation of Traditional Chinese medicine. The basic works of Chinese medicine came to Japan between the 7th and 9th centuries. Since then, the Japanese have created their own unique herbal medical system and diagnosis. Kampo uses most of the Chinese medical system including acupuncture and moxibustion but is primarily concerned with the study of herbs. Today in Japan, Kampo is integrated into the national health care system. In 1967, the Ministry of Health, Labour and Welfare approved four kampo medicines for reimbursement under the National Health Insurance (NHI) program. In 1976, 82 kampo medicines were approved by the Ministry of Health, Labour and Welfare. Currently, 148 kampo medicines are approved for reimbursement. In October 2000, a nationwide study reported that 72% of registered physicians prescribe kampo medicines.
As a part of traditional medicine as modern medicine massage widely spread as therapeutic method of healing around the globe. History of massage is very long and dating back to already named traditional medicines in this article.

Massage involves acting on and manipulating the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids. Target tissues may include muscles, tendons, ligaments, skin, joints, or other connective tissue, as well as lymphatic vessels, or organs of the gastrointestinal system. Massage can be applied with the hands, fingers, elbows, forearm, and feet. There are over eighty different recognized massage modalities. The most cited reasons for introducing massage as therapy have been client demand and perceived clinical effectiveness.
Ancient and medieval times

Writings on massage have been found in many ancient civilizations including Rome, Greece, India, Japan, China, Egypt and Mesopotamia. Hippocrates wrote in 460 BC that "The physician must be experienced in many things, but assuredly in rubbing."

The ancient Chinese book *Huangdi Neijing* by the Yellow Emperor traced back using of medical massage. There are more then 80 type of massage and separated manipulation and will list few of it:

Acupressure (a blend of "acupuncture" and "pressure") is a traditional Chinese medicine (TCM) technique derived from acupuncture. In acupressure physical pressure is applied to acupuncture points by the hand, elbow, or with various devices.
Indian Traction Massage in marma therapy given in Sreepathy cvn kalar for intervertebral disc prolapse
Ayurvedic massage
Ayurveda is a natural health care system originating in India that incorporates massage, yoga, meditation and herbal remedies. Ayurvedic massage, also known as Abhyanga is usually performed by one or two therapists using a heated blend of herbal oils based on the ayurvedic system of humors.

Balinese massage
Balinese massage techniques are gentle which makes the patient feel relax and calm throughout. The techniques include skin rolling, kneading, stroking, etc. The massage therapist applies aromatherapy oil throughout the massage. A patient's blood, oxygen and energy flow is said to increase as a result of the treatment. Balinese hot stones are an option

Lomi Lomi
Lomilomi is the traditional massage of Hawaii. As an indigenous practice, it varies by island and by family. Lomi Lomi practice by Kahunas (healers) in Polynesia and in Micronesia
Hilot

Hilot is an ancient healing technique from the Philippines that also includes massage techniques. The massage techniques relax stressed muscles. Hilot also includes joint manipulations to help relax stressed muscles.

Hilot encompasses a wide variety of techniques beyond the treatment of stressed muscles. Hilot is used to reset dislocated and sprained joints, diagnose and treat musculoligamentous and musculoskeletal ailments, and even to aid in giving birth and to induce abortion.
Myofascial release

Myofascial release refers to the manual massage technique for stretching the fascia and releasing bonds between fascia, integument, and muscles with the goal of eliminating pain, increasing range of motion and equilibrioception. Myofascial release usually involves applying shear compression or tension in various directions, or by skin rolling.

Reflexology massage

Reflexology is based on the principal that there are reflexes in the hands and feet that relate to every organ, gland, and system of the body.
Russian Massage

Russian Massage has three phases. The first phase is gentle, slow and mild. The second phase is hard, deep and fast. The third phase is similar to the first phase which is slow and gentle. The massage therapist applies honey.

Shiatsu

Shiatsu (指圧) ("shi" meaning finger and "atsu" meaning pressure.) is an eastern (oriental) born therapy that uses pressure applied with thumbs, fingers and palms to the same energy meridians as acupressure and incorporates stretching. It also uses techniques such as rolling, brushing, vibrating, grasping and in one particular technique developed by Suzuki Yamamoto, pressure is applied with the feet on the persons back, legs and feet (special set up is required for the "foot" shiatsu.)

Thai massage

Known in Thailand, Thai massage originated in India and is based on ayurveda and yoga. The technique combines massage with yoga-like positions during the course of the massage; the northern style emphasizes stretching while the southern style emphasizes acupressure.
**Traditional Chinese massage**

Main Two types of traditional Chinese massage are - Tui na (推拿) which focuses on pushing, stretching and kneading the muscle and Zhi Ya (指壓) which focuses on pinching and pressing at acupressure points. Both are based on principles from Traditional Chinese Medicine.

**Swedish massage**

Swedish massage uses five styles of long, flowing strokes to massage. The five basic strokes are effleurage (sliding or gliding), petrissage (kneading), tapotement (rhythmic tapping), friction (cross fiber)). Swedish massage has shown to be helpful in reducing pain, joint stiffness, and improving function in patients with osteoarthritis of the knee over a period of eight weeks. It has also been shown to be helpful in individuals with poor circulation. The development of Swedish massage is credited to Per Henrik Ling, though the Dutch practitioner Johan Georg Mezger adopted the French names to denote the basic strokes. The term "Swedish" massage is not really known in the country of Sweden, where it is called "classic massage".
Previous research of unconventional medicine usage

In P.R. China medical products based on natural remedies consists 30%-50% all medical usage by population.

In Gana, Mali, Nigeria and Zambia as first therapy in prevention of malaria in more than 60% is used herbal medicine.

Approximately 25% modern medicine is based on traditional remedies and source.

In Italy 200 is approved that 9 million Italians or 15% of all population used some of method unconventional medicineod in period 1994-1999 year. Homeopathy was most frequent method of usage or 8,2% followed by medical massage- manual therapy 7%, Herbal medicine 4,8% anacupuncture which has used 2,9% of all population of Italy. Main reason for usage was fear of toxicity of modern medicine. Dominant medical reason for its usage was pain.
Acupuncture and Chinese massage as unconventional medicine has proven in 60% of population of USA as effective in treating various diseases in research made in 2005 year.
Purpose of investigation in Republic of Serbia

This study aim is to found base about using unconventional medicine in Republic of Serbia. This study is first research and using own methodology investigating usage of unconventional medicine, effects, contraindications, price paided for treatments and most common method of unconventional medicine as who is giving treatment and treatment is prescribed where.

In South-East Europe this is first investigation of its type and searching this thematic.

This research with given datas will form base for interdisciplinary semestral science subject in Medical University of Kragujevac – Republic of Serbia about unconventional medicine and in future to create base for critical research about integrative medicine.
Summary

OBJECTIVE:
This research investigate prevalence of use of alternative way of healing in territory of Kragujevac city – Republic of Serbia. It was investigated motivations for use of these therapies, the most frequently used method of alternative-traditional medicine, the main health problem population associated with using abstract results consisted from 120 000 citizens.

METHODS:
Its socio-epidemic research based of Interview-Questionare. The presented data is based on fact of interview of 40 000 families approximetly 120 000 inhabitants of Kragujevac city – Serbia. Questionares was inserted and posted by mail from 01. 03. 2005 to 01. 06. 2005. Collecting data information was lasting until 01. 10. 2006.

RESULTS:
Under umbrella of this research , 67% of population has used some of unconventional therapies . Fitotherapy (herbal medicine) is most frequently used alternative therapy method (72,4% ) followed by acupuncture ( 9,9% ), manual treatments ( 8,3% ), bioenergy ( 3,6%).
The health problem most frequently treated by all kinds of alternative treatments was pain syndrome exactly back pain (8.40%) followed by sinus problems (6.55%), bronchial syndrome (3.27%), heart hypertension (2.73%), arthritis, allergy and influenza (2.18%).

The main reason for use alternative way of healing was unsatisfaction with therapy effect of conventional medicine (16.2%), followed by trust in alternative medicine (13.7%), advised by friends (8.7%) and natural based materials in alternative way of healing (6.2%).

Generally its positive attitude toward alternative medicine. After alternative therapy treatment, users characterize effect as very good 38.1% and good 37.1%.

**CONCLUSION:**
Based from result maded on 120 000 citizens of Kragujevac city this research showing similar tendency as other research maded in Europe. Phytotherapy (herbal medicine) is most frequently used alternative medicine method. Typical user is secondary school educated women aged 39-46 years old with no medical education.

**KEY WORDS:**
Traditional medicine, alternative therapy - Survey
Gender of participants

- Male: 65.60%
- Female: 34.40%
Level of education of participants

- 53.44%  
- 39.68%  
- 2.43%  
- 2.43%  
- 2.02%

- Primary school
- Middle school
- University
- Master degree
- PhD
Attitude toward unconventional medicine

- very good
- good
- neutral
- bad
- very bad
Do you think unconventional medicine have effect

- 16,00% no
- 84,00% yes
Number of participants and their diseases

<table>
<thead>
<tr>
<th>Disease</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Back pain</td>
<td>8.40%</td>
</tr>
<tr>
<td>Sinusitis</td>
<td>6.50%</td>
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<tr>
<td>Bronchitis</td>
<td>3.27%</td>
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<tr>
<td>Hypertension</td>
<td>2.73%</td>
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<tr>
<td>Arthritis</td>
<td>2.18%</td>
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</tbody>
</table>
Unconventional therapy effect

- 37.10% very good
- 38.17% good
- 17.74% average
- 2.69% week
- 0.00% no changes
- 4.30% got worse

no. 6
Diversity of therapy methods

1. Herb medicine
2. Bionergy
3. Acupuncture
4. Medical massage
5. Massage
6. Homeopathy
7. Manual therapy
8. Cosmodisc t.
9. Reiki
10. Aloya method
11. Su yok
12. acup.- su yok
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