

## 跋

若您手上拿着這書，即很大機會您是想了解多點關於治療不孕症的情況，或是一位醫療從業員。若您是後者而且又是中醫業界的話，筆者希望藉著本書為大家打打氣，始終中醫在西醫還沒出現之前，我們在中國是屬於主流，自西醫傳入中國後，西醫就成了主流。患者可接受西醫治療數月或數年而沒效果，但患者不會接受中醫治數天而沒效果。舉例如不孕患者，她們多次 IVF 失敗，絕望才來看中醫，可惜來診卻要求數週可懷孕！小孩外感看西醫，西醫給予抗生素並告訴患者父母要 7～8 天發熱才可退，患者聽後認為這是理所當然，但患者看中醫則要求 2～3 日內要退熱，否則即說中醫沒效，這種嚴苛，筆者反而認為是一種推動力！

節錄一段姜佐景的說話，言淺而意深。“人曰，西醫長外科，中醫長內科。或曰，西醫長急救，中醫長調理。我則曰：皆非也。當曰：西醫長在病，中醫長在證。彼身為中醫，不知從證字發揮，而以病與西醫爭短長者，是未知中醫學之真諦故也。我惜之！”

某同行在網上道：“蓋茨（Bill Gates）的微軟，雖曾一度把喬布斯（Steve Jobs）的蘋果變得暗淡，但只要有技術，蘋果的手機現在不是已回歸主流，主導着市場嗎！只要中醫同業不放棄，始終有一天，我們可以回歸主流！”筆者深信，只要多點這樣有志氣的中醫師，中醫之路是光明的！但必須補充，中醫是不用跟西醫比較

## Postscript

If you are reading this book, you might want to know more about how to treat infertility or you may be a medical worker. If you belong to the latter and more coincidentally you are a TCM doctor, you may share my way of thinking. I very much hope that this book will help to bring TCM to the west just like western medicine has moved to China. Before western medicine was introduced to my home country, TCM was the mainstream treatment in China, while after that western medicine began to control the medical field and became mainstream treatment. Isn't it strange? Patients can accept unsuccessful results after several months or years of western medicine treatment, yet they are unwilling to accept that TCM treatment can only take effect in more than a few days, they expect to see results sooner. For example, patients with infertility have experienced in-vitro fertilization (IVF) many times without any result. They have lost hope of ever having a child, while they ask TCM to cure them in only several weeks. Similarly, antibiotics may bring down their child's fever on the 7th to 8th day, and their parents think this is reasonable, yet they ask TCM treatment to bring down the fever in 2 to 3 days, or they will never have faith in TCM. This defies all comprehension. Yet it is these such demands that only make us eager TCM doctors try even harder.

I quote Jiang Zuojing (姜佐景) as saying, some simple yet insightful words, “people say, surgery is the advantage of western medicine, and internal medicine is the advantage of traditional Chinese medicine; or western medicine is the first choice for emergency conditions, and traditional Chinese medicine is the first choice for chronic conditions. I think all of these are wrong. Perhaps it should be rather seen as, treating disease is what western medicine does and treating syndrome is what traditional Chinese medicine does. You are TCM doctors yet you don't practise on the basis of syndrome and you compete with western medicine on disease. You are still a layman, what a pity!”

One TCM doctor said online, “Bill Gates from Microsoft outdid Steve Job's Apple several times. Now Apple has controlled the market, and been the leader of mobile phone, for its excellent technology. So we shouldn't give up, there must be a day we can go back to TCM as a mainstream treatment.” I believe, the future of traditional Chinese medicine is great if we have more aspiring followers. We have no need to compete with western medicine, I repeat, TCM just needs to develop

的，只要堅持自己的路，方向正確，有療效就自然會受民眾歡迎。吾相信此同行是把中醫當為他的“事業”，而非“職業”，當代國學大師南懷瑾先生就明確地告訴我們“事業”和“職業”的區別：前者是為天下民眾而努力的，否則都屬後者。筆者非常同意唐鵠醫師在序內談到：“在我國任何地方都臥虎藏龍，很多醫師都有自己的絕學”，吾深信很多醫師都是以中醫作為事業的。

中醫藥之理，筆者自己也說不清，但按中醫的辨證論治，往往療效是令患者喜出望外的。如有FSH高達80IU/L的閉經患者，在絕望的情況下來找筆者，通過夏老之法使其FSH回到正常，患者能誕下麟兒，願望成真。數月前，收到一不孕的法國患者來電，懷孕32週時發現低位胎盤（Low-Lying Placenta），通過針藥兼施，最後胎盤向上移動3厘米，可按自己意願，不用剖腹，及後患者聽從筆者建議，繼續針藥治療以便縮短分娩時間及減輕分娩時之痛苦，今天來診所並告知，她雖然是初產婦，到了醫院不足三小時已順利地誕下麟兒，而且完全不感到痛苦。而今天來的目的是希望加快子宮收縮，望早日修身。最後必須提到，這嬰兒也是因其母服用吾之中藥方從而脫離不孕之苦海。

另外，若讀者想多了解中醫如何治療其他婦科疾病，如：女性脫髮、失眠、痛經、念珠菌陰道炎、卵巢囊腫、先兆流產、妊娠身癢、早產、坐月的調理、更年期綜合徵等，《中醫在西方》一書內已載，茲不贅述。

最後，在校對期間，收到了世界權威的中醫學研究學者滿晰博教授（Prof Manfred Porkert）從意大利來電，對吾書作出高度評價並給予寫序，這又是一種鼓勵啊！補充一點，吾在《中醫在西方》曾言：外國人學中醫必須要懂中文。滿教授正是可以說流利普通話和筆者交談之真正中醫研究學者啊！

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寫於甲午年秋月倫敦

by its own way, of course the right way, and then it will be popular among people for its amazing effects. This can happen as long as TCM is treated as a vocation by TCM doctors and not just a job. TCM needs passion.

I can't give a reasonable explanation on the theory of TCM, yet it always takes dramatic effect when I make treatment according to syndrome differentiation. For example, I had treated a patient with amenorrhea, the blood test showed FSH 80IU/L. She came for treatment without any hope, while under the guidance of venerable Xia's theory, I cured her and finally she gave birth to a lovely baby. Another case, I received a call from a French woman a few months ago as she had suffered from Low-Lying Placenta at 32 week's gestation. After giving her acupuncture and herbal medicine treatment, the placenta moved up by 3 CM, which meant that she could have a normal childbirth instead of caesarean. I advised her continue the treatment to prepare for a smooth, and quick delivery, and one that would be less painful. Today, she came to my clinic and told me that although this was the first time (Primipara) she had given birth to a baby, the birth, she said, was painless and the baby had come out in just in 3 hours. Now she wanted to strengthen the post-partum recuperation, and help with the involution of the uterus. What's more, before getting pregnant she had previously been infertile, and so she had taken Chinese medicine every day full of patience, until finally she had the happy ending, and became pregnant.

After reading this book, if you find yourself interested in TCM and want to know more about how to treat some other gynecological diseases, such as female trichomadesis, insomnia, dysmenorrhea, vulvovaginal candidiasis, ovarian cyst, threatened abortion, itch during pregnancy, premature birth, confinement after childbirth, female menopause transition and so on, you can read "Traditional Chinese Medicine in the West" .

While our team was proofreading our latest book, we received a call from Prof Manfred Porkert from Italy, who is an universally recognised scholar in the field of TCM, who wanted to provide feed back on my previous book. He rated it highly and gave me inspiring praise. This was encouraging, and will drive me towards achieving more. Prof Manfred Porkert conversed with me fluently in Mandarin, since the study of TCM requires studying and through grasp of (ancient) Chinese.

**ChakHong LUI**

Written at London, UK in autumn, 2014