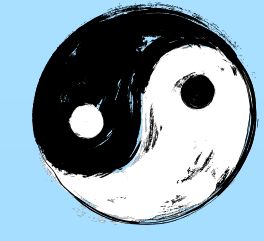


Sarah Elgzeary, Skylar Dsouza, Suhaila Beyat,  
Meerah Hirzallah, Meera Almheiri, Alya Al Ameri, Sami Alghayath

*Supervisors:* Andrew Jang, Karen Jang, Lee Gyubin



## What is Korean Medicine?

It takes a holistic approach, interconnecting physical, mental, emotional, and environmental factors to achieve balance. It is rooted in the concept of "qi" (vital energy), using meridians (a pathway for qi that connects body parts) to maintain health. The Five Elements Theory (wood, fire, earth, metal, water) and herbal remedies are also employed to restore balance and promote self healing. Jaseng hospital emphasizes the importance of having "compassion for others" in order to truly treat the patient.



## Highlights

### 1) Presentation day:

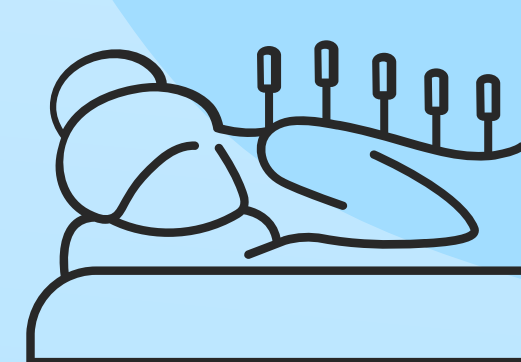
Each MBRU student was paired with a Korean Medicine student and was asked to prepare a presentation comparing Western and Korean medicine on a disease of our choice. By the end of the discussion, we were delighted to learn about each other's treatment style and concluded that integrating both types of medicine would be in the patient's best interests.

### 2) Visiting Jaseng's research lab:

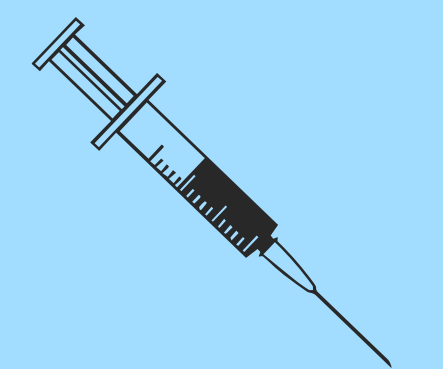
We were able to witness the process of manufacturing the Shinbaro herbal medicines and even taste them!

### 3) Hands-on practice:

Performing acupuncture, pharmacopuncture with Shinbaro, and cupping on our peers was an experience we will forever cherish. We were given acupuncture needles to take so we can practice it on family and friends.

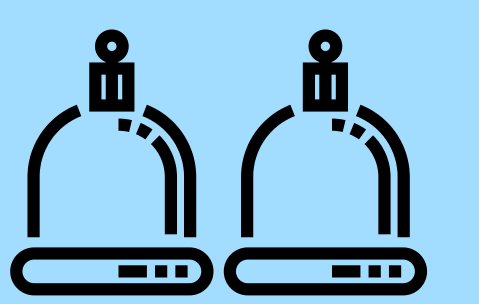


## What did we learn?



### Types of treatment:

- Chuna manipulation: rebalances the musculoskeletal system by gently correcting the spine to restore tissue function.
- Acupuncture: needle insertion into specific body parts promoting tissue function and pain relief.
- Shinbaro Pharmacopuncture: mostly used for disc herniations. It has GCSB-5 (compound made of 6 herbs) which has anti-inflammatory effects, cartilage and bone protection, and nerve regeneration.
- Herbal medicine
- Cupping: suction to enhance blood flow and can be done electrically (ICT), wet or dry
- Moxibustion: adds warmth to boost meridian function + enhance qi.



## Conclusion



The combination of Korean and Western medicine has the potential to revolutionize healthcare by integrating the strengths and principles of both systems. Through various studies and research, it has become evident that each approach offers unique benefits that can complement and enhance the other. This integration fosters a holistic and comprehensive approach to patient care that can lead to improved health outcomes, thus giving us as future physicians, the opportunity to advise an alternative, non-invasive treatment to patients in the future.