



# The History of Chinese Medicine (Part 4)

## Ep. 340

PINYIN / TERM	CHINESE	ENGLISH / MEANING
Shénnóng Běncǎojīng	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.
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.
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".
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.
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).
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
Sūn Sīmiǎo	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 Jīng	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"
Tāng 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.
Ānshǐ / Ān Lùshān Rebellion	唐朝	An eight-year civil war that lasted from 755 to 763 that started as a commandery rebellion against the Imperial Government, attempting to overthrow and replace it. When it was all done, the Tang Dynasty began its long decline
Southern Hàn Dynasty	南汉	One of the Ten Kingdoms that existed during the Five Dynasties and Ten Kingdoms period. It was located on China's southern coast, controlling modern Guangdong and Guangxi

<b>Sòng Dynasty</b>	宋朝	an imperial dynasty of China that ruled from 960 to 1279. The dynasty was founded by Emperor Taizu of Song
<b>Emperor Rénzōng</b>	宋仁宗	The fourth emperor of the Northern Song who reigned from 1022 to 1063, making him the longest reigning Song dynasty emperor
<b>Bì Shēng</b>	毕昇	972-1051, Artisan, engineer, and inventor of the world's first movable type technology, with printing being one of the Four Great Inventions. Bi Sheng's system was made of Chinese porcelain and was invented between 1039 and 1048 in the Song dynasty
<b>Sū Dōngpō</b>	苏东坡	1037-1101, Northern Song era poet, essayist, politician, calligrapher, painter, gastronome, pharmacologist, and travel writer. He was an important figure in Song Dynasty politics, aligning himself with Sima Guang and others, he was an outspoken policy critics against the New Policies faction led by Wang Anshi. Also known as Su Shi, he widely regarded as one of the most accomplished figures in classical Chinese literature, having produced some of the most well-known poems, lyrics, prose, and essays
<b>Shěn Kuò</b>	沈括	1031-1095, also known as Shen Gua, he was a polymath, scientist, and statesman of the Song dynasty, mastering many fields of study including mathematics, optics, and horology. He is credited with writing the Dream Pool Essays (see below Mengxi Bitan)
<b>Mèngxī Bǐtán</b>	梦溪笔谈	The Dream Pool Essays, an extensive book written by Shen Kuo, published in 1088. The book covers a range of topics including discoveries and advancements in Traditional Chinese medicine, mathematics, astronomy, science and technology, optics, architecture and civil engineering, metallurgy, and early archaeology.
<b>Sū Shěn Liáng Fān</b>	苏沈良方	Efficacious Prescriptions of Sū Dōngpō and Shěn Kuò
<b>Jiàozhèng Yīshūjú</b>	校正医书局	The Bureau for the Re-Editing of Medical Books,
<b>Chén Shīwén</b>	陈师文	Co-writer of the Taiping Huimin Heji Jufang (Formulary of the Taiping Welfare Dispensary Bureau), the first government-published book of prescriptions in the world.
<b>Péi Zōngyuán</b>	裴宗元	Co-writer (along with Chen Shiwen) of the Taiping Huimin Heji Jufang (Formulary of the Taiping Welfare Dispensary Bureau), the first government-published book of prescriptions in the world.
<b>Héjǐjúfāng</b>	和剂局方	Prescriptions from the Pharmacy of Harmonious Assistance, also called the Tàipíng Huīmín Héjǐjúfāng 太平惠民和剂局方 (Formulary of the Taiping Welfare Dispensary Bureau)
<b>Song Emperor Huizōng</b>	宋徽宗	Song emperor who reigned 1100-1126. He is remembered for his artistic and cultural strengths. But he spent too much attention enjoying the pleasures of Chinese culture and allowed the dynasty to almost be vanquished
<b>Shāng Hán Lùn</b>	伤寒论	The Treatise of Cold-Damaged Disorders, a discourse on how to treat epidemic infectious diseases causing fevers prevalent during his era. This original version was lost
<b>Běncǎo</b>	本草	a materia medica
<b>guānfāng</b>	官方	government controlled or government sanctioned prescriptions
<b>Yuán Dynasty</b>	元朝	A Mongol-led dynasty of China and a successor state to the Mongol Empire after its division. It was established by Kublai Khan, the fifth khagan-emperor of the Mongol Empire from the Borjigin clan, and lasted from 1271 to 1368
<b>Yīguān</b>	医官	An imperial physician official
<b>Wáng Ānshí Reforms</b>	王安石新法	a series of reforms initiated by the Northern Song dynasty politician Wang Anshi when he served as minister under Emperor Shenzong from 1069–1076. The policies were in force until the emperor's death, then repealed, then enacted again and were a focus of court politics until the end of the Northern Song
<b>Tài Yī Jú</b>	太医局	The Imperial Bureau of Medicine
<b>Biǎn Què</b>	扁鹊	407 to 310 BC, better known as Qin Yueren, 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.
<b>Xǐyuān Jílù</b>	洗冤集录	The Xǐyuān Jílù by Sòng Cí 宋慈 (1188-1249) helped establish the science of forensic medicine. The Xǐyuān Jílù, or Collected Cases of Injustice Rectified, became the coroners' handbook

Sòng Cí	宋慈	1188-1249, Physician who wrote the "Collected Cases of Injustice Rectified" (see above)
Yīshī	医师	A Physician (as opposed to an Yiguan 医官)
Chén Yán	陈言	1121-1190, came out with the Theory of the Three Causes, the Sān Yīn. This was contained in his most noted work The Sān Yīn Jīyī Bìngzhèng Fāng Lùn 三因极一病证方论
Qī Qíng	七情	The Seven feelings, joy, anger, vexation, sadness, distress, fear and fright
zhěnsuǒ	诊所	A clinic or urgent care facility
Qián Yǐ	钱乙	1032-1113, Northern Song physician who devoted his life to the study of pediatrics. He wrote an important work on this subject was called the Yīng Rú Lùn 婴孺论 The Treatise on Infants and Children
Hēilóngjiāng	黑龙江	One of the three northeast provinces in China that make up Manchuria
Yīng Rú Lùn	婴孺论	The Treatise on Infants and Children, written by Qian Yi (see above)
Yán Jìzhōng	阎季忠	Pupil of Qian Yi, also know as Yán Xiàozhōng 阎孝忠
Xiǎo'ér Yàozhèng Zhíjué	小儿药证直诀	The Appropriate Way of Recognizing and Treating Infant Maladies, a monograph on pediatrics
Érkē zhī shèng	儿科之圣	the Sage of Pediatrics
Yòukē zhī bízǔ	幼科之鼻祖	the Founder or Originator of Pediatrics
Confucius, Mèngzǐ, Lù Yǔ	孔子, 孟子, 陆羽	The Great Sage, The Second Sage, The Tea Saint
Wáng Wéiyī	王惟一	987-1067, also known as Wang Weide (王惟德), was a Chinese physician and writer of the Song dynasty. He was as an expert on acupuncture and famous for creating bronze figure models and compiling a book on the subject
Tiānshèng Tóngrén	天圣铜人	Bronze figures created by Wang Weiyi that were much more precise and of human size. They are called the Tiansheng Bronze Figures (天聖銅人; 天圣铜人) after the era name in which they were constructed. The two man-sized bronze figures were designed with care about the actual human body proportion. They were engraved with 354 acupoints – 4 millimeter deep, marked with names and connected according to the twelve meridians. The limbs were movable and disassemblable. Inside the bronze trunk, there were internal organs and skeleton made of wood
xué	穴	Acupuncture point on the body
Tóngrén Shùxué Zhēnjiǔ Tújīng	铜人腧穴针灸图经	The Illustrated Manual of the Bronze Man, written by Wang Weiyi (see above)
Nàn Jīng	难经	The Yellow Emperor's Canon of 81 Difficult Issues
Qín Yuèrén	秦越人	See above Bian Que
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
ái	癌	cancer
Sū Sòng	苏颂	1020–1101, polymathic scientist and statesman. Excelling in a variety of fields, he was accomplished in mathematics, astronomy, cartography, geography, horology, pharmacology, mineralogy, metallurgy, zoology, botany, mechanical engineering, hydraulic engineering, civil engineering, invention, art, poetry, philosophy, antiquities, and statesmanship during the Song dynasty. He's remembered for the hydro-mechanical astronomical clock tower he designed and built in Kaifeng
Shuǐyùn Yíxiàng Tái	水运仪像台	Water Powered Armillary Sphere and Celestial Globe Tower, also known as the Cosmic Engine and the Water-driven Spherical Birds-Eye View Map of the Heavenly Constellations. Designed and built by Su Song
Běncǎo Tújīng	本草图经	Su Song's "Illustrated Classic of Materia Medica"
Táng Běncǎo	唐本草	Tang Dynasty Materia Medica, also known as the Xinxiu Bencao 新修本草, a Chinese pharmacopoeia written in the Tang dynasty by a team of officials and physicians headed by editor-in-chief Su Jing

<b>Zhènglèi Běncǎo</b>	<b>证类本草</b>	Compendium produced by Tang Shenwei (see below). He merged the entirety of some existing works and added information researched on his own to the compilation. The book was ready about 1082–1083. Its full title, Jingshi zhenglei beiji bencao: 经史证类备急本草 translates as "Ready-to-use pharmacopoeia, classified as collected from the Classics and historiographical books"
<b>Táng Shènwēi</b>	<b>唐慎微</b>	c.1056-1093, physician of the Song Dynasty. He compiled an influential pharmacopoeia, Zhenglei Bencao (证类本草).
<b>Zhōu Dynasty</b>	<b>周朝</b>	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
<b>Jīngshǐ Zhènglèi Bèijí Běncǎo</b>	<b>经史证类备急本草</b>	More commonly known as The Zhènglèi Běncǎo or the Zhènglèi Materia Medica
<b>Línjiāng Xiān - Yè Guī Língāo</b>	<b>临江仙夜归临皋</b>	The beloved Su Shi poem, "Returning to Língāo at Night"
<b>Hàn Dynasty</b>	<b>汉朝</b>	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.
<b>Míng Dynasty</b>	<b>明朝</b>	an imperial dynasty of China, ruling from 1368 to 1644 following the collapse of the Mongol-led Yuan dynasty
<b>Lǐ Shízhēn</b>	<b>李时珍</b>	1518-1593, acupuncturist, herbalist, naturalist, pharmacologist, physician, and writer during the Ming dynasty. He is the author of the Compendium of Materia Medica (Bencao Gangmu. He developed several methods for classifying herb components and medications for treating diseases
<b>Jīn Dynasty</b>	<b>金朝</b>	Officially known as the Great Jin Dà Jīn 大金, a dynasty of China that existed between 1115 and 1234. It is also sometimes called the "Jurchen dynasty" or the "Jurchen Jin", because members of the ruling Wanyan clan were of Jurchen descent
<b>Jīn Yuán Sìdà Jiā / sìdà Míngyī</b>	<b>金元四大家 / 四大名医</b>	the Four Great Physicians of the Jīn and Yuán Dynasties: Liu Wansu, Zhang Congzheng, Li Gao, Zhu Zhenheng
<b>Liú Wánsù</b>	<b>刘完素</b>	1110-1200, Founder of the "Cold and Cooling School, he was a Jin dynasty physician. He observed the high frequency of fever and inflammation in serious diseases and promoted the idea of using herbs of cooling nature to treat these conditions. This was a step in the opposite direction of many of his predecessors, who focused on using warming herbs. This work had much influence on the later concept of "wen bing" 温病 or epidemic febrile diseases, which corresponded to (and preceded) the Western concept of contagious disease. He also undertook a detailed study of the Su wen, describing the etiology of disease in relation to the teachings of that famous text
<b>Zhāng Cóngzhèng</b>	<b>张从正</b>	1156–1228, a physician and writer active during the Jin dynasty. Based in the capital city of Daliang (大梁; present-day Kaifeng, Henan), Zhang was known for his aggressive and unorthodox approach to medicine, which was based on the belief that all illnesses were caused by "deviant" qi
<b>Lǐ Gāo</b>	<b>李皋</b>	1180-1251, he developed the theory of internal injury which held that the spleen and stomach played a critical role in human health. He maintained that when the spleen and stomach were injured, other "Xangfu organs and one's qi and blood essence were affected
<b>Zhū Zhènghēng</b>	<b>朱震亨</b>	1282–1358, physician and writer active during the Yuan dynasty. Initially trained in classics as a fourth-generation follower of Confucian philosopher Zhu Xi, he decided to pursue a career in medicine after failing his civil examinations twice. After his death, Zhu's teachings continued to be compiled and circulated by his followers well into the Ming dynasty
<b>Yīn Yáng</b>	<b>阴阳</b>	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

<b>The Five Elements</b>	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
<b>Qì</b>	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.
<b>Hū Sīhuì</b>	忽思慧	1314–1330, Yuan Dynasty imperial court therapist and dietitian. He is known for his book Yinshan Zhengyao (Dietary Principles), a classic in Chinese medicine and Chinese cuisine. He was the first to empirically discover and clearly describe deficiency diseases.
<b>Rénzōng</b>	元仁宗	Reigned 1311-1320, Emperor Renzong of Yuan was the fourth emperor of the Yuan His regnal name "Buyantu Khan" means "blessed/good Khan" in the Mongolian language
<b>Yǐnshàn Zhèngyào</b>	饮膳正要	The Dietary Principles of Food and Drink, written by Hu Sihui
<b>Qí Bó</b>	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
<b>lǎobǎixìng</b>	老百姓	The masses of ordinary people (as opposed to the government and government officials)
<b>zàngfǔ</b>	脏腑	Zàng organs, if you recall, were the heart, liver, spleen, Lungs and kidneys. The Fǔ organs were the small and large intestines, gall bladder, bladder, stomach and the Sān Jiāo triple burner.