

TCM CLASSICS COURSE 2018-2020

Shang Han Lun and Jin Gui Yao Lue

Dear friends and students of TCM,

We are very happy to offer you the following advanced educational program based on the study of classical books of TCM. Four classics should be studied: Huang Di Nei Jing, Shang Han Zha Bing Lun, Jin Gui Yao Lue and the Wen Bing Lun. Our study will start first with the Shang Han Lun and the Jin Gui Yao Lue and later with the other classics.

We have invited for the lecture two TCM specialists from the Chengdu University of Sichuan province (China): **Dr. Wan Peng (Ricky)** and **Dr. Chen Yunhui, PhD (Flora)**. Both speak perfectly English and are teachers at the TCM University of Chengdu for **Shang Han Lun** (Flora) and **Jin Gui Yao Lue** (Ricky).

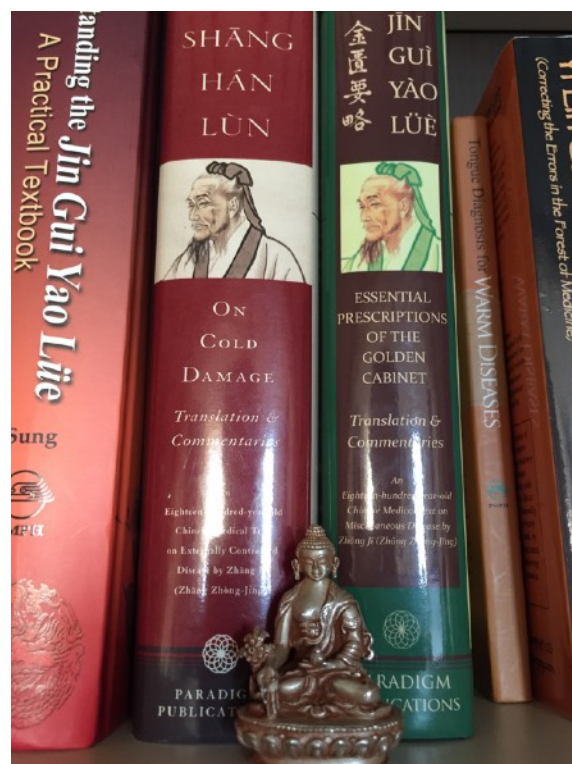
I chose these two teachers because they are students of Prof. Zhou Xunlun (Shang Han Lun) and Prof. Zhang Zhiwen (Wen Bing Lun) and themselves excellent teachers with clinical experience in that particular field.

We have learned many subjects together over the past years, but the classics are indispensable for someone who wants to explore the depth of TCM. Of all the classics, both the Shang Han Lun and the Jin Gui Yao Lue, are of utmost importance and also the prerequisite knowledge for a Master's Degree or PhD.

To be sure that the study remains intense, participation is only permitted for students who have completed a three-year basic education.

History of Zhang Zhongjing

Zhang Zhongjing (Chinese 張仲景, Pinyin Zhāng Zhòngjǐng, Chang Chung-ching, 150, † 219), also known as **Zhang Ji** (張 機), was a Han Dynasty doctor. He is considered a major Chinese doctor at the end of the dynasty. He wrote valid treatment guidelines, collected the medical knowledge of his time, and thus laid the foundation for Traditional Chinese Medicine.



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Although he is well known in modern Chinese medicine and is considered to be one of the most important Chinese doctors, little is known about Zhang's life. Late sources say he was born in Nanyang around the year 150 AD, lived and worked in Changsha, and died in 219 AD. There are no exact details of his life data, but there is a consensus among scientists that he lived before the year 220 AD.

Due to widespread civil wars, many people suffered from fever during his time. Zhang's family was no exception and much of her died from an epidemic. He learned the medicine from his contemporary, Zhang Bozu, who was his teacher. He studied the existing medical literature and collected known medical prescriptions. Based on this he wrote the classical work Shanghan Zabing Lun (Chinese 傷寒雜病論, Pinyin Shanghan Zabing Lun, literally "Treatise on Cold Pathogenic and Miscellaneous Diseases"). Shortly after the publication, his book was lost in the war turmoil that plagued the time of the Three Kingdoms. Because of his contributions to Traditional Chinese Medicine, he is often regarded as the "sage" of Chinese medicine.



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The knowledge of Zhang's main work Shanghan Zabing Lun was preserved by his followers and summarized in two books by his student Wang Shu He: the Shang Han Lun (傷寒論, literally „Cold Damage“), (a treatise on the treatment of epidemic fever) and the influential work Jinkui Yaolue (金匱要略, literally "Essential Recipes from the Golden Box") (a compendium of clinical knowledge). These two works have been edited several times to the present day. Zhang is considered the founder of the "cold damage" school of Chinese medicine because of the composition of these works. Zhang is buried in Nanyang. His tomb and the associated temple have been on the list of monuments of the People's Republic of China since 1988.

„Because of his contributions to Traditional Chinese Medicine, Zhang is often regarded as the "sage" of Chinese medicine.“

Course conditions:

Dates: The course begins on **Saturday, August 18, 2018** in the morning and ends on **Saturday, August 25, 2018**. These dates are valid for the first part of the course. The entire course runs over three years. The other dates are: **3 to 10 August 2019** and **1 to 8 August 2020**.

Course program: Every day from 10:00 to 13:00 and 15:00 to 18:00, morning Shang Han Lun lecture with Flora and in the afternoon Jin Gui Yao Lue with Ricky. A detailed overview of the course content of the first part can be found here.

Language of instruction: English, no translation into German - Claude Diolosa will be present during the lecture and will, if there is any need, translate certain passages or formulas. But in order to save time and get as much informations as possible the whole lecture will be only in English.

Costs: 960 Euro per course block, payable in cash at the beginning of the course. The course is only **assignable as a total course** over every 3 years, i. E. in total, 3 times 960 Euros (2880 Euros) to pay.

Place: Assisi (Italy), the exact location will be announced at a later date. The organizer reserves the right to perform the course in 2019 and 2020 at another location, if necessary. The course can also take place outside of Italy.

Registration: Exclusive and binding via the following link:

<http://eepurl.com/ddSr4L>

Please complete the full automatic registration, including confirmation of the e-mail address. You will receive an automatic registration confirmation at the end.

Best regards,
The Avicenna Team

Short biography of both teachers:

Dr. Wan Peng (born June 1981), Ph.D. TCM Classics (Jin Gui Yao Lue Essentials from the Golden Cabinet, 金匱要略), Master's Degree in TCM External Medicine (Dermatology) from Chengdu University of Traditional Chinese Medicine (CDUTCM). Currently teaching at Chengdu University for TCM as a lecturer in clinical medicine and TCM doctor in the Dermatology Department of Chengdu Hospital for TCM. In addition, Dr. Wan Peng is Director of the Foreign Affairs Office of Teaching Hospital in Chengdu. He has already taught the following subjects to domestic and foreign students: TCM External Medicine, TCM Dermatology, Internal Medicine TCM, TCM Pharmacy, TCM Diagnosis, Fundamentals of TCM, TCM Translation and Chinese for Foreigners. He was nominated with the 1st prize in the National Competition of Key Teaching Skills of Young Teachers from all Chinese TCM Universities. His focus lies in the theoretical and clinical area of the prevention and treatment of skin diseases with Dr. med. Zhang Zhongjing's classic recipes. He has published many textbooks as well as many articles.



Dr. Wan Peng (Ricky)

Dr. Chen Yunhui, PhD, is a lecturer for Shang Han Lun at Chengdu University of TCM. She has been practicing Chinese Medicine for 15 years, participating in 10 scientific research projects, and is author and co-author of 16 publications in the last 5 years; Author of the book "Depression-Help with Chinese Medicine" and co-author of "Radix Aconiti Carmichaeli for Difficult and Various Diseases", translator of books: The Guide to Food and Medicinal Incompatibilities, Guide to the Food and Drug Administration

Common Illness Incompatibilities, Learn Chinese Materia Medica in 100 Days, Chinese-English-Thai TCM Terminology Dictionary, Dermatology and Case Studies, and Pengzu Health Preservation Exercises.



Dr. Chen Yunhui (Flora)

Very important informations

Detailed course description according to the standard of Chengdu University:

Academic Lectures on *Treatise on Cold Damage and Miscellaneous Diseases (Shāng Hán Zá Bìng Lùn, 伤寒杂病论)*

Shāng Hán Zá Bìng Lùn, composed by **Dr. Zhang Zhongjing** (about 150-219 AD), the medical sage from late *East-Han* Dynasty, is widely known as the first and most important clinical medical classic in China. For historical reasons, *Shāng Hán Zá Bìng Lùn* was divided into two books in later ages: *Treatise on Cold Damage (Shāng Hán Lùn, 伤寒杂病论)* and *Essentials from the Golden Cabinet (Jīn Guì Yào Lùè, 金匮要略)*.

Shāng Hán Lùn focuses on the diagnoses and treatments of cold damage diseases by means of “syndrome differentiation based on six meridians”; while *Jīn Guì Yào Lùè* mainly focuses on the miscellaneous diseases by means of “syndrome differentiation based on *Zang-fu* organs”. Hereby, the unique characteristic of Chinese medicine - “Treatment based on Syndrome Differentiation” was formally recognized by later doctors. Consequently, everyone believes that one can never be an eminent TCM doctor without understanding Dr. *Zhang Zhongjing*’s academics by learning *Shāng Hán Lùn* and *Jīn Guì Yào Lùè*.

Content of Lectures

1. *Shāng Hán Lùn* – Part One for 2018 (24hrs)

- 1.1 Overview (1h)
- 1.2 Diseases of Taiyang Meridian
 - 1.2.1 Differentiation Outline of Taiyang Diseases (1h)
 - 1.2.2 Basic syndromes of Taiyang Diseases
 - (1) Syndrome of wind attack and exterior deficiency: *Guizhi* Decoction and its modifications (3h)

(2) Syndrome of cold damage and exterior repletion: *Mahuang*

Decoction and its modifications (3h)

1.2.3 Transmuted syndromes of Taiyang Diseases

(1) Heat syndromes: *Mahuang Xingren Gancào Shigao* Decoction, etc.

(2h)

(2) Deficiency syndromes:

a) Heart-yang deficiency: *Guizhi Gancào* Decoction, etc. (2h)

b) Spleen deficiency: *Fuling Guizhi Baizhu Gancào* Decoction, etc. (2h)

c) Kidney deficiency: *Zhen Wu* Decoction, etc. (2h)

d) Yin and Yang deficiency: *Zhi Gancào* Decoction, etc. (2h)

(3) Water amassment syndrome and Blood amassment syndrome (2h)

(4) Chest bind syndromes: *Da Xian Xiong* Decoction, etc. (3h)

(5) Lumps syndromes: *Xie Xin* Decoction, etc. (1h)

2. *Jīn Guì Yào Lüè* – Part One for 2018 (24hrs)

2.1 Overview (1h)

2.2 TCM pathogen and prevention (2h)

2.3 TCM Diagnosis and therapeutic principles (2h)

2.4 Diagnosis and Treatment of muscles/tendons related diseases:

Convulsion, Dampness, Rheumatoid Arthritis, numbness, wind-stroke

(6h)

2.5 Diagnosis and Treatment of deficient and chronic consumption

diseases (5h)

2.6 Diagnosis and Treatment of lung diseases (4h)

2.7 Diagnosis and Treatment of heart diseases (3h)

Notes:

1. For better understanding Dr. *Zhang Zhongjing*'s academics, please review the books of *Shāng Hán Lùn* and *Jīn Guì Yào Lüè* in advance.

2. We will learn the original text of those two books first, and then analyze some typical clinical cases step by step.

3. The above contents may be adjusted according to the actual situation.