



The History of Chinese Medicine (Part 3)

Ep. 339

PINYIN / TERM	CHINESE	ENGLISH / MEANING
Jin Dynasty	晋朝	Dynasty founded by Emperor Wu that lasted from 266 to 420
Northern & Southern Dynasties	南北朝	A period of political division that lasted from 420 to 589, following the Sixteen Kingdoms and the Eastern Jin. It was an age of civil war and political chaos, but also a time of flourishing arts and culture, advancement in technology, and the spread of Mahayana Buddhism and Daoism. The period saw large-scale migration of the Han people to the lands south of the Yangtze. The period came to an end with the unification of all of China by Sui Emperor Wen.
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.
Shénnóng Běncǎojīng	神农本草经	Divine Farmer's Materia Medica, The Classic of the Way of Herbal Medicine, Shennong's Herbal Classic, The Divine Husbandman's Classic of Material Medica, a 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.
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	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
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
Zhāng Zhōngjǐng / Zhāng Jī	张仲景 / 张机	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
Eastern Han	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.
Shāng Hán Zábìng Lùn / Shāng Hán Lùn	伤寒杂病论 / 伤寒论	The Treatise of Cold-Damaged Disorders, the first comprehensive treatise on externally contracted diseases, including over a hundred updated prescriptions from the Shénnóng Materia Medica
Wáng Shūhé	王叔和	210-280, Jin 晋 Dynasty physician who served as imperial physician. His two important contributions to Chinese medicine were the "Treatise on Febrile Diseases" and the "Mai Jing".
Tài Yī	太医	The title of Imperial Physician
Mài Jīng	脉经	Wang Shuhe's Treatise on Pulsology.

Emperor Guāngwǔ	汉光武	5 BC-57AD, Emperor of the Han dynasty who overthrew Wang Mang and restored the dynasty in AD 25, thus founding the Eastern Han dynasty
Máhuáng	麻黄	Chinese ephedra, Ephedra sinica
Táo Hóngjǐng	陶弘景	456–536, Alchemist, astronomer, calligrapher, military general, musician, physician, and pharmacologist during the Northern and Southern dynasties (420–589). A polymathic individual of many talents, he was best known as a founder of the Shangqing "Highest Clarity" School of Taoism and the compiler-editor of the basic Shangqing scriptures. In 499 he completed "The Bencaojing Jizhu 本草經集注, "Collected Commentaries to the Materia Medica"), a critical reedition of the Han dynasty Shennong Bencao Jing attributed to Shennong. Although Tao's original commentary is no longer extant, it is widely quoted in later materia medica, and portions were discovered in the Dunhuang manuscripts.
Guǐgǔzi	鬼谷子	The Sage of Ghost Valley who went by many names. He taught in a place called Guigu 鬼谷 or Ghost Valley. It was located in Henan around Yúmèng Mountain 云梦山, today's Yǔzhōu 禹州, just to the west of Xǔchāng 许昌
Liáng Dynasty	梁朝	Also known as the Southern Liang, it was the third of the four Southern dynasties during the Northern and Southern dynasties period. It was preceded by the Southern Qi and succeeded by the Chen
Liáng Emperor Wǔ	梁武帝	464-549, Founding emperor of the Liang dynasty (see above). His reign, until its end, was one of the most stable and prosperous among the Southern dynasties
Shénnóng Běncǎojīng Jízhù	神农本草经集注	Tao Hongjing's Collected Annotations of the Shennong Materia Medica
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
Sòng Dynasty,	宋朝	Chinese Dynasty that ran 960-1279
Gě Hóng	葛洪	283-343, linguist, Taoist practitioner, philosopher, physician, politician, and writer during the Eastern Jin. He is best known for "The Baopuzi", the Emergency Formulae at an Elbow's Length, among others. He was the originator of first aid in traditional Chinese medicine and influenced later generations. In the field of Chinese Alchemy he is considered one of the best known and renowned.
Eastern Jin	东晋	318-420, After the fall of the Western Jin (based in Chang'an), Sima Rui, posthumously known as Emperor Yuan, was enthroned as Jin emperor in 318. He reestablished the Jin government at Jiankang (present-day Nanjing), which
Bàopǔzi	抱朴子	The Baopuzi was a literary work written by Ge Hong, divided into two main sections, the esoteric Neipian (內篇) "Inner Chapters" and the section intended for the public to understand, Waipian (外篇) "Outer Chapters". The Taoist Inner Chapters discuss topics such as techniques to achieve "hsien" (仙) "immortality; transcendence", Chinese alchemy, elixirs, and demonology. The Confucian Outer Chapters discuss Chinese literature, Legalism, politics, and society.
Zhǒuhòu Bèijífāng	肘后备急方	One of Ge Hong's books on medicine that showed the state of Chinese medicine in his time during the Eastern Jin
Zhǒuhòu Bǎiyī Fāng	肘后百一方	Tao Hongjing's update to Ge Hong's Zhouhou Beijifang. This was called "The 101 Emergency Prescriptions"
Yìxué	医学	the science of medicine
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"

Gōng Qìngxuān	龚庆宣	His dates of birth and death are unknown but Gong Qingxuan was a physician during the Southern Qi Dynasty. Wrote "Liu Juanzi's Ghost Prescriptions" between 475 and 502 AD.
Southern Qí	南齐	the second of the four Southern dynasties during the Northern and Southern dynasties era. It followed the Liu Song dynasty and was succeeded by the Liang dynasty. It lasted from 479-502
Book of Jin	晋书	One of the 24 Official Chinese Histories. This volume covered the Jin dynasty from 266 to 420. It was compiled in 648 by a number of officials commissioned by the imperial court of the Tang dynasty. It is said Emperor Taizong wrote a few chapters himself
Liú Juānzǐ Guǐyífāng	刘涓子鬼遗方	the earliest extant monograph on surgery techniques in China, published in 499. This book consists of three volumes. It briefly summarizes the experience in treating sores, carbuncles, boils and other skin diseases. It contains more than 140 prescriptions for internal and external treatments.
Guǐyífāng	鬼遗方	This means "Ghost Prescriptions"
guǐ	鬼	A ghost or spirit
Cháo Yuánfāng	巢元方	550 to 630, also known as Tàì Yī Bóshì 太医博士. He was a physician and medical author who was court physician during the Sui between the years 605 and 616. Traditionally, he had been attributed the co-authorship or authorship of the Chinese medical classic Zhubing yuanhou lun (see below).
Emperor Yáng of Suí	隋炀帝	The second and final emperor of the Sui Dynasty. He reigned from 604 to 618
Tài Yī Shǔ	太医署	Office of the Imperial Physician, a shǔ is a government office or bureau
Zhūbìng Yuánhòu Lùn	诸病源候论	Chao Yuanfang's "General Treatise on the Causes and Manifestations of all Diseases." It's also called the Cháo Shì Bìngyuán 巢氏病源, Cháo's Treatise on the Causes and Symptoms of Diseases. This work sets out a classification of diseases and describes their causes and symptoms. It also discusses therapeutic methods.[1] The Zhubing yuanhou lun had an important influence on the development of Chinese medicine. Its influence also extended to Japan where it formed the inspiration for the Ishinpō, the oldest surviving Japanese medical text completed in 984.
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.
Dǎoyǐn	导引	These were a series of cognitive body and mind unity exercises practiced as a form of Daoist neigong, meditation and mindfulness to cultivate jing (essence) and direct and refine qi. These exercises are often divided into yin positions (lying and sitting) and yang positions (standing and moving). The practice of daoyin was a precursor of qigong
Qìgōng	气功	A system of coordinated body-posture and movement, breathing, and meditation, said to be useful for the purposes of health, spirituality, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance the mythical life-force qi

Nèigōng	内功	Literally means internal strength or internal skill. It refers to a series of internal changes that a practitioner goes through when following the path to Dao, and these changes may be achieved through practices including qigong or tai chi.
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
Chángshā, Húnán	湖南长沙	Changsha is the capital of Hunan province
Dǎoyǐn Tú	导引图	depicts forty-four figures posing in various sitting and standing dǎoyǐn positions
Sūn Sīmǎo	孙思邈	(Died 682) Sun Simiao was a physician and writer of the Sui and Tang dynasty. He was titled as China's King of Medicine (药王, Yaowang) for his significant contributions to Chinese medicine and tremendous care to his patients. Sun wrote two books: The Beiji Qianjin Yaofang ("Essential Formulas for Emergencies [Worth] a Thousand Pieces/Catty of Gold") and Qian Jin Yi Fang ("Supplement to the Formulas of a Thousand Gold Worth")—that were both milestones in the history of Chinese medicine, summarizing pre-Tang dynasty medicine. The former listed about 5300 recipes for medicines, and the latter 2000.
Sū Jìng	苏敬	599-674, Su Jing was a Tang era pharmacologist. He is most famous for his role in the compilation of the world's first pharmacopoeia officially promulgated by the state, the Newly Revised Materia Medica (also known as "Tang Materia Medica")
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.
Tàizōng, Gāozōng, Empress Wǔ	唐太宗, 高宗, 武则天	The three emperors and empress who reigned collectively from 626 to 705, considered some of the best years of the Tang Dynasty
Emperor Wǔ of Hàn	汉武帝	Western Han Dynasty emperor who reigned 141-87 BC
Cháng'ān	长安	The modern-day city of Xian, capital of Shaanxi Province. It served as the capital of many Chinese dynasties, most famously the Western Han and the Tang
Shǎnxī Province	陕西	Written as Shaanxi Province to differentiate it from its nextdoor neighbor Shānxī
Xiān	西安	Capital of Shaanxi province. Once known as Chang'an
Yào Wáng	药王	the King of Medicines, one of Sun Simiao's nicknames
Sìchuān	四川	Province in southwest China. Capital is Chengdu
Qiānjīn Yàofāng	千金药方	Prescriptions of the Thousand Ounces of Gold. It's also called the Bèijī Qiānjīn Yàofāng 备急千金药方, published in 652. It was written by Sun Simiao (see above)
Qiānjīn Yīfāng	千金翼方	Supplement to the Prescriptions of the Thousand Ounces of Gold. It was written by Sun Simiao (see above)

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.
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
Tàiqīng Dānjīng Yàojié	太清丹经要诀	Sun Simiao's "Essentials of the Elixir Manuals for Oral Transmission"
Biǎn Què	扁鹊	407 to 310 BC, also known as Qín Yuèrén 秦越人, 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.
Huángǔ 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
Xīnxiū Běncǎo	新修本草	the Newly Revised Materia Medica. Because it came out during the Táng it's also referred to as the Táng Běncǎo 唐本草 or Material Medica of the Táng
Wáng Tāo	王焘	Born in 670 AD and died in 755 AD. He was another famous physician in the Tang Dynasty(焘 also pronounced Dào), authpor of the Waitai Miyao (see below)
Wàitái Miyào	外台秘要	Wang Tao's "Essential Secrets From the Palace Library," a medical text highly praised by later generations. Wang Tao researched and quoted as many as 60 medical books by previous doctors.
Dūnhuáng	敦煌	A city in Western Gansu that was once a major stop on the Silk Road. Dunhuang is best known for the nearby Mogao Caves
Zímíngzhōng Níngshí Jùzhēn	凝时聚珍:	An exhibition opening on February 1, 2024 at the London Science Museum called "Clockwork Treasures from China's Forbidden City"