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IMPORTANCE OF TRADITIONAL CHINESE MEDICINE FOR MODERN MEDICAL AND HEALTH CARE: A PHILOSOPHICAL POINT OF VIEW

Modern medicine is developing with the help of scientific and technological progress. Although high-tech has been developed, medicine has not yet solved the problem of human diseases. According to the latest statistics released by WHO, every year 650,000 people die of respiratory tract infections, more than 10 million people die of tuberculosis, about 1 million people die of hepatitis B-related diseases, 15 million people die of cardiovascular and cerebrovascular diseases, and nearly 1 billion people suffer from hypertension. At the same time, some modern treatment technologies also have drawbacks, such as the circulatory system hidden dangers caused by heart stents, the harm of overflow of painkillers to public health, and so on.

Western medicine treats the isolation of disease rather than the root cause, eliminating symptoms rather than diseases. Many patients with chronic diseases, especially cancer patients, because of long-term drug use, human organs can not withstand the side effects of drugs, and eventually die in the treatment process. Recently, Canadian medical experts found that long-term use of antihypertensive drugs had cancer risk (including hazardous ingredients ACEIs). The limitations of modern medicine compel us to re-recognize the value of traditional medicine, especially the experience of traditional Chinese medicine in disease prevention and treatment of chronic diseases. Traditional Chinese medicine has accumulated thousands of years of experience and has irreplaceable advantages. In theory, TCM is rooted in the deep soil of Chinese traditional philosophy and health culture, and has special practical value in improving human health quality and prolonging life span. It can make up for the deficiency of Western medicine.

The theory of Zhouyi in ancient China and the theory of Yin-Yang transformation of Taoism have an important impact on TCM: emphasizing the balance, harmony and harmony between man and nature. Traditional Chinese medicine regards restoring the

immunity of patients as the principle of treatment. The natural therapy promoted stimulates the healing instinct of the human body itself. Chinese medicine believes that human diseases are caused by the destruction of homeostasis. Irregular living habits, such as excessive drinking, overeating, lack of exercise, lack of sleep and other factors can cause organ overload, destroy the balance of the body, and lead to disease over time. Traditional Chinese medicine mainly uses herbal medicine, massage, acupuncture, massage, scraping, cupping, guidance and dietary therapy, most of which have no side effects.

Because traditional Chinese medicine treats the causes of disease, many diseases can be cured. Modern medical fees are expensive, and many diseases are only affordable to the rich. The cost of traditional Chinese medicine treatment is low, and ordinary people can also enjoy it.

The clinical value and scientific value of TCM deserve further study, such as the clinical significance of pain points in meridian theory, the relationship between acupuncture and neuroscience, the inspiration of meridian science to life science and brain science, etc. Especially the thinking method of TCM is the real philosophy of life, which inspires us to re-interpret the significance of life to existentialism, absolute spirit and ontological philosophy from the relationship between health and consciousness.

Understanding the value of traditional Chinese medicine and making it benefit human health and mental health is an important mission we must undertake. Integration of traditional Chinese and Western medicine is the direction of future medical development.

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