

Combination of Chinese Traditional and Western Medicine Focuses on Doctors and Shows in Patients

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Abstract

Traditional Chinese and western medicine are two independent medical systems. Although the theory formation and treatment ideas are completely different, they are all different interpretations based on human movement. Traditional Chinese medicine is a theory formed by summarizing the experience, and western medicine is an interpretation of life activities based on modern technology. The theoretical experience of TCM can provide a direction for the research of western medicine and make up for the deficiency of the inexperience of western medicine. The advanced technology of western medicine can make TCM more objective and conducive to the dissemination and communication of TCM. The combination of traditional Chinese and western medicine is conducive to the development of medicine, and exploring the combination of traditional Chinese and western medicine is conducive to the rapid integration of medicine.

Keywords: integrated Chinese and western medicine, focus on doctors, show in patients

1. Introduction

The call of integrated traditional Chinese and western medicine has always been for a long time, and various ways and methods emerge in an endless stream. With the development and progress of science and technology, the integration of traditional Chinese and western medicine has reached a new stage. However, the standard of integrated Chinese and Western medicine is still unclear. What is the integration of Chinese and Western medicine, how to integrate Chinese and Western medicine, and how to do a good job of integrated Chinese and Western medicine need to be solved. We believe that the focus of the integration of Chinese and western medicine is the combination of the ability of doctors, and the combination of the different abilities of Chinese medicine and Western medicine is the basis of the combination. To find and solve problems in clinical practice, and the solution of patients with the optimal solution is the ultimate embodiment of the integration of Chinese and western medicine.

2. Chinese Medicine and Western Medicine Are the Two Different Languages that Describe the Human Body

2.1 TCM's Understanding of the Human Body

Traditional Chinese medicine is based on the daily life world know human life law, solve the problem of human health, in ancient Chinese "nature and humanity" philosophy for epistemology, "relationship" as the logical starting point, with integrity as the fundamental characteristics, with "image" or figurative concept for thinking elements, pattern reasoning as the main method, attaches great importance to the intuitive understanding, the characteristics of the dialectical thinking, the pursuit of heaven and man, shape and harmony. *Plain*

Question-Weather Tongtian Theory: “Yang is like the day and the sun.” Using the sun to describe the Yang qi of the human body, reflects the importance of Yang qi, and promote the human body movement, evaporation, warm function, reflects the idea of the unity of man and nature. By observing the law of Yang qi movement in nature, similar to the movement of the four seasons of the human body, *Plain question. On the four-qi tune spirit* puts forward the theories of spring, summer, autumn harvest, hiding in winter, Yang in spring and summer, and Yin in autumn and winter. *Lyu’s Spring and Autumn-Yuandao* clearly points out: “day and night, circle, 28 nights, zhen and horn, circle also; fine line four times, a up and down each encounter, circle also; cute, cute, born long, long and big, big, into is decline, decline is kill, kill is hidden, circle also.....” Based on the “Taoist temple”, traditional Chinese medicine put forward “the meridians epidemic, endless” (Plain question. Pain theory).

Six qi, also known as six evils, refers to the wind, cold, heat, wet, dry, fire, six different natural climate change. In the normal state, they will not cause disease, but when the climate changes violently, abnormal, and the human body’s healthy qi is insufficient, six evils will lead to the human body disease. The seven emotions mainly refer to the seven emotions of joy, anger, sorrow, thought, sorrow, fear, and shock. Traditional Chinese medicine believes that these seven emotions are closely related to the viscera of the human body. Under normal circumstances, the seven emotions is the normal mental activities of the human body, is the reaction to different things stimulated outside, will not cause the disease of the human body. But when these stimuli are too sudden, intense or long-term lasting beyond the scope of human physiological regulation, it will cause the disorder of the viscera qi and blood in the body, leading to the occurrence of disease, then the seven emotions become the pathogenic factor.

2.2 Western Medicine’s Understanding of the Human Body

Western medicine believes that the disease of the human body is the abnormal change of a certain structure or function within the body, which is a pathological manifestation, which can be determined by a series of detection means, examination data and signs of the disease. In the 19th century, with the development of bacterial theory and pathogen biology, biomedicine tried to classify diseases according to the biological characteristics of diseases themselves, which led to the generation of the International Classification of Diseases (international classification of diseases, ICD). It is its emergence that makes the connection between diagnostic labels, clinical findings and disease symptoms, and also has a great influence on western medicine to diagnose diseases from a biological perspective. It is under the influence of this biological perspective, western medicine from the things from the relevant context to know, the separation of phenomenon, and then from phenomenon to phenomenon of logical reasoning, think the human body is a closed and self-sufficient biological system, biomedical has been the disease from the patient’s body, separate detection of disease itself, medical inference and drug treatment (Chen Guochen, 2014). It always adopts this principle of separation, ignoring the concept of integrity, so the biomedical treatment is the disease itself rather than the patient.

2.3 The Common Basis of Traditional Chinese Medicine and Western Medicine Is the Movement of the Human Body

Although traditional Chinese medicine and western medicine are the medical theoretical systems produced by two different cultures, they share a common foundation — the movement of the human body. For women’s menstrual cycle, traditional Chinese medicine believes that the late period, the Yin long; menstrual interval, heavy Yin will Yang; during the early period, double Ninth; menstruation, double Ninth must Yin, the whole process is hidden-discharge-hide-discharge. Western medicine believes that in the later stage, the estrogen is gradually increased, and the endometrial hyperplasia increases; during the later stage, the endometrium changes from the hyperplasia stage; during the menstrual period, the estrogen and progesterone decreased and reach the minimum level, and the whole process shows the hidden-leak-hidden-leak-leak (Du Huilan, 2016). Traditional Chinese medicine believes that Yang deficiency is unable to promote the operation of water fluid, gather and become wet, water wet stay for edema, edema caused by Yang deficiency is generally the lower body below the waist. Western medicine thinks that when right heart failure, right ventricular beat dysfunction, the output of the heart is reduced, body circulation congestion, venous pressure rise will appear the edema of lower limb, serious will appear systemic edema. English and Chinese is two different ideological language, although with different pronunciation, grammar, composition, but they have a common carrier-material, is the different language description of the same thing, express the meaning of the similarities, so can provide a bridge for different language cultural communication, so as to achieve the purpose of communication, rich, innovation culture. Although traditional Chinese medicine and Western medicine have different theoretical systems and ways of thinking, they have the same research objects, so they have the basis of combination.

3. The Integration of Traditional Chinese and Western Medicine Focuses on Medicine and Appears in Patients

3.1 The Qualities that Doctors of Integrated Traditional Chinese and Western Medicine Should Have

Only doctors who are proficient in Chinese and western medicine at the same time have the basis of combination, because they can view problems in depth from two different perspectives of Chinese and western medicine, rather than stay on the surface of the problem and can not find the common point of combination.

Traditional Chinese medicine belongs to the category of natural science, but it also has the strong characteristics of social science. At the same time, it is also deeply influenced by the ancient Chinese philosophy. It is a medical system with natural science as the subject and multidisciplinary knowledge integration. In addition to the ancient philosophy of the construction of TCM theory system plays an important role, the ancient astronomy, meteorology, geography, phenology, agriculture, biology, mineralogy, botany, military science, mathematics, and brewing technology, smelting technology, etc., have the formation and development of traditional Chinese medicine theory system has played an important role in promoting. Those who combine traditional Chinese and Western medicine must possess the thinking of traditional Chinese medicine, advocate the unity of heaven and man, and proficiently apply and form their own unique theories after reading *Zhouyi*, *Huangdi Neijing*, *Treatise on Febrile and Miscellaneous Diseases*, *Neijing*, *Shennong Bencao Jing*, *Chinese Classics* etc; A doctor who can penetrate the essence of yin and yang, as well as the five elements; A doctor who can transform philosophical language into a simple and understandable scientific language.

Western medicine understands the human body from small to large, from local to whole, according to the molecular-cell-tissue-organ-system level, which requires strong and rigorous logical thinking. A Penicillium spore accidentally fell into the petri dish, after a period of time, found that there were no bacteria around it, after research and observation, it was found that Penicillium can produce a substance, and this substance can kill bacteria. Fleming named the substance penicillin and published the phenomenon in the British Journal of Experimental Pathology on February 13, 1929. Money and Flory continued to study penicillin for this phenomenon and applied it from theory to clinical practice. Therefore, Fleming, Money and Flry won the 1945 Nobel Prize in Physiology. Therefore, doctors of integrated traditional Chinese and western medicine also need to have the ability of logical integration from point to line, from line to surface, from two-dimensional to multi-dimensional, and to master the basic knowledge of specialized clinical practice.

3.2 Application of Integrated Chinese and Western Medicine in the Treatment of Diseases

From the perspective of the world, medicine is the experience accumulation of the people of all ethnic groups in the pursuit of health. It has a time-honored history, unique national nature and special regional nature. It is precisely because of regional reasons that they lead to the diversification of medical diagnosis forms and treatment of diseases in the world, but they are all designed to treat the same object “people” and achieve the same purpose of health. Although the forms are diversified, they all lead to the same destination. If western medicine is diagnosed as cervical erosion, traditional Chinese medicine is usually diagnosed as “with the disease” or “Yin itching”. Traditional Chinese medicine thinks or because of spleen deficiency, or because of kidney deficiency, or because of dampness and heat, syndrome differentiation and treatment. Western medicine believes that cervical erosion is the most common pathological change in chronic cervicitis. The erosion surface is covered by a complete columnar epithelium of the cervical canal, “occupying” the normal squamous epithelium. Treatment is mainly local, and physical therapy (including laser, freezing, infrared condensation, microwave, etc.) is the most commonly used and effective method. Its principle is to use a variety of physical methods to destroy the cervical erosion surface column epithelial destruction, so that its necrosis falls off, for the new squamous epithelium cover. According to the local anatomy of the cervix and the clinical process and characteristics of cervical erosion, traditional Chinese medicine selects simple preparations enough to destroy the columnar epithelium outside the cervix, with medicine (similar to the uterine cap), one-time medication can also achieve the expected effect (He Fengjie, 2008). Therefore, Chinese and western medicine can learn from each other in the treatment of diseases, taking their strengths, may create new ways more suitable for the human body.

4. The Prospect of Integrated Traditional Chinese and Western Medicine

4.1 Traditional Chinese Medicine Is the Concept Guidance of Western Medicine

Qian Xuesen said, “The future of medicine is the modernization of traditional Chinese medicine, not in any other way. The direction of human body science is traditional Chinese medicine, not western medicine. Western medicine should also go to the road of traditional Chinese medicine. (Qian Xuesen, 2008)” Dialectics of nature holds that practice determines understanding and is the basis of understanding. Traditional Chinese medicine is the science of studying human life, health and disease originated in ancient China, with rich clinical experience. *Huangdi Neijing* mainly summarizes the late neolithic to the third century BC of Chinese medicine medical experience and theory, at the same time absorb the astronomy, geography, calendar, psychology, etc., using the relevant knowledge of Yin and Yang, five elements, the theory of the unity of nature and man, the human physiology, anatomy, pathology, disease prevention, diagnosis and treatment has carried on the comprehensive elaboration. From the *Huangdi Neijing* to *Treatise on Febrile and Miscellaneous Diseases* and even the development of traditional Chinese medicine today, it has not been separated from the line of speculative

philosophy. While attaching great importance to clinical practice experience, TCM pays more attention to the accumulation of medical reasoning and philosophical thoughts, which all constitute the theoretical basis of TCM. Western medicine is a medicine produced in recent years. Although it has advanced research equipment and researchers, it is relatively lack in experience, so the philosophy and clinical experience of Traditional Chinese medicine can provide a new direction for the research of western medicine. Malaria is a disease caused by *Plasmodium falciparum* and has been threatening human life for thousands of years. After international attempts to eliminate malaria failed in the 1950s, malaria was raging again. This is largely attributed to the resistance of the parasites to antimalarial drugs, such as chloroquine, of the time. *Compendium of Materia Medica*: “*Artemisia annua*, malaria and cold heat”, after research found that the extract of *Artemisia annua* well inhibited the growth of parasites, but the extracted artemisinin is not effective. Ge Hong’s *Zhouhou Beiji Fang* mentioned: “*Artemisia annua* a hold, with two liters of water, extract juice, take it.” Tu Youyou and others were inspired to extract artemisinin at lower temperatures, and the extracted artemisinin played a good effect on *Plasmodium*. The study found that the *Artemisia annua* is the main active ingredient of *Artemisia*, with poor water solubility and decomposition above 60 degrees Celsius. Artemisinin effective monomer is a highly effective, quick effect and low toxicity antimalarial drug, completely different from the chloroquine-structured drug (Wang Jigang, Xu Chengchao, Wang Yanjun, Li Yujie, Tu Youyou, et al, 2019). Under the guidance of the theory of traditional Chinese medicine, borneol as reference drugs, different drugs have different effects on biological barriers (Zhang Liyuan, Li Yuanwen & Lin Huan’er, 2018).

4.2 Western Medicine Is the Driving Force of TCM

Qian Xuesen said, “The theory of traditional Chinese medicine is to organize thousands of years of theoretical experience with the framework of Yin and Yang and the five elements. This framework is useful because it clarifies the complex relationships, and on the other side it is limited because it is too rigid. (Qian Xuesen, 2008)” There is a certain reason to understand TCM from a philosophical perspective, but it lacks scientific interpretation. Therefore, in the eastern trend of Western learning, Chinese medicine is regarded as metaphysics, and even considered that Chinese medicine is a placebo, which is largely due to the lack of scientific interpretation. With the development of science and technology, the theory of TCM has been more and more scientifically verified under the research methods of Western medicine. Some methods of Western medicine have also played an important role in the development of TCM dissemination. The production of granule preparation, Chinese patent medicine and TCM injection facilitates the carrying and transmission of traditional Chinese medicine. To explore the effect of *Polygonum multiflorum* on liver mitochondrial energy metabolism mechanism in kidney Yin deficiency rats. Fifty SD rats were randomly divided into blank control group, model group, high, medium and low dose of kidney and Yin deficiency group. In the high, medium and low doses of kidney Yin deficiency, *Polygonum multiflorum* solution was administered gavage at 24,12, and 6g / kg for 3 months, and the blank control group and model group received gavage with the same volume of 0.9% sodium chloride solution every day. At the end of the experiment, rat liver mitochondria were prepared by cutting the liver, and the effect of multiflorum on liver mitochondrial energy metabolism of succinate ohydrogenase (SDH), total mitochondrial adenylate content (TAN) and energy load (EC) levels were examined. Results: SDH, TAN and EC were significantly decreased in the model group ($P < 0.05$); SDH, TAN and EC increased in each treatment group ($P < 0.05$). Conclusion: Liver mitochondrial energy metabolism disorder in rats with kidney Yin deficiency (Zhang Liyuan, Li Yuanwen & Lin Huan’er, 2018).

5. Summary

Tai Ji said “Big without outside, small without inside”, *Plain Question·Yin and Yang Separation Theory* said: “Yin and Yang can be counted up to ten, pushed up to a hundred, counted up to a thousand, pushed up to ten thousand, and tens of thousands are too large to be counted, but they must be one.” Qian Xuesen said: “From the point of view of human science, traditional Chinese medicine has many better places than western medicine, but the future medicine must be concentrated medicine, western medicine and various ethnic medicine in a furnace of new medicine. (Qian Xuesen, 1988)” The integration of traditional Chinese medicine and western medicine is not equal to the superposition of traditional Chinese medicine and western medicine. The simultaneous application of simple traditional Chinese medicine and western medicine is not the integration of traditional Chinese medicine and western medicine. We should take the essence from the common points, take the advantages from the different points, and develop in coordination, so as to finally achieve $1+1 < 1$ in consumption and $1+1 > 2$ in efficacy. This is the goal of the integration of traditional Chinese medicine and western medicine. How to express the experience and philosophy of traditional Chinese medicine with the science and technology of western medicine, the level of expression, whether it is accurate, whether there is innovation in inheritance, whether it can be applied to clinical, and how the clinical effect depends on the professional quality and cultural heritage of the doctors of integrated traditional Chinese and western medicine.

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