



The History of Chinese Medicine (Part 5)

Ep. 341

PINYIN / TERM	CHINESE	ENGLISH / MEANING
Zímíngzhōng Níngshí Jùzhēn	自鸣钟: 凝时聚珍	Zimingzhong: Clockwork Treasures from China's Forbidden City, at the London Science Museum. February 1 to June 2, 2024
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
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.
jīng	精	energy, spirit; the fundamental substance which maintains the functioning of the body, the essence of life.
Biǎn Què (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.
Sòng Dynasty	宋朝	Dynasty that ruled from 960 to 1279.
Bì Shēng	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
Jīn Dynasty	金朝	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
Yuán Dynasty	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
Míng Dynasty	明朝	Dynasty that ruled from 1368 to 1644 following the collapse of the Mongol-led Yuan dynasty
Qīng	清朝	China's last imp[er]ial dynasty. It lasted 1644-1912
Shàngchuān Island	上川岛	the main island of the Chuanshan Archipelago on the southern coast of Guangdong, St. Francis Xavier perished there.

Táishān	台山	Known in Cantonese as Toishan or Toisan and in local dialect as Hoisan, the city was formerly known as Xinning or Sunning (新寧). Today it is a county-level city in the southwest of Guangdong
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.
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.
Wáng Kěntáng	王肯堂	1549-1613, a Ming court official who later became a physician. He collected information about medicine and produced the Liuke Zhengzhi Zhunsheng (Standards of Diagnosis and Treatment of Six Branches of Medicine) published in 1602 A.D.; it became the most widely used medical book of the 17th century.
Yīguān	医官	A Physician official who served in the government
Liùkē Jiànzhì Zhǔnshéng	六科健治准绳	Wang Kentang's Standards of Diagnosis and Treatment of the Six Branches of Medicine
Liùkē	六科	The Six Branches of Medicine: formulas, cold-induced diseases, sores and wounds, pediatrics, gynecology and obstetrics and there was a sixth category for miscellaneous diseases
Hànlín	翰林院	an academic and administrative institution of higher learning founded in the 8th century by Tang Emperor Xuanzong in Chang'an. It has also been translated as "College of Literature" and "Academy of the Forest of Pencils."
Táng Emperor Xuánzōng		Tang Emperor who reigned 712-756
Gǔjīn Yītǒng Zhèngmài Quánshū	古今医统正脉全书	Complete Book of Orthodox Ancient and Modern Medical Works, by Wang Kentang, one hundred volumes of wisdom culled from forty-four of the most renowned physicians in Chinese history,
běncǎo	本草	a materia medica or pharmacopia
Yǒnglè Emperor	永乐帝	Ming Emperor who reigned 1402-1424
Zhèng Hé	郑和	1371-1433?, Chinese mariner, explorer, diplomat, fleet admiral, and court eunuch during China's early Ming dynasty, and often regarded as the greatest admiral in Chinese history.
Guǎngzhōu	广州	Capital city of Guangdong province. Used to be known as Canton
Chén Sīchéng	陈司成	One of the first physicians in China to devote his energies to understanding and combating syphilis
Méichuāng Mìlù	霉疮秘录	Secret Writings on Putrid Ulcers, Chen Sicheng's monograph about syphilis
Hángzhōu	杭州	Capital of Zhejiang Province. Also served as the capital of the Southern Song Dynasty
shēngshēngrǔ	生生乳	The concoction created by Chen Sicheng to treat syphilis
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.

Sòng Cí	宋慈	1188-1249, Physician who wrote the "Collected Cases of Injustice Rectified." He's called China's Father of Forensic Medicine
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 婴童论 The Treatise on Infants and Children
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
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
Jīn Yuán Sìdà Jiā / sìdà Míngyī	金元四大家 / 四大名医	the Four Great Physicians of the Jīn and Yuán Dynasties: Liu Wansu, Zhang Congzheng, Li Gao, Zhu Zhenheng
Lǐ Shízhēn	李时珍	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
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
Yīguān	医官	An imperial physician official
Zhènglèi Běncǎo	证类本草	Tāng Shēnwēi's Collected Classified Materia Medica. 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
Běncǎo Gāngmù	本草纲目	the Compendium of Materia Medica or the Great Pharmacopoeia
Wànlì Emperor	万历帝	Ming emperor whose long reign lasted from 1572-1620
Tàiyī Yuàn	太医院	the Imperial Academy of Medicine
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).
wàidān	外丹	Taoist External Alchemy, an early branch of Chinese alchemy that focused upon compounding elixirs of immortality by heating minerals, metals, and other natural substances in a luted crucible.
Jiājìng Emperor	嘉靖帝	Ming emperor whose long reign lasted from 1521-1567
Yáng Jìzhōu	杨继洲	Ming era physician who gave us the Zhēnjiǔ Dàchéng 针灸大成 "The Great Success of Acupuncture and Moxibustion, another essential desk reference for any physician all the way through the Qing Dynasty
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
Western Jin Dynasty	晋朝	The Jin Dynasty was founded by Emperor Wu and lasted from 266 to 420. The Western Jin ended in 316
Zhēnjiǔ Jiǎ Yí Jīng	针灸甲乙经	Huangfu Mi's groundbreaking work, the Canon of Acupuncture and Moxibustion

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.
Wāng Jī	汪机	1463-1539, wrote the Shíshān Yī'àn 石山医案 or Stone Mountain Medical Cases, a collection of over one hundred case histories centered in Qímén. Anhui
Zēng Guófān	曾国藩	1811-1872, a statesman and military general of the late Qing. He is best known for raising and organizing the Xiang (Hunan) Army to aid the Qing military in suppressing the Taiping Rebellion and restoring the stability of the Qing Empire
Sìkù Quánshū	四库全书	"Complete Library of the Four Treasuries"
Qiánlóng Emperor	乾隆帝	Qing emperor whose long reign lasted from 1735-1796
Jiāng Guàn	江瓘	1503-1565, wrote both his own case studies and compiled a book summarizing the extant case history books going back to before the Tang. This was the Míng Yī Lèi Àn 名医类案, "Famous Medical Cases." There were a total of twelve volumes that discussed 205 types of illness, all explained in the context of case studies involving diseases
Zhézōngpài	折衷派	Eclectic School, sort of combined aspects of all four theories
Warming Yáng School	温阳派	the Warming Yang School refers to a theoretical framework within TCM that focuses on balancing the body's yang energy. It specifically emphasizes the importance of strengthening and nourishing the yang aspect of the body to maintain overall health
Nourishing Yin School	养阴派	The Nourishing Yin School emphasizes the importance of nourishing and tonifying the yin aspect of the body to maintain overall health. According to TCM theory, an imbalance in yin energy can lead to various health issues.
Zhāng Jièbīn / Zhāng Jǐngyuè	张介宾 / 张景岳	1562-1639, wrote the Jǐngyuè Quánshū 景岳全书, the "Complete Compendium of Zhāng Jǐngyuè.
Lǐ Zhōngzǐ	李中梓	1588-1655, Late Ming, Early Qing physician who wrote the Nèijīng Zhīyào 内经知要
Tàichāng, Tiānqǐ, and Chóngzhēn emperors	太昌帝, 天启帝, 崇祯帝	The final three emperors of the Ming Dynasty
Wèi Zhōngxián	魏忠贤	Powerful eunuch in late Ming history given much credit for the dynasty's downfall.
pài	派	A faction
Nèijīng Zhīyào	内经知要	Li Zhongzi's 1642 commentary on the Yellow Emperor's Inner Canon. This version is the one most widely used today
Rúyī	儒医	儒 means all thing Confucian. Ruyi's were Confucian physicians
Língyī	铃医	itinerant doctors
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
Nànjīng	难经	Classic of Difficult Issues
Shāng Hán Lùn	伤寒论	Treatise on Cold Damage Diseases
Zhū Sù	朱橚	Fifth son of Ming Dynasty founder Zhu Yuanzhang. He wrote several medical texts, most famously the Jiùhuāng Běncǎo 救荒本草 or the Famine Disaster Relief Materia Medica
Kāifēng	开封	City in Henan that served as the capital of the Northern Song Dynasty
Qiānjīn Yàofāng	千金药方	Sun Simiao's "Prescriptions of the Thousand Ounces of Gold."
Yùzuǎn yīzōng Jīnjiàn	御纂醫宗金鑑	"Golden Mirror of the Orthodox Lineage of Medicine", known more simply as, The Golden Mirror or Jīnjiàn 金鑑.
Cóngshū	丛书	Series or collections of books
Ortai / È'ěrtài	鄂尔泰	1680-1745, high ranking Manchu who served both the Yongzheng and the Qianlong Emperors. He governed the southwestern region of the Qing empire, Yun-Gui, from around 1726–1731, and was responsible for putting down several Miao uprisings
Gǔjīn Túshū Jíchéng	古郡图书集成	Synthesis of Books and Illustrations, Past and Present
Jiāngnán		the southern provinces of Jiāngsū, Zhèjiāng, Jiāngxī, and Ānhuī

Lán Mào	兰茂	Yúnnán herbalist who wrote the Diānnán Běncǎo 本草. This Materia Medica of South Yunnan described all the various medicinal plants and herbal remedies of southern Yúnnán that had been used in a variety of ways by all the tribespeople on both sides of the Yúnnán borders with Vietnam, Laos and Burma.
xuē	穴	acupoints or acupuncture or acupressure points
báhuǒguàn	拔火罐	The treatment of Cupping