Taoist Medicine (TM) Doctrine

Dao Jiao Yi Xue 道教医学

Daoshing Ni
What is Taoism?

• It is an important branch in Chinese philosophy, religion and spiritual practices.
• It is based on the foundation of Tao – The Way. It frequently refers to the way of how the universe works, the way of how the Earth is formed and how lives are created.
• Its essence is about an unifying principles of everything around us, what we called the Universal Truth.
Taoist Medicine

• Important branch of TCM
• Important field of study for Taoists
• Taoism is a blending of religion and science.
• Her main focus is on universal truth, benevolence, balance, and longevity.
• She includes the studies of mysticism, religion, philosophy, science, and medicine.
• The main theme: The Union of Heaven and Mankind. 天人合一
TCM Doctor versus Taoist TCM Doctor

TCM Doctor
• Focuses on diagnosis, treatment, and prevention of diseases
• Believes in long life but not immortality
• Does not believe in Ghost/spirit phenomenon
• Does not believe in astrological influences on life and health
• Does not believe in Feng Shui

Taoist TCM Doctor
• Focuses on diagnosis, treatment and more prevention of diseases
• Focuses on immortality and longevity
• Believes in environmental influences (Feng Shui)
• Believes in Ghost/Spirit phenomenon
• Believes in astrological influences on life and health
ALL MEDICINE IN THE WORLD BEGINS AS A RELIGIOUS MEDICINE
ALL STUDENTS OF THE TAO BEGIN THEIR STUDY BY STUDYING MEDICINE

Ge Hong 葛洪, 284-364 AD

“ALL STUDENTS OF THE TAO BEGIN THEIR STUDY BY STUDYING MEDICINE”
Relationship of TCM and TM

• Separate but entangled ways
• Religion and healing
• Taoist immortality belief
• Mutual absorbing and promoting
  – Spreading Taoism by medicine
  – Borrowing immortality into medicine
TM Characteristics

• Use Medicine as a missionary purpose
• Emphasis on Life and Deeds 重生贵德
• Self Healing/Cultivation and Social Services
• Duality of science and mysticism
• Amalgamation of physical healing, psychological healing, sociological healing (public health), and faith healing.
Two Major Focuses for the Taoists

• Gong 功 – cultivation to achieve enlightenment
• Xing 行 – behaviors, actions and deeds to benefit the society
Contributions

- Formulation, exercises to slow down the aging process.
- Initiation of chemistry.
- Specific dietary understanding.
- Spiritual healing – invocations, talismans, etc.
- Sexual healing.
- Preventive medicine
Historical Transformations
Death and Disease

• Witches (Medicine Man)
• Fang Shi (Immortality Guide)
• Doctors (Treatment of Diseases)

• 巫医
Witches

• Witches (Medicine Man)
  – Pray, Invocation, objectification, prediction, touch, and drama.

• Contributions
  – Herbs, spiritual healing
Samples of Taoist Talisman
Fang Shi

• Fang Shi 方士
  – Qin Dynasty
  – Immortality Based
  – Heavy Metals
  – Immortality Medicine

• Contributions
  – Dao Yin (Dao-In)
  – Chemistry
  – Fasting
  – Dietary understanding
Dietary Understandings

• Back to Nature
• Vegetarianism
• Less quantity
• More fluid
• No food
• No Grain
• Reduce Fat and Protein
Three Demons or Worms

- Upper Demon or Upper Worm – Greed for materials
- Middle Demon or Middle Worm – Greed for food
- Lower Demon or Lower Worm – Greed for sex
Less Greed for Better Health, Better Life, and Better World
The Influential Doctors

-董奉 Dong Feng，葛洪 Ge Hong，鲍姑 Bao Gu，陶弘景 Tao Hong Jing，杨上善 Yang Shang Shan，王冰 Wang Bing，孙思邈 Sun Si Miao，王怀隐 Wang Huai Yin，马志 Ma Zhi，崔嘉彦 Cui Jia Yan，刘完素 Liu Wan Su，赵宜真 Zhao Yi Zhen
The influential Publications

• Bao Pu Zi Nei Pian 抱朴子内篇
• Zhou Hou Bei Ji Fang 肘后备急方
Behind Elbow Prepared Acute Formulary
• Bei Ji Qian Jin Yao Fang (Essential Formulas for Emergencies [Worth] a Thousand Pieces of Gold)备急千金要方
• Qian Jin Yi Fang (Supplement to the Formulas of a Thousand Gold Worth) 千金翼方
The influential Publications

• Dao Zang 道藏 (Taoist Cannon)
• Originally published in 417 AD.
• Many iterations and additions.
• Last compilation is 1997 AD, a collection that includes over 1500 volumes of different publications on Taoism
葛洪 Ge Hong
Ge Hong

- 283-364 AD
- Effective, cheap, and convenient herb and formulas
- Initiator for chemistry
- Against witch doctors
- Identified TB, Smallpox, Jaundice, Hepatitis.
- 60 plus publications ranging from medicine, cultivation, spiritual enlightenment, astrology, astronomy, art of wars, etc. Mostly lost.
Ge Hong

- Paradoxical Thoughts
  - Against witches, medical quackery.
  - For physical immortality.
  - The Existence of Spirit and the ability for human to achieve immortal spiritual status.
  - Life’s Bind

- Religion is the opium of people (Marx), at times it falsifies reality and numbs people.
Bao Pu Zi Nei Pian 抱朴子内篇

• 20 chapters
• Mysticism, Dao, Enlightenment, Medicine, Nature’s Law, Philosophy of Life, Difficulties, Universal Subtleties, Diligent Search, Identifying Truth, Facing Uncertainties
• An important historical document describing Taoism before 200 AD
Behind Elbow Prepared Acute Formulary

• 8 sections
  – Dividing into 73 chapters
• 1,060 formulas: 714 for internal and 346 for external.
• Cheap, accessible, simple, and effective
• White Radish seed for chronic cough, asthma with thick sputum and pus blood
• Bamboo shaving for children’s asthma, cough and sinus congestion
Bao Pu Zi Nei Pian 抱朴子内篇

• Qi is the source of all lives.
• Form-Spirit (Xing-Shen 形神)
  – Coexistence requirement
  – Overstrained body causes scattering of the soul; Exhaustion of Qi ends life.
• Changes of Matter
  – Changes initiated by man can replace nature
  – We can make clouds, rain, frost, lightning, and snow
  – Organic matters can from inorganic matters
• Discovery and identification of 22 or more mineral and compounds ranging from lead, sulfur, calcium, mercury, silicone, to metals and bronze.
• The making of basic Cinnabar (mercury sulfide)
  – HgS + O₂ → Hg + SO₂
  – Hg + S → HgS (Black) → HgS (Red)
• The making of ferric sulfide, cupric sulfide, lead sulfide (galena), carbon disulfide through primitive smelting process
  – HgS + 2SO₃ → Hg + 3SO₃
  – HgS + Fe (Iron) → FeS + Hg
  – HgS + Cu (Copper) → CuS + Hg
  – HgS + Pb (Lead) → PbS + Hg
  – 2HgS + C (Carbon) → Hg + CS₂
Bao Pu Zi Nei Pian 抱朴子内篇

- Descriptions of Tide, Spiral force for helicopter, gears, etc.
Bao Pu Zi Nei Pian 抱朴子内篇

- Sick people blame on Wind Cold and Summer Damp, but Wind Cold Summer Heat cannot injure the strong one. Only when your body is weak and qi is deficient, then you get sick.
Sun, Si Miao
孙思邈

Yao Wang 药王

“The King of Medicine”
Sun, Si Miao 孙思邈

• 581-682 AD, lived to 101 years old
• Considered to be a genius, studied hard since 7 years old, great memory, passed many exams to become a scholar with great depth and breadth of knowledge in many areas including philosophy, medicine. Refused three emperor’s invitation to become high level court official to become “barefoot” doctor to serve the working public.
• He has helped thousands and temples were built and still exist today to commemorate his contributions to the community and so named “The King of Medicine”
Yao Wang in the Tianfei Palace, Nanjing
Sun, Si Miao 孙思邈

- Two seminal works:
  - Bei Ji Qian Jin Yao Fang (Essential Formulas for Emergencies [Worth] a Thousand Pieces of Gold) 备急千金要方
  - Qian Jin Yi Fang (Supplement to the Formulas of a Thousand Gold Worth) 千金翼方
Qian Jin Yao Fang
Qian Jin Yin Fang

• Milestone medical texts, summarizing pre Tang Dynasty medicine.
• The main text listed about 4500 herbal formulas, and the supplemental text 2000.
• “Thirteen measures to keep health”, which claimed that actions like touching hair, rolling eyes, walking, and shaking heads improved health, part of our warm up exercises.
The Chinese Hippocratic Oath

• From the 1st chapter of main text:
  – A Great Physician should not pay attention to status, wealth or age; neither should he question whether the particular person is attractive or unattractive, whether he is an enemy or friend, whether he is a Chinese or a foreigner, or finally, whether he is uneducated or educated. He should meet everyone on equal grounds. He should always act as if he were thinking of his close relatives.
Five Main Contributions

• Emphasis on Ethics and Cultivation of Character
• New Understanding of Shang Han Lun
• Expansion on Miscellaneous (Non-Infectious) Diseases
• Collection of Herbal Formularies
• Emphasis on Prevention and “Yang Sheng” 养生
Ethics and Character Cultivation

• Patient Care
  – The Physician’s Oath
  – Calm Spirit Anchor Subjectivity
  – Compassion and Equal Treatment

• Colleague
  – Never Boast Self and Damage Other’s Reputation
  – Always Learning from Others

• Work Behaviors
  – Cautious but Decisive
  – Flexible but focused
  – Deep thoughts and broad
I study TCM for three years, I realized that I have formulations for every disease. I see patients for three years, I realized that I have no formula for each disease/patient.
Contributions to Shang Han Lun

• Revitalized Shang Han Lun
• Reorganized Shang Han Lun to connect symptoms to formulations
• Focused on Three Main Category Formulations
  – Gui Zhi Tang (Gui Zhi, Bai Shao, Gan Cao, Sheng Jiang, Da Zao)
  – Ma Huang Tang (Ma Huang, Gui Zhi, Gan Cao, Xing Ren)
  – Qing Long Tang (Ma Huang, Gui Zhi, Gan Cao, Bai Shao, Xi Xin, Gan Jiang, Wu Wei Zi, Ban Xia)
Contributions to Miscellaneous Diseases

• Begin to categorize diseases into Five Zang Six Fu Differentiations, established foundation for Yi Shui (Zang Fu Differentiation) Doctrine later.

• Elaborated discussions on Cholera, Jaundice, Xiao Ke(DM), Lin (UTI-KD Problems), Edema, Emphysema, Stroke, Chronic Fatigue.
Contributions to Collecting Formulations

- 4500 + 2000 formulations, mostly his own clinical experience.
- Combination of FOOD and HERBS
  - Lamb Du Zhong Soup – for treatment of postpartum lumbago and cough, lamb, du zhong, zhi yuan, wu wei zi, xi xin, kuan dong hua, ren sheng, hou pou, chuan xiong, fu zi, bi xie, gan cao, huang qi, dang gui, rou gui, bai zhu, sheng jiang dao zao. It is used for deficiency after labor, cold, damp bi attacks lower back, wind attacking the lung causing asthma and cough.

- Creation of new formulations
  - Du Huo Ji Sheng Tang for KI Def Lumbago, du huo, sang ji sheng, du zhong, niu xi, xi xin, qin qiu, fu ling, rou gui, feang feng, chuan xiong, sheng di, ren sheng, gan cao, dang gui, bai shao. A frequently used Bi Syndrome formulation.
Emphasis on Prevention and “Yang Sheng 养生”

• Cultivation of Character (Yang Xin 养性)
  – Calm emotions and be positive
  – 10 essential areas of cultivation – Control spirit, control qi, balance form (body), daoyn, conversation, food and drink, sex, customs, medicine, contraindications and forbidden items.

• 12 LESS
  – Less thinking, less scheming, less desiring, less conflicts, less excitation, less talking, less worrying, less happy, less joy, less anger, less good, less bad behaving.

• Regular exercises, self massage, Five Animal Dao Yin
Emphasis on Prevention and “Yang Sheng 养生”

• Nutritional Healing
  – Less meat, less fats
  – More cooked vegetables
  – Avoid raw vegetables, raw rice, spoiled foods, and alcohols
  – Avoid binging.
  – Encourage less food and more meals
  – Eat only when hungry and drink only when thirsty
  – Use food to treat first before herbs
  – Used animal thyroid glands to treat goiter problems
  – Used animal liver for night blindness
  – Used soy, azuki beans, black beans for gout
Emphasis on Prevention and “Yang Sheng 养生”

• Cultivate Midlife (50 and above)(This would be old age before the baby boomers re-defined it)
  – Reduction of Yang Qi
  – Prevention of consumption of Yang Qi by six pathogens and seven emotions
  – Do not force things
  – Careful with excessive tastes
  – Maintain “not full, not empty, not warm, and not cold”
  – Encourage the use of cow milk
  – Encourage food treatment first before medicine usage
  – Monitor emotions for depression
Summary

• Taoist Medicine evolved from religious healing to medicine focused on longevity, disease prevention, nutrition, and cultivation of characters.

• Contribution to TCM is enormous and especially in the area of food therapy, healthy aging and chronic illnesses.