**Traditional Chinese Medicine**

Traditional Chinese medicine (or TCM) originated from China, dating back thousands of years and is an inseparable part of Chinese culture. TCM includes herbal medicine, acupuncture, massage and Qi Gong. In Australia, the most popular forms of TCM treatment are acupuncture and herbal medicine. The Chinese believe that TCM can allow the human body to achieve equilibrium with nature, thereby curing ailments and maintaining physical health.

TCM practitioners can treat patients without the assistance of any medical equipment. The four diagnostic methods of TCM are inspection, auscultation and olfaction, inquiry, and palpation. Inspection is the act of observing the patient’s physical condition. Auscultation and olfaction are listening to the patient’s voice and smelling them for any particular irregularities. Inquiry is asking about their symptoms and about any previous treatments. Palpation is taking the patient’s pulse to understand any changes within their body.

TCM has not only profoundly impacted China, but also influenced medical development in other Asian countries.