Week 1

The Origins of Medicine in China

Chinese Medicine Department
Session Contents

• Brief introduction of subject and teaching-learning activity
• Origins of Chinese medicine theories
• Origins of Acupuncture
• Ancient doctors in China and their contributions
• Early philosophical developments
Subject introduction
Subject Outline

- Subject rationale
- Learning outcomes
- Subject contents (lecture guide)
- Prescribed readings, recommended readings handouts, and other study resources
- Assessment tasks
Subject Rationale

- This subject explores the origins and historical development of Traditional Chinese Medicine (TCM). Spanning from the Shang dynasty, students will be introduced to key periods, people and works that have influenced current practice. By subject conclusion students will be capable of comparing and contrasting different schools of thought for the purpose of making a more informed Chinese medicine diagnosis.
Subject Learning Outcomes

- Outline and discuss the key periods of Chinese medicine development from the *Shang* Dynasty to the establishment of the Peoples Republic of China.

- Identify and discuss the key contributions of major figures in Chinese medical history.

- Identify and discuss the key contributions of major Chinese medical texts with particular reference to the *Huang Di Nei Jing*, *Shang Han Lun*, *Wen Bing* and the *Jin Gui Yao Lue*.

- Explain and evaluate the contributions of the major TCM schools of thought and how they relate to current Chinese medicine practice.

- Discuss the spread and development of TCM in East Asia, Europe, America and Australia
# Assessment Tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Weeks Content Delivered</th>
<th>Week Due</th>
<th>Weighting</th>
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<tbody>
<tr>
<td>Written Assignment 1</td>
<td>1-5</td>
<td>1-6</td>
<td>Sunday following Week 6</td>
<td>35%</td>
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<td>Written Assignment 2</td>
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<tr>
<td>Oral Presentation</td>
<td>1-5</td>
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<td>Practical Exam Period</td>
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<td>(15 mins)</td>
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Preparation for Written Assignment

- Be familiar with Subject Outline and the assignment tasks
- Analyse the question/task of written assignment:
  - Read the assignment task and marking rubric carefully, and highlight the key points.
  - What exactly are you being asked to do?
- Finding a topic (a TCM master)
- Searching the literature for your writing
- Quality of literature
- Writing: format, structure (key point inclusive?), grammar & language, citation & referencing
- Checklist and submission
Writing the assignment

- **Plan your writing structure**
  - Consider the word count according to the assessment guide
  - What is the style of the assignment?
  - Make sure you address the key points from the rubric in the plan

- **Use formal academic written language**
  - Check grammar, punctuation and spelling
  - When your assignment is written well it is much easier to understand your points.
  - Proof read your work or ask someone else too if possible.

- **Referencing**
  - Use the ECNH referencing guide (One style only, no mixing - now APA 12 is applied).
  - The librarians can help - make an appointment with local campus librarian if necessary.
Academic Writing & Plagiarism

- *Communications Skills Handbook* required for all First Year Students
  - How to write an essay, referencing and other topics

- Endeavour Referencing Guide


- Do not forget Endeavour library available resources and service for your academic writing and referencing preparation.
Relevant Assessment Policies & Procedures

- Assessment guide (assessment marking rubric)—it is available on the LMS
- Academic Writing skills, Turnitin report and Plagiarism!
- Submission and late submission: Only word format (not PDF file!) of your final edition of the writing is ready for submitting via LMS by the due date.
- Extension application policy and procedure
- Endeavour Links:
  - Plagiarism tutorials: http://www.monash.edu/rlro/research-writing-assignments/referencing-and-academic-integrity/citing-and-referencing
Teaching-Learning activity

- **Student workload and teaching delivery mode:**
  
  - **Weekly 3 hours** face-to-face on campus lecture session (including in-class group discussion)
  
  - **Weekly 2 hours** self-directed study (subject outline guided)
Teaching & Learning (cont.)

- This subject gives a comprehensive account of the original and trailblazing events in the history of Traditional Chinese World Medicine.

- Teaching starts with introducing the origin of China’s traditional medicine, pharmaceuticals and medical treatment, highlights the significance of the inventions of needless to Traditional Chinese Medicine and the formation of its theoretical system, and then discusses the major development of TCM and schools of thought throughout the long Chinese history.
Study Sources

- **Prescribed readings**: Nil
- **Recommended readings**:
  
  
  
  
  
  

**Useful Endeavour link:**

Other Useful Links

- Websites: Chinese culture and TCM
  - http://www.cultural-china.com/

- Relevant book: *Acupuncture and Chinese Medicine*

  http://www.ebli.com
Why study history of CM?

- To develop better understanding of Chinese Medicine (CM).
- To facilitate practitioners developing insights into what they are practicing; strong areas and limitations.
- Long history of development (acupuncture has more than 5000 years of history).
- CM consists many philosophical, theoretical and practical experiences (different schools of thoughts).
- These medical and cultural practices may not necessarily agree with each other.
- The role and influence of CM in contemporary healthcare system
Chinese culture, philosophy, TCM & Acupuncture

- Medicine is one of the most ancient branches of learning. Traditional Chinese medicine (TCM) has a time-honoured history of several thousand years, and has been introduced to many other countries throughout the history.

- TCM has made a great contribution to the development of world medicine, and it still has a significant contribution to make to healthcare today.

- Medicine is an aspect of culture. Chinese philosophy and culture are the roots of TCM.
Chinese culture, philosophy, TCM & Acupuncture (cont.)

- The theory and practice of TCM stem from its root culture and philosophy, with Yin Yang theory at its core. TCM is more than a healing art.

- Traditional Chinese medicine encompasses Chinese herbal medicine, acupuncture, moxibustion, Tuina, traditional dietetics and its associated explanatory models.

- Traditional acupuncture including stylostixis and moxibustion, is one of the essential pillars of traditional Chinese medicine.
Chronology of Chinese dynasties

Ancient Times (2200 BC) 遠古年代
  Xia (before 1700 BC) 夏
  Shang (1700 – 1100 BC) 商
    Zhou (1100 – 221 BC) 1100-465 BC: The Fall and Rise and Empires 東周 西周 (春秋戰國)
      (Spring and Autumn period)
    Qin Dynasty (221 BC-206BC) 秦
      Han Dynasty (206 BC – 220 AD) 漢
        Chinese middle age (220 – 581AD) 三国，西東晉，南北朝
        Sui & Tang (581-907 AD) 隋 唐
          Five Dynasties & Song (907 – 1279) 五代十國，北宋南宋
          Jin & Yuan (1115 – 1368) 金元
            Ming (1368 – 1644) 1400-1550: Renaissance 明
            Qing (1644 – 1911) 1789-1848: Age of Revolutions 清
              Modern China (1911 – now) 民国，共產
Web-links about Chinese Dynasties
(students watch in your own time)

- [https://www.youtube.com/watch?v=ud9QK54vNj4](https://www.youtube.com/watch?v=ud9QK54vNj4)
- All Chinese Dynasties - Historical Presentation
  [https://www.youtube.com/watch?v=q0zR47QC1Ys](https://www.youtube.com/watch?v=q0zR47QC1Ys)
Origins and development of TCM
Six Stages of Chinese Medicine Development

2. More mature in health care & development of academic ideology – 1100 - 221 BC Zhou Dynasty – Spring and Autumn Warring States
3. Maturity in development – Han to Tang 150 AD – 907 AD
4. Further development & export to the West – Song to Qing 907 – 1911)
5. Opium war, cultural revolution and the struggle of CM 1800 - 1976
Origin of TCM Theories

- The origin of TCM theory is lost in prehistory, before writing was invented.

- Written language started in China during the Shang Dynasty (商朝) in 1766 BC.

- The writings on medicine at that time project back in history over two thousand years. Ancient works are alluded to in the prehistoric period, but are now lost as "legendary".
Three epochs

0 The three major fundamentals were already established for ancient Chinese medicine about 3,000 years ago;

0 They were addressed as “three epochs” (“three-making medicine” were recorded in *The Courtesy*)

0 The three epoch-making works formed the very foundation of Chinese Medicine.
Three epochs (cont.)

- **The first epoch**: from the making of *nine needles* by Fuxi to *Yellow Emperor’s Classics on Acupuncture* came into being;

- **The second epoch**: from the dialogues between Yellow Emperor and Qibo discussing medical classics to *Plain Lady’s Secrets On Pulse* came into being;

- **The third epoch**: from the legendary figure Shen Nong tasting hundreds of herbs to the completion of *Shen Nong’s Materia Medica*.
Origin of Acupuncture

Acupuncture is one of the most important branches of Chinese medicine. The origin of Chinese medicine is a fascinating story and acupuncture represents just one facet of traditional Chinese medical system.

- **Early history of Acupuncture:**
  the exact origin of acupuncture is unknown. However, acupuncture has a clearly recorded history of about 2,000 years, and it has been believed that the practice of acupuncture began during the Stone Age (4,000-10,000 years ago) when stone knives or sharp edged tools, described by the character “Bian” (砭) were used to puncture and drain abscesses.

*(the Chinese character ‘Bian’ 艹 means the ‘use of a sharp edged stone to treat disease’)*
Origin of Acupuncture (cont.)

- **The first known acupuncture text** is the Huangdi Neijing (黄帝内经).

- The author of Huangdi Neijing is unknown. Nei Jing was written as a dialogue between Huang Di and Qi Po, with the Huang Di posing questions and Qi Bo responding to the questions.

- The Nei Jing Ling Shu section 6 details Ying, Yang, and the process of acupuncture and moxibustion.
Origin of Channels and Points

- **One current theory of how acupuncture points were discovered** can be traced back to the Chinese Stone Age. While using hot stones to warm themselves, ancient Chinese realized that pressing them against certain parts of the body could help alleviate certain sicknesses. They also found that by using bone needles and pricking themselves in a particular spot could relieve pain in other areas of the body. This knowledge helped ancient Chinese to establish the theory of the meridian and points, and also create medical instruments for healing.

- **Huangdi Neijing** meridian system and needling therapy

- **Other interesting stories/theories:**
  i.e. Warriors in battle were hit by arrows and noticed conduction of pain to other areas of the body and spontaneous remission of pain elsewhere.
Origin of Acupuncture Needles

Sharpened stones known as *Bian Shi* (砭石) have been found in China, suggesting the practice may date to Stone Age.

As acupuncture developed, the *Bian Shi* (砭石) were discarded and needles of bone, bamboo and pottery were used. Eventually metal needles began to appear and these took the form of the classical 'nine needles'.
Moxibustion (Jiu, 灸)

- A discussion of the history of acupuncture is incomplete without mentioning moxibustion.

- Moxibustion is the burning on the skin of the herb moxa. The Chinese character ‘灸’ (pronounces Jiu) is used to describe the art of moxibustion, and literally means 'to scar with a burning object'.

- Acupuncture and Moxibustion all can be traced back as far as the Chinese Stone Age.

- In the 2nd part of *Huangdi Neijing*, the *Lingshu (The Vital Axis)* has a whole section dedicated to the use of acupuncture and moxibustion.
Yellow Emperor’s Internal Medicine (Huangdi Neijing / Nei Jing 黄帝内经)

- Around 2500-2700 years ago, *Yellow Emperor’s Internal Medicine* was gradually formulated.

- This monumental works laid the theoretical foundation for Chinese medicine.

- It helped formulate the fundamental (complete) medical science and philosophy culture system for the Chinese nation.
Extra Reading Sources:

The Importance of the Channel Systems of the Ling Shu 灵枢


Ancient doctors and their contributions
Stone ages

- 3 stone ages over 2 million years
- 3 ages: early, middle and late
  - Early and middle stone ages = mother dominant
  - Late stone age = father dominant
  - Tribal societies – head of tribes
Xia （夏） Dynasty

- First dynasty
- Slaves system
- The ruler is called Hou （后、夏后、夏天氏）
- A total of 16 Hous over more than 400 years
Legendary medical figures

Fu Xi (伏羲):
- He was the first of the Three Leaders (三皇) of ancient China and is a culture hero reputed to be the inventor of writing, fishing, and trapping
Fu Xi (伏羲):

- developed *bā guà* Shen (八卦)
- discovered fire and cooking
- to fish with nets, and to hunt with weapons made of iron.
- He instituted marriage and rules of marriage
- Offered the first open-air sacrifices to heaven
- Practice medicine intermixed with witchcraft
Huang Di (黄帝)

One of the legendary 3 Chinese leaders and culture heroes.

Huang Di reigned from 2697 to 2597 BC

Huang Di is regarded as the initiator of Chinese civilization, and said to be the ancestor of all Hua Xia (華 夏 ) Chinese (Civilised China)
Huang Di (黄帝)

- He taught his subjects to:
  - build shelters,
  - tame wild animals, and
  - grow the five Chinese cereals - crops include: sugarcane, pumpkin, maize (corn), wheat, rice, cassava (木薯) soybeans, hay, potatoes and cotton.
  - Changing from nomadic to domestic life.
Shen Nong (神農)

- Shen Nong is one of the Three Leaders

- Shen Nong taught the ancient Chinese agriculture, including the making and use of hoe, pow, axe, digging wells,
Shen Nong (神農):

- Developed agricultural irrigation, preserving stored seeds by using boiled horse urine.
- He established the weekly farmers market.
- He invented the Chinese calendar and the ceremony of harvesting.
Shen Nong (神農):

- He taught the ancient Chinese the use of herbal drugs
- Refined the therapeutic understanding of taking pulse measurements, acupuncture, and moxibustion.
Shang Dynasty (商) 1700 – 1100 BC

The first traces of therapeutic activities in China date from the Shang dynasty (1700-1100 BC).
Inscriptions on bones and tortoise shells indicate some illnesses that affected the Shang royal family such as eye disorders, toothaches, bloated abdomen, etc.
It also describes the use of wine and hot water as medicine.

Use of needles and bronze knives as surgical instruments.
Yi Yin (伊尹)

A minister of the early Shang Dynasty.

Using herbs to create boiled medicinal compounds for curing disease

He wrote a book titled ‘Yi Yin’s Soup Classic’

(the origin and early important work of Chinese medicine dietetics)
In these years, China had already learnt to

- Use of fire
- Development of agriculture
- Brewing of alcohol
- Silk weaving
- Astrology, and
- Calendar
Philosophical Roots & Developments

- TCM is heavily rooted in traditional Eastern philosophy.

- The philosophy was not a single one and did not originate in only one era of Chinese history, but was built on, added to, and modified throughout history.
Philosophical Roots & Developments （cont.）

- This is very typical of the Chinese, who are a very pragmatic people. They are open to accept or integrate a wide variety of philosophies into their culture, seek common ground while reserving differences and avoid conflict. An example would be The Three Teachings: Taoism, Confucianism and Buddhism coexisted harmoniously in China: we can see them together in paintings, with Lao Tzu, Confucius and Buddha all depicted together.

**

“Harmony” (和, He) and “Balance” (平衡, Ping-Heng) of thought has always been reflected throughout the Chinese medicine health preservation, illness prevention and treatment.
Confucius 孔夫子 (551-479 BC)

Publication: Lun Yu (論語 / 论语) (Analects)

Main ideas: the welfare of a country is from the moral cultivation of its people.
He taught that one's individual desires do not need to be suppressed, but to reconcile their desires via rituals which people could demonstrate their respect for others and their responsible roles in society.

His primary goal in educating his students was to produce ethically well-cultivated men who would carry themselves with gravity, speak correctly, and demonstrate consummate integrity in all things.
One of his famous sayings is:

Do not do ‘things’ to others that you do not want for yourself

己所不欲，勿施於人
Group Discussion

How would Confucius teaching influence you as a Chinese medicine practitioner?
Professional ethics
Lao Zi  老子 (500 BC)

Lao zi worked as the Keeper of the Archives for the royal court of Zhou, and was a scholar. He therefore had access to the works of the Yellow Emperor and other classics of the time.
Lao zi (is traditionally regarded as the author of the *Dao De Jing* (道 德 經 Tao Te Ching)).

(The identity of its author is not clear)

The oldest text of the *Tao Te Ching* was written on bamboo tablets and dates back to the late 4th century BCE.
The central concept of Dao De Jing is **Wu Wei** (無為), it means literally "non-action" or "not acting" = “free from desires”.

It is a concept used to explain **Zi Ran** (自然), or in harmony with the Dao（道）.
How does this philosophical view influence the concept of health and illness in the practice of Chinese Medicine?
Web-Links about Dao De Jing

Students could watch videos below in your own time only.

- Dao De Jing read by Wayne Dyer
  https://www.youtube.com/watch?v=HoEEE70G2jQ

- What's Tao Te Ching? A complete reading/performing/filming by author Luke Chan
  https://www.youtube.com/watch?v=dTXyY8VvTTw

- Alan Watts - Lao Tzu's Tao Te Ching
  https://www.youtube.com/watch?v=dtVrxjjyfoc
All this historical records are found in the

*Shi Ji*

(史記 Records of the Grand Historian)
The history of Chinese medicine hinges on three major turning points:

(Goldschmidt, Asaf 2008)

- The formation of canonical theory in the Han dynasty;
- The transformation of medicine via the integration of earlier medical theories and practices in the Song dynasty;
- The impact of Western medicine from the nineteenth century onwards.

Summary & Discussion

- Summarize this session learning
- Questions?
Main References


