

Reinvigoration of Traditional Chinese Medicine

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Short commentary

Health & Wellness are the timeless pursue for humanity. Being an indispensable part of the various efforts, Traditional Chinese Medicine (TCM) embodies the wisdom and vivid practice of the ancients in disease treatments, nutrition and health. As many as dozens of Chinese herbals to form the prescription, hundreds or even thousands of active compounds worked in a synergetic way. Moreover, compatibility of different herbs resulted in diverse clinical effects, let alone the difference in efficacy between the different formulations of TCM. To the analysis means at this stage, it is too complicated to reveal the truth. Therefore, this is the reason for the once doubt about the scientificity of TCM.

However, advantages of TCM are exhibited in treatment with the difficult miscellaneous diseases. Especially, adequate therapeutic effectivities and clinical trials were witnessed in the fight against the COVID-19 epidemic. The occurrence of disease is often accompanied by a variety of clinical symptoms, which lead to disorders of multiple organs and functions. Always, a single drug component could not be multipurpose in the therapeutic process. The multi-components compatibility of TCM would bridge this deficiency perfectly. Different ingredients from TCMS work together synergistically to resolve multiple symptoms simultaneously. In the field of curing diseases before it happens, a promising future were lied for TCM. It is a gradual process for the occurrence of disease. With no doubt, supplement of nutrients and enhancement of self-resistance to suppress the outbreak of disease would be ideal strategy for prevention of diseases and maintenance of function balance. Ingredients of TCM are also nutritional supplements, which guarantee the benefit for enhancement of body function with the intake of TCM.

Certainly, development of TCM depends on the innovation of analytical means and instruments. Analysis of the components of TCM accurately, for revelation of the basis of the efficacy at chemical level, is the indispensable route to promote the modernization of TCM. In the other hand, scientific compatibility coupled with dialectical medicine application are the necessary guarantee for continuous development of TCM. Accompanied with the dynamic evolution of disease, corresponding adjustments of TCM formula as well as dose are required. In addition, individual difference is another component that determine the formation of TCM formula. Moreover, in treatment with the multicentric diseases, idiopathic diseases and complications, there is vast potential space awaiting TCM to realize aspirations. Multi-target therapy, synergetic effects of

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composite components and etc., fundament the superiority of TCM in addressing complex health problems. Meanwhile, there is a long way to comfortable intake of TCM, including the convenient access, pleasant flavor and faster therapeutic efficiency. Of course, all of these should not affect the efficacy of TCM. Besides, standardized cultivation and processing of authentic medicinal herbs should also be given due attention. The excavation of traditional Chinese medicine classics and classic prescriptions cannot be ignored. Both of them are culture heritage and intelligence gathering.

Inheritance and development of TCM desperate for more efforts of scientists and technicians and we will be seeing the reinvigoration of TCM.