

pelvic inflammatory disease and endometriosis. Its mechanism remains to be further studied.

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## Quality of Life and Chinese Medicine ——The Development of Health Status Measures for Chinese Medicine

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Quality of Life (QOL) is a multiphase conception, including physical, mental and social factors, and can overall reflect health status of the human. At present, QOL has become a relevant measure of efficacy of treatment in clinical trials. Its use is spreading, and its importance is growing as a valid indicator of whether or not a medical treatment is beneficial. FDA has definitely decided that QOL is one of necessary items in evaluating anticancer new drugs. Some scholars are also interested to establish a related measure of efficacy of new drugs using QOL. With no doubt, it is a main goal to improve the QOL in health care and social work. Chinese medicine has been practised for such a long time and recently mentioned as the most popular and effective traditional medical practice worldwide. The theory of Chinese medicine is rich, it emphasizes not only the nature of human but also the society that human is involved in. It is considered that a healthy man needs equilibrium between yin and yang, unification of the vitality and the physique, unification of the human and natural world, and unification of the human and society. On the other hand, QOL also emphasizes the unification of physical, mental and social function and embody the point of view, “man is the essence”.

Therefore, there is a consistency and commonality in content between Chinese medicine and QOL. However, there are differences of assessment details between Chinese medicine and QOL. Current questionnaires of QOL can reflect only part of efficacy. Therefore, according to the theory and philosophy of Chinese medicine, developing such a health status measure for Chinese medicine is essential for all clinical research in assessing the effectiveness of treatment based on methodology of psychometry and QOL development. The development of health status measure for Chinese medicine is an important approach to reveal the usefulness of Chinese medicine in healthcare. It can reflect the essence and the efficacy of Chinese medicine objectively. The outcomes of using health status measure for Chinese medicine are easily accepted by international society. The health status measure for Chinese medicine may overcome the limitation of current assessment system in clinical trials of Chinese medicine. For example, there is at present lacking of uniform standard in applying mechanically current relevant disease standard in orthodox medicine, paying attention to laboratory index, ignoring the spiritual, mental, social factors.

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