

Overview of TCM Classics and Doctrines

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Course Purpose

- This course presents an introduction to the major TCM doctrines and schools of thoughts including Taoist healing arts, focusing on significant TCM classic works/texts.
- By understanding these concepts and doctrines, the students will gain a deeper understanding of the formation and development of TCM theories and practices.



Learning Objectives

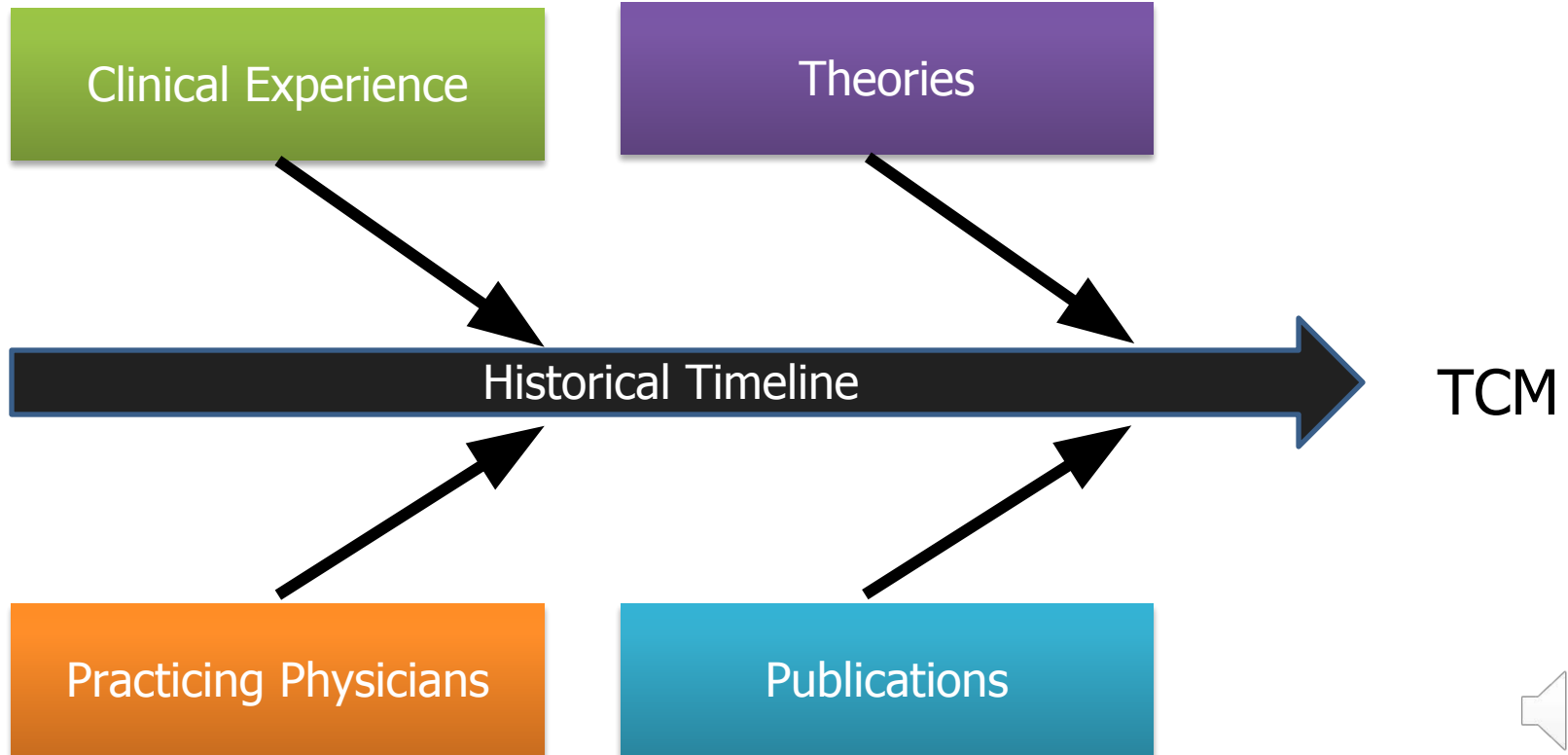
- Learn the history and development of the major TCM doctrines, and how these doctrines influence the evolution and development of TCM
- Acquire basic familiarity with key concepts of major TCM doctrines and schools of thoughts, including a survey of important physicians and their works/texts



TCM is a convergence,
distillation, and collection of
different doctrines, theories and
practices



TCM Development



Define: Classic

- a work of art of recognized and established value. "his books have become classics"
- synonyms: definitive example, model, epitome, paradigm, exemplar
- a garment of a simple, elegant, and long-lasting style.
- a thing that is memorable and a very good example of its kind. "he's hoping that tomorrow's game will be a classic"

- a school subject that involves the study of ancient Greek and Latin literature, philosophy, and history.
- the works of ancient Greek and Latin writers and philosophers.



TCM Classic

- An exemplary work in TCM that is long lasting and continues to have ***great impact*** on the development of TCM.
- According to the holdings in 113 library in China, there are currently 12,124 counts of TCM documents which does not include long lost ones.



Define: Doctrine

- a belief or set of beliefs held and taught by a church, political party, or other group. "the doctrine of predestination"
- synonyms: creed, credo, dogma, belief, teaching, ideology
- a stated principle of government policy, mainly in foreign or military affairs. "the Monroe Doctrine"

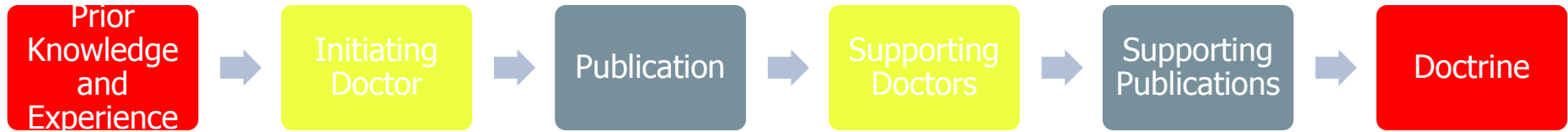


TCM Doctrine

- A teaching/school of thoughts in TCM that had a ***great impact*** on the development of TCM.
- Doctrines tends to be clinically relevant with established theories, elaborations from a group of doctors, and well published documentations.



Doctrine Formation Process



Many of these doctrines have
already integrated into your
regular ***western (modern)***
educational structured course
work

They usually present an overview and
frequently without in-depth exploration
and historical context.



To study TCM *well*, we need to have
a deeper understanding of the
theories and practices

This can be accomplished by studying the classics
and the doctrines



A survey of these doctrines will
lead us to have a good overview
of these physicians and their
works

Going to the Source



The Formation Requirement of a TCM Doctrine/School of Thoughts

- It has a central concept or topic.
- It is formed by a central figure and expanded upon by sufficient others.
- It is supported by publications that have created a substantial impact in the development of TCM and the society.



By Studying the Classics

- Better grasp of fundamental principles.
- Better understanding of historical, theoretical and clinical development.
- Better clinical effectiveness.



Three Ways to enhance learning in TCM Classics

- Elaborate on the main concepts
- Familiarize with the characteristics and the stories of the doctors
- Focus on clinical applicability
- Focus on original text reading

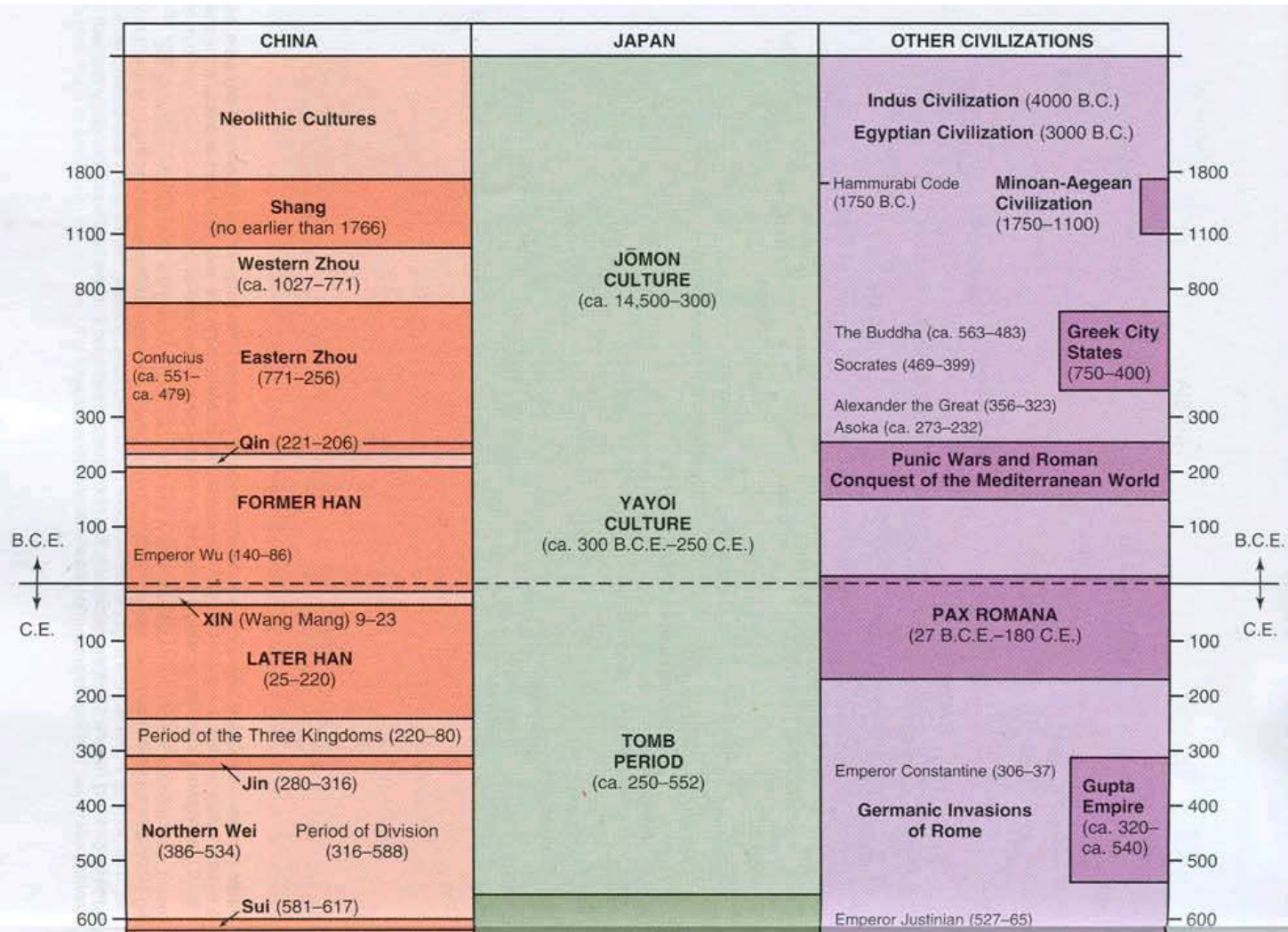


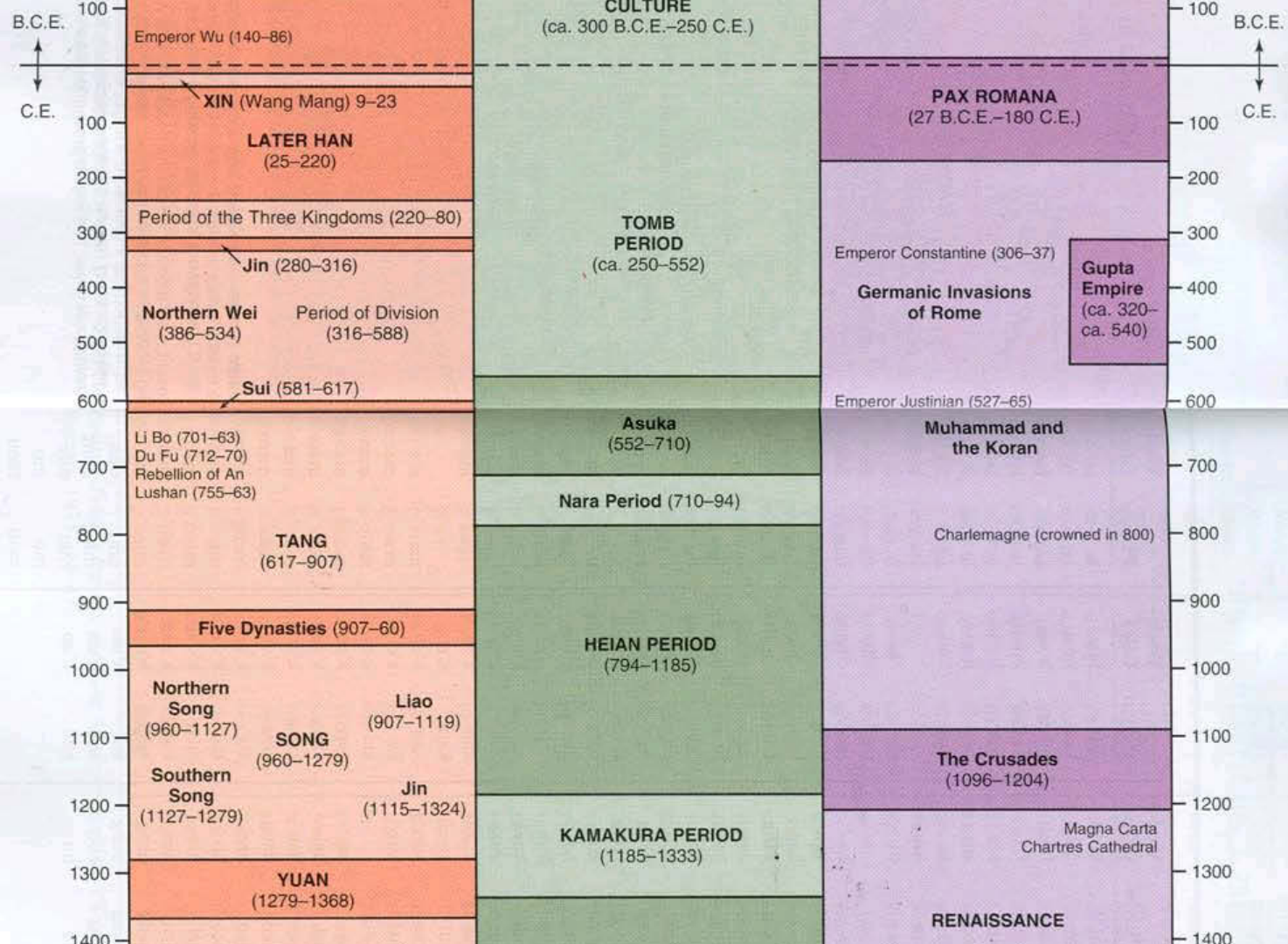
Historical Outline

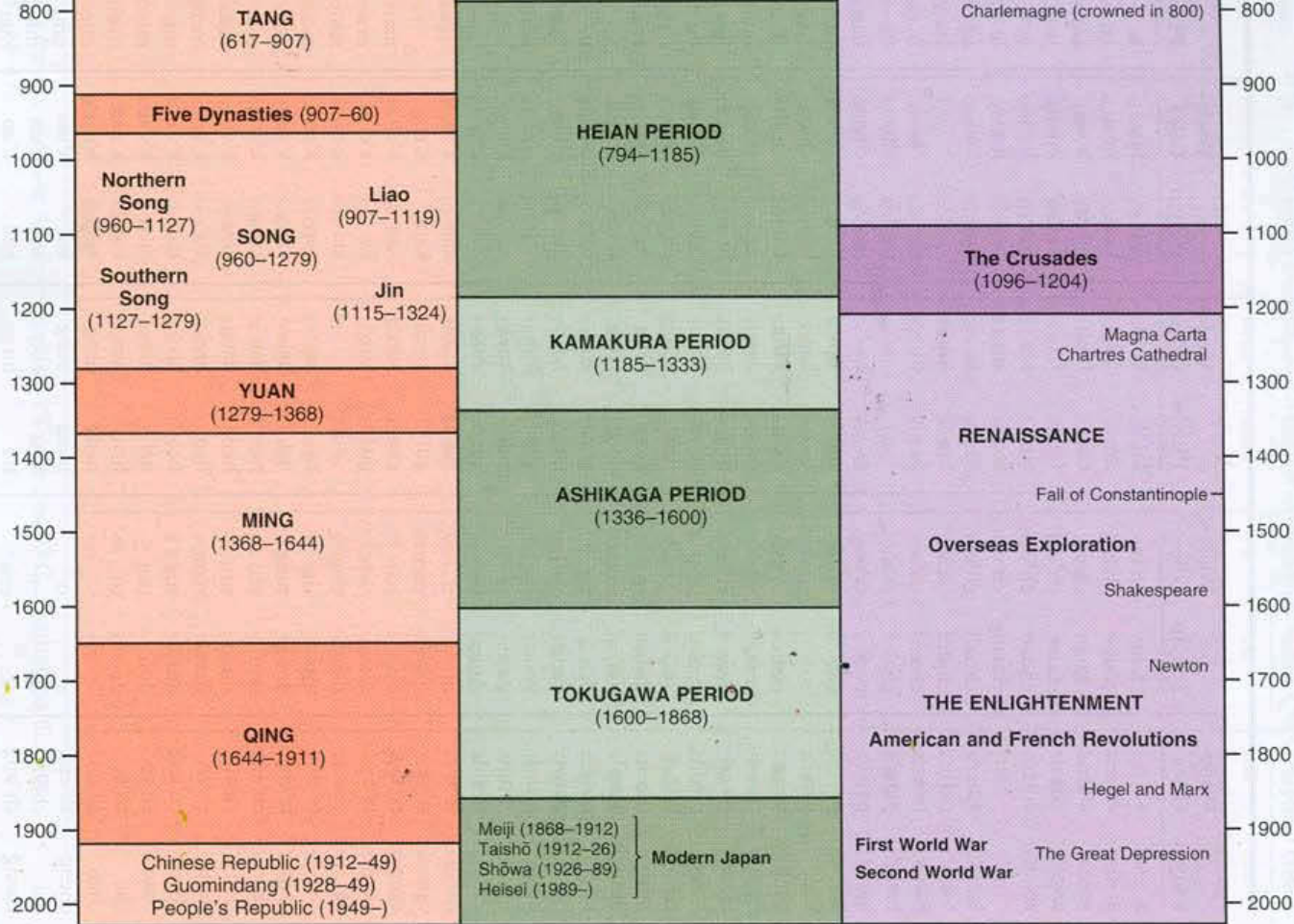


Dynasty/Period	A.D. or B.C. (Years)
Zhou Dynasty, Spring-Autumn Period	841 B.C. to 476 B.C. (365 years)
Warring States Period	475 B.C. to 221 B.C. (274 years)
Qin Dynasty	221 B.C. to 206 B.C. (15 years)
Han Dynasty	206 B.C. to 220 A.D. (426 years)
Han Dynasty	206 B.C. to 22 A.D. (228 years)
Xin Dynasty	23 A.D. to 24 A.D. (1 year)
East Han Dynasty	25 A.D. to 220 A.D. (195 years)
Three Kingdom Period	220 A.D. to 280 A.D. (60 years)
Jin Dynasty and Sixteen Countries Period	266 A.D. to 420 A.D. (154 years)
South North Dynasties	420 A.D. to 589 A.D. (169 years)
Sui Dynasty	589 A.D. to 618 A.D. (29 years)
Tang Dynasty	618 A.D. to 907 A.D. (289 years)
Five Dynasties and Ten Countries Period	907 A.D. to 960 A.D. (53 years)
Song, Liao, Jin Dynasties	960 A.D. to 1279 A.D. (319 years)
North Song Dynasty	960 A.D. to 1126 A.D. (166 years)
Liao	960 A.D. to 1125 A.D. (165 years)
Jin	1115 A.D. to 1234 A.D. (119 years)
South Song Dynasty	1127 A.D. to 1279 A.D. (152 years)
Yuan	1279 A.D. to 1368 A.D. (89 years)
Ming Dynasty	1368 A.D. to 1644 A.D. (276 years)
Qing Dynasty	1644 A.D. to 1911 A.D. (267 years)
Modern Era	1912 A.D. to Present
Republic of China	1912 A.D. to Present
People's Republic of China	1949 A.D. to Present









The Formation of TCM Schools of Thoughts

Began at Spring-Autumn and Warring States Era



Why

- Social force of “Hundred Schools of Thoughts”
- Sufficient and strong TCM Fundamentals formation
- Formation of different schools of thoughts, two main ones
 - Medical Classics 医经学派 (Yi Jing Xue Pai)
 - Formulary 医方学派 (Yi Fang Xue Pai)



Main TCM Schools of Thoughts

Yi Xue Liu Pai 医学流派


1. Dao Yi Xue Pai 道医学派 (Taoist Medicine Doctrine)
2. Yi Jing Xue Pai 医经学派 (Medical Classics Doctrine)
3. Yi Fang Xue Pai 医方学派 (Formulary Doctrine)
4. Shang Han Xue Pai 伤寒学派 (Cold Injury Doctrine)
5. He Jian Xue Pai 河间学派 (Fire-Heat Doctrine)
6. Yi Shui Xue Pai 易水学派 (Zang Fu Doctrine)
7. Gong Xie Xue Pai 攻邪学派 (Detoxification Doctrine)
8. Dan Xi Xue Pai 丹溪学派 (Yang Excess Yin Deficient Doctrine)
9. Wen Bu Xue Pai 温补学派 (Warming Tonification Doctrine)



Overview Description of TCM Doctrines



Dao Jia Yi Xue 道家医学 (Taoist Medicine Doctrine)

- Initiation documented during Zhou Dynasty, 1028 BCE
- Central Theme: Longevity, Disease Prevention, Immortality
- Doctors: Ge Hong, Sun Simiao, Wang Bing, Zhang Jie Bing, etc.
- Publications: Huang Di Nei Jing, Dao Zang 道藏 (Taoist Cannon), Qian Jin Yao Fang 千金要方, Qian Jin Yi Fang 千金翼方, Lei Jing 类经, 

Yi Jing Xue Pai 医经学派 (Medical Classics Doctrine)

- Spring Autumn Era
- Central Theme: The study and elaboration of Neijing and other related TCM classical literatures
- Doctor: Unknown, Qin Yue Ren 秦越人, Hua Tuo 华佗, Zhang Zhong Jing 张仲景, Huang Fu Mi 皇甫谧
- Publications: Huang Di Nei Jing 黄帝内经
Huang Di Ba Shi Yi Nan Jing 黄帝八十一难经, 

Yi Fang Xue Pai 医方学派 (Formulary Doctrine)

- Spring Autumn Era
- Two distinct central themes (Two branches)
 - study of formulation from Shang Han Za Bing Lun (Classical Formulation Doctrine – Jing Fang Xue Pai)
 - Study of all experiential formulations (Experiential Formulation Doctrine – Yi Fang Xue Pai)
- Classical Formulation Doctrine Central Theme: the study of formulations from Shang Han Za Bing Lun and Huang Di Nei Jing
- Doctor: Zhang Zhong Jing 张仲景
- Publications: Shang Han Za Bing Lun 伤寒杂病论
 - Shang Han Lun 伤寒论



Shang Han Xue Pai 伤寒学派 (Cold Injury Doctrine)

- Spring Autumn Era
- Central Theme: the study and elaboration of diseases due to cold injury (Cold Pathogenesis)
- Doctor: Zhang Zhong Jing
- Publications: Shang Han Lun 伤寒论



He Jian Xue Pai 河间学派 (Fire-Heat Doctrine)

- 1110 AD (Song and Jin Dynasties)
- Central Theme: Six Pathogens can all transform to Fire (Fire Heat Pathogenesis)
- Doctor: Liu Wan Su 刘完素 or Liu He Jian 刘河间
- Publications: Su Wen Xuan Ji Yuan Bing Shi 素问玄机原病式



Yi Shui Xue Pai 易水学派 (Zang Fu Doctrine)

- 1151 AD
- Central Theme: Zang Fu Differentiation and Earth School
 - Doctor: Zhang Yuan Su 张元素, Li, Gao 李杲 (Li, Dong Yuan 李东垣)
- Publications: Zhang Zhu Nan 珍珠囊, Pi Wei Lun 脾胃论



Gong Xie Xue Pai 攻邪学派 (Detoxification Doctrine)

- 1156 AD, Song Jin Dynasty
- Central theme: All Diseases originates from Toxins, the treatment of attacking toxins
- Doctor: Zhang, Cong Zheng 张从正
- Publications: Ru Men Shi Qin 儒门事亲



Dan Xi Xue Pai 丹溪学派 (Yang Excess Yin Deficient Doctrine)

- 1281 AD
- Yuan Dynasty
- Central Theme: Yang is frequently excessive and Yin is frequently deficient, the development of Xiang Huo Lun 相火论 (Ministerial Fire)
- Doctor: Zhu Zhen Heng 朱震亨 (Zhu Dan Xi 朱丹溪)
- Publications: Ju Fang Fa Hui 局方发挥, Ge



Wen Bu Xue Pai 温补学派 (Warming Tonification Doctrine)

- 1486 AD
- Central Theme: Warming/Tonification of the Ming Men Fire
- Doctor: Xue, Ji 薛己, Sun Yi Kui 孙一奎, Zhao Xian Ke 赵献可, Zhang Jie Bin 张介宾, Li Zhong Zi 李中梓
- Nei Ke Zhai Yao 内科摘要, Ci Shui Xuan Zhu 赤水玄珠, Yi Guan 医贯, Lei Jing 类经, Yi Zong Bi Du 医宗必读



Wen Bing Xue Pai 温病学派 (Wen Injury Doctrine)

- 1641 AD
- Central Theme: Wen Disease (infectious disease and plague pathogenesis)
- Doctor: Wu Yao Xing 吴有性, Dai Tian Zhang 戴天章, Yu Lin 余霖, Ye Gui 叶桂, Xue Xue 薛雪, Wu Tang 吴塘, Wang Shi Xiong 王士雄
- Publications: Wen Yi Lun 温疫论, Guang Wen Yi Lun 广温疫论, Yi Zhen Yi De 疫疹一得, Wen Re Lun Zhi 温热论治, Shi Re Tiao Bian 湿热条辩, Wen Bing Tiao Bian 温病条辩, Wen

Hui Tong Xue Pai 汇通学派

(Integrative Medicine Doctrine)

- 1573 AD
- Central Theme – Integration of TCM and Western Medicine
- Doctors: Wang Ang 汪昂, Zhao Xue Min 赵学敏, Wang Xue Quan 王学权, Wang Qing Ren 王清任, Chen Ding Tai 陈定泰, Wang Hong Han 王宏翰, Zhu Pei Wen 朱沛文, Tang Zong Hai 唐宗海, Zhang Xi Chun 张锡纯, Yun Shu Jue 恽树珏, Lu Peng Nian 陆彭年
- Publications: Ben Cao Bei Yao 本草备要, Ben Cao Gang Mu Shi Yi 本草纲目拾遗, Chong Qing Tang Sui Bi 重庆堂随笔, Yi Lin Gai Cuo 医林改错, Yi Tan Chuan Zhen 医谈传真, Yi Xue Yuan Shi 医学原始, Hua Yang Zang Xiang Yue Zuan 华洋脏象约纂, Zhong Xi Hui Tong Yi Jing Jing Yi 中西汇通医经精义, Yi Xue Zhong Zhong Can Xi Lu 医学衷中参西录, Wen Yuan Ji 文苑集, Lu Shi Lun Yi Ji 陆氏论医集



Concluding Summary

- By exploring the richness of this medical tradition can we truly appreciate the depth and the breadth of this medicine.
- What we learn from the past gives us the foundation to move forward. The better understanding we have about each doctrine, the better we become in our doctoring skills.

