



Roaming in the Field of Chinese and Western Medicine:  
Introducing Dr. Yumei Xiang

## 漫游在中西醫學 ——介紹向玉梅醫師

編輯部 整理/英譯

Compiled and translated into English by Editorial Staff

**向**玉梅醫師生於中國湖南省，1979年就讀中國甘肅蘭州醫學院，獲西醫學士學位。由於就讀期間30%的課程是學習傳統中醫，激起她對傳統中醫的濃厚興趣。

1993年獲得主治醫師資格，同時有緣在北京東直門中醫研究院參加全國高級針灸，氣功進修班學習，得到二十多位中醫專家人士的直接指點。以後在北京科技大學醫院工作四年，有更多的機會拜訪及請教老中醫，學習打坐及中國功夫。本著醫人先醫己的原則，研究出一條養生之道。1999年尋出解決電冰箱，空調及電腦對人體慢性致命性傷害的方法，因此她大力推廣及倡導艾灸法，此時也開始對念佛法門產生興趣。

2004年獲美國德州中醫學院碩士學位，並考取中醫執照。在德州奧斯汀開診兩年，2006年，為了追尋身心的完全解脫，毅然來到萬佛城。2007年受三皈五戒，法名親玉，正式成為三寶弟子。在萬佛城常住將近四年，平日為住眾義務提供健康養生諮詢以及身體調養，也擔任義工。並在法界佛教大學開課，教授中醫與養生之道課程。

多年診療生涯，看盡人間生老病死苦，深深覺得，臨命終時，能夠往生極樂世界，才是最徹底究竟的解脫之道，因此現在一心修持淨土法門。兒子從男校畢業後，已升大學；女兒正在女校就讀，盼望兒女能善加運用在培德中學所學的倫理道德與因果道理，在人生路上走得平順。漫游在中西醫學領域中，她的願力是運用佛教的同體大悲、無緣大慈的精神，與病人共同抵禦疾病，修復健康。

**D**r. Yumei Xiang was born in Hunan, China. She studied in the Lanzhou Medical School in Gansu, China and obtained a degree in Western medicine. Since 30% of all the classes she took focused on traditional Chinese medicine, she was very interested in learning traditional Chinese medicine.

She was qualified as a general physician in 1993 and furthered her study in advanced acupuncture and Qigong in Beijing Dongzhimen Graduate School of Traditional Chinese Medicine. She also studied directly with more than 20 experts in Chinese medicine. Later she worked in the hospital of Beijing Technology University for four years and had more opportunities to visit and study with experienced traditional Chinese doctors. She learned meditation and Chinese martial arts. Following the principle of curing oneself in order to cure others, she developed the art of healthy living: In 1999, she finally discovered the way to cure the chronic harm to the human body inflicted by refrigerated food, air conditioning, and computers, which is to use moxibustion (treatment with moxa, or mugwort herb). She tried her best to promote it and started reciting Amitabha Buddha's name ever since.

In 2004, she received a Master's degree in Chinese Medicine in Texas, U.S.A., and passed the examination to be licensed in Chinese medicine. She opened a clinic in Austin, Texas for two years. In 2006, for the sake of pursuing the full liberation of body and mind, she came to the City of Ten Thousand Buddhas (CTTB). She took refuge and received the Five Precepts in 2007, becoming a disciple of the Triple Jewel; her Dharma name is Chin Yu. She has stayed in CTTB for nearly four years. She offers free health consultations and serves as a volunteer. She also teaches a class in Chinese Medicine and the Art of Healthy Living at the Dharma Realm Buddhist University.

In her years of helping so many patients, she has seen the sufferings of birth, aging, illness, and death. She deeply feels that the ultimate liberation is to get reborn in the Land of Ultimate Bliss at the moment of death. Therefore, she is focusing on the Pure Land practice. Her son graduated from the Boys' School and is in college now. Her daughter is currently studying at the Girls' School. She hopes they both can lead a smooth life guided by the ethics and the principle of cause and effect they have learned at the schools here. Roaming in the fields of Chinese and Western medicine, her vow is to use the spirit of great, empathetic compassion and great kindness, to collaborate with patients in resisting diseases and regaining health.