



TERMS REFERENCED IN EPISODE

The History of Chinese Alchemy (Part 2)

Ep. 300

PINYIN / TERM	CHINESE	ENGLISH / MEANING
Zōu Yǎn	邹衍	305-240 BC, Chinese philosopher and spiritual writer best known as the representative thinker of the Yin and Yang School of philosophy
Yīn Yáng	阴阳	Yin is the feminine of negative principle in nature, the moon, shade, dull, gloomy. Yang is the masculine or positive principle in nature, the sun, positive, male
Liú Xiàng	刘向	77-6 BC, Western Han era polymath, astronomer, historian, poet, politician, librarian, and writer. Well known for his bibliographic work in cataloging and editing the Han imperial library.
Hàn Emperor Xuān	汉宣帝	Emperor Xuan of Han, reigned 74 to 48 BC
Dào zàng	道藏	The Daoist Canon containing all the most important works of Daoism. Compiled first in 400 AD, then again in the Táng in 748. And again in 1016 during the Sòng and once more during the Míng in 1444
Tài qīng	太清	Great Clarity sect of Daoism
Tài qīng jīng	太清经	The Book of Great Clarity
Jiǔ dān jīng	九丹经	The Book of the Nine Elixirs
Jīn yè jīng	金液经	The Book of the Golden Liquor
Ān huī	安徽	Province in China
Jiāng sū	江苏	Coastal province in China north of Zhejiang
Jiāng nán	江南	The region in China mostly south of the Yangzi River, including Jiangsu, Zhejiang and Jiangxi
Lǐ Shǎo jūn	李少君	Lived during reign of Han Wudi, (133 BCE) was a fangshi and the earliest known Chinese alchemist. In the early history of Chinese waidan (External Alchemy), Li is the only fangshi whose role is documented by both historical
Hàn Wǔ dì	汉武帝	Western Han dynasty emperor who reigned 141 to 87 BC
Cān tóng Qì	参同契	the oldest complete alchemical book in existence, also called the Zhōuyì Cān tóng Qì (周易参同契)
Wèi Bó yáng	魏伯阳	A notable semi-legendary Chinese writer and alchemist of the Eastern Han Dynasty as well as the reputed author of The Kinship of the Three, and is noted as the first person to have documented the chemical composition of

Gě Hóng	葛洪	283-364(?) Chinese linguist, philosopher, physician, politician and alchemist. Writer of The Baopuzi
Jùróng	句容	a city midway between Nanjing and Zhènjiāng
Gě Xuán	葛玄	paternal grand uncle of Ge Hong. Ge Xuan was a legendary Daoist and alchemist, living 164-244
Zuǒ Cí	左慈	In Romance of the Three Kingdoms, he was the character Wūjiǎo Xiānshēng...Master Black Horn. Zuǒ Cí was a Daoist master without peer who had these amazing magical powers
Hàn Zhāodì	汉昭帝	Son of Han Wudi, reigned 87-74 BC
Bàopǔzǐ	抱朴子	The "Hao" name of Ge Hong. His most famous alchemical work bears this title
Shénxiān Zhuàn	神仙传	a collection of biographies, attributed to Ge Hong, on eighty-four Daoist gods and immortals
hào	号	One's hào is a moniker that is picked up along the way and was used as a form of address by one's professional or artistic colleagues....rather than the personal name one was born with
Táng Dynasty	唐朝	Chinese dynasty that ran 618 to 907 AD with an interregnum for Wu Zetian's Zhou Dynasty that ran 690-705\
Lǐ Bái	李白	Great Tang Dynasty poet, considered one of China's greatest
Guǎngzhōu	广州	Capital of Guangdong province
Gělingshān	葛岭山	A hill overlooking West Lake in Hangzhou where Gě Hóng once resided and where he conducted a number of his experiments
Shàngqīng		"Highest Purity" tradition of Daoism
Lady Wèi Huácún	魏华存	She was a contemporary of Gě Hóng and lived during the Jin Dynasty. According to legend she was a very devout and serious believer in Daoism. And one day she received a number of scriptures handed to her by certain
Huáng Tíng Jīng	黄庭经	The Yellow Court Classic is attributed to Lady Wei and offered adherents a kind of a guidebook on Daoist meditation practices that did much to increase the health and longevity of the practitioner. More than anything else it
wàidān	外丹	External Alchemy, mainly concerned with producing elixirs and prolonging life through the ingestion of alchemical substances
Nèidān	内丹	Nèi means inner....so it relied more on one's internal powers that resided in humans to attain the powers that up to then, had been attempted through external alchemy
Táo Hóngjǐng	陶弘景	456-536, another figure from China history who, in their day achieved so much renown across such a broad spectrum of the humanities, sciences, arts. He's called a founder of the Shàngqīng sect of Daois
Xuánzàng	玄奘	602-664, 7th century Chinese Buddhist monk, scholar, traveler, translator. Most famous for his travels to India 629-645.
Liáng Wǔdì	梁武帝	Founding emperor of the Liang Dynasty. He reigned 502-549.
Suí Dynasty	隋朝	Dynasty that ran 581-618

Sū Yuánmíng		wrote about potable medicinal gold in his noted work, "Discourse on the Contents of the Precious Treasury of the Earth" which contained fifteen kinds of medicinal gold that treated a number of maladies
Sūn Sīmiǎo	孙思邈	Immortalized as the King of Medicine for his contributions to the science. Wrote several important works. Died 682
Yàowáng	药王	The King of Medicine, a nickname of Sun Simiao
Dānjīngyào	丹经药	Essential Formulas of Alchemical Classics, a work compiled by Sun Simiao
Qín Shǐhuáng	秦始皇	259-210 BC, the first Chinese emperor, ruler of the Qin Dynasty
Chén Shǎowēi	陈少微	Another Tang alchemist who focused his Wàidān efforts on the yin-yang aspects of refining cinnabar and creating an elixir from mercury
Xiànzōng	唐宪宗	Tang Emperor who reigned 805-820
Mùzōng	唐穆宗	Tang Emperor who reigned 820-824
Zhū Wén	朱文	Reigned as the founding emperor of the Later Liang Dynasty (907-912). A Chinese military general and politician, he officially put the Tang dynasty to the sword in 907
Zhū Yǒuguī	朱友珪	Son of Zhu Wen and emperor of Later Liang from 912-913
Sòng Dynasty	宋朝	Dynasty that lasted 960-1279
Zhēnzōng Emperor	宋真宗	Northern Song emperor who reigned 997-1022
Wáng Jiè	王玠	Song-era Daoist scholar and alchemist Wáng Jiè 王玠. Emperor Zhenzong instructed Wáng Jiè to engage in the manufacture of alchemical gold
Jiājìng Emperor		Ming Dynasty emperor who reigned 1521-1567
Lǐ Shízhēn	李时珍	1518-1593, compiler of the Compendium of Materia Medica
Běncǎo Gāngmù	本草纲目	the Compendium of Materia Medica, compiled by Li Shizhen during the Ming
Yōngzhèng	雍正	Qing Emperor from 1709-1722
Qiánlóng	乾隆	Successor to Yongzheng, reigned 1735-1796