Alternative Medicine is a Science for a Healthy Life

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Editorial Note

“Wisdom is organized life and science is organized knowledge” ~Immanuel Kant. In all these years, alternative medicine has been “evolved” from wisdom to science, and we ingeniously combine wisdom, knowledge and science together for a better life. The Declaration of Alma-Ata adopted in 1978 and the World Health Organization strove to achieve the goal of “Health For All”. To this end, alternative medicine plays an important role.

Alternative medicine can be a biological-based therapy, a mind-body intervention or an energy therapy. Nowadays, herbal remedies are becoming increasingly popular with the population. While we are drinking the cup of tea, we are actually drinking a diverse group of phytochemicals that are acting synergistically to improve our health and to mediate our mind, which have been pharmacologically demonstrated. Besides the cup, we might have essential oil burning, which is a kind of aromatherapy. Along with aromatherapy, we may be practicing meditation in solitude or yoga under the music. All these seem to be a style of life; indeed, there is science inside. Traditional Chinese Medicine is used to cure diseases based on the basic principles like yin and yang, five elements, five substances, organs, meridians and channels. Acupuncture is the insertion of fine needles in the body to restore the smooth flow of “qi” and to balance the opposing force of yin and yang. Ayurveda is an ancient system of Indian healthcare with therapeutic measures that relate to physical, mental, social and spiritual harmony. Art therapy combines traditional psychotherapeutic theories and psychological aspects of the creative process. Music therapy positively changes the psychological, physical, cognitive and social functioning of people with health or education problems. Indeed, disease is believed to be an imbalance and disharmony in the body; and the body is interrelated and in constant interaction with the environment. Therefore, all these treatments or therapies are helping to restore the balance in our body, and to optimize the body function to accommodate the altered environment.

Thanks for the advances in technology; we are now able to reveal the mysteries hidden in the alternative medicine. Nowadays, we have mounting evidence suggesting that alternative medicine is indeed a science - a science for our healthy life. As scientific research into alternative medicine continues to evolve, we are gaining vital insights into these therapies and begin to appraise the wisdom of our ancestors. “Endless experiment brings knowledge of motion but not of stillness….. Where is the wisdom we have lost in knowledge? Where is the knowledge we have lost in information?” ~TS Eliot. In the field of Alternative Medicine, we have not lost any wisdom in the knowledge; instead, we keep the wisdom and translate it into science and knowledge. Perhaps, the challenges ahead of us are how to modify these alternative medicines and therapies to better fit into our modern life.

We believe our enthusiasm in alternative medicine and the advances in technology will offer an exciting potential to translate the alternative medicine into a science with solid foundation and hold great promise for the “Health For All”. We at Journal of Alternative Medical Research look forward to this time to come.

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