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## 論建構東方特色之身心靈合一醫學

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【摘要】本論文首度提出“身心靈合一醫學 Trinity Medicine”之中英文名詞，旨在整合並歸納近年不論歐美或是海峽兩岸三地蓬勃發展的自然醫學。深入分析美國 NCCAM 所定義的自然醫學內容可知，極多專案卻是數千年來的東方傳統醫學，而且都已具有數千年的治療實證，其理論架構又遠比現代醫療更為完整博大。因此為了以科學理論重新發揚具有東方特色的自然醫學，必須先做到厘清觀念、樹立方向、建構理論、整合研究等步驟，以現代生物科技進行內容品質的提升，並融合營養醫學、分子矯正醫學、生物物理、量子物理、場導理論與靈性療愈，方能建構出符合現代科學要求的東方特色新身心靈合一醫學。

【關鍵字】東方古典醫學、自然醫學、營養醫學、分子矯正醫學、手療法、量子物理、靈性療愈

### 一、前言

本論文認為自然醫學並不同於自然療法<sup>1</sup>，它應該是以東方傳統醫學為基礎，融合近年西方醫學界提倡的“補充和替代醫學”的新時代醫學。美國國家衛生研究院所屬的美國國家補充和替代醫學中心也認為“許多美國人用補充和替代醫學在追求健康和福祉”。<sup>2</sup>近年，美國人使用 CAM 的百分比已超過 50%，顯示此種新型態的醫學已經不容忽視了。

事實上，自然醫學是數千年來的東方瑰寶醫學，包括中國醫學、印度醫學、西藏醫學、蒙古醫學、穆斯林醫學等，都已經擁有數千年的臨床實證經驗，其理論架構不僅涵蓋生物醫學、礦物化學、植物藥學，也涵括人體科學、能量醫學以及靈性療愈，遠比西方現代醫療更為完整博大。

本論文認為在二十一世紀要再度讓東方自然醫學發光發熱，必須先做到厘清觀念、去蕪存菁、樹立方向、建構理論、整合研究等步驟，以現代生物科學進行內容品質的提升，整合營養醫學、分子矯正醫學、生物物理、量子物理、場導理論與靈性科學，方能建構

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<sup>1</sup> “自然療法”是指市面上以單一療法操作為業的醫療行為，不具備整合性，操作者也只會一二招，勉強只能說是自然醫學的實際操作的單一部份，不能等同於自然醫學。

<sup>2</sup> 見 NCCAM 網站 <http://nccam.nih.gov/health/whatiscam/>

出符合現代科學要求的新醫學境界----身心靈合一醫學，本論文定義為 Trinity Medicine。

## 二、西方 CAM 的定義

按照美國國家衛生研究院的定義，CAM 是指“一組不同的醫療和衛生保健系統，做法和產品，通常不被認為是常規醫學的一部份。常規醫學（又稱現代西方醫學或對抗醫學）是由擁有正式學位的醫師、骨醫和專職醫療人員如物理治療師、心理諮商師和註冊護士共同執行。CAM 與常規醫學之間的界限不是絕對的，具體的 CAM 做法可能隨著時間的推移成為被廣泛接受的醫療。”<sup>3</sup>

CAM 中的“補充醫學”是指與西式治療有相輔相成的成果，如使用針灸是來輔助舒緩疼痛。而“替代醫學”是指用來替代常規醫學的治療。“中西醫結合”是指結合常規西方醫學和已有證據表明安全有效的 CAM 療法。不管如何，CAM 都是處於配角的地位。

美國國家衛生研究院的網站，以及其出版的《輔助與替代醫學精要》一書<sup>4</sup>做綜合整理，將 CAM 的涵蓋範圍列出如下的五大類：

- 1. 天然產品：**指的是使用各種草藥（植物藥）、維生素、礦物質、益生菌 Probiotics，和其他天然產品做特殊攝取的療法。如分子矯正醫學與大劑量維他命治療、維生素礦物質及補充品、營養生物療法。  
在美國國家衛生研究院的定義裡，特別指出在市場櫃檯上銷售的一般膳食營養補充品並不被認為是 CAM 產品（Some uses of dietary supplements ..... are not thought of as CAM.）<sup>5</sup>，這一點非常重要，否則會被營養品銷售公司借來宣傳誤導大眾。
- 2. 心身醫學：**側重於大腦、心理、身體和行為之間的相互作用，試圖用心靈影響生理功能來促進健康。包括生物回饋、冥想、放鬆、團體支持、瑜伽、針灸、吐納、導引、催眠、氣功和太極拳等。
- 3. 以身體為基礎的手法：**包括物理治療和整脊手法的按摩。主要側重於身體結構和系統，包括骨骼、關節、軟組織、循環系統和淋巴系統。常見的治療方法有二種，一是脊柱矯正，整脊、整骨，二是按摩治療。
- 4. 能量醫學：**可以分為二類，一是生物電磁應用，包括腦電圖、心電圖、透熱療法、鐳射、射頻手術。二是不同能場對健康的影響，如電磁場中的磁療和光療，或是被稱為假設能場的生物場，像是氣功、靈氣、觸療。這些都涉及生命力。
- 5. 全醫療系統：**存在于不同的文化和傳統裡，具有完整的理論系統和實踐經驗，如古代的印度阿育吠陀醫學、傳統中醫、西藏醫學、以及近代的順勢療法和自然療法。

## 三、身心靈合一醫學的項目

本論文認為要建構具有東方傳統醫學特色的二十一世紀“身心靈合一醫學 Trinity Medicine”，首先必須將市面上數百種自然療法做整體篩選，不能各自標榜。由於東方傳統醫學自古以來就講究整體性而非單一器官性的治療，整體性起源於希臘字 holis，像是

<sup>3</sup> 見 <http://nccam.nih.gov/health/whatiscam/>

<sup>4</sup> 見 Wayne B. Jonas（美國 NIH 替代醫學辦公室主任）與 Jeffrey S. Levin（國際次能量暨能量醫學學會理事長）主編的《Essentials of Complementary and Alternative Medicine》一書。

<sup>5</sup> 見 NCCAM 網站 <http://nccam.nih.gov/health/whatiscam/>，這一點極為重要，否則會誤導大眾。

holy (神聖)、heal (治療)、health (健康) 等都是從 holism 所衍生出來的名詞，這是追求完整健康的重要觀念因素。

瑪麗琳·弗格森醫師 (Dr. Marilyn Ferguson) 說過：「Holistic 正確的用在保健上是指講究質的方法，是尊重身、心、靈、環境互動的方法，此方法超越了以往頭痛醫頭腳痛醫腳的對抗療法，要健康就需要矯正引起病症的病因」。<sup>6</sup>

因此身心靈合一醫學必須以全人健康為觀點，參考 CAM 的分類加以改良，做出完整的定義，本論文提出下列的基礎建構：

#### 1. 基礎理論：

(1)傳統中國醫學----以《道家養生》及《黃帝內經》為基礎，擷取精華，建立現代理論系統。

(2)印度醫學----以《阿育吠陀》為基礎，擷取精華，建立現代理論系統。

(3)其它醫學----再取西藏醫學、蒙古醫學、穆斯林醫學的精華理論，建立現代理論系統。

#### 2. 實際操作：

(1)生物性----天然產品：將傳統草藥及植物藥的科學化，這是數千年來東方醫學強項，結合現代的：分子矯正醫學、大劑量維他命治療、維生素礦物質治療、營養生物療法、營養醫學等理論與方法，做有效整合。

(2)物理性----手法治療：整脊、整骨、足療、按摩、針灸、磁療、觸療等。

(3)精神性----心靈療愈：氣功、冥想、瑜伽、靈性提升與轉化等。

有鑒於東方自然醫學及療法經過數千年的發展，書籍太多，項目太過浩瀚，導致門派太多，莫衷一是，各成一家，各自標榜，一盤散沙，這是面對西方自然醫學興起的最大隱憂，因此必須做精粹選擇，去蕪存菁地整合，系統化的建構出理論與發展方向，方能和西方自然醫學平起平坐。

因此，本論文提出身心靈合一醫學 (Trinity Medicine) 的新觀念，必須相容東方傳統醫學理論，參考現代西方輔助與替代醫學分類，方能有整體的效果。

## 四、結論

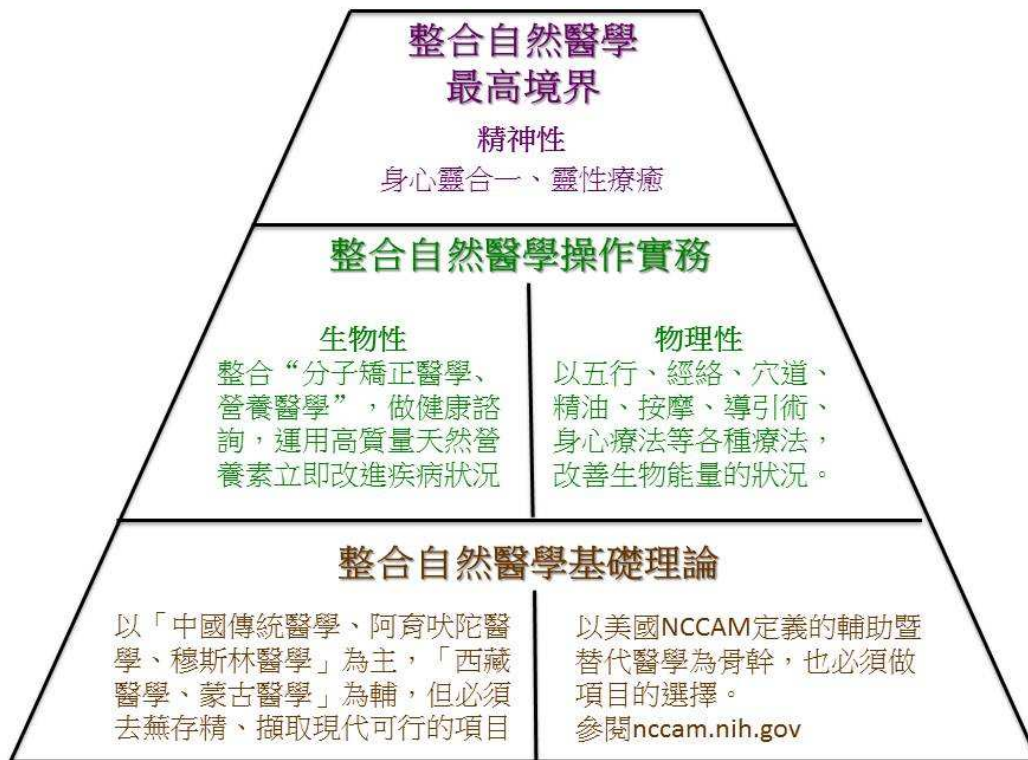
生物體本來就擁有天生自癒的能力，要達到健康的境界必須以此做為治療的出發點，而不是依賴現行的手術與藥物，西方醫療方法永遠達不到健康的要求，勉強只能說去除病症。而病人應該成為自己健康的守護者，擔任起自己是治癒者的角色，而不是將自己的健康依賴到醫師身上，因此最重要的是，病人必須轉換內在思維模式，提升心靈層次。

本論文首度提出“身心靈合一醫學 Trinity Medicine”理論架構，期望對於東方自然醫學有使命的專家學者能夠團結起來，以“生理、心理、能量、靈性”等有機綜合體理念來理解生命，並建立包括與大自然、宇宙整體合一的“全然健康 Wholistic Wellness”理論與具體治療方向，將所有的自然療法做一次性地整理與組合，以東方傳統醫學為基礎，做現代性的重整，達到系統化、綜合性、整體性的合一要求，方能在二十一世紀成為世界自

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<sup>6</sup> 見瑪麗琳·弗格森 (Marilyn Ferguson) 著《寶瓶同謀 The Aquarian Conspiracy》一書。

然醫學的重要項目。



## 致謝

本論文中英文稿能夠完整呈現，必須感謝臺灣全我身心靈健康中心執行長劉宸汎老師，以及洪正仁博士的大力協助。我們一起在臺灣推動以古典中醫理論及阿育吠陀醫學智慧為基礎的“古智慧 新(心)療愈”全然健康的思想，並融入量子物理、功能性營養醫學、分子矯正醫學等現代健康科學方法，以及靈性療癒、宇宙生命學等形而上的思維，協助大眾能夠尋回真正的健康。

# **On Trinity Medicine: The Construction of the Eastern Characteristics of the physical, mental and spiritual unity Medicine**

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**Abstract:** In this thesis, proposed this term “Trinity Medicine” in the very first time which designed to integrate and summarize the full of vitality developmental condition of Nature Medicine in EU, US, China and Taiwan recently. When we deeply analysis the contents of definition of Complementary and Alternative Medicine in the United States NCCAM web, that many items and projects were the oriental traditional medicine and already have Evidence-Base treatment of empirical for thousands of years. Its theoretical frameworks are more complete breadth than the modern medical.

Therefore, in order to re carry forward the scientific theory of natural medicine with oriental features. It is necessary to clarify the concept, establish direction, construct theories, and integrate research and other steps. Enhance the quality of content by modern biotechnology, and integrate the nutraceutical, orthomolecular medicine, biological physics, quantum physics, field guide theory and spiritual healing. Constructing the new “Trinity Medicine” that based upon the modern science requirements.

**keywords** : *Oriental traditional medicine, natural medicine, nutraceutical, manipulative and body-based practices, spiritual healing.*

## **1. PREFACE**

This paper argued that natural medicine didn't the same as in naturopathy<sup>7</sup>, It must be based on traditional Oriental medicine to integrate with the “Complementary and Alternative Medicine” of the Western medical profession in recent years. National Center for Complementary and Alternative Medicine, USA also believes that “Many Americans use complementary and alternative medicine (CAM) in pursuit of health and well-being.”<sup>8</sup> Recently, more than 50% of people in US have been used CAM, which showed that such a new type of medicine cannot be ignored

In fact, natural medicine is an Oriental treasures Medicine for thousands of years, includes traditional Chinese medicine, Ayurvedic medicine, Tibetan medicine, Mongolian medicine, Muslim medicine etc. They already have thousands of years of clinical empirical experience. Their theoretical framework covers not only the bio-medical, mineral chemistry, plant

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<sup>7</sup> Naturopathy refers to the behavior of market demand for the above medical monotherapy, it's just a part of the actual operation of natural medicine, cannot be equated with natural medicine.

<sup>8</sup> NCCAM webpage <http://nccam.nih.gov/health/whatisacam/>

pharmacy, but also covers human sciences, energy medicine and spiritual healing, and more complete breadth of much of modern Western medicine.

This paper believed that in the twenty-first century the Eastern Natural Medicine must return glory. First, we must to clarify the concept, to establish the direction of, construct theory, integrate the research procedures and content to enhance the quality of modern biological science, integration of Nutraceutical, Orthomolecular Medicine, and Biophysics, Quantum Physics, Field Theory and Psychic Science, in order to construct a new medical realm of the “Trinity Medicine” to fit the modern scientific requirements.

This paper defined “Trinity Medicine” as a new and holy medicine that is integrated from physical, mental and spiritual.

## **2. WESTERN DEFINITION OF CAM**

NCCAM has defined the CAM as a group of diverse medical and health care systems, practices, and products that did not generally to be considered as part of conventional medicine. Conventional medicine (also called Western or allopathic medicine) is medicine as practiced by holders of M.D. (medical doctor) or D.O. (doctor of osteopathic medicine) by allied health professionals, such as physical therapists, psychologists, and registered nurses. The boundaries between CAM and conventional medicine won't be existed forever; the CAM practices might widely to be accepted by time.<sup>9</sup>

“Complementary medicine” refers to apply the CAM and the conventional medicine as a treatment at the same time, such as using acupuncture to reduce the sharp pain.

“Alternative medicine” refers to adopt the CAM to replace the conventional medicine as a treatment. “Integrative medicine” combines both conventional medicine and CAM's treatment. Evidences showed it is safer and effectively. It is also called integrated medicine.<sup>10</sup> No matter how the CAM still plays a supporting role.

The webpage “What Is Complementary and Alternative Medicine” by NCCAM and “Essentials of Complementary and Alternative Medicine”<sup>11</sup> published by NCCAM divided CAM into five categories :

**(1). Natural Products**----Including to use of a variety of herbal medicines (also known as botanicals), vitamins, minerals, and other “Natural products.” Many are sold over the counter as dietary supplements. (Some uses of dietary supplements—e.g., taking a multivitamin to meet minimum daily nutritional requirements or taking calcium to promote bone health—are not thought of as CAM.)<sup>12</sup> This is a very important key point to recognize; or the nutrition marketing companies might adopt this point to mislead the public.

**(2). Mind and Body Medicine**----Focus on the interactions among the brain, mind, body, and

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<sup>9</sup> Defining CAM from <http://nccam.nih.gov/health/whatiscam/>

<sup>10</sup> Defining CAM from <http://nccam.nih.gov/health/whatiscam/>

<sup>11</sup> “Essentials of Complementary and Alternative Medicine” edit by Wayne B. Jonas and Jeffrey S. Levin.

<sup>12</sup> NCCAM webpage: <http://nccam.nih.gov/health/whatiscam/>

behavior, with the intent to use the mind to affect physical functioning and promote health. That includes bio feedback, meditation, relax, group supporting, yoga, acupuncture, deep-breathing exercises, guided imagery, hypnotherapy, progressive relaxation, qi gong, and tai chi.

- (3). **Manipulative and Body-Based Practices**----This element primary focus on the structures and systems of the body. Two commonly used therapies are “Spinal Manipulation” and “Massage Therapy”. Spinal Manipulation is practiced by health care professionals such as chiropractors, osteopathic physicians, naturopathic physicians, physical therapists, and some medical doctors. Massage Therapy encompasses many different techniques.
- (4). **Energy Medicine**----We know that energy fields (also called bio fields) could affect health. Such fields could be characterized as veritable (measurable) or putative. Veritable energy fields include electro-encephalogram, electro-cardiogram, diathermy, radiofrequency surgery etc. The putative energy fields include electromagnetic fields, magnet therapy, light therapy, qi gong, Reiki, and healing touch.
- (5). **Whole Medical Systems**---- those are the complete systems of theory and practice that have evolved over time in different cultures and apart from conventional or Western medicine, including Ayurvedic medicine and traditional Chinese medicine.

### **3. ITEMS OF TRINITY MEDICINE**

This paper believes that the construction of characteristics of traditional Oriental medicine “Trinity Medicine” in the twenty-first century. First, we must select from the hundreds of natural therapies in the market. Oriental traditional medicine is to pay attention to the holistic body healing rather than a single organ treatment since ancient times. Holistic origins in the Greek word holis, like wise holy, heal, and health etc. Those terms are derived from the holism; this is the important concepts to pursuit of the complete health.

Dr. Marilyn Ferguson said: “Holistic is a qualitative approach in health care which means to respect physical, mental, spiritual and environmental interaction healing approach. It’s better than the conventional allopathic treatment. Truly health needs to find out what reason or element caused the disease.”<sup>13</sup>

Therefore, the physical, mental and spiritual unity of medicine “Trinity Medicine” must have the view point of holistic health. In this thesis, referenced the CAM classification to be improved to make the complete definition, propose the following basic building :

**1. Basic Theories** : (1) Traditional Chinese Medicine---- Take the “Taoism Health” and “Huangdi Neijing” as the basic theory to establishment a modern theory systems.

(2) Ayurvedic Medicine----Take the Ayurveda as the basic theory.

(3) Others----Take the essence of the theory of Tibetan medicine, Mongolian medicine, and muslin medicine to establish a modern theory system.

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<sup>13</sup> 《The Aquarian Conspiracy》 by Dr. Marilyn Ferguson.

## **2. Practice Method :**

- (1) Biological----natural products : Combined the Orthomolecular Medicine, Mega Vitamin Therapy, Minerals & Supplements therapy, Nutritional Biotherapy, nutraceutical etc. to construct a modern treatment and health system.
- (2) Physical---- Manipulative Practices like those--- chiropractic, osteopathic manipulative treatment, foot massage, body massage, acupuncture, magnetism, healing touch etc.
- (3) Mental----Spiritual healing : Meditation, Qi-gong, yoga, enlighten etc.

In the viewpoint of the Oriental natural medicine and therapy after thousands of years of development, the books are too much, the projects are too vast, martial art too much, this is the biggest worry for the face of the rise of Western natural medicine.

Based upon above, this thesis proposed a new concept of the Trinity Medicine, must be compatible with traditional Oriental medicine theory, the reference to the modern Western Complementary and Alternative Medicine classification then those could have fully effect.

## **4. CONCLUSION**

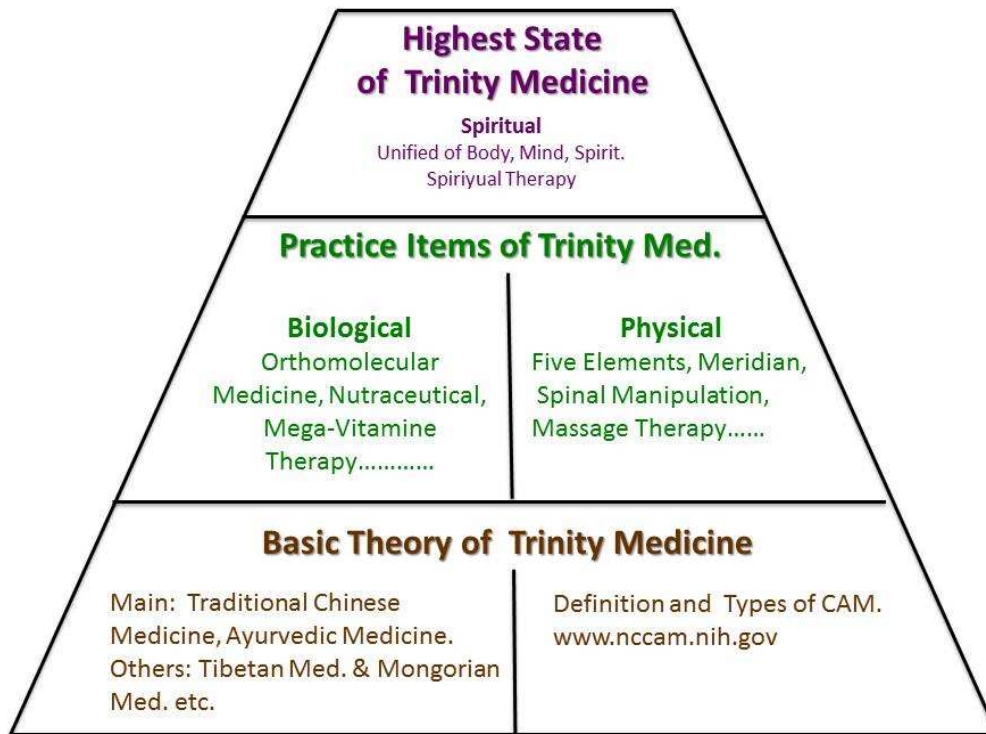
Organisms already have innate ability to heal themselves. To achieve a healthy realm must use this as the starting point of treatment. Without relying on the current medical surgery and drugs. Patients should be the health guardian for himself, cannot depends on a physician. Therefore, the most important is that the patient must be converted to the intrinsic mode of thinking, to enhance spiritual level.

In this thesis, firstly I proposed the theoretical framework of the “Trinity Medicine”.

Expect those experts and scholars whom had studied the eastern natural medicine can unite. Using the concept of organic complex of “physical, mental, energy, spirituality” to understand the life meaning.

Establishing a new Holistic Wellness theory and specific treatment of direction which containing everything within nature and the universe. Let “Trinity Medicine” become the important world project in the twenty-first century.





## Acknowledgement

This paper can be done must appreciate Ms. Liu Cheng Fan, CEO of Taiwan Wholeself Wellness Center, and Dr. Cheng-Jen Hung. We have promoted "Ancient Wisdom, Modern Healing" in Taiwan, based upon the classical theory of Chinese traditional medicine and Ayurvedic medicine. Also integrate those modern health scientific methods such as quantum physics, nutraceutical, orthomolecular medicine etc. as well as the concept of spiritual healing, cosmic life theory and other metaphysical theories. Based upon above to assist people find out the truly health.