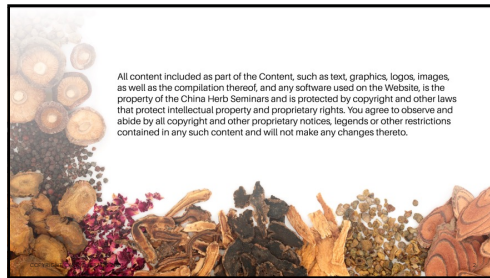
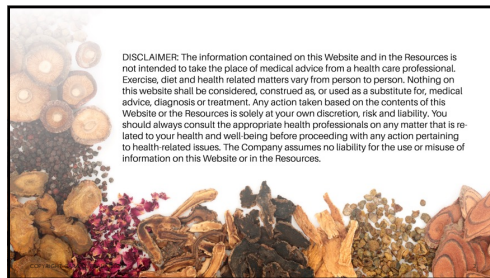




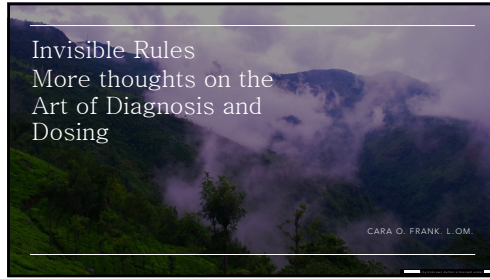
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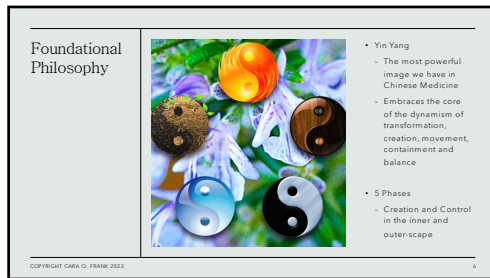
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6

整体观念
zhěng tǐ
quān niàn
concept
of holism

A concept that suggests that understanding a system or phenomenon requires considering it as a whole, rather than breaking it down into its individual parts.

It emphasizes the interconnectedness, interdependence, and integration of different elements within a system, emphasizing that the whole is greater than the sum of its parts.

This principle involves treatment of the whole person rather than isolated signs of disease?

Chinese medicine is conceptualized holistically on the grounds of pervasive emphasis on the relationship between the human and the environment and the relationship of the body parts to the whole.

Formal correspondence in the universal correspondences of yin yang and the five phases.
Woman Practical Dictionary of Chinese Medicine, Second Edition.

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Every Diagnostic Paradigm all at once

Zang Fu

Channels and Collaterals

Eight Principles
ba gang

Qi Blood fluids

Shang Han/
six stages

bing yin bian
shang disease
cause
pattern
identification

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Integral Holism

Chinese Medicine is unique in its embrace of imagery coupled with dialectical analysis.

A cumulative understanding of disease process:

- SP: Thinking within the context of Chinese Medical Theory
- SJ: Analysis and processing of data
- HT: Viewing it as a dynamic and everchanging whole.

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Everything, Everywhere, All at Once 4 streams-infinite rivulets lead to diagnosis

Yin-yang

- Yin-yang
- 5 phases

Four Elements (Fundamentals of Eastern Medicine and History)

- 4 Images
- Earth Element
- Wood Element
- Water Element, etc.

Convergent

- Convergent thinking
- Research thinking
- Lateral thinking
- Divergent thinking
- Synchronistic thinking

Four Thinking Modes (Four Gates into States of Thought)

- Logical
- Imagery
- Symbolic
- Intuitive
- Systematic
- Creative

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Ways to explore ideas.

3 MODES OF THINKING: LATERAL, DIVERGENT & CONVERGENT THOUGHT

Divergent thinking
Using imagination

Convergent thinking
Using logic

Also called: Creative/Horizontal thinking

Also called: Critical/Vertical Analysis/Linear

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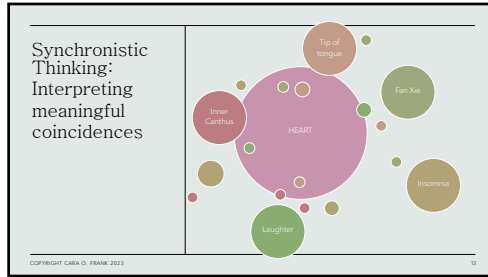
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Synchronistic Thinking:
Interpreting meaningful coincidences

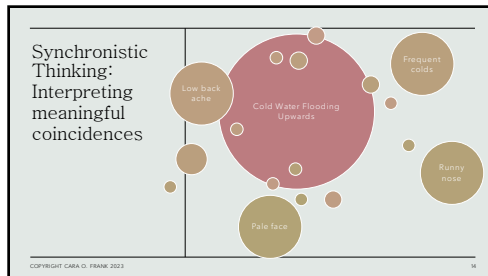
Intuitive
Imagery
Symbolic
Logical
Systematic
Creative

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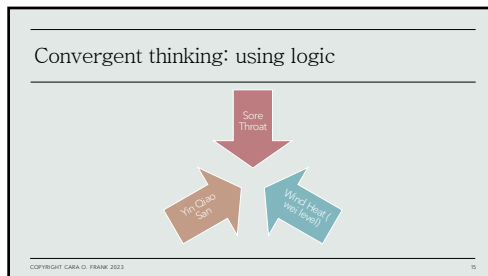
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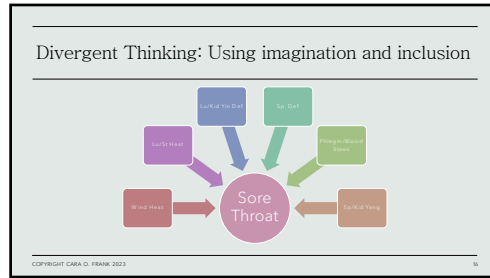
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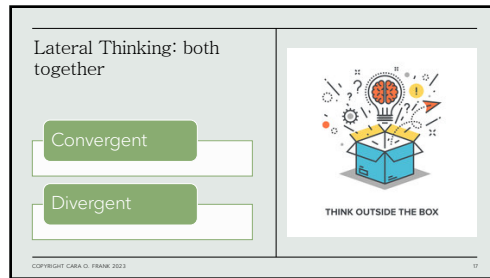
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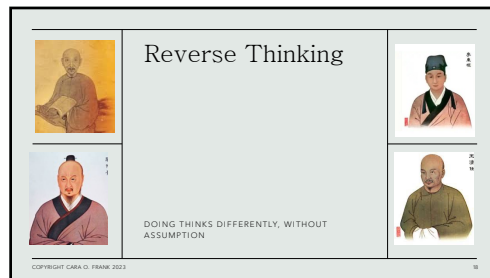
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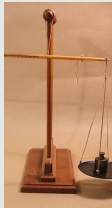


18



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What if you're a newbie?
Pull on objective data:




- Rely on deduction:
- What is the acuity of the case?
- What's the condition?
- How robust or weak is your patient?
- What do you know for sure?
- What signs and symptoms are for sure?
- Think Slowly

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Self-Directed Socratic Method





- The Socratic Method a shared dialogue between teacher and students. The teacher leads by posing thought-provoking questions designed to help define broad ideas, also exposing the complexities and ambiguities behind them.
- Ho, YH, Chen, BY, & Li, CM. Thinking more wisely using the Socratic method to develop critical thinking skills among healthcare students. *BMC Med Educ* 23, 173 (2023). <https://doi.org/10.1186/s12909-023-04839-2>

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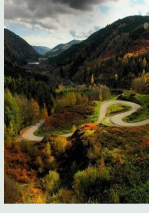
How should we learn?

	Dialog led, self reflective search for truth
	Teacher led Exam driven

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Eyes Wide Open:
diagnostic thinking might not be a straight line



- You might focus on the root and ignore branch symptoms
- Pathogens don't transform in a logical progression
- The fix? Treat what's in front of you.

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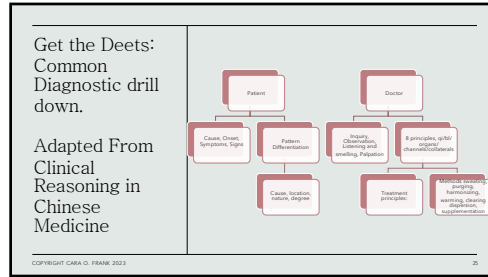
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Use deductive reasoning

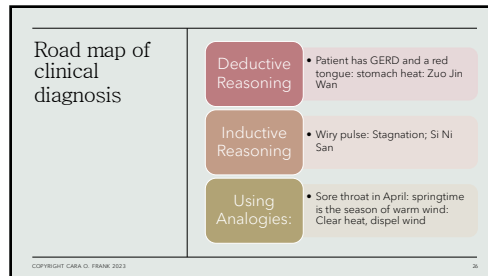
Existing Theory (CC)	• Sore throats
Create hypothesis	• Sore throats can be caused by wind heat
Collect Data	• Signs/ Symptoms
Analyze Data	• Is this true?
Accept or reject hypothesis	• Diagnosis

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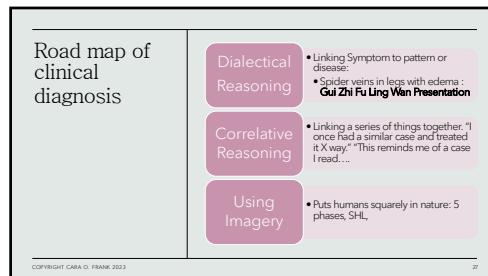
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26



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Deductive reasoning

```
graph TD; A[CC: fever chills floating pulse] --> B[Diagnosis, Exterior Pattern]; B --> C[Tx Strategy: dispel wind cold]; C --> D[Formula: ma huang tang];
```

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Inductive reasoning

```
graph LR; A[Floating Pulse] --> B[Feverish]; B --> C[Exterior Syndrome];
```

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The shortcut is the longcut:
Mastering the Basics


- Without basic mastery of foundational theories, you can't get to unified understanding of a case.
 - Commit to being a life-long learner
- It is the precursor to all clinical thinking

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Respect Your Elders.

- Shen Nong- The First Farmer
- Shang han lun- pivots and transformation
- Pi Wei lun- Earth as Center
- Zhang Jing yue: Supporting Ming Men through yin/yang nourishment
- Wen Bing - rapid hot transformation
- Wang Qing-ren: Blood Stasis.




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Respect Yourself

- Respect for your own intelligence and observational ability
- Holism and relational medicine
- Linear thinking
- Non-linear thinking
- Deductive reasoning
- Practical clinical experience
- Creative thinking and experimentation



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Stay Curious: Think like a child



1. Curiosity is defined here as the desire to seek information to address knowledge gaps resulting from uncertainty or ambiguity
2. Be like a child: ask questions freely about what you don't know.
3. Be like Fu Qingzhi: Question assumptions


1. <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.0177/full>

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Learn to pivot between knowledge and experience and embrace intuition as an act of scholarship

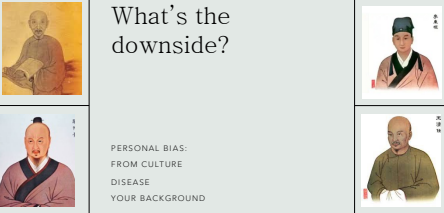
- Intuition develops from a combination of scholarship, clinical experience and pattern matching:
 - Long term memory of similar situations within the moment; judgments based on that experience.
- "Diagnostic intuition is a rapid, non-analytic, unconscious mode of reasoning. A small body of evidence points to the ubiquity of intuition, and its usefulness in generating diagnostic hypotheses and ascertaining severity of illness. Little is known about how experienced physicians understand this phenomenon, and how they work with it in clinical practice."
- [Experiences & intuitive associations of intuition in clinical reasoning - 2018](#)



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What's the downside?



PERSONAL BIAS:
FROM CULTURE
DISEASE
YOUR BACKGROUND

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Four Types of Bias
<https://www.ama-assn.org/delivering-care/ethics/4-widespread-cognitive-biases-and-how-doctors-can-overcome-them>

- Confirmation bias:** selective gathering and interpretation of evidence to conform with one's beliefs, as well as neglecting evidence that contradicts them.
- Anchoring bias:** is much like confirmation bias and refers to the practice of processing information and data that support one's initial impressions of evidence, even when those impressions are incorrect.
- Affect heuristic:** describe when a physician's actions are swayed by emotional reactions instead of rational deliberation about risks and benefits. It is context or patient specific and can manifest when physician experiences positive or negative feelings toward a patient based on prior experiences.
- Outcome bias:** refers to the practice of believing that clinical results-good or bad-are always attributable to prior decisions, even if the physician has no valid reason to think this, preventing him from assimilating feedback to improve his performance.

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Bias isn't all bad. Let's call it perspective




- A patient might consult 4 doctors and receive 4 formulas
- Creativity in Chinese medicine or art is not making things up
- It's rooted in training and theory
- Then you can find your voice

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Invisible Rules of Dosing



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The Invisible Rules of Dosing a Human:

Huang Di Neijing Su Wen
Chapter 70:
Comprehensive Discourse of the Five Regular Policies
Unschuld. Pg 351

For those who can stand poison, employ strong drugs


For those who cannot stand poison, use weak drugs.

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Low and Slow or Fast and Furious?

- Obvious questions and observations:
 - learn with and without words.
 - Engage your senses
- What is their capacity for change?
- Are they sensitive to medications?



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Chai Hu: Get the Goldilocks Spot

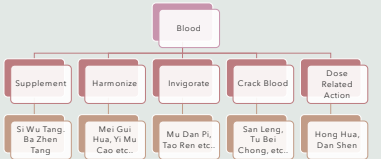
Take a hint from the classics and have a clear intention

Baby Bear	Mama Bear	Papa Bear
lift the qi Bu Zhong Yi Qi Tang	Course the Liver Xiao Yao San Chai Hu Shu Gan Tang	Harmonize the Shao Yang Xiao Chai Hu Tang

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Here's another Framework: What are you trying to accomplish



```

    graph TD
      Blood[Blood] --> Supplement[Supplement]
      Blood --> Harmonize[Harmonize]
      Blood --> Invigorate[Invigorate]
      Blood --> CrackBlood[Crack Blood]
      Blood --> DoseRelatedAction[Dose Related Action]
      Supplement --> SiWuTang[Si Wu Tang, Ba Zhen Tang]
      Harmonize --> MeiGuiHuaYiMuCao[Mei Gui Hua, Yi Mu Cao etc.]
      Invigorate --> MuDanPiTaoRen[Mu Dan Pi, Tao Ren etc.]
      CrackBlood --> SanLengTuBeiChong[San Leng, Tu Bei Chong, etc.]
      DoseRelatedAction --> HongHuaDanShen[Hong Hua, Dan Shen]
    
```

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Fast (not always furious)

Acute external pathogens Acute URI's Children with acute diseases Lack of consciousness

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Slow (not always low)

Blood stasis Many Damp and Phlegm conditions Tonifying herbs and formulas

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The Invisible Rules of Dosing a Human: The Correct Dose is Appropriate

医 Yi Medicine, medical	宜 Yi Should-Appropriate
意 Yi Meaning/ reflection, intention stored by the spleen	益 Yi Boost, benefit, augment
抑 Yi Curbs, repress	易 Yi Easy

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Is your delivery method appropriate?

How much medicine is in a tea pill? Nearly nothing. Yet, we get results.

Can you get the same results dosing as they might in China? Or if you practice dermatology as a Kampo practitioner? Often yes.

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Still unsure? Tiptoe outside your comfort zone

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