HISTORY OF TRADITIONAL CHINESE MEDICINE

Shang Dynasty (1523 BC - 1027 BC)

* Shamanic and Ancestral Medicine.

Zhou Dynasty (1027 BC - 221 BC) “Warring States”

* I Jing
* Confucianism arose in the middle Zhou Dynasty.
* Daoism (Taoism) arose in the late Zhou.
  - The Daoist World View

Qin Dynasty (221 BC - 206 BC)

* All books except those on Medicine, Agriculture, Oracles were burnt
  Standardisation of weights, measures, road width.

Han Dynasty (206 BC - 220 AD)

* A productive and creative period.
  * Complete development of a Medicine of Systematic Correspondence (the basis of much of TCM) over its full 400 year period.

* Ma Wang Dui Texts
  - Excavated by archaeologists in 1973 from the tomb of a Han Dynasty Prince in Hunan Province. They had been buried in 168 BC.

* Huang Di Nei Jing (Yellow Emperor’s Canon of Internal Medicine)
  - Written in -2 to -1 Century.
  - Arguably the single most important text in the canon of Chinese Medicine.

* Nan Jing (Classic of Difficulties)
  - Written in the 1st century, the Nan Jing has 81 Chapters.
  - It contains a mature development of Medicine of Systematic Correspondence.
  - It integrates all aspects of health care into Yin-Yang and 5 Phase doctrines.

* Shang Han Lun (Discourse on Cold-Induced Disorders)
  - Written around 198 by Chinese physician, Zhang Zhong-Jing.
  - This is the 1st major text of Herbal Medicine.
  - Details progression of epidemic acute febrile disease through 6 levels.
  - It is a major foundation of modern day Traditional Chinese Herbal Medicine.

* Hua Tuo
  - Hua Tuo was a famous physician, surgeon, and diagnostician.
  - He developed a physical exercise known as the 5 Animal Frolics.
Six Dynasties (220 – 589)

*Zhen Jiu Jia Yi Jing (The Systematic Classic of Acupuncture and Moxibustion)*
- Written by Chinese physician, Huang Fu Mi in 282.
- A complete technical book on Acupuncture and Moxibustion.
- The first text to focus on Acupuncture for Disease prevention (the idea that the superior physician treats disease before it arises).
- Establishes a modern text book format (each channel, points on the channel, locations, needling specifics, actions and effects).

*Mai Jing (Pulse Classic)*
- Written by Chinese physician, Wang Shu He, in 280.
- Established 24 pulse qualities.
- First Export of Medical Practices to Neighbouring Countries Korea, Japan, Vietnam.

Tang Dynasty (618 – 906)

*The Golden Era of Buddhism in China*
*TCM travels with Buddhism to Korea, Japan and Vietnam.

*Qian-jin Yao fang (Thousand Ducat Prescriptions) 652*
*Qian-jin Yi fang (Supplement to Thousand Ducat) 682*

- Written by famous Chinese physician, Sun Si Miao.
- Mostly herbal texts with many new formulae for febrile diseases and women’s diseases.
- Sun Si Miao developed the format for Acupuncture Charts still in use (front, side, back views) today.
- He systematized the Body Inch (cun) Acupoint location system.
- Sun Si Miao developed the use of Ashi points (an early trigger point concept).
- He described 13 'ghost points' with specific applications for psychiatric conditions.
- Search for Immortal Elixirs was the focus of much of the herbal work.
- 7 of 22 Tang rulers died from formulas intended to impart immortality.
- Four specialised types of Doctor recognised during the Tang Dynasty - Physician (herb doctor), Acupuncturist, Masseur, Exorcist.
- Korea and Japan formalised Medical education with establishment of Medical Colleges during this time period. Nei Jing, Nan Jing, Zhen Jiu Jia Yi Jing were core of curriculum.
- Practice of Acupuncture was, for first time, related to seasonal and other cycles of Chinese Calendar (The Tang dynasty edition of the Nei Jing Su Wen contained chronobiological concepts).
Song Dynasty (960 – 1264)

*Bronze Man
- This famous life size model was constructed in 1026, after the Emperor ordered life size bronze statue with holes. During the qualifying examination for physicians, it was filled with water and covered in wax. When the correct point locations were needled, it would leak.

*Zhen Jing Zhi Nan (Compass Bearings for Acupuncture and Moxibustion)
- Written by Chinese physician, Dou Han Jing in 1241.
- Contains an elaboration on Diurnal, Monthly, Seasonal, Annual cycles of Qi according to which Acupuncture is performed.

*Zi Wu Liu Zhu Zhen Jing
- Written by Chinese physician, He Rou Yu.
- Contains specific Biorhythmic treatments.

*The Four Schools

Cold and Cooling School
Led by Liu Wan Su (1120 - 1200)

Attacking School
Led by Zhang Zhe (1156 - 1228)

Earth (pi & wei) School
Led by Li Gao a.k.a. Li Dong Yuan (1180 - 1251)

Nourish Yin School
Led by Zhu Zhen Zhen (1281 - 1358)
Dominated by the theme that protecting Yin should be the priority.
Yin is easy to lose and difficult to replace while Yang is easy to build.
**Ming Dynasty** (1368 – 1643)

*Zhen Jiu Da Quan*  
- Written in 1439 by Xu Feng.  
- This was the first text to systematically describe 8 Extraordinary Vessels (originally mentioned in Nei Jing).

*Zhen Jia Ju Ying*  
- Written in 1529 by Gao Wu.  
- This text promoted the use of Supplementation and Drainage Points.

*Zhen Jiu Da Cheng (Great Compendium of Acupuncture and Moxibustion)*  
- Written in 1601 by Yang Ji Zhou.  
- 10 volumes.

*Ben Cao Gang Mu (The Great Pharmacopia)*  
- Written in 1578 by Li Shi Zhen.  
- 50 volumes.  
- 1892 herbs, 1000 formulae.

*Bin Hu Mai Xue (Pulse Studies of the Lakeside Master)*  
- Written in 1564 by Li Shi Zhen.  
- 27 Pulse Qualities.

*Chimkyu Yokyo*  
- Written by Korean monk.  
- Sa-Am system of 5 phase treatment which forms the basis of modern day Korean constitutional acupuncture.

*Mubunryu School - Japan*  
- Developed by Japanese physician, Isai Misonou.  
- Hara (abdominal) based diagnosis system was developed which still forms the basis of many Japanese palpatory styles of acupuncture in practice today.

**Qing Dynasty** (1644 - 1911)

- Increasing infiltration of Western thought.  
- Small pox vaccine (1805).  
- First missionary surgeon (1835).  
- Translation of Western Medical Texts (1850's).  
- China’s First Western Medical School (1886).  
- In Vietnam, Lan Ong wrote Y Ton Tam Linh in 1700's which became basis for eventual development of French Vietnamese Acupuncture.  
- In Korea, Lee Jaema developed 4 constitution medicine in late 1800's.  
- In Japan, Waichi Sugiyama (a blind practitioner) invented Shinkan (the insertion tube) in late 1600's.
Republic of China (1911 - 1949)

- This period witnessed a severe decline in all TCM approaches.
- By 1912 much of Traditional Medicine had been abandoned.
- In 1914, the Minister of Education declared an intention to abolish Chinese Traditional Medicine altogether.
- Georges Soulie de Morant, a French diplomat in China began a very comprehensive transmission of Classical Acupuncture to France, a critical point in the Westward transmission of acupuncture.

People’s Republic of China (1949 +)

The mid 1950’s saw the establishment of 4 major Colleges of TCM - Chengdu, Beijing, Shanghai and Guangzhou, followed by Nanjing. In 1958, Mao Zedong issued a vision of Chinese - Western medicine integration. The late 1960’s and early 1970’s were dominated by the Barefoot Doctor Movement.

The Internationalization of TCM

Complied by Kerry Watson and John Terry