

TCM, the Best Support of Relief Work

By Department of TCM, Hualien Tzu Chi Hospital

Taking full advantage of the golden hours, rescue workers from around Taiwan arrived in Hualien and immediately began their operation under the bitter cold. After the earthquake, the department of TCM, the TCM pharmacy of Hualien Tzu Chi

Hospital (HTCH) soon prepared a large quantity of revitalizing herbal decoction “Kuan-Sin Yang-Qi” drinks for the rescue workers, and established TCM stations to revitalize rescue workers, medical workers, and the volunteers.



The revitalizing herbal decoction “Kuan-Sin Yang-Qi” drinks, TCM doctor Wu Hsin-Chieh shared, was first concocted during the 2016 Tainan earthquake, when the TCM team proceeded to Tainan earthquake disaster area to provide voluntary services. The team observed rescue workers and volunteers consumed large quantity of coffee and energy drinks to keep them vigilant throughout the night, only to suffer from fatigue and palpitation, thus decided to design a series of ready-to-drink decoctions that are easy to drink, easy to carry, and easy to preserve. After

the Feb 6 earthquake in Hualien, the TCM department and the TCM pharmacy mobilized immediately to prepare the herbal decoction with water supply temporarily cut off by purchasing bottled water from supermarkets all over Hualien City, and delivered them to the frontline within 24 hours after the earthquake, including the resting areas surrounding Yun-Men Tsui-Ti complex, Tzu Chi Disaster Relief Coordination Center, and the ER of HTCH. On Feb 7 alone, a total of 180 ready-to-drink packs and 20 liters of herbal drinks were delivered. The Chairman of Hualien TCM Association



Although water supply was cut off in most parts of Hualien City, the TCM team and TCM pharmacy used all of its resources to prepare ready-to-drink “Kuan-Sin Yang-Qi” decoction.



Dr. Wu Hsin-Chieh (right, holding a ready-to-drink pack) and the TCM team delivered Kuan-Hsin Yang-Qi decoction to the relief workers.

Li Mai also mobilized TCM practitioners to assist with the free clinics, however due to the limited shifts available from the TCM practitioners in Hualien region, he also requested assistance from the Department of TCM of HTCH. Dir. Ke Chien-Hsin answered without hesitation by placing Dpty Dir. Lin Chung-Shuen in charge of coordination, and began free medical services in Jinfeng Park and Tienhui Temple near the collapsed Yun-Men Tsui-Ti. In the following 3 days, more than 60 TCM outpatient clinics provided. On Feb 11 at 11am, all TCM practitioners were relocated to the Hualien Arena to



Hualien TCM Association set up medical stations after the earthquake to relieve the anxiety and discomfort of the rescue workers.



Kuan-Hsin Yang-Qi decoction to the relief workers, revitalizing them in the shortest amount of time.

continue their services for the displaced citizens. Love and medical care continued throughout.

Among the volunteer TCM practitioners was a physician from Poland, Marcin Zbylut. He met his wife, a Taiwanese lady, while studying in Britain, and came to Taiwan with her. He is currently a licensed TCM practitioner finishing his 3rd year residency. Marcin was asleep when the earthquake hit and woke up to the sound of his son crying in fear. After few aftershocks and the sound of helicopters roaring the sky did he realize the severity of the situation. Marcin was one of the TCM members volunteering

to the relief station near the collapsed building, relieving the fatigue and anxiety of the rescue workers through massage and acupuncture. “Two, three days have passed, and there are still so many rescuers working non-stop. Although by now the chance of finding survivors are low, but they keep on searching, and that means there is still a possibility,” Marcin said. In regards to his first time as a relief volunteer, Marcin Zbylut mentioned an impressionable moment, “today I suddenly felt that the sound of ambulance is a good thing (meaning that someone is rescued), but only today.”