



## A More Modern Understanding of Traditional Chinese Meditation

**Edward F Block\***

*PhD Block 4 Laboratories Sattler, Texas, USA*

**\*Corresponding Author:** Edward F Block, PhD Block 4 Laboratories Sattler, Texas, USA.

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### Introduction

This article is an attempt to bring the Traditional Chinese Medicine (TCM) paradigm into the modern age. The entirety of TCM was formulated over many thousands of years in the area of the world that is now known as China. This achievement was very useful in the care of human beings that were not able to deal with adverse events that cause sickness. TCM and the tenets of the philosophy that arose from Chinese medical practice were created in a time considerably long before the 1930's. The 1930's may be considered as the era when modern medicine really began to come of age due to advances in many aspects of science and technology.

TCM was a very successful paradigm in dealing with all aspects of human health for thousands of years. Today however, it is time for a major overhaul of all aspects of medical philosophy in both the Western and Eastern camps. TCM has, by and large, resisted any attempt at modernization. Western medicine is so dominated by the American Medical Association's stranglehold upon medical education that any attempt to actually modernize is deemed as a threat to their dominance.

This article then is an attempt to put forward a novel schema for looking at and practicing what may be considered to be a modern day medical paradigm that encompasses TCM.

### Discussion

It is obvious that what is being discussed in this particular case are the nervous elements of the human body in all of its many aspects. The actual physical human body is the realm of the Enteric Nervous System (ENS). The domain of influence by the ENS is typically relegated to the arena of what is now being called

the Body chakras or "Yin" essence. The yin essence encompasses the Red, Orange, Yellow, Green and Sky Blue Chakra modalities. These modalities are also known as the Peripheral Nervous System (PNS) with nerve cell ganglia in the skin, the muscles and the 3 body cavities. The ENS also has many nerve cell ganglia arranged adjacent to the spinal dorso-ventral nerve cell ganglia (CNS).

Briefly, the "Yang" essence is the domain of the Mind chakras of the Central Nervous System (CNS). The yang essence encompasses the Purple/Navy Chakra (midbrain/cerebellum) and the White Chakra (cerebrum).

Specifically there are human activities which may be considered as "healing" or medical practice which directly involves a human instigated intervention of some sort upon the physiology or physical structure of an "ill" human organism. In TCM, there are several modes of healing intervention dealing with a human body. Direct body intervention involves various needling techniques and massage/body manipulation. Indirect intervention involves the inhalation of the smoke of various substances (usually of plant origin) and the consumption of various herbal tea formulæ (or formulæ) of plant origin.

This article then is mostly involved with the PNS as the nerve cell ganglia (NCG) in the skin (1), the muscles (2) and the body cavity (3) are intimately involved with all healing intervention activity. The "skin" ganglia involve the various NCG located in the various strategic locations of NCG grouping in the skin usually but not necessarily adjacent to the various muscle bundles for the sake of overall body streamlining. The "muscle" ganglia we notice are usually nerve cell body groupings associated the various muscle

cell groupings of the various individual muscles spread throughout the entire physical structure of the body proper, except for the head area. And finally, the “autonomic” ganglia are spread throughout the three body cavities (thoracic, abdominal, sacral) adjacent next to the various individual organs contained therein.

These 3 groupings of the PNS are characterized as follows: Sensory (1), Motor (2) and Autonomic (3). 1. If a Sensory nerve is damaged, symptoms may include: Pain: burning, dull, sharp, jabbing or electric-like; numbness, tingling, “pins and needles” and itching; loss of feeling; the sensation that you’re wearing an invisible glove or sock; extreme sensitivity to touch, even light touch. 2. If a Motor nerve is damaged, symptoms may include: lack of coordination, falling over, lack of dexterity; partial or complete loss of movement; muscle atrophy and bone degeneration; cramping and spasms, tremors; difficulty in swallowing or breathing. 3. If an Autonomic nerve is damaged, symptoms may include: blurred vision, dizziness, fainting due to inability to control blood pressure; decreased ability to sweat and intolerance to heat; intolerance to cold; abdominal bloating, nausea and vomiting after meals, early satiety; diarrhea and/or constipation; unintentional weight loss (greater than 5%); urinary incontinence, feeling of incomplete bladder emptying, urinary hesitancy; impotence and infertility. 4. Other ancillary complications may include: ischemia (decreased oxygen/decreased blood flow); frostbite (prolonged exposure to cold); systemic or metabolic disorders, poor wound healing; infectious or inflammatory conditions; depression and insomnia. It is to be noted that some aspects of the above information is usually outside of any local control, especially in dealing with the autonomic system elements.

The Red chakra (sensory ganglia), the Orange chakra (motor ganglia) and the Yellow chakra (autonomic ganglia) are then generalized in aspect but may be influenced by various acupuncture needling techniques for localized effects and distant specifically coupled effects. We are also able to directly note that Acupuncture mostly either involves a local needle insertion(s) in the affected area or perhaps a more general needle insertion(s) somewhere below the knee or elbow. So the relevant body systems directly involved are the skin and muscle nerve cell bundles in the skin and muscles of the lower and upper limbs below the elbows and the knees. Needles are very seldom inserted into the region of the various organs and thus the autonomic ganglia are usually outside

of direct needle stimulation. One of the aspects of massage involves manipulation of the various organs of the abdominal and pelvic body cavities. Massage then is sometimes a very useful adjunct to the various needling techniques that may be employed.

It will be noted that Acupuncture and An-Mo (massage) is mostly directed to the skin and muscle systems while TCM is mostly directed to the autonomic system of the PNS. So TCM (herbal medicine) is usually considered for mostly contagious diseases or infections of various sorts involving microorganisms. The herbal concoctions utilized for medicines as teas are very useful as they are derived from mostly plant origin and do not entail any onerous manufacturing processes. The TCM pharmacopea of today was developed over many centuries and tested very thoroughly upon the populace for formula, application and efficacy. The TCM pharmacopea of modern times is often used in tandem with modern Western medicines by Doctors and the various medical practitioners in China.

It is to be noted that massage is indicated for the stimulation of the removal from body tissue/organ locations of the various waste products generated in dealing with the predations upon the physical structures of the body. As such, one of the major effects of massage is the direct stimulation of blood flow in any effected area. This direct effect of massage is very capable of stimulating the reduction of any waste products remaining within the areas of manipulation.

### Conclusion

Much of what is tied to TCM today has as its origin in the practices and ancient traditions that have no actual basis in scientific fact but are strictly cultural in philosophy and expression. However, one must remember that what worked was utilized and what did not work was discarded by the many adherents of TCM. This is the ultimate reason that TCM is such a valid paradigm. It must be noted that it is in the main the entire human organism that is being worked upon and thus over the centuries the progress of TCM has continued apace with this goal in mind. However, now is the time for TCM to be brought into the light of modern science and technology.

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