

SNAPSHOTS



From left: A patient receives electrical acupuncture therapy at Chongqing Cancer Hospital in Southwest China's Chongqing; Locals purchase healthy foods at a traditional Chinese medicine (TCM) market in Chongqing; Diarra Boubacar from Mali, takes the pulse of a patient at the TCM hospital in the Xindu district of Chengdu. Boubacar has been a TCM doctor for more than three decades.



A TONIC FOR TCM

Traditional Chinese medicine now has legal protection as well as increasing worldwide enthusiasm for its techniques

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Traditional Chinese medicine is a treasure of Chinese civilization. Through thousands of years of inheritance and development, the four traditional diagnosis methods — inspection, auscultation and olfaction, inquiry, and palpation — have been followed by practitioners for countless generations. In October, a report at the 19th Communist Party of China National Congress emphasized that the country will carry out a comprehensive Healthy China initiative. “We will support both traditional Chinese medicine and Western medicine, and ensure the preservation and development of traditional Chinese medicine,” the report said.

Traditional Chinese medicine has played a major role in the prevention and treatment of common, frequently occurring, difficult and complicated diseases, as well as major epidemic outbreaks.

Through various forms of treatment, including herbal medicine, acupuncture, manipulation, massage, cupping, *qigong* (a practice based on gentle movements, meditation and breathing) and dietary therapy, traditional Chinese medicine balances yin and yang in patients' bodies to help them recover.

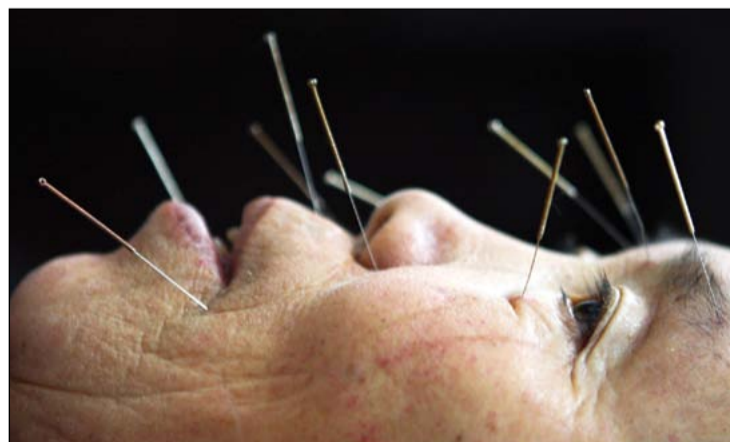
On July 1, China's first Law on Traditional Chinese Medicine was enforced. This is the first time that China has highlighted the important status of traditional Chinese medicine and put forward development plans and supportive measures from a legal aspect. The development of traditional Chinese medicine now has legal safeguards.

Traditional Chinese medicine, which involves preventative treatment and has strengths and characteristics in preventing and treating modern diseases, is increasingly acknowledged and accepted by countries and medical communities worldwide.

With rapid economic development and the Belt and Road Initiative — the China-led plan to revive the ancient Silk Road routes — Chinese people now enjoy better living standards and are much more aware of their health.

All these factors provide new opportunities for the globalization of traditional Chinese medicine.

A woman receives ironing treatment at a traditional Chinese medicine hospital, named Shao Lin Tang, in Chongqing. Ironing is used to treat dizziness, migraines and insomnia. PHOTOS BY LIU SONG / FOR CHINA DAILY



From left: A woman receives a traditional massage at a clinic of traditional Chinese medicine in Chongqing; A woman receives acupuncture to treat facial numbness. Chinese acupuncture was added to the United Nations World Intangible Heritage list in 2010.