What is Feminine Medicine? Applying Yin/Feminine Approaches and Therapies within Naturopathic Medicine

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If the physician clearly perceives what is to be cured in diseases, that is to say, in every individual case of disease (*knowledge of disease, indication*), if he clearly perceives what is curative in medicines, that is to say, in each individual medicine (*knowledge of medical powers*), and if he knows how to adapt, according to clearly defined principles, what is curative in medicines to what he has discovered to be undoubtedly morbid in the patient, so that the recovery must ensue - to adapt it, as well in respect to the suitability of the medicine most appropriate according to its mode of action to the case before him (*choice of the remedy, the medicine indicated*), as also in respect to the exact mode of preparation and quantity of it required (*proper dose*), and the proper period for repeating the dose; - if, finally, he knows the obstacles to recovery in each case and is aware how to remove them, so that the restoration may be permanent, *then he understands how to treat judiciously and rationally, and he is a true practitioner of the healing art*.

– Samuel Hahnemann,
Organon of Medicine, Aphorism 3

Introduction

Two years ago in this journal, I presented a theoretical research article titled, "Using the Feminine to Heal the Aggressive Masculine: Designing Acupuncture Protocols through Naturopathic Philosophy for the Treatment of Excess Yang Conditions," wherein the premise was introduce "yin" approaches to treatment plans for cardiovascular conditions (Coomes 2011). The purpose was to emphasize how "yin" or "feminine" approaches to the naturopathic treatment of cardiovascular conditions could be key in reversing some of their root causes (i.e., buildup, heat/inflammation, excess anger, unbalanced *shen* energy). Some examples of these conditions would include experiences or diagnoses of excess pressure and throbbing headaches, high blood pressure, anger, frustration, inflammation and heat, erratic joy (mania), swelling, and yelling/shouting (Schoenbart and Shefi 2012; Dehli 2012).

The purpose of this article is to take the relationship between yin and yang and their relationships to dis-ease and disease a step further. It will introduce the "yin," or "feminine," therapies of naturopathic medicine and what Feminine Medicine really is (hopefully, it inspires you!). It will also show how each individual therapy in naturopathic medicine can be used in a yin/feminine approach, whether it is more yang (strong, aggressive) or yin (deep, gentle) in its essential nature. By "yin" and "feminine" approaches, this means tonifying and strengthening the deeper vital organs of the body, which serve to maintain life, with protocols specifically designed for them along with therapies in listening, receptivity, intuition, support, nourishment, and revitalization. In the future of medicine, these Feminine Medicine skills may become equally or even more highly regarded with the quantitative use of labs, established and proven scientific knowledge, and standard of care. So, as we progress forward, we need to understand how to awaken, grow, and perfect these skills in practicality while enlightening the art, heart, science, and research of naturopathic medicine.

What are Yin/Feminine Therapies and Approaches in Naturopathic Medicine?

The concept of "yin" and its relationship to "feminine" comes from Traditional Chinese Medicine (TCM), wherein *yin* relates to the qualities of listening, receptivity, passive, dark, feminine, root, essential, solid, mystery, introspective, and cold, while *yang* relates to the qualities of expressive, manifesting,

Figure 1: Relationship between Yin and Yang

Source: http://www.ccimchinaimmersion.com/immersion/wp-content/uploads/2011/05/yinyang2.jpg