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Proposal classifications of Traditional Chinese Medicine (TCM) practitioners

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This paper is submitted by Mr. Rao Zhigang, an expert from China, to present proposals on the classifications of Traditional Chinese Medicine (TCM) practitioners.

Proposals

1. Traditional Chinese Medicine (TCM) professionals

It is necessary To create a minor group 224 terming as Traditional Chinese Medicine (TCM) professionals under sub major group 22 and recode the minor group other health professionals in the draft as 225. The minor group, Traditional Chinese Medicine (TCM) professionals, includes 6 unit groups.

- 2241 Chinese herbal medicine professionals
- 2242 Acupuncture and moxibustion professionals
- 2243 Massage and Acupressure professionals
- 2244 Scraping and Cupping treatment professionals
- 2245 Hydrotherapy professionals
- 2246 Other Traditional Chinese Medicine (TCM) professionals

2. Traditional Chinese Medicine (TCM) associate professionals

Correspondingly, it is necessary to create a minor group 223 terming as Traditional Chinese Medicine (TCM) associate professionals under sub major group 32 and recode the minor group other health associate professionals in the draft as 324. The minor group, Traditional Chinese Medicine (TCM) associate professionals, includes 6 unit groups.

- 3231 Chinese herbal medicine associate professionals
- 3232 Acupuncture and moxibustion associate professionals
- 3233 Massage and Acupressure associate professionals
- 3234 Scraping and Cupping treatment associate professionals
- 3235 Hydrotherapy associate professionals
- 3236 Other Traditional Chinese Medicine (TCM) associate professionals

The brief introduction of Traditional Chinese Medicine

Traditional Chinese Medicine(TCM), a system of medicine at least 23 centuries old, is accepted by many people, which account for one fourth of the world population, in eastern Asia and Southern Asia countries such as China, Japan, Korea, Thailand, Singapore and so on. TCM aims to prevent or heal disease by maintaining or restoring yin-yang balance.

Detailed questions are asked about a patient's illness and such things as taste, smell, and dreams, but close examination of the pulse, at different sites and times and with varying pressure, is paramount. Of Chinese medicine's numerous remedies, Western medicine has adopted many,

including iron (for anemia) and chaulmoogra oil (for leprosy). Chinese medicine used inoculation for smallpox long before Western medicine. The following practices were used

1.Chinese herbal medicine

Chinese herbal medicine practitioner treats the patient with various kinds of herbal as medicine, especially the soup made from herbals. Sometimes Chinese food therapy is used to treat certain ailments, because in China it is believed that the food and Chinese herbal medicines have a common origin.

2.Acupuncture and moxibustion

Acupuncture, or called needle therapy, is a Medical technique in which needles are inserted into the skin and underlying tissues, devised in China before 2500 BC. In ancient china needles made of stone were used. One or more small metal needles are inserted at precise points along 12 meridians (pathways) in the body, through which the vital life force (qi) is believed to flow, in order to restore yin-yang balance and treat disease caused by yin-yang imbalance. Acupuncture appears to relieve pain and is used as an anesthetic for surgery. Theories to explain its effects include stimulation of release of natural opiates, blockage of pain-signal transmission, and a placebo effect.

Moxibustion is a technique used in traditional Chinese medicine in which a stick or cone of burning mugwort, *Artemisia vulgaris*, is placed over an inflamed or affected area on the body. The cone is placed on an acupuncture point and burned. The cones are removed before burning the skin. The purpose is to stimulate and strengthen the blood and the life energy, or qi, of the body.

3.Massage and Acupressure

Massage is referred to the Systematic, scientific manipulation of body tissues with the hands to relieve pain and reduce swelling, relax muscles, and speed healing after strains and sprains. It has been used for more than 3,000 years by the Chinese. Early in the 19th century, the Swedish physician Per Henrik Ling (1776–1839) devised a massage system for joint and muscle ailments, which was later extended to relieve deformities of arthritis and re-educate muscles following paralysis. Manipulations include light or hard stroking, compression (kneading, squeezing, and friction), and percussion (striking with the edges of the hands in rapid alternation).

Acupressure (or shiatsu) is a style of massage most popular in Japan, in which pressure is exerted on Chinese acupuncture points on the body aligned along 12 main meridians (pathways), usually for a short time, to improve the flow of vital force (qi). Though often referred to by its Japanese name, shiatsu, it originated in China thousands of years ago. A single point may be pressed to relieve a specific symptom or condition, or a series of points can be worked on to promote overall well being. Some studies suggest that acupressure can be effective for certain health problems, including nausea, pain, and stroke-related weakness. Risks are minimal with cautious use.

4.Scraping and Cupping treatment

scraping, a popular treatment by scraping the patient's neck, chest or back.

Cupping, an operation of drawing blood to the surface of the body by use of a glass vessel evacuated by heat. It was used for disorders associated with an excess of blood.

5.Hydrotherapy

External use of water for medical treatment. Wet heat helps relieve pain, improves circulation, and promotes relaxation. Wet cold causes blood vessels to close, reducing swelling and pain after injury. Underwater exercise helps strengthen weak muscles, restore joint motion after injury, clean and heal burned flesh, aid muscle function after stroke, and treat arthritic deformity and pain. Whirlpool baths and showers are also used. Hydrotherapy is usually employed by specialists in physical medicine and rehabilitation.

6.Others

Other Chinese traditional medicine partitions includes

- (1) Qigong and related breathing and meditation exercise,
- (2) T'ai Chi Ch'uan and other Chinese martial arts,
- (3) And so on.