CMPR311

Week 8

Medical Development in the Ming Dynasty

Chinese Medicine Department
The Ming Dynasty 明朝 medical development (acupuncture) 1368-1644
The Ming Period 明朝


Characteristics of Medicine in the Ming dynasty

1) The government of the Ming dynasty worshiped Confucianism and advocated the activities of loving one’s parents and brothers. In such a circumstance, undertaking medical occupations was seen as an important way to fulfil that purpose. Many intellectuals abandoned the road of being a government official, and engaged in medical careers. As a result, the cultural quality, and the structural knowledge of physicians were greatly improved, and the social status of practitioners increased.
Characteristics of Medicine in the Ming dynasty (cont.)

2) In the later period of the Ming dynasty, the development of materia medica had been sped up. There came forth many far-reaching works, like *Ben Cao Gang Mu* 本草纲目 (Compendium of Materia Medica), and *Shi Liao Ben Cao* 食疗本草 (Materia Medica of Diet Therapy).
Characteristics of Medicine in the Ming dynasty (cont.)

3). There were great developments in disease diagnosis, case-writing format, compilation and dissemination of medical books, discussion of medical ethics, and exposition of medical history. Meanwhile, academics in miscellaneous diseases underwent a comprehensive development, and achieved unprecedented prosperity. These achievements made the academics of miscellaneous diseases more and more mature. This had great impact on the academics of miscellaneous diseases in later generations.
Li Shi Zhen 李時珍
1518 – 1593
courtesy name: Li Dongbi
assumed name: Li Binhu
was from a family lineage of physicians in Qizhou (present Qichun County, Hubei Province).

本草綱目, Compendium of Materia Medica
Li Shi Zhen story

Li Shi Zhen failed the civil exam, so he devoted his time and energy to medical research.

He completed the Ben Cao Gang Mu when he was 61 (1578).

He could not find anyone to publish it until 3 years before his death.
A year before his death, he made a copy of the text as a gift for the emperor, hoping that he would publish it for the welfare of people, but nothing happened.

3 years after his death, the publisher in Nanjing finally came out with the first edition (1596).

Second edition came out in 1606. It was also published in Japan, and later translated into many European languages.
Li Shi zhen’s Pub: 3 publications

1. Ben Cao Gang Mu (本草綱目, Compendium of Materia Medica)

The book has more than 1,800 herbs, 1,100 illustrations and 11,000 prescriptions.

It described the type, form, flavour, nature and application in disease treatments of 1,094 herbs.

It has been translated into many different languages, and remains as the premier reference work for herbal medicine.
Research articles

○ Li Shizhen and The Compendium of Materia Medica
Compendium of Materia Medica. Journal Of Traditional
Chinese Medical Sciences, Vol 2, Iss 4, Pp 215-216 (2015),
(4), 215. doi:10.1016/j.jtcms.2016.01.015
http://dx.doi.org.ezproxy.endeavour.edu.au/10.1016/j.jtcms.2016.01.015

login.aspx?direct=true&db=edsdoj&AN=edsdoj.4067d46325cc4bd7bdd5b4e34f197
4b5&site=eds-live&scope=site
2. *Bin Hu Mai Xue*

(瀕湖脈學  A Study of the Pulse)
3. Qi Jing Ba Mai Kao
(奇經八脈考 An Examination of the Eight Extra Meridians).

This book presents a full examination of the eight extraordinary meridians from the texts of the Nei jing, the Nan jing, and their commentaries.
Li Shi Zhen's Pulse Diagnosis


Acupuncture Development

in

the Ming Dynasty 明

(1368 – 1644)
A climax of acupuncture and moxa

- During the Ming dynasty, acupuncture and moxibustion were work up to a climax that many problems studied deeper and broader.

- There were more famous doctors specialized in this field, i.e.,
  - **Chen Hui** of the early stage of Ming Dynasty,
  - **Ling Yun** of the middle stage, and
  - **Yang Jizhou** of the later stage,

They were exerted a tremendous influence upon the development of acupuncture and moxibustion.
A new phase of acupuncture and moxibustion

- Main characteristics in the new phase based on the previous achievement (esp. the Song, Jing, and Yuan dynasties):
  - Needling techniques came into duplex manipulation from simplex manipulation.
  - Moxibustion with a moxa roll developed from a moxa cone.
  - A large number of compilations in acupuncture and moxibustion came forth.
  - Formation of a new category of extra points by sorting out the previous records of acupuncture sites located away from the Fourteen Meridians.

Besides these publications, many medical charts of points had been published during this period.
Re-casting life-size male bronze statues for acupuncture, modelled after the one produced in the Song Dynasty.
The Main Compilations in Acupuncture & Moxibustion during Ming Dynasty

- **Li Shi Zhen 李时珍**: *Qi Jing Ba Mai Kao* (奇經八脈考 An Examination of the Eight Extra Meridians).

- **Gao Wu 高武**: *Zhen Jiu Ju Ying* (A Collection of Gems of Acupuncture and Moxibustion);

- **Yang Jizhou 杨继洲**: *Zhen Jiu Da Cheng* (Great Compendium of Acupuncture and Moxibustion)
Li Shi Zhen 李時珍 (1518 – 1593) & Qi Jing Ba Mai Kao (奇經八脈考 An Examination of the Eight Extra Meridians) see slide 10
Gao Wu (高武) 1529

Pub:
Zhen Jiu Ju Ying (针灸聚英 Gatherings of Eminent Exponential Acupuncturists)

A book gathers the important theories and experiences from previous acupuncture and moxbustion texts.
Yang Jizhou
楊繽洲
Yang Jizhou
楊繼洲

- A famous scientist of acupuncture and moxibustion in the Ming Dynasty.
- A great master not only in manipulation methods of acupuncture, but also in moxibustion therapy, with unique and profound deep cognition.

Yang Ji-zhou’s main contributions

- collected a great deal of methods and experience of moxibustion treatment and gathered and mustered a great works about moxibustion methods before the Ming Dynasty;
- combined with his own clinical experiences, systematized the methods and techniques of moxibustion, including the relationship between posture and point-fathoming, the treatment orders, the size of moxa cone, the number of moxa cones, the techniques of burning moxa, the methods for vesiculation moxibustion, etc. forming a more systematic manipulation standard;
- invented and formed YANG's characteristics of clinical moxibustion treatment, i.e. selecting a few points to dredge the meridian-qì, grasping opportunity of moxibustion, combining acupuncture and moxibustion with medicine, and consolidating the therapeutic effect by proper diet after treatment.

Pub:

**Zhen Jiu Da Cheng** (針 灸 大 成)  
Great Compendium of Acupuncture and Moxibustion)

It is an important Ming dynasty work on Acupuncture and Moxibustion. It covers details of using various point categories, such as the five shu points, yuan and luo points, and the confluence points of the eight extraordinary vessels, the Jing Well points, and treating disease using the twelve main channels and the eight extraordinary vessels.

There is also an exhaustive look at the use of the Stems and Branches and the Chinese calendar for selection of these points (the complicated subject of Zi Wu Liu Zhu子午流注 and Ling Gui Ba Fa 灵龟八法).
Summary & Discussion

- Summarize this session learning
- What could be the influence of those masters’ work / theory on present day Chinese Medicine practice?
- Other questions ?
Main References


