

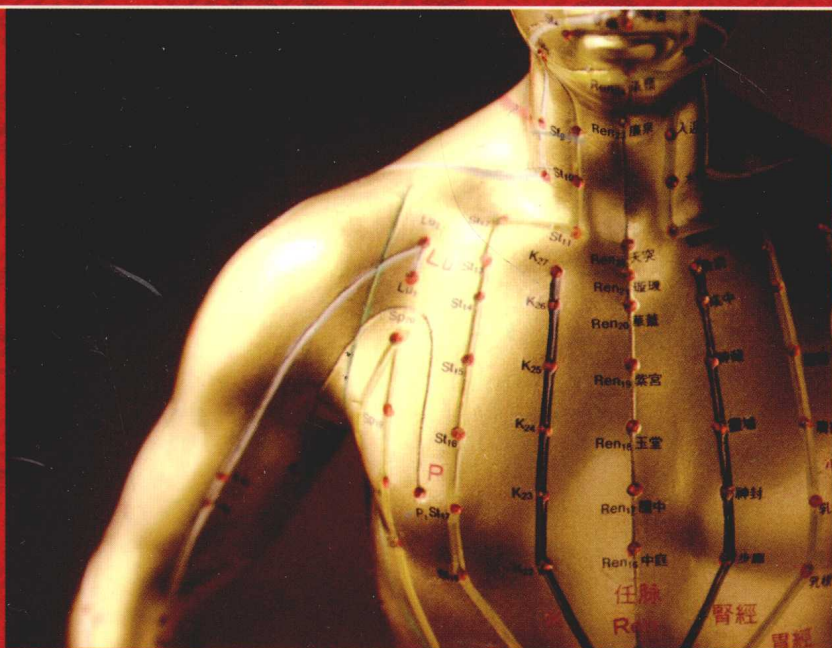
International Acupuncture Textbooks

China Beijing International Acupuncture Training Center
Institute of Acupuncture and Moxibustion,
China Academy of Chinese Medical Sciences

Basic Theories of Traditional Chinese Medicine

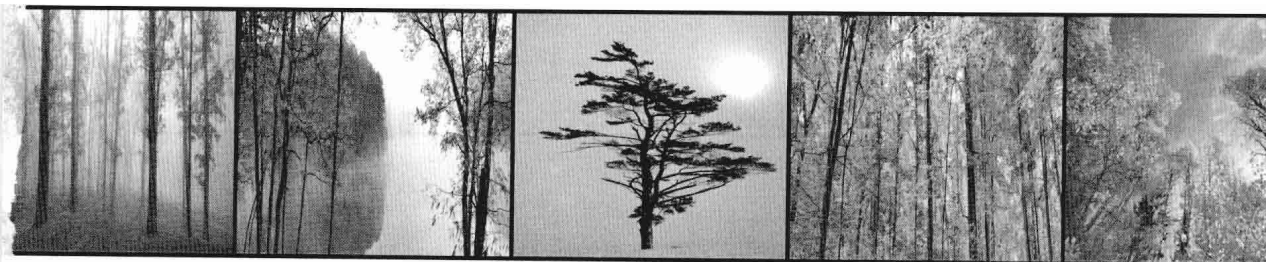
· **Advisor:** Cheng Xinnong

· **Editors:** Zhu Bing, Wang Hongcai



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Abstract

China Beijing International Acupuncture Training Center

China Beijing International Acupuncture Training Center (CBIATC) was set up in 1975 at the request of the World Health Organization (WHO) and with the approval of the State Council of PRC. Since its foundation, it has been supported and administered by WHO, the Chinese government, State Administration of Traditional Chinese Medicine (SATCM) and China Academy of Chinese Medical Sciences (CACMS). Now it has developed into a world famous authoritative training organization.

Since 1975, aiming to popularize acupuncture to the world, CBIATC has been working actively to accomplish the task, “to perfect ways of acupuncture training and provide more opportunities for foreign doctors”, assigned by WHO. More than 30 years’ experience has created an excellent teaching team led by the academician, Prof. Cheng Xinnong, and a group of professors. The multiple courses here are offered in different languages including English, German, Spanish, Japanese, etc. According to statistics, so far CBIATC has provided training in acupuncture, Tuina Massage, Chinese traditional medicine, Qigong, etc. for over 10,000 medical doctors and students from 106 countries and regions.

The teaching programs of CBIATC including three-month and various short courses are carefully and rationally worked out based on the individual needs of participants. Characterized by the organic combination of theory with practice, there are more than ten cooperating hospitals for the students to practice in. With professional teaching and advanced services, CBIATC will lead you to the profound and wonderful world of acupuncture.

Official Website: www.cbiatc.com

Training Support: www.tcmoo.com



Preface

More than 2000 years ago, a Chinese doctor named Bianque saved the life of a crown prince simply with an acupuncture needle. The story became one of the earliest acupuncture medical cases and went down in history. Perhaps since then, people have been immersed in fantastic reveries about the mystery of acupuncture and kept on studying it. In 1975, at the request of the World Health Organization, an acupuncture school was founded in Beijing, China, namely China Beijing International Acupuncture Training Center. As one of the sponsor institutions, the center compiled a text book of Chinese Acupuncture and Moxibustion for foreign learners and had it published in 1980 and reprinted repeatedly afterwards, which is of profound far-reaching influence and has been adopted as a “model book” for acupuncture education and examination in many countries, and played a significant role in the global dissemination of acupuncture at the present time.

Today, for the purpose of being “authentic and professional”, we have compiled a series of books entitled Chinese Acupuncture Series to introduce incisively the basic theories of traditional Chinese medicine (TCM) and acupuncture-moxibustion techniques, which is characterized by inheriting and developing the characteristics of the original text book of Chinese Acupuncture and Moxibustion; presenting authoritatively the systematic teaching materials with concise explanation based on a core syllabus for TCM professional education in China.

In addition, just as the same plant might have its unique properties when growing in different geographical environments, this set of books may reflect our experience accumulated in 30-years of international acupuncture training with its own style.

In order to let the book come out in time for the occasion of the 2009 Frankfurt International Book Fair, our scheduled time for preparation has been shortened by half. Though the whole team has worked hard to guarantee the quality, errors and omissions may still exist. We sincerely hope that the readers will oblige us with corrections.

Zhu Bing, Wang Hongcai



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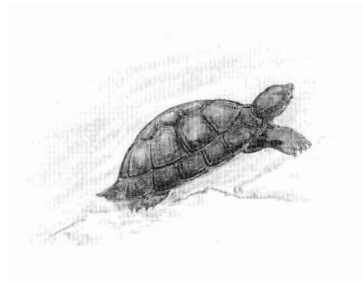
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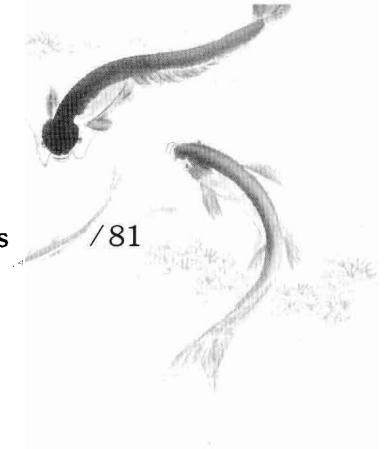
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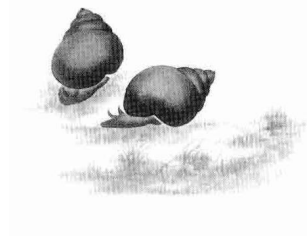
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Introduction



I. The Formation and Development of TCM

1. Formation of the theoretical systems of TCM

The period of formation: Preliminary formation from the Spring and Autumn period and Warring States period to the Qin and Han dynasties

The symbol of formation: *Huangdi's Internal Classic*, the earliest extant medical classic in China, established the unique theoretical systems of TCM and laid a foundation for the development of TCM.

Significance: *Huangdi's Internal Classic* includes two parts: *Plain Questions* and *Miraculous Pivot*. There are 81 chapters in each part.

Based on the theory of yin–yang and five elements and its holistic concept, it interprets the general laws of the functional activities of the body, the unity between the human body and the surrounding environment–nature. It explains quite systematically the anatomical structures of the body, the zang–fu organs, meridians and collaterals, physiology and pathology, and other aspects of diagnosis, prevention and treatment of diseases. It further studies the important philosophical concept, such as qi, the relationship between heaven and man, body and mind.

2. Development of the theoretical systems of TCM

2.1 Before the Han dynasty

Classic on Medical Problems written by Qin Yueren supplemented *Huangdi's Internal Classic* and laid a foundation for TCM theories.

2.2 The Han dynasty

Treatise on Febrile and Miscellaneous Diseases written by Zhang Zhongjing at



the end of the Eastern Han dynasty, the first clinical medical book, in which the method of treatment based on syndrome differentiation, was emphasized. Later, in the Jin dynasty, the book was revised into two books *Treatise on Febrile Diseases* and *Synopsis of Prescriptions from the Golden Chamber* by Wang Shuhe, a medical doctor.

2.3 The Jin and Sui dynasties

Treatment of Different Kinds of Diseases written by Chao Yuanfang in the Sui dynasty was the first medical work about etiology, pathogenesis and syndrome analysis.

2.4 The Song, Jin, Yuan dynasties

Key to Therapeutics of Children's Diseases, the earliest pediatric monograph extant in China, was written by Qian Yi in the Song dynasty.

Prescriptions Assigned to the Three Categories of Pathogenic Factors of Diseases written by Chen Wuzhe in the Song dynasty put forward the theory of “three causes” as far as the etiology was concerned.

Well-known physicians of the four schools of the Jin–Yuan dynasty:

Liu Wansu: the school of cooling; he emphasized the usage of “herbal drugs cold and cool in nature” because the “six exogenous factors all arise from fire” and “five emotions in excess would turn into fire” .

Zhang Congzheng: the school of purgation; he believed that all diseases were caused by “evil factors” . Once the pathogenic factors were expelled, the normal conditions of the body would naturally be restored. His methods of removing evils included diaphoresis, emesis and purgation.

Li Gao: the school of strengthening the spleen and stomach; he thought that diseases, apart from external causes, were mainly brought about by internal injury of the spleen and stomach, and advocating cure by building up and regulating the spleen and stomach.

Zhu Danxi: the school of nourishing yin; he said “the body often has more than enough yang but not enough yin” . So, he emphasized the principle of nourishing yin and reducing fire for treatment of diseases.

2.5 The Ming and Qing dynasties

Treatise on Pestilence was written by Wu Youke in the Ming dynasty. He was the first person who put forward “pestilential qi” and believed that the infectious epidemic diseases were caused neither by wind, cold, summer heat nor damp, but a kind of evil qi in nature which invaded the body through the mouth and nose rather than from the body surface. His idea made a break-through in the development of etiology for infectious febrile diseases.

Ye Tianshi and Wu Jutong: famous physicians of the Qing dynasty who worked out the method of diagnosis and treatment for epidemic febrile diseases by making differentiation of syndromes according to the theory of Wei-defence, Qi-vital energy, Ying-nutrient and Xue-blood and the theory of Sanjiao-triple energizer, so as to systematize the theoretical systems of etiology, pathogenesis, pulse diagnosis, syndrome differentiation and treatment for febrile diseases.

Corrections on the Errors of Medical Works was written by Wang Qingren in the Qing dynasty. He put his emphasis on the anatomy and corrected anatomical errors in the medical classics. Furthermore, he developed the theory that blood stasis could cause diseases, and also presented methods of treatment for syndromes caused by blood stagnation.





II. The Basic Characteristics of TCM

1. The holistic concept

TCM views the human body as an organic whole, and the relationship between the human being and nature as an integral unity. As an organic whole, the various parts of the body are inseparable in structure; the organs are related physiologically and influenced pathologically. This holistic concept includes two aspects: the human body as an organic whole, and the unity between the human body and nature

1.1 The human body as an organic whole

Taking the five zang organs as a core, all parts of the body including the six fu organs, five tissues, five sense organs, four limbs, are related to each other, linked via meridians and collaterals and complete the body's functional activities through the actions of essence, qi blood and body fluid.

1.2 The unity between the human body and nature

Seasonal and climatic influence on the body:

In spring and summer, it is warm and hot, so yang qi disperses. The skin of the body is relaxed, the pores are open and there is sweating. The body clears heat through sweating to regulate the balance of yin and yang. In autumn and winter, it is cold, yang qi is stored, the skin of the body remains tight, the pores closed, there is less sweat, but more urine to ensure normal water metabolism, signifying the body's adaptability to the physiological adjustment.

Day and night influence on the human body:

Yang qi of the body circulates externally during the day and remains in the exterior to promote the functional activities of the zang-fu organs. In the

morning, yang qi starts to rise; at noon, yang qi becomes flourishing, and at night, yang qi tends to be kept inside to let people sleep. This reflects the process of decreasing and increasing of yin and yang during the day and at night, and the adaptable changes to the physiological functional activities.

Geographical influence on the human body:

TCM holds that geographical difference, including climatic difference in different regions, living environment and custom will affect the physiological activities of the body to a certain degree. When one moves to a new place, he might not be used to the climate and environment at the beginning. However, the body is able to have relevant adjustment and one may get used to the change after a period of time.

2. Treatment based on differentiation of syndromes

This is a basic principle, as well as a special method and one of the characteristics of TCM to analyze and treat diseases.

2.1

Syndrome: A syndrome refers to an overall summary of the pathological changes at the certain stage in the course of a disease, which generalizes the location, cause, nature of the disease, tells the relationship between the anti-pathogenic qi and pathogenic factors and reflects the pathological changes in a certain period of time in the course of the development of the diseases. So the term “syndrome” implies a more comprehensive assessment of a disease than a mere description of symptoms.

2.2 Differentiation of syndromes

Differentiation of syndromes defines the procedure for identifying a patient's condition. Through the synthesis of relevant information provided by the four diagnostic methods, the cause, nature, location and relationship between the anti-pathogenic qi and pathogenic factors, the root cause of the disease can