

## *The Principle of Supporting Yang*

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HERE I WOULD MAINLY LIKE TO DISCUSS THOUGHTS about and establish a foundation for understanding the principle of supporting Yang. But before embarking on this topic, I'd like to first touch on some related issues. As people living in the 21<sup>st</sup> century, there are many questions we should consider from a more traditional, Chinese medicine point of view. For example, many people in China say that the role of Chinese medicine as a therapeutic modality is shrinking. So are we to think that after diseases once commonly treated with Chinese medicine have started to disappear, our medicine no longer has a place among the modern weapons against disease? This question is worth every Chinese medicine practitioner's consideration. As a medicine in the modern era, of course it is important for Chinese medicine to connect with modern society, and to win the support and understanding of contemporary people. However, what exactly is the best strategy to do this? Will studying foreign languages and research methods in order to prove Chinese medicine in terms of modern science yield the most fruitful results? Or should we understand the internal logic of our own system first?

To make an example, in China, every year we have our week long vacations for Labor Day in spring and National day in fall. In the last few years there has been a major shift in the travel trends of the nation. In the past, where did Chinese all flock for

a vacation? Mostly we went to large cities such as Beijing or Shanghai. But where do we go now? We head for the mountains or to places of natural beauty such as Jiuzhaigou and Huanglong (in Sichuan Province). So did we first build an airport and modern transportation for getting to these scenic places and then create the destinations themselves?

than having one to the exclusion of the other, we can use modern technology to bring nature closer. This is an example of the traditional and modern connecting and communicating.

As Chinese medicine practitioners we must first understand our medical system on its own terms before trying to explain it with modern

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Of course these places already existed and then, as the need arose, we built roads and airports to allow more people to visit. As times marches forward our technologies advance; and yet as we move towards the future we find that all people need a connection to their traditions and natural heritage. Rather

science. If you build an airport to a destination without first building the destination, who would come visit? So in understanding Chinese medicine there is no need to reinvent the wheel by using modern science to explain this system. First we need only understand what we already have.