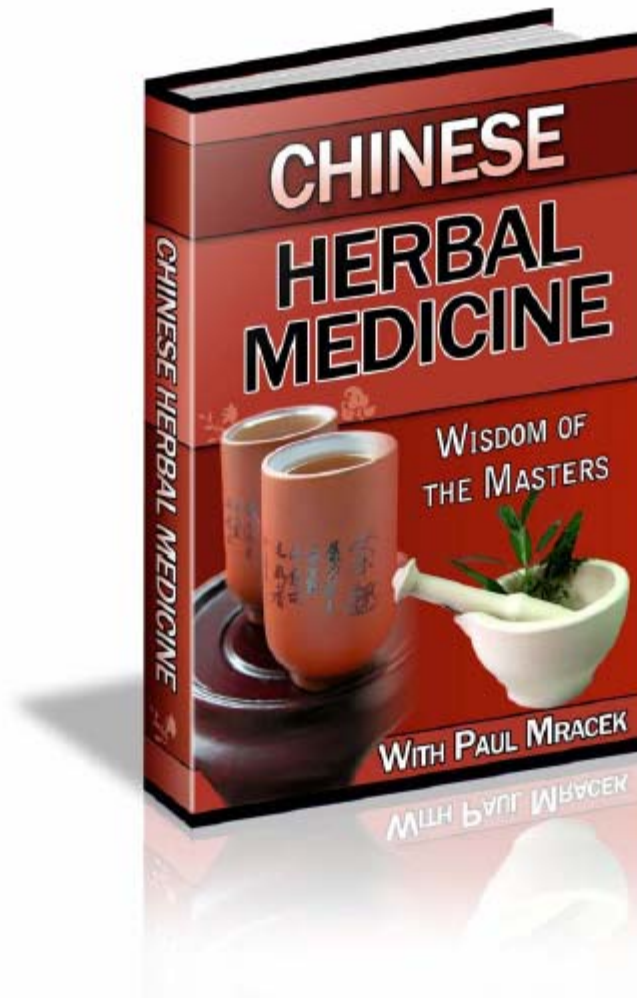


# Chinese Herbal Medicine



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With Paul Mracek

[www.lifebalancestartshere.com](http://www.lifebalancestartshere.com)

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## Introduction

The practice of Chinese herbal medicine is one of the oldest known healing cultures on earth. The very fact that it has lasted so long gives it credence. Although traditional Chinese herbal medicine has been around centuries longer, in the last four decades scientists from around the world have found that there is, in fact, sound scientific evidence of the medicinal value in the claims of the healing power of herbs that are used in the practice of Chinese herbal medicine.

For example: Drugs have been developed from schizandra fruits and licorice roots and many others to treat such ailments as asthma, hepatitis, hay fever, ephedra and even cancer.

There are more than three hundred herbs that are used today that have a history of more than 2000 years in the practice of Chinese herbal medicine. According to Chinese researchers, there is proof from clinical studies that there are many herbs that can increase the effectiveness of modern Western medicines and drug treatments, reduce their side-effects or even replace them.

Brewing a strong tea (that takes more than an hour) or making large pills that are bound together with honey are the two most common ways of administering herbs in China. The tea is a strong and awful tasting brew and the pills are huge and hard so swallow so ways that are more acceptable have had to be developed to administer herbal remedies.

All medicinal herbs are derived from wild or cultivated plants or from animals or minerals. There are estimated to be about 6000 herbs used in Chinese herbal medicine and of those about 1000 are from animals. Another 100 of the 6000 herbs come from minerals. Herbs are processed from their 'raw' form to a usable form in a lot of different ways. Some of them are processed according to ancient tradition while others are processed using modern methods.

Chinese herbal medicine is considered an 'alternative medicine' in the West and even in China it is not the first choice of medical treatment. It is, however, gaining or maybe regaining popularity in China and in the rest of the world.

# Causes of Disease

## (According to Chinese Herbal Medicine Beliefs)

According to the philosophy of Chinese herbal medicine the causes of disease are for either internal or external reasons. How serious and how long a disease will last is then determined by the patient's qi or chi.

External causes of disease are believed to be due to one of the six excesses. The six excesses are:

1.  
Wind
2.  
Dryness
3.  
Cold
4.  
Moisture
5.  
Fire
6.  
Heat

Internal causes of disease are believed to be caused by an excess of one or more of the seven emotions. The seven emotions are:

1.  
Joy
2.  
Anger
3.  
Anxiety
4.  
Brooding
5.  
Sorrow
6.  
Fear
7.  
Fright

Chinese herbal medicine holds that disease is caused by one or more of the above listed reasons because the qi or chi is disrupted by an excess. Chinese herbal medicine is one of very few doctrines that have long recognized that emotions can and do cause physical illness in humans. Western medicine has only recently begun to explore the relationship between mind and body and the relationship that each has on the well-being of the other.

We hope you enjoyed your taste of Chinese Medicine by Paul Mracek