



Yuerong

Yuerong is an academician of the Royal College of Physicians of the United Kingdom. She is the Executive Deputy Director of the National Key Laboratory of Aerospace Medical Engineering, the Research Center of Modern Intelligent Equipment for Chinese Medicine, and the Innovation Center of Chronic Disease Prevention and Health Engineering

"The sentiment and responsibility of "modernizing Chinese medicine

--Exclusive Conversation with Special Guest:
He Yuerong, Royal College of Physicians, UK

Interview/ Zhang Jun Lun

Academician He Yuerong, a member of the Royal College of Physicians, Deputy Director of the People's Health System Engineering Robot Laboratory, and a practitioner of TCM modernization, let's listen to the story of her medical life.

She has never been confined to the framework of her discipline. In the exploration of the integration of Chinese and Western medicine, she insists on the holistic and discriminatory view of Chinese medicine, devotes herself to sorting out the differences and complementarities between the two theoretical systems of Chinese and Western medicine, and enthusiastically integrates the techniques of Chinese and Western medicine with her profound discernment and profound expression.

In the process of promoting the modernization of TCM and the high-quality development of the

industry, she not only strives to study the "classics of TCM" in known fields, but also actively explores the "light of science and technology" in unknown fields, using cutting-edge technology to achieve.

She has a benevolent heart and a benevolent practice, using her lifelong knowledge to accurately grasp the pulse of the "great health" era, embracing the times with a fearless spirit of exploration, practicing the new development concept of TCM modernization, and physically demonstrating her responsibility and commitment to "treating diseases before they occur". She is the guest of this issue - Academician He Yuerong, a member of the Royal College of Physicians, Deputy Director of the People's Health System Engineering Robot Laboratory, and a practitioner of TCM modernization, let's listen to the story of her medical life.

**"Upper doctor treats the untreated"
There is an obsession called
perseverance**

Some people choose to live in peace after seeing all the prosperity, while others go through trials and tribulations to know where their heart is. Obviously, academician He Yuerong, the main character of today's dialogue, is the latter. We can't help but ask Academician He, why do we need to be obsessed?

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Perhaps when a doctor has a dream in mind, obsession naturally becomes perseverance.

During her more than ten years of working in ENT, anesthesiology, pathology and cardiac surgery, Academician He Yurong often felt uneasy that the idea of "not seeing a doctor for health, seeing a doctor for health" was deeply rooted in the minds of many people.

"Many people say that I am 'not doing my job' and that an academician should choose to work in the laboratory of a university after coming back from abroad. Actually not, I came back from abroad and found that the labs don't need us because our labs are perfect from experiments to projects."

As we all know, "the upper doctor treats the untreated disease" is the "Yellow Emperor's Classic of Internal Medicine" proposed more than 2,000 years ago, "treating the untreated disease" model of health medicine. Sun Simiao, the king of medicine, also said in his "Thousand Gold Essential Formula" that "eliminating the uncommitted diseases and curing the untreated diseases", which embodies the Chinese medicine idea of "treating the untreated diseases" by treating diseases early and preventing them early. However, after more than 2,000 years of development, the concept of "disease prevention" has had little effect in China.

How to "prevent diseases"? Academician He Yuerong wants to change the health concept of the nation. She pointed out that when the body is

in a sub-healthy state of disease, it is necessary to enhance the positive energy by toning the body and strengthening the immunity of the human body, so as to achieve the effect of "four-two-two-shoot-a-thousand-jin". With a strong interest in Chinese medicine, she went into communities and villages and visited more than a dozen folk herbalists. Through in-depth case studies on the treatment of diseases by Chinese medicine, she became more determined to believe that if the essence of Chinese medicine can be fully explored, its cultural connotations can be systematically sorted out and summarized, and promoted in depth, it is more relevant to promote the modernization of Chinese medicine.

"Many people say that I am 'not doing my job' and that an academician should choose to work in the laboratory of a university after coming back from abroad. Actually not, I came back from abroad and found that the labs don't need us because our labs are perfect from experiments to projects." Academician He Yuerong jokingly said. Then added, but every year the spurt of chronic disease patients incrementally, which produces huge pressure on the efficiency and time cost of doctors.

In the face of such problems, Academician He and her colleagues, as well as experts and scholars in the field, are also exploring the combination of classical Chinese medicine and modern digital health technology, which can fundamentally "dial a thousand jin" and completely eradicate patients' illnesses.

He Yuerong pointed out that many doctors have less time for research and have become almost "craftsmen", while I, as a cross-disciplinary scholar, want to do something for 1.4 billion people. I want to do a good job in the management of healthy people, and I am glad that all the patients I am related to have improved their health, and I want to spread my experience so that more people can benefit.

Modernization of Chinese medicine The original intention and the "long march" of the "superior doctor"

When asked "what is the original intention of practicing modernization of TCM", Academician He Yuerong said earnestly, "I want to be a 'superior doctor'."

A generation has its own mission and responsibility, and a generation has its own responsibility and role, as a scholar of TCM, their generation also has its own "long march". As a TCM scholar, we should return to the basics, return to the traditional culture of TCM and take up the historical mission of carrying it forward.

A few years ago, Yueyong He listened to several medical lectures by academician Meng-Sun Yu, which inspired her. In the process of modernizing Chinese medicine, Yu had a distinctive viewpoint: relying on treatment alone will not work in



solving the problem of chronic diseases. Only by shifting from the Western-influenced "agricultural modernization", which relied mainly on chemical fertilizers and pesticides, to the Chinese agricultural modernization, which serves the health of 1.4 billion people, and by implementing a reasonable combination of natural micronutrient supplementation in the field of health, can we systematically cut off the so-called "agricultural modernization" represented by chemical fertilizers and pesticides. The "agricultural modernization", represented by chemical fertilizers and pesticides, has systematically cut off the danger to human life.

How to interpret the above-mentioned scientific propositions and how to follow the trend in the process of TCM modernization? According to Academician He Yuerong, if we can manage to bring back the orderly openness of such slow patients and promote the restoration of the state of qi and blood, it is entirely possible for the patient's organism to gradually transition from pathological homeostasis to physiological homeostasis and restore health. From this, it can be seen that it is entirely possible for such methods and procedures for restoring health to be carried out on a large scale and in a communal manner.

"Qian's systemic concept was clearly stated in the 1980s that 'the future of medicine is the modernization of Chinese medicine, there is no other way, and Western medicine must also go the way of Chinese medicine (meaning the modernization of Chinese medicine).' On another occasion, Qian emphasized that 'the modernization of TCM will lead the revolution of medicine, and the revolution of medicine will cause the revolution of the whole science.'" He Yuerong said with confidence that as TCM scholars, we should take the initiative to learn and explore the culture of TCM, and under the guidance of the ideas of Qian and Yu, we will definitely "keep the righteousness and innovation" in the process of TCM modernization.



Academician He Yurong explained: "The modernization of TCM in the new era should change from "treating the sick as the center" to "health as the center", and should do a good job of "prevention" and "treatment". Prevention" and "treatment". "Prevention" is to improve the body's own immunity, enhance the ability to resist disease, not to get sick, less sick, block and alleviate the occurrence and development of complications, and prevent "slow" from becoming "disease"; "Treatment" is to turn "disease" into "slow", effectively treat and control the disease, and restore the body's own functions through conditioning, improve the body's internal environment, and enhance the body's systemic health. "

Health Industry
Explore the road of "innovation" in
"keeping the righteousness"

Medicine itself is a science of integration and crossover, as a TCM scholar, we should strive to keep the righteousness and innovation for TCM. To keep the righteousness: to adhere to the classical Chinese medicine culture; to innovate: to use technology to relieve patients' suffering.

In the process of modernization of TCM, science and technology can be integrated in the field of TCM. Academician He Yuerong and Yu Monsun are exploring two major directions - external treatment methods of TCM and "food and medicine of the same origin".

Journalist:

What kind of scientific research results do we have in promoting the modernization of Chinese medicine?

Academician He Yurong:

This is the theme of our ongoing efforts to change the focus from a focus on treatment to a focus on people's health.

As a non-drug, non-invasive physical therapy, in recent years, magnetic therapy has been widely used by the medical community in the treatment of chronic diseases, including hypertension and diabetes. We are currently launching a "Good Anson Diabetes Therapy Instrument ZC-20" is a product that has been approved as a Class II medical device by the State Drug Administration, and is an innovative medical device with several patents.

Hao Ansen diabetes treatment instrument is the use of "Qian Xuesen system science principle" to create, belongs to the Chinese Academy of Engineering Yu Meng Sun academician of "people's health system project", is the "modernization of Chinese medicine It is one of the achievements of "modernization of Chinese medicine". It relies on the penetrating power of magnetic field, a series of compound magnetic fields of different types, strengths and frequencies, such as static/stable, alternating, low-frequency pulses and rotating magnetism, are output in the form of 9 probes, which act on 9 meridian points of the human body. With the help of human meridians, which is a huge network channel between internal organs and body surface, cellular and sub-cellular structures and molecules, it can deeply reach the microcosm of the whole body, systematically regulate human functions, enhance the level of body homeostasis, improve immunity, and improve the physiological and pathological processes of the human body.

Journalist:

You also talked about the first section of external treatment in the modernization of TCM, please introduce the second section of "food and medicine" research results.

Academician He Yuerong:

"Disease comes from the mouth", as the name implies, disease is eaten out. Then how to eat back? At present, academician Yu Monsun and I are working on one of the projects of the "Modernization System Project of Chinese Medicine in Practice", which is the homologation project of food and medicine suitable for family use - including two parts: one is the homologation project of food and medicine to improve the content of trace elements in food (food and vegetables); the other is the enzymatic project of microorganism. The other part is the microbial enzymatic and wall-breaking re-enzymatic food and medicine homologation project. The widespread promotion of these two components in the family will be beneficial to the health of family members, and will make it possible to restore the health of family members with chronic diseases such as neocoronavirus or cancer, as well as infertility in most cases, under family conditions. This is the theme of our ongoing efforts to change the focus from a focus on treatment to a focus on people's health.

At the same time, digital technology enables better efficacy of therapeutic prescriptions: the essence of this is that efficacy is measured by data scores. Ingredients, ingredient extracts, plant extracts, medicinal food products, etc. are evaluated and compared one by one, and the most matching and effective supplies with the disease and cause are selected. This is the digital compounding technology. Doctors rely on experience, we rely on data. The process of applying modern technology to classical prescriptions to sublimate them is the process of digitally blending them to come up with better and more effective dietary prescriptions.

Since ancient times, food therapy has been clinically applied for many years and has received

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ideal results and full recognition. With the improvement of people's health awareness and the efficacy of food therapy prescription products, there is no doubt that the future development of food therapy will continue to rise.

Journalist:

In the process of modernizing Chinese medicine, there must be scientific theoretical support, precise technical means and feasible market operation. What are you doing in the process of modernizing TCM?

Academician He Yueyong:

We all know that Western medical pathology is presented in a more visual and data-oriented way. In order to visualize and digitize TCM and Chinese medicine, and to digitally interpret the pathology more intuitively, we use the perspective of system engineering to carry out research around the concept of big health, and coordinate the power of robotics, TCM, recreation and other parties to promote the top-level design of the "People's Health System Engineering Robot". In February 2022, the People's Health System Engineering Robot Laboratory will be launched by the People's Government of Mentougou District, led by academician Ni Guangnan, academician Yu Monsun and me, in collaboration with Xiuwei and Oceanic. The People's Health System Engineering Robot Laboratory will conduct research on robot system integration, medical data, precise identification of human acupuncture points, multi-

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energy field rehabilitation and physical therapy, and explore new application scenarios to promote the synergistic development of people's health and emerging technology industries.

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Journalist:

Could you please explain your current research on quantum medicine and what kind of medical blueprint you would like to present in the future?

Academician He Yuerong:

We use energetics to accurately detect the energy of the human body and the energy of drugs, and all the energy of everything. For example, we use quantum medicine state-approved instruments in measuring the energy of each organ corresponding to each drug, so that we have a very accurate energy measurement of the food and drugs we consume in the human body. In this process, we will use Chinese medicine extraction technology to make the use of drugs more convenient, playing



a "four-two-two" effect.

Journalist:

In the post-epidemic era, how can we "enhance our immunity" with New Crown "Yang Kang"? Could you please give us some good suggestions?

Academician He Yuerong:

The process of "Yang Kang" is the recovery of immunity. First of all, we should maintain a scientific diet and appropriate sports, and strengthen our own nutrition in the process of diet; secondly, overcome the fear of "Yang Kang", maintain a positive and optimistic health mentality, and strive to make life and work a pleasant and harmonious atmosphere.

I advocate that people should not only improve their emotional and intellectual quotient, but also pay attention to their "health quotient". In many meetings, I call on people to be healthy self-managers. On the occasion of March 8 Women's Day, I hope that women will know how to manage their family's health and take care of each family member's health as a unit. If we make our family members healthy physically and mentally, then we can build up a self-protective barrier of immunity.

Author's note.

Whether it is Chinese medicine or Western medicine, traditional medicine or modernization of Chinese medicine, they are all guarding people's health in their own way, and the original intention and essence of treating illnesses and guarding life is an eternal proposition.

With a fire in her heart, she has never extinguished her original heart as a doctor behind every technical research; she has scattered the stars in the sky, innovated the scientific and technological research of Chinese medicine, and shone brightly on the way of promoting "modernization of Chinese medicine". I think this is perhaps the best commitment of Academician He and her team to the modernization of Chinese medicine.

Personal Introduction



Yuerong is an academician of the Royal College of Physicians of the United Kingdom. She is the Executive Deputy Director of the National Key Laboratory of Aerospace Medical Engineering, the Research Center of Modern Intelligent Equipment for Chinese Medicine, and the Innovation Center of Chronic Disease Prevention and Health Engineering. She has been engaged in academic research in the interdisciplinary fields of quantum biomedicine, trace elements, human health, traditional Chinese medicine, and modern extraction technology for more than 20 years. She has made great achievements in developing, testing and analyzing trace element products and research on trace elements and health. He is the successor of Mr. Lin's quantum biomedicine and Lin's enzyme degradation technology. He has published in Global Market Information Guide, BIOTECHNOLOGY and other journals, including Study on the Application of Oral Enteral Nutrition in Maintenance Dialysis Patients, Study on the Formulation and Application of Special Purpose Medical Food for Diabetic Patients, Study on the Effect of Citric Acid and Ascorbic Acid on the Browning of Phalaenopsis Leaf Explants. The effect of citric acid and ascorbic acid on the browning of leaf explants of Phalaenopsis, etc.