

An Introduction to Eight Treatises on the Nurturing of Life

Zunsheng Bajian

《遵生八箋》

育雲館

本號開設如皋。
醫卜星相閒書尺牘。
湖筆徽墨端硯今因推廣。
工本新刻版章揀選淨純重綵。
刷印蒙童四書讀本裝訂堅固。
一應俱全如蒙惠顧格外從廉須記。
招牌庶不致誤。

Content PAGE

A Brief Introduction

The book's nature - Nurturing of one's Health

The Yin and Yang of mother nature

Physiological Environmental impact on health

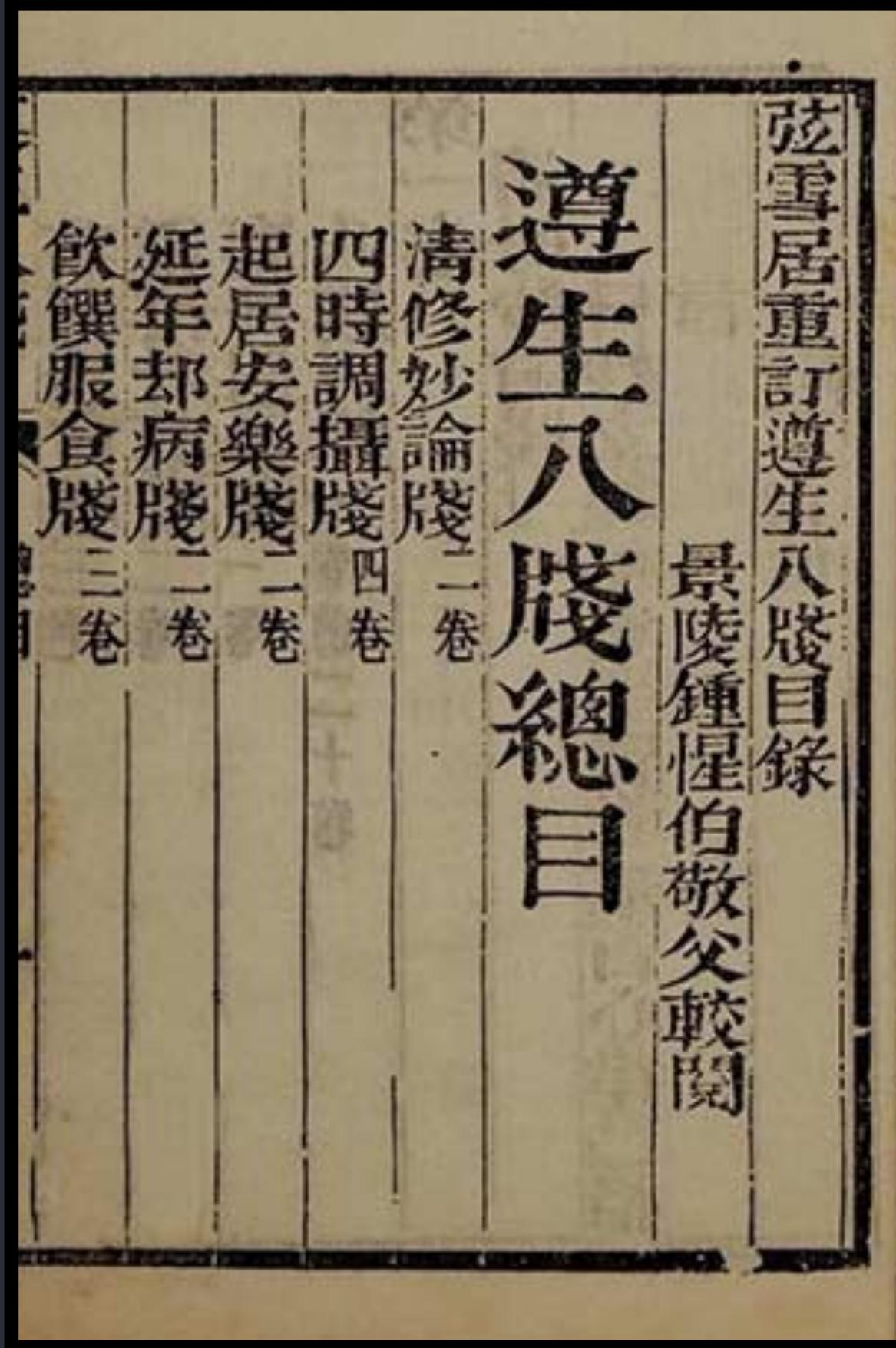
Psychological Environmental impact on health

Conclusion

01

ABOUT THE BOOK

THE BOOK



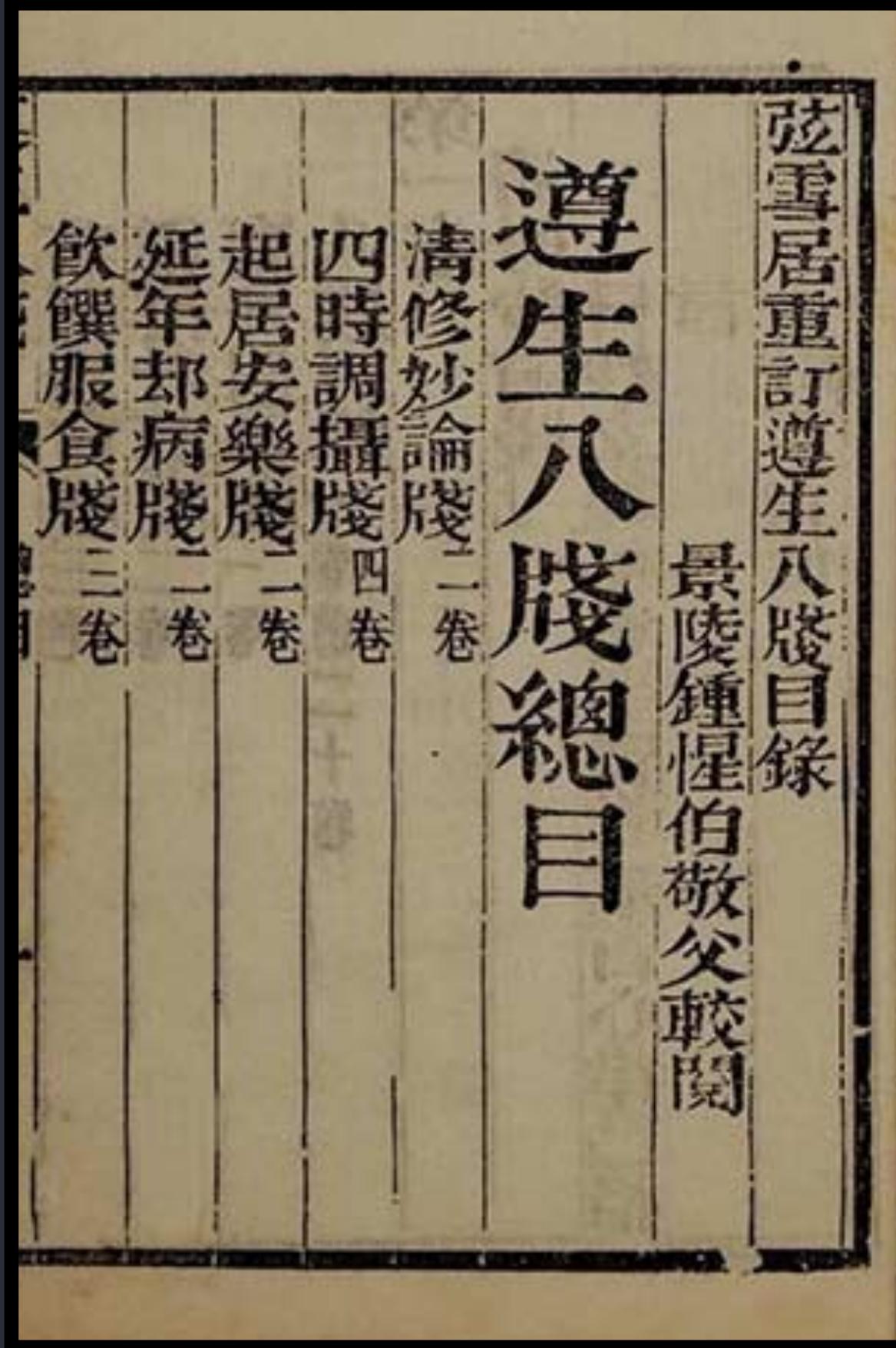
TITLE

- Zunsheng Bajian (遵生八箋)
- Eight Treatises on the Nurturing of Life
- Ming Dynasty

AUTHOR

- Gao Lian (高濂)
- Commoner literati from Zhejiang Province (now Hangzhou)
- He was mainly famed for his work in the opera and poetry, but has extensive interest in health preservation topics

THE BOOK

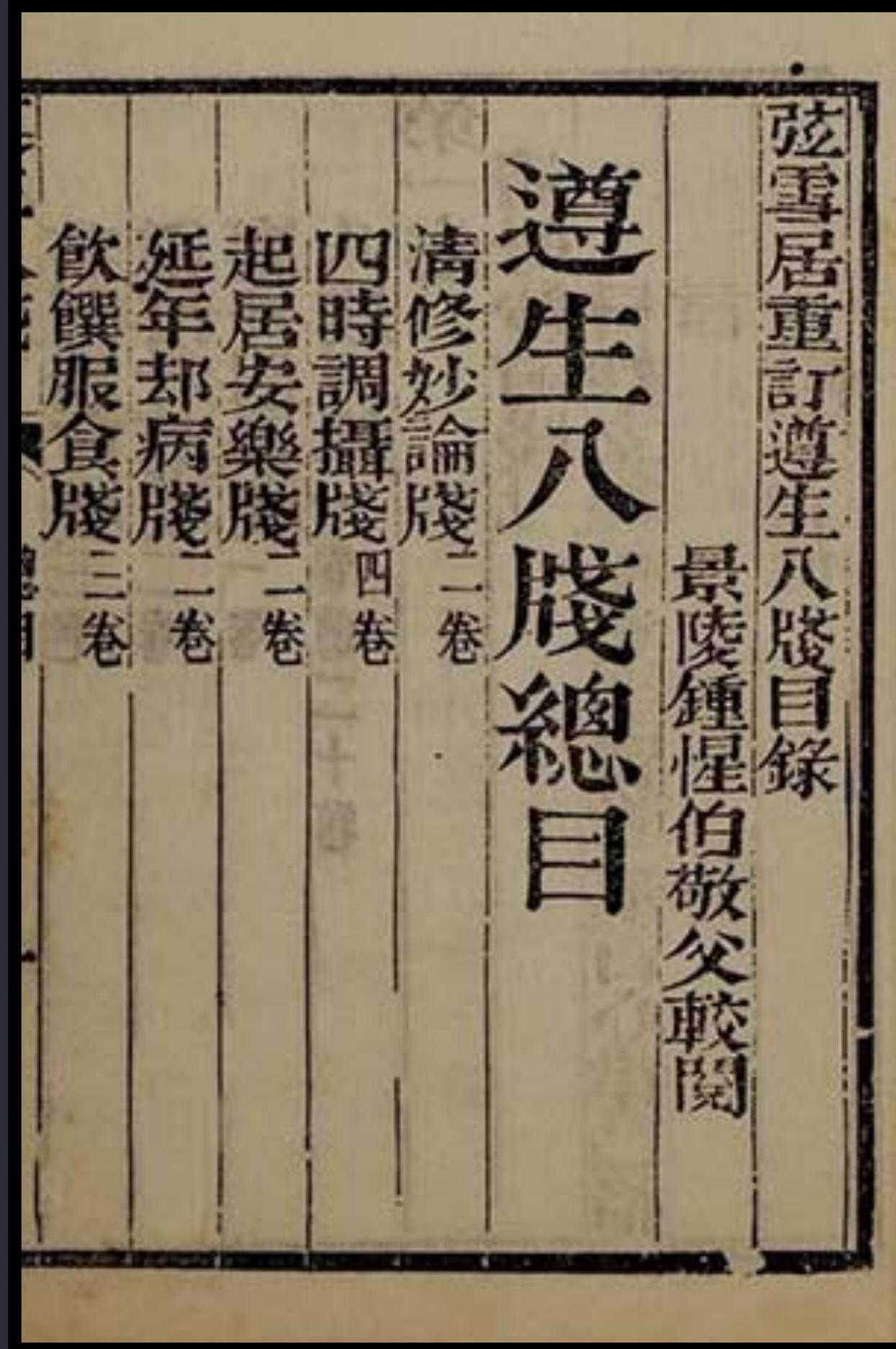


WHEN?

First published in 1591

Over 428 years ago

THE BOOK



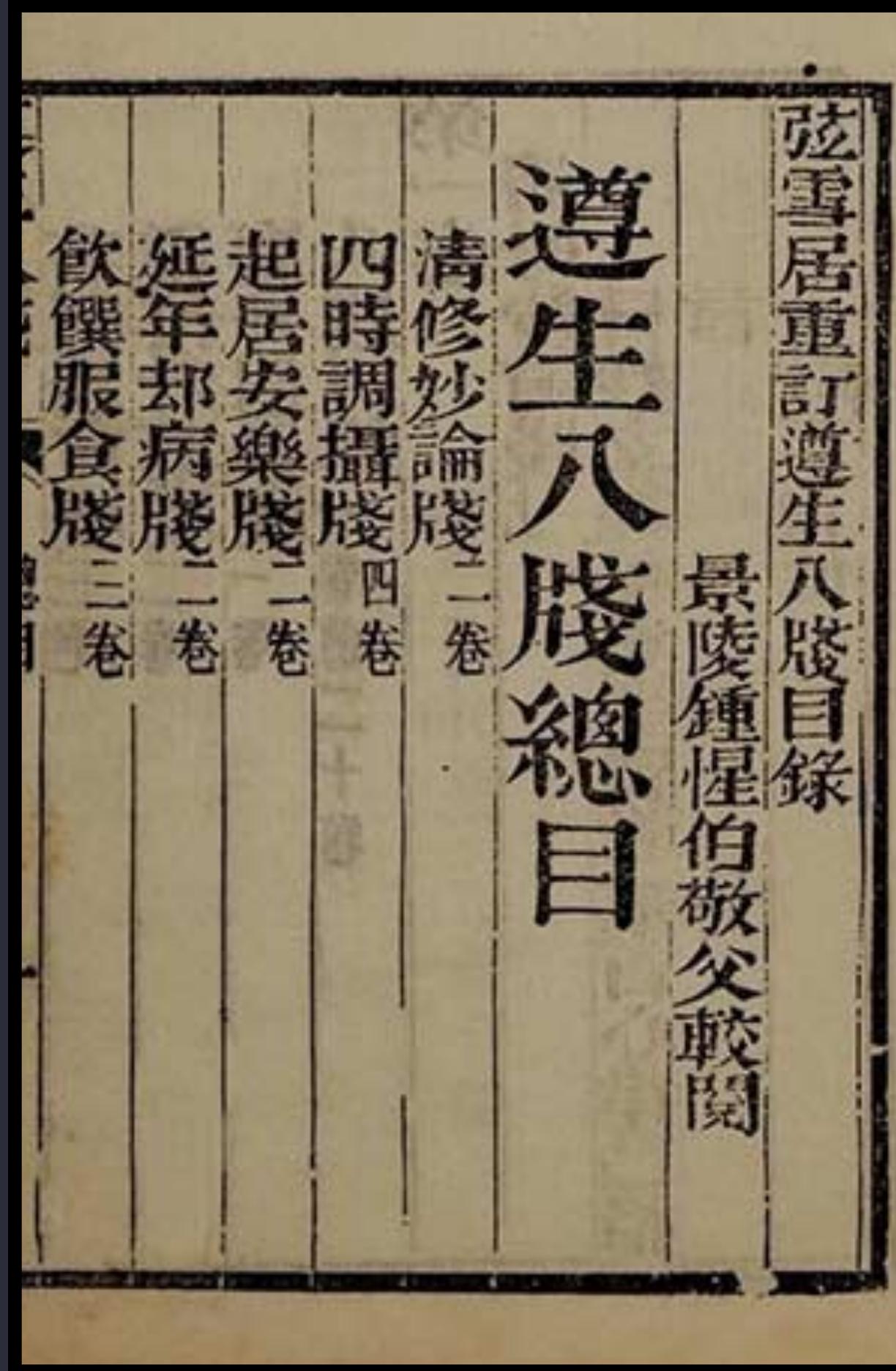
Whats the book about

- An encyclopaedia that covers 8 different physical and mental aspects that can be used to define and nourish one's health (*yangsheng*)

→ 19 scrolls

→ 8 Themes / Categories

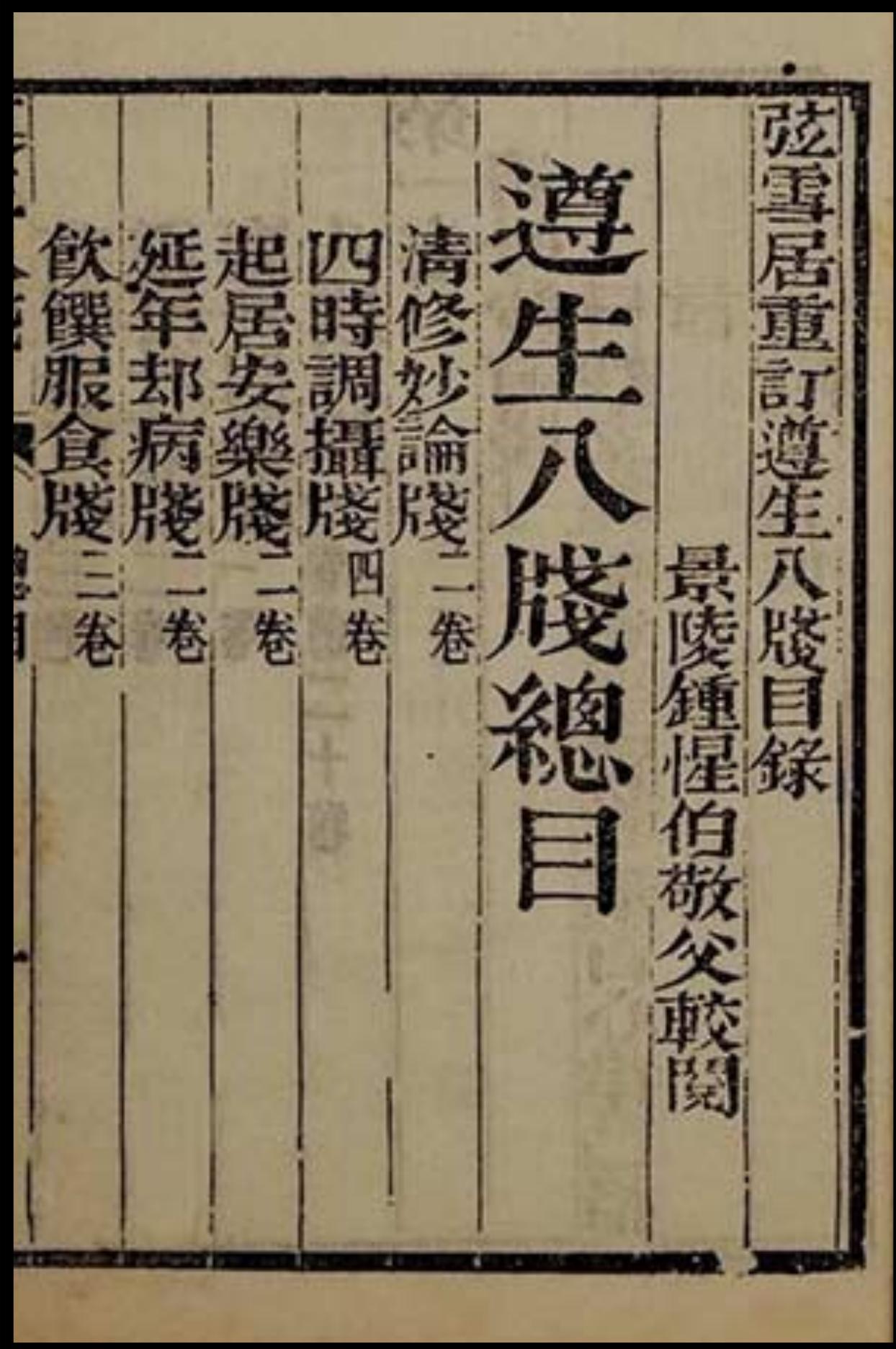
THE BOOK



8 Theme / Categories

1. Sublime theories of self-cultivation
2. Being in harmony with the four seasons
3. Comport on lifestyle and decoration of living environment
4. Extension of life and prevention of disease
5. Consumption of food and drinks
6. Enjoyment of cultured idleness
7. Numinous and arcane elixirs and medicines
8. Remote wanderings beyond the mundane

THE BOOK

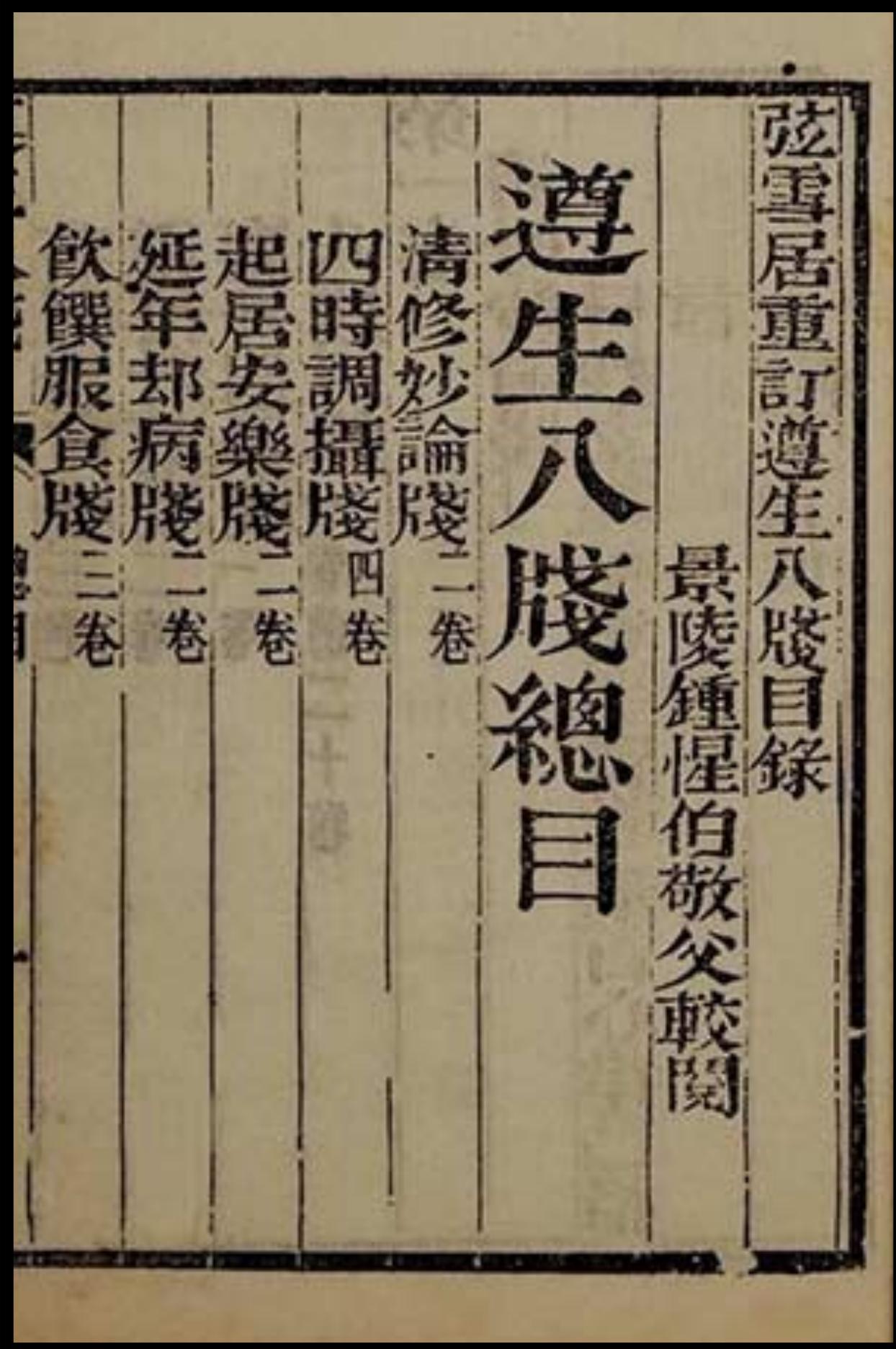


A master piece that demonstrates a variety of
technics to execute health preservation.



Gao Lian's idea of *yangsheng* in Baijian was an
intellectual product of his personal taste and
accomplishment.

THE BOOK

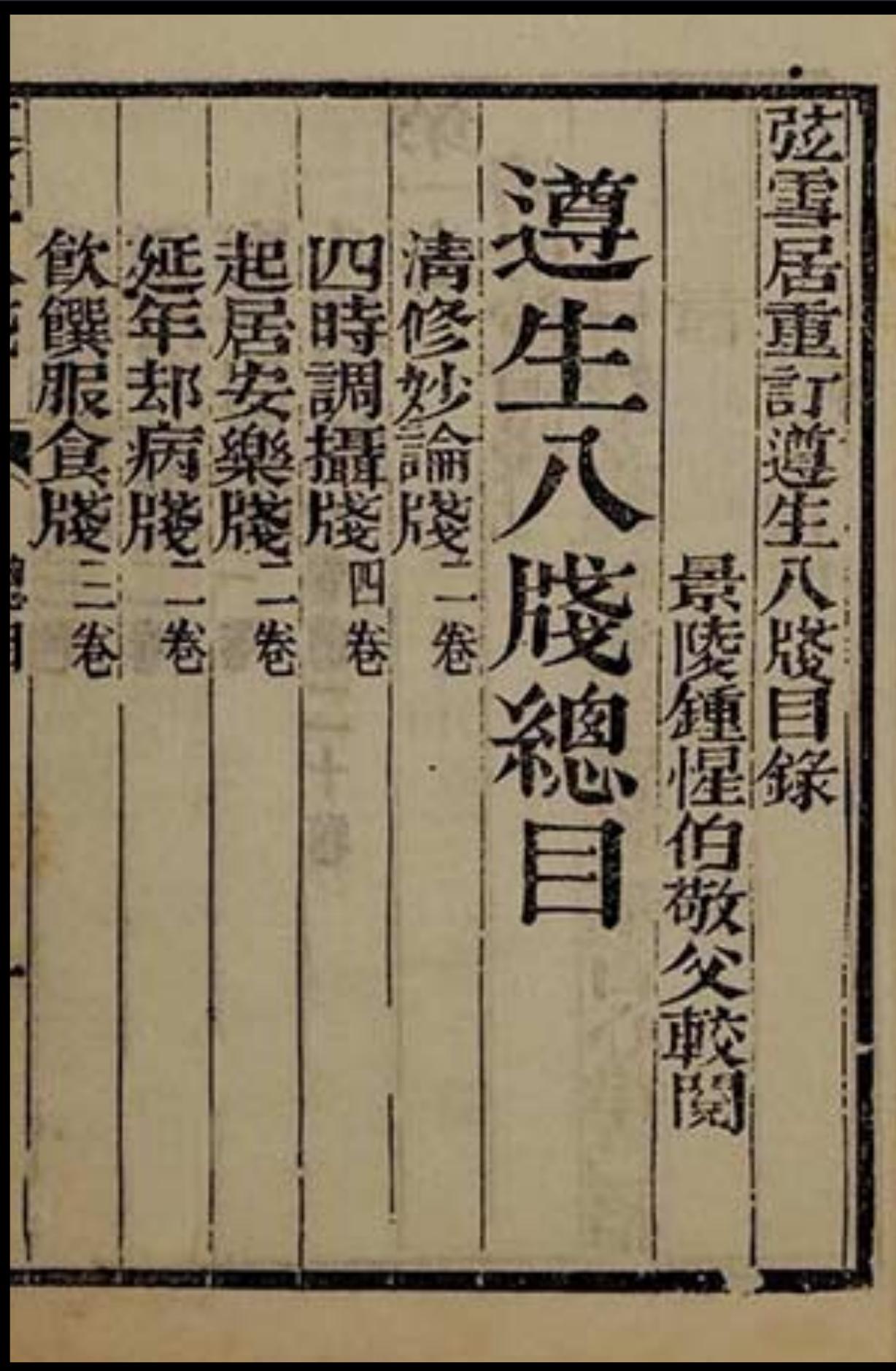


Gao Lian's idea of *yangsheng* in Baijian was an intellectual product of his personal taste and accomplishment.

—

A “*Yangsheng*” guide intimately bound up with the material culture of its time, and largely based on Gao Lian’s interpretation of their effect on our physical and mental health – which includes food, medicines, animals, plants, furniture, stationery, incense and artefacts.

“Yangsheng”



养

Yang

“Upbringing”
Nurture
Nourish
Cultivate

生

sheng

“life”
Vitality
Being
Heath

“Yangsheng”

养

Yang

生

sheng

The basic philosophy of Yang Sheng practice is to promote a life that is harmonious and balanced, within the bounds of the natural world and outside of the span of harmful external and internal elements

Preservation of health

The Concept of Yin Yang



The Yin Yang theory holds that all phenomena consist of two opposite aspects

Yin and Yang are two opposite but complementary principles
that regulate the functioning of the cosmos.

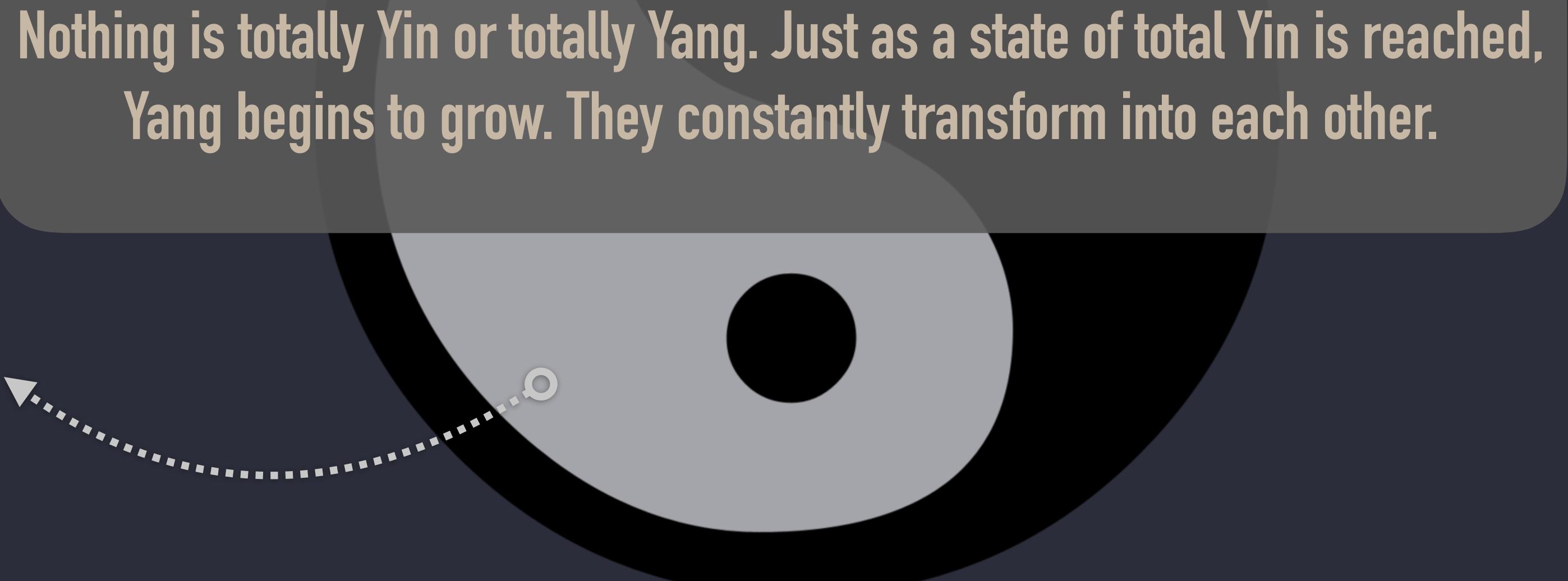
Neither Yin nor Yang are absolute.
Yin and Yang are interdependent upon each other so that the definition of one
requires the definition for the other to be complete.

Their balance is essential to health and harmony

YinYang

Belonging to Yang:
Summer
Spring
Anger
Heart
Liver
Top [Upper body]
Male
Day

<阴> Yin



Nothing is totally Yin or totally Yang. Just as a state of total Yin is reached, Yang begins to grow. They constantly transform into each other.

<阳> Yang

Belonging to Yin:
Winter
Autumn
Calm
Lungs
Kidney
Bottom [Lower body]
Female
Night

YinYang

Balance

<阳> Yang

<阴> Yin

92 times



“Yangsheng”

Balanced (合 hé)

上古之人，其知道者，法于阴阳，和于术数

Knowledge of the Dào was such that they modelled themselves after yin and yang,
harmonised their actions with the various arts of divination and calculations

阴阳好合，接御有度，可以延年

Longevity can only be achieve when state of yin and yang in body is harmonised.

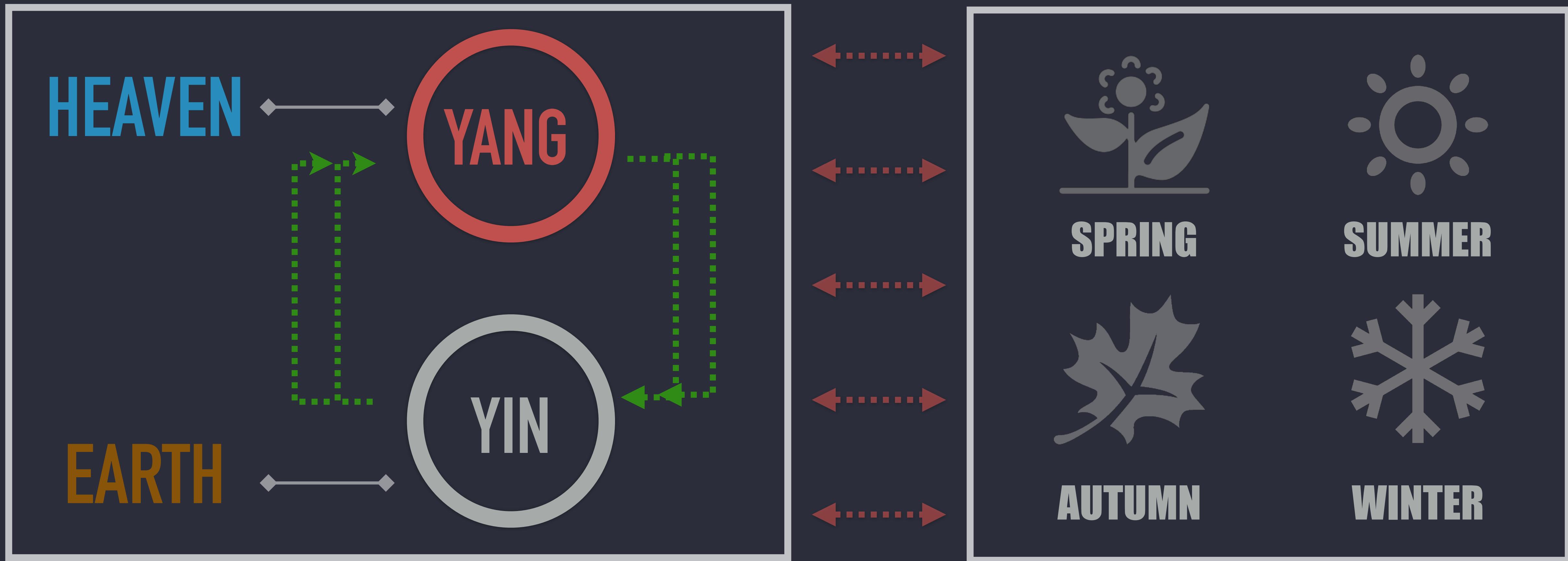
阴阳交泰，万物化生。

Interaction of yin and yang creates all beings

Implementation of Yin Yang In Zunsheng Bajian (遵生八箋)

“Yangsheng”

Relationship Between Heaven and 4 seasons



“Yangsheng”

Relationship Between 4 Seasons and Human



AFFECTS HEALTH



PREVENTS ILLNESS



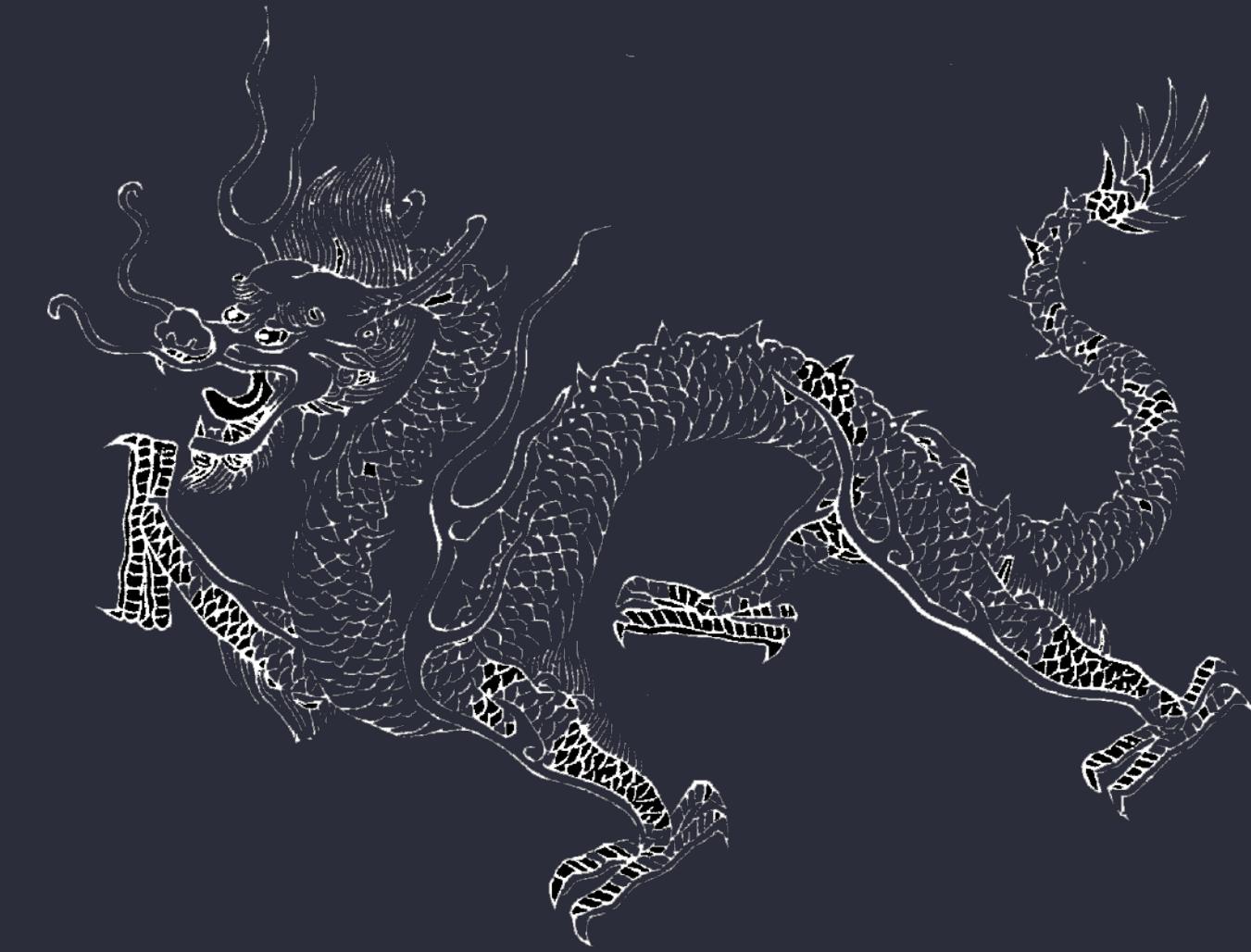
“Yangsheng”

YANG



SPRING

- **About life and generation**
- **Affects Liver**
- **Fever, hard to cough**
- **Hand and legs feeling weak**
- **Feeling Fatigue**
- **Do not harvest bird's egg**
- **Do not kill birds**
- **Do not harm the nature**



God of liver

Illness that happens this month is due to the effect from the last season - **Winter**

“Yangsheng”



January

Cure: Sore Throat, Eye Sore



February

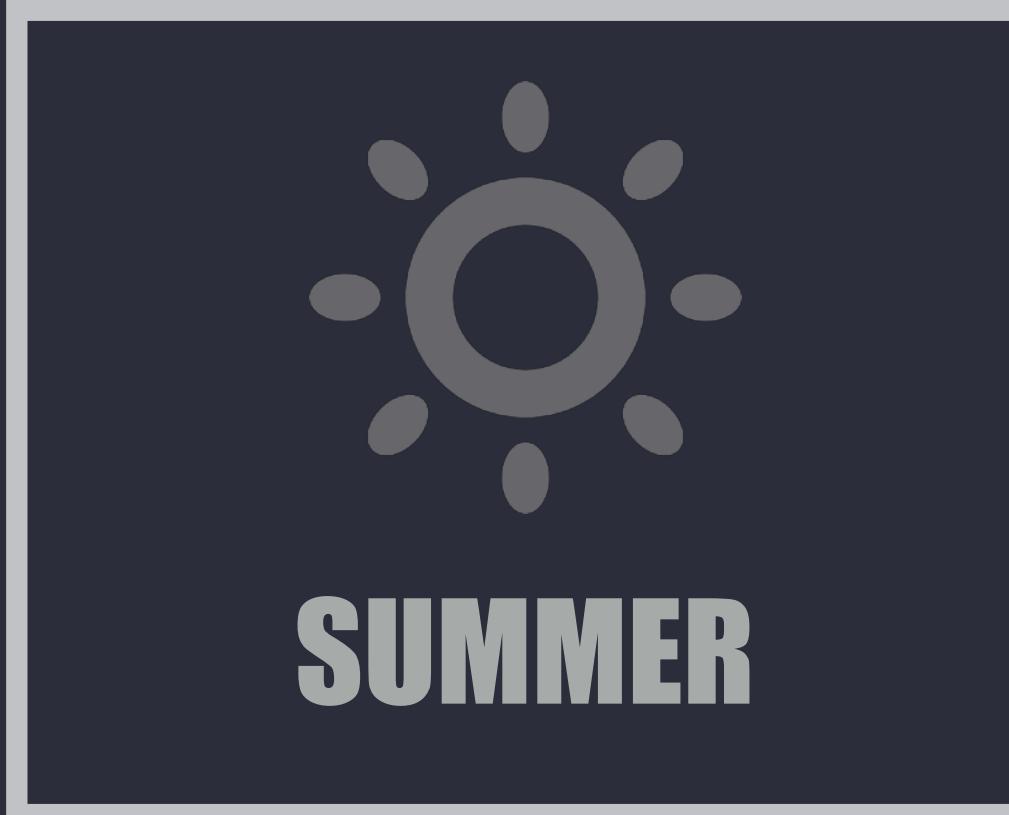
Cure: Toothache, Rashes



March

Cure: Swollen Cheeks, Yellow Eyes

YANG



“Yangsheng”

- About growth and balance
 - Affects Heart and Kidney
-
- When heart is affected -
Bad memory, Emotional, Tasteless
 - Hand and leg soreness, ulcers
 - Diarrhoea, Cholera
-
- Be loyal and filial
 - Remain peace and refrain from too much entertainment

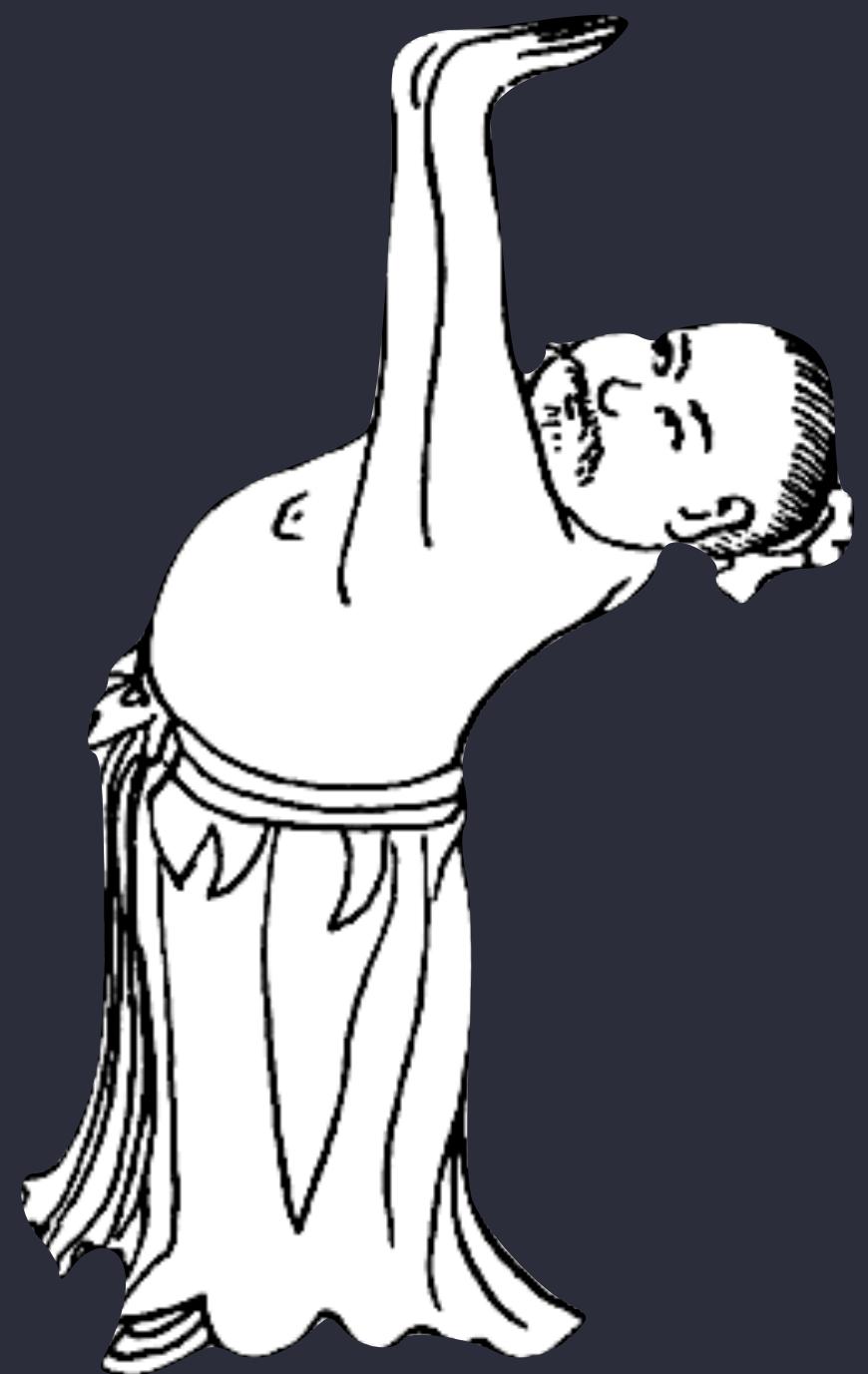


“Yangsheng”



April

Cure: Lymph Node



May

Cure: Heart pain, Cough



June

Cure: Rectal Prolapse, Asthma

“Yangsheng”

- Maintain balance and harvest
 - Affects lungs
-
- When lungs are affected -
Short breath, Cough, Asthma
 - Dry and itchy skin conditions
 - Dysentery, Malaria
-
- Be benevolent and respectful
 - Do not kill and be merciful
 - Harvesting of plants

YIN



God of lungs

Illness that happens this month is due to the effect from the last season - **Summer**

“Yangsheng”



July

Cure: Bitterness, Cold sweat

August

Cure: Rheumatism

September

Cure: Piles, Abdominal pain

“Yangsheng”

- To Preserve
- Affects kidney

- When kidney are affected -
Short breath, Backache, Bloating
- Cold Sweats, Numbness
- Bone pain, Toothache

- Be careful and vigilant
- Refrain from desires



God of kidney

Illness that happens this month is due to the effect from the last season - **Autumn**

“Yangsheng”



October

Cure: Hernia, Urinary retention



November

Cure: Jaundice, Paleness



December

Cure: Lethargic, Bad Appetite

YIN YANG

4 Main Principles in TCM's treatment modality

- **Tonify Yang** **WHEN** Preponderance (Excess) of Yin
- **Tonify Yin** **WHEN** Preponderance (Excess) of Yang
- **Disperse excess Yang** **WHEN** Weakness (Deficiency) of Yin
- **Disperse excess Yin** **WHEN** Weakness (Deficiency) of Yang

Physical impact of environment on health

05

Physical



- Satisfied with one's life-style
- Peace in our living environment

- The rules on good living area
- Taboos of Earth, Heaven and Human

Physical

PART 1

- Satisfied with one's own life-style
- Peace in our living environment

LIVING AS YING SHI (隱士)

A hidden or reclusive scholar living in comfortable retirement from society, avoiding troubles of ordinary daily life.

Be content with the simplicity in life

Respect life and focus on one's peace of mind or inner tranquility.

Be indifferent to fame and wealth

Physical

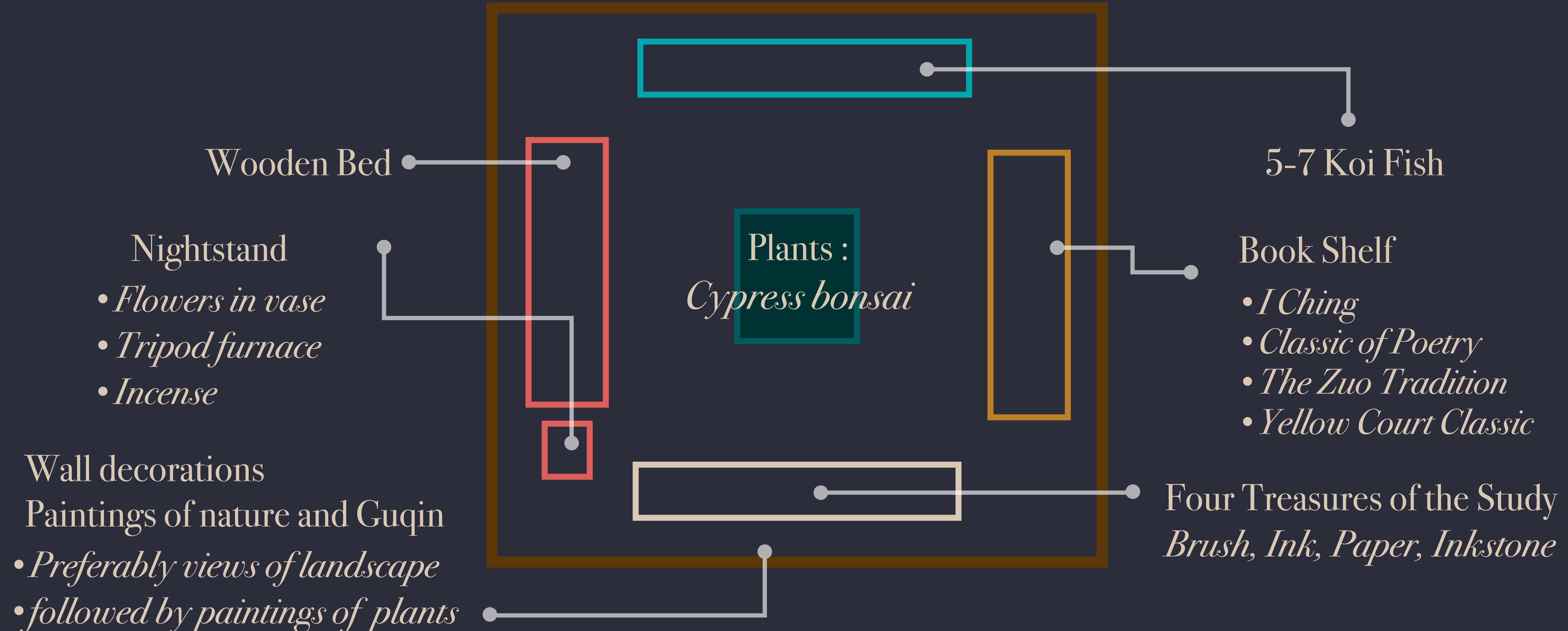
PART 2

- The rules on good living area
- Taboos of Earth, Heaven and Human

STUDY ROOM

- Knowledge paired with the peace of nature
- Located at somewhere brightly lit with natural light
- Has a great view of nature
 - eg. Mountain, river, plantation and birds
- Grow plantations if there are no nature views available

Physical



Physical

PART 2

- The rules to waking and resting
- Taboos of Earth, Heaven and Human

41 ITEMS IN ROOM



Rock pillow



Rolling stool



Bamboo couch



Meditation Chair

Psychological impact of environment on health

06

Psychological

LIVING AESTHETICALLY THROUGH ARTS

HOW TO ADMIRE ANTIQUITIES

- Admiring antiques - copper ware, jade, china
- Stationeries- Ink, brushes, paper, seals
- Incenses- western and eastern incense type
- Amenities - Paintings, Classics, Zither

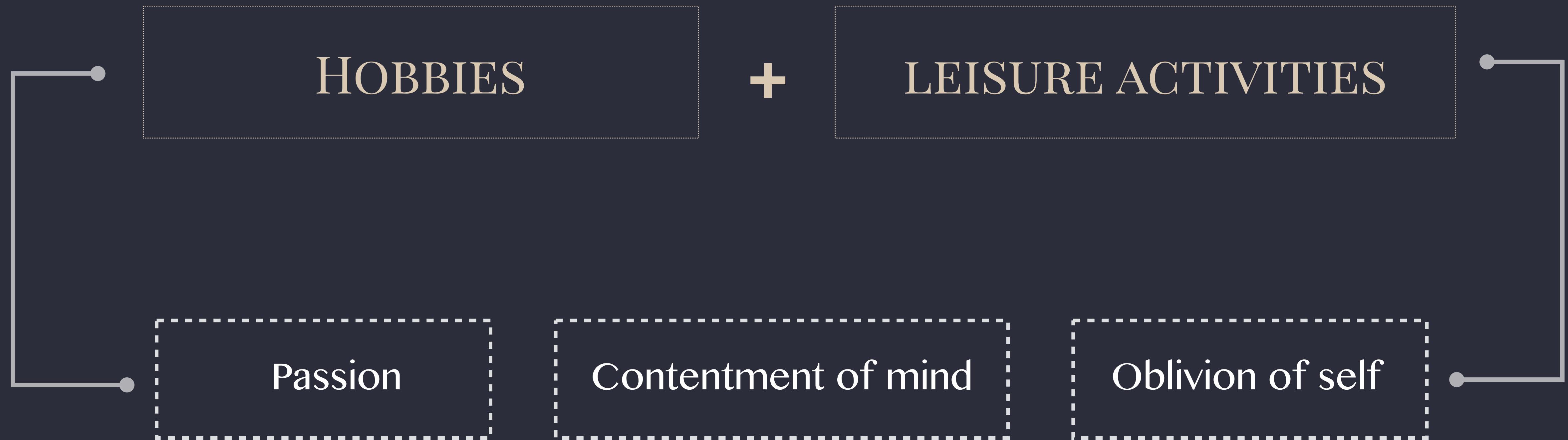
NURSING OF VARIOUS PLANTS

- Peony
- Orchid
- Chrysanthemum
- Bamboo

HOBBIES

LEISURE ACTIVITIES

Psychological



Psychological

PROMOTION OF 德 dé (MORALITY)

INTERNAL CONTENTMENT AND SELF MODERATION

PROMOTE RIGHTEOUSNESS

BE VIGILANT AND TAKE PREVENTIVE MEASURES

Conclusion

- 1.Zunsheng bajian 's imagination of the human body is not confined to a specific location but its extended into all aspects of our daily life (including living environment).
- 2.The term “yangsheng” (yangsheng) contains both “yangxing” 养形 (cultivating one's body) and “yangshen” 养神 (cultivating one's spirit). Its about embracing both the body and mind temperament. The art of yangsheng (养生) can be practised in all aspects of daily life.
- 3.The essential goal of yangsheng (养生) is to remove conflict between the body ,the mind and the mother nature. If the rules are followed correctly, the body and mind will achieve zhongyong 中庸 (harmony) between the inner and outer worlds.

THANK YOU !

