

CHINESE HERBAL MEDICINE

There is a growing body of evidence that supports the efficacy of herbal medicine. Many modern pharmaceuticals have been modelled on, or derived from chemicals found in plants. Chinese medicine recognises that health is more than just the absence of disease. It focuses as much on the prevention of illness, as on the treatment of disease.

WHAT IS CHINESE HERBAL MEDICINE?

Chinese herbal medicine is one of the great herbal systems of the world; the tradition can be traced back over 3000 years. Herbal medicine belongs to a holistic system of Chinese Medicine which incorporates acupuncture, dietary therapy and exercises such as tai chi or chi gong.

Because of the systematic approach and clinical effectiveness Chinese herbal medicine exerted a wide influence on the theory and practice of medicine in the East and more recently has grown rapidly in popularity in the West. Herbal medicine still forms a major part of healthcare provision in China and is provided in state hospitals alongside western medicine.

WHAT QUALIFICATIONS DOES A CHINESE HERBAL PRACTITIONER HOLD?

In Australia they must complete university training to obtain registration with AHPRA (Australian Health Practitioners Regulation Association). WHRIA's Bernice Lowe qualified with a Bachelor of Health Science in Acupuncture in 1999 and has since completed additional training in Chinese Herbal medicine. She is also a member of AACMA (Australian Acupuncture and Chinese Medicine Association).

WHAT TO EXPECT AT YOUR FIRST APPOINTMENT FOR CHINESE HERBAL MEDICINE.

At WHRIA Chinese herbal medicine is not prescribed alone, but as an adjunct to complement acupuncture treatment.

Your first appointment lasts one hour in which a full assessment is conducted based on your medical history and physical examination. The Chinese medicine perspective weaves seemingly unrelated symptoms together into a unified diagnosis. It may include looking at your tongue, feeling your pulse and other examinations. This brings a holistic approach to the cause of disease and is particularly insightful when treating long term and complex health problems. It is a safe and useful adjunct to complement western medicine. Your diagnosis and treatment is focused on addressing the underlying cause of disease, and will be specific to you.

Recommendations may include lifestyle changes, relaxation techniques, dietary advice, exercises, Chinese herbs, acupuncture and nutritional supplements. Your Chinese Medicine Practitioner can also help you to identify any contributing or maintaining factors that you can focus on, as addressing these is essential to your holistic treatment plan and your recovery.

For convenience and compliancy herbal medicine will be prescribed in granules, capsules, pills or tinctures.

More information:

See the AACMA website: Chinese Herbal Medicine.

http://www.acupuncture.org.au/health_services/chinese_herbal_medicine.aspx