CMPR311

Week 7

The Schools of medical thought in the Song, Jin & Yuan Dynasties (宋, 金, 元)

Chinese Medicine Department
Schools of thought

Over centuries of development, Chinese Medicine has developed a number of schools of thought.

There are about 10 all together.
10 schools of thought

1) Jing Luo School
2) Meridian and acu-points accuracy school
3) Points school
4) Needling techniques school/ Needling first school
5) Moxa school
6) Sub-schools in Moxa school
7) Bleeding school
8) Clinical applications school
9) Needle – moxa – herbs combination school
10) Combination of Chinese and Western Conventional medicine school
Factors contribute to formation of different schools of thought

- Development of knowledge and skills
- Different teachers / masters different emphasis
- Influences on each other
- Geographic location
- The type of patients influenced the practitioners' knowledge and skills
- Working conditions
- Outcome of the treatment
- Influence by different philosophical discussions and theories
1. Development of knowledge and skills

1. Experiences gained from practice contribute to different thoughts

2. Identifying more acupuncture points contribute to different thoughts

3. Trial and errors contribute to different thoughts
2. Different teachers / masters
different emphasis

Learning Chinese medicine in China mainly from two systems:

1. private apprenticeship system

2. Father to son system (occasionally daughters)
   - Master’s teaching are seldom challenged
   - One school of thought will be passed on from one generation to the next
3. Influences on each other

1. Publications: influenced other practitioners, and a school of thought will be promoted and become widespread

2. Social trend: certain schools of thought becomes popular
4. Geographic location

Different locations have different climates, and thus influence treatment methods, e.g.

Southern China is warmer and therefore it is popular to use needles

Northern China is cooler and therefore it is popular to use moxa
5. The type of patients influenced the practitioners knowledge and skills

Once a partitioner is well known for certain conditions, they become expert in that area.

Because of that, the type of patients and conditions they encounter will be limited to certain conditions and treatments.
6. Working conditions

Conditions include:

1. Type of patients – rich, poor, farmers, government officials, old, young, women, children etc.

2. Climate/weather, geography/location, wealth, transportations

3. Living condition: supply of food, water etc.
7. Outcome of the treatment

A successful treatment on a well known person, then the treatment method will easily become well known.
8. Influence by different philosophical discussions and theories

The 5 elements, yin and yang, ba gua, and later Western bio – medical knowledge have lots of influences on Chinese medicine.
Different Schools of thought in the Song, Jin & Yuan Dynasties

The Song dynasty (960-1279AD) 宋
The Jin & Yuan dynasties (1115 – 1368) 金元
The song 宋 and Jin 金 periods

Medicine development, debate and schools of thought in Song, Jin & Yuan periods

- In the Song, Jin and Yuan dynasties, the social economy was sometimes energetic, sometimes stagnant, fluctuating largely since the political situation was unstable.

- The peace and stability of the Song created fine economic and cultural development with marked advance in agriculture, technology, handicraft and commerce. This promoted a great progress in medicine. It became common for scholars, emperors and officials to know medicine. “you may not be a good prime minister, but you should be a good doctor (不为良相，则为良医)”.
Medicine development, debate and schools of thought in Song, Jin & Yuan Periods (cont.)

- In the Jin and Yuan dynasties, medical thought was still active and medicine continues developing along with the debate of different learned viewpoints and medical reform, though Chinese economy and culture were seriously damaged by constant wars.

- This appearance of diverse philosophical-medical schools in the hallmark of medical history in the Jin and Yuan dynasties.

*(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
Table 1  Historical development of operation and methods of acupuncture manipulation

<table>
<thead>
<tr>
<th>Period</th>
<th>Representative works</th>
<th>Summary of opinions on acupuncture manipulation</th>
</tr>
</thead>
</table>
| Song Dynasty (960 AD–1279AD) | *Magic Book of Acupuncture* | - **Simplex manipulation**: hammering, lifting, pressing, plucking, twisting, twirling, inserting, withdrawing, searching, nipping, reversing, rocking, crossing, normalizing, rubbing, scraping, feeling, reeling, shivering, redrawing, detaining, drawing, closing and walking (twenty-four words of acupuncture manipulation);  
- **Complex manipulation**: rising of *qi*, sinking of *qi*, raising *yang* and raising *yin* |
| Jin Dynasty (1115 AD–1234 AD) | *Midnight-midday Acupuncture* | - **Reinforcing and reducing manipulation**: connecting meridians and ventilating method, needling direction for reinforcing/reducing, and turning needling direction for reinforcing/reducing |
| Yuan Dynasty (1206 AD–1368 AD) | *Acupuncture Guideline* | - **Simplex manipulation**: fourteen needling methods of finger reinforcing and reducing (drawing, rocking, inserting, withdrawing, twisting, reeling, plucking, twirling, hammering, nipping, pressing, nailing, feeling and closing);  
- **Reinforcing and reducing manipulation**: reinforcing referred to needle insertion from shallow to deep by twisting and inserting, and reducing referred to needle withdrawal from deep to shallow by lifting and withdrawing |

Schools of thought in The song dynasty 宋

WANG Zhizhong 王执中

- Well-known medical expert in Southern Song dynasty
- styled himself Shu Quan 叔权, a native of Ruian in Zhejiang Province, wrote the book Zhenjiu Zishengjing ( 针灸资生经 Classic of Experiences of Acupuncture and Moxibustion on Treatment) which was published in 1220 AD.
Zhenjiu Zishengjing  针灸资生经
(Classic of Experiences of Acupuncture and Moxibustion on Treatment)

- contains four parts, 7 rolls
- collects acupuncture literatures in previous dynasties, has textual study on the points of the human body with a rigorous scientific approach;
- advocates accessory treatment of formulary drugs; stresses the introduction to the theory and techniques of moxibustion;
- records acupuncture treatment for complicated cases with a lot of therapeutic experiences.
- Quote copiously to support one’s thesis, be well documented quote copiously from many sources
WANG Zhizhong’s Academic Feature on Acupuncture and Moxibustion

- Making Textual Study on the Acu-points with a Rigorous Scientific Approach
- Combined Use of Acupuncture with Herbs
- Proficient in Moxibustion Therapy
- Broadening Clinical Application

Wang Zhizhong makes a great contribution to the science of traditional Chinese medicine, especially to inheriting moxibustion, and exerts a considerable influence on the descendants.


http://dx.doi.org.ezproxy.endeavour.edu.au/10.1016/S0254-6272(09)60055-8
Brief Introduction to Medical development in The Jin Dynasty 金 1115-1234AD & Yuan Dynasty 元 1279-1368 AD
Brief Introduction

- During the Jin-Yuan 金 元 period, several schools of thought evolved attributing disease to different factors, and advocating contrasting approaches to treatment.
- This was in addition to the Mongol physicians who held their own set of beliefs. Nevertheless, many physicians living at this time made a significant contribution to medical development.
‘Relative Flow’ method of acupuncture became popular

They include:

○ Nai Zhi Fa 纳子法
○ Zi Wu Liu Zhu 子午流注
○ Ling Gui Ba Fa 靈龜（灵龟）八法
○ Fei Teng Ba Fa 沸腾八法
The theory

From the Yellow Emperor’s Classic of Internal Medicine

- The Heavens and Humans are interrelated.

- The changes in the flow of Qi and Blood in human body follow the changes of day and night and the 4 seasons are similar to rise and fall of the tide.

- At different time, different acupuncture points are selected to treat illnesses.
The Yuan dynasty 元朝
1279-1368AD

The Yuan Dynasty (元朝) 1279-1368AD

- China was controlled by Mongolians

- People were classified into 4 levels similar to the cast system

- Many intellectuals turned to medical research – more freedom in this area

- Many famous medical practitioners were found in this era, the most famous ones are the ‘Four great medical schools of the Jin and Yuan dynasties’ (金元四大家): Liu Wansu 刘完素, Zhang Congzheng 张从正, Li Gao 李杲 and Zhu Zhenheng 朱震亨.
3 representative Scholars during Song, Jin & Yuan （宋，金，元）
School of thoughts

The following 4 Masters will be discussed in this session:
- Liu Wansu / Liu Hejian 刘完素/ 刘河间
- Zhang Congzheng 张从正
- Li Dongyuan / Li Gao 李东垣/李杲
- Zhu Danxi / Zhu Zhengheng 朱丹溪/朱震亨
Liu Wansu (a.k.a. Liu Hejian) 劉完素(1120-1200AD)

- “Pathogenic Fire Doctrine” 火热论 — using Cold and Cooling drugs in treatment-called “Han Liang (Cold and Cool) School” 寒凉派
- Law of Similar Transformation
Liu Wan Su 劉完素 (1120- 1200)

- Also called Liu He-jian 刘河间, or Master Hejian;
- He three times turned down an offer from the Jin emperor to practise medicine for the palace and chose instead to practise medicine for the people.
- He played a significant role in the Chinese medicine development history:
Liu Wansu / Liu Hejian 劉完素

- Was credited with founding the Hejian School;
- Is famous for writing a number of works based on *the Suwen* （*Plain Questions*）;
- His belief centred on the theory of the Five movements (Wu Yun, 五运) and Six influences (Liu Qi, 六气).
Liu Wansu 劉完素

- He placed particular importance on the elements of fire and heat:

- He observed the high frequency of fever and inflammation in serious diseases and promoted the idea of using herbs of cooling nature to treat these conditions (This was opposite to traditional CM treatment using warming herbs)-this is also referred to as the “School of Cooling” 寒凉派 for the reason

- His work had much influence on the later concept of "wen bing 温病" or epidemic febrile diseases, which corresponded to (and preceded) the Western concept of contagious disease, e.g. SARS in 2003.
Liu Wuansu 劉完素

- was also well known practitioner in this area - Clinical application school – Internal med – Hot conditions.
- For acupuncture and Moxa therapies, he could be one of the representative scholars of 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)
Liu Wansu 劉完素

Hot conditions can use moxa

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

Suggested that moxa can be used in ‘excess heat’ conditions
Zhang Congzheng 张从正 / 张子和（1156—1228）

- Styled Zi-He 子和 and from Kaocheng Country, Henan Province. He studied under Liu wansu.

- At his time, most nobles welcomed tonics and medical men stuck to traditional formulas from “Tai Ping Hui Min Ju Fang” 太平惠民局方, and so overused dry aromatic herb medicine, Zhang acted against this convention. Most of his thought is shown in Ru Men Shi Qin 儒门事亲 (Confucians’ Duties to Their Parents).
Zhang Congzheng and his “on Downward Purgation”

Zhang Congzheng’s main theories include:

- External factors (6 evils and improper food intake) are the principal causes for diseases, therefore expelling and purging should be employed in treatment.—removing pathogens focus.

- Enlarging the range of diaphoresis, emesis and downward purgation, the three therapies from Shang Han Lun.

- Zhang Congzheng attached importance to downward purgation does not mean he was against tonifying; rather, the thought that improving the appetite is real tonification. He opposed tonifying with Huangqi and Renshen, favouring medicinal food. These are directive for clinical practice.
Zhang Congzheng and his “on Downward Purgation” (cont.)

- Attaching importance to the influence of social environment and emotional factors on health. Zhang developed the theory of **Holism** from Nei Jing, emphasizing that disease should be examined in concordance with season, weather, social state, geographical area and individual state. Treatment should be changed following change of season. On this pint, he contributed to psychology and social science.
Li Gao / Li Dongyuan 李杲/ 李東垣
(1180-1252)
Stomach and Spleen School
Yin Firer Theory

- Also known Li Gao 李杲, is credited with founding the ‘strengthening the Earth school 补土派;
- His famous work- Pi Wei Lun 脾胃论 (Treatise on the Spleen and Stomach);
Li Gao 李杲 and his Spleen and Stomach Doctrine

- The Yin Fire theory 阴火论-
  - strengthening the Earth School:
    - Earth is central to the acquired Qi and particularly the aspect of nutrition.

- His Pi Wei Lun (脾 胃 論, Treatise on the Spleen and Stomach): Yin Fire (Dampness) causes many illnesses.
Li Gao 李杲

Yin fire is caused by: Spleen Qi deficiency, Damp-Heat, Blood deficiency, Liver Depression (i.e. Liver invading Spleen and Depressive Heat), and stirring of ministerial fire due to extremes of the seven emotions.

Use Back-Shu points to drain this kind of heat
Li Gao 李杲

- Yin Fire theory explains why many patients exhibit Heat symptoms to some extent and this Heat even mask underlying Cold / Yang-deficient conditions.

- Discussion & Question:
  Compare and contrast:
  Li Gao’s “Yin Fire” VS Empty Heat.
Zhu Zhenheng 朱震亨
aka Zhu Danxi 朱丹溪 (1281-1358)

Also known as Master Danxi 丹溪

He first studied Confucianism and then changed his career to medicine. He had studied under Luo Zhitì 罗知悌 who was Liu wansu’s 2nd generation student and highly praised Li dongyuan and zhang congzheng's theory of traditional Chinese medicine. So Zhu danxi was the Integrator of the four masters of TCM in Jin-yuan period (dynasties).
Zhu Zhenheng 朱震亨
aka Zhu Danxi 朱丹溪 (1281-1358)

Zhu Danxi’s Main School of Thought:
• Ministerial fire “相火论”
• Nourish Yin School 滋阴学派（due to “Yang is usually in excess and Yin is deficient”）
• Six Depressions/ stagnations 六郁: qi, blood, dampness, phlegm, food and fire（he then created Liu Yu Tang 六郁汤 for the six-Yu syndromes Chinese herbal treatment）

Zhu danxi’s most influential works:
• Ge zhi Yu Lun《格致余论》-Zhu wrote it
• Ju Fang Fa Hui《局方发挥》-Zhu wrote it
• Danxi Xinfá《丹溪心法》-it was compiled by his students to summarize his theory and rich clinical experience.
Zhu Zhenheng 朱震亨 and his “on Minister Fire”

- His major work is *Gezhi Yulun* 格致余论 (*Theories of In-depth Research*) which studies the subject of heat and fire:

He described ministerial fire as an innate Yang Qi most associated with the Kidneys and Liver and cooperates with master fire or heart-fire ("相火论"). He thought that the bodies Yang is usually in excess and Yin is relatively not adequate” ("阳有余阴不足论")
Nourish Yin theory 滋阴学派: protecting Yin should be the priority. Yin is easy to lose and difficult to replace while Yang is easy to build.

Yin is generally associated with physical fluids and nourishment.

Japanese and Five Element acupuncture can be understood from this theory as retaining a focus on the Yang.
Zhu Zhenheng 朱震亨

Zhu Zhenheng’s another major contribution:

6 stagnations theory:

- **Qi** stagnation (Qi moves blood and body fluids) will lead to the 4 yin stagnations

- 4 yin stagnations (**blood, dampness, phlegm, food**) resulting in Qi stagnations

- **Fire** (depressive heat) – stagnation will tend to transform to heat

- The different forms of stagnation are inter-related
Zhu Zhenheng 朱震亨

Zhu Danxi’s significant influence in TCM history:

• Zhu’s theory “Minister fire“ and "Yang is usually in excess and Yin is relatively not adequate” had a profound impact on the schools of thought of medicine in the Ming-Qing dynasties.

• Danxi theory was introduced to Japan in the 15th century. In Japan, Zhu’s theories had been highly praised and “Danxi society” 丹溪学社 was then founded to carry out relevant research and promotion.
Summary & Discussion

- Summarize this session study.

- What are the major influence of the four masters’ works / theory /school of thought on present day Chinese Medicine practice?
Research articles

- Liu Wansu, physician and initiator of the “Cold School”
  https://doi.org/10.1016/j.jtcms.2018.12.001

- Zhu Zhenheng, Founder of the School of Yin Nourishing
  https://doi.org/10.1016/j.jtcms.2017.09.001

- Li Gao, Great master of tonifying earth (phase)
  https://doi.org/10.1016/j.jtcms.2017.03.001

- WANG Zhi-zhong's Academic Feature on Acupuncture and Moxibustion
  https://doi.org/10.1016/S0254-6272(09)60055-8
Main References


COMMONWEALTH OF AUSTRALIA

Copyright Regulations 1969

WARNING

This material has been reproduced and communicated to you by or on behalf of the Australian College of Natural Medicine Pty Ltd (ACNM) trading as Endeavour College of Natural Health, FIAFitnation, College of Natural Beauty, Wellnation - Pursuant Part VB of the Copyright Act 1968 (the Act).

The material in this communication may be subject to copyright under the Act. Any further reproduction or communication of this material by you may be the subject of copyright protection under the Act.

Do not remove this notice.