Week 4

Medical Development in the Jin Dynasty

Chinese Medicine Department
Jin Dynasty (晋朝)

Western Jin 西晋 265AD–316AD

Eastern Jin 东晋 317AD--420AD
Web-links about Jin 晉 dynasty
(students watch /read it in after-class time only)

- The Jin Dynasty 晉
  https://www.chinahighlights.com/travelguide/china-history/the-jin-dynasty.htm
Session Contents

- Wang Shuhe 王叔和 & "Mai Jing" (The Pulse Classics, 脉经)

- Classical Acupuncture methods
Wang Shuhe 王叔和 & Mai Jing (脉经)
The Pulse Classics
Wang Shuhe (王叔和)
Western Jin (西晋) Dynasty
Born c. 180 — died c. 270

- Also known Wang Xi, was an outstanding physician of profound learning in Western Jin Dynasty.
- The promoter of Pulsing
- Known for two major contributions (see next slide).
- Also known for his expertise in dietary therapies. He cautioned about impure foods, overeating, excessive drinking, and the hazards of fried foods.
Wang Shuhe’s Two Major Contributions

- He recovered Shanghan Zabing Lun, putting together the fragmentary record and arranging it in logical order into two books: Shanghan Lun 伤寒论 & Jingui Yaolue 经匮要略

- His research and knowledge of the pulse diagnosis was especially prominent. He compiled all knowledge on pulse diagnosis up to his era since the compilation of the Huangdi Neijing, and published a book on pulse diagnosis called ‘Mai Jing 脉经 (Pulse Classic)’.
Wang Shuhe and *Shanghan Zabinbing Lun*

- Shanghan Zabing Lun was lost during the war period of the Three Kingdoms; however it was re-collected and reorganised by Wang Shuhe (王叔和) from the Jin Dynasty (西晋) & a number of court physicians during the Song Dynasty (宋朝). They collected and organised bits of Shang Han Za Bing Lun and made it into 2 books:

1. *Shanghan Lun* (傷寒論, "On Cold Damage"): 
2. *Jingui Yaolue* (金匮要略, "Essential Prescriptions of the Golden Coffer")
‘Mai Jing 脈經’
The Pulse Classics

- The first extant book specializing in sphygmgology both in China and in the world, and a summing-up of the knowledge on sphygmgology before the third century in China.
‘Mai Jing 脈經’
The Pulse Classics

Main Character of Mai Jing:
- the 10 volumes of 97 chapters
- further systemized sphygmological theories & methods.
- Although Mai Jing is known as a monographic book of sphygmyology, it also records Wang’s many acupuncture-moxibustion opinions.
"Mai Jing" contains much of Wang’s knowledge and understanding of pulse secrets. It has 10 scrolls and describes the pulse positions, methods, and established 24 different kinds of pulse.

The contents involve:
- The form of a pulse
- The operation of pulse feeling
- The relationships between pulse and Zangfu
- The distinguishing of different pulses and of their variations in women, infants, etc.

History and development of traditional Chinese medicine

https://ecnh.ent.sirsidynix.net.au/client/en_GB/ecnh/search/detailnonmodal/ent:$002f$002fSD_ILS$002f0$002fSD_ILS:5807/one
‘Mai Jing 脈經’
The Pulse Classics

The main contribution coming from Mai Jing:

- **Classification of the pulse**
  - There was no complete and systematic exposition book about pulse condition before Qin-Han dynasties, until Wang’s Mai Jing.
  - The way of describing each pulse has been helpful for learners.

- **Establishment of Cunkou Pulse feeling and Cun, Guan and Chi in accordance with Zangfu**
Classification of the pulse

- Wang's book classifies each pulse condition according to location, such as floating, deep and deep-seated pulses; speed, such as slow and rapid pulses; feeling, such as thready, slippery and hollow pulses; and strength, such as full, feeble and indistinguishable pulses.

- Wang ShuHe sorted out and defined pulse into 24 kinds: such as floating (fu), deep (chen), smooth (hua), tense (jin), weak (ruo), uneven (se), light, heavy, slow, fast, etc., and tells the disease each kind of pulse tracing indicates.
‘Mai Jing 脈經’
The Pulse Classics

Establishment of Cunkou Pulse feeling and Cun, Guan and Chi in accordance with Zangfu. Wang Shuhe in Mai Jing further explored:

- the Cunkou pulse feeling discovered in Nanjing (Difficulty Classic)
- The three areas of Cun, Guan and Chi are coordinated with Zangfu respectively.

<table>
<thead>
<tr>
<th></th>
<th>Cun</th>
<th>Guan</th>
<th>Chi</th>
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<tbody>
<tr>
<td><strong>Left hand</strong></td>
<td>Heart &amp; Small Intestinal</td>
<td>Liver &amp; Gallbladder</td>
<td>Kidney &amp; Bladder</td>
</tr>
<tr>
<td><strong>Right hand</strong></td>
<td>Lung &amp; Large Intestinal</td>
<td>Spleen &amp; Stomach</td>
<td>Kidney &amp; Bladder</td>
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History and development of traditional Chinese medicine

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Mai Jing (脉经) cont.

- The discussion is carried out with reference to the other three ways of diagnosis: looking, listening and asking.

- Wang’s work allowed future generations to grasp the essence of pulse, as well as understand the different pulse phenomena with every illness.
Mai Jing (脉经) cont.

- Mai Jing has earned an important position in the development of Chinese medicine, and has exerted a great influence both at home and abroad. For example, the Ministry of Imperial Physicians of the Tang Dynasty (618-907) took it as a compulsory course, and in the ancient medical education of Japan it was also regarded as a required course.

- Wang Shuhe is called the greatness of pulse, and is revered around the world as the pioneer in this field.

Classical Acupuncture methods
Classical Acupuncture methods

Please be aware that the classical acupuncture methods originated and developed over centuries, and it should not be discussed only under the time of Jin dynasty in Chinese history. Therefore, a few slides providing the key information of classical acupuncture methods will be inserted in this session lecture slides. However, many great acupuncture works and scholars in Jin dynasty contributed a lot and played an important role to the development of classical acupuncture methods.
Classical Acupuncture methods

Possible factors affecting classical acupuncture methods:

- Acupuncture meridian/channel and points theories
- Acupuncture needles
  *The history of ancient acupuncture originated with the use of stones, then slivers of animal bones and bamboo needles being used for therapeutic purposes. Eventually metal needles began to appear and these took the form of the classical 'nine needles'.*
- Acupuncture needling techniques
- Combination of acupuncture and moxibustion
The Classical 'nine needles'

The phrase “Nine Needles” refers to the 9 types of acupuncture needles describing their shapes, sizes, and uses in Huangdi Neijing Lingshu (Miraculous Pivot). The ‘nine needles’ when referring to the needle types (针具), comprise:

- **the arrowhead needle** for superficial pricking,
- **the round needle** for massaging,
- **the blunt needle** for knocking or pressing,
- **the three edged needle** for puncturing a vein,
- **the sword-like needle** for draining abscesses,
- **the sharp round needle** for rapid pricking,
- **the filliform needle**, the long needle for thick muscles
- **the large needle** for puncturing painful joints.
The Classic 'nine needles‘ (cont.)

- The 'nine needles' were initially made of either bronze, or gold and silver, and seem to have been first used about 2,000 years ago. The tomb of the Prince of Chungshan, dating from the second century BC, was excavated in 1968 and contained a set of nine needles, four being of gold and five of silver. Some acupuncturists use gold and silver needles but the majority only stainless steel filliform needles.

- The original texts from NeiJing:

《灵枢·官针》：“九针之宜，各有所为，长短大小，各有所施也”。”
The Neijing Nine Needles Picture
Classical acupuncture techniques from Neijing: 9 needling methods

- In Neijing Internal Classic, Nine needles also refers to acupuncture methods (针道) to treat the different (nine) kinds of diseases:

1) Shu point needling
2) Distal Needling
3) Meridian Needling
4) Collateral Needling
5) Muscular needling
6) Major reducing needling
7) Cutaneous Needling
8) Contralateral Needling
9) Cauterized Needling
Illustrations of the Nine Types of Needles based on Huangdi’s Internal Classic Ling-shu.

Needling first school

They encourage to use needles before anything else.

There are different types of needles used.
Dou Mo
(1196-1280 Jin Dynasty)

Focused on:
1. To cure a disease, acupuncture is a must
2. De Qi sensation is most important
3. Needling techniques are important to obtain reinforcement or reduction
Points school - Choosing meridians based on symptom differentiations

Li Yan (16 century Ming Dynasty 1571 AD)

He authored a book called ‘introduction to medicine’. In this book, there were pictures of front and back of a human body with meridians and acupuncture points clearly illustrated.

He emphasised: 1. the accurate location of meridians

2. Direction of needles

3. Encourage use of ling gu ba fa & zhi wu liu ju
Points school - Choosing points based on the time of the day

**Gao Wu** (15-16 century, Ming Dynasty)

He emphasised on the use of points according to the day and time.
Moxa school

This school put more effort in the use of moxa than acupuncture

Some use needles and moxa, but some only use moxa and not needles at all

Scholars:

Ge Hong
Zhang Zhong jing
Liu wan su
etc.
Sub-schools in Moxa school

1. Using moxa to drain any inflammatory substance such as pus to the surface using continuous moxa treatment

Scholar: Chen Yan Zhi
Master in moxa treatments:

1. Try not to have moxa on exposed parts of body like limbs

2. Size of the moxa stick is important, e.g. base should be 3 fun wide

3. Using local and distal points for moxa
Sub-schools in Moxa school

2. Insulating moxa – insulating moxa from burning skin. Insulations such as ginger, salt etc.

Ge Hong 葛洪(281-341) famous Taoist and medicine man

Zhou Hou Jiu Zu Fang 肘后救卒方 (handbook of prescriptions for emergencies)

He said:

1. for the emergency, moxa is a must
2. Insulated moxa with medicinal substance to gain effect
3. Moxa from yang to yin
Additional Resources:

- **Youyou Tu**, the 2015 Nobel Prize in Physiology or Medicine, was for her discoveries concerning a novel therapy against Malaria.

- In the 1970s, after studies of traditional herbal medicines, Youyou Tu managed to extract a substance, artemisinin, which inhibits the malaria parasite.

- Her innovative approach to artemisinin extraction was inspired by Ge Hong's book *Zhou Hou Jiu Zu Fang* (Handbook of Prescriptions for Emergencies).
Sub-schools in Moxa school

3. Adding herbs into the moxa stick to obtain effect of both the herbs and moxa

Herbs: She Xiang
ChuanShanjia
Ru Xiang
They call them ‘Thunder and Fire Miracle Needling’

Fan Yu Yi (Qing dynasty)

Combine herbs with moxa and apply them to:

- Limbs
- Body
- Head
Sub-schools in Moxa school

4. No moxa for hot conditions

Zhang Zhongjing (张仲景) (150—219), Han Dynasty.

authored the book ‘Shanghan Zabing Lun’.

Insisted on No moxa for hot conditions
Sub-schools in Moxa school

5. Hot conditions can use moxa

Liu wan su (1110-1200) 刘完素
Suggested that moxa can be used in ‘excess heat’ conditions

Moxa can draw ‘evils’ out from the body and move heat downwards
Main References


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