

Guest Lecture on Traditional Medicine in China

Arranged a guest lecture on *Traditional Medicine in China* on 02-07-2016.

Participants:

A total number of 80 students and faculty.

Resource person:

Miss.B. Mehar Lakshmi Yasaawi, Tianjin Medical University, Tianjin, China

Description of the programme:

Traditional Medicine in China was started more than 2000 years ago. It includes various forms of Herbal Medicine, Acupuncture, Massage, Exercise and dietary therapy. These practices are very concrete, logical and help to improve the quality of life. The resource person explained that the five essential substances in traditional Chinese medicine Philosophy are Wood, Fire, Earth, Metal and Water. This is mainly based on balance, harmony and energy. She expressed that these kind of practices are encouraged around the world because the traditional Chinese medicine can reduce inflammation, improve muscle strength and flexibility, protects cognitive health and improves the quality of sleep.



“Nature itself is the best physician” - Hippocrates