

中醫養生保健知識系統

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摘要

Along with the progress of living standards and the educational level of the public, personal healthcare has become one of common concerns in daily life and application of traditional Chinese medicine in personal healthcare has gradually attracted attention all over the world. In addition, although molecular biology and modern western medicine has made significant advances in diagnosis and treatment of various diseases, the effectiveness of treatment of chronic diseases has been limited. Facing the inefficiency in curing chronic diseases, traditional Chinese medicine has increasingly being recognized in the Western medical community. In addition to applying Chinese medicine in clinical environment, a great amount of research work has been actively put into the fields related to Chinese medicine. In the domestic hospitals, Chinese medicine department has become one of most popular clinical departments. In the practice of Chinese medicine, aside from herbal drugs, there are acupuncture, moxibustion, and meridian massage. Among these treatments, meridian massage can be used in personal healthcare by oneself.

The purpose of healthcare is to aid one in pursuing a healthy life and longevity. According to the concept of “both food and medicine play the same role” in Chinese medicine, daily diet provides a better approach than medicine to achieve our healthcare goals. Furthermore, the practice of daily healthcare needs to be fine-tuned to accommodate the change of climate and alternation of the seasons. Basing on the state of an illness and medicine trait, Chinese medicine healthcare applies the selective herbal medicine which is consistent with a patient's symptoms and physical characteristics. As available drugs and knowledge about diseases gradually increase, combining several appropriate drugs in a prescription has become one of feasible therapeutic strategies for treating complex

diseases. The clinical experience has shown that we can achieve safer and better therapeutic effect for some complex diseases by applying combinatorial drugs. In clinical practice, in addition to making correct diagnosis, it is important to master attributes of herbs to obtain more effective treatments for patients.

關鍵字：Knowledge Management system、Acupressure、Chinese herbal medicine