

LONGEVITY AND LIFE PRESERVATION IN ORIENTAL MEDICINE:

PARTIAL TRANSLATION OF «東醫壽世保元»

DONGYI-SOOSE-BOWON

A Capstone Project
Presented to the
Doctoral Faculty of
Pacific College of Oriental Medicine

In Partial Fulfillment
Of the Requirements for the Degree of
Doctor of Acupuncture and Oriental Medicine

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Abstract

Background: This study offers a partial translation of *Dongyi-soose-bowon* written by Lee Jema (1837-1900). This is the textbook of Sasang Constitutional Medicine theory which focuses on the difference of individual's body constitution. The herbal formulas in this study are selected by Lee Jema from classics such as the *Shang Han Lun*, and formulas used in the Tang, Song, Yuan, and Ming dynasties, *Huangdi Neijing*, and *Dongyi Baojian* and more. These formulas were modified to better match each of the individual body constitution types.

Purpose: This study addresses the need for studies for customized herbal prescription that not only consider just the symptoms but also the patient's body constitution.

Method: The translation was performed by the author of this capstone. The author learned Chinese in Ewha Girl's Foreign Language High School, and Yonsei University, and learned Sasang Constitutional Medicine in an approved Oriental Medicine University called Dongshin University in South Korea.

Results: *Dongyi-soose-bowon* has usable information available for American TCM practitioners.

Findings: A more refined herbal formula prescription can be possible when the practitioner follows this model of considering the patient's body constitution.

Conclusion: This capstone intends to achieve the following. First, to prevent herbal prescriptions go against the patient's body constitution and prevent adverse reactions. Second, to help not only the symptoms the patient has but also ultimately to correct the imbalance originated from the patient's body constitution, benefit the patient's longevity and life preservation.

Keywords: Sasang Constitutional Medicine, *Dongyi-soose-bowon*, Shao yin, Shao yang, Tai yang, Tai yin