

# **What is Oriental Medicine**



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# **Introduction**



**Within Asia, the regions of West, Central, and East Asia all have their own specific forms of traditional medicine. In recent years, Asian medicine has often been termed “Oriental Medicine,” but the word “Orient” originally referred to the West Asian region.**

# **Introduction 2**



**In 2007, the World Health Organization defined ‘Oriental Medicine’ as ‘a general term for traditional medicine practiced in East Asian countries, e.g., Japan and Korea. This definition is ambiquity. I would like to discuss the nature of Oriental Medicine.**

# Main Text



The concept of *Qi* (氣) is common to all regions of Asia. It is equivalent to *prana* (氣), a term encountered in the Indian philosophical writings of the “Upanishads” and “Vedas”, and closely resembles the *Qi* (氣) seen in Chinese medicine before its systematization during the Han dynasty.

# Main Text 2



***Qi*(氣) is regarded as underlying the entire universe, and in terms of the human body it is used as a term to express the action of the *kokoro* (mind/heart/spirit 心). It is also regarded as the “breath(呼吸)” connecting the universe and humanity.**

# Main Text 3



In Asia, the stability of the *kokoro* (mind/heart/spirit 心) is the source of health, underlying the conception of disease (*byōki* 病氣) as a disorder (やまい・病) of the *kokoro* (mind/heart/spirit 心).

# Discussion



Medical treatment of Orient is a form of treatment that seeks to correct imbalances in the body that arise due to disturbances of the *kokoro* (mind/heart/spirit 心・こころ). Acupuncture and moxibustion can be regarded as therapies that aim to correct the balance between *karada* (body からだ・身体) and *kokoro* (mind/heart/spirit 心・こころ).

# Conclusion

**Oriental medicine is the medical science of *Qi*(氣). Oriental medical science is an academic discipline that studies empirical treatment based on the underlying concept that disorders initially arise in the *kokoro* (mind/heart/spirit 心・こころ), resulting in the appearance of disease in the *karada*(body からだ・身体).**