

Hundred patterns of pulse for accurate diagnosis and healing in acupuncture

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Pulse is one among the foremost important diagnostic tools used from past, which needs accuracy and focus. Unlike the other faculty of drugs, this age-old science of other healing may be a study of energy which neither is often measured nor seen. It can only be palpated at the wrist. Palpation and its interpretation cause the detail analysis of energy and its patterns and thus further are often accurately diagnose the precise illness or disorder is named a pulse diagnosis. Because of the necessity of going deeper into understanding and knowledge, was started researching and studying this subject intensely and got some extraordinary results. The pulse has dynamism, fluidity and changeability. It is multi-dimensional thorough, rate, rhythm, strength, shape, etc. reflecting the overall wellbeing in person, identifying the state of mental, emotional and spiritual health. The pulse is that the study of around 1,00,000 patients thus far, has shown a transparent, multi-layered and textured picture of those dimensions. This led to travel deeper into analyzing it further, to finally find approximately 100 definite patterns, proving because the best guiding tool in diagnosing the entire ill and/or otherwise condition of patients and help to know the road of treatment and prognosis of the disease.

Traditional Chinese Medicine (TCM) consists of a plethora of therapeutic approaches getting to both characterize and treat diseases. Its utilization has gained significant popularity within the western world and is even backed by the planet Health Organization's decision to incorporate TCM diagnostic patterns into the new revision of the International Classification of Diseases code, the worldwide standard for diagnostic health information. As these developments and potentially far-reaching decisions can affect modern healthcare systems and daily clinical work also as wildlife conservation, its underlying factual basis must be critically examined. This article therefore provides an summary of the evidence underlying the essential TCM concepts, like Qi, meridians, acupuncture, pulse and tongue diagnostics also as traditional herbal treatments. Moreover, it discusses whether scientific literature on TCM reflects the present standard for evidence-based research, as described in good scientific practice and good clinical practice guidelines. Importantly, misinformation regarding the therapeutic efficacy of animal-derived

Moreover, it discusses whether scientific literature on TCM reflects the present standard for evidence-based research, as described in good scientific practice and good clinical practice guidelines. Importantly, misinformation regarding the therapeutic efficacy of animal-derived substances has lead and currently results in problems with wildlife preservation and animal ethics. Nevertheless, the (re-)discovery of artemisinin quite 50 years ago introduced a completely unique development in TCM: the commingling of Eastern and Western medicine, the appreciation of both systems. The need for more rigorous

approaches, fulfilment of and agreement to current guidelines to realize high-quality research are of utmost relevance. Thereby, ancient knowledge of herbal species and concoctions may function a possible treasure box instead of Pandora's box.

Introduction-

The origins of Traditional Chinese Medicine (TCM) date back more than 4000 years. A first written compilation of TCM was published as The Yellow Emperor's Inner Classic (HuangdiNeijing). This publication served as one of the first dogmatic sources for the application of TCM. The HuangdiNeijing comprises two books which contain a number of treatises reflecting on the basic and theoretical principles of TCM, as well as its approach to diagnosis, acupuncture and therapeutic applications. Over the millennia, the HuangdiNeijing has been annotated and revised numerous times; furthermore, it has been partly translated into English to make the principles and foundation of TCM available to interested practitioners and healthcare professionals worldwide

A first western account of TCM was published in the eighteenth century, when the East Indian Company brought both physicians and medically trained priests to China; however, the communication between the evolving western medicine and TCM was not exhaustive as an exchange of medicinal concepts rarely took place. Indeed, as noted by Nakayama, anatomical studies and surgical operations were relatively uncommon in Chinese medicine because of the Confucian tenets of the sacred body. With the principles of yin and yang, the five elements, the universal energy "qi", the meridians, the inclusion of environmental factors, such as wind, damp, hot and cold, TCM appears as a philosophy that attempts to integrate mind, body, health and disease prevention by diverse practices.

The main principles of TCM have evolved over thousands of years and TCM practitioners also refer to this vast and longstanding experience as a seal of trust. TCM's fundament is based on its holistic view, the principle of harmony, individuality, and the prevention and treatment of disease. Following these principles, TCM uses unique diagnostic and therapeutic techniques, such as acupuncture, Tai Chi and Qi Gong as well as a plethora of plant and animal derivatives to restore health and prevent illness.

Conclusion-

The utilization of TCM is based on a vast history dating back thousands of years, thereby justifying the word "traditional" in its title. It is well known in central Europe and its usage, even though hardly backed by scientific studies, enjoys general acceptance amongst the population. This review aimed on examining a number of important areas of TCM covering Qi, meridians, acupuncture, pulse and tongue diagnostics as well as herbal remedies. Furthermore, the publication frequency of TCM literature and the argumentative patterns found in the top

cited publications were analyzed. It was observed, that most publications used fallacious descriptions or expressions to substantiate their argumentation. Moreover, it was impossible to determine a scientifically justified basis for the existence of Qi and the meridians; hence, it is difficult to reconcile how acupuncture works as it is based entirely on finding the right acupuncture point; hThese TCM-based interventions apparently improve the patient's ability to move in a reproducible way; however, this cannot be ascertained in many other areas of TCM: The standardization of herbal remedies is difficult to achieve. Moreover, the usage of questionable ingredients deriving of species on the brink to extinction, and the high variability of diagnostic procedures in TCM do not consolidate faith.

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