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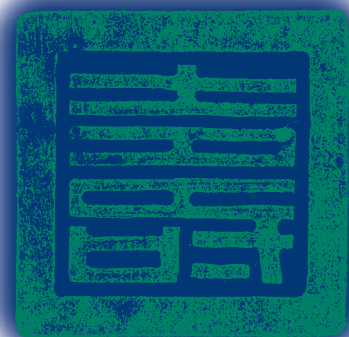
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TRADITIONAL CHINESE HEALTH SECRETS



*The Essential
Guide to
Harmonious
Living*

XU, XIANGCAI

TRADITIONAL CHINESE HEALTH SECRETS

The Essential Guide to Harmonious Living

XU XIANGCAI

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The activities, physical or otherwise, described in this material may be too strenuous or dangerous for some people, and the reader(s) should consult a physician before engaging in them.

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Foreword

I am delighted to learn that *Traditional Chinese Health Secrets* will soon come into the world. TCM has experienced many vicissitudes of times but has remained evergreen. It has made great contributions not only to the power and prosperity of our Chinese nation but to the enrichment and improvement of world medicine. Unfortunately, differences in nations, states and languages have slowed down its spreading and flowing outside China. Presently, however, an upsurge in learning, researching and applying Traditional Chinese Medicine (TCM) is unfolding. In order to bring the practice of TCM to all areas of the globe, Mr. Xu Xiangcai called intellectuals of noble aspirations and high intelligence together from Shandong and many other provinces in China to compile and translate this text. I believe that the day when the world's medicine is fully developed will be the day when TCM has spread throughout the world.

I am pleased to give it my recommendation.

Prof. Dr. Hu Ximing

Deputy Minister of the Ministry of Public Health of the People's Republic of China, Director General of the State Administrative Bureau of Traditional Chinese Medicine and Pharmacology, President of the World Federation of Acupuncture Moxibustion Societies, Member of China Association of Science & Technology, Deputy President of All-China Association of Traditional Chinese Medicine, President of China Acupuncture & Moxibustion Society

Foreword

The Chinese nation has been through a long, arduous course of struggling against diseases. Through this struggle, it has developed its own traditional medicine—Traditional Chinese Medicine and Pharmacology (TCMP). TCMP has a unique, comprehensive—both theories and clinical practice—scientific system including both theories and clinical practice.

Though its beginnings were several thousand years ago, the practice of TCM has been well preserved and continuously developed. TCM has special advantages, which include remarkable curative effects and few side effects. It is an effective means by which people can prevent and treat diseases and keep themselves strong and healthy. All achievements attained by any nation in the development of medicine are the public wealth of all mankind. They should not be confined within a single country. What is more, the need to set them free to flow throughout the world as quickly and precisely as possible is greater than that of any other kind of science. During my more than thirty years of being engaged in the practice of Traditional Chinese Medicine (TCM), I have been looking forward to the day when TCMP will have spread all over the world and made its contributions to the elimination of diseases of all mankind. However, it is to be deeply regretted that the pace of TCMP in extending outside China has been unsatisfactory due to the major difficulties involved in expressing its concepts in foreign languages.

Mr. Xu Xiangcai, a teacher of Shandong College of TCM, has sponsored and taken charge of the work of compilation and translation of such knowledge into English. This work is a great project, a large-scale scientific research, a courageous effort and a novel creation. I am deeply grateful to Mr. Xu Xiangcai and his compilers and translators, who have been working day and night for such a long time on this project. As a leader in the circles of TCM, I am duty-bound to do my best to support them.

I believe this text will be certain to find its position both in the history of Chinese medicine and in the history of world science and technology.

Mr. Zhang Qiwen
*Member of the Standing Committee of All-China
Association of TCM, Deputy Head of the Health
Department of Shandong Province*

Preface

Traditional Chinese Health Secrets is based on the fundamental theories of traditional Chinese medicine(TCM) with emphasis on the clinical practice of TCM. It is a semi-advanced English-Chinese academic work, which is quite comprehensive, systematic, concise, practical and easy to read. This text is designed to give the reader an introduction to the practices and theories of TCM. It is also comprehensive enough to serve as a reference for the TCM practitioner.

Because this text is unique to the Chinese nation, translating it into English has been crucial to sharing the knowledge of TCM practice with the rest of the world.

More than 200 people have taken part in the activities of compiling, translating and revising this text. These individuals come from twenty-eight institutions in all parts of China. Among these institutions are fifteen colleges of TCM: Shandong, Beijing, Shanghai, Tianjin, Nanjing, Zhejiang, Anhui, Henan, Hubei, Guangxi, Guiyang, Gansu, Chengdu, Shanxi and Changchun, and scientific research centers of TCM such as China Academy of and Shandong Scientific Research Institute of TCM.

The Education Commission of Shandong province has included the compilation and translation of this text in its scientific research projects and allocated funds accordingly. The Health Department of Shandong Province has also given financial aid together with a number of pharmaceutical factories of TCM. The subsidization from Jinan Pharmaceutical Factory of TCM provided the impetus for the work of compilation and translation to get under way.

The success of compiling and translating this series is not only the fruit of the collective labor of all the compilers, translators and revisers but also the result of the support of the responsible leaders of the relevant leading institutions. As this text is going to be published, I express my heartfelt thanks to all the compilers, translators, and revisers for their sincere cooperation, and to the specialists, professors, leaders at all levels and pharmaceutical factories of TCM for their warm support.

It is my most profound wish that the publication of this text will help to expand the idea of TCM practice to those individuals interested in this practice.

Xu Xiangcai
Shandong College of TCM

Principles of Healthcare in TCM

The principles and techniques of healthcare that exist today in Traditional Chinese Medicine (TCM) were gradually developed through thousands of years of study and practice. According to a classic and ancient TCM text, the *Nei Jing*, the ways of TCM healthcare are generalized by the following principles.

The techniques and methods are based on the theory of yin and yang and should conform to the natural law. One should keep an orderly life with a proper and controlled diet. One should avoid overwork. Pathogenic wind and other ill factors should be prevented at all times. Essential qi results from serenity and empty-mindedness and will keep you free of disease if you have a sound mind.

The way of TCM healthcare has been practiced for thousands of years by those who wished to keep themselves in good health. It is under the guidance of these principles that the content and methods of TCM gradually developed and perfected, and they are still highly advocated by healthcare experts today.

1.1 Mental Healthcare

TCM pays great attention to the close relationship between mental activities and health. A TCM theory states that the body becomes an “organic unit” when the body and spirit are integrated. If you wish to strengthen the spirit, you must strengthen the body, and to strengthen the body, you must strengthen the spirit. TCM also theorizes that essence (*jing*), vital energy (*qi*), and spirit (*shen*) are three treasures of one’s life. If you cultivate these three treasures, you will live a long healthy life. It is believed that one can be healthy and free from illnesses only when he or she cultivates essence, uses *qi* sparingly, and takes good care of his spirit. This will ensure that he or she will be balanced and full of vigor, with every organ performing its proper function. If the spirit is in a state of imbalance, then the body’s essential *qi* will be lost, resulting in

various illnesses or even early death. There are many common Chinese sayings that address this situation such as,

Those who keep a sound mind will survive and those who do not will die, and those who gain a sound mind will live and those who do not will perish.

Therefore, according to TCM theory, for the sake of preventing diseases and promoting longevity, it is imperative to keep a sound mind.

TCM theory states that man has seven emotions: joy, anger, melancholy, anxiety, grief, fear, and terror. It is believed that when these emotions are experienced in excess, the *Qi* and blood will be disturbed resulting in pathological changes and bringing about great harm to the human body. As is stated in the *Nei Jing*,

It is known that all diseases arise from the upset of qi: Anger pushes the qi up, joy makes the qi slacken, grief disperses the qi, fear brings the qi down, terror confuses the qi, and anxiety causes the qi to stagnate. Anger harms the liver, joy the heart, anxiety the spleen, grief the lungs, and fear the kidneys.

In short, the loss of balance in the mind and the *qi* will greatly affect your health.

To the TCM practitioner mental healthcare has always been highly valued and applied as a major means of maintaining health and achieving longevity. Mental healthcare serves as a means of building up the body by strengthening resistance against disease.

1.1.1 BEING OPEN-MINDED AND OPTIMISTIC

A Chinese proverb says, “Optimism will help you forget sorrow.” It is believed that an optimistic, stable mood and good mental balance calms the body’s vital energy and spirit, which aids the circulation of blood and *qi*, thus, improving health. Throughout China’s long history, ancient medical texts provide advice on the subject of mental health.

For example:

- The ancient book, *Guan Zi*, states, “The quality of one’s life depends on maintaining a positive happy state of mind. Anxiety and anger lead to confusion of mind. There can be no mental balance when anxiety, grief, joy, and anger exist. Thus desire should be subdued, and disorder should be checked. Happiness and luck will arrive on their own if there is no such disturbance of mind.”
- The *Nei Jing* also points out that “one should strive for tranquility and happiness, while remaining free from anger, resentment, and troubled thoughts. This text also indicates

Practical Chinese Materia Medica for Healthcare

2.1 Commonly Used Chinese Material Medicines for Healthcare

Chinese material medicines for healthcare are those that can supplement the body with nutrients, enhance the body's functions, strengthen resistance, build up health or promote recovery, and increase longevity. They are also called tonics because of their tonifying properties. Based on their effects and indications, such tonics are classified according to five kinds. They are *qi* tonics, blood tonics, *yang* tonics, *yin* tonics, and other tonics.

2.1.1 Qi TONICS

Qi tonics are those drugs that replenish *qi* and eliminate syndromes due to *qi* deficiency.

All life activities, such as growth, development, and metabolism, are dependent on *qi*. The spleen is the source of *qi* and blood, and the lungs dominate the *qi* of the whole body. As a result, the formation and circulation of *qi* in the body depends on whether the spleen and lung function normally. Dysfunction of the spleen and lung due to one cause or another will result in the syndrome known as *qi* deficiency. If you are *qi* deficient, your body will become weak, and symptoms such as fatigue, lassitude, listlessness, poor appetite, languor, and spontaneous sweating will manifest.

Qi tonics can remove or relieve the syndrome of *qi* deficiency and promote recovery. Some *qi* tonics—such as *Ren Shen* (Radix Ginseng), *Da Zao* (Fructus Jujubae), *Feng Huang Jiang* (royal jelly), *Ci Wu Jia* (Radix Acanthopanax Senticosi), *Yi Tang* (Saccharum Granorum), and *Feng Mi* (Mel)—may play a role in maintaining good health and pro-

longing life. This is true when any of them is taken in autumn and winter in small dose by the old or by the middle-aged with delicate constitution.

Tonics are chosen according to the symptoms of *qi* deficiency. The syndrome of *qi* deficiency should be treated on the basis of overall analysis of its main and accompanying symptoms. Excessive intake of *qi* tonics must be avoided, or *qi* will be stagnated. The following is a more detailed description of those *qi* tonics named above.

Ren Shen (Radix Ginseng). *Ren Shen* is named according to its original growing area. If it grows in the Jilin province of China, it is called *Jilin Shen*; from Korea, *Gaoli Shen*. The best produced comes from Fusong county in Jilin province of China.

Ren Shen is also named according to the way it is processed. That which is sun-dried is known as *Gan Shen*. When it is soaked in syrup before it is dried, it is called *Tang Shen*. When the herb is steamed and then dried, it is called *Hong Shen*.

Ren Shen has a sweet and a bitter taste and is slightly warm in nature. It is a good tonic in the winter. It has the potency to invigorate primordial *qi*, reinforce the spleen, benefit the lungs, promote the production of body fluid, quench thirst, tranquilize the mind, and help develop intelligence. People who are old or weak may take small doses of *Ren Shen* when they have no appetite and feel tired and sleepy but have difficulty falling asleep. In so doing, their *qi* will be invigorated, their minds tranquilized, their appetite improved, and their bodily strength restored. In clinical practices, *Ren Shen* is often administered to patients whose *qi* is deficient due to prolonged disease, patients in various kinds of shock, and those whose *qi* and *yin* are both deficient. Pharmacological studies have proved that the main active component of *Ren Shen* is ginsenoside. This component can improve the functions of various organs, especially those of the nervous, circulatory, and endocrine systems. It also enhances the immune system and the ability of the body to adapt to its natural environment, thus strengthening the body and contributing to longevity.

Ren Shen is applicable to the syndrome of *qi* deficiency. It is not recommended for those with a strong constitution. It is incompatible with *Li Lu* (*Rhizoma et Radix Veratri*), *Wu Ling Zhi* (*Faeces Trogopterori*), and *Za Jia* (*Spina Gleditsiae*). For oral use, *Ren Shen* is decocted in water. The usual dosage is 5–10grams. While taking *Ren Shen*, avoid tea and radish.

Xi Yang Shen (Radix Panacis Quinquefolii). *Xi Yang Shen* has a bitter and slightly sweet taste; it is cold in nature and has the potency

The main active elements of *Tian Ma* are gastrodine, vanillyl alcohol, succinic acid, β -sitosterol, vitamin A-like substance, glucose, and alkaloids.

Pharmacological studies have indicated that *Tian Ma* has the power to enhance longevity. It is used to tranquilize the mind, alleviate pain, and relieve convulsions. It can enhance the immunologic function of the body, improve the nutritive blood flow in the cardiac muscles, and increase the hypoxiatolerance of experimental animals.

Tian Ma is decocted in water for oral use or ground into powder and swallowed in amounts of 1.0–1.5 grams with boiled water. Alternatively, it may be soaked in liquor or put into other dosage forms. The usual dosage of *Tian Ma* is 3–10 grams.

Hua Fen (Pollen). The reproductive cells in the stamens of flowers are collected and pollinated to the pistils by bees. The reproductive cells of the pistils are inseminated and a kind of pollen of nectar source is developed. *Hua Fen* is this pollen. *Hua Fen* is an ideal tonic for people who are old and healthy. It is used to prevent diseases, build up health, postpone senility, and promise longevity. *Hua Fen* is especially good for athletes, for improving a woman's looks, and for the treatment of neurosis, anemia, prostatic hyperplasia, diabetes, angiocardopathy, ulcerous disorders, and menopausal syndrome.

Research has proved that *Hua Fen* contains 20 kinds of amino acids, 14 kinds of vitamins, 24 kinds of inorganic elements, 18 kinds of natural organized enzymes, fat, hormones, and aromatic substances.

The pharmacological actions of *Hua Fen* include activizing the hematopoietic functions, regulating cardiovascular functions, combating bacteria, resisting tumors, and delaying senility.

Hua Fen is often found in the form of a prepared product, and should be taken according to the accompanying instructions.

2.2 Commonly Used Chinese Patent Medicines for Healthcare

2.2.1 PATENT MEDICINES FOR TONIFYING QI

BU ZHONG YI QI WAN

Main Ingredients

Huang Qi (Radix astragali)

Dang Shen (Radix codonopsis)

Gan Cao (Radix glycyrrhizae)

Dang Gui (Radix angelicae sinensis)

Chen Pi (Pericarpium citri reticulatae)

Sheng Ma (Rhizoma cimicifugae)

Chai Hu (Radix bupleuri)

Bai Zhu (Rhizoma atractylodis macrocephalae)

Dosage Form

Honeyed bolus or water-paste pill.

Dosage and Administration

Taken orally, twice daily, 9 grams each time.

Effect

Reinforces the middle *jiao*, replenishes *qi*, elevates the clear *qi* and sends down turbid indications.

Effects also include: headache and languor due to the hypofunction of both the spleen and the lungs, spontaneous sweating due to *yin* deficiency, aversion to wind, anorexia, chills or fever, dysentery, gastroptosis, metroptosis, syndromes of asthenia, various kinds of anemia, and gastritis.

Source

The book *Pi Wei Lun*

SHEN LING BAI ZHU WAN

Main Ingredients

Ren Shen (Radix ginseng)

Fu Ling (poria)

Bai Zhu (Rhizoma atractylodis macrocephalae)

Bai Bian Dou (Semen dolichoris album)

Shan Yao (Rhizoma dioscoreae)

Gan Cao (Radix glycyrrhizae)

Lian Zi (Semen nelumbinis)

Jie Geng (Radix platycodi)

Sha Ren (Fructus amomi)

Yi Yi Ren (Semen coicis)

Dosage Form

Water-paste pill.

Dosage and Administration

Taken orally, once or twice daily, 6–9 grams each time.

Effect

Nourishes the spleen and stomach and adjusts their functions.

Indications

Dyspepsia due to weakness of the spleen and stomach and manifested as vomiting or diarrhea, sallowness and emaciation, lassitude and hypodynamia, chronic nephritis.

Source

The book *Tai Ping Hui Min He Ji Ju Fang*

SI JUN ZI WAN

Main Ingredients

Dang Shen (Radix codonopsis)

Bai Zhu (Rhizoma atractylodis macrocephalae)

Fu Ling (poria)

Gan Cao (Radix glycyrrhizae)

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