

In 2019, I went to India to teach 32 doctors TCM diagnosis and pattern differentiation.

This was an experience of a lifetime. I had never been to India, I was invited to go. Honestly, I didn't know what to expect, and I think that the organizers didn't know what to expect. Their kindness, generosity, and the eagerness to learn from each participant blew me away.

Each doctor gave 200% during the five day seminar, and some of them traveled two hours every day to get there and to go home. Then they would get home, studied what we talked about, and come back the next morning with lots of questions. This was to me, fantastic. They really processed it with an open heart and an open mind.

In today's show, I'm going to share not only my trip to India and the fun stories I have for you today, but the differences and similarities between Ayurvedic medicine and Chinese medicine.

And guess what? When I was there, I had no idea, but apparently **Ayurvedic medicine is the basis for all other medicine and TCM.**

Traditional Chinese medicine is derived from Ayurvedic Medicine

Buckle up for a fun and educative show. Here we go.

Welcome to Acupro, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun to learn.

Hi, I'm your host, Clara Cohen. I support practitioners and students like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care. I love to showcase the amazing benefits of acupuncture, because after all, acupuncture rocks!

The hospitality of India

When I landed in Bangalore, which is in the center south of India, the organizer came to pick me up and it was two o'clock in the morning.

I already knew from the get-go that they are going to be **such great people with lots of generosity.** I was blown away my whole trip. They took me everywhere, even to temples, they really showed me their culture. They took me to dinner and wouldn't let me pay for anything, and I had fun watching the drivers in India. It's like perfect, organized chaos. Everybody honks. You think you're gonna bump into somebody every two seconds? But no, it works. It's perfect organized chaos, and I loved it.

I would never drive in India. But boy, it was a lot of fun to watch. It was like a video game.

The medicine used in India

When I was there, I learned a lot about Ayurvedic medicine and the way also **each doctor utilizes naturopathic medicine** because all of them had naturopathy as part of their training.

This was really, really fun for me. I was fascinated specifically by the similarities and the differences with Chinese medicine. Today we're gonna look at this, including **chakras and the corresponding acupuncture points**. This is gonna be a lot of fun, however, please be kind if I make some mistakes because I am not versed in Ayurvedic medicine.

This is for my basic readings and understanding. I hope I can give it justice.

The Basics of Ayurvedic Medicine

As I said earlier, it is the oldest medicine and every medicine in the world derives from Ayurvedic medicine, including TCM, which totally blew me away because I had no idea. We always learned that **Chinese medicine is 3000 years old**, but guess what?

Ayurvedic medicine is over 5,000 years old. So this is an interesting little tidbit that I learned in India and I absolutely loved in Sanskrit. **It means life knowledge**.

Ayurveda is a comprehensive medical and spiritual system that merges the body, the mind, and the spirit in a nutshell.

The medicine promotes lifelong wellness.

It focuses on prevention and treatment of diseases just like TCM does. So that's definitely the similarity. During most reading that I came across, it is said that Ayurveda developed, like I said, in India 5,000 years ago, and all the world medicine derived from it, including TCM.

I understood that it is based on observation trial and errors, just like Chinese medicine. Evidently, Ayurvedic medicine recognizes the individuality of each patient. It determines their unique constitution according to aspect of the **physical, physiological, psychological and emotional selves**.

So Ayurvedic modalities usually include **lifestyle recommendation, dry skin brushing, self massage, oil pulling**. (I'm gonna explain to you what that is in a second.) **Diet, herbal medicine, aroma therapy. Meditation mantras**. Mantras are chanting specific phrases if you've never heard of it.

Exercises, specifically **yoga**. And yes, yoga we know comes from India, but I'm gonna talk about the differences between how we use yoga in the West and how it is seen in India, in my

understanding. And they use **acupressure**. They do **acupuncture a lot as well**, but acupressure is much more prominent all around and part of Ayurvedic medicine.

Ayurvedic practitioners just like TCM practitioners are educators first

Their purpose is to help each patient achieve balance and reach optimum health.

Now, before we go any further, I wanted to share something with you about oil pulling and yoga.

Yoga

I love Yin yoga. It's my favorite because it's very static and we hold the poses for three to five minutes compared to power yoga. For me, power yoga is a bit too fast, too aggressive, and I do a lot of sports, so yoga is very balancing to my Yang, energetic sports that I do often with my husband as well.

Now yoga in India and in Ayurvedic medicine is used as an exercise to heal the body, not as a stretching exercise that we use in the West, but in the East it is used like Qigong is, and Tai Chi is, Qigong is really. Part of TCM, and it is really there to heal the body. It's not just exercise and yoga is the same.

So if someone comes to see an ayurvedic medicine practitioner and they have, let's say, digestive issues, they're gonna give them yoga poses that they need to do every day in order to rebalance their digestive system. So I think it's very specific to each patient, and I love that.

Oil Pulling

Now another thing that is used by Ayurvedic medicine is oil pulling.

If you've never done oil pulling, I do it once or twice a year for about 10 days in the Spring. I know in India they are recommended to do on a regular basis, probably daily. So for 10 days daily, what I do and what most oil pulling people will do is you will take coconut oil, maybe a tablespoon of coconut oil.

Some people use sesame oil or different kind of oil, but coconut oil is what I've done it with.

How to Oil Pull

You're going to put it in your mouth and you're gonna **swish the oil in your mouth for about 5 to 15 minutes**. Now 15 minutes is better, 5 is a bit short, but eventually my muscles in my mouth and around my mouth, like my masseter and all my muscle get really tired.

Usually I can do it between 5 and 10 minutes. What it does is it **pulls all the bacteria that is accumulated in the mouth during the night**. So this is the first thing you do when you wake up in the morning.

You always spit the oil after. **Never swallow it because it's full of bacteria.** I would not recommend you spill it in your sink, because oil will block the sink. Eventually you are going to have some drainage issue. It's better to, you know, put it in a jar or something, and then recycle it the best that you can, and **then you can brush your teeth.**

So this is what oil pulling is, and it's very, very common in Ayurvedic medicine. Research it a little bit more and check it out. Because I think it's very much worth doing.

Did you know I have [Continuing Education Online Courses](#)?

A lot of people know that I have [three books](#). However, many don't that I also offer [continuing education online courses](#). This is actually how I **started AcuPro Academy to support new practitioners**. You can choose from TCM treatment for common Mental Disorders, Fertility, Pregnancy, Thyroid disorders, but also specific ones like Scalp acupuncture or Cosmetic Acupuncture online courses.

All these are prerecorded so you can watch them on your own time. And since you have access to them forever, you can revisit the information anytime you need. You will receive a certificate with your name on it after you pass a multiple choice quiz. And if you truly not satisfied with any of my online courses, I offer a **seven day money back guarantee** as I stand behind my products and truly, truly want you to benefit from them.

So go check them out on my website, acuproacademy.com and click the TCM course tab on the menu bar or check out the link in the show notes below.

Similarities & Differences between Ayurvedic Medicine & TCM

Now, let's talk about more similarities and differences between Ayurvedic medicine and TCM.

The 5 Elements & the 5 Senses

So they look at 5 elements, and their 5 elements are: Fire, Water, and Earth, just like TCM. But then they have **Air and Ether**. Ether stands for space generally. So each relate to one of the 5 Senses **Fire relates to the eyes** or the sight, **Water to the tongue** and the taste, **Earth to the nose** and smell **Air to the skin** and touch and **Ether to the ears** and hearing. So very different from TCM, which **Fire connects to the tongue** because it's connecting to the heart. And the Heart opens into the tongue and **Water for us connects to kidney**, which opens into the ears, right? And **Earth connects to the spleen and stomach**, which is opening into the mouth air.

We could compare that maybe to metal, right? **Metal reflects on the skin**. So that's a little bit more similar if we want to look at it. And ether is, would it be wood? Probably not. 'cause it's not the same. But for us, **Wood connect to the eyes** and open into the eyes.

I love that they have different elements. Three are the same, but two are different. And **Ether replaces metal and wood** for us, so this is interesting.

Doshas

Now they also have three doshas, which are **primary life energies that govern all emotional and physical processes**.

The three doshas are Vata, Pitta, and Kaha.

Vata

Vata is composed of **air and ether** or air and space, and in short, these control the nervous system and all movements in the body. A Vata type person is **creative**, has a **lean body**, and can get **anxious** very easily, and **digestive system issues**.

The TCM Equal

I would say would be a comparison for us of Earth. Earth gets anxious easily and has digestive issues, but the lean body and the creative, it's interesting 'cause the creative is more kidney and the lean body is more fire or heart. So that's interesting. Right.

Pitta

The Pitta dosha is comprised of **fire and water**, so complete opposite yin and yang. Pitta operates the **Stomach** and all transformation in the body.

The Pitta type is **ambitious**, has an **athletic body**, easily **gets angry** and easily gets **heartburn**.

The TCM Equal

So this is interesting because for us, I feel like this is obviously a **Spleen and Stomach** because it's in charge of transformation in the body. But the **ambitious is usually Liver**. The athletic body is Metal and obviously if we get angry a lot, that's Liver and heartburn it Stomach.

So you could see how. But it's interesting to me and it's fascinating.

Kapha

The last dosha is Kapha. Kapha is comprised of Earth and Water, it regulates the structure of all stability in the body, so the root of who we are, right? A Kapha type person is **compassionate**. Has a **curvy, bigger body** and can get **easily depressed and gain weight** easily.

The TCM Equal

So for us, that would be more Kidney and Spleen because, usually getting depressed, easily getting, gaining weight, getting more, being more curvy, that is more and compassionate that is more the Spleen. Like in TCM balancing the 5 elements and making sure everything is working together.

The 3 Doshas vs. The 5 Elements as a whole

The 3 doshas are considered optimum health when they are balanced. Does that make sense? The **elements in the doshas can break** and if they break, they break the ecosystem in our body. And now when the ecosystem breaks, we have sickness. So **they all depend on each other for balance**. This is very similar.

When it comes to TCM, we have 5 body types, 5 personalities, 5 tissues and senses and colors and tastes and seasons. Ayurvedic medicine combined two of those five elements to create the doshas. And so this is done to describe biological function, mind, body, food, environment, and more exactly the same as the five elements.

It's just that it has the dosha because it mixed two together. Does that make sense? I found that fascinating and it's really interesting.

Masala Chai

Before we continue with more similarity and differences, I wanted to share a story with you when I was there teaching.

I went back, by the way, in January, 2023. That was my second time there. So I absolutely love India and Indian people and the Indian food. Everybody is so sweet and the food is delicious. So talking about food, the first time I went there, I had my first Masala Chai, and it's now called Masala Chai tea, because chai means tea;

So **Masala Chai is black tea with cardamon, nutmeg, ginger, cinnamon**. It is really spicy and they put milk in it and it is delicious. I absolutely loved it. I had this for breakfast the first morning I was there at the hotel and after that I fell in love with masala chai. When we had a break every day around 10:00 AM and the afternoon around 3:00 PM in between teaching, I just had more Masala.

Four days being in India, I was getting my fifth cup of masala chai during our afternoon break and talking to one of the participants and I said to her, "Oh my God, I love this tea. It's so good.

She replied, "Huh, how much are you drinking daily?" I said, "Maybe five to seven cups, it's so good." She goes, "Are you sleeping well?" I said, "Well, no, I'm up every morning at 2:00 AM, but that's the jet lag." Then she went,

"You know, this is black tea. It's very high in caffeine. This is probably why you're not sleeping or catching up from jet lag."

And I was like, "OH, yeah, I didn't see that." And then I said, "You know, everybody. Tells me that when I go to India, I'm going to have diarrhea. I'm gonna get sick, and I need to be watching what I'm eating, what I'm drinking." And yes, I was very careful and I was, you know, making sure, because my digestive system is not used to Indian food, but I still had food every day that was cooked and I had bottled water or reverse osmosis water. And I said to her, "I don't have any problem with diarrhea. But what's weird is in the last couple of days, I have the opposite. I have constipation."

She responded, "Clara, Masala Chai herbs are all very drying." It dawned on me.

Nutmeg in TCM is drying, so is ginger, so is cardamon and cinnamon is very warming and drying.

Oh my gosh. See when you don't think? I had to back off unfortunately and have a masala chai only once in the morning and that was it.

Which was really hard because I wanted more. But that allowed me to sleep finally. And to have normal bowel movements. I thought I'd share that story with you. because sometimes even with the knowledge we have, we don't think.

Qi versus Prana

If you've ever been to yoga, they talk about prana, which is qi, which is the same thing.

It's the same. It's the concept. **It's a concept of life force of energy.** That is the same as TCM. It's just a different word, obviously.

Now we have TCM Essence, which is prenatal Qi, and in Ayurvedic medicine, they have Prana which is the same idea. It's our constitutions, our roots, our genes.

In TCM, we have postnatal Qi, which are affected by **lifestyle, diet, trauma, environment, and pathogens.** Well, in Ayurvedic medicine it's the same. They have Vita, which is postnatal. So see, very similar.

TCM 5 Flavors versus Ayurvedic 6

When it comes to flavors, TCMs five flavor and Ayurvedic medicine has six, and the difference is, is they all have sweet, salty.

Pungent or spicy, bitter sour. But then Ayurvedic medicine has astringent. In TCM, we put the astringent part of sour because it dries fluid and it brings everything internally. Sour food in TCM or sour herbs bring everything in so they stop sweating or leakage of, let's say incontinence. They bring everything in and they dry fluid.

So astringent is part of sour and TCM. However, in Ayurvedic medicine, it's an extra flavor, so that's interesting. Right?

In more of Ayurvedic medicine, the nature of foods and herbs are warm, cold, oily, and dry, light and heavy. On the other hand, with TCM, the nature of food is warm and hot, cool and cold, neutral, damp and dry, light and heavy.

Very similar. Couple of differences, right? They call oily what we call probably damp. That makes sense.

Acupuncture

Ayurveda has 107 points on which Qi or Prana is concentrated. In TCM, acupuncture we have 365. 1 for each day of the year, which I always thought that was quite cute. Ayurvedic medicine uses acupressure much more than TCM does because in TCM we do use acupressure with Tui Na.

Shiatsu, by the way, is derived from Tui Na and it's Japanese acupressure, but we use much more acupuncture. Ayurvedic medicine also use acupuncture, but acupressure is the main source of using those points in both medicines. Acupuncture points and meridians are to maintain balance between the body, the mind, and the spirit. .

Cultural Differences between East & West

Before we talk about the chakras, I want to share another story with you that was fascinating to me and that's a cultural differences, but it blew me away as well.

We were in the car one night driving to a temple, and I asked "Do you guys were black when you go to funeral and when someone dies? Because I know a lot of cultures have different colors." And they said, "No, we were white." And I said, "Huh?"

They said, "Well, why would you wear black?" I said, "Well, because we're very sad. It's somber day, it's dark day, and so **we dress in black to pay respect.**" And they looked at me and they said,

"We dress in white because, the whole purpose of each of our lives is to be the better version of ourselves to continue to learn and grow."

And the day we die, we are the best we could be. We go in the next life completely pure to grow again and again in each life."

Mind blown. I thought that was such a beautiful way to look at.

Death because it's a pure time. If we spend our whole life trying to grow to be the better or the best version of ourselves and we go to the next life, if you believe in reincarnation or not, it doesn't matter. Wherever you're going or your spirit goes, it'll be stronger, better each time.

this is why in India Guru, guru means teacher are perceived as the best people because they are teaching you something to help you grow because your whole purpose is to grow and be the best version of yourself that I absolutely love.

Chakras & Acupuncture Point Connections

Now, if you've ever seen the seven main chakras, they are colorful. They start from the root, they start with the red. It becomes orange with the second one, and yellow and green, light blue, dark blue and purple at the top. So if you've ever seen their massive wheels, they actually rotate and constantly change and move so those seven chakras are much bigger than the acupuncture points that is at the center of them, but that's why they encompass a little bit more than just that point.

But I wanted to show the similarity of acupuncture points at the same area where the center of the chakra is.

The Root Chakra

So let's talk about the root chakra. The root chakra is located at the base of the spine. It is part of **spiritual growth**, and that's where it begins. It connects to the **kidney, the bladder, the spine, the blood, the rectum, the immune system, childhood and our genes are roots.**

This is interesting because it is Where DU 1 is located in TCM, acupuncture. It governs safety, stability, and trust. This is interesting because the corresponding acupuncture point is DU 1. They both connect to essence, to spine, to stability, and to the TCM kidney, so I love that because DU 1 also addresses issue of the rectum and hemorrhoids, so very, very similar. Let's look at the second one.

Sacral Chakra

That's the orange one that we see when we see the colors, it is **where purification resides.** It connects to **liver, gallbladder, spleen, and stomach, kidney and bladder intestine, the skin, sexual reproductive system.** The Sacral Chakra is governed by creativity, sexuality, and developing relationships, basically getting along with others.

The TCM sacral chakra is connected to REN 4. They both connect to the reproductive system, libido, bowel issue, kidney and essence. That is their connection there. So see, very, very similar.

Solar Plexus Chakra

The Solar plexus chakra is the yellow one and is located in the solar plexus.

It is **where willpower resides**, connects to the **digestive system, liver, gallbladder, small intestine, adrenals**. It governs power accomplishments, life fulfillment, self-esteem, responsibility, and vital energy.

The TCM connection is through REN 12 where the center of the solar plexus chakra is located. They both connect to the stomach, the digestive system, and also power and self-esteem, because it is at the center of our body, and so it's in charge of our own power. Does that make sense?

Heart Chakra

Is usually represented in green, and it is in the center of the chest. This is where love resides, the chakra of the heart. That's where love resides, it makes sense. The Heart Chakra connects to **the heart and lung, the esophagus, the breast and blood**. It governs unconditional love, compassion, forgiveness and self-acceptance. Basically self-love. That's really important. When people have a lot of anxiety specifically in the center of the chest, often it's because there there is no self-love.

This is where REN 17 is located. It's the connection there to the heart, the lung, because REN 17 is opening, the lung opens the heart, opens the chest, and calms the mind and is all about love.

Throat Chakra

The throat chakra, which is usually a little bit of a teal kind of blue color, and it's where the throat is. It's where communication resides. It connects to **the throat, thyroid gland, long mouth, teeth, gums, and the neck**. It governs speech, right? Communication. Of course, truth. Your own truth, integrity, dreams, and imagination.

So this is where REN 22 is located. And in TCM we obviously know that REN 22 connects to the throat, the thyroid gland, the long, the voice and the tongue. So very, very similar in that REN 22 allows us to be able to speak for speech and to tell our truth, our own truth, so see, very similar.

Third Eye Chakra

The next one is the third eye chakra, which is usually a dark blue and is located between the eyebrows. Intuition resides here. It connects to **the brain, the pineal gland, the eyes, ears, and nose**. It governs awareness, vision, wisdom, self-reflection, and. Intellection.

I love it because Yin Tang is located exactly at the third eye chakra, and Yin Tang connects to the mind, opens the nose relieves headache, but it's also the point for enlightenment, which means wisdom and vision and self-reflection, so very similar. Again, I love it. I love it. I love it.

Crown Chakra

The last chakra is located on the top of the head. Spirituality resides here. It connects to **the brain, the pituitary gland, the pineal gland as well, and the whole central nervous system.**

Now, obviously we know that DU 20 is at the top of the head, so that's the corresponding acupuncture point. It is where the Crown chakra is right and DU 20 connects to the brain, calms the mind and lifts energy, and it is definitely the highest point of the body. So it's connected to the heaven above the sky, the highest purpose, the spirituality.

Acupuncture Frequency in India

On the last day of my teaching, the first time in 2019, I felt humbled by the experience I felt connected to each participant. All of them were very different. Some were shy, some were more extroverted, some were funny, some were so compassionate. Everyone was so generous with their smile, and I hugged every single one of them. When I had to say goodbye, I cried because that's how deep the connection was. It was such a fun, spiritual experience I will never, never forget. I received so many gifts, and cannot thank that group enough.

In 2023 I went back and taught another group, and same thing. The connections were amazing and I had a fantastic time. I absolutely love India. It taught me much more. Then I think I taught everybody, but I learned so much when I was there.

One of the things that was interesting in the second time I went in 2023, we discussed acupuncture treatments and what was fascinating is all practitioners told me that:

In general they do acupuncture 10 days in a row for each patient. Then take a break of 5 days and if needed, do another 10 days in a row.

This was so different than we do it in the West, because as you know, in the west we do maybe a treatment a week.

Two treatments a week, maybe three if it's acute. But in general, we don't see people every day. First of all, I don't think people would commit to come and see us every day. So this was fascinating to me. I'd love to hear what you think of this, but this is to me very interesting to see the differences.

And it would be interesting to do studies to see how fast patients recover if they do 10 days in a row versus twice a week for the next six weeks, for example. It would be very fascinating.

Conclusion

Thank you so much for spending your time with me today. I truly hope you benefited from this episode and I would love for you to share it with a friend that may benefit from it as well. Follow the show, leave a review, and if you want more, go to my website acuproacademy.com. I have tons of resources there with treatment protocols, case study, free courses, and so much more.

And connect with me on all social media @acuproacademy. I'm on [YouTube](#), [Instagram](#), [Facebook](#), [X](#), [Pinterest](#) and LinkedIn and TikTok. And no matter what, keep rocking it using TCM.

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