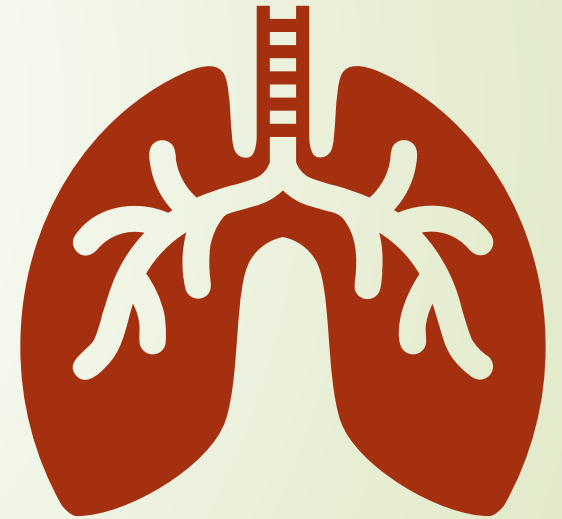


GEH1070 Department of Chinese Studies

**Traditional
Chinese Knowledge
of
Health & Well-being**



Head of St. Petersburg Institute of Bioregulation and Gerontology Professor Khavinson

- At a seminar on longevity held in Geneva, Switzerland:
- **“An important indicator of aging is the reduction of the body’s synthesis of protein.” He did not elaborate on any current attempts to develop synthetic protein, but he and other medical experts all say that “no matter how good any anti-aging technology or drugs are, one still need to combine them with healthy lifestyles...”**
- **“A healthy lifestyle is the key to longevity, and nobody wants longevity but bad health.”**





ANCIENT CHINESE WISDOM:

“Prevention is better than Cure”

- Five hundred years ago Chinese physician Gao Lian of the Ming Dynasty (1368-1644) already said:
- “It is man himself, not Heaven, who governs his life, and he who abuses himself dies young, while he who takes good care of himself enjoys a long life”.
- Health Preservation/Prolong Life

What we want to achieve ?



The module seeks to enhance students' interest in Chinese civilization and traditional medicine from an intellectually challenging perspective.



Understand key concepts in Chinese health and medical culture, and the historical contexts behind the ideas and practices;



Apply knowledge learnt to appreciate traditional Chinese beliefs for living in harmony with nature;



Discuss and analyze the idea of holistic health in Chinese culture and critically reflect on the issues and challenges that we are facing today.



Lecture Topics

W1. Introduction: Ancient Chinese ideas of health & well-being

W2. Principles of balance: Yin Yang & Five Elements

W3. Diagnostics: Channels and pulse reading

W4. Wind, Qi and the body



Lecture Topics

W5. Illness and healing in traditional Chinese medicine

W6. Living in harmony with nature: Food & Herbs therapy

Term Break

W7. Principle and Choices of TCM Treatments



Lecture Topics

W8. Meridians and Acupuncture

W9. Taoism, Alchemy and Chinese Medical Tradition

W10. Chinese ideas of health preservation and ageing

W11. Chinese & western medicine: A comparison

W12. Test



Required Reading:

- Butt, Gary & Frena Bloomfield, *Harmony Rules: The Chinese Way of Health through Food*. UK: Arrow Books, 1985.
- Ho, PY and FP Lisowski, *A Brief History of Chinese Medicine*, Singapore: World Scientific, 1997.
- Hong, Hai, *Principles of Chinese Medicine: A Modern Interpretation*, London: Imperial College Press, 2016.
- Hong, Hai & Karen Wee, *Pursuing the Elixir of Life: Chinese Medicine for Health*, Singapore: World Scientific, 2017.
- Kendall, Donald, *Dao of Chinese Medicine*, Hong Kong: Oxford University Press, 2002.
- Leung, Ping-chung, *A Comprehensive Guide to Chinese Medicine*, Singapore: World Scientific, 2016.
- Leung, Ping-chung ed., *Health, Wellbeing, Competence and Aging*, Singapore: World Scientific, 2013.
- Wu, Hong-zhou, Fang Zhao-qin and Cheng Pan-ji, *Fundamentals of Traditional Chinese Medicine*, NJ: World Century Publishing, 2013.

Tutorial Topics

- 1) Reading an ancient Chinese medical text: *Inner Canon of the Yellow Emperor* 《黄帝内经》
- 2) Know your body condition: the Chinese way
- 3) Case study: *Compendium of Materia Medica* (Principles and Species of Roots and Herbs) 《本草纲目》
- 4) Visit TCM Acupuncture & Treatment Clinic
- 5) E-Discussion on an Assigned Topic



Personal Assignment Topic

- **Background:** Singaporean are obsessed with bubble tea (Bubble tea craze continues, *Straits Times* Jul 8, 2019*), but drinking bubble tea is regarded **as a guilty pleasure and not good for health (Bubble tea's bad rep: This hospital just released a calorie guide to your guilty pleasure, *Coconuts Singapore*, 16 July 2019*)**.

Assignment: From what you have learnt from this module, research and prepare a Chinese herbal bubble tea that is both healthy, tasty, and suitable for your body condition. Your research paper should include:

- Name of the bubble tea and nature of the ingredients;
- Diagnosis your body condition and explain why the tea is suitable for you;
- Detailed steps of how the tea is prepared and components;
- Photos of the production process and the prepared tea;
- Explain the health benefits of the tea.


Personal Assignment

Grading:

- Originality and creativity 20%
- Research and elaboration 30%
- Healthy and therapeutic property 30%
- Presentation 20%

Deadline of Submission: 11 November 2019, Monday 5pm.

- Research and explanation on herbs, body condition and health benefits etc. must be supported by reference sources and indicated in footnotes or endnotes.
- Assignments with A- grade and above may be required to present his/her creation to us for taste testing to secure their grades. Students who do not want to present their drinks for testing will be given a lower grade.
- Plagiarism and submission of commercial bubble tea as your own work will be given 0 mark.



Ancient ideas
of health &
well-being

(The
Beginning...)

Ancient Chinese medical knowledge is an integral part of Chinese culture.

Same ideas also manifested in Chinese philosophy, Chinese religious beliefs, literature, fine arts, customs etc.

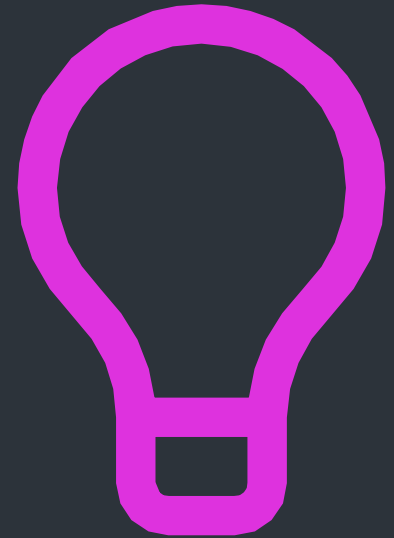


CONFUCIAN PHILOSOPHY

- ➡ **“Your physical body, hair and skin are inherited from your parents. Not allowing anything to do injury to you is where filial piety begins.”**

Taoist School of Thought: **Living in Harmony with Nature**

- According to Taoism, man having evolved from Nature, should continuously seek to understand, learn and live in harmony with the principles and laws of Nature. Should we continue to fight with each other and exploit Nature, it is only a matter of time that the Earth will no longer be home to man.



Yan Emperor 炎帝 (around 4000-3500 BC) Master of the Five Grains 神农氏



Fu Xi



Cang Jie

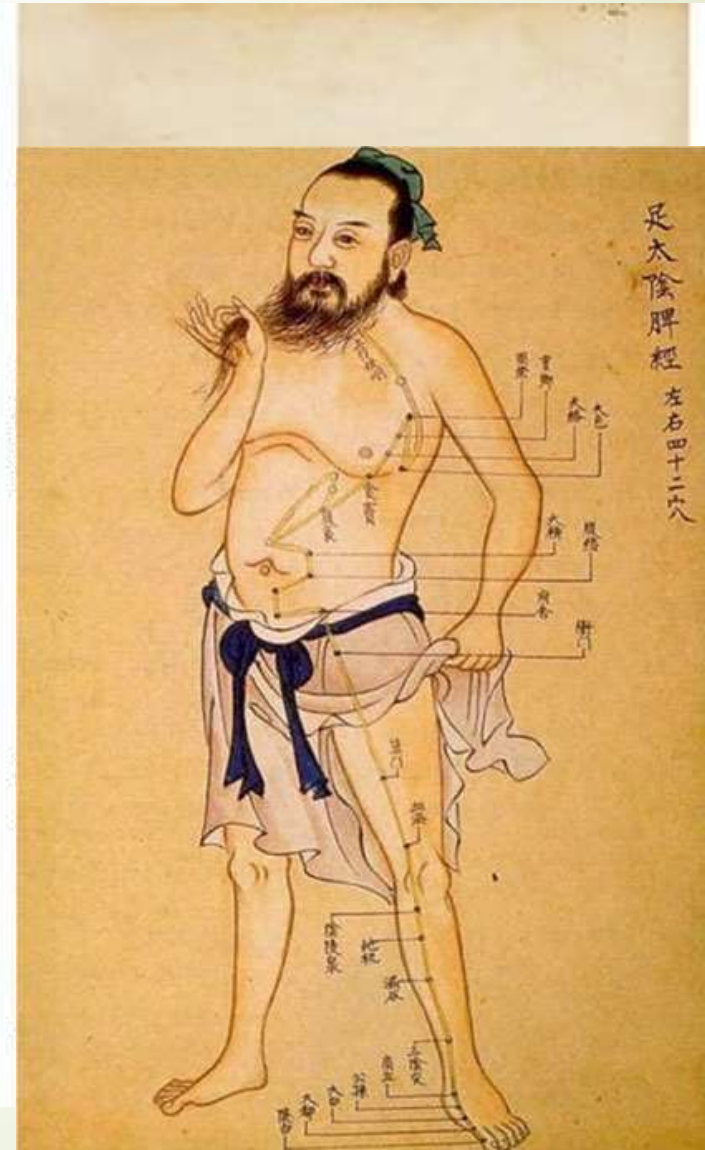
Yellow Emperor 黃帝 (2717-2599 BC)

- Yellow Emperor (Huangdi) is reputed to be the forefather of the Chinese people.
- His legendary reign is credited with the introduction of wooden houses, carts, boats, the bow and arrow, and writing.
- The introduction of governmental institutions and the use of coined money. His wife was reputed to have discovered silk production and to have taught women how to breed silkworms and weave fabrics of silk.



The Yellow Emperor's Inner Canon -- Classic of Internal Medicine 《黄帝内经》

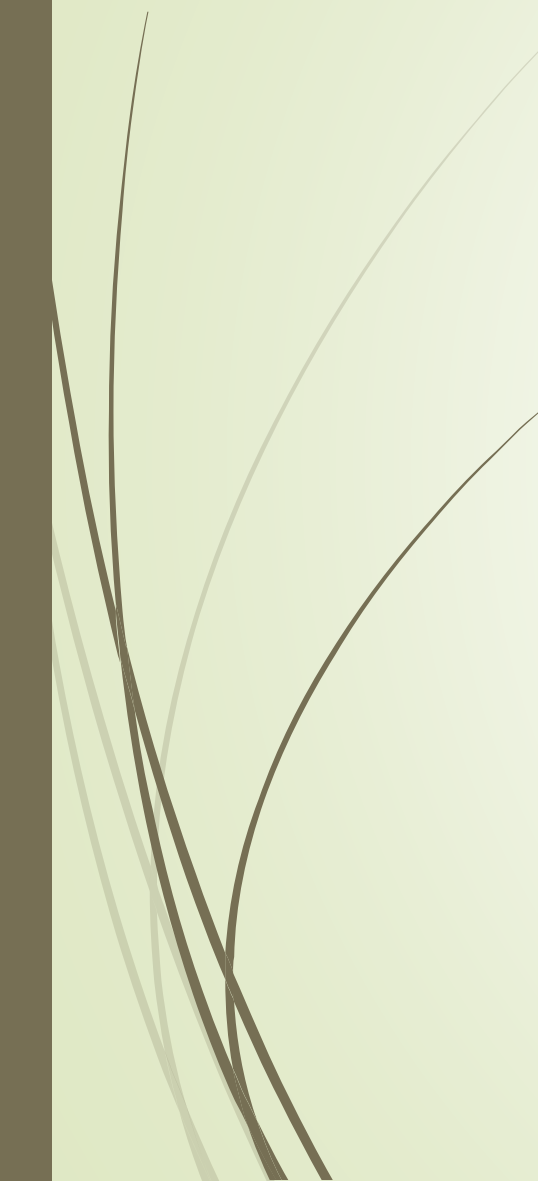
- The key to a long healthy life is to follow the Tao, the natural way of the universe.
- Health and illness are caused by an imbalance of the two basic forces, yin and yang, and by the influence of the five elements on the organs of the body.
- Diagnosis was mainly carried out by pulse taking, a complex process involving taking into account the time of day, season, and sex of the patient. Treatments included herbs, diet, acupuncture etc.





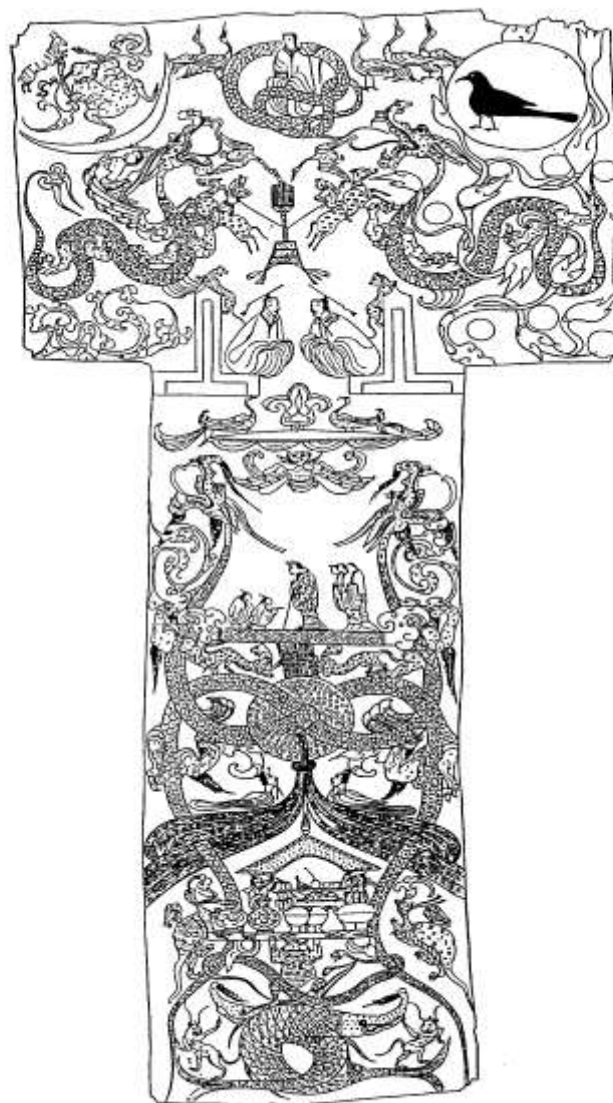
Inner Canon of the Yellow Emperor:

Ch.29-Knowledge passes down by the Masters



“I have heard that the ancient masters acquired precious knowledge that is not yet written down in books. I wish to hear about such theories and take them as current criteria by which to govern the people and to master the human body, and apply them to prevent disease for the common people, promote harmony among the classes, and spread the beneficence of virtue, so that our children and grandchildren are worry free, and pass on this knowledge to later generations without end.”

Mawangdui Tomb (a. 168 BC)



图三八 彩绘帛画《内尸》



Painting on silk, Western Han (206 BC-8 AD), 205cm long, unearthed at Mawangdui, Changsha, Hunan province.



Embroidery, Western Han (206 BC-8 AD), unearthed at Mawangdui, Changsha, Hunan province



Yi vessel, lacquer, Western Han (206 BC-8 AD), unearthed at Mawangdui, Changsha, Hunan province



Lacquer Ding, lacquer, Western Han (206 BC-8 AD), 28cm high, unearthed at Mawangdui, Changsha, Hunan province.

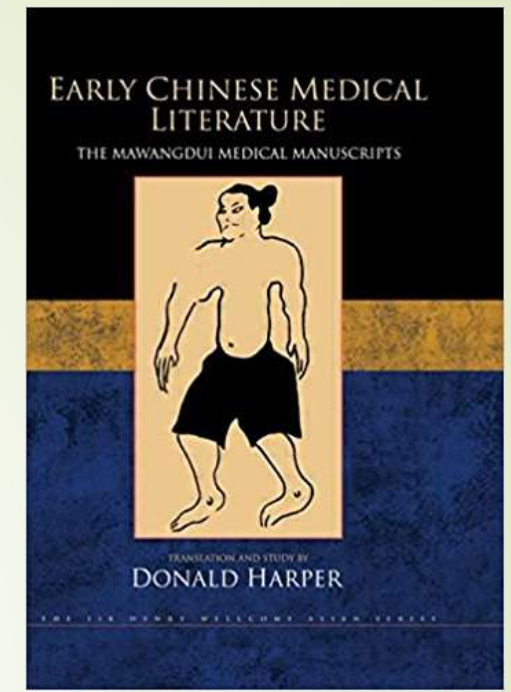
Zhong vessel, lacquer, Western Han (206 BC-8 AD), 51.5cm high, unearthed at Mawangdui, Changsha, Hunan province.



Table with cups and plates, lacquer, Western Han (206 BC-8 AD), unearthed at Mawangdui, Changsha, Hunan province

Mawangdui Medical Texts & Charts

- In the Mawangdui 马王堆 Han dynasty tomb (a. 168 BC), discovered in 1973 in Changsha, Hunan China
- Silk Texts (帛书): ancient Chinese philosophical and medical works written on silk.
- They include previously-unknown medical texts, *Prescriptions for Fifty-Two Ailments*, and a chart for “Internal Breathing Exercise”



Daoyin Tu, "Exercise Chart" circa 168 B.C.E. discovered at Mawangdui in southern China.

Ancient Medical Texts and Charts:

Compendium of Materia Medica

- The most complete and comprehensive medical book ever written in the history of traditional Chinese medicine. Compiled and written by Li Shi-zhen (1518~1593), a medical expert of the Ming Dynasty over a period of 27 years.
- The compendium lists, analyses and describes all the plants, animals, minerals, and other objects that were believed to have medicinal properties.



道光丙戌年春

本草綱目

李時珍先生原本

萬方針線並刻

蘇郡後學 張雲中重訂
張青萬全叅

英德堂
藏板



Tu Youyou 屠呦呦



黄花蒿 (*Artemisia Annua*)

- In 2015's Nobel Prize awards for Physiology and Medicine, a manuscript by fourth-century Chinese physician and herbalist Ge Hong 葛洪, the *Handbook of Prescriptions for Emergencies*, which included a passage on how to treat malaria with an extract made from the sweet wormwood shrub *Artemisia Annua* was credited for providing a key insight into an anti-malaria drug.
- It was the uncovering of this ancient Chinese text that led a contemporary Chinese scientist, Professor Tu Youyou, to the discovery of how to make useful quantities of the drug artemisinin, which has since saved hundreds of thousands of children who would have otherwise died from malaria.