

THE HISTORY OF SHEN IN TRADITIONAL CHINESE MEDICINE:

A REVIEW OF THE LITERATURE

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A Capstone Project

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by

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## ABSTRACT

*Problem:* Traditional Chinese Medicine (TCM) was exported with ideals that were in alignment with Communist philosophy. “Shen,” the psycho-emotional and psycho-spiritual aspects of the medicine, were edited. Many experts espouse the importance of including this vital part of Chinese medicine. The literature, from classic to modern, argues that the study of Shen is necessary in comprehending TCM’s true holistic nature.

*Purpose:* The purpose of this capstone is to explore the history of the literature of Shen. In providing a selection of writings, the author invites the reader to see, in one anthology, many years of historical, theoretical, and clinical information pertaining to Shen. Furthermore, the author proposes further inclusion of Shen in modern curricula.

*Methods:* A review of literature pertaining to Shen.

*Findings:* This study found it imperative to differentiate between the psycho-spiritual and psycho-emotional aspects of Shen. The psycho-spiritual aspects are ethereal and difficult to dictate. The psycho-emotional aspects have a clear, valid, and scientifically measurable place in TCM, and the writer believes that this aspect of Shen deserves a more prominent place in educational structure.