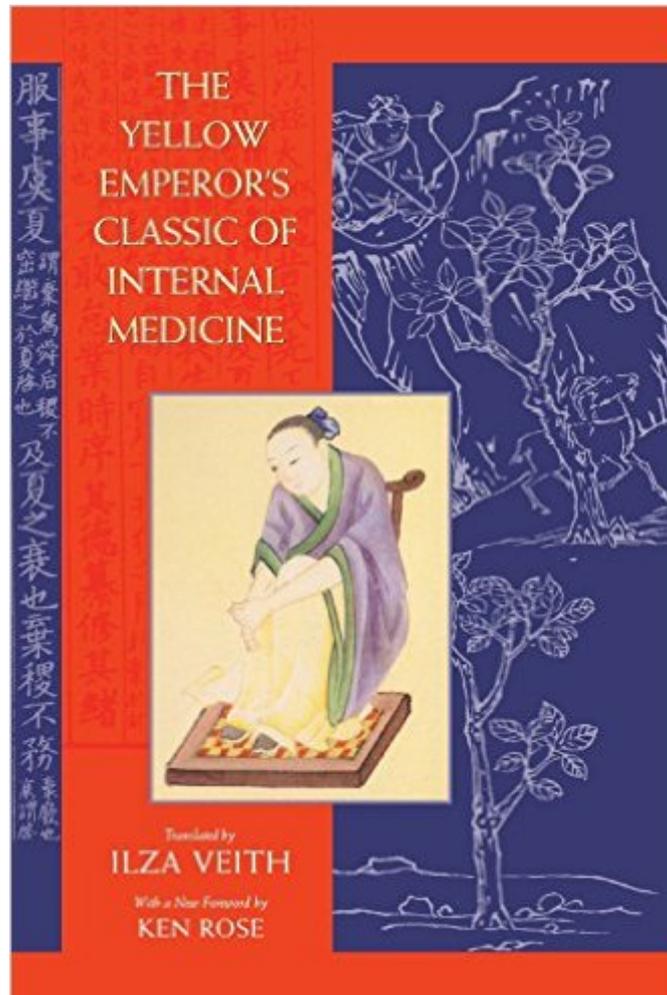


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# The Yellow Emperor's Classic Of Internal Medicine



## Synopsis

The Yellow Emperor's Classic has become a landmark in the history of Chinese civilization. In recent years, traditional medical practice has seen a dynamic revival in China and throughout many countries in the Western world. Elements of this time-honored therapy, including acupuncture and the harmony of human spirit with the natural world, have become part of mainstream medical practice; The Yellow Emperor's Classic provides the historical and philosophical foundation of this practice. Ilza Veith provides an extensive introduction to her monumental translation of this classic work, which is written in the form of a dialogue in which the emperor seeks information from his minister Ch'i-Po on all questions of health and the art of healing. A new foreword by Ken Rose places the translation in its historic contexts, underlining its significance to the Western world's understanding of Chinese medicine.

## Book Information

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**ABOUT THE ORIGINAL CHINESE TEXT**The Yellow Emperor's Classic of Internal Medicine or Huangdi Neijing (more accurately translated as: Yellow Thearch's Inner Classic) is the seminal text of Traditional Chinese Medicine (TCM) and covers the theoretical foundation of Traditional Chinese Medicine, diagnosis methods and treatment methods. The Huangdi Neijing (commonly referred to as the Neijing) is composed of two books, namely, the Suwen or (Plain Questions -- 81 chapters or treatises. Note, for two of the chapters only the titles are known, the contents are lost.) and the Lingshu (Spiritual Pivot -- also 81 chapters). Modern scholars believe the first book, the Suwen, was compiled and edited over a long period of time from the third century BCE to 1053 CE (Song

Dynasty).The Neijing departs from the older shamanistic belief that disease was caused by magical influences. In the Neijing the natural effects of diet, lifestyle, emotions, environment, age and heredity are the reason diseases develop. The universe is composed of various forces and principles and these forces can be understood via logical means and humans can stay in balance or return to balance and health by understanding the laws and theories of these natural forces. Central to the Neijing is the notation that humans are a microcosm that mirrors the larger macrocosm, thus the principles of yin and yang, qi, the five elements, the environmental factors of wind, damp, hot and cold and so on that are part of the macrocosm or Universe equally apply to the human microcosm.

CONTENTS OF VEITH'S BOOK

The version Veith translated is the authoritative version known as the: Chong Guang Bu Zhu Huangdi Neijing Suwen. She translated:(i) Wang Bing's 762 CE preface.

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