
Global Certificate in Chinese Medicine and Health Care

Chinese Medicine Research and Evidence-Based Practice

Acupuncture is a key component of Chinese Medicine, involving the insertion of fine needles into specific points on the body to stimulate the body's natural healing processes, and is used to treat a wide range of health conditions, including pain, digestive problems, and mental health issues. Related terms include acupressure, moxibustion, and tuina.

Acupressure is a technique used to apply pressure to specific points on the body, often using the fingers or thumbs, to stimulate the body's natural healing processes, and is used to treat a wide range of health conditions, including pain, digestive problems, and mental health issues. Related terms include acupuncture, moxibustion, and tuina.

Adaptogenic herbs are herbal remedies that help the body adapt to stress, and are used to treat a wide range of health conditions, including anxiety, fatigue, and insomnia. Related terms include ginseng, ashwagandha, and rhodiola.

Anatomy in Chinese Medicine refers to the study of the structure and function of the human body, and is used to understand the flow of qi and the location of acupuncture points. Related terms include physiology, pathology, and diagnosis.

Aromatherapy is a therapy that uses essential oils to promote relaxation, reduce stress, and improve overall health, and is used to treat a wide range of health conditions, including anxiety, insomnia, and pain. Related terms include essential oils, massage, and reflexology.

Ashwagandha is a herbal remedy that is used to reduce stress, improve cognitive function, and promote overall health, and is used to treat a wide range of health conditions, including anxiety, insomnia, and fatigue. Related terms include adaptogenic herbs, ginseng, and rhodiola.

Ayurvedic medicine is a system of medicine that originated in India, and is used to treat a wide range of health conditions, including digestive problems, mental health issues, and chronic diseases. Related terms include Chinese Medicine, Unani medicine, and homeopathy.

Bias in research refers to any factor that influences the results of a study, and can include factors such as sampling bias, measurement bias, and confounding variables. Related terms include validity, reliability, and generalizability.

Blood stasis in Chinese Medicine refers to a pattern of disease that is characterized by the accumulation of blood in the body, and is used to treat a wide range of health conditions, including pain, inflammation, and bleeding disorders. Related terms include qi stagnation, phlegm, and dampness.

Case control study is a type of study that involves comparing a group of people with a specific disease or condition with a group of people without the disease or condition, and is used to identify risk factors and causes of disease. Related terms include cohort study, cross-sectional study, and randomized controlled trial.

Channel theory in Chinese Medicine refers to the concept that the body has a network of channels or meridians that carry qi and blood, and is used to understand the flow of qi and the location of acupuncture points.

Chinese herbal medicine is a system of medicine that uses herbs and other plant-based remedies to treat a wide range of health conditions, including digestive problems, mental health issues, and chronic diseases. Related terms include Chinese Medicine, acupuncture, and moxibustion.

Clinical trial is a type of study that involves testing the efficacy and safety of a new treatment or intervention, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include randomized controlled trial, cohort study, and case control study.

Cohort study is a type of study that involves following a group of people over time to examine the development of a specific disease or condition, and is used to identify risk factors and causes of disease. Related terms include case control study, cross-sectional study, and randomized controlled trial.

Complexity theory in Chinese Medicine refers to the concept that the body is a complex system that involves the interaction of multiple factors, including qi, blood, and body fluids, and is used to understand the underlying mechanisms of disease and the effects of treatment. Related terms include systems theory, chaos theory, and holistic medicine.

Confounding variable is a factor that influences the results of a study, and can include factors such as age, sex, and lifestyle. Related terms include bias, validity, and reliability.

Control group is a group of people who do not receive the treatment or intervention being tested, and is used as a comparison group to evaluate the effectiveness of the treatment or intervention. Related terms include experimental group, randomized controlled trial, and cohort study.

Cross-sectional study is a type of study that involves examining a group of people at a single point in time to examine the prevalence of a specific disease or condition, and is used to identify risk factors and causes of disease. Related terms include case control study, cohort study, and randomized controlled trial.

Dampness in Chinese Medicine refers to a pattern of disease that is characterized by the accumulation of fluids in the body, and is used to treat a wide range of health conditions, including digestive problems, skin conditions, and joint pain. Related terms include qi stagnation, phlegm, and blood stasis.

Data analysis in research involves the process of examining and interpreting data to identify patterns and trends, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include data collection, statistical analysis, and research design.

Diagnostic criteria in Chinese Medicine refer to the standards used to diagnose a specific disease or

condition, and are used to guide treatment and management. Related terms include pattern diagnosis, tongue diagnosis, and pulse diagnosis.

Differential diagnosis in Chinese Medicine refers to the process of distinguishing between different diseases or conditions, and is used to guide treatment and management.

Digestive problems in Chinese Medicine refer to a range of conditions that affect the digestive system, including diarrhea, constipation, and abdominal pain, and are used to treat a wide range of health conditions, including digestive problems, mental health issues, and chronic diseases. Related terms include spleen qi deficiency, liver qi stagnation, and kidney yang deficiency.

Double-blind study is a type of study that involves concealing the treatment or intervention being tested from both the participants and the researchers, and is used to evaluate the effectiveness of new treatments and interventions.

Dysmenorrhea in Chinese Medicine refers to a condition characterized by painful menstruation, and is used to treat a wide range of health conditions, including menstrual cramps, heavy bleeding, and infertility. Related terms include liver qi stagnation, spleen qi deficiency, and kidney yang deficiency.

Efficacy in research refers to the ability of a treatment or intervention to produce a desired outcome, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include effectiveness, safety, and cost-effectiveness.

Electroacupuncture is a type of acupuncture that involves the use of a small electrical current to stimulate the body's natural healing processes, and is used to treat a wide range of health conditions, including pain, digestive problems, and mental health issues.

Evidence-based practice in Chinese Medicine refers to the use of research evidence to guide treatment and management, and is used to evaluate the effectiveness of new treatments and interventions.

Experimental group is a group of people who receive the treatment or intervention being tested, and is used to evaluate the effectiveness of the treatment or intervention. Related terms include control group, randomized controlled trial, and cohort study.

Fire in Chinese Medicine refers to a pattern of disease that is characterized by the accumulation of heat in the body, and is used to treat a wide range of health conditions, including fever, inflammation, and skin conditions. Related terms include cold, dampness, and wind.

Five elements theory in Chinese Medicine refers to the concept that the body is composed of five elements, including wood, fire, earth, metal, and water, and is used to understand the underlying mechanisms of disease and the effects of treatment. Related terms include yin-yang theory, channel theory, and organ theory.

Ginseng is a herbal remedy that is used to improve energy, vitality, and overall health, and is used to treat a wide range of health conditions, including fatigue, insomnia, and digestive problems. Related terms include adaptogenic herbs, ashwagandha, and rhodiola.

Health-related quality of life in Chinese Medicine refers to the concept that health is not just the absence of disease, but also includes physical, emotional, and social well-being, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include patient-reported outcomes, quality of life, and functional status.

Holistic medicine is a system of medicine that views the body as a whole, including physical, emotional, and spiritual aspects, and is used to treat a wide range of health conditions, including chronic diseases, mental health issues, and digestive problems. Related terms include Chinese Medicine, acupuncture, and herbal medicine.

Infertility in Chinese Medicine refers to a condition characterized by the inability to conceive, and is used to treat a wide range of health conditions, including menstrual irregularities, sperm abnormalities, and hormonal imbalances. Related terms include kidney yang deficiency, liver qi stagnation, and spleen qi deficiency.

Insomnia in Chinese Medicine refers to a condition characterized by difficulty sleeping, and is used to treat a wide range of health conditions, including stress, anxiety, and restless leg syndrome. Related terms include spleen qi deficiency, heart yin deficiency, and liver qi stagnation.

Intention-to-treat analysis is a type of analysis that involves analyzing all participants in a study according to the group they were originally assigned to, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include per protocol analysis, as-treated analysis, and imputation.

Jin Kui Yao Lue is a classic textbook of Chinese Medicine that provides a comprehensive guide to the diagnosis and treatment of a wide range of health conditions, and is used to guide treatment and management. Related terms include Huangdi Neijing, Shang Han Lun, and Wen Bing Xue.

Kidney deficiency in Chinese Medicine refers to a pattern of disease that is characterized by the depletion of kidney qi, and is used to treat a wide range of health conditions, including infertility, erectile dysfunction, and osteoporosis. Related terms include kidney yin deficiency, kidney yang deficiency, and adrenal insufficiency.

Kidney yin deficiency in Chinese Medicine refers to a pattern of disease that is characterized by the depletion of kidney yin, and is used to treat a wide range of health conditions, including infertility, hot flashes, and night sweats. Related terms include kidney yang deficiency, kidney deficiency, and adrenal insufficiency.

Liver qi stagnation in Chinese Medicine refers to a pattern of disease that is characterized by the accumulation of liver qi, and is used to treat a wide range of health conditions, including depression, anxiety, and digestive problems. Related terms include liver yin deficiency, liver yang excess, and spleen qi deficiency.

Materia medica in Chinese Medicine refers to the study of herbal remedies and their properties, and is used to guide treatment and management. Related terms include Chinese herbal medicine, acupuncture, and moxibustion.

Meta-analysis is a type of study that involves combining the results of multiple studies to draw a conclusion, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include systematic review, randomized controlled trial, and cohort study.

Moxibustion is a technique used to warm and stimulate specific points on the body, often using a small amount of burning herb, and is used to treat a wide range of health conditions, including pain, digestive problems, and mental health issues. Related terms include acupuncture, tuina, and Chinese herbal medicine.

Needling technique in acupuncture refers to the method used to insert and manipulate the needles, and is used to stimulate the body's natural healing processes.

Non-inferiority trial is a type of study that involves comparing a new treatment or intervention to an existing treatment or intervention, and is used to evaluate the effectiveness of new treatments and interventions.

Observational study is a type of study that involves observing a group of people over time to examine the development of a specific disease or condition, and is used to identify risk factors and causes of disease.

Organ theory in Chinese Medicine refers to the concept that the body is composed of a set of organs that are interconnected and interdependent, and is used to understand the underlying mechanisms of disease and the effects of treatment. Related terms include channel theory, five elements theory, and yin-yang theory.

Pain management in Chinese Medicine refers to the use of acupuncture, herbal medicine, and other techniques to treat a wide range of pain conditions, including chronic pain, acute pain, and cancer pain.

Patient-reported outcomes in Chinese Medicine refer to the concept that patients' experiences and perceptions are important outcomes in the evaluation of treatment effectiveness, and are used to evaluate the effectiveness of new treatments and interventions. Related terms include health-related quality of life, quality of life, and functional status.

Phlegm in Chinese Medicine refers to a pattern of disease that is characterized by the accumulation of fluids in the body, and is used to treat a wide range of health conditions, including respiratory problems, digestive problems, and skin conditions. Related terms include dampness, qi stagnation, and blood stasis.

Placebo effect in Chinese Medicine refers to the phenomenon where a treatment or intervention has a positive effect on a patient's symptoms, even if it has no actual therapeutic effect, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include placebo-controlled trial, randomized controlled trial, and cohort study.

Practitioner-patient relationship in Chinese Medicine refers to the dynamic between the practitioner and the patient, and is used to guide treatment and management. Related terms include patient-centered care, holistic medicine, and evidence-based practice.

Pulse diagnosis in Chinese Medicine refers to the technique used to diagnose disease by feeling the pulse, and is used to guide treatment and management. Related terms include tongue diagnosis, facial diagnosis,

and abdominal diagnosis.

Qi in Chinese Medicine refers to the vital energy that flows through the body, and is used to understand the underlying mechanisms of disease and the effects of treatment. Related terms include blood, body fluids, and spirit.

Qi stagnation in Chinese Medicine refers to a pattern of disease that is characterized by the accumulation of qi in the body, and is used to treat a wide range of health conditions, including pain, digestive problems, and mental health issues.

Qualitative research in Chinese Medicine refers to the type of research that involves collecting and analyzing non-numerical data, such as interviews and observations, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include quantitative research, mixed methods research, and case study.

Quality of life in Chinese Medicine refers to the concept that health is not just the absence of disease, but also includes physical, emotional, and social well-being, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include health-related quality of life, patient-reported outcomes, and functional status.

Quantitative research in Chinese Medicine refers to the type of research that involves collecting and analyzing numerical data, such as surveys and experiments, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include qualitative research, mixed methods research, and case study.

Randomized controlled trial is a type of study that involves randomly assigning participants to either a treatment or control group, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include cohort study, case control study, and cross-sectional study.

Regression analysis is a type of analysis that involves modeling the relationship between a dependent variable and one or more independent variables, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include correlation analysis, factor analysis, and time series analysis.

Reliability in research refers to the ability of a measure or instrument to produce consistent results, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include validity, generalizability, and bias.

Research design in Chinese Medicine refers to the plan or structure of a study, and is used to evaluate the effectiveness of new treatments and interventions.

Safety in research refers to the concept that a treatment or intervention should not cause harm to participants, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include efficacy, effectiveness, and cost-effectiveness.

Shang Han Lun is a classic textbook of Chinese Medicine that provides a comprehensive guide to the

diagnosis and treatment of a wide range of health conditions, and is used to guide treatment and management. Related terms include Huangdi Neijing, Jin Kui Yao Lue, and Wen Bing Xue.

Six channel theory in Chinese Medicine refers to the concept that the body has six channels or meridians that carry qi and blood, and is used to understand the underlying mechanisms of disease and the effects of treatment. Related terms include channel theory, five elements theory, and organ theory.

Spleen qi deficiency in Chinese Medicine refers to a pattern of disease that is characterized by the depletion of spleen qi, and is used to treat a wide range of health conditions, including digestive problems, fatigue, and weakness. Related terms include spleen yang deficiency, liver qi stagnation, and kidney yang deficiency.

Statistical analysis in research involves the use of statistical methods to analyze and interpret data, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include data analysis, research design, and results interpretation.

Stroke in Chinese Medicine refers to a condition characterized by the loss of brain function due to a lack of blood flow, and is used to treat a wide range of health conditions, including paralysis, speech difficulties, and cognitive impairment. Related terms include wind, phlegm, and blood stasis.

Systems theory in Chinese Medicine refers to the concept that the body is a complex system that involves the interaction of multiple factors, including qi, blood, and body fluids, and is used to understand the underlying mechanisms of disease and the effects of treatment. Related terms include complexity theory, chaos theory, and holistic medicine.

Taiji in Chinese Medicine refers to the practice of movement and meditation that is used to cultivate qi and promote overall health, and is used to treat a wide range of health conditions, including stress, anxiety, and chronic diseases. Related terms include qigong, acupuncture, and tuina.

Tcm is an acronym for Traditional Chinese Medicine, and refers to the system of medicine that originated in China and is used to treat a wide range of health conditions, including digestive problems, mental health issues, and chronic diseases.

Therapeutic relationship in Chinese Medicine refers to the dynamic between the practitioner and the patient, and is used to guide treatment and management.

Tongue diagnosis in Chinese Medicine refers to the technique used to diagnose disease by examining the tongue, and is used to guide treatment and management. Related terms include pulse diagnosis, facial diagnosis, and abdominal diagnosis.

Traditional Chinese Medicine is a system of medicine that originated in China and is used to treat a wide range of health conditions, including digestive problems, mental health issues, and chronic diseases. Related terms include acupuncture, herbal medicine, and moxibustion.

Tuina is a type of massage that is used to stimulate the body's natural healing processes, and is used to treat a wide range of health conditions, including pain, digestive problems, and mental health issues. Related terms include acupuncture, moxibustion, and Chinese herbal medicine.

Validity in research refers to the ability of a measure or instrument to accurately measure what it is intended to measure, and is used to evaluate the effectiveness of new treatments and interventions. Related terms include reliability, generalizability, and bias.

Wen Bing Xue is a classic textbook of Chinese Medicine that provides a comprehensive guide to the diagnosis and treatment of a wide range of health conditions, and is used to guide treatment and management. Related terms include Huangdi Neijing, Shang Han Lun, and Jin Kui Yao Lue.

Wind in Chinese Medicine refers to a pattern of disease that is characterized by the invasion of external pathogens, and is used to treat a wide range of health conditions, including respiratory problems, skin conditions, and neurological disorders. Related terms include cold, dampness, and phlegm.

Yin-yang theory in Chinese Medicine refers to the concept that the body is composed of two opposing principles, yin and yang, and is used to understand the underlying mechanisms of disease and the effects of treatment. Related terms include five elements theory, channel theory, and organ theory.

Zang fu theory in Chinese Medicine refers to the concept that the body is composed of a set of organs that are interconnected and interdependent, and is used to understand the underlying mechanisms of disease and the effects of treatment.