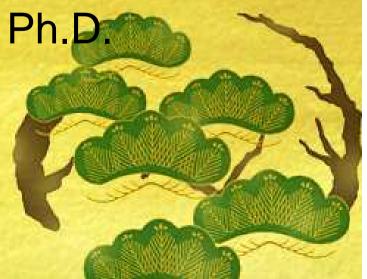


CHINA's MEDICINE GOD, THE DIVINE FARMER: an Integrative Approach

CHRISTINE MERRITT, Ph.D.





- Visiting Assistant Professor
- Medical School
- Soochow University
- Suzhou
- Jiangsu Province
- P.R. China

Asclepius was a Greek hero who later become the Greek god of medicine and healing.

He was worshipped throughout the Greek world but his most famous sanctuary was located in **EPIDAURUS**, in the northeast Peloponnese.

The main attribute of Asclepius is a physician's staff with an Asclepian snake wrapped around it; this is how he was distinguished in the art of healing, Today this is the symbol of the modern medical profession.

HIPPOCRATES was a descendent of Asclepius.

Hippocrates lived from 460-377 BC and doctors agree to uphold the Hippocratic Oath, a guide to ethical medical conduct, written about the 4th century BC. The most familiar aspect is, "to do no harm."













Chinese legend states that there were once three Emperors. The 2nd Emperor, Yan Di or SHEN NONG, Divine Healer, Sage and Farmer had a transparent stomach

5000 years ago (2737 – 2697 BC), he taught people how to sow the 5 grains and which herbs to avoid as they were poisonous and which to use for medicines. He also taught how best to farm the land – the God of Agriculture.

1st Century - 1st Chinese Manual on Herbs The Divine Farmer Materia Medica Classic

The Twelve Vows of the Medicine Buddha included these:

- To help women who wish to be reborn as men achieve their desired rebirth.
- To help heal mental afflictions and delusions.
- To help the oppressed be free from suffering.
- To help clothe those who are destitute and suffering from cold and mosquitoes.

Shen Nong experimented with different types of herbs. He defined 3 medicinal categories according to their source:

- Medicine from vegetable sources, e.g., roots, stems, leaves and fruits from plants.
- Medicine from animals that includes their organs and secretions such as bezoar (cow gallstones), snake venom and deer musk.
- Medicine from mineral sources including gypsum and others.



The hospital departments had interesting signs in both English and Chinese -

- "Ophthmalogy Looks at All Room"
- "Mirror Room While Digesting"
- "Department of Intervention"
- "Stamp place in Sick Leave"
- "Dept of Psychology Consultation"
- "Medical Insurance/Disease Determines
 - to Determine Diagnose Proves"
 - "Vagina Mirror Room"

In 2009

a group of Chinese scientists discovered the existence of an accumulation of clear microvessels at acupuncture point regions.

These micro-vessels are not seen in the surrounding tissue outside of the acupuncture points. This was the first time that specific structures of acupuncture points by X- ray imaging have been demonstrated.

TRADITIONAL CHINESE MEDICINE (TCM)

It is said there are over 3,200 herbs, 300 mineral and animal extracts, and over 400 formulas used in TCM.

There may be a variety of different ingredients in herbal formulations ranging from 4 to 12 in number. They are given to the patient in different forms to be eaten or drunk, from teas, powders, pills, tinctures or syrups.

Acupuncture certified by the World Health Organization as a form of medical treatment in 1979

Diseases and disorders specifically mentioned by WHO that can benefit from acupuncture include:

- paralysis
- high blood pressure
- high cholesterol
- asthma
- Parkinson's disease
- pain from malignant cancer, tumor, and surgical procedures

A 2010 study in Nature Neuroscience, demonstrated that the compound adenosine plays an important role in acupuncture's effectiveness.

Acupuncture has a 4,000-year history, but little is known about biological pathways that enable carefully placed needles to relieve pain in patients. Researchers tested acupuncture in mice.

Levels of adenosine, a neurotransmitter, rose 24-fold in the tissue fluid surrounding the needle. Adenosine inhibits nerve cells in response to



Medical Prescription Cave (Yao fang Dong) Luoyong, Henan Province

6th century prescriptions for over 120 diseases.

Diseases varied from skin diseases, heart problems, mental illness to diabetes and there were two prescriptions for acupuncture, twenty-six prescriptions for moxibustion and also medical procedures that involved surgery, internal medicine, gynaecology and ear, nose and throat.

Sun Simiao, like Hippocrates, was a real person, born in the 6th century around 581 AD. and practiced medicine during the Tang Dynasty (618- 907AD). He died in 682 AD.

Well known for his herbal medicine, emphasizing the correct time to pick herbs, ensuring they are fresh and clean with correct drying methods, he paid particular attention to the health of women and children.

SUN SIMIAO

One philosophy of his is embodied in this quote:

"running water is never stale and a door hinge does not become worm-eaten because they never stop moving."

The early exercise guru.

Sun Simiao said, "If someone seeks help because of illness, or on the ground of another difficulty, 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 a friend, whether he is Chinese or a foreigner, or finally, whether he is uneducated or educated. He should meet everyone on equal ground; he should always act as if he were thinking of himself. He should not desire anything and should ignore all consequences; he is not to ponder over his own fortune or misfortune and thus preserve life and have compassion for it.

Cont'd

He should look upon those who have come to grief as if he himself had been struck, and he should sympathize with them deep in his heart. Neither dangerous mountain passes nor the time of day, neither weather conditions nor hunger, thirst nor fatigue should keep him from helping whole-heartedly. Whoever acts in this manner is a great physician for the living. Whoever acts contrary to these demands is a great thief for those who still have their spirits!

Writings of Sun Simiao ---

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