

Eight-Constitution Medicine - Overview

Many of you are aware that there was a massive, inexplicable death of a number of cows at few ranches in Korea not so long ago. Although the reason for these deaths has yet to be determined, I later wrote the following in a certain publication: "One way to determine the reason for these deaths is to feed otherwise healthy cows some meat. Cows will not eat meat that is visibly placed in front of them; yet if it is either cooked up into a soup or ground up and mixed with other feed cows normally prefer, the cows will eventually die after eating such a mix for a certain period of time. The cause of such deaths may likely be the presence of prion proteins in the cows' systems."

Prion proteins were the subject of the Nobel Prize in medicine back in 1997. The American biologist Staley Prusiner observed similarities between the deaths of one of the patients he had been caring for, of a sheep being raised in a neighbor's house, and in the cows dying in England at the time of mad cow disease. He determined that it was a similar protein mutation detected in all three, and that this protein was linked with prion, known to be an infectious agent causing disorders of the nervous system in both goats and sheep raised as livestock. This was regarded as a remarkable insight on this biologist's part, inasmuch as he was able to observe this recurring collapse and subsequent death due to asthenia in goats and sheep not in the wild but rather raised as livestock, and that seeing this he was able to identify it as a nervous system disease caused by a causative agent called prion.

Yet the cause of these deaths was none other than the fact that people-giving no second thought to what they were doing-were mixing meat that otherwise should not be ingested by such animals into their livestock feed. I believe that the cause of the deaths of the cattle that have recently died in Korea is also attributable to the fact that they were fed livestock feed that had mixed into it leftover food including meat from hotels.

That said, we have before us the above examples of these goats, sheep, and let us say cows. What relationship, then, is there between the human patients mentioned in the Nobel Prize and meat? Among animals, there are, of course, carnivores as well as herbivores. What I would suggest, however, is that there are also subgroups of people who must eat meat, and there are those that must eat vegetables, and the person mentioned above by the Nobel Prize recipient falls into the category of those who should not eat meat.

Think of your own individual experiences when, not so long ago, someone appeared on television and said that all people should refrain from eating meat. There were probably some of you who followed whose instructions and by not eating meat, your health improved. At the same time, there were likely those of you for

whom the results were, on the contrary, not good. Some of you, after abstaining from meat for a given period of time as your health deteriorated, may have wondered how people could survive their whole lives eating Japanese food alone. I would say that for the hundreds of years they went without eating any meat, those people in Japan who otherwise needed to eat meat were naturally weeded out, leading the Japanese people to consist of those who either should not eat meat or those who could eat both meat and vegetables. In the process, Japan to become known as a country with one of the world's longest life expectancies with its low-meat diet.

Once I had occasion to visit Hawaii. I was surprised when I saw there native aborigines of large stature who otherwise should have needed to eat meat. I began to wonder how they could survive on such an island eating fish. After some inquiry, I found out that their main staple was taro, a foodstuff that over years of experience they found to be the most suitable food for their circumstances.

Two American doctors recently came to visit me. After some discussion, I discovered that one of them had collapsed while giving a lecture at a seminar the previous day. When the surprised audience gathered around him, he came to, quickly arose, said he was all right, and continued his lecture. After he finished, someone drew him a map and told him to visit me.

As I was listening to him, I had already surmised that his collapse was related to meat, so I had him lie down on a bed as I discerned his constitution. As expected, his constitution was Colonotonia, which should not eat meat. Even when I gave him a chart of acceptable and not acceptable foods and told him he must not eat meat, he did not appear to accept what I had told him. He then read a passage stating he should not induce sweating by taking hot baths, to which he asked why. I told him that if one of that constitution sweats after eating meat, one can collapse. He then replied that he always collapsed after taking a hot bath, and even the previous morning it was after taking a hot bath that he collapsed at the lecture site. He was happy to have heard this new explanation for his condition, stating that until then, the reason for his collapses was not clear.

The same is true not only of meat but of medicine as well. As you know, the world welcomed the discovery of penicillin. There was now hope for what had previously been incurable bacterial diseases, and the drug did indeed perform as expected. After some time, however, it was reported that one person had died as a result of being given penicillin. Some at first were inclined to attribute this death to other causes, yet a number of similar cases-although still rare- were repeated elsewhere, all with similar circumstances. Soon the fact that penicillin caused these deaths was an undeniable fact.

As people were unable to understand why a drug with such outstanding efficacy could kill people in certain cases, use of the drug became problematic. Even today, the reason for this phenomenon is unknown. Yet this too is related to constitution, which differs from person to person. There is one constitution called Gastrotonia that is so rare that only perhaps one out of 10,000 falls into his category, and penicillin shock occurs exactly in this constitution alone.

Would you be able to accept the fact that intravenous glucose injections, used in place of food as one of the

basic nutrients, were said to kill people? In spite of this fact that is a surprisingly frequent occurrence, the true culprit, glucose injection, is able to safely avoid blame as these deaths are attributed to other reasons. If you believe that all people are basically the same, you are likely to view intravenous glucose as something to be thankful for given the number of people who otherwise would be unable to survive due to their inability to ingest foods. Any suggestion that such a solution can kill people can only be seen as the words of an uneducated fool. However, once you know the various types of constitutions among people, then it becomes evident that this is a more common occurrence than one might have imagined, and the large number of instances when such deaths were attributed to entirely different reasons seem quite regrettable.

Although ginseng is known to be good invigoration tonic, there are some people who, due to over ingestion, either become blind or suffer a stroke.

Five years ago, a young couple came to me. The wife explained that her husband's eyesight was deteriorating for no apparent reason. My diagnosis revealed that he was of a constitution that should avoid eating ginseng, and I told her so. She then proceeded to tell me that her husband had eaten ginseng before coming to my office that very day, and indeed had eaten ginseng every day without fail ever since the day that they got married. She explained that her father-in-law's health had improved after he started to eat ginseng, so he in turn had his son regularly eat ginseng from a young age. This may have been the reason why the man did not listen to another word that I said, asked no further questions, and departed.

Two years passed when several people encouraged him to come again. By this time, the man had become completely blind. I asked him, "You continued to eat ginseng after our last meeting, didn't you?," to which his wife replied, "He ate some even today before come here!" To me, it was extremely frustrating to hear that. Yet to that man, what I was saying sound ridiculous. This in essence is the difference between those who see all people as being the same, and those who recognize people as being of different types.

If there were no laws in human society, then the world in which we live would become a jungle. Yet in contrast to the jungle in which animals reside -in which the stronger animals eat up the weaker- a jungle of humans would consist of stronger humans eating up weaker humans. To prevent this, theories of morals, peace, ideas, etc. have been with us for ages. This in turn culminated in the advent of democracy, which gives us the world we live in today where peace within the human race is maintained.

Then what is democracy? In a word, is not democracy a "Theory of respecting individual differences?" Not only do people have individual emotional personalities, but they also have their own physical characteristics as well. When individual emotional personalities are ignored, we use the term dictatorship. Yet if we know and yet subsequently ignore the fact that there are physical differences among people, then there is in effect no difference between neglecting this truth and feeding meat to herbivorous animals, leading to their death. The Eight Constitutions Theory that I will now describe talks about these individual physical types among humans.

Although this introduction may have run a bit long, I felt it important to take some time to retell a handful of experiences so that everyone might be able to relate to the fact that people can be categorized not only by

individual emotional personalities but also by physical types, All of these stories are directly related to constitution medicine.

In fact, medicine itself, strictly speaking, can be said to find its beginnings in the theory of constitutions. Did not Hippocrates, who can be called the father of western medicine, talk of the Four Humors? This itself is none other than a theory of individual physical constitutions. Even in Eastern medicine, within the ancient book 'Neiching there are 25 types of yin and yang, evidence of our own forerunners' conception of a categorization of people.

Even so, one is unable to see in either Western or Eastern medicines any mention of a theory of constitution or individual physical make-up. Why is that? It is because in the past, there was no way to identify any reasons or causes worthy of leading to a categorization of individual physical types. These was a subsequent inability of any theory to stand up to reason, and thus it was not accepted medically.

If that is the case, then upon what standards is the Eight-Constitution Medicine based to so as to allow for categorization of constitutions as well as establishment of such a theory?

The human body consists of 10 organs altogether: five solid organs and five hollow organs. From the point of conception, these organs develop and fall into an order of strong and weak, and the groupings of these orders that are distinguishable from each other total eight. This is the fundamental, underlying principle of the eight constitutions, with the strengths and weakness of the organs being directly related to their size.

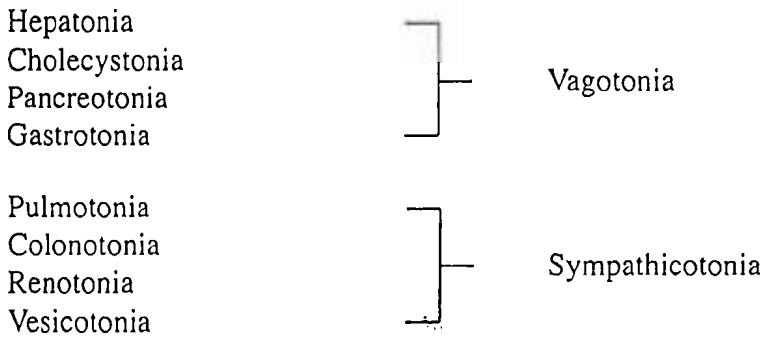
That said, the condition in which the liver is the largest organ with the nine remaining organs ordered according to strength and weakness is called Heptonia, while the condition where the gall bladder is the largest is called Cholecystonia. In a similar manner, the condition where the pancreas is largest is called Pancreotonai, that with the stomach as the largest Gastronia, that with the lungs as the largest Pulmotonia, that with the colon as the largest Colonotonia, that with the kidney as largest Renotonia, and that with the bladder as largest Vesicotonia.

Among these eight constitutions, there are four in which the sympathetic nervous system is always in a tense state. The grouping of these is called sympathicotonia, and includes Pulmotonia, Colonotonia, Renotonia, and Vesicotonia. The other grouping is called Vagotonia, in which the parasympathetic nervous system always in a tense state, and includes Hepatonia, Cholecystonia, Pancreotonia, and Gastrotonia. One fo the characteristics of those with a constitution grouped under Vagotonia is that is beneficial for them to drink caffeinated coffee or other caffeinated drinks. Those who fall under the category of Sympathicotonia should not drink caffeinated coffee.

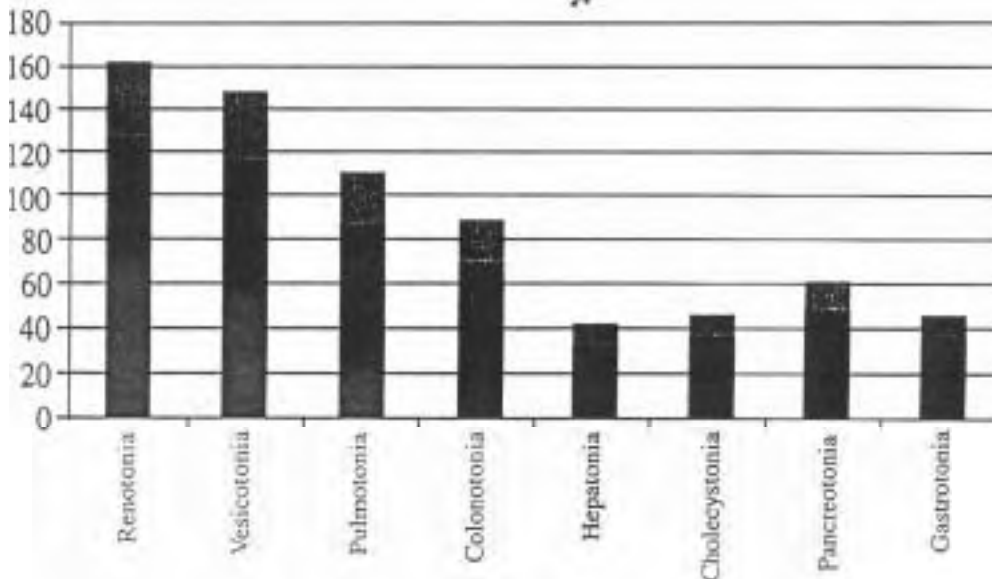
Recently, the results of doing a comparative examination of the degree of activity of Amylase in the saliva of people from each of the eight constitutions at Dong-a University in Pusan revealed the interesting data that Amylase was high in the four Sympathicotonia constitutions, while it was low in the four Vagotonia

constitutions.

There is another point worth noting. There was a pediatrician in Korea who for some unknown reason, did not like to treat afflictions with medication. In the process of searching for other methods of treatment, he took an interest in rehabilitative medicine. He went so far as to study in Great Britain, but later discovered that such medicine does not stand up from a theoretical perspective. Looking for other methods, he wondered whether Eastern acupuncture might not be an alternative treatment to medicine. He studied not just one type but several, and not only discovered that the method for applying acupuncture treatment against a single disorder was different among the different types of acupuncture studied, but also in none of the books could he find any reason given for placing needles in their particular location. As a result, he ended up giving up on acupuncture as well. One day, as he was agonizing whether he should abandon the field of medicine altogether if he was unable to identify a treatment method outside of medication, he discovered one additional area: the taping method of Japan. As his last hope, he took off to Japan to learn about this method,



Amylase Activity. U/L



only to find out that this too had no theory and that it depended upon accidental discovery, which sometimes worked and sometimes did not.

The pediatrician returned disappointed, and had no idea as to which way to turn next when he heard about Eight-Constitution Medicine. As he listened to a discussion on the subject, for some unknown reason he found himself beginning to agree with what he heard. "That's right!", he exclaimed. "When I try to give a certain medicine that works for one person to another, it sometimes does more harm than good. Trying the taping method, the same blue tape that works to reduce pain in one person will cause another more pain. Isn't all of this possibly related to the a person's constitution?"

Engrossed in such thoughts, he made the decision to take observations of the eight constitutions using the taping method. He went to Cheju Island in Korea, set up a room, gathered some local residents there, and tried the colored taping method. He then was able to categorize the people into those who responded to the blue tape, those to white, those to black, and those to red. Contrasting the results to the eight constitutions, he discovered that those who responded to the blue tape fell into the categories of Hepatonia and Pulmotonia, those who responded to the white tape were of Cholecystonia and Colonotonia, those who responded to the black tape were of Renotonia and Pancreotonia, and those who responded to the red tape were of Vesicotonia and Gastrotonia.

Wondering why such pairings resulted, he discovered a surprising fact. With the eight constitutions, treatment methods differ by constitution even for the same disease. Also, for each of the constitutions, there is a basic prescription that is preferred for all treatments. This was the link connecting these two constitutions that responded to the colors. In other words, the basic prescription for Hepatonia is the prescription Is, which suppresses the liver, while the basic prescription for Pulmotonia is the prescription Ip, which stimulates the liver. These are linked by blue, the liver color. The basic prescription for Cholecystonia is the prescription VIIp, which stimulates the lungs, while that for Colonotonia is VIIs, which suppresses it, These are connected with the lung color white. The basic prescription for Renotonia is IXs, which suppresses the kidney, while that for Pancreotonia is IXp, which stimulates it. These are related to black, the kidney color. The basic prescription for Vesicotonia is Vp, which stimulates the pancreas, while that for Gastrotonia is Vs, which suppresses the pancreas. These are linked to red, which is the pancreas color.

Surprised at such reasoning, he immediately started writing a paper entitled "The Eight Constitutions and the Taping Method," going to universities throughout the country and speaking on the subject. At a certain college in Taejon, a good acquaintance of mine attended his lecture. The two of them met and began talking afterwards, after which my acquaintance brought him to me. I explained to the pediatrician that the blue tape affixed to the Hepatonia patients, who have strong livers, absorbed the strength of the liver and thus suppressed it, while the blue tape used with Pulmotonia patients supplemented the strength of the liver and thus stimulated it. As such, the blue tape had the same effect in basic treatment for both Hepatonia and Pulmotonia patients. To applaud his accomplishments in pursuing his convictions to prove the Eight-Constitution theory with the colored tape method, I wrote the introduction for his work.

Constitutions and Colors

CONSTITUTION	FORMULA	CONTENTS OF FORMULA	CORRESPONDING COLOR
Pulmotonia	I _p	VII _{7c} I _{7c} IX _{9p} I _{9p}	Blue
Hepatonia	I _s	VII _{7p} I _{7p} IX _{9c} I _{9c}	Blue
Colonotonia	VII _s	IX _{9c} VII _{9c} I _{1p} VII _{1p}	White
Cholecystonia	VII _p	IX _{9p} VII _{9p} I _{1c} VII _{1c}	White
Pancreotonia	IX _p	V _{5c} IX _{5c} VII _{7p} IX _{7p}	Black
Renotonia	IX _s	V _{5p} IX _{5p} VII _{7c} IX _{7c}	Black
Gastrotonia	V _s	VII _{7c} I _{7c} IX _{9p} V _{9p}	Red
Vesicotonia	V _p	VII _{7p} I _{7p} IX _{9c} V _{9c}	Red

If this is the case, are constitutions hereditary or acquired? Without doubt, they are hereditary. There is a gene that is modeled after the constitution of one of the two parents. There may be some Christians who would counter that the concept of inherited constitution is not scriptural. Their basis for such an argument would be that if constitution was hereditary, that there would have to have been essentially several Adams created, one for each constitution. Of course the first people, Adam and Eve, were of the same constitution. We see that the foods they were instructed to eat are similar to those that a herbivorous animal would eat: grains, vegetables, and fruits, proving the sameness of their constitutions. They, being of the same constitution, were of a unity and peace that would not allow for any deviation between the two of them. Yet the fact that their unity was one of non-divergence was true even when they found themselves being deceived not by their Creator, but by the Evil Tempter. In a like manner, even their descendants afterwards were of unity and consistency in their evil, with their large-scale crimes leading them to encounter the great wrath of their Creator so that the entire human race, with the exception of the eight-member family of the righteous man Noah, were completely obliterated as punishment in the Great Flood as the whole earth was filled with water for around one year.

What would then have been a way to prevent the reoccurrence of the same large-scale crimes of humanity that had brought about the punishment of the Great Flood? It was none other than by preventing total unity among humans by dividing and splitting their opinions, leading to diversity. In other words, what we see after the Great Flood was a re-creation of the human race in which mankind, which had been of one constitution, was now split into several types of constitutions. The Creator had called Noah's family of eight, who would become the progenitors of the post-Great-Flood human race, and told them, "Every moving thing that lives (things in the past that could not be eaten) shall be food for you. I have given you all things, even as the green herbs." I believe, as such, that the power of re-creation began to take place as the constitutions of those people who followed that command changed as they went about eating new foods. Thus the eight members of Noah's family became of eight constitutions, and the entire human race had inherited these genes.

Physiology of the Eight Constitution

Although the explanation of how these constitutions are inherited through genes was somewhat long, such an explanation is important in that one critique of the concept of an arrangement of strong and weak organs in the various constitutions is that it may lead one to conclude that there is an organ imbalance, and if this is hereditary, that constitutions can be thought of as some type of imbalance of the organs, in other words, as some type of **pathological** abnormality. Yet all we are saying here is that there are individual differences between people physically, just as there are emotionally. There is a distinction between seeing such differences as a cause for disease and instead seeing them as a healthy, appropriate imbalance. This is what we are talking about when we talk of a constitution physiology. Thus those who are able to maintain and preserve this appropriate physiological imbalance based on their constitution can live healthy lives and exhibit a variety of unique physical and emotional personalities.

Let us look at a simple explanation of the characteristics of each constitution. First, there are those people who are reticent and taciturn, who do not speak much: those who when another person speaks 10 words will respond with a one- or two-word answer, and who become short of breath while singing. These people are of Hepatonia. Why is that the case? It is because they have small lungs, leading them to become tired more easily when talking a lot. Of course, with training they can learn to sing well, but generally the tone deaf fall into this category. At the same time, in general those who are of large stature yet taciturn in speech seem virtuous, and thus tend to have a higher probability of winning in an election, and do not particularly like to argue over things.

Those of Cholecystonia are, shall we say, more sensitive. They are easily hurt by even the most innocent statements of others, and do not subsequently forget easily. Another notable characteristic is that they do well at sports involving throwing with the hand or kicking. When they take up sports like golf, soccer, or those that involve throwing, they are able to quickly surpass those who have been involved in such sports from even up to five years earlier. This is why considerations of constitution are important in choosing athletes. People of this constitution tend to have longer legs and arms and larger hands.

Those of Pulmotonia are generally unrealistic, and do not like being in the spotlight. They have strong creativity, and are well suited to accomplishing their dreams and desires.

Marathon runners tend to fall within Colonotonia. Although unable to run well for short distances, in long-distance runs when others begin to fall out from fatigue these people are able to get a second wind and complete the race to the end. They tend to become easily angered for reasons that they do not understand, but that is attributable to their eating meat.

Those of Pancreotonia are, in a word, those who are always in a rush. These people, whether it be in walking or whatever, hate to fall behind others. They can't bear to sit still while there is work to be done, being of a diligent and active constitution. With a high degree of curiosity, they want to try anything, and if there is nothing for them to do, they will make something up. They have a quick eye for things, and thus among them are many

artists. The fact that foreigners use the expression "the 'quickly, quickly' people" when talking about Koreans is likely attributable to people of this constitution.

Gastrotonia is a very rare constitution. I might see only a few of these among my patients within a year.

Those of Renotonia are very thorough and scrupulous, preferring precision, harboring doubts, and not easily believing others without experiencing things for themselves. Such a constitution has difficulty in believing in the existence of God or gods. They are, however, also talented in work that organizes various facts of things.

Those of Vesicotonia who are healthy tend to be small eaters. Although this appears attributable to the fact that they are either born with small stomachs or have no interest in eating, this is rather the most ideal method of maintaining health for people of this constitution.

The above characteristics are those that are observed in individuals with a healthy physiology within their appropriate hereditary imbalance according to each of the constitutions.

Pathology of the Constitutions

If this is the case, then how do pathologies form among the constitutions?

During a person's life, if one eats foods that are beneficial for an organ that was strong from birth, then that organ's functions will grow stronger. Conversely, if food harmful to an organ that was weak at birth is eaten, then that organ will become even weaker. In such a manner, an otherwise appropriate hereditary imbalance of organs becomes an acquired over-imbalance. Not only food, but all things of life such as bathing, exercising, and dwelling are linked to each of the organs. Depending on the choices a person makes, an organ strong at birth can be suppressed, while an organ weak at birth can become strengthened. Conversely, a strong organ can become stronger, and a weak organ can become weaker. The latter instances lead to an acquired over-imbalance, and is the process by which constitution pathologies are formed.

Although this sounds strange, there are some certain constitutions where a mountain hike among trees with abundant oxygen can be harmful. For those of Pulmotonia or Colonotonia with strong lungs, their already strong lungs will become stronger because of the good air, and other competing organs will be weakened, leading to sickness. Even the air that fills the room in which one dwells can either be harmful or beneficial dependent on the direction from which it came. Wind from the east has the power to make sprouts come out of the ground, while wind from the south makes plants richly grow. Wind from the west ripens fruit, while wind from the north leads the leaves to fall. These strengths also act differently on the constitutions of people, inasmuch as the air from each of these directions is related to the human organs.

We see how constitution pathologies come about, and how they appear differently based on constitution. If we look at stomach disorders, for example, those of Hepatonia develop stomach disorders because of the imbalance between the liver and the pancreas. Those of Vesicotonia develop such disorders because of the imbalance between the lungs and heart. While there are instances in which among people who eat the same food some get sick while other get better, there are also instances when the same medicine is effective in some while it worsens the condition in others. This is because of the different relationship between the arrangement of the organs among the various constitutions. For each constitution, there are certain disease that are unique to that specific constitution, unseen in others.

For example, a blood pressure of 80/170, which is seen as classic high blood pressure in others, is actually a normal, healthy state for those of Hepatonia. When that blood pressure falls without any other symptoms, then the person's health will deteriorate and they will become fatigued. Later, this will lead to thrombus stroke, with the right side of the body being unusable and a speech impairment resulting. Of course this is only seen in instances of Hepatonia. In other constitutions, a blood pressure that high would be seen as a dangerous of high blood pressure.

Even for those of Hepatonia, one must of course be careful if the blood pressure exceeds 200. Should one of this constitution encounter a cerebral hemorrhage, then generally he or she will lose control of the left side of their body, while language will remain generally acceptable.

Among those of Cholecystonia, there are some serious alcoholics who seek alcohol even in their final, dying moments. Although those of other constitutions can develop diseases through the excessive consumption of alcohol, they do not become as addicted as those of Cholecystonia. Alcoholism, therefore, is a sign that one is of Cholecystonia.

Those of Colonotonia are subject to Parkinson's Disease. By overindulging in meats, they can encounter both Parkinson's Disease and dementia. On the other hand, however, they do not contract myeloid leukemia.

A disease unique to those of Pancreotonia is leucoderma. There are also instances where infertility is seen among otherwise healthy people of this constitution.

Diseases unique to those of Renotonia include sunstroke, seen often in the young, and habitual constipation while otherwise healthy.

Diseases unique to those of Vesicotonia are gastroptosis, as mentioned above, and lymphocytic leukemia.

Constitution Treatment

With the pathology of constitutions so complex, what treatments are appropriate? In a word, treatment methods according to the eight constitutions seek to take the appropriate physiological imbalance which has become

excessively imbalanced and restore it to its state of appropriate imbalance. As such, treatment within Eight-Constitution Medicine targets not the symptoms but rather the causes of disease.

As stated in the pathology section above, because even similar stomach disorders have different causes depending on the individual constitution involved, so too the methods for treating gastritis, enteritis, and hepatitis are different, while even treatments for regular inflammations, ulcers, bacterial diseases, viruses, sclerosis, and tumors vary as well. Thus the world of treatment under the eight constitutions is conceptually completely distinct from regular medicine.

Inasmuch as there is no method utilizing medication that can respond to the complexity of eight-constitution pathology, an entirely new acupuncture method was developed. When we look at human organs, each, of course, has its their main role: the lung is responsible for respiration, the stomach digestion, etc. In addition to this, however, we see that there are certain unique factors otherwise invisible to the eye that each organ is uniquely capable of producing. The organs give and receive these factors among themselves, action as both supporters helping each other and antagonists restraining each other. This is their secondary role, one that takes place through the meridian, which is not visible with the human eye.

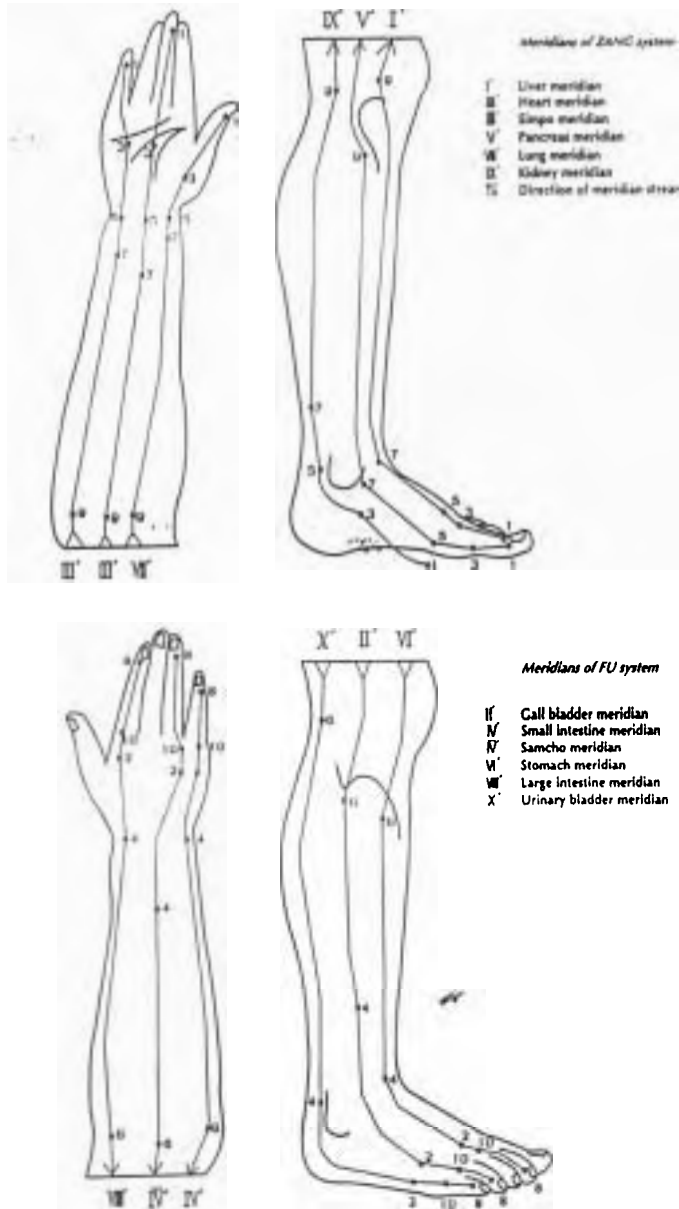
Eight-constitution treatment is the first treatment method in the 5000-year history of acupuncture that, by regulating and adjusting this secondary function of the organs: 1) calculates everything related to eight-constitution pathology within the meridians that run from the elbow joints to the end of the hands and from the knee joint down to the end of the feet, 2) can treat all ailments by unrestrictedly both suppressing and promoting the factors of all the organs, and 3) can obtain striking results if the constitution is properly discerned and the pathology properly calculated. At the same time, however, with the smallest error negative side effects can result.

Discriminating the Eight Constitutions

If this is the case, then the ultimate first step - and that which must be done most precisely - is that of determining the constitution. How is this done?

Although there are various constitution categories such as character, temperament, hobbies, and physical fitness, variations among these are too great to be used as a means to determine constitution. While one can also categorize by size the lungs, pancreas, liver, kidneys, etc. by external appearance, in the case of the stomach, large intestine, small intestine, gallbladder, and urinary bladder, such size categorization by external observation is difficult. As such, this too is not a suitable method for categorizing constitutions. Although it may be possible to categorize Sympathicotonia and Vagotonia by tests involving atropine, adrenaline, acetylcholine, and pilocarpine, even if this did work, it would be confusing to try to categorize beyond these two major groupings, each having four constitutions each. Thus this method too must be rejected.

<Chart of the Meridians>



As I pursued research on how to best discern the eight constitutions, in spite of the difficulties mentioned above I found myself driven by an unchanging, strong determination. I firmly believed that just as it was certain that there are eight constitutions, so too must there be a method for distinguishing them. Finally, I discovered signs that the eight constitutions were concealed within the radial artery of humans.

Although this may seem like a digression, I have been using the term "constitution" in English as the equivalent for the Korean term chejil. However, there are many other suitable terms that could also be used, such as temperament, status, habits, diathesis, and predisposition. Perhaps I am being a bit self-centered, but I cannot help but think that with no research on constitution in the past which examined the organs structurally, the term constitution itself, which connotes both structure and organization, almost seems to have been waiting for the appearance of the Eight-Constitution Theory, which examines the structure of the organs.

Constitution Nutrition

As mentioned in the introduction, constitutions have a deep relationship with food and, as such, nutrition. The reason for this is none other than the linkage between food and organs. Foods do not provide nutrition for the body and all of its organs as a whole. Instead, foods provide nutrition to individual organs so that there are foods that are nutritious for the stomach, those are nutritious for the liver, those that are nutritious for the lungs, etc.

Thus the ultimate conclusion of the Eight-Constitution Theory, which discusses the strengths and weaknesses of the organs, is that those of a constitution that have, for example, a strong stomach, should stop eating foods that are nutritious for the stomach. Those born with strong lungs should avoid foods that supply nutrition for organs that are weak from birth, acquired excessive imbalances - which we mentioned earlier are the source of diseases - must be prevented before the fact. Although one might think that doing so would result in a deficiency of nutrients that are discontinued, as the constitutional supply of nutrients continues, the only possible end state is that the nutrients will become balanced. No actual deficiency of such nutrients is possible. In the case of patients with pathological disorders, the speed of treatment accelerates when this occurs.

Ultimately, the field of constitution nutrition focuses on which foods are beneficial for which organs. Research on the subject is inevitably a topic for another discussion on Eight-Constitution Medicine. This writer, focusing on Korean food, came up with the very first food taxonomy by constitution after much observation, investigation, and research, and published this taxonomy in a journal of Myoungji University in 1973.

One professor of nutrition at a university had been following a personalized constitution diet when the professor came to me and said "If you determine the constitution of my students, I will conduct investigative research into constitution diets." I thus determined the constitutions of around 150 students. After studying 124 of them, the professor published an essay in the Journal of the Korea Nutrition Society, Volume 18, Number 2. The essay noted, "Based on those foods categorized into those that are beneficial for each constitution and those that are harmful, when subjects followed a diet beneficial to their constitution, blood serum components improved in a relatively positive direction."

The above is an external summary of how, from its development to its current situation, the foundation of Eight-Constitution Medicine was laid through the work of one man over some 40 years. It is my hope that one day I am able to publish a book on the principles of the physiology, pathology, diagnosis, treatment, and nutrition of Eight-Constitution Medicine some day.