



Integrazione tra Medicina termale, Medicina tradizionale e Medicina Cinese

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L'avventura ed il percorso culturale sviluppatosi nella creazione della via della seta implica due aspetti estremamente importante per la medicina e ancor di più per la necessità di incontro che una medicina fornisce l'una all'altra e per la necessità di tecniche e pensiero che le medicine richiedono tanto per integrarsi quanto per svilupparsi modernamente nell'arte terapeutica.

1. Non è possibile sviluppare una riflessione e una abilità tecnica sull'uomo ignorando tecniche e risorse caratterizzate da abilità e tempi senza una profonda riflessione che porti ad un incontro sulle tecniche, sui saperi, sugli esseri. Il momento dell'incontro e del confronto è documentato già migliaia di anni fa.

**Life must be defended and protected
FIGHT FOR KEEPING
THE LIFE**

- ***YANG QI*** - Mantenere i soffi originali

養氣

RESPIRAZIONE

- ***YANG JING*** - Mantenere le essenze

養精

ALIMENTAZIONE

- ***YANG XING*** – Mantenere il proprio corpo

養形

ATTIVITÀ FISICA

- ***YANG XIN*** - Nutrire il proprio cuore

養心

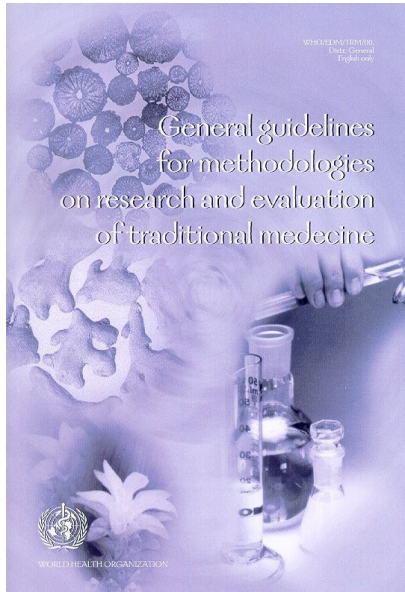
RIPOSO

- ***YANG SHEN*** - Mantenere gli Shen

養神

DOMINIO DELLE PASSIONI
TRAMITE LA SPIRITUALITÀ

2000, Thermal Medicine is officially mentioned for the first time in a WHO document



General Guidelines for Methodologies on Research and Evaluation of Traditional Medicine

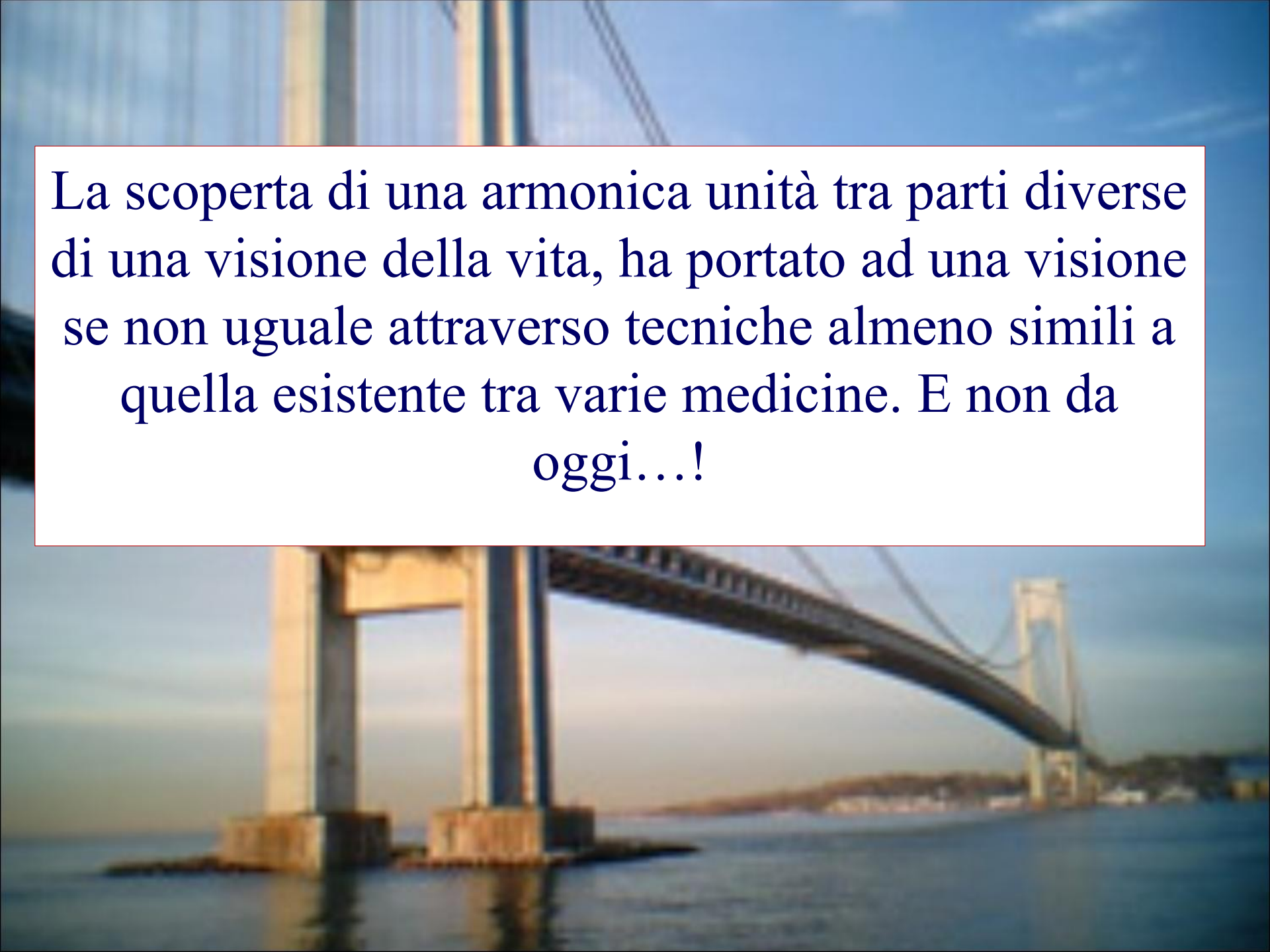
WHO/EDM/TRM/2000.1

2.1 Types of traditional procedure-based therapies

Traditional procedure-based therapies are therapies that use various techniques, primarily without the use of medication, to provide health care. They include, for example, acupuncture and related techniques, chiropractic, osteopathy, manual therapies, qigong, tai ji, yoga, naturopathy, **thermal medicine** and other physical, mental, spiritual and mind-body therapies.

MTC, M. Tai, M. Ayurvedica

- Medicine tradizionali e complementari
- Medicine con meridiani e Tendini stimolati con micro massaggio
- Massaggio di organi e visceri con meridiani
- Diagnosi e sintomi e valutazione dei polsi
- Clinica
- Trattamento
- Esemplicazioni e discussioni di casi



La scoperta di una armonica unità tra parti diverse di una visione della vita, ha portato ad una visione se non uguale attraverso tecniche almeno simili a quella esistente tra varie medicine. E non da oggi...!

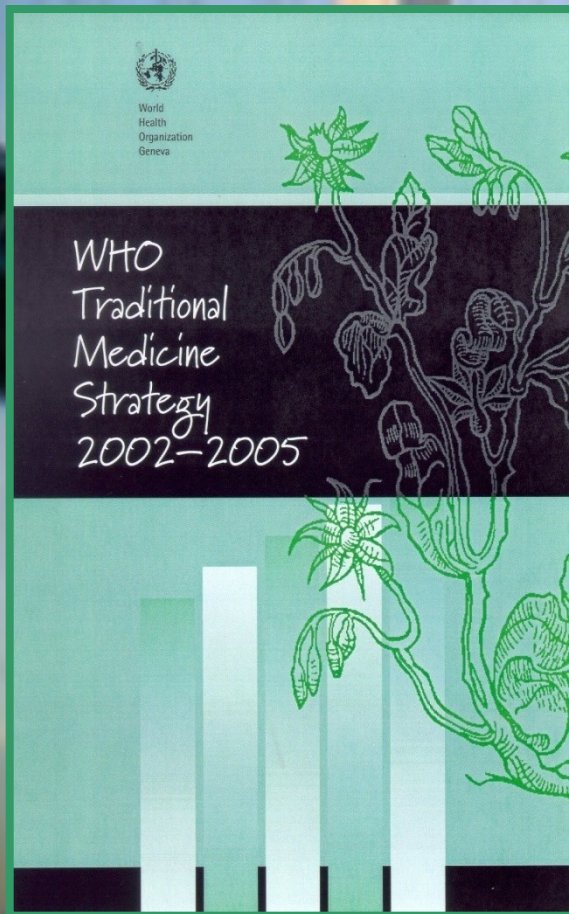


One health

La visione olistica di One Health rappresenta un modello per proteggere e promuovere la salute delle popolazioni basato sull'integrazione di discipline diverse. Questa prospettiva ha radici solide sia scientifiche che storiche, e coinvolgono nel suo sviluppo medicine che, come medicine tradizionali, si sono sviluppate nei secoli in sistemi interni autonomi di medicine tradizionali. Questo sviluppo determina a sua volta una integrazione di sistemi.

Un esempio operativamente attivo di questa integrazione è reperibile nel contatto tra Medicina Cinese, Medicina Tibetana, Medicina Ayurvedica, Medicina Greca che contribuiranno a costruire un ampio distretto culturale esteso dalla Cina alla Macedonia

WHO Traditional Medicine Strategy 2002-2005



1

Policy:

integrate TM/CAM with national health care systems

2

Safety, efficacy and quality:

provide evaluation, guidance and support for effective regulation

3

Access:

ensure availability and affordability of TM/CAM, including essential herbal medicines

4

Rational use:

promote therapeutically-sound use of TM/CAM by providers and consumers

Similarities between the two disciplines



Ja Shou, Shisijing fahui, 1341, Fujikawa Collection, Kyoto University

The diagram illustrates the mechanisms of action of acupuncture, centered around a hub of six interconnected circles. The central circle is orange and labeled 'MECHANISMS OF ACTION OF ACUPUNCTURE'. Surrounding it are six other circles, each representing a different mechanism: 'Analgesic & Antiinflammatory action' (red, top), 'Muscle relaxant' (brown, top-right), 'Anti-depressant & anxiolytic action' (tan, bottom-right), 'Regulation of Immune System' (olive, bottom), 'Regulation of the Neuro-Humoral activity' (light green, bottom-left), and 'Vascular regulator activity' (green, top-left). Arrows connect these outer circles in a clockwise cycle, starting from the top and ending at the bottom. The background features a traditional Chinese painting of white birds flying over a landscape with a building.

Analgesic & Antiinflammatory action

Muscle relaxant

MECHANISMS OF ACTION OF ACUPUNCTURE

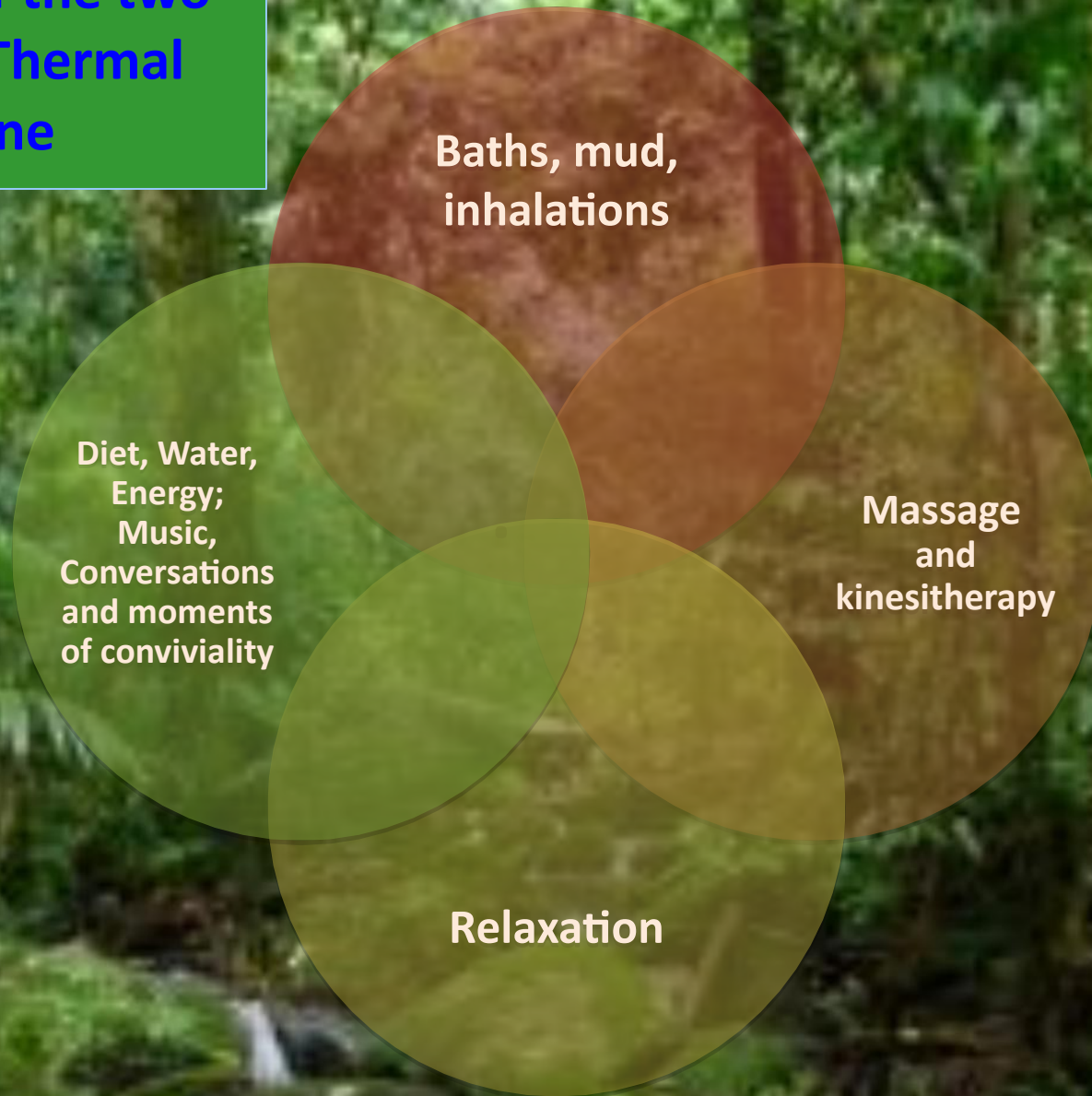
Anti-depressant & anxiolytic action

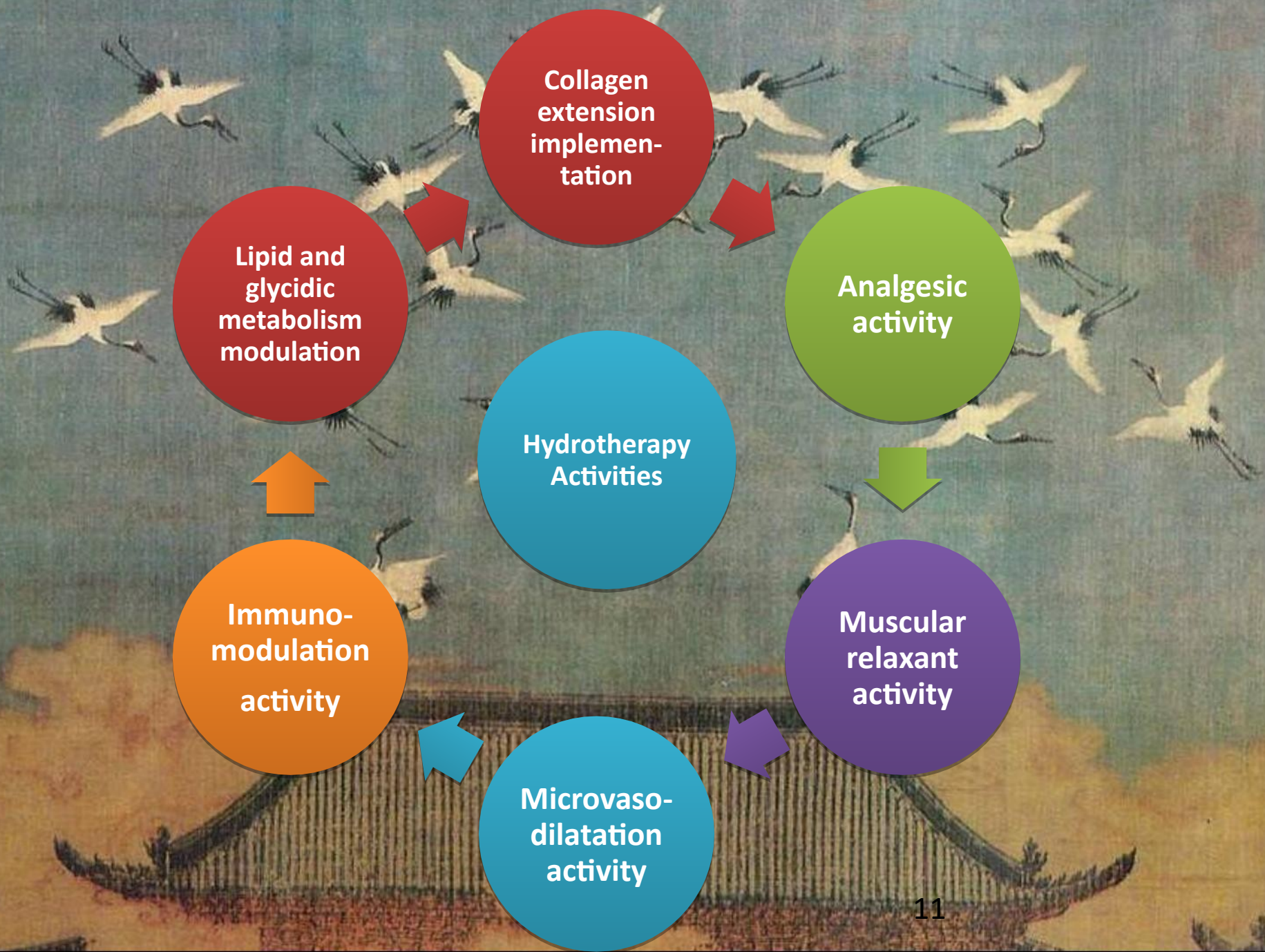
Regulation of Immune System

Vascular regulator activity

Regulation of the Neuro-Humoral activity

Techniques of the two disciplines: Thermal Medicine





Criticisms between the two disciplines

:

timing of certain therapies (acupuncture, massage, diet) can not be concentrated in residence time in the SPA;

some of these therapies, acupuncture, for example, are hardly compatible with a spirit of gentleness, harmony and holiday surrounding the SPA therapies;

the approach to the patient at the SPA is relatively standardized while approach of TCM is very individualized;

the approach to the patient in a SPA has become reductionist;

the approach to the patient in TCM tends to affect very lifestyles, while this does not always happen in Thermal Medicine;

the approach to the patient in TCM often includes a recovery of the relationship with the environment / nature by the patient.

How we can
integrate the
two
disciplines??

**WE need
standards**

Protocols

- Diagnostic
- Therapeutic

Diagnostic protocols

Medical evaluation of the indications and contraindications for each specific field of application

- Pathology skeletal muscle
- Respiratory Disease
- Gastrointestinal Pathology
- Psychosomatic Pathology
- Beauty and anti-aging

Evaluation of Traditional Chinese

- Biotypologies

Evaluation of the parameters of

- Intox general, redox, acid-base, endocrine, metabolic

Nutritional assessment

Energy assessment according to the criteria of TCM

How we can
integrate the
various
techniques??

**WE need
standards**

Protocols

Treatment

From Territory to Thermae and return

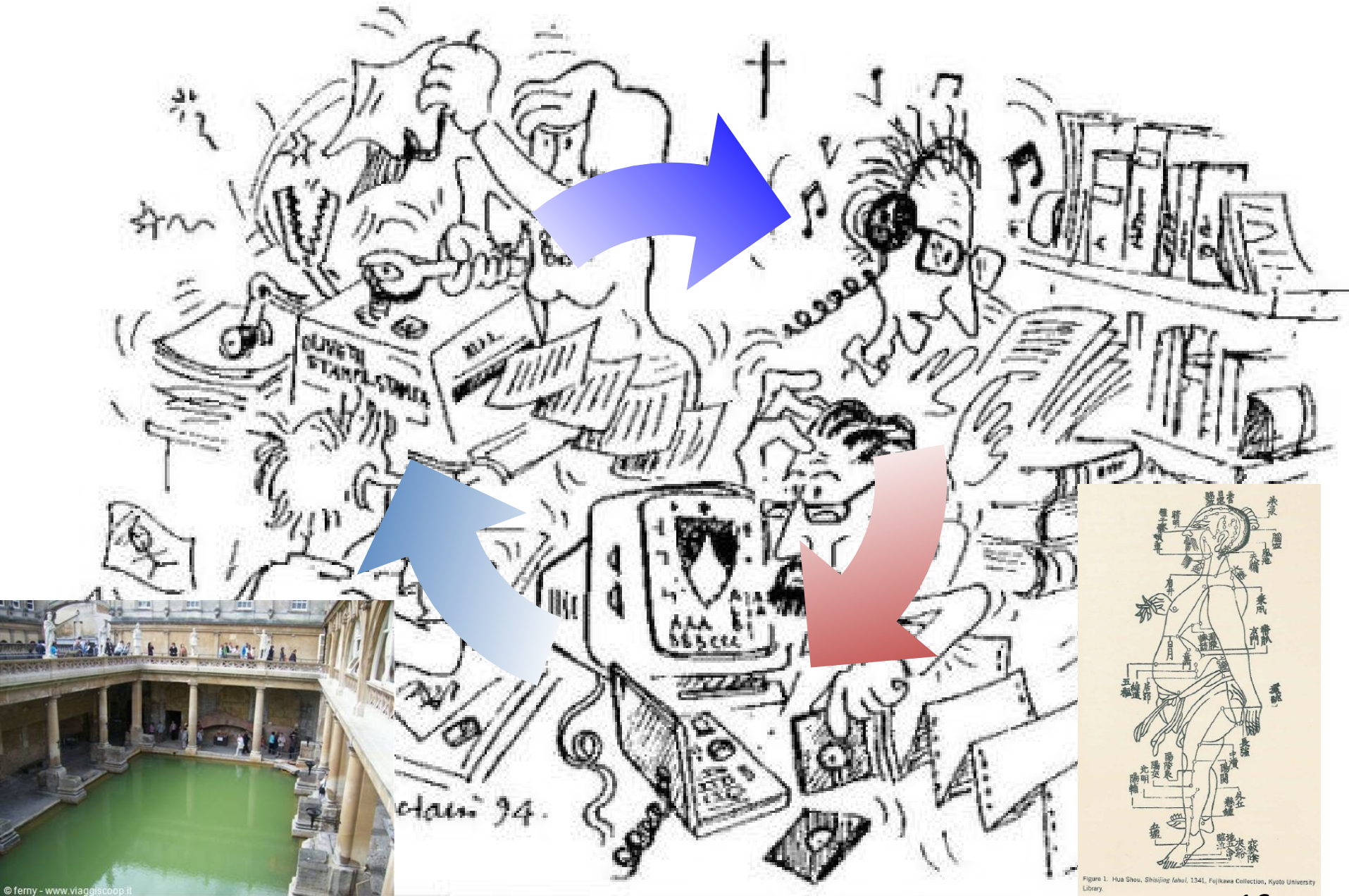
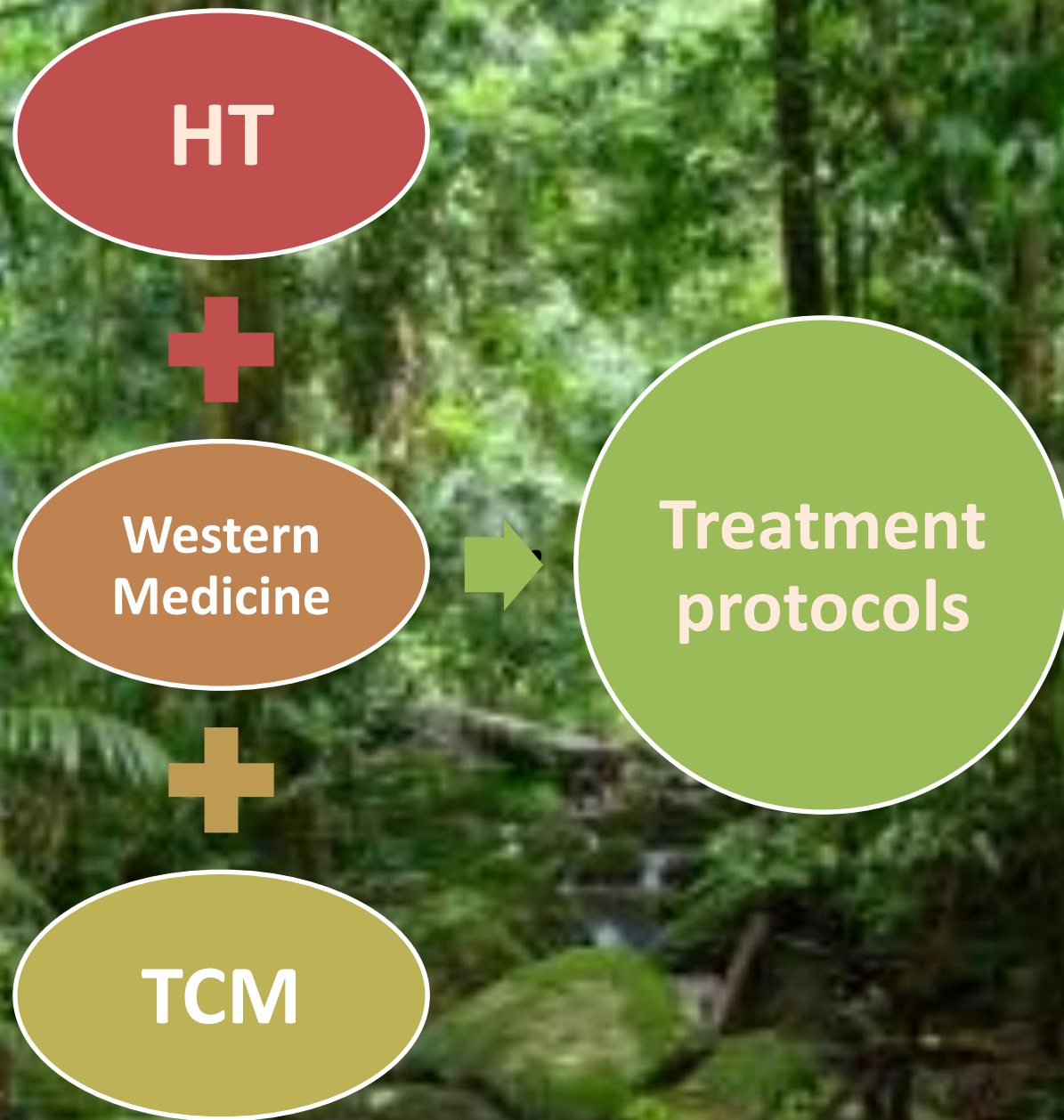
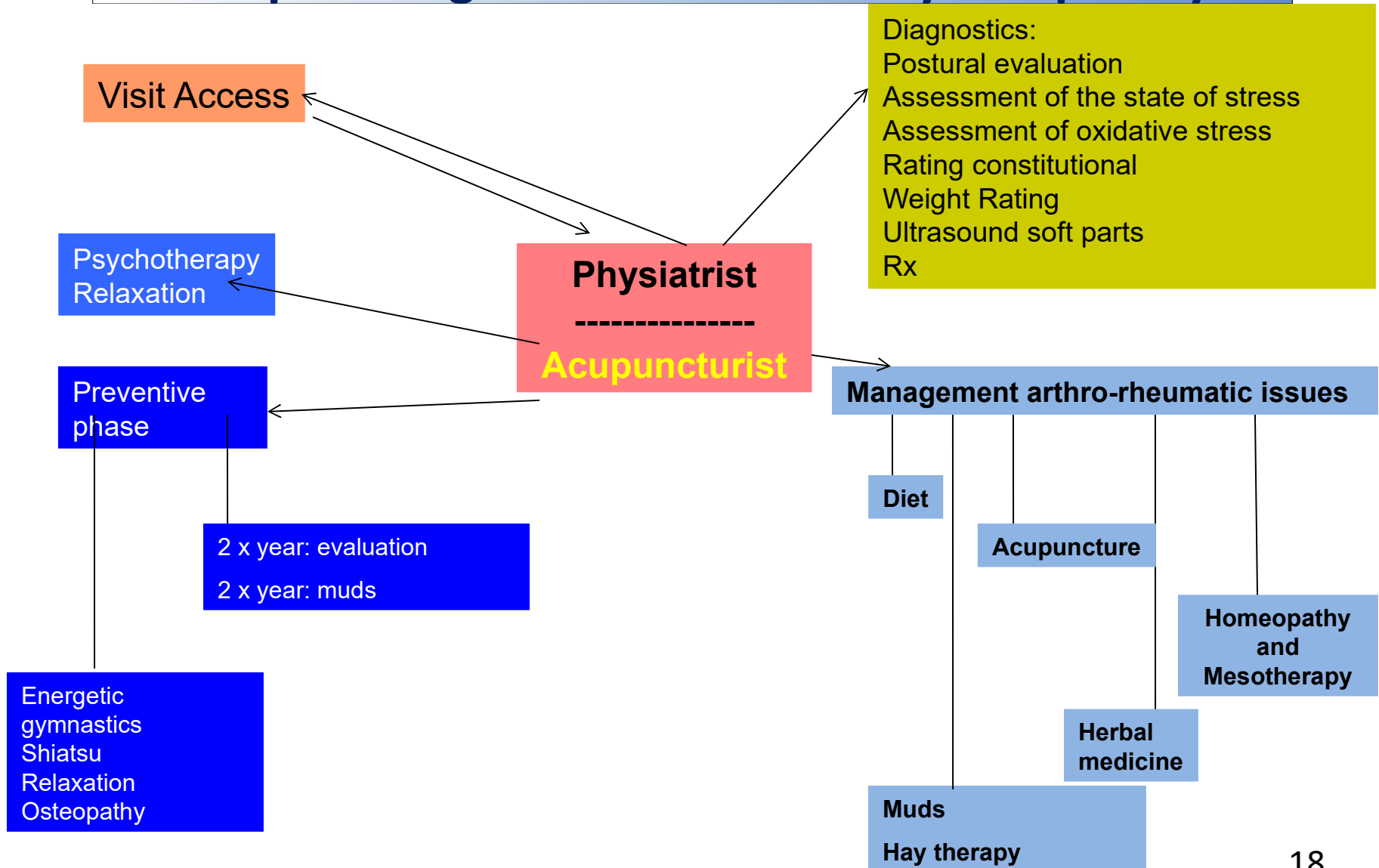


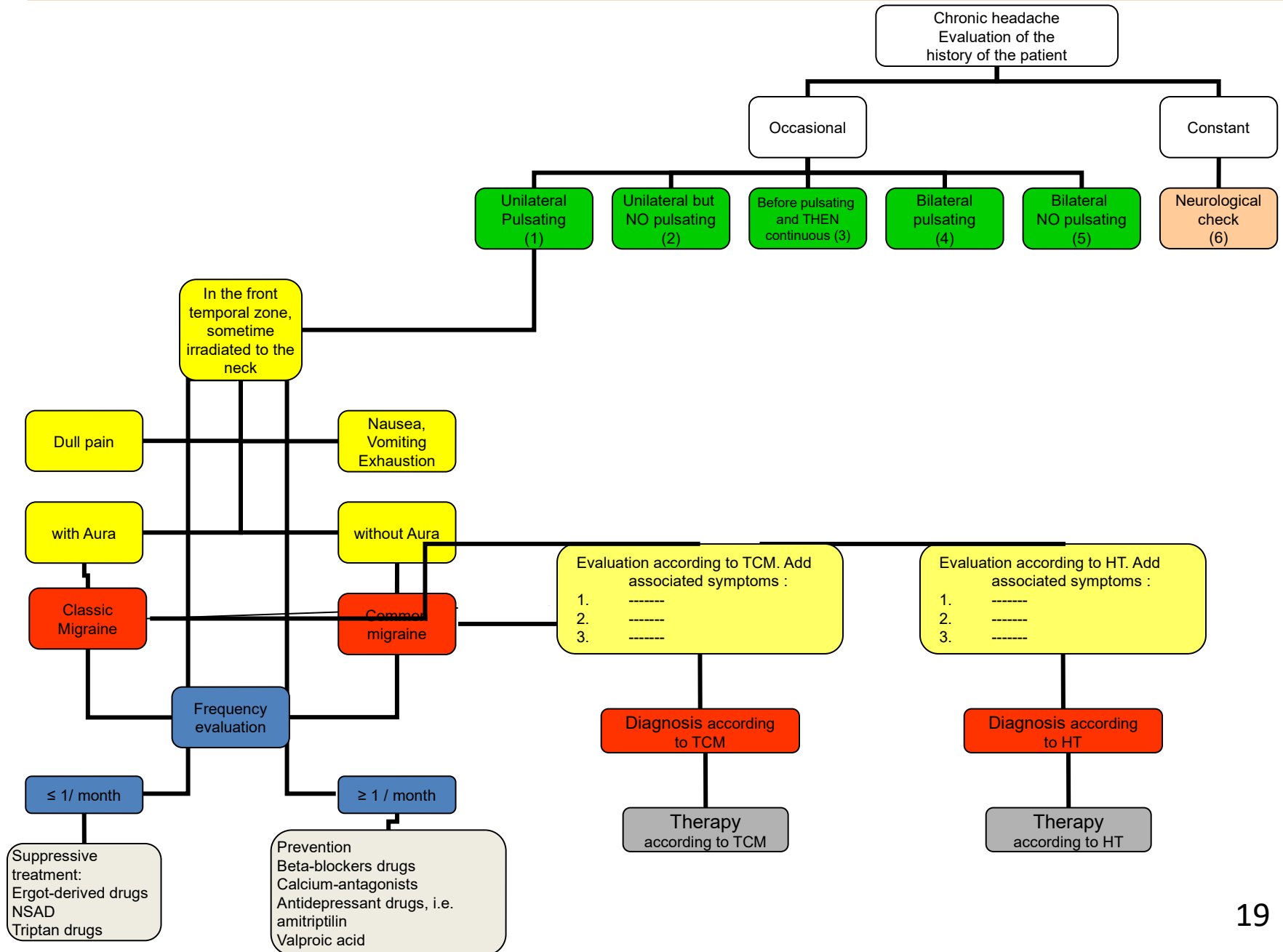
Figure 1. Hua Shou, *Shiying tushu*, 1341, Fujikawa Collection, Kyoto University Library.



Muscular-Skeletal diseases like pathologies determinated by complexity



Patient with chronic headache



Grazie dell'attenzione termine...

