Perspectives and Practice of Traditional Chinese Medicine in Western Eyes

Reuven Barak
Israel
Tu YouYou 屠呦呦
2015 Nobel Prize In Physiology Or Medicine Laurate

"for her discoveries concerning a novel therapy against Malaria"
All clinical trials have confirmed that artemisinins are more effective than the conventional antimalarial drugs, such as chloroquine and quinine. They are now recognised not only as the most potent, but also as the safest and rapidly acting antimalarial drugs.
The Handbook of Prescriptions for Emergency Treatments,
肘后救卒方 Zhǒu hòu jiù zú fāng
written in 340 by
葛洪 Gě Hóng (284 - 364 AD)
aka “Baopuzi" 抱朴子 (The Master Who Embraces Simplicity)
Maimonides (רמב״ם)
(Rabbeinu Moshe ben Maimon) 1135 – 1204

"The upright path is the middle path of all the qualities known to man. This is the path which is equally distant from the two extremes, not being too close to either side. Therefore the Sages instructed that a person measure his character traits, directing them in the middle path so he will be whole." (The book Hilchot De'ot, The Laws of Personal Development)

Zhuangzi (莊子)
Zhuang Zhou (莊周), 369 BC - 286 BC

“In doing good, avoid fame. In doing bad, avoid disgrace. Pursue a middle course as your principle. Thus you will guard your body from harm, preserve your life, fulfill your duties by your parents, and live your allotted span of life”. (The Book of Zhuangzi).
Systems of Medicine in the Ancient World

Greek Medicine

Arab Medicine

Iranian Medicine

Unani Medicine

Ayurveda

Chinese Medicine

Map showing the spread of different systems of medicine across ancient civilizations.
The Reception of Oriental Medicine in the West

16th century - first reports of Chinese Medicine practices reach Europe, Texts on Acupuncture and Pulse Diagnosis are translated.

Specimen Medicinae Sinicae
Dr. Andreas Cleyer, Frankfurt, 1682
Late 18th & early 19th century – widespread interest in Europe in possible clinical application of Acupuncture, Moxibustion and Pulse diagnosis.

Dr. Samuel Meyranse Calhoun: *On Acupuncturation*, 1825

Dr. Francesco Saverio da Camino (1786-1864) *Sulla ago-puntura, con alcuni cenni sulla puntura elettrica*. Venezia 1834: “The therapeutic effects of such an easily applicable operation are so surprising that it seems the ignorant and the lazy could think they held in their hands the entire art of medicine, ‘safe, fast, and enjoyable’ as Hippocrates described it.”

19th century- decline in the interest in Chinese Medicine.

George Soulié de Morant *L'acuponcture chinoise.*
Until July 26th, 1971...

Now, About My Operation in Peking; Now, Let Me Tell You About My Appendectomy in Peking...

By JAMES RESTON (Special to The New York Times)

July 26, 1971

PEKING, July 25 -- There is something a little absurd about a man publishing an obituary notice on his own appendix, but for the last 10 days this correspondent has had a chance to learn a Little about the professional and political direction of a major Chinese hospital from the inside, and this is a report on how I got there and what I found.

July 26, 1971
James Reston receiving Medical Treatment, The Anti-Imperialistic Hospital, Beijing.
But the History goes way back...
Huà Tuó 華佗
Chinese physician and surgeon (140 - 208), believed to be the discoverer of anesthetics (the famous among them 麻沸散 máfèisàn)
- Performed abdominal operations, including Laparotomies, partial Colectomies, and even partial Splenectomies.
- To treat gastrointestinal diseases Hua Tuo’s favourite procedure was to resect the viscera and wash the inside. He probably even performed end-to-end anastomoses, although it is not known what substance he used for the sutures.
- He developed also the Wuqinxi 五禽戲 Qigong, (Exercise of the Five Animals") from studying movements of the tiger, deer, bear, ape, and crane.¹

“Huà Tuó zàishì " 華佗再世, (Hua Tuo reincarnated) is a term of respect for a highly skilled doctor.
The medicinal use of stool to treat illness dates back to 4th century China, when the physician Gě Hóng prescribed fecal solutions for the treatment of food poisoning and severe diarrhea. The remedy was considered a "medical miracle that brought patients back from the brink of death" Dr. Faming Zhang of Nanjing Medical University wrote in the American Journal of Gastroenterology. Later, in the 16th century Ming Dynasty, herbal healers prescribed fermented fecal solutions for abdominal ailments, calling the concoction "yellow soup" 黃湯 Huángtāng to make it more palatable. Salient among them is Li Shízhēn 李時珍 (1518 -1593), author of the Compendium of Materia Medica (Bencao Gangmu 本草綱目).
A brief history of fecal transplantation

- **4th century, China**
  - Ge Hong described administration of a human fecal suspension by mouth for food poisoning or severe diarrhea

- **16th century, China**
  - Li Shinzen described "yellow soup", a solution of fermented, dry, or infant feces use to treat fever, severe diarrhea, pain, vomiting and constipation

- **17th century, Italy**
  - Fabricus Aquapendente described the use of fecal therapy in veterinary medicine

- **20th century, USA**
  - Eiseman et al. 1958, Surgery: Fecal enema therapy in 4 patients with pseudomembranous colitis – prompt recovery, discharged within days
April 21st. 1721

The First EnglishVariolation

Lady Mary Montagu brought the practice of variolation to England, where she had Dr. Charles Maitland variolate her two-year-old daughter.

Lady Montagu would come under considerable criticism for advocating variolation, a practice that slowly began to spread as its ability to protect against smallpox became apparent.
Wang Dan (957–1017) The chancellor of China, lost his eldest son to smallpox and sought a means to spare the rest of his family from the disease, so he summoned physicians, wise men, and magicians from all across the empire to convene at the capital in Kaifeng and share ideas on how to cure patients of it until the gods sent a divine man from Mt. O-mei who carried out inoculation. The technique was banned, and the first clear and credible reference to smallpox inoculation (namely variolation) in China comes from the famous Ming dynasty pediatrician Wan Quan (萬全; 1495–1585), aka Wan Mizhai (萬密齋), who used the system called "to implant the sprouts". 
Nasal Insufflation

Scabs were taken from patients with mild smallpox cases, and were dried for some time. The belief was that by drying the scabs out, they were making the infection milder. A few scabs were then gathered and ground up into a fine powder. Then they took a pipe, and packed the scab powder into it. The end of the pipe was placed in a person’s nose, and the powder was blown into it. the right nostril of a boy’s nose to be used for variolation, and the left nostril for a girl. patients were then isolated till the symptoms cleared.
The same famous pediatrician, Wan Quan 萬全 (Wan Mizhai 萬密齋), advocated that children be frequently exposed to sunlight and fresh air and trained to resist cold. He also believed that frightening a child was harmful to him or her, as were overfeeding and overmedicating.

It was only in the 1930’s that Vitamin D was isolated in Europe, and only in the present Century its importance in the Immunologic system function is accepted.
What time is it?

THE BIOCHEMISTRY OF CIRCADIAN RHYTHMS

- Cortisol
  - Release is highest in the morning and drops during the day.
- Glutamate
  - Released by the retinohypothalamic tract during light
- Melatonin
  - Released only at night (by the retina and the pineal gland).
RELEVANCE IN MEDICAL CONDITIONS

- Obesity and metabolic dysfunction
- Cancer
- Effect of aging

The circadian pattern of various diseases
Use in Oncology

Circadian chronotherapy for human cancers

Dr Francis Lévi

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Ling Gui Ba Fa – 灵龟八法 – “The Eight Methods of the Magic Turtle“. and
Fei Teng Ba Fa – 飞腾八法 “The Eight Techniques of Soaring“. developed by Dou Hanqing .
Became known to the public with the publication of his works “Biao You Fu” in 1234 AD and the “Zhen Jing Zhi Nan” in 1241 AD.
Later Xu Feng developed the method further and published his work together with Zi Wu Liu Zhu Zhen Fa in the book “Zhen Jiu Da Quan” in 1439.
Anticancer properties of artemisinin derivatives and their targeted delivery by transferrin conjugation.

Nakase I, Lai H, Singh NP, Sasaki T.
It is probably true quite generally that in the history of human thinking the most fruitful developments frequently take place at those points where two different lines of thought meet.

These lines may have their roots in quite different parts of human culture, in different times or different cultural environments or different religious traditions: hence if they actually meet, that is, if they are at least so much related to each other that a real interaction can take place, then one may hope that new and interesting developments may follow.

Werner Heisenberg
theoretical physicist and one of the key pioneers of quantum mechanics
XièXiè
谢谢
धन्यवाद
Merci
Grazie
شكرا
ευχαριστώ
Thankyou
Obrigado
Terima kasih
Köszönöm
Спасибо
Dziękuję Ci
Dankje
Gracias
Salamat
Terima kasih