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Body mind-spirit self-healing su shi's: Medicine thought and regimen of the northern song dynasty

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The purpose and value of this paper is to learn the way of body-mind and spirit self-healing while people face the hardships of life. Special attention was given to the problems of disease prevention and treatment of the underprivileged, and often sent medicine to them. This article explores a demoted official to feel self-healing during planting medicinal herb, gaining medicine and decocting medicinal herb. In addition to medical treatment of the disease, the mind and self-healing power has more impact on the people. While using medicine to heal people, if we use motivated talk with them they can recover very easy. Through the study, health care professionals could consider how to merge the body-mind-soul of self-healing of medicine thought and regimen into improving the quality of patient's care.

Biography

Ju-Li Ku currently is a PhD student in the Department of Chinese Literature, National Kaohsiung Normal University, and she has worked as the Senior Lecturer of Chinese Literature in the ROC Military Academic for more than 25 years. She has involved into the studies of Su Shi's whole life regarding his philosophy and Chinese medicines. She hopes to transform the Su Shi's body-mind-spirit self-healing menu into the health care system for improving the patients' health based on his own autobiography.

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