Week 6

Medical Development in the Sui, Tang & Song Dynasties

Chinese Medicine Department
Sui-Tang & Song dynasties

Sui-Tang Dynasty (隋-唐): 581AD-907 AD

Song dynasty (宋朝): 960-1279AD
Session Contents

- Sun Si Miao 孙思邈
- Wang Wei Yi 王唯一
Web-links

(students self-guided watching/reading in after-class time)

- The Sui dynasty
  https://www.youtube.com/watch?v=b9hU6PdEgEs
- Innovations of the Sui, Tang & Song Dynasties of China
  https://www.youtube.com/watch?v=BoYJqGbWFk
- Chinese Civilization (13) The Tang Dynasty
  https://www.youtube.com/watch?v=OQsZe-wNN8Q
- The Song Dynasty of China
  https://www.youtube.com/watch?v=XgCG0WA6r8Y
  https://www.youtube.com/watch?v=QO7NHZJ-eE4
The Period of Division and the Tang Period


http://search.credoreference.com.ezproxy.endeavour.edu.au/content/entry/harvardcmh/the_period_of_division_and_the_tang_period
The Tang dynasty (618 – 907)

A time of historical climax in Chinese culture and economy

Active medical exchange with other countries:

- Arabia
- India
- Japan & other Asian countries

Arabians opened pharmacies in China and thus medical prescriptions were imported into China
Training and exams for CM practitioners

- Apprenticeships style of training of doctors were common.
- Official education of medicine was performed by the national Institute (the Imperial Institute and the Imperial Medical Institute).
- Examinations to recruit qualified physicians were introduced.
Sun Simiao
孫思邈 (540 or 581 – 682 Sui / Tang)

- Sun Simiao was born in Hua Yuan, Jing Zhao in Tang dynasty (today’s Yao country, Shan Xi province).
- By the age of 15, he understood Daoism, and Buddhist classics. He learnt medical classics, and researched folk medicine, and understood both.
- The great physician, herbalist, and Daoist in the Tang dynasty. He was titled as China's **King of Medicine** for his significant contributions to Chinese medicine and tremendous care to his patients.

Plate 4.4  Bronze figure of Sun Simiao
Sun Simiao
孫思邈 (540 or 581 – 682 Sui / Tang)

He merged longevity techniques, including dietary regimens, breathing exercises, and alchemy, with traditional herbal, acupuncture, and moxibustion treatments. Like the Inner Canon, though, Sun emphasized the primary importance of maintaining good health and preventing disease through proper diet, exercise, and hygiene.

Su Simiao lived to be over one hundred and survived several dynasties.
Sun Simiao
孫思邈 (540 or 581 – 682 Sui / Tang)

- Sun Simiao lived in a period of great prosperity and practised medicine near Chang’an, the capital city. This enabled him to get in touch with the masses for collecting folk recipes and with well-known scholars.

- He held that “one’s life is as valuable as a thousand gold. If you can save it with a prescription, your virtue is far greater then that”. Thus, based on his summary of medical achievement up to the Sui and Tang dynasties, he collected prescriptions extensively and simplified them by cutting superfluities.
Qian Jin Fang (千金方, Thousands of Formulas)

- then in 652 A.D. Sun Simiao wrote Qian Jin Yao Fang (千金要方, The Important Formulas Worth a Thousand Gold Pieces) and Qian Jin Yi Fang 千金翼方(Supplement to the thousand Ducat Formulas)

- The mixture of the two books (Qian Jin Yao Fang and Qian Jin Yi Fang) is entitled in short by later generations “Qian Jin Fang (千金方, Thousands of Formulas)”
  - Qian Jin Yao Fang consists of 30 volumes
  - Qian Jin Yi Fang consists of 30 volumes
Sun Si Miao 孫思邈 (540 or 581 – 682)

Famous for two medical works the Essential Recipes worth a Thousand Gold 千金方:

- Qian Jin Yao Fang 千金要方 (The Important Formulas Worth a Thousand Gold Pieces)
- Qian Jin Yi Fang 千金翼方 (Supplement to the thousand Ducat Formulas)

First medical encyclopaedia in China

60 volumes in total and about 6500 prescriptions

It deals with acupuncture, moxibustion, dietary therapy as well as disease and health prevention.

It was an outstanding reference for treatment of deficiency diseases
The achievement of Qian Jin Fang (千金方，Thousands of Formulas):

- Contribution to formulas and medical research
- Paying attention to health care for women and children
- Paying attention to food therapy
- Sun’s great contribution to health preservation
- Attention to folk recipes/formulas
- Contribution to education in professional ethics

(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
Sun Simiao 孫思邈 (540 or 581 – 682 Tang)

Paying attention to food therapy

- He categorised medical materials into: jade; stone; plant (grass and trees); insects; fish; fruit; vegetables; grains; and unprocessed grains.

- He suggested diet treatment first before medicine for illness
Sun Si Miao 孫思邈 (540 or 581 – 682 Tang)

Paying attention to health care for women and children

- He believed that women have special physiology, and that during menstruation, pregnancy, ad birthing are more susceptible to illness

- He also wrote extensively on sexual practices for health and cultivation
Sun Si Miao 孫思邈 (540 or 581 – 682 Tang)

Contribution to education in professional ethics

Sun Simiao held that since medicine is of great importance to man’s health and life, a physician must

- have good moral character as well as medical ability;
- Concentrate his energy without any desires, constantly improve his medical knowledge and ability and treat all patients equally without discrimination;
- Not weigh his steps by thinking of his own luck or safety, but make light of difficulties and dangers and spare no pains by day and night to come to the patients’ rescue and regard their sufferings as his own.

(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$002f0$002fSD_ILS:5807/one
Sun Si Miao 孫思邈 & 
Acupuncture & moxibustion

- He was one of the representative Scholars of *Meridian and acu-points accuracy school*. This school focuses on the accuracy of the meridians and particularly the acu-point locations.

- Methods of acupuncture manipulation: Reinforcing and reducing manipulation: heavy stimulation is reinforcing, and light stimulation is reducing; although the degree can be controlled, acupuncture should be stopped after deqi (Sun Simiao *Important Formulas Worth a Dynasties Thousand Gold Pieces*).


Sun Si Miao 孫思邈 (540 – 682)

Summary of his work on acupuncture:

1. Prevention is better than cure
2. A good doctor needs to know acupuncture, moxa and herbs, not just one of them
3. He emphasises the importance of meridians and acupuncture points locations to make treatment effective, and therefore place importance on the accuracy of meridians and acupuncture points
Sun Si Miao 孫思邈 (540 – 682) (cont.)

4. Moxibustion: the size, the length of time, and the number of moxa used during treatment are very important, e.g. the diameter of the moxa stick should be 3 cun (1 Chinese inch = 10 cun)

5. He made detail printed model of meridians and acupuncture points.
Research articles


In-class Group Discussion

- What was Sun Simiao’s achievement in Chinese medicine?

- Analyse the significance and impact of Sun Simiao’s school of thought and works, in the practice of Chinese medicine today.
The Song dynasty
宋(960-1279AD)

Northern Song: 960-1127 AD
Southern Song: 1127-1279 AD
The Song and Jin Periods

source: An illustrated history

The Song dynasty 宋朝

- The political-economic development and complicated changes in Song dynasty facilitated medical reorganization and enabled new healthcare systems and facilities to be set up, including government dispensaries, hospitals and charitable institutions.

- Publishing Boom of Chinese Medicine Texts
The Evolution of Chinese Medicine: Song Dynasty

- One of the three major turning points of Chinese medicine history is the transformation of medicine via the integration of earlier medical theories and practices in the Song dynasty.

- Scholars often characterize the Song era as a time of change in every aspect of political, social, intellectual or economic life. More specifically it focuses on three narratives of change (see next slide):

Three Narratives of Change in Song dynasty

- The emperor's interest in medicine elevated the status of medicine in the eyes of the elite, leading to an increased involvement of intellectuals and the literary elite in medicine.

- Government officials systematically revised, printed, and promulgated earlier heterogeneous medical manuscripts belonging to various traditions.

- The government established unique imperially sponsored medical institutions to handle public health and other aspects of medicine.

TCM in The Song dynasty 宋朝

- Acupuncture was very popular.

Recorded history of ancient Chinese acupuncture from the book, Songshi (History of the Song Dynasty, 宋史) recounts that Emperor Renzong, who fell ill in 1034, was cured successfully through acupuncture. This helped popularize ancient acupuncture and the art and practice of acupuncture became the forte of specialized physicians.
Medicine in the Song Dynasty 宋朝

- **Medical education**: medical administrative and medical education were separated.
- **Examination for medical students** were also launched.
- Medical students became more familiar with **anatomy** by the end of 12th century.
Invention of wood-block printing in China (before 220 AD)

It originated in China as a method of printing on textiles and later on paper.

The earliest surviving examples from China date to before 220 A.D.
Invention of Typography printing in China (Song dynasty)

Bi Sheng (毕昇) (990–1051) developed the first known movable-type system for printing in China around 1040 AD during the Northern Song dynasty, using ceramic materials.
Due to invention of printing technology

- Large quantities of CM texts were printed and published

- Specialisation in CM continued to develop, and many experts emerged

- Different schools of thoughts with different theoretical argument existed
Wang Wei Yi (王 唯 一)
987-1067AD Northern Song dynasty

- Also known as Wang wei-de (王惟德)
- An officer of the medical board in Northern Song dynasty; a distinguished acupuncturist and TCM education expertise.
- He was appointed to summarize the acupuncture classics for teaching acupuncture.
- He designed and casted two life-size male bronze statues and compiled a book called *Tongren Shuxue Zhenjiu Tujing* to complement it.
The Male Bronze Statue

- Wang Wei Yi designed and casted two life-size male bronze statues for acupuncture exams.
- It emphasizes the accuracy of acupuncture points.
- On these statues were engraved 657 acupuncture points. The statues were coated in thick wax and then filled with water. The student taking the exam would locate the acu-point and needle into the wax covered statue. When the needle was withdrawn a small drop of water would be evident if the student had needled the correct point.

Wang, ZG. (1999).
Wang Wei Yi 王唯一

Pub:

Tong Ren Shu Xue Zhen Jiu Tu Jing (Illustrated Manual of Acu-points on the Bronze Statue)

A book illustrates all the meridians and the appropriate acu-points
The book *Tongren Shuxue Zhen Jiu Tujing* 铜人腧穴针灸图经

- It’s also called Illustrated Manual of the Bronze Man Showing Acupuncture and Moxibustion Points.

- The text of this work was also engraved on two stone steles more than two meters high and seven meters in width, and were erected at Kaifeng, then capital of the Northern Song dynasty, for public benefit.
Comments:

- Wang Wei yi’s great work provided the impetus for a great leap forward in ancient Chinese acupuncture.
In-class Group Discussion

- What were Sun Simiao’s achievement and contribution in Chinese medicine history?
- What were Wang Weiyi’s achievement and contribution in Acupuncture and moxibustion?
- Analyse the significance and impact of Sun Simia’s schools of thought and works, in the practice of Chinese medicine today.
- Analyse the significance and impact of Wang Weiyi’s schools of thought and works, in the practice of Chinese medicine today.
Summary & Discussion

- Summarize this session learning
- Any other questions?
Research articles

- Wang Weiyi, acupuncture expert of the Song Dynasty
  https://doi.org/10.1016/j.jtcms.2016.01.014

- Qian Yi, Super Pediatrician
  https://doi.org/10.1016/j.jtcms.2016.12.003
Main References


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