

Chinese Herbology

Brief History of Chinese Herbology...

- 1. Wu Shi Er Bing Fang - Prescriptions for 52 Diseases**
 - 3rd B.C.E.
 - 250 medicinal substances.
 - Non-systematic, treatment for the cause.
- 2. Shan Hai Jing - Classic of the Mountains and Seas**
 - 8th century BC to 1st Century BC.
 - Similar to a Homeopathic correspondence, even though Chinese medicine is Allopathic.
- 3. Huang Di Nei Jing - Yellows Emperors Inner Classic**
 - 220 CE or AD.
 - Concepts of Yin and Yang.
 - Five phase theory in the Neijing.
 - People can control and heal their own illness.
 - Flow of channel system and what flows through them.
 - Qi and Blood.
 - Two books came from the Huang Di Nei Jing : Nan Jing & Shang Han Lun.
- 4. Nan Jing - Classic of Difficult Issues**
 - Focus on Acupuncture.
 - 250 BC to 250 AD.
 - Explanation of the the Huang Di Nei Jing.
 - Systematic correspondence, of principles and categories.
- 5. Shang Han Za Bing Lun - Damage, Cold, Diseases, Treatise**
 - Book on Herbal Medicine.
 - From this came two books: Shang Han lun & Jin Gui Yao Lue.
- 6. Shang Han Lun - On Cold Damage**
 - Author Zhang Zhong Jin.
 - Pattern Identification and Treatment Differentiation.
 - Systematic approach.
 - 100 formulas 65 still commonly used, from knowledge of 2000 years ago.
- 7. Shen Nong Ben Cao Jing - Shen Nong- Classic on Drugs (Medicinals / Herbs)**
 - 500 CE.
 - Taoist Monk - Da Hun Jing.
 - Medicinals such as animals, plants, herbs and minerals.
- 8. Ben Cao Gang Mu - Grand Materia Medica**
 - Author Li Shi Zhen.
 - 1518-1593.
 - 1892 medicinal entries.
- 9. Zhong Yao Da Ci Dian - Encyclopedia of Chinese Medicinals 1977**
 - 5,767 medicinal entries.

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