

The Fifth Cheung On Tak International Award for Outstanding Contribution to Chinese Medicine

Synopsis

Pursuit of Harmony – TCM Theory Under the Perspective of Traditional Philosophy Prof. Yan Shiyun

"Harmony" is a characteristic philosophical thought in traditional Chinese culture (aka TCM). It dominates Chinese perspective on the universe and everything under it, and becomes the lofty ideal of the Chinese nation. As a derivative of traditional culture, traditional Chinese medicine (TCM), be it the "*Yellow Emperor's Internal Classic*" or the academic ideas and theories of various doctors in history, is always permeated by the concept of "harmony", which is particularly manifested in TCM's view of life - the harmony among essence, energy and spirit, the internal harmony of the human body, and the harmony between man and nature. Lack of harmony is the root cause of diseases, and the purpose of treatment is to achieve "harmony." These theories eventually develop into a complete system, which forms the core principle of Chinese medicine. By analyzing the concept of "harmony" in Chinese medicine, it is found that "balance" is not inherent in Chinese medicine, and "balance" cannot be used to measure whether the human body is healthy. With times and disease spectrum ever changing, the pathogenic factors have become increasingly complex, and treatment has gradually become more personalized. The concept of "harmony" in TCM cannot be replaced by modern medicine, and will continue to contribute to the academia and clinical treatment with broad application value and promising prospects for future development.