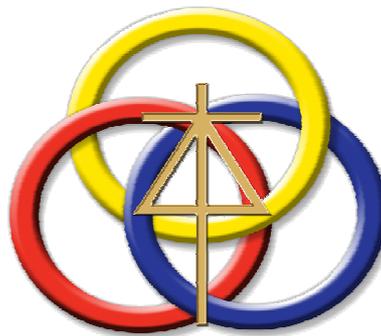


## Integrative View of Medicine

*Chieh Chung*

Medicine comprises many domains, including the mainstream Western medicine, Indian ayurvedic medicine, Tibetan medicine, Mongolian medicine, and European homeopathy; and many other alternative means of remedy such as naturopathy and aromatherapy, etc. Such diversity in medicine may seem dazzling, but careful analysis of all the domains will classify medicine into three fields—internal medicine, surgical medicine, and Chinese medicine. (Figure 1)



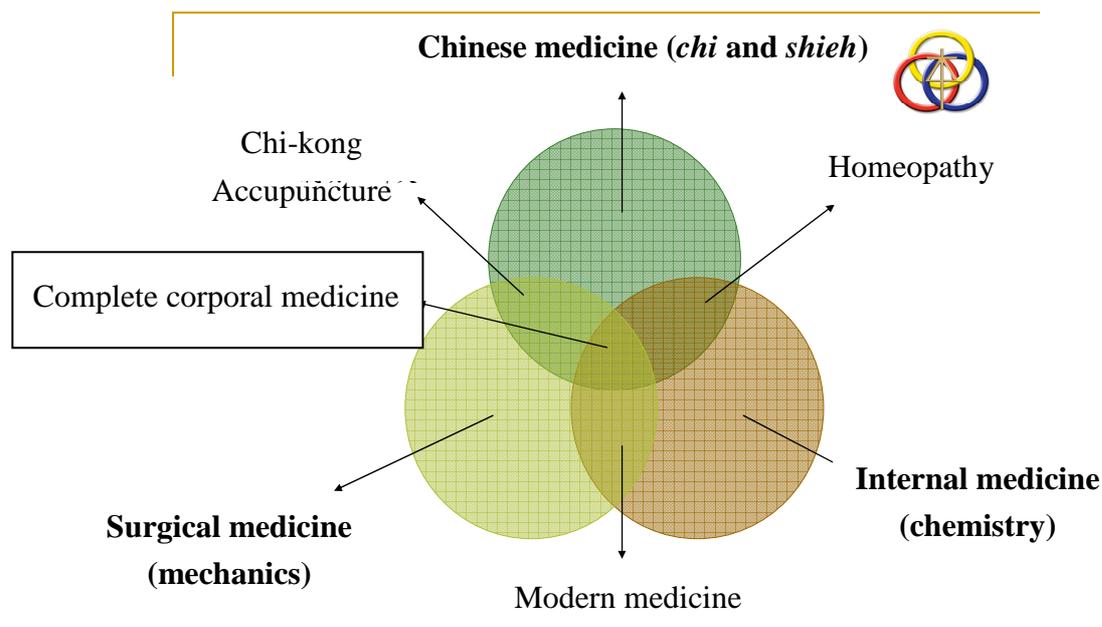
**Figure 1**

Internal medicine relies on principles of chemistry from physical examination to therapy. When the patient seeks internal medicine for remedy, the blood test and urine test prior to the physician's diagnosis are procedures of examination based on chemical contents in the body. The therapeutic drugs prescribed by the physician are also mainly chemical products. Thus it is not wrong to say that the practice of internal medicine stands on principles of chemistry. On the other side, surgical medicine relies on principles of mechanical science. The attachment of fractured bones and the excision of excess tissues are examples of mechanical application.

On the contrary, Chinese medicine takes its root in the concept of *chi* and *shieh*. For thousands of years the Chinese has put this concept into the practice of medicine. They experienced the interaction of the two elements but could not clearly explain what they were. Until the late 20th century, the concept of these elements was finally understood—*chi* and *shieh* are synonyms for energy and material in terms of modern science. In other words, Chinese medicine is an extension of advanced concepts of quantum physics such as “energy-material interchange” and “frequency resonance” without awareness.

At this point, the three pillars of medicine emerge before us. Chemistry, mechanics, and bioenergy can be compared to the three basic colors (red, blue, and green) that mix in different proportions to generate all other colors on the color wheel. Western medicine is the integration of chemistry and mechanics; homeopathy is the

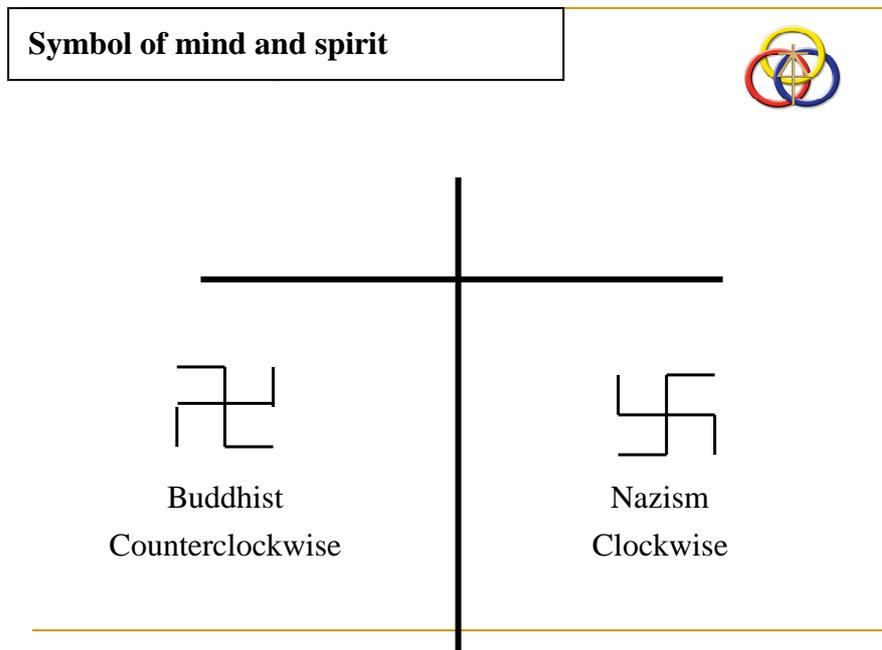
union of chemistry and bioenergy; and acupuncture and chi-kong therapy is the overlap of mechanics and bioenergy. Each domain has its advantages and disadvantages. None of the domains alone can be deemed the complete medicine. Placing the three general domains together we see an overlapped triangular area, which represents the complete medicine. (Figure 2) Yet, it does not equate the holistic medicine because it simply illustrates the corporal aspect of wellness without the concept of mind and spirit.



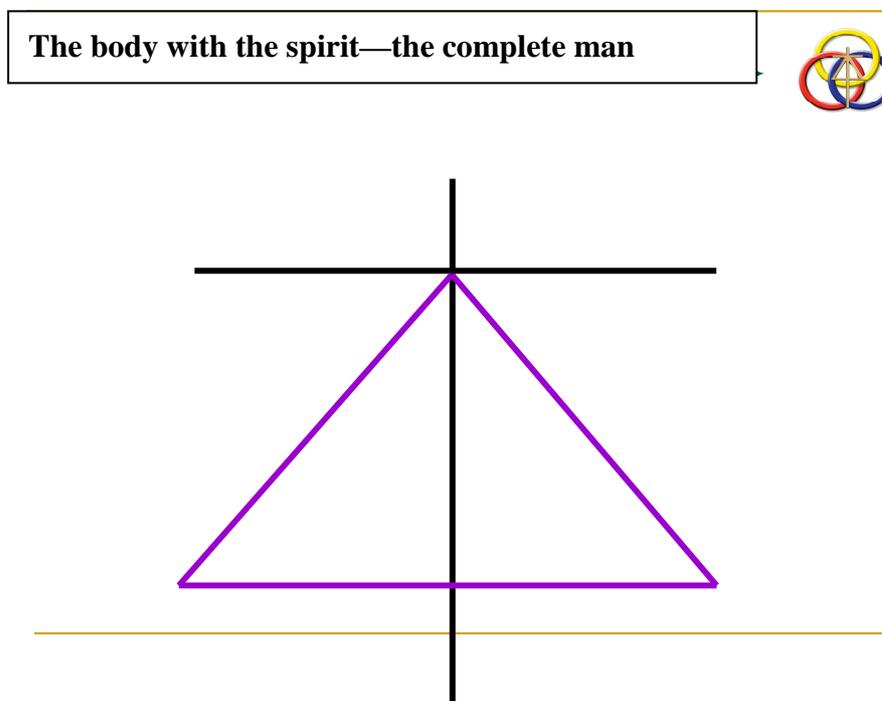
**Figure 2**

Then how can we add the mind and spirit to the picture? The cross is a well-known symbol for the mind and spirit that most people are familiar with. Perhaps one may view it narrowly as a symbol of Western religion, but it does imply the thinking of Eastern religious philosophy in a broader sense. The Buddhist symbol 卐 (*wan*) is in fact a cross bent on the four arms in a counter-clockwise fashion. Rotation in the counter-clockwise direction conforms with the characteristic of a negative magnetic field, which is stable, peaceful, serene, conservative, healing, and in harmony with human nature. However, if the cross is bent in the opposite direction, it forms the swastika of Nazism (卐) and it shows the properties of a positive magnetic field, which are aggressive, excited, invasive, destructive, and against human nature. With the cross over the triangle in the center (Figure 3), the Chinese word for *foundation* (本) appears. Whether a coincidence or not, the ancient Chinese demonstrated their wisdom in character creation and design. The concept of this character is deeply embedded in the motto of “consolidating the foundation” in traditional Chinese medicine. With this understanding in mind, my philosophical view

of medicine shifted from a materialistic mode of thinking to the consciousness of “energy informatics” that stresses the consolidation of the *foundation*.



**Figure 3**

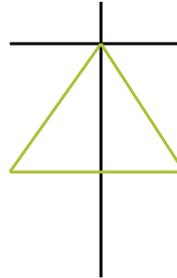


**Figure 4**

**The complete man—*Foundation***



The ultimate goal of Chinese medicine—  
consolidating the *foundation*



**Figure 5**

In my opinion, this awareness leads to the concept of preventive medicine. Consolidating the *foundation* entails many aspects, including nutrition, diet, habits, environmental factors, global factors, cosmic factors, photons, quantum, magnetic fields, etc. In short, this is the idea of “man in harmony with the nature,” which the Chinese has always pursued since the old days.

The universe gives rise to all entities in nature and establishes its rules for balancing. Man is the creature with the greatest wisdom and when man intends to conquer nature, he disrupts the rules of balancing in nature. Mankind has created many inventions and altered many conditions of the earth. Under the changes that conform with the rules of nature, mankind will progress and thrive. Medicine is the creation of man. In the same way those elements in medicine that follow the philosophy of “man in harmony with nature” will yield merits. On the other hand, those disobey the rules of nature will invite adverse consequences. Throughout the course of history man finds truth in this lesson and begins to convert from “conquering nature” to “conforming with nature.” This shift in the ideology gives rise to the modern naturopathic medicine.