Han Dynasty & Three Kingdoms

- Han Dynasty 漢 朝 (206 BC-220AD)

- Three Kingdoms 三国时代 (220 AD–280 AD)
Han Dynasty Web-Links
(Students could watch videos below in your own time)

- Discovering China - The Han Dynasty-China's First Golden Age
  https://www.youtube.com/watch?v=VS7pKZJ3zPs
- Han dynasty
  https://www.youtube.com/watch?v=56DKcDeCNok
- Han China
  https://www.youtube.com/watch?v=xRlXqGEFke8
Session Contents

- Ma Wang Dui (马王堆)

- Zhang Zhong Jing (张仲景) &
  - Shang Han Lun 伤寒论
  - Jin Gui Yao Lue 金匮要略

- Hua Tuo 华佗
Ma Wang Dui

(Chinese: 馬王堆; pinyin: Mǎ wáng duī; literally: "King Ma's Mound")

- an archaeological site located in Changsha, China.
- The site was excavated from 1972 to 1974. Most of the artifacts from Mawangdui are displayed at the Hunan Provincial Museum.

It was called "King Ma's Mound" because it was initially (erroneously) thought to be the tomb of Ma Yin (853–930), a ruler of the Chu kingdom during the Five Dynasties and Ten Kingdoms period.

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The Ma Wang Dui (馬王堆) manuscripts

Ma Wang Dui tomb was sealed in 168 BC under the Han Dynasty. They include manuscripts of:

- **Yi Jing**
- two copies of the *Dao De Jing*
- one copy of *Strategies of the Warring States*, and
- works of *Gan De* (甘德) and *Shi Shen* (石申) (Chinese astronomers)
- *Recipes for Fifty-Two Ailments (Prescriptions).*
The *Wu Shi Er Bing Fang* (五十二病方), or *Recipes for Fifty-Two Ailments*, is an ancient Chinese medical text copied on sheets of silk around 215 BCE (Qin Dynasty).

-Author unknown
Two unearthed objects from Ma Wang Dui

The wall carvings: ancient Chinese exercise
Nan Jing," （难经）
"The Yellow Emperor's Canon of 81 Difficult Issues,"

- One of the most important classics of traditional Chinese medicine (TCM). It seeks to explain and clarify some seemingly unfathomable statements in "The Yellow Emperor's Inner Canon," the earliest surviving text on the theories and practices of TCM, dating back more than 2,300 years.
Nan jing 難經

- Attributed to Bian Que but probably dates from Han Dynasty
- Considered an explanation of the difficult sections of the Nei Jing.

- Concerned with acupuncture only (no moxa).
- Five Phase & point theory more developed than in Nei Jing
- Structured as 81 questions on specific medical topics arranged in 6 sections
Shen Nong Ben Cao Jing
神农本草经

- also known as Classic on the Herbal (Ben Cao Jing) or The Herbal (Ben Cao), is the earliest book on materia media in China, which appeared in about the Qin_Han Period with its authorship unknown.

- The original text no longer exists but is said to have been composed of three volumes containing 365 entries on herbs and their description.
Shen Nong Ben Cao Jing
神农本草经

- It lists 365 and divides them into three grades according to their different properties and effects.
- The book also gives a brief account of pharmacological theories:
  - principal (jun 君), adjuvant (chen臣), assistant (zuo佐) and guide (shi使);
  - harmony in seven emotions (qi qing 七情),
  - four properties of medicinal herbs (si qi 四气)
  - and five tastes of medicinal herbs (wu wei五味).
Hua Tuo 华陀 (c.140–208)

Hua Tuo, c.140-208, famed as:
- the Chinese surgical pioneer, making significant strides in anaesthesia, surgery, and acupuncture.
- A famous herbal expert, excellent physician.
- spearheading the practice of laparotomies and organ transplants, using anaesthetics (the first Chinese surgeon).
Hua Tuo 华陀

• **Hua Tuo** was a famous Chinese physician who lived in the late Eastern Han Dynasty.

• The first person in China to use anaesthesia during surgery.

• He used a general anaesthetic combining wine with a herbal concoction called *máfèisàn* (麻沸散, lit. "cannabis boil powder").
Besides being respected for expertise in surgery and anaesthesia, Hua Tuo was famous for his abilities in acupuncture, moxibustion, herbal medicine and medical Daoyin exercises.

He developed the Wu Qin Xi (五禽戲; Exercise of the Five Animals) movements of the tiger, deer, bear, ape, and crane.
Research Articles: Hua Tuo

  

  
In-class Group Discussion

- What are the achievements of Hua Tuo in pharmaceutics?
- What are Hua Tuo’s contribution to Acupuncture?
- Discuss the status of Hua Tuo in the history of Chinese medicine.
Zhang Zhong Jing 張仲景(150—219 AD) Han(漢)Dynasty

- also known as Zhang Ji, was from Nanyang, Henan Province.
- He was one of the theory founders of traditional Chinese medicine and he made far-reaching impacts on the development of traditional Chinese medicine, for which he was respectfully addressed as “Medical Sage”.
Zhang Zhong Jing 張仲景
(150—219 AD) Han(漢) Dynasty

- **Zhang Zhong jing** was the most famous of China's ancient herbal doctors. He is known for his book, which was later divided into two parts: Shang Han Lun and Jin Gui Yao Lue

- He established medication principles and summed up the medicinal experience up until that time and authored the book ‘Shang Han Za Bing Lun’.
Research Articles


https://doaj-org.ezproxy.endeavour.edu.au/article/3ccc632777804a58b8bd9cf548c1c3ee
Shang Han (Za Bing) Lun (傷寒雜病論; "Treatise on Cold Pathogenic and Miscellaneous Diseases").

• Zhang Zhong Jing studied Huang di Nei jing (黄帝内经), collecting many prescriptions as he could, and authored the book Shang han Za bing Lun

• It is the fundamental text for all traditional herb prescribing. Not only did it contain over 100 effective formulas (many of them still used today), but the text implied a theoretical framework that led to hundreds of books analysing, explaining, and reforming it.

The book was lost in the war not long after he published the book.
Jing Gui Yao Lue 金匱要略
“Essential Prescriptions from the Golden Cabinet”

- A classic clinical book of traditional Chinese medicine written by Zhang Zhongjing at the end of the Eastern Han Dynasty and was first published in the Northern Song Dynasty.
Jin Gui Yao Lue 金匱要略

- It covers diseases other than the external contractions dealt with in the Shang Han Lun, and includes lung diseases, water swelling, dissipation-thirst, impediment (bì), summerheat stroke, mounting diseases, and gynecological diseases, etc.

- It is best known for some of the formulas, such as the gynaecological remedy formula (Danggui Shaoyao San) which is today applied to infertility, disorders during pregnancy, prevention of miscarriage, and post-partum weakness.
Zhang Zhong Jing’s work might have been lost had it not been for the efforts of Wang Shu-Ho / Wang Shu He.
Wang Shu He (王叔和) from the Jin Dynasty (西晋) & a number of court physicians during the Song Dynasty (宋朝) collected and organised bits of *Shang Han Za Bing Lun* and made it into 2 books:

1. **Shang Han Lun** (傷寒論, "On Cold Damage"):
2. **Jin Gui Yao Lue** (金櫃要略, "Essential Prescriptions of the Golden Coffer")
Altogether there are 269 prescriptions making up the basis for modern clinical practice.
Research Articles re: Shang Han Lun


Main Points:
- Acupuncture for yang syndromes, moxibustion for yin syndromes.
- Huo jiu (fire and moxibustion) contraindications for excess yang and deficient yin syndromes.
- Preventing the occurrence of disease and arresting and curing disease at its initial stage.
- Combining acupuncture, moxibustion and Chinese herbal medicine
Research Articles (cont.)


In-class Group Discussion

- What are the achievements of Zhang Zhongjing in pharmaceutics?
- What is Zhang Ji’s contribution to Acupuncture? How many acu-points were mentioned in Shang Han Lun?
- Discuss the status of Zhang Zhongjing in the history of Chinese medicine.
- Discuss the status of Shang Han Za Bing Lun in the history of Chinese medicine.
Summary & Discussion

- Summarize this session learning
- Questions?
Main References


