Ayurveda and TCM Comparison: Enhancing diagnosis and treatment through understanding their similarities and differences, strengths and weaknesses

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Abstract

Statement of the Problem: Increasing our ability to diagnosis, assess and treat is always beneficial, and learning allied medical systems is a powerful way to do this. Yet many challenges can come when merging traditional systems. Although there are many similarities between Ayurveda and Traditional Chinese Medicine (TCM), their views on disease and diagnosis come from different mindsets and premises. If one is to take advantage of the wealth of knowledge contained in both systems, then properly understanding their similarities and differences in terminology and treatment is a must.

This class will cover:

1) Comparison of cultural influences in which these medicine systems evolved and how that influenced their practices.
2) General strengths and weaknesses of each system related to their dominant focus in diagnosis and treatment.
3) Ayurvedic acupuncture: the scholarly remains of an Ayurvedic acupuncture system which is rarely used in modern Ayurveda.
4) The relationship between the concepts of Yin, Yang, and Chi, compared with Kapha, Pitta, and Vata. Their similarities, and their differences.
5) The relationship between 5 element theory from each system. Their similarities, and their differences.
6) Disorder and disease progression comparison.
7) The relationship between the meridians and the doshas. Why this parts of Ayurveda and TCM will never directly combine and should be used separately for maximum diagnosis and treatment potential.
8) The use of substances, their theories, and methods of delivery.
9) The panchakarma system. Unlike anything found in other traditional medicine systems and why it is so beneficial.



Recent Publications (minimum 5)

1. Balance Life's YouTube Channel. Lots of classes here to see my work, older stuff on dosha and balancing Vata are live classes with students. https://www.youtube.com/balancelife
2. Visser, Karlijn. (2017, May 2). Ayurveda & de 5 elementen: zó breng je de balans terug in je lijf. Retrieved from www.holistik.nl/ayurveda-en-de-5-elementen/.
3. Nichols, K. (2016, January 9). Benefits, dangers of chiropractic care. *The Jakarta Post*. Retrieved from www.thejakartapost.com/news/2016/01/09/benefits-dangers-chiropractic-care.html.
4. Paasch, Eva. (2016). ThaiVedic Yoga – ein Erfahrungsbericht. *Yoga Aktuell*. Retrieved from www.yoga-aktuell.de/blog/yoga-blog/thaivedic-yoga-erfahrungsbericht/.
5. Nichols, K. (2014). Individualising Yoga With Ayurveda [Video Post]. Retrieved from https://youtu.be/bxN2mtiNIHg
6. I co-teach more than 10 trainings and workshops every year. Including part of the faculty for the ZenThai Shiatsu school in Australia and their advanced bodywork retreat in Bali.



Naturopath and Ayurvedic Teacher Kimmana Nichols is the third generation from an entire family of holistic healers and educators. With experience in more than 20 modalities of bodywork and medicine, his passion for healing arts and teaching has awakened a world wave of Vedic Wisdom changing lives. He co-created ThaiVedic Systems to merge his modern understandings from massage and touch modalities, with the holistic wisdom and diagnosis of individuality found within Ayurveda. Email: kimmana@kimmana.com

Notes/Comments:

Will adjust topics covered depending on presentation time and prior knowledge of students. Attendees would require at least basic knowledge of either Ayurveda or TCM for this class to be of value for them. I could also teach a class on any specific subject of Ayurveda which may be needed as I lead Panchakarma programs in Australia.