

## CET Syllabus of Record

**Program:** Chinese Studies & Internship in Beijing

**Course Title:** Traditional Chinese Medicine & China's Healthcare System

**Course Code:** CS280

**Total hours:** 45

**Recommended Credits:** 3

**Suggested Cross Listings:** Chinese Studies, Sociology, Cultural Anthropology

**Language of Instruction:** English

**Prerequisites/Requirements:** None

---

### Description

Traditional Chinese Medicine (TCM), which includes treatments such as acupuncture and herbal medicine, is often viewed as exotic and mysterious in the West, though it is actually a rather prosaic part of everyday life in China. China is perhaps unique in the world in maintaining two medical traditions: the system of Western bio-medicine now adopted virtually universally worldwide, and the 5,000-year-old indigenous system of Traditional Chinese Medicine. This tradition, which has maintained its centuries-old methods and theories, is practiced both separately and in tandem with Western scientific medicine in the People's Republic of China. The study of TCM is fascinating from many perspectives, including anthropology, philosophy, and cross-cultural psychology.

This course will examine TCM from three different perspectives: (1) an historical and philosophical perspective, (2) a clinical and diagnostic perspective, and (3) an East-West comparative perspective. These three aspects will be team-taught in the classroom by three different experts in philosophy, TCM and Western biological medicine. In addition to classroom sessions, the course will feature extensive field trips and onsite visits to TCM hospitals and clinics.

### Objectives

This course will give the student with a solid understanding of traditional Chinese theories of the body and health, the philosophical and cultural underpinnings of TCM, the intersection of Chinese medical traditions with Western bio-medicine, the development of TCM during the post-1949 Mao era, and the current status of TCM as an active, evolving form of supplementary and alternative medicine in modern society. Students should also gain a first-hand knowledge of the current urban medical system in the PRC.

### Course Requirements

This course will feature classroom lectures on TCM theory conducted by two TCM and Western bio-medicine practitioners, including an expert from the Chinese Center for Disease Control. In addition to the classroom component, students will also make field trips to various clinics and hospitals.

Reading assignments will be approximately 50 pages per week. There will be a midterm exam, and a required final paper (which should be 10 pages, not counting bibliography and charts, on a topic to be determined in consultation with the professors). In addition, for each site visit, students

## CET Syllabus of Record

will be required to write a 2-3 page paper combining their observations with the theoretical frameworks presented in the readings.

### Methods of Evaluation

The final grade shall be determined as follows:

Attendance and participation:	10%
Midterm:	25%
Site visit papers:	25%
Final research paper:	40%

### Primary Texts

Kaptchuk, Ted (2nd edition- 2000). *The Web That Has No Weaver: Understanding Chinese Medicine*. New York: McGraw Hill

Scheid, Volker (2002). *Chinese Medicine in Contemporary China: Plurality and Synthesis*. Durham: Duke UP.

### Supplementary Texts

See weekly outline below.

### Outline of Course Content

Note: Fall/Spring students cover approximately 1 topic per week. During the summer, when class periods are longer, students cover approximately 2 topics per week.

TOPICS 1 & 2: Dr. David Moser, CET Academic Programs

#### 1. *Course Introduction: Cultural and Philosophical Background of TCM*

Kaptchuk. Chapter 1 "Medicine East and West: Two Ways of Seeing"

Jin-Ling Tang, Bao-Yan Liu, Kan-Wen Ma (2008) "Traditional Chinese medicine", *The Lancet*, Vol 372 December 6, 2008.

#### 2. *Chinese Conceptions of Health and the Body*

Scheid, Chapter 1 "Orientations: Ethnographic, Conceptual and Disciplinary"

Unschuld, Paul (2009) "Unification of the Empire, Confucianism, and the Medicine of Systematic Correspondence." *Medicine in China: A History of Ideas*, Berkeley: University of CA Press.

Kuriyama, Sigeheisha (1999) *The Expressiveness of the Body and the Divergence of Greek and Chinese Medicine*. New York: Zone Books

## CET Syllabus of Record

TOPICS 3 – 8: Dr. Cui Yongqiang, Beijing Guan'anmen TCM Hospital

### 3. *Basics of TCM Diagnosis and Treatment*

Kaptchuk. Ch. 2 “The Fundamental Textures: Blood, Qi, Essence, Fluids, and Spirit”

Kaptchuk Ch. 6. “The Four Examinations: Signs and Symptoms

### 4. *TCM Herbal Medicines*

Kaptchuk. Ch. 4 “The Meridians: the Warp and Woof: Acupuncture and Herbology”

Kaptchuk, Ch. 3 “The Organs of the Body: The Harmonious Landscape”

### 5. *TCM in Daily Life: Medicine as Culture*

Zhang, Qicheng, Judith Farquhar (2012). “Introduction.” *Ten Thousand Things: Nurturing Life in Contemporary Beijing*. Zone Press.

Kaptchuk. Ch. 9 “Chinese Medicine as an Art”

### 6. *Food as Medicine in TCM*

Farquhar, Judith (2002). “Medicinal Meals.” *Appetites: Food and Sex in Post-Socialist China*. Duke UP.

Per T. Sangild (2010) “Food, Medicine and Philosophy in East and West”

### 7. *The TCM Clinic: the Theory in Practice*

Kaptchuk, Ch. 8 “The Patterns of the Human Landscape: The Details of the Clinical Scene”

Maggie B. Covington (2001) “Traditional Chinese Medicine in the Treatment of Diabetes,” *Diabetes Spectrum*, Volume 14, No. 3.

### 8. *TCM as Supplemental Treatment (example: HIV/AIDS pain management)*

Selected readings by Dr. Cui

Ots, Thomas (1990), “The Angry Liver, The Anxious Heart, and the Melancholy Spleen: The Phenomenology of Perception in Chinese Culture.” *Culture, Medicine, and Psychiatry*.

## CET Syllabus of Record

TOPICS 9 – 12: Professor Wang Ruotao, Chinese Center for Disease Control (CDC)

### 9. *The Revival of TCM in the Mao Era*

Elizabeth Hsu (2008) "The History of Chinese Medicine in the People's Republic of China and its Globalization," *East Asia Science, Technology and Society: an International Journal*, 2008, pp. 465–484.

Scheid Ch. 3 "Hegemonic Pluralism: Chinese Medicine in a Socialist State"  
Taylor, Kim (2001). "Section 1: A New, Scientific, and Unified Medicine: Civil War in China and the New Acumoxa 1945 049. *Innovation in Chinese Medicine*.

### 9. *Post 1980's Reform Era: The Merging Medicine and Market*

Scheid Ch. 3: "1977 to the Present: the Establishment of Plural Health Care"  
*The Yale-China Health Journal*, 2001. (Selected Readings)

### 10. *Bio-medicine, and the Market of Health*

Scheid, Volker (2007). "Part 3." *Currents of Tradition in Chinese Medicine: 1626 – 2006*.  
Seattle: Eastland Press.

Mei Zhan (2009). Section 1. *Other-Worldly: Making Chinese Medicine through Transnational Frames*. Duke UP.

Lei, Hsiang – Lin (2002). "How Did Chinese Medicine Become Experiential? The Political Epistemology of Jingyan." *positions* 10(2): 334 -364.

### 11. *The Future of TCM*

Scheid Ch. 9 "The Future of Chinese Medicine"

"Averting Crisis: A Path Forward for China's Healthcare System," Carnegie Endowment for International Peace March, *Issue Briefing from Beijing*, 2009.

D. Rob Haley, PhD & Mei Zhao, PhD et al, "Five Myths of the Chinese Health Care System", *The Health Care Manager*, Volume 27, Number 2, pp. 147–158

### 12. *Site visits, interviews*

By this time, students should have arrived at a focused research topic in Chinese-Western comparative medicine, in consultation with the class professors. The remaining sessions will be spent in conducting site visits, interviews, and data gathering in preparation for a final paper.