



The History of Chinese Medicine (Part 2)

Ep. 338

PINYIN / TERM	CHINESE	ENGLISH / MEANING
Yī Hé	医和	Physician He. he lived during the Spring & Autumn period and advanced the cause of medicine
Qín Yuèrén	秦越人	407 to 310 BC, better known as Bian Que, he was a renowned physician of his time. He was said to be the earliest known Chinese physician during the Warring States period. His real name is said to be Qin Yueren, but his medical skills were so amazing that people gave him the same name as the (original) legendary doctor Bian Que, from the time of the Yellow Emperor.
Biǎn Què	扁鹊	See above Qín Yuèrén
Chúnyú Yì	淳于意	a 3rd century BC physician and bureaucrat active during the Western Han dynasty. A minor official in charge of a granary in Qi, he became renowned as a healer. He is noted as an early source of case histories.
Huà Tuó	华佗	Hua Tuo lived c. 140 to 208. He was a Chinese physician who lived during the late Eastern Han dynasty. The historical texts Records of the Three Kingdoms and Book of the Later Han record Hua Tuo as the first person in China to use anaesthesia during surgery.
Zhāng Zhōngjǐng	张仲景	150-219 AD, formal name Zhang Ji (张机), was a Chinese pharmacologist, physician, inventor, and writer of the Eastern Han dynasty and one of the most eminent Chinese physicians during the later years of the Han dynasty. He established medication principles and summed up the medicinal experience until that time, thus making a considerable contribution to the development of Traditional Chinese Medicine
Huángfǔ Mì	皇甫谧	Physician, essayist, historian, poet, and writer who lived through the late Eastern Han dynasty, Three Kingdoms period and early Western Jin dynasty. Between 256 and 260, toward the end of the state of Cao Wei, he compiled the Canon of Acupuncture and Moxibustion
Huáng Dì	黄帝	The Yellow Emperor, also known as the Yellow Thearch or by his Chinese name Huangdi was one of the legendary Chinese sovereigns and cultural heroes included among the mytho-historical Three Sovereigns and Five Emperors. Huangdi's traditional reign dates are 2697–2597 or 2698–2598 BC.
Huángdì Nèijīng	黄帝内经	Known as the "Inner Canon of the Yellow Emperor" or "Esoteric Scripture of the Yellow Emperor", is an ancient Chinese medical text or group of texts that has been treated as a fundamental doctrinal source for Chinese medicine for more than two millennia. The work comprises two texts—each of eighty-one chapters or treatises in a question-and-answer format between the mythical Yellow Emperor and six of his equally legendary ministers. The first text, the Suwen (素問), also known as Basic Questions, covers the theoretical foundation of Chinese Medicine and its diagnostic methods. The second and generally less referred-to text, the Lingshu (靈樞; Spiritual Pivot), discusses acupuncture therapy in great detail. Collectively, these two texts are known as the Neijing or Huangdi Neijing. In practice, however, the title Neijing often refers only to the more influential Suwen.
Sùwèn	素问	Also known as Basic Questions, covers the theoretical foundation of Chinese Medicine and its diagnostic methods. It comprises the first half of the Yellow Emperor's Inner Canon
Língshū Jīng	灵枢经	Also known as the Efficacious Pivot or The Spiritual Pivot. It is the second book of the Yellow Emperor's Inner Canon

Bān Gù	班固	32-92 AD, historian, poet, and politician best known for his part in compiling the Book of Han, the second of China's 24 dynastic histories. He also wrote a number of fu, a major literary form, part prose and part poetry, which is particularly associated with the Han era
Bān Zhāo	班昭	c. 49-120 AD, a Chinese historian, philosopher, and politician. She was the first known female Chinese historian and, along with Pamphile of Epidaurus, one of the first known female historians. She completed her brother Ban Gu's work on the history of the Western Han, the Book of Han. She also wrote Lessons for Women, an influential work on women's conduct.
Bān Chāo	班超	32-102 AD, a Chinese diplomat, explorer, and military general of the Eastern Han Dynasty. As a Han general and cavalry commander, Ban Chao was in charge of administrating the "Western Regions" while he was in service. He also led Han forces for over 30 years in the war against the Xiongnu and re-established Han control over the Tarim Basin region
Xiōngnú	匈奴	a tribal confederation[8] of nomadic peoples who, according to ancient Chinese sources, inhabited the eastern Eurasian Steppe from the 3rd century BC to the late 1st century AD. Modu Chanyu, the supreme leader after 209 BC, founded the Xiongnu Empire
Hàn Dynasty	汉朝	The Han was an imperial dynasty founded by Liu Bang in 202 BC. There was a brief interregnum that lasted 9 to 25 AD. The Dynasty then resumed and continued (as the Eastern Han Dynasty) until 220 AD.
Qī Yījīng	七医经	the Seven Classics of Medicine
Zhēn Jīng	针经	The Classic of Needles, an ancient Chinese medical text that focuses on acupuncture and moxibustion techniques. The "Zhen Jing" is one of the foundational texts in the field of acupuncture and traditional Chinese medicine. It is attributed to Bian Que
Zhou Dynasty	周朝	Bronze Age dynasty that lasted from 1046-256 BC. The Western Zhou lasted 1046 to 771 BC. The Eastern Zhou lasted until 256 BC and was divided up into the Spring and Autumn and Warring States Periods
The Five Elements	五行	A fivefold conceptual scheme used in many traditional Chinese fields of study to explain a wide array of phenomena, including cosmic cycles, the interactions between internal organs, the succession of political regimes, and the properties of herbal medicines. The agents are Fire, Water, Wood, Metal, and Earth. The wuxing system has been in use since it was formulated in the second or first century BC during the Han dynasty. It appears in many seemingly disparate fields of early Chinese thought, including music, feng shui, alchemy, astrology, martial arts, military strategy, I Ching divination, and traditional medicine, serving as a metaphysics based on cosmic analogy
Qì	气	Qi is believed to be a vital force forming part of any living entity. Literally meaning "vapor", "air", or "breath", the word qi is a polysemous word often translated as "vital energy", "vital force", "material energy", or simply as "energy". Qi is the central underlying principle in traditional Chinese medicine and in Chinese martial arts. The practice of cultivating and balancing qi is called qigong.
Simǎ Qiān	司马迁	c. 145 – c. 86 BC, was a Chinese historian of the early Han dynasty. He is considered the father of Chinese historiography for his Records of the Grand Historian (Shi Ji), a general history of China covering more than two thousand years beginning from the rise of the legendary Yellow Emperor and the formation of the first Chinese polity to the reigning sovereign of Sima Qian's time, Emperor Wu of Han
Suí Dynasty	隋朝	a short-lived imperial dynast that lasted from 581 to 618. The Sui unified the Northern and Southern dynasties, thus ending the long period of division following the fall of the Western Jin dynasty, and laying the foundations for the much longer lasting Tang dynasty
Táng Dynasty	唐朝	The Tang was a dynasty that lasted from 618 to 907, with an interregnum between 690 and 705. It was preceded by the Sui dynasty and followed by the Five Dynasties and Ten Kingdoms period.
Wáng Bīng	王冰	710-805, a Tang dynasty scholar who studied the Suwen for twelve years, writing 24 volumes and 81 articles of "Supplementary Commentary on the Suwen"

Shénnóng's Materia Medica	神农本草经	Shénnóng's Materia Medica, a Chinese book on agriculture and medicinal plants, traditionally attributed to Shennong. Researchers believe the text is a compilation of oral traditions, written between about 206 BC and 220 AD. The original text no longer exists, but is said to have been composed of three volumes containing 365 entries on medicaments and their description.
Shāng Dynasty	商朝	Bronze Age Dynasty that preceded the Zhou. The Shang lasted from around 1600-1046 BC
tiān dì rén	天地人	Heaven, earth, and humankind
Qí Bó	歧伯	a mythological Chinese doctor, employed by the Yellow Emperor (Huangdi) as his minister. It is said that he was enlightened with the knowledge of traditional Chinese medicine by an ethereal being from the heavens. He recognized medicinal herbs in daylight, learned the Tao of health maintenance and mastered jingluo medicine
Guǐyúqū	鬼臾区	Legend has it that he was an ancient physician and minister of the Yellow Emperor. He assisted the Yellow Emperor in the invention of the Five Elements, pulsology and the meridians
Bó Gāo	伯高	Another legendary ancient physician associated with the Yellow Emperor
Shào Yú	少俞	Another legendary ancient physician also associated with the Yellow Emperor
Léi Gōng	雷公	the god of thunder in Chinese folk religion, Chinese mythology and Taoism. In Taoism, when so ordered by heaven, Leigong punishes both earthly mortals guilty of secret crimes and evil spirits who have used their knowledge of Taoism to harm human beings. He carries a drum and mallet to produce thunder, and a chisel to punish evildoers. He is also associated with medicine and the Yellow Emperor
Yīn Yáng	阴阳	A philosophical concept in Ancient China that describes opposite but interconnected forces. Yin Yang is a concept that originated in Chinese philosophy, describing opposite but interconnected, mutually perpetuating forces. In Chinese cosmology, the universe creates itself out of a primary chaos of material energy, organized into the cycles of yin and yang and formed into objects and lives
jīngluò	经络	an abbreviation of Jīngmài and Luòmài
Jīngmài	经脉	the channels or meridians where qì circulated, and in the process, regulated all bodily functions
Luòmài	络脉	the collaterals which connected channels. They were the branches of the Jīngmài channels
Dào	道	The Dao (Tao) or The Way
The Heavenly Guǐ	癸	a concept related to the traditional Chinese lunar calendar and its association with the phases of the moon. It is used to describe the energy and physiological changes that occur in a woman's body during her menstrual cycle. The Chinese lunar calendar divides a month into four periods of seven days each, and "Heavenly gui" refers to the last seven days of a woman's menstrual cycle, which is considered a time of nourishment and restoration
Jìn Dynasty	晋朝	Dynasty founded by Emperor Wu that lasted from 266 to 420
Shí Èr Zàng	十二脏	The Twelve Depots or Twelve Storage Organs, also referred to as the zàngfǔ 脏腑 organs, the Five Zàng and the Six Fǔ 腑 organs.
xīnbāo	心包	The pericardium
zàngfǔ	脏腑	The Five Zàng 五脏 were your liver, heart, spleen, lungs and kidneys. And your Six Fǔ 六腑 organs were your gall bladder, stomach, large intestine, small intestine, bladder and the so-called triple burner. This was the mechanics, that comprised the digestive, cardiorespiratory and urinary functions
Shén	神	Spirit or spiritual
Sān Jiāo	三焦	The Triple Burner, a concept in Traditional Chinese Medicine (TCM) that does not correspond to a specific anatomical organ but represents a functional system in the body. It is one of the six yang organs in TCM, the others being the gallbladder, small intestine, stomach, large intestine, and bladder. The Triple Burner is responsible for regulating the flow of various fluids and energies throughout the body. The Triple Burner is considered a crucial aspect of the body's regulatory system in TCM. It ensures that various functions are coordinated and that the body's internal environment remains in balance. It is closely related to the movement of fluids, the distribution of energy (Qi), and the overall functioning of the body's organs

dànzhōng	膻中	According to Wáng Bīng the dànzhōng is the region in the chest between the two breasts
Mǎwángduī	马王堆	an archaeological site located in Changsha, Hunan Province. The site consists of two saddle-shaped hills and contained the tombs of three people from the Changsha Kingdom during the western Han dynasty (206 BC – 9 AD): the Chancellor Li Cang, his wife Xin Zhui, and a male believed to have been their son. The site was excavated from 1972 to 1974. Most of the artifacts from Mawangdui are displayed at the Hunan Provincial Museum. It was called "King Ma's Mound" possibly because it was (erroneously) thought to be the tomb of Ma Yin (853–930), a ruler of the Chu kingdom during the Five Dynasties and Ten Kingdoms period
Wǔshí'èr Bìngfāng	五十二病方	the "Fifty-Two Diseases and Formulas" written during the Qín on silk and bamboo slips, lists 242 drugs, all derived from plants, animals and minerals. Many of these were not even mentioned in Shénnóng's Materia Medica
Emperor Wén of Hàn	汉文帝	Han Dynasty emperor who reigned 180-157 BC. He was one of the sons of the founding Emperor Gaozu
Zhāngjiāshān	张家山	Zhangjiashan Han bamboo texts are ancient Han dynasty texts dated 196–186 BC. They were discovered in 1983 by archaeologists excavating tomb no. 247 at Mount Zhangjia (張家山) of Jiangling County, Hubei Province (near modern Jingzhou). The tomb was built for an early Western Han era official who had died in 186 BC. The texts were written on traditional bamboo slips connected by cords into rolled scrolls. The written works included legal case precedents, literature on medicine including Book on Vessels, mathematics, military strategy, and a calendar with dates ranging from 202 BC to 186 BC.
Wú sè jīng	无色精	A text that dealt with the relationship between eye color and a number of diseases
Jiǔ Zhēn Shí èr yuán	九针十二原	The Nine Needles and the Twelve Meridians
Bìng Shū	病书	The Book of Diseases
Fāng Shū	方书	another book on prescriptions
Spring & Autumn Period	春秋时代	The Spring and Autumn Period, 770-481 BC
Qín Dynasty	秦朝	First a Warring State and later a short-lived but influential dynasty 221 - 206 BCE
Huángdì Wàijīng	黄帝外经	Yellow Emperor's Outer Classic
Shānhǎijīng	山海经	The Classic of the Mountains and Seas
Léi Gōng Páozhìlùn	雷公炮炙论	a three-volume work on traditional Chinese medicine written by Lei Jie of Liu Song Dynasty in the Southern and Northern Dynasties. This book is the earliest monograph on traditional Chinese medicine processing in my country. Just as The Yellow Emperor didn't actually write the Huangdi Neijing, the Thunder God Lei Gong didn't write this "Lei Gong Paozhilun"
Zhēnjiǔ Jiǎ Yí Jīng	针灸甲乙经	the Canon of Acupuncture and Moxibustion, credited to Huangfu Mi
cùn	寸	A "Chinese inch"
fèn	份	One tenth of a "cun"
Nàn Jīng	难经	The Classic of Difficult Problems。 It has a total of eighty-one "difficulties", which discuss medical contents such as pulse theory, meridians, hidden phenomena, diseases, acupoints, and treatments. It adopts a question and answer method to explore and discuss some theoretical issues of traditional Chinese medicine
xué	穴	acupoints or acupuncture or acupressure points
Shāng Hán Lùn	伤寒论	See above, 伤寒杂病论. This version survived
jiǎozi	饺子	dumplings
Jiāo'ěr	娇耳	The name given to the "dumplings" produced by Zhang Zhongjing to treat frostbite of the ears
Zhēnjiǔ Jiǎ Yí Jīng	针灸甲乙经	the Canon of Acupuncture and Moxibustion, credited to Huangfu Mi
Sīmǎ Yán	司马炎	Also, Emperor Wu of Jin 晋武帝, who reigned 266-290. He was the grandson of Sima Yi, nephew of Sima Shi and son of Sima Zhao. He became the first emperor of the Jin dynasty after forcing Cao Huan, last emperor of the state of Cao Wei, to abdicate to him.
Jìn Dynasty	晋朝	Dynasty founded by Emperor Wu that lasted from 266 to 420

zàngfǔ	脏腑	The Five Zàng 五脏 were your liver, heart, spleen, lungs and kidneys. And your Six Fǔ 六腑 organs were your gall bladder, stomach, large intestine, small intestine, bladder and the so-called triple burner. This was the mechanics, that comprised the digestive, cardiorespiratory and urinary functions
àicǎo	艾草	a type of herb called mugwort, used in moxibustion
Liènǚ Zhuàn	列女传	Biographies of Exemplary Women
Niè Bì Zhuàn	孽嬖传	The seventh scroll of the Biographies of Exemplary Women. This chapter was called Biographies of depraved Favorites
Mòxǐ	妹喜	She was a notorious concubine of King Jie, the last ruler of the Xia dynasty
Dájǐ	妲己	She was the favourite consort of King Zhou of Shang, the last king of the Shang dynasty
Zhuāngzǐ	庄子	Daoist philosopher as well as the book that bears his name, also known as the Second Book of the Tao. He lived 369-286 BCE
Emperor Wǔ of Hàn	汉武帝	He was the seventh emperor of the Han dynasty, reigning from 141 to 87 BC
Mǎwángduī	马王堆	an archaeological site located in Changsha, Hunan Province. The site consists of two saddle-shaped hills and contained the tombs of three people from the Changsha Kingdom during the western Han dynasty (206 BC – 9 AD): the Chancellor Li Cang, his wife Xin Zhui, and a male believed to have been their son. The site was excavated from 1972 to 1974. Most of the artifacts from Mawangdui are displayed at the Hunan Provincial Museum. It was called "King Ma's Mound" possibly because it was (erroneously) thought to be the tomb of Ma Yin (853–930), a ruler of the Chu kingdom during the Five Dynasties and Ten Kingdoms period
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