CMPR311

Week 9

Medical Development in the Ming Dynasty

Chinese Medicine Department
Acupuncture Needle Techniques

in the Ming Dynasty 明朝
(1368 – 1644)
Brief Introduction

- As we discussed in session 8, The Ming dynasty was an enlightening period for the advancement of acupuncture and moxibustion:
  - Needling techniques came into duplex manipulation from simplex manipulation.
  - Acupuncture and Moxibustion continued to be widely used and refined: i.e., moxa sticks were used for indirect treatment (developed from moxa cone).
  - Acupuncture and moxibustion were work up to a climax that many problems studied deeper and broader.
Some TCM Masters in Ming Dynasty

- **Chen Hui** – the early stage of Ming Dynasty
- **Wang Ji and Ling Yun** – the middle stage of Ming Dynasty
- **Yang Ji-zhou** – the later stage of Ming Dynasty

They were known far and wide in China, and exerted a tremendous influence upon the development of acupuncture and moxibustion.

http://www.china.org.cn/english/MATERIAL/185663.htm
Needling techniques in the Ming

- On the basis of single manipulation of acupuncture, more than twenty kinds of compound manipulation were developed, and

- an academic contention was carried out about different manipulation methods. Wang Ji’s (汪机) book *Questions and Answers on Acupuncture and moxibustion* (针灸问对) (in 1530) was the representative work of that academic dispute.
Wang Ji (汪机) & Questions and Answers on Acupuncture and moxibustion (针灸问对)

• **Wang Ji (汪机)** from a well-known doctor family, lived in the Ming Dynasty, from 1463 – 1539 AD, in Anhui Province。

• Wang Ji combined stringent study of the medical classics with studies in the Yi Jing and the Confucian classics。

• He wrote more than ten medical books, “Questions and Answers on acupuncture” was one of his most well-known works.
Wang Ji 汪机:
- One of the founders of Xin’an medical school formed in Song dynasty.
- The book "Questions and Answers on acupuncture" divided into 3 parts:
  - The first two parts were on acupuncture therapy
  - The last part was on moxibustion therapy, & the meridians and acu-points.

Wang’s opinion on moxibustion therapy was explored and analysed in the book, two contraindications of moxibustion as breakthrough points, the arrangement and discussion was performed. WANG Ji provided characteristic idea, which is of great reference value and guide significance to the inheritance and development of moxibustion.

Wang Ji’s thoughts in Questions and Answers on Acupuncture and moxibustion

- Acupuncture usually drains but cannot tonify: so Acupuncture was best used for treating excess conditions when Yuan-qi remained undamaged, while moxa was best for treating deficiency conditions.

- Differentiation of pattern was highlighted and the pattern determines the treatment; no “set points” in a treatment for any specific disease/condition.

- Using moxa without illness was “like repairing a old boat by adding nails”.

- The idea that men and women, day and night all having different needle manipulation requirements was discussed.
Yang Ji-Zhou 杨继洲 (1522-1620)

- **Yang Ji-zhou 杨继洲**, a famous scientist of acupuncture and moxibustion in the Ming Dynasty.

- He was a great master not only in manipulation methods of acupuncture, but also in moxibustion therapy, with unique and profound deep cognition.

- Publication: Zhenjiu Dacheng 针灸大成 (Great Compendium of Acupuncture and Moxibustion)
**Zhen Jiu Da Cheng 针灸大成**

**Title:** Yang Ji Zhou's the great compendium of acupuncture and moxibustion = Zhen jiu da cheng  
**Author:** Yang, Jizhou, fl. 1573-1619.  
**Publisher:** Portland, Or. : The Chinese Medicine Database, c2010.  
**ISBN:** 9780979955228  
9780979955242  
**Personal Author:** Yang, Jizhou, fl. 1573-1619.  
**Uniform Title:** Zhen jiu da cheng. English.  
**Physical Description:** 5 v. : ill. ; 26 cm.  
**General Note:**  
Parallel title in Chinese.  
**Subject Term:** Acupuncture -- Early works to 1800.  
Acupuncture Points -- Early works to 1800.  
Moxa -- Early works to 1800.  
Medicine, Chinese -- History.  
**Holds:** 0  
**Copies:** 6

Zhen Jiu Da Cheng 针灸大成
(Great Compendium of Acupuncture and Moxibustion)
Zhen Jiu Da Cheng 针灸大成
(Great Compendium of Acupuncture and Moxibustion)

- Zhenjiu Dacheng is the most significant work/text of the period on Acupuncture and Moxibustion published in Ming dynasty
- It reinforced the principles of the Nei Jing (内经) and Nan Jing (难经)
- It summarized the main clinical experience and academic achievement of acupuncture before Ming Dynasty.
- It offers the basis for modern acupuncture.
Yang Ji-Zhou 杨继洲 &
Zhen Jiu Da Cheng (針 灸 大 成 Great Compendium of Acupuncture and Moxibustion):

- It described the meridians, points, needling techniques and their indications.
- 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).
Yang Ji-Zhou & Zhen Jiu Da Cheng

- Body points illustration in Zhen Jiu Da Cheng was published
Yang Jizhou’s main contributions

1) collected a great deal of methods and experience of moxibustion treatment from moxibustion physicians and gathered and mustered a great works about moxibustion methods before the Ming Dynasty;

https://www.ncbi.nlm.nih.gov/portal/utils/pageresolver.fcgi?recordid=589ab5b7bc7c6d7c4287fda8
Yang Ji-zhou’s main contributions

2) 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;

https://www.ncbi.nlm.nih.gov/portal/utils/pageresolver.fcgi?recordid=589ab5b7bc7c6d7c4287fda8
Yang Ji-zhou’s main contributions

3) 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.

https://www.ncbi.nlm.nih.gov/portal/utils/pageresolver.fcgi?recordid=589ab5b7bc7c6d7c4287fda8
Summary & Discussion

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


