



Chinese Medicine Board of Australia

Statement on Chinese Medicine

Chinese Medicine is the aggregate knowledge, skills and practices based on the theories, beliefs and experiences indigenous to the Chinese culture that are used for the maintenance of health and the prevention, diagnosis, and treatment of physical and mental conditions. These knowledge, skills and practices have been developed over several millennia.

Clinically, Chinese medicine is used to treat a broad range of conditions in patients of all ages. Chinese medicine practice emphasises the importance of an holistic approach and individualisation of treatment planning.

Chinese Medicine practice incorporates a wide range of modalities of which two major intervention methods are acupuncture and herbal medicine. Acupuncture entails the application of a range of stimulation techniques of specific acupuncture points. Chinese herbal medicine practice employs a large number of plant and mineral derivatives, individually or combined, through diverse routes of administration, for optimum therapeutic benefits and for the enhancement of health. Acupuncture and herbal medicine may be used separately or in combination to maximise their effects.

Chinese medicine practitioners utilise both traditional and modern methodologies for diagnosis and to evaluate therapeutic outcomes. Traditional methods include observation of the tongue and palpation of the pulses together with an analysis of the other signs and symptoms presented. Modern methods can include reviewing results of conventional western diagnostic tests. In assessing the efficacy of treatments, Chinese medicine practitioners use both application of evidence-based medicine approaches and evaluation of traditional evidence (such as the framework used by the Advisory Committee on Complementary Medicines).

Titles protected by the National Law are:

- Chinese medicine practitioner
- Chinese herbal dispenser
- Chinese herbal medicine practitioner
- oriental medicine practitioner, and
- acupuncturist.