



# Foundations of Theory for Ancient Chinese Medicine: Shang Han Lun and Contemporary Medical Texts

By Guohui Liu

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Discussion of Cold Damage (Shang Han Lun) and contemporary texts of ancient China form the bedrock of modern Chinese medicine practice, yet these classic texts contain many concepts that are either hard to understand or confusing. Based on over thirty years' medical practice, and study of the texts, this book explains the concepts involved so that the clinical applications of the ancient texts can be better understood and put into practice. The author looks at the larger context of ancient Chinese culture and philosophy in terms of theoretical knowledge, scholarly approach, and mindset in order to explain the basis for the medical texts. He also discusses the work of later Chinese medical scholars in elucidating the texts. He then goes on to look at more specific issues, such as the six conformations, zang-fu organ theory, the theory of qi and blood, the theory of qi transformation, and how these are understood in the ancient texts. He also discusses shao yang and tai yang theory; the element of time, and its place in understanding six conformations diseases.

This remarkable work of scholarship will clarify many questions about the interpretation of the ancient texts for modern use, and will find a place on the bookshelf of every practitioner of Chinese medicine, as well as on those of scholars of Chinese medicine.

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### Editorial Review

#### Review

Liu has excavated important historical, sociological and lineal knowledge about the development of Shang Han Lun and other important ancient texts. A scholarly and critical analysis rises from the pages in a way which is inspiring... The depth of insight provided here will enhance the skills of any serious practitioner of Chinese herbal medicine, and especially those who follow the great saint of medicine, Zhang Zhong-Jing. -- William Morris, PhD, Co-author of *Li Shi-zhen Pulse Studies: An Illustrated Guide To hold an informed position...* requires that we have a proper overview of the complexities of scholarly literature over the past thousand years, the insiders understanding of Shanghan theory that professor Guohui Liu provides here. So, by explicating the story for us, and presenting his personal scholarly interpretation, he allows us to more properly understand the issues. Liu is our forester offering guidance through the dense Shanghan literature forest. -- from the foreword by Charles Buck, practitioner and teacher in Chinese herbal medicine and acupuncture, and Chair, British Acupuncture Council

#### Review

Liu has excavated important historical, sociological and lineal knowledge about the development of *Shang Han Lun* and other important ancient texts. A scholarly and critical analysis rises from the pages in a way which is inspiring... The depth of insight provided here will enhance the skills of any serious practitioner of Chinese herbal medicine, and especially those who follow the great saint of medicine, Zhang Zhong-Jing. (William Morris, PhD, Co-author of *Li Shi-zhen Pulse Studies: An Illustrated Guide*)

To hold an informed position... requires that we have a proper overview of the complexities of scholarly literature over the past thousand years, the insiders understanding of Shanghan theory that professor Guohui Liu provides here. So, by explicating the story for us, and presenting his personal scholarly interpretation, he allows us to more properly understand the issues. Liu is our forester offering guidance through the dense Shanghan literature forest. (from the foreword by Charles Buck, practitioner and teacher in Chinese herbal medicine and acupuncture, and Chair, British Acupuncture Council)

#### About the Author

Guohui Liu, M.Med., L.Ac., has been studying and practising Chinese medicine for over thirty years. He gained his Bachelor's and Master's degrees at Chengdu University of Traditional Chinese Medicine, where, in 1994, he later became Associate Professor. Dr. Liu currently serves on the faculty of the Oregon College of Oriental Medicine. He runs workshops across Europe and the United States on various aspects of Chinese medicine and has written numerous books and articles in Chinese about medicine and the classic texts, including *Warm Pathogen Diseases*. Dr. Liu is the author of *Discussion of Cold Damage (Shang Han Lun): Commentaries and Clinical Applications*, also published by Singing Dragon. He lives in Portland, Oregon, where he maintains a private practice.

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