

## **Quotations From Ancient Chinese Medical Classics**

### **Huang Di Nei Jing (Classics of Yellow Emperor's Classic of Internal Medicine):**

"Medical theories can not be explained to those who are superstitious with ghost or gods; and the magic effect of acupuncture will not be acknowledged by those who do not believe or dislike acupuncture.

Those who do not allow treatment of a disease will certainly not be cured, and treatment by force never has good results."

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In the most ancient times the sages (Sheng Ren) who knew well on moral and body cultivation often told people that weakness and noxious influences and injurious winds should be avoided on time. They the sages preserved a tranquil mind and were content in nothingness, so the true Qi accompanied them always; their vital original spirit was preserved within; thus, how could illness come to them?

They exercised restraint of their wills and reduced their desires; their hearts were at peace and without any fear; their bodies toiled and yet did not become weary. Their spirit followed in harmony and obedience; everything was satisfactory to their wishes and they could achieve whatever they wished.

They considered that any kind of food was beautiful; and they wore clothes at their wills. They felt happy under any condition or customs. To them it did not matter whether a man held a high or a low position in life. These men can be called pure at heart. No kind of desire can tempt the eyes of those pure people and their mind wouldn't be misled by sexual licentiousness and evil thoughts. "

### **Sun Simiao, Prescriptions worth thousand gold for emergencies**

"When a great doctor treat a patient, they must calm down their mind and stabilize their will. They have no desire or demand from patients, and they feel pity and compassion for them and then pledged to save them from their sufferings. If the people with a disease or on a disaster come for help, they treat them equally as if they are their very close relatives.....A great doctor take other peoples' worries as their own. They feel deeply sad and sorry for patients so they do not care if the road is difficult or dangerous, if it is day or night, the weather is cold or hot, hungry or thirsty, or even they are very tired. They will go to save the patient wholeheartedly without any delay or excuse." .....

### **The Classic of Chinese Medicine (NEI JING) says:**

"The principle of Yin and Yang is the basic principle of the entire universe. It is the principle of everything in creation, and it is the root and source for transformation as well as for life and death. It holds the power for the existing and changing of every thing."

"Heaven and earth are the highest and lowest of all creation. Yin and Yang, the two elements in nature, represent men and women with desires and vigor. The ways of

Yin and Yang are to the left and to the right. Water and fire are the evidences and symbols of Yin and Yang. Yin and Yang are the source of power and the beginning of everything in creation..... Yin stays within and acts as guardian of Yang; Yang is active on the outside and acts as protector of Yin."

"Medical theories can not be explained to those who are superstitious with ghost or gods; and the magic effect of acupuncture will not be acknowledged by those who do not believe or dislike acupuncture. Those who do not allow treatment of a disease will certainly not be cured, and treatment by force never has good results."

The occurrence of any disease is, fundamentally speaking, due to the relative imbalance of yin and yang. Namely, the normal inter-consuming-supporting relationship between them is disturbed by either preponderance or deficiency of yin and yang. Regulation of yin and yang is therefore a fundamental principle in clinical treatment. In the fifth chapter of *Miraculous Pivot*, it points out that "how to regulate yin and yang is most important in acupuncture treatment."

The course of a disease is actually the process of struggle between the antipathogenic factors and pathogenic factors. Mobilizing the antipathogenic factors to defeat the pathogenic factors is the right way to cure the disease. Therefore, strengthening the body resistance and eliminating the pathogenic factors are also the important principles in clinical treatment.