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Primary Care Network

We make a difference in people's lives
through excellent patient care

Marrying "Yin and Yang" with Evidence-Based Medicine – A Paradox or an Emerging Reality!

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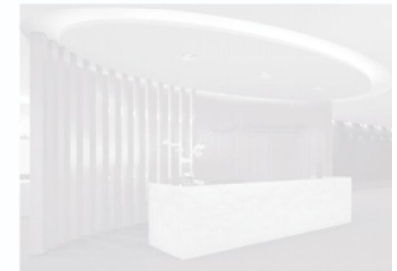
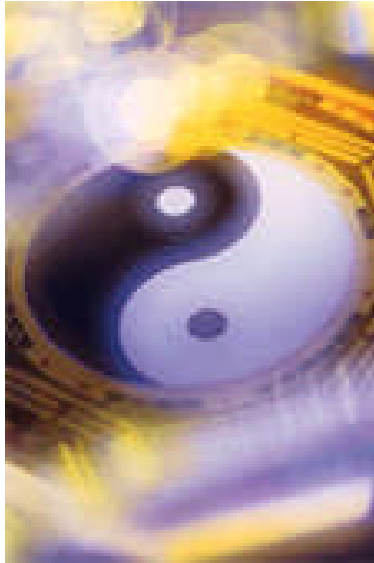
Role of TCM in Singapore

- Population of Singapore
 - Chinese 77%
 - Malay 14%
 - Indian 8%
 - Others 1%
- Western medicine is the main form of health care
- TCM is used as a complementary role

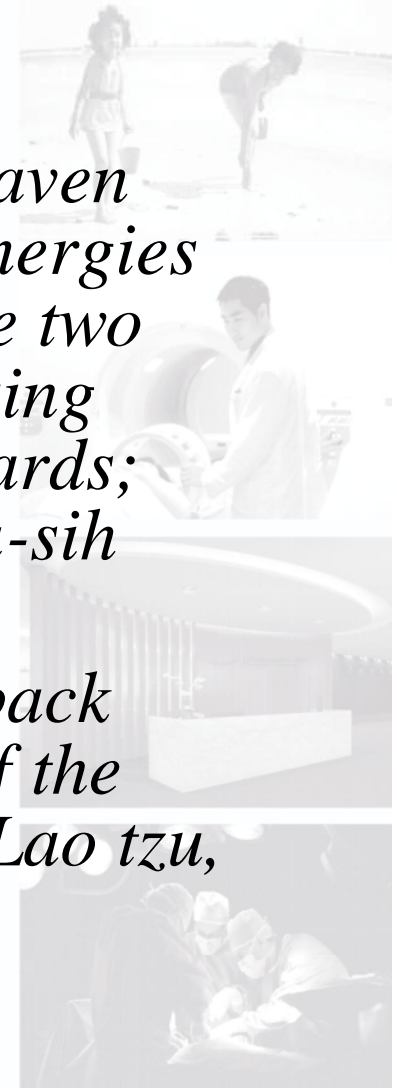




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- *The Great One produces the two poles (Heaven and Earth), which in turn give rise to the energies of the dark (**yin**) and the light (**yang**). These two energies then transform themselves, one rising upwards, and the other descending downwards; they merge again and give rise to form. (Lu-sih ch'un-ch'iu - Spring and Autumn Annals)*
- *The created universe carries the **yin** at its back and the **yang** in front; Through the union of the pervading principles it reaches harmony. (Lao tzu, Tao-te ching)*



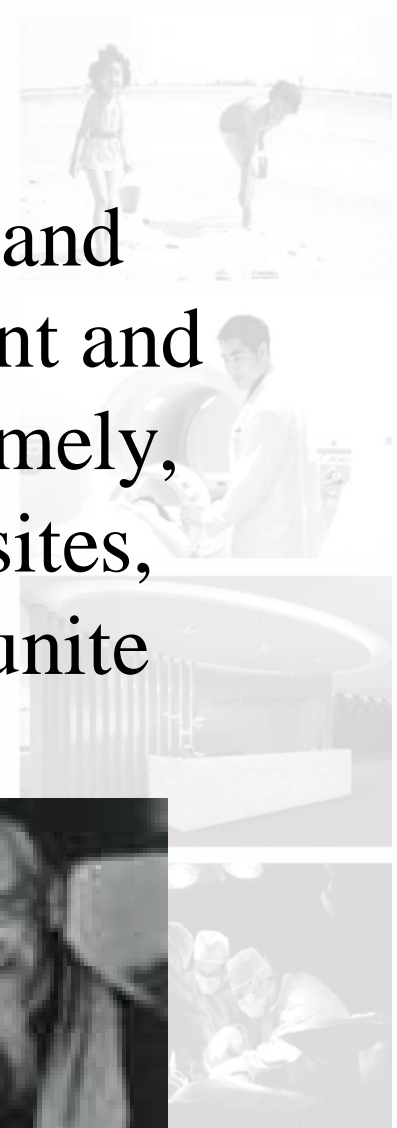
Gottfried Leibniz, 1670

Reality cannot be found except in One single source, because of the interconnection of all things with one another. ... I maintain also that substances, whether material or immaterial, cannot be conceived in their bare essence without any activity, activity being of the essence of substance in general



Lama Govinda

Transformation contains both change and stability, plurality and unity, movement and constancy. It has the nature of life, namely, to connect organically the polar opposites, the stumbling blocks of logic, and to unite them in an all embracing rhythm.



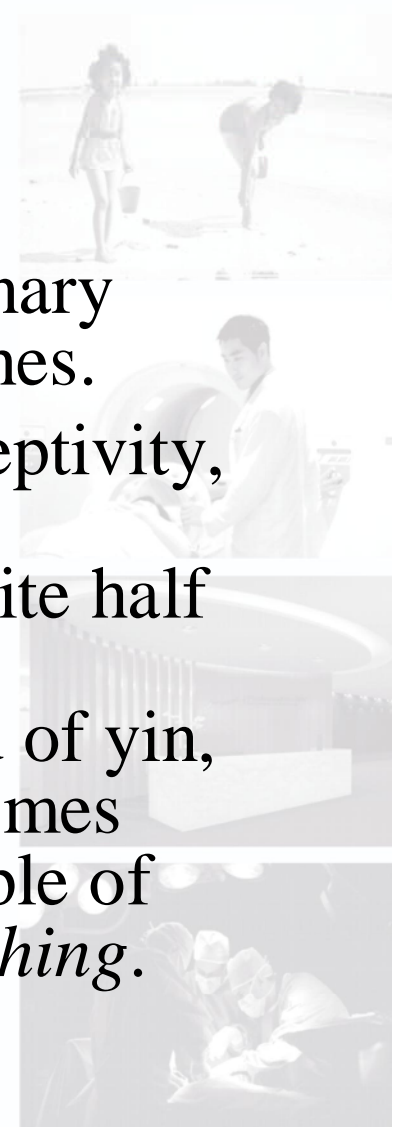
Erwin Schrodinger

- The world is given to me only once, not one existing and one perceived. Subject and object are only one. The barrier between them cannot be said to have broken down as a result of recent experience in the physical sciences, for this barrier does not exist.



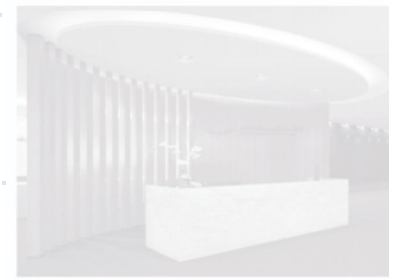
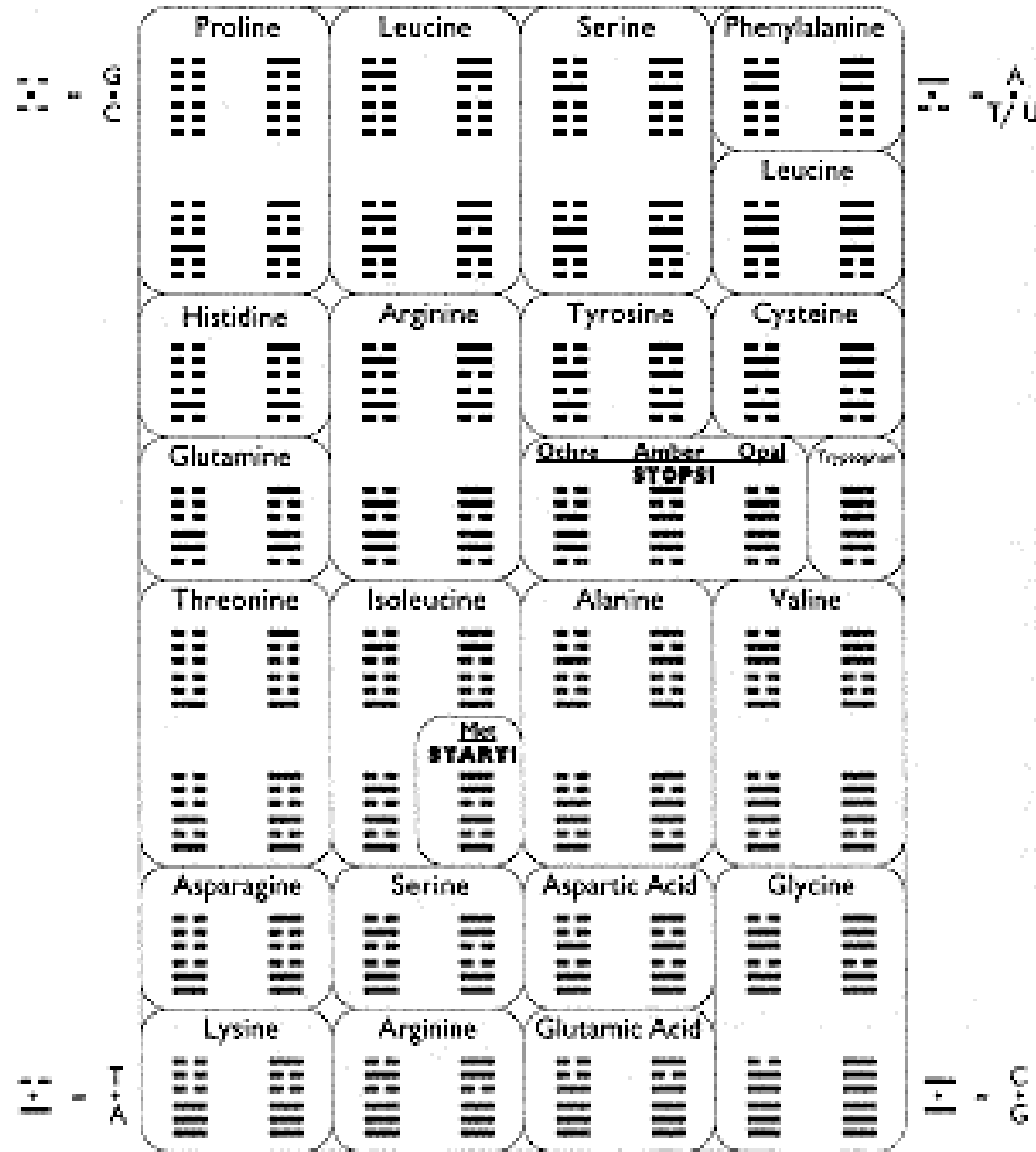


- It describes the fundamental polarity and inseparability of the polar opposites; the binary pattern of Reality, and its cyclic metamorphoses.
- The black represents yin, matter, earth, receptivity, ending, etc, the white yang, spirit, heaven, creativity, beginning, etc. Note that the white half contains a black dot, the black half a white dot. This is because yang contains the seed of yin, and yin the seed of yang. Hence yang becomes yin and yin becomes yang; the basic principle of metamorphosis, and fundamental to the *I Ching*.



- From the basic binary unit of reality comes the four (2×2) which takes us to the mandala, the tetrakys and the quibit. Times two again and we have the eight trigrams, an important element in Chinese cosmology.
- $4 \times 4 \times 4$ however (or 2 to the power of 6) gives 64, the number of hexagramic symbols that make up the I Ching oracle, and also the number of possible DNA .
- The way DNA, which is a sort of organic computer , transmits information is through combining any of the four fundamental nucleotide bases (four again) in sets of three, hence 64 possible amino acid sequences.



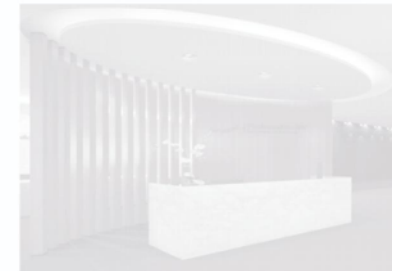


Niels Bohr 1885-1962



Danish physicist

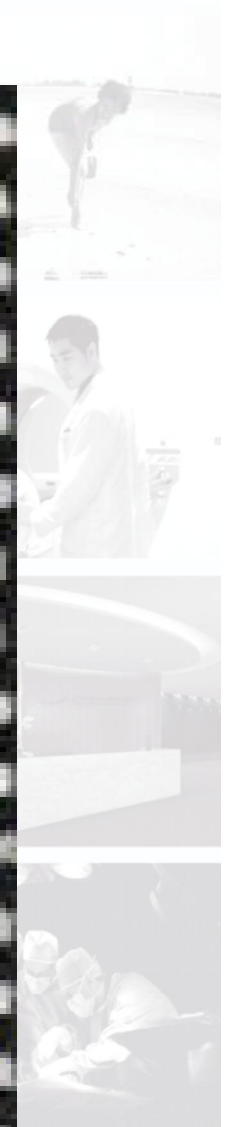
Winner of 1922
Nobel Prize for
physics.



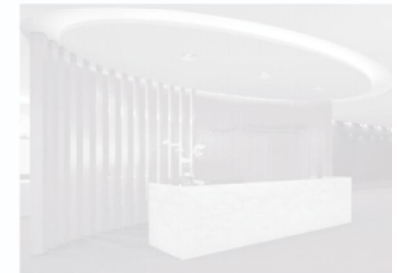
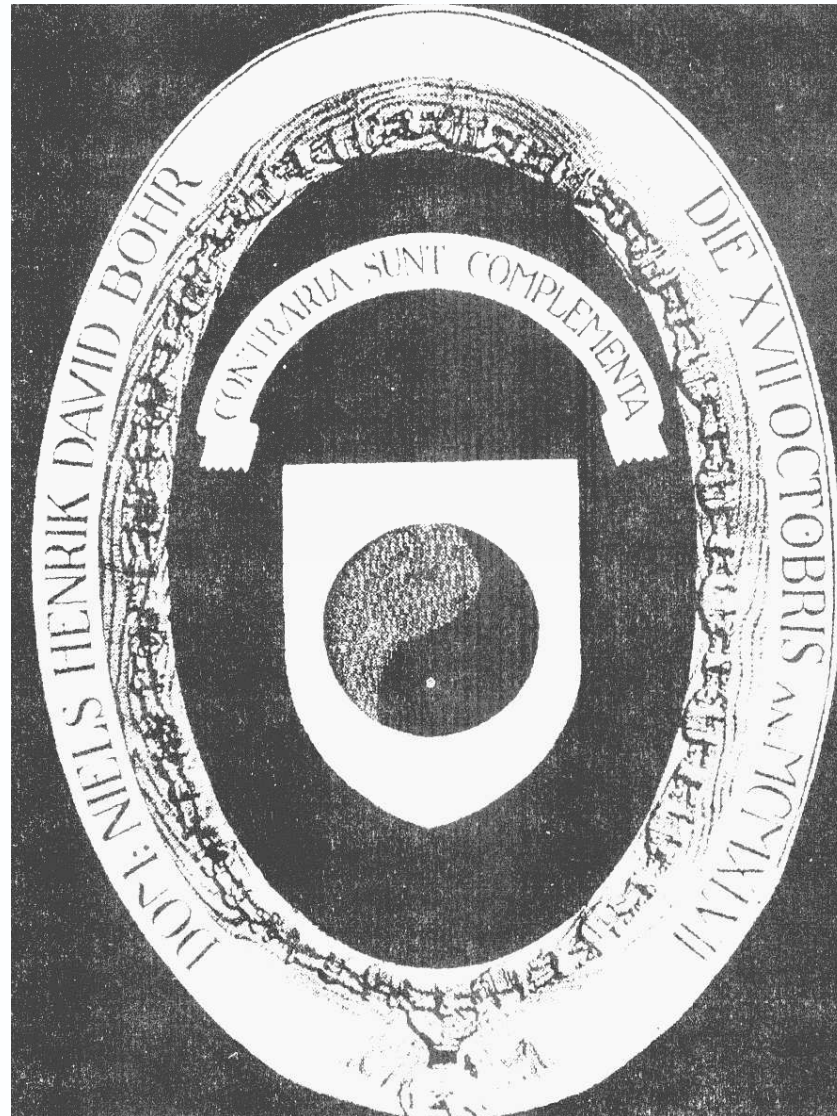
Niels Bohr 1885-1962



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Clan insignia of Niels Bohr

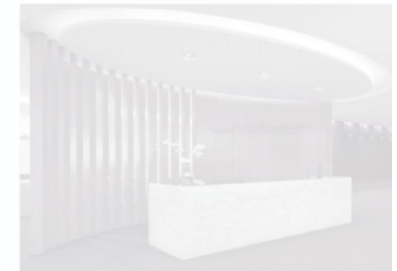


Complementarity Principle

- Things may have a dual nature (as the electron is both particle and wave) but we can only experience one aspect at a time.
- An experiment on one aspect of a system (of atomic dimensions) destroys the possibility of learning about a complementarity aspect of the same system.
- Wave & particle behaviour of , e.g. light, are not contradictions, but complimentary aspects of the one and same reality.

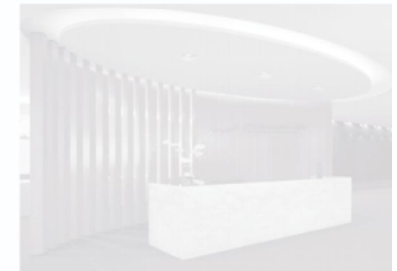


Yin And Yang Application



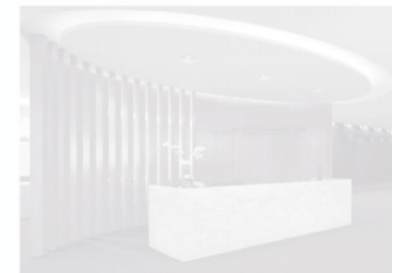
Yin and Yang

- Yin and yang are programs of classification of syndromes
 - External syndrome , heat syndrome and sthenia syndrome are classified into the category of yang syndrome
 - interior syndrome ,cold syndrome and asthenia syndrome are classified into the category of yin syndrome .
 - yin and yang are general programs of eight principal syndromes.



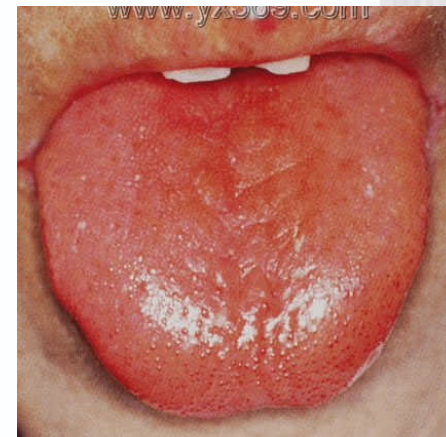
Yin Syndrome

- Yin syndrome refer generally to excess cold syndrome ,being a syndrome showing in situation of deficiency of yang energy
- Clinical Manifestation
 - Cold, low voice, SOB, cold limbs
 - Pale and slender tongue
 - Slow and weak pulse



Yang Syndrome

- Yang syndrome refers generally to excess heat syndrome
- Clinical Manifestation:
 - Flush complexion, preference for cold; restlessness; hoarse breathing; dry mouth with thirst and desire to drink
 - Deep reddish tongue
 - Fast, bounding pulse



舌红绛裂纹

	Yin syndrome	Yang syndrome
Observation	Pallor, lethargy, inactive	Flushed face, aversion to cold, dry mouth, hyperactive
Olfactory	Speak softly, breathes softly and slowly	Loud/ noisy. Heavy breathes.
History	Abdominal bloated, loose stool, reduce appetite, bland taste	Hard stool/ constipation. Dry mouth. Frequent thirst. Dark urine
Palpation	Pain that prefer to be compressed, cold limbs. Pulse weak and slow	Pain that is tender to touch. Warm limbs. Pulse bounding

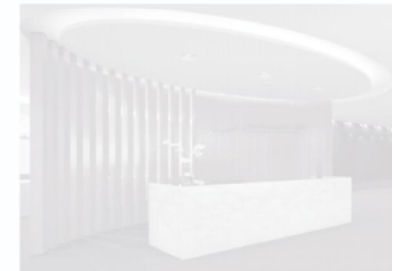
Yin and Yang

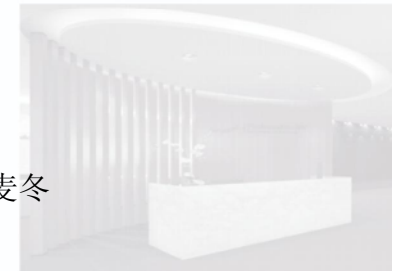
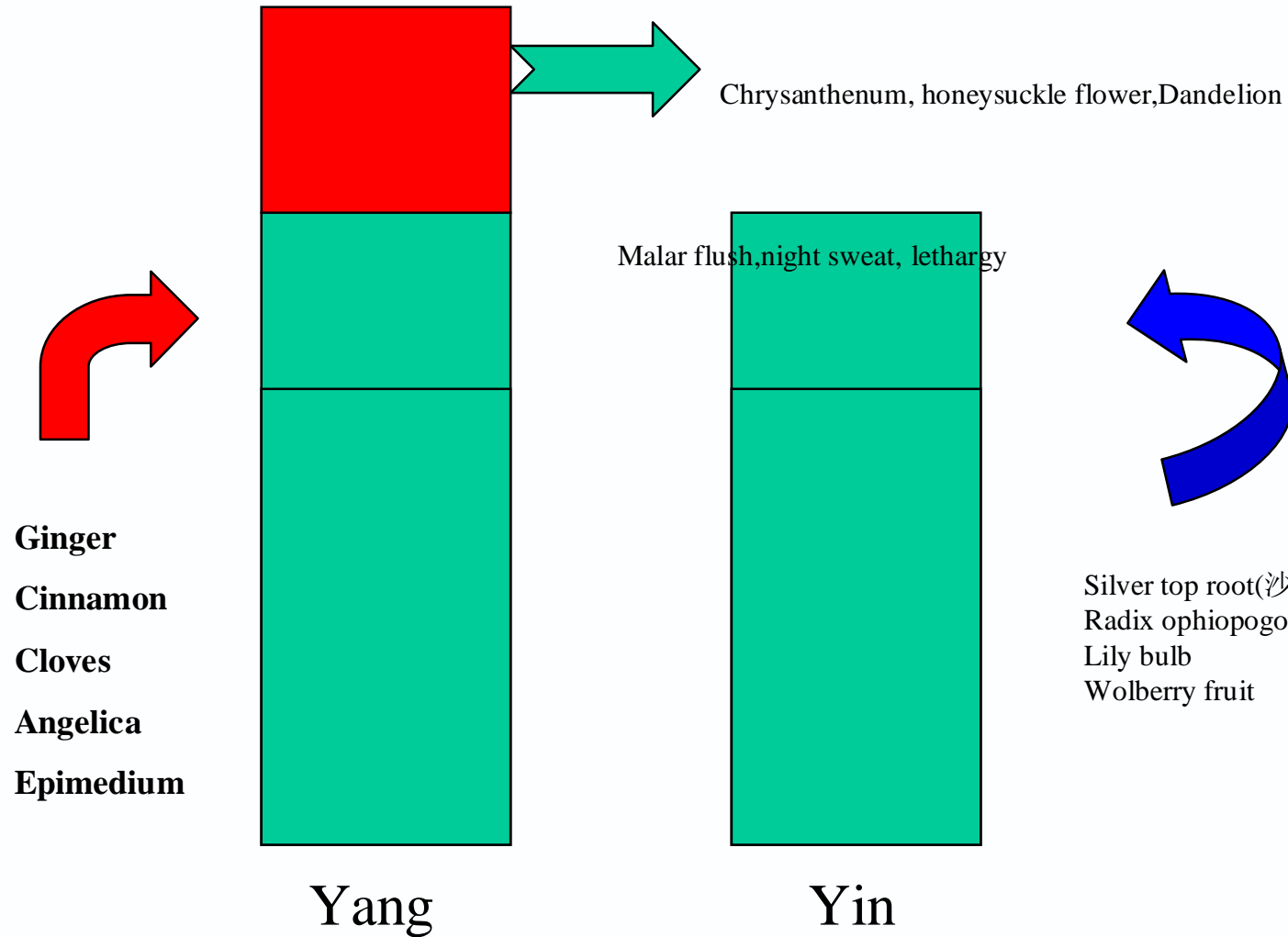
- Sympathetic
- Thyroxine
- Testosterone

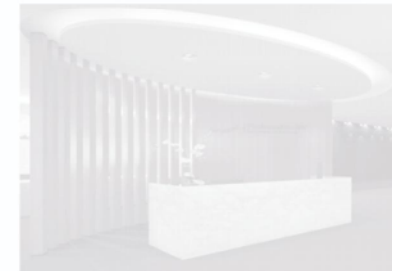
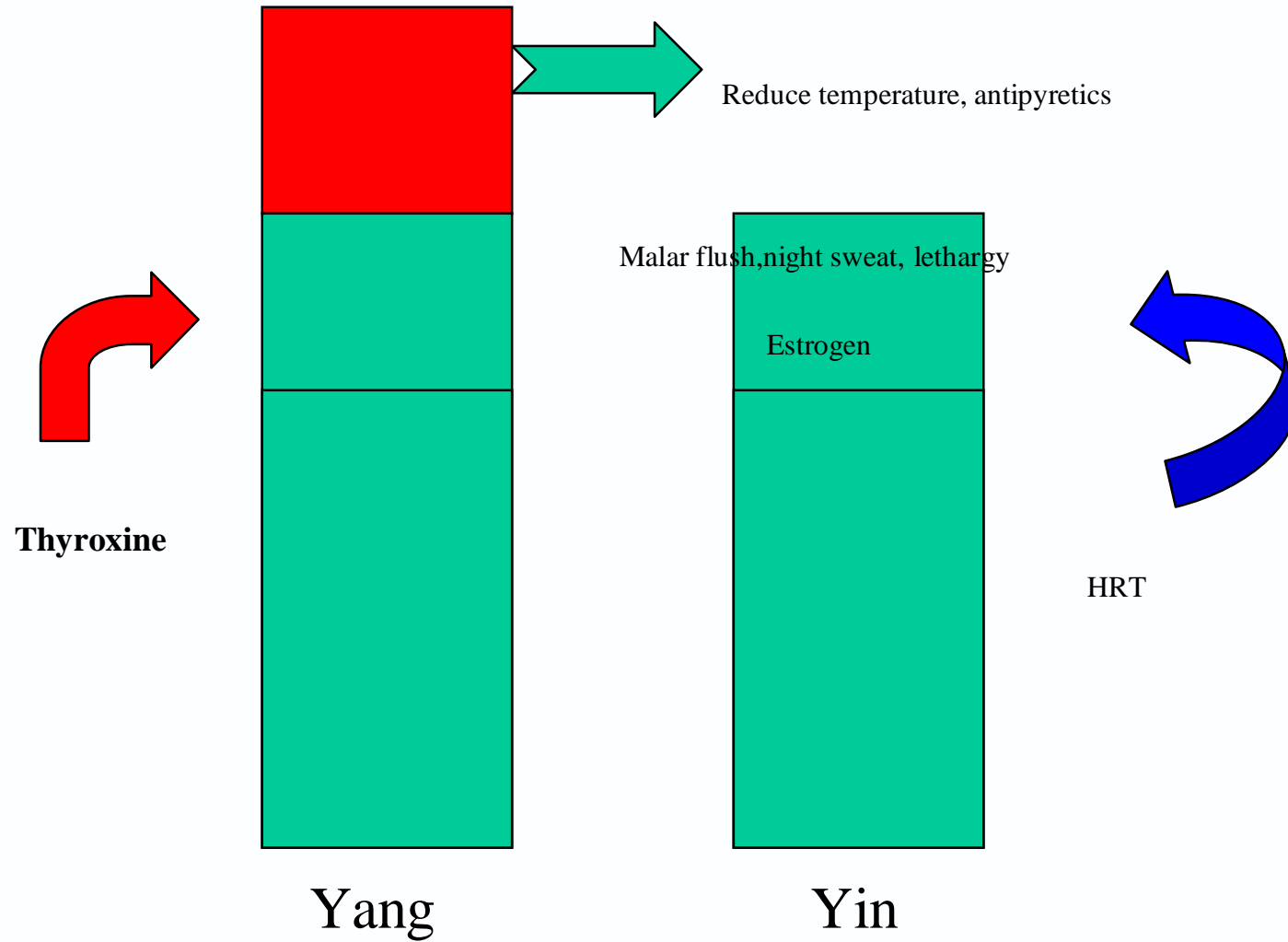
- Hyperactivity

- Parasympathetic
- Estrogen

- Lethargy

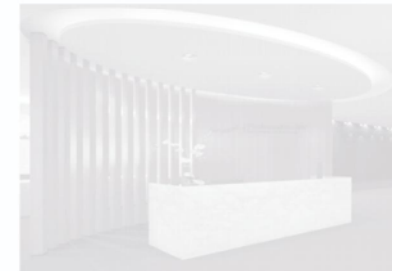






Yang

- Heaty
- Hyperactive
- Pulse fast and strong
- Tongue red
- Food- Chilli
- Herb – Ginger, ephedra, epimedium
- Sympathetic Nerve
- Hormone – thyroxine, adrenaline
- vasodilation



The Five Properties of foods(Cereals)

<u>Cold</u>	<u>Cool</u>	<u>Neutral</u>	<u>Warm</u>	<u>Hot</u>
	Barley Wheat Green bean	Rice Soya bean Maize Sesame Lotus seed	Glutinous rice Chestnut	

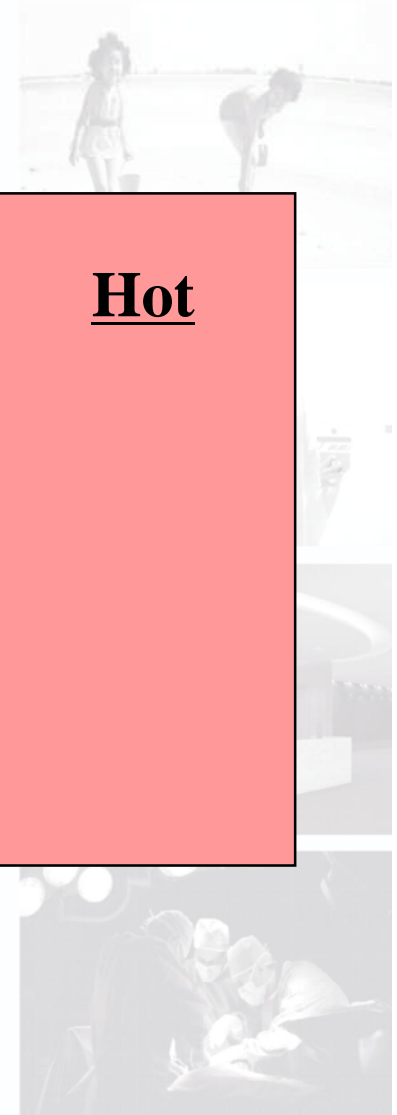
The Five Properties of foods (Vegetables)

<u>Cold</u>	<u>Cool</u>	<u>Neutral</u>	<u>Warm</u>	<u>Hot</u>
Bitter gourd	Gourd	Carrot	Pumpkin	Chilly
Bamboo shoot	Kangkong	Fungus	Leek	
Asparagus	Cucumber	Maize	Garlic	
Seaweed	Spinach	Sesame	Onion	
Water cress	Lettuce	Lotus seed	Ginger	
	Eggplant	Cabbage	Coriander	
	Turnip			



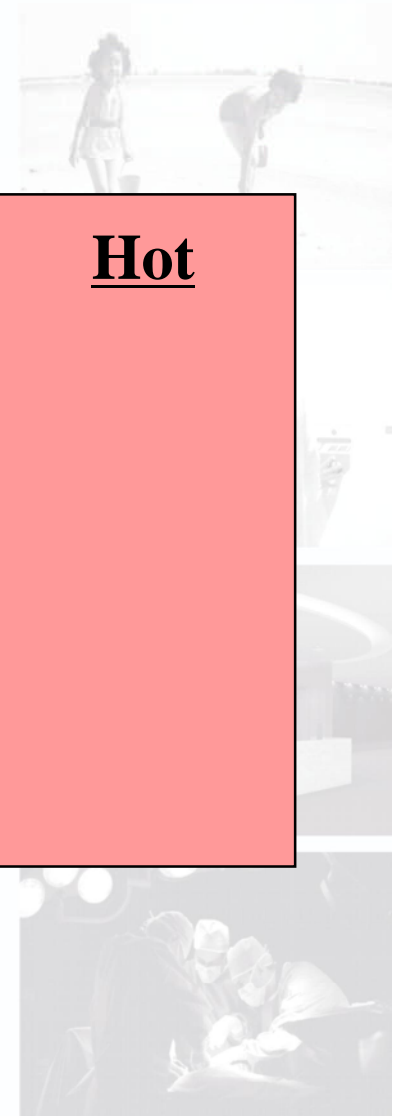
The Five Properties of foods (Fruits)

<u>Cold</u>	<u>Cool</u>	<u>Neutral</u>	<u>Warm</u>	<u>Hot</u>
Banana W/melon Persimmon Star fruit H/melon	Pear Apple Orange Mangosteen	Papaya Pineapple Coconut Grape	Durian Lychee Longan Jackfruit Haw Cherry Guava	



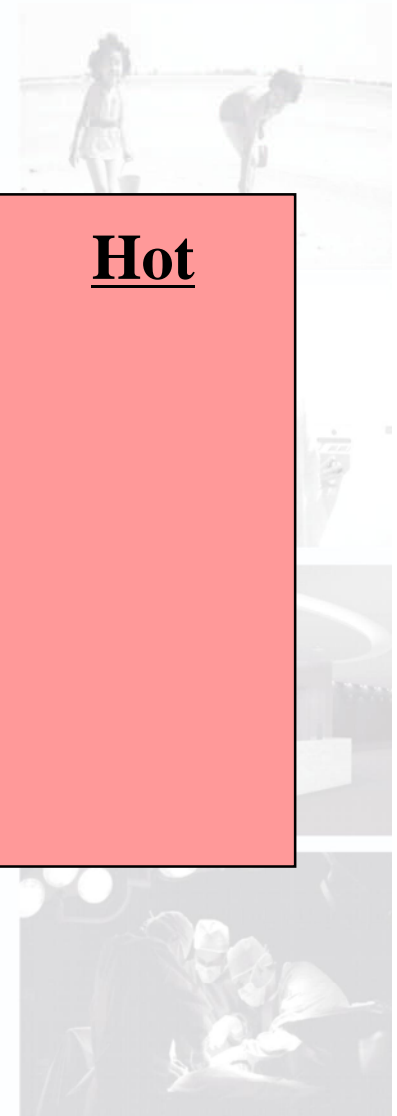
The Five Properties of foods (Meat)

<u>Cold</u>	<u>Cool</u>	<u>Neutral</u>	<u>Warm</u>	<u>Hot</u>
	Rabbit Duck Frog	Pork Quail Pigeon Egg	Mutton Beef Chicken Dog	



The Five Properties of foods (Seafood)

<u>Cold</u>	<u>Cool</u>	<u>Neutral</u>	<u>Warm</u>	<u>Hot</u>
Crab Clam	Mussel Duck Frog	Turtle Oyster Catfish Abalone Squid	Eel Prawn Sea Cucumber Carp	

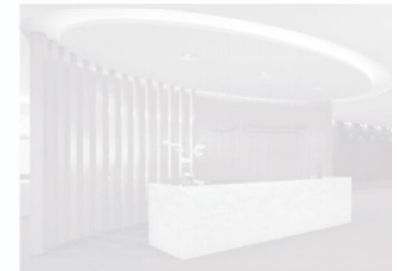


The Five Properties of foods (Spices)

<u>Cold</u>	<u>Cool</u>	<u>Neutral</u>	<u>Warm</u>	<u>Hot</u>
Salt Soya Sauce	Tea	W/Sugar Honey Catfish Abalone Squid	B/Sugar Maltose Wine Coffee Vinegar Msg	

Yin and Yang Approach to disease

- Hypertension
 - Heaty(Yang)
 - Stressed lifestye
 - Obese
 - Flushed face, taut pulse
 - Yin
 - CAD patient
 - Pale, weak
 - Lethargy



Herbs with Antihypertensive effect

- Chrysanthemum (菊花)
 - Reduce blood pressure, increase coronary blood flow and reduce heart rate
 - 2/3 of patient with complicated blood pressure has the pressure reduced after 20 days of ingestion
 - Slows down heart rate, will need to be careful to use together with beta antagonist



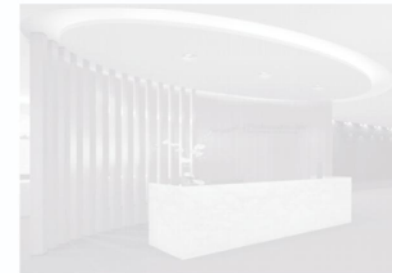
Herbs with Antihypertensive effect

- Gambir Vine (钩藤)
 - Produce vasodilating effect.
 - Effect last for 3 to 6 hours. Its effect is by inhibiting the Ca effect on the contraction of the smooth muscle
 - Has effect similar to Ca channel blocker, will need to be careful to use together with Ca channel locker



Herbs with Antihypertensive effect

- Eucommia bark (杜仲)
 - Produce peripheral vasodilation effect.
 - Effect last for 2 to 4 hours. Its effect is by the component pinoresinol. It act directly to relax the the smooth muscle in the periphery blood vessel.



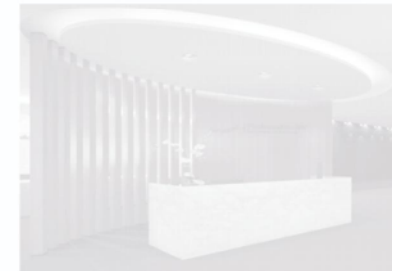
Herbs with Antihypertensive effect

- Radix Puerariae (葛根)
 - Reduce blood pressure by directly to relax the the smooth muscle in the periphery blood vessel.
 - Has mild beta blocker effect and also anti platelet effect.
 - Its usage in patient on antiplatelet and Beta blocker must be caution。



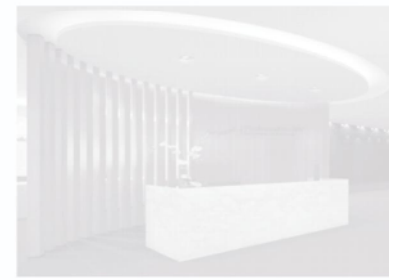
Cough

- Heaty (Yang)
 - Cough with Yellow phlegm
 - Fever, Tachycardia
 - Thirst
- Cooling (Yin)
 - Cough with clear whitish mucus
 - Lethargy
 - Afriad of cold





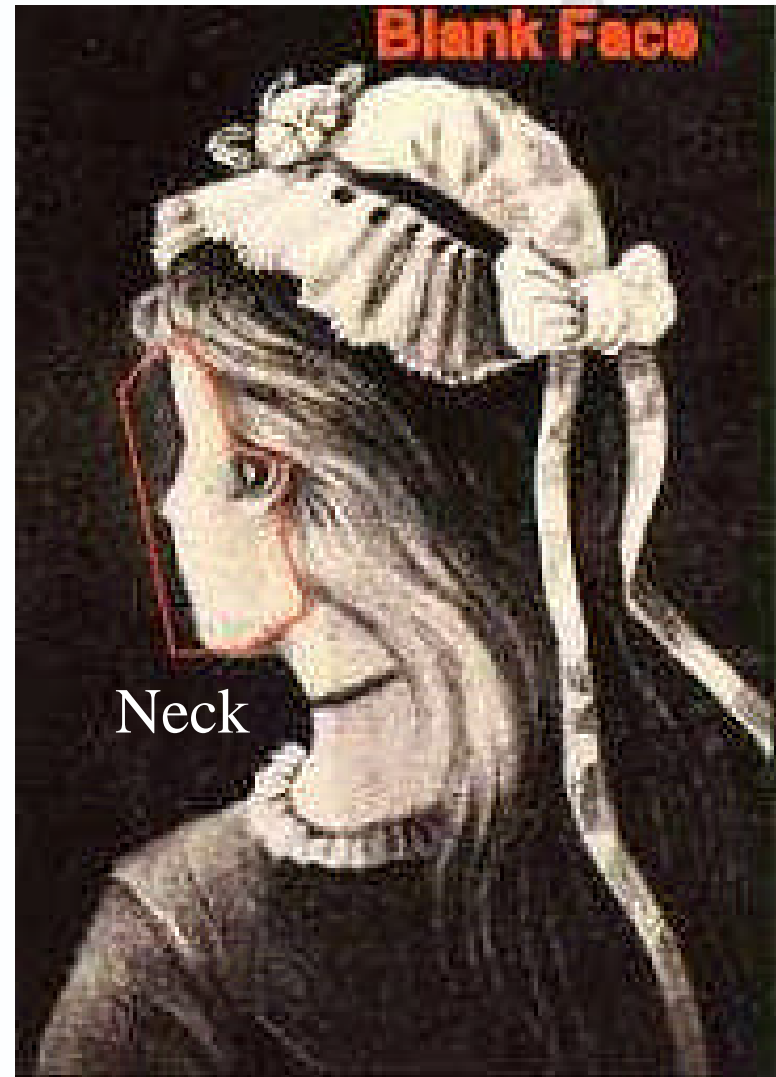
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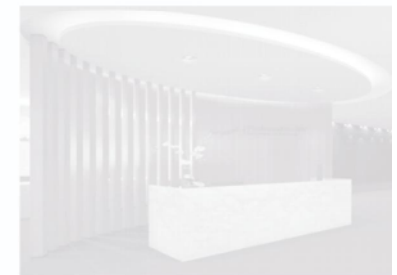


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mouth





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