

There are three major important features in 21st Century contemporary medical practice:

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1. The disease spectrum of human beings has been changing

In the past diseases range from infectious diseases, health conditions relating to poor nutrition, wounds due to wars, and acute diseases for emergencies. Nowadays the disease spectrum of human beings is more concentrated on chronic diseases, ageing related diseases, multiple factors diseases, mental diseases and the diseases due to disharmonising of mental and physical conditions. Examples of contemporary diseases include cancer, cardiovascular diseases, hypertension, hyperglycaemia, cerebral accidents, diabetes, obesity and related diseases, and hyperuricemia.

2. Scientific medicine has not developed to maturity

Up to 21st Century, scientific medicine has only unveiled a small part of health and diseases of human beings and their relationship with the natural environment. Many medical conditions remained undiagnosed, unanswered and untreated. Even though the TCM system has not been merged with scientific medical system, TCM philosophy and solutions developed in ancient times still provide valuable principles and beneficial treatments for contemporary medical practice.

3. People are more alert and demanding in disease prevention, health maintenance and longevity

With globalisation, people become more aware of and more accessible to more diverse health care in their desire to achieving better health and longer life. Therefore people are enjoying better lifestyle and medical services in modern society.

TCM principles and treatments have continued to show effectiveness for health problems that are caused by disharmony of the mental and the physical. TCM also plays an effective role in the area of diseases prevention, health and longevity through health maintenance management.

Digestive Disorders and clinical management

Conditions	Main symptoms	Formulas	Advice
Irritable bowels Syndrome	Abdominal pain, bloating, diarrhoea (some cases with constipation)	HUO XIANG ZHENG QI WAN + JIN LING ZI SAN 8 pills of each 3 times a day for more than 2 weeks.	High fibre diet; Abdominal massage + walk after dinner for 20 minutes
Diarrhoea	Frequent running bowel movement with watery stools	XIANG LIAN WAN + HUO XIANG ZHENG QI WAN 8 pills of each 3 times a day until symptoms relieved.	High fibre diet; Abdominal massage + walk after dinner for 20 minutes
Constipation	Bowel movement once for the other day or more days	RUN CHANG WAN + FANG FENG TONG SHENG SAN 8 pills of each 2-3 times a day	Reduce the dosage accordingly High fibre diet; Abdominal massage + walk after dinner for 20 minutes
Mouth ulcers	Frequent recurrent mouth ulcers	WU WEI XIAO DU YIN + HUANG LIAN JIE DU TANG 8 pills of each 3 times a day for more than 2 weeks.	Stress management, diet with more vege less meat. Reduce chilli, spicy, and deep fried food
Bad breath	Recurrent bad breath due to Stomach Heat	WU WEI XIAO DU YIN + HUANG LIAN JIE DU TANG 8 pills of each 3 times a day for more than 2 weeks.	Add XIANG LIAN WAN for diarrhoea and RUN CHANG WAN if with constipation
Gastro duodenal ulcers	Stomach pain, acid regurgitation, burping, poor digestion symptoms , HP positive	WU WEI XIAO DU YIN + BAO HE WAN 8 pills of each 3 times a day for more than 2 weeks.	Stress management, diet with warm, cooked and easy to be digested food Abdominal massage + walk after dinner for 20 minutes
Ulcerative colitis	Chronic recurrent diarrhoea, with digestive disorders symptoms	XIANG LIAN WAN + XIANG SHA YANG WEI WAN 8 pills of each 3 times a day until symptoms relieved, then twice a day for a couple of months.	Stress management, diet with warm, cooked and easy to be digested food Abdominal massage + walk after dinner for 20 minutes