To the Editor,

In the early two thousand years ago, there were many traditional Chinese medicine theories and methods of health preservation written in the “Huang Di Nei Jing” (黃帝內經), particularly for the content of “regimen”.1 “Preventive cure” (治未病) theory and “prolong life” (長寿) were emphasized through the Yin-Yang reconciliation (陰陽調和) to keep body maintenance.

The elderly longevity in the past was focused on external and internal factors. According to traditional Chinese medicine theory, it encompasses a variety of preventative and treatment techniques to help the elderly either recover, maintain, or become slower during the aging process. The preventive techniques are including (i) external factors such as acupuncture (針灸), massage (推拿), and exercises e.g. tai chi (太極) and qi gong (氣功); (ii) internal factors such as Chinese herbal medicine decoction. These treatments improve elderly physical performances are regarding 14 major meridians (經絡) in the body, which restores and regulates the vital energy, also called “qi” (氣). If the “qi” flows well, it indicates good body performance. Conversely, if the “qi” can’t flow in normal manner, this might exist some diseases inside the body.2

Nowadays, the above traditional Chinese medicine preventative and treatment techniques have been proved to be safe and without side effects for the elderly. These treatments are widely applied in preventing and treating many common diseases consist of (1) osteoarthritis (OA), (2) stable ischemic heart disease (SIHD) and heart failure (HF), (3) stroke as well as (4) Parkinson’s diseases to enhance the elderly immune system (Table 1).3

Meanwhile, Figueira HA et al. reported that the level of quality of life (QOL) was raised in the elderly who were treated with traditional Chinese medicine. The percentage was higher than 80%. These were effective in physical, psychological health, and social emotions also greater ameliorate the incidence of chronic diseases. It was much favorable for the elderly population.4

All of the information demonstrates that traditional Chinese medicine is suitable for elderly care, especially some of the contents in the “Huang Di
Nei Jing" (黃帝內經). This is true and indicated that the elderly must balance Yin-Yang in the body for preventing disease to prolong life. (節陰陽而調剛柔，如是則避邪不至，長生久視。)

CONFLICTS OF INTEREST

The authors have no conflicts of interest to disclose.

Author Contributions

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