Week 1

The Origins of Medicine in China

Chinese Medicine Department
Session Content

• Brief introduction to the 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 additional study resource
- 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 contributed to development of Chinese Medicine and influenced significantly current Chinese Medicine practice. By subject conclusion students will be capable of comparing and contrasting different schools of thought for the purpose of making an informed decision in Chinese medicine clinical practice after this systematic study.
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 (Classics) 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.
<table>
<thead>
<tr>
<th>Assessment Tasks</th>
<th>Learning Outcomes Assessed</th>
<th>Weeks Content Delivered</th>
<th>Week Due</th>
<th>Weighting</th>
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<tr>
<td>Written Assignment 1</td>
<td>1-5</td>
<td>1-6</td>
<td>Sunday following Week 6</td>
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Preparation for Written Assignment

Familiar yourself with Subject Outline and the assignment tasks and guides:

- 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 famous TCM scholar)
- Searching the literature for your writing
- Quality of literature
- Writing: marking rubric, format, structure (key points inclusive?), grammar & language, citation & referencing
- Checklist and submission (by the due date)
Writing an 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**
  - Academic written language used
  - 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 (seek for assistance from your campus librarian if necessary)
Academic Writing and Student Integrity

- Writing on all assessments is expected to be of an academic standard and presentation, and all non-original work must be properly referenced.


- For assistance with referencing, Mendeley citation software, and plagiarism please refer to links on the Library homepage [http://library.endeavour.edu.au](http://library.endeavour.edu.au).

- The Library Research Skills Tutorial (located on the LMS drop down Library tab) covers these areas plus other relevant skills through videos and quizzes.

- Additional support can be found at the top of the LMS Main Page. The Study Skills tab contains a section on Academic Writing.

- Note that all forms of plagiarism and cheating are taken very seriously at Endeavour. Please ensure that you are familiar with the Academic Integrity Policy - Higher Education and that you are mindful of avoiding the use of any work that is not your own without proper attribution, as well as never allowing your work to be used by another student.
Academic writing

- **Cheats Guide to Academic Writing Video**
  https://www.youtube.com/watch?v=aVckGxQvGeA&feature=youtu.be

- **Assessment guide and video**
  https://www.youtube.com/watch?v=XHjXwBZemhY&feature=youtu.be

*Be mindful of the 15% similarity score from Turnitin report in all written assignment is applied since S2-2018*

- **Submission**
  All assignment must be submitted in the correct format (Endeavour approved) before / by the due date

**A writing example for Assignment 1&2 is available on the LMS. for your reference.**
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 (all readings, additional resources & handouts)
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:**
  
  
  
  
  
  

- **Additional reading resource**- handouts under LMS wk1 lecture heading

- **Useful Endeavour link:**
  
Other Useful Links

- **Websites: Chinese culture and TCM**

- **Relevant book: *Acupuncture and Chinese Medicine***
  
  
Why study history of CM?

• It’s a systematic study of Chinese medicine.
• To develop better understanding of Chinese Medicine (CM).
• To facilitate practitioners developing insights into what they are practicing; the strong areas and limitations.
• CM has a long history of development (acupuncture has more than 5000 years of history).
• CM consists many philosophical, theoretical and practical experiences (different schools of thought).
• 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.
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.

TCM encompasses Chinese herbal medicine, acupuncture, moxibustion, Tui Na, traditional dietetics, Chinese exercise and its associated explanatory models.

Traditional acupuncture including stylostixis and moxibustion, is one of the essential pillars of traditional Chinese medicine.
# A Brief Chronology of Chinese History

<table>
<thead>
<tr>
<th>Dynasty</th>
<th>Period</th>
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<tbody>
<tr>
<td>Xia Dynasty</td>
<td>2070-1600 B.C.</td>
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<tr>
<td>Shang Dynasty</td>
<td>1600-1046 B.C.</td>
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<tr>
<td>Western Zhou</td>
<td>1046-771 B.C.</td>
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<tr>
<td>Eastern Zhou</td>
<td>770-256 B.C.</td>
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<tr>
<td>Spring and Autumn Period</td>
<td>770-476 B.C.</td>
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<tr>
<td>Warring States Period</td>
<td>475-221 B.C.</td>
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<tr>
<td>Qin Dynasty</td>
<td>221-206 B.C.</td>
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<tr>
<td>Western Han</td>
<td>206 B.C.-A.D. 25</td>
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<td>25-220</td>
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<tr>
<td>Wei</td>
<td>220-265</td>
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<tr>
<td>Shu Han</td>
<td>221-263</td>
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<tr>
<td>Wu</td>
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<td>Western Jin Dynasty</td>
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<td>Song</td>
<td>420-479</td>
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<td>Qi</td>
<td>479-502</td>
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<td>Liang</td>
<td>502-557</td>
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<td>Chen</td>
<td>557-589</td>
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<td>Northern and Southern Dynasties</td>
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<tr>
<td>Northern Dynasties</td>
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<td>550-577</td>
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<td>557-581</td>
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<td>Song</td>
<td>581-618</td>
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<td>Tang Dynasty</td>
<td>618-907</td>
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<td>Later Liang</td>
<td>907-923</td>
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<td>Later Jin</td>
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<td>Yuan Dynasty</td>
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<td>Qing Dynasty</td>
<td>1616-1911</td>
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<td>Republic of China</td>
<td>1912-1949</td>
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<td>BC/AD</td>
<td>China's Dynasties</td>
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<tr>
<td>1200 BC</td>
<td>1122 (?) Shang</td>
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<td>600 BC</td>
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<td></td>
<td>Zhou/Chou</td>
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<td>Confucius</td>
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<td><strong>Warring States Period</strong></td>
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<tr>
<td>221 BC</td>
<td>Qin/Ch'in</td>
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<tr>
<td>206 BC</td>
<td>unification</td>
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<tr>
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<td>Han</td>
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<td>Confucianism est'd.</td>
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<td>222 AD</td>
<td>Six Dynasties</td>
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<td>central govt. decline</td>
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<td>Buddhism intro'd.</td>
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<tr>
<td>589 AD</td>
<td>Sui</td>
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<td></td>
<td>second unification</td>
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<tr>
<td>600 AD</td>
<td>Tang/T'ang</td>
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<td>907</td>
<td>Song/Sung</td>
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<tr>
<td>1127</td>
<td>Northern Song</td>
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<td></td>
<td>Southern Song</td>
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# Timeline of Chinese History by University of Columbia (cont.)

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<th>Year</th>
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<td>1368</td>
<td>Ming</td>
<td>Nanjing</td>
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<td>1644</td>
<td>Qing/Ch'ing (Manchus)</td>
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<td>1800</td>
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<td>1912</td>
<td>Republic</td>
<td>Nanjing</td>
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<tr>
<td>1949</td>
<td>People's Republic</td>
<td>Beijing</td>
</tr>
</tbody>
</table>

Note: some differences can be found in the above two timelines.
Origins and development of TCM
Six Stages of Development of CM

2. More mature in health care & development of academic ideology – Zhou Dynasty – Spring and Autumn Warring States (1060-221 BC)
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, civil wars, cultural revolution and the struggle of CM (1800 – 1949—1976)

Note: some differences can be found in the above two timelines.
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)—inscriptions on bones or tortoise shells of the Shang Dynasty 甲骨文

- 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

- The three major fundamentals were already established for ancient Chinese medicine about 3,000 years ago;
- They were addressed as “three epochs” (“three-making medicine” were recorded in *The Courtesy*);
- 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 伏羲 to Yellow Emperor’s Classics 黄帝内经 on Acupuncture came into being;

- The second epoch: from the dialogues between Yellow Emperor 黄帝 and Qibo 歧博 discussing medical classics to Plain Lady’s Secrets On Pulse 素问 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 神农本草经
The Origin of Acupuncture

Acupuncture is one of the essential pillars of traditional 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’ 砭 means the ‘use of a sharp edged stone to treat disease’)*
The Origin of Acupuncture (cont.)

- Acupuncture appeared as primitive tools were produced and used. It was discovered that pointed stone implements and sharpeners such as axes, spades and awls could be used as therapeutic instruments.

- Pieces of stone and **stone needles were the earliest medical instruments**. “…the lower layers of mountains are abundant in stones good for making needles”- *Shan Hai Jing (山海经, Manual of the mountains and Rivers), the oldest work in China.*

- *It was said in Su Wei Yi Fa Fang Yi Lun (Treatise on Plain Questions about different Therapies)* that the fishing folk who suffered from large carbuncles which could be treated with stone 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'.
The Origin of Channels and Points

- One current theory of how acupuncture points were discovered could be traced back to the Chinese Stone Age.

Ancient Chinese accumulated rich experience from daily life and self-care, such as using hot stones to warm up their bodies, bone needles pricking themselves in a particular spot to relieve pain, etc. Those knowledge helped ancient Chinese to establish the theory of the meridian and points, and also create early 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.
The origin of Moxibustion

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

- Moxibustion is the burning on/above 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. It may have to originated after the ancients had mastered the use of fire.
The origin of Moxibustion (cont.)

- There are a few words addressing moxibustion in *Su Wei Yi Fa Fang Yi Lun* (*Treatise on Plain Questions about different Therapies*): “the northerers who lived on the highland exposed to cold weather were used to eating in the open and they suffered from abdominal distention due to cold which can be treated by moxibustion”, and “heating by moxa cone was known as moxibustion”.

- In addition, another type of moxibustion: “the fire made by 8 kinds of wood, each having its specific indications”.

- In the 2nd part of *Huangdi Neijing*, the Ling-shu (*The Vital Axis*) has a whole section dedicated to the use of acupuncture and moxibustion.
The Origin of Acupuncture: acupuncture texts

- The first known acupuncture text is the *Huangdi Neijing* (黄帝内经)-- Yellow Emperor’s Classics.

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

- Ying Yang, and the process of acupuncture and moxibustion were detailed in the *Neijing Ling-shu* (The Vital Axis) section 6 (内经.灵枢. 第六节)
Yellow Emperor’s Classics / Internal Medicine
(Huangdi Neijing / Nei Jing 黃帝內經)

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

- This monumental work laid the theoretical foundation for Chinese medicine.
- It helped formulate the fundamental (complete) medical science and philosophy culture system for the Chinese nation.
Additional Reading Sources:


  doi:10.3736/jintegrmed2013008
Additional Reading Sources (cont.)

  http://dx.doi.org/10.1136/aim.10.Suppl.92

Ancient doctors/ legends and their contributions
Stone ages

3 stone ages (early, middle and late) over 2 million years:

- **Early and middle stone ages** = mother dominant
- **Late stone age** = father dominant
- **Tribal societies** – head of tribes
Xia （夏） Dynasty

- The first dynasty in China
- Slaves system
- The ruler is called Hou （后、夏后、夏天氏）
- A total of 16 Hous 候 over more than 400 years
The mythical legends in ancient China

- The mythical legends in ancient China, such as “Chao Shi”, “Sui Ren Shi”, “Fu Xi Shi”, and “Shen Nong Shi”, reflected the characteristics of that historic period, primitive society breaking up and slave society coming into being, and showed the stages of social development. Many legends about the origin and development of TCM:
  - **Fu Xi** made the nine needles, which results in acupuncture
  - **Shen Nong** teased hundreds of plants and vegetables and was said to be the inventor of agricultural production and (herbal) medicine.
  - **Huang Di** passed down his medicinal classics
Note

- There are no written records about the very beginning of Chinese medicine. Existing accounts in the historical books are only legends, such as those of Fu Xi, Shen Nong and Huang Di, who were legendary medical men. Please be informed that folklore & legend differs from reliable history.

- Therefore, in assignment 1 and 2, it’s not appropriate to choose a legend medical figure in TCM history to explore his contribution to TCM and influence on present-day CM practice.
Legendary medical figures: Fu Xi, Shen Nong & Huang Di

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):

- Made nine needles with which he founded acupuncture
- 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
Shen Nong (神農)

- Shen Nong was also called Yan Di (炎帝), is one of the Three Leaders

- It was said that:
  - Shen Nong taught the ancient to sow in the fields with the five cereals (rice, millet, wheat, beans and Chinese sorghum)…and to taste the herbs and the spring water.
  - 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.
Huang Di (黄帝)

- It was recorded in Shi Ji (史记, Historical Records) that the surname of Huang Di was Gong Sun and his name was Xuan Yuan.
- One of the 3 legendary 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)

- According to legend, it was Huang Di who first wrote the medical books and created written prescriptions. The knowledge of medicine and pharmacology in Huang Di’s time became theoretical compared to the Shen Nong’s. It can furthermore be inferred that the medical theories of China had already reached an embryonic stage by Huang Di’s time.

- 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.
Summary

- Thus Fu Xi, Shen Nong and Huang Di are all traditionally regarded as the creators of TCM.
- Roughly speaking, the stone needles came from Fu Xi’s time, pharmaceutical therapy from Shen Nong’s and the basic theory of medicine from Huang Di’s. The three different eras represented different levels of development in the history of medical knowledge.

*History and development of traditional Chinese medicine*

Shang Dynasty (商) 1600 – 1060 BC

The first traces of therapeutic activities in China date from the Shang dynasty (1600-1060 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
- Fermenting food and brewing of alcohol
- Prepare drugs in decoction
- 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.
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.
A period of many philosophical views and ideas

- The Spring and Autumn, and the Warring States periods: a time of crisis and dramatic change threw up a number of significant thoughts and personalities.

- During the warring states, many different philosophical views had come up: “The Hundred Schools of Thought” (Zhuzi Bai Jia 诸子百家). It is a time called ‘hundred flowers blossoming at the same time’ (百花齐放，百家争鸣).

- Confucius (Rujia 儒家), Daoism (Daojia 道家) and Legalism (Fajia 法家) and other schools of thought, such Yinyang was significant for the development of medicine at this time.
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?
Relevant Source in Endeavour Library


- The Encyclopedia of Taoism

- Disputers of the Tao : Philosophical Argument in Ancient China
Web-Links about Dao De Jing

Students could watch videos below in your spare time

- 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


http://www.china.org.cn/english/MATERIAL/185663.htm#5
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