

## Headline Daily: A Path to Preserving Ajahn's Ancient Medical Legacy



Hong Kong female fencer (Au Sin Ying)

Born in northern Thailand with ancestral roots in Xishuangbanna Dai Autonomous Prefecture, Yunnan (maternal lineage: Yunnan Dai; paternal lineage: descendant of Lanna royalty), Ananchai Mahasriariyawong is widely known as *Ajahn* — a title of respect for senior physicians. In the ancient Lanna kingdom of Xishuangbanna 2,500 years ago, the Dai people recorded medical knowledge in the *Palm Leaf Scriptures*, laying the foundation for a system of traditional medicine that remains influential to this day. Ajahn is a fourth-generation hereditary Dai physician. From a young age, he gathered herbs in the mountains and practiced medicine, mastering herbal pharmacology and treating patients using ancestral methods. In 2003, he moved from Chiang Mai to Hong Kong and observed the widespread issue of suboptimal health among its residents. He decided to stay, not only to help people prevent illnesses but also to promote the principles of health management.

In 2005, he opened his first Thai massage studio, "泰殿," in Hong Kong and established the brand "原易" (Origin + Ease), which embodies the philosophy of "originating from nature, fundamentally healthy." He views the body as a microcosm composed of three life energies—VATA, PITTA, and KAPHA—which together form "qi," integrated with the five elements of fire, earth, water, wind, and space. When qi is deficient, energy stagnates, leading to physical ailments. He advocates "Origin + Ease Qi Movement," a practice that uses breathing techniques to activate the body's holistic energy, stimulate life force, and enhance natural immunity. By providing patients with tailored treatments, he also educates them on health self-management. Over the past 15 years, he has helped many restore their physical and mental well-being.

Ancient medicine is profound and extensive, yet many of its techniques risk being lost. Ajahn has long hoped to find an heir in Hong Kong to inherit and promote this valuable cultural legacy. However, it has been difficult to find someone truly willing to commit. Training involves not only technical foundations but also cultivating the right mindset—a compassionate heart that guides the application of healing techniques. This path knows no age, academic, or social boundaries.

Regardless of one's background, those willing to change, humble themselves, and learn anew can gain invaluable knowledge and inner wealth.

Just as the golden age of Lanna has faded into history, the medical civilization it created endures. Ajahn believes that valuable traditions are preserved by destiny to benefit the world. Therefore, people must shift their mindset and pursue higher values—ones not measured by commercial gain. The challenge of preservation lies not in technique but in spirit. Insight is a gift that cannot be forced; spirituality is a quality that can be nurtured. Those who wish to learn must be sincere, compassionate, and resilient. Insight, sincerity, compassion, perseverance, diligence, and dedication are all essential. Beyond medical skills, students must also practice spiritual cultivation, meditation, and breathwork—learning to release themselves and control energy before they can help others. Reaching this level is a long process requiring daily learning and accumulation, emanating from the heart. When one feels inner fulfillment, kindness flows naturally, bringing joy to others and happiness to oneself—making the world a better place.

Ajahn's journey to pass on his knowledge has been challenging. Some came to explore, some for employment, and some left after learning superficial skills, starting their own practices before truly mastering the art. Hong Kong has many spas promoting "Thai" and "ancient" techniques, but quality varies widely, making it hard for customers to choose. For 15 years, Ajahn has adhered to ancestral methods to treat ailments, serving the community with dedication. He himself is a brand, and he hopes more people will recognize the cultural depth of his healing arts so that they may eventually take root locally.

The pandemic over the past year has reshaped perspectives among management and teams. Many lost jobs, and Ajahn felt it was time to offer opportunities—both to others and to himself. Perhaps this was the moment to find a new generation to inherit ancient wisdom. During business closures, he not only retained his staff but also recruited five or six new members, using the development of a new "Dai Healing" brand as a platform to identify and train potential successors.

Is there a suitable candidate yet? It's too early to tell—this remains a long and distant journey. Healers are ultimately philanthropists who aid the world. Ajahn has inherited both his ancestors' medical expertise and their compassion. He believes compassion is the greatest power to save the world, while medicine is merely a tool and a process. A kind heart attracts like-minded people, and pursuing healing with compassion brings him the greatest joy and fulfillment.

Written by: 予倩

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