

Traditional chinese medicine as anchor and drive force in the psychosomatic medicine: Based on the Chinese medical classics and ancient philosophy



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Biography

Isabel Wendt-Christodoulou is Sinology and completed her postgraduate medical studies at the TCM University of Nanjing and Beijing in original writing and language. After spending several years in China, Ms. Isabel Wendt-Christodoulou worked in Heidelberg in an international research network to prove the effectiveness of alternative and healing medicine. Her spectrum of knowledge in the field of medicine, healing and philosophy in combination with the experience of her daily medical as the leader of the medosophos-institute and scientific work is a rich fund.

Psychosomatic is composed of the combination from the ancient Greek words ψυχή /psyche ('soul, psyche') and σῶμα/ soma ('body') and refers the fact that illness and health are to be understood in the relationship between psyche and body.

That fact is an important part of the traditional baseline knowledge in the Chinese medicine, which have its seeds in the source of Taoism classics and in the book of changes (yì jīng). The essence of traditional Chinese medicine is not the technical detail, it is the symbolic alchemy of holistic relationship to the cosmic, earth and physical level. The connecting link of the Chinese holistic is the force shén (spirit), which is effective due to the transmissivity (tōng) in the entire cosmos and in humans in the form of "psyche". If shén is not permeable or continuous, pain (tòng) arises at all levels according to the baseline of (bù tōng zhè tòng - 'If there is no transmissivity, pain will exist!')

Therefore, every psychosomatic or somatopsychic perception requires the perception and treatment of shén in the context of its transmissivity (tōng). The Chinese classics lead to an understanding of deeper contexts, which turn in a groundbreaking for the diagnosis and therapy of Chinese medicine and carry profitable conclusions for today's psychosomatic medicine.

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