

# Give Me Back the True Image of Chinese Medicine!

*Also known as “the 10 Buckets of Shit on the Head of Chinese Medicine”*

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*Translated by Allen Tsaur, 15 July 2015*

## Prologue

'If the lady Xi<sup>1</sup> had been covered with a filthy head-dress, all people would have covered their noses in passing her" – I've never seen it in real life. I've only read it in Mencius.

"Crapping on the head of the Buddha" – I've never seen it in person either, but I've read in history that Wang Anshi asked<sup>2</sup>, "How can one shit on the head of Buddha?"

But today, I've witnessed with my own eyes that there are bucket loads of shit on the head of Chinese Medicine (CM), and that CM is covered with filth. I am also living with this reality as a CM physician. Today, the image of CM physicians is utterly unspeakable: they live by speaking abstract/perplexing words (I-Ching, 5 Elements and 6 Seasonal Qi); they lie to patients by magic (Qi Gong); they earn cash by junks (strange, bizarre, and messy treatments) ; the so-called famous physicians and miraculous physicians are all liars (Zhang Xiangyu, Zhang Xiaoping, Hu Wanlin, and Li Hongzhi)... etc. In short, the image of CM physicians has already become something inhuman.

It is not the fault of CM physicians that its image has been distorted to such a degree. It is with all the dirty filth coming from the environment, splashing to your face; then some cover up your face with golden leaf – when the fog of decoy has been surrounding you, no one can see your real face but only the (publically available) distorted fake mask – what can you say as a CM physician?

## “The Mistake at the Almond Forest”

“The Mistake at the Flower Field” is a great Beijing opera with bizarre twists and turns in plots, and also quite rational and resonant with real life quite well. The plot goes like: Liu Yueying asks her maid to go to the gallery by the Duxian Bridge to find her crush Bian Ji. But instead, the maid brings the worthless bully Zhou Tong back instead. Can you say that the maid is at fault? No! She followed the instructions to the place, the seat, and finding the person with the right age. But why didn't she find the scholar but

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<sup>1</sup> Xi Shi – the most beautiful woman in the Warring State Era

<sup>2</sup> Wang Anshi asked that when Ouyang Xio planned to write a preface and place it in the front page of the “History of the Five Dynasty”

brought back a bully instead? Well, it is very simple. Because she had never seen the face of Bian Ji. So she assumed whoever happened to be in his seat to be Bian Ji.

As a projection of the world, this opera is indeed a great one on stage. But bringing the stage to the real life, this is a great tragedy. What is the tragedy in the CM world? It is “the Mistake of the Almond Forest.” The lead actor is Bian Ji, and the lead actress is the maid; Bian Ji is the unlucky one, and the maid is the deceived one; Bian Ji represent the CM physicians, and the maid represents the people.

Since we are talking about Beijing opera, let’s talk about another one – “Finding a Piece of Gold,” which is popularized by the great actress Luo Baisui in the Late-Qing-Early-Republic era. The plot is simple: the beggar Fan Tao finds a piece of gold ingot on the street. He is overjoyed in ecstasy. He then throws away the broken bowl he used to beg for food, the straws he used as bed, and the bamboo stick he used to drive dogs away – all into the river, as he is ready to get something better and new. It is until he goes into the bank, that he finds out the gold ingot is fake. Not only it is all for nothing, but he lost all his belongings. The beggar’s case is different from the maid in the precious case. But because he did not know how to “peel off the phenomena to see the true nature,” in the end, he finds himself in the same path with the maid - deceived by a misperception.

Why is it that when bad guys and liars practice medicine, they do not pose themselves as Western physicians but only as the CM physicians? Because the true image of Western physicians are transparent, with no cover, and for all to see. But it is not the case for CM physicians – since no one really knows what CM is really about. By utilizing this, these scoundrels can do whatever they want without any restrain.

Whether it’s one being deceived by misperception, or one exploits intentionally – the key is that the true image of CM has not been revealed in front of people. Why is it so hard to see it? Because there are shits on top of its head, gold leaf covering its face, confusing fog surrounding it, and filth/pollution coming from all directions – See for yourself how the CM can progress in the future!

## Part 1: There are many sources of pollutions.

### The first one is “filthy and mire” – Fake, Inferior, Phony CM Physicians

The most fatal wound from the martial art movie “Black Tiger Stealing the Heart” is that:

*Truth becomes fiction when the fiction's true;  
Real becomes not-real where the unreal's real.*

- *First Chapter of Dream of the Red Chamber*

Personally, I'd couple with:

*Fiction becomes truth when the truth is trespassed by fiction;  
Unreal becomes real when the real is deemed not-real.*

This is really an ulcer attached to the bone.

In the 80's, when Qi Gong was the avalanching hot trend, an ordinary actress Zhang Xiangyu became “the Daughter of the Jade Emperor” overnight – then she started to treat people as a CM physician. Since there's no Western physician in the Jade Emperor's Heavenly Palace, so of course she is a CM physician. It was until she went to jail that her title of CM physician was taken away.

In the 90's, there was a frenzy about I-Ching. Somehow CM got dragged into this as well. So this man Zhang Xioping from Jilin did not miss his opportunity. He became “the 57<sup>th</sup> generation lineage holder of the Ten-Thousand Returning to One Sect of Buddhism” and started to practice CM. Since there wasn't any Western medical training in his previous 56 generations, so of course once again he was a CM physician. In the end, he mistreated his patients, six people died, and he was arrested and sent in jail to end this farce.

On the eve of the 21<sup>st</sup> century, the “super miraculous physician” Hu Wanlin, *who is in jail now*, also called himself a CM physician. The greatness of his capability, the eminence of his reputation, the number of his fans and believers, and the span of his influence shook the entire nation and even the countries aboard. It was the 8.0 degree earthquake in the CM field. Even now as I am writing this article, there are still the aftershocks of it. The writer/novelist Ke Yuanlu discovered for him something that even the most knowledgeable CM senior physicians, some of whom read through ALL the classical writings, had not heard about – the “New Yellow Emperor's Classic of Internal Medicine.” With this move, he became a god among gods.

Since no one can see the original image of CM, so there are those who are deceived and those who despise CM. If Li Gui never waited by where “*there are 50 great trees and shrubs, during the fresh*

*autumn, when the leafs just turn red*” and ambushed Li Kui<sup>3</sup>, he would always be the (fake) “Black Whirlwind” (Water Margin chapter 43)

### **The “Unique Features” of CM**

Any animal, plant with life vitality has an inborn self-defense mechanism. Look at the flowers, grass, and trees - when they are wounded, they secrete slime to repair the structure. Chickens in the snow always curl up one of their legs in order to preserve their body temperature. Cats and dogs lick their exterior wounds to keep them clean and moistened. Monkeys are even smarter; when they are stung by hornets, they know how to find Araceae plants and rub the plant parts against the stung wounds as treatment.

Human as the crown of creation, even in the far antique time, people already knew how to treat wounds by poultice of leafs and flowers, treat toothache by rinsing the mouth with stimulating warm or cool liquid, treat pain and ache by massage, treat cramping by running with small steps... etc.

All of these are not within the study of medical discipline. At best, these are simply the primitive archetype of the medical procedure and medicine. What does it have to do with the medical “discipline,” which has already matured into a discipline of study!? But these minute things are seen everywhere now. Because that it “belongs to CM,” people even praise it as the unique features of CM. This is actually an insult to the Chinese Medicine.

### **The “Distinctive Strength” of Plaster Usage in CM**

On the advertisement page of XX Daily writes: “XXX TCM hospital, with unique feature, utilize plasters.” You know what plasters do, right? It is used to cover the wound. In real life, when there is a crack or gap in a tray, a mirror, a pen case, you can also use adhesive/plaster to attach it. The CM plasters are just like modern plaster fabric . They are used for general purposes only with nothing special about it. If you really believe that there is something to it, well, most external medicinal department of TCM hospitals have already adopted modern plaster fabric and abandoned the traditional plasters – are you saying that they are not Chinese Medicine?

### **Gua Sha**

Gua Sha does not have a place in the authoritative text, the Great Dictionary of Chinese Medicine (1921). This means there isn’t such a therapeutic method in the CM discipline of study. You may argue that this is a literature written before the revolution, or even it is a biased work of one single author – but please take a look at the Encyclopedia of China – Traditional Chinese Medicine, as you go through 1.8 million

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<sup>3</sup> There is a pun in their name, where Li Gui (Li the Ghost) tried to intimidate and rob Li Kui by posing himself as the latter – then comically, the real Li Kui took him down in one move.

characters in 794 pages, with claim that *“if there is a therapeutic technique, then it is definitely recorded; it is without an absence of any formula”* – you will find there isn’t any writing about Gua Sha. Gua Sha is not part of CM. It is another filth and mire pouring to the head of Chinese Medicine.

### **The So-Called Acupuncture with Random Stabbing and Sporadic Needling**

An acupuncturist of the CM discipline should have the mastery of the CM theories; they should be able to find the Primary Channels, locate the Luo vessels, palpate the opening, and select points based on a certain methodology. Other than pattern differentiation that leads to needle treatment, there are also the numerous techniques of rotating needle, lifting and thrusting, flicking, embedding, hammering, rubbing, flying, ramming... etc.

For a person who has not studied the classical literature, who has not studied with a teacher, can you do that? All you are doing is random stabbing and sporadic needling in other to coax and trick others. And today, these fake CM physicians are seen as real physicians. This is like mixing in the fish eyes among the pearls (as a sham). Well, now the real pearls are becoming fish eyes. How can the CM not be seen as ugly? How can the image CM not be seen as inferior?

### **CM Cosmetics**

This is another bucket of filth and mire on the head of CM. Anthropologically speaking, the CM cosmetics originated from Sun Simiao’s Essential Formulas worth 1000 Gold, which spoke about “facial medicine,” “female facial medicine,” “making one’s body fragrant,” “making one’s hair black” – which laid the foundation of CM cosmetics. The Qing Dynasty Empress Cixi was known for relying on CM cosmetics to keep her look youthful. But if you call yourself a CM physician, then you have to learn the real knowledge. The emphasis of CM cosmetic is the internal medicine. The standing theory is that “what shows up on the exterior must take from the interior.”

Do you know? Empress Cixi relied heavily on the internal consumption of Chrysanthemum Flower Anti-Aging Paste, Supporting the Source & Harmonizing the Center Paste; she ate ginseng daily (3 g/day) and swallowed processed pearl powder (1.5 g/day) as a routine of her daily cosmetic dietary therapy.

Do you know? There is only “life style cosmetic” but no “medical cosmetic” in CM cosmetic.

Do you know? There is only “harmonizing and living cosmetic” but no “medical cosmetic” in CM cosmetic?

Do you know that?

Because as a CM physician, there are three minimum requirements:

1. Cosmeticians are specialized CM physicians, they should be treated the same as other specialty of CM. They need to know the classical literature, but at least understand the basic fundamental theories.
2. They need to emphasize and strengthen their capability on internal medicine
3. At least 50% medication should be external herbal medicinal

If you cannot achieve the requirements above, or you do not even understand what's being said here, then please retract your title as a CM physician – so that there is one less bucket of filth in CM.

### **Folk Prescriptions, Single-Herb Formulas, and Experiential Formulas from the Civilians**

Folk prescriptions, single-herb formulas, or experiential formulas – although I do not know from which tiny corner they stem from, it is most certain that they originated from the Han Dynasty or earlier. From Han Dynasty literature such as Liu An's Huai Nan Zi: “treat lymphatic nodes with Qian Shi and duck head” and Dongfang Shuo's Shen Yi Jing: “Ti Zhu treats leprosy” ... etc.

But every since Zhang Zhongjing laid the foundation of herbal medicine, through the masters of all the dynasties, to today's world, which CM physicians paid attention to that? There is not even a word or commentary about those in the vast library of authentic CM literature – those are simply not welcomed into the doorstep of CM. Even Li Shizhen's work, the Grand Materia Medica, which only discusses about the medicinal and nothing on the therapeutic methods – even his work did not talk about folk prescriptions in the main discussion. They are only noted with minor remark in the commentaries, only because as a study of medicinal it has to include such information.

Let's then look into the representative work of folk prescriptions. In preface of Bao Xiangau's Bao's Experiential Formulas, he noted, “*for the poor people, when they have the bear-down worry (of illness), for their convenience, they are fitted for local wild herbs<sup>4</sup>... it is fine without physicians.*” From this article, you should about to see that folk prescriptions/experiential formulas are only taking in the leftovers from the authentic CM medicine. The sentence “*it is fine without physicians,*” what a marvelous remark! It clearly demonstrated the defined boundary between folk prescriptions and the authentic CM medicine.

I think most people already know it as well; otherwise, where does this slogan come from: “*one single-component folk prescription, throw all the physicians into exasperation!*” If folk prescriptions were a building component of the authentic CM discipline, if they could cure illness, then any physician would be more than happy to adopt them. Why would they be angry? Or throwing them into exasperation? So if you see folk prescriptions and CM as one thing, then what's in your head are not 140 billion brain cells, but a piece of tofu made by a malicious underground unlicensed manufacturer.

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<sup>4</sup> As opposed to classical herbs/formulas utilized by CM physicians

## **Secret Family Formula**

Folk prescriptions + lies = secret family formulas.

Folk prescriptions have already lost their colorful display, and showing their ugly nature; but they are still tricking those who have not noticed what's wrong with it.

Think about this. If a family formula were to be effective, then grandfather would pass it to the father, the father passed it to the son, the son passed to the grandson... so on, it would pass down the generations without any trouble. There would not be any gap or disruption in the transmission. So if one offspring were to discover or re-discover something through a gap in generations, the interruption in the transmission should've already demonstrated that this formula may be "ineffective." This is the first thought.

In the ancient time, the diagnosis was not always recorded in full, how can we tell it's talking about a relevant modern illness? This is the second thought.

In the ancient time, the illnesses were easy to diagnosed and treated. But today it is rather complicated. The illness in the past and the disease today – are they the same thing? This is the third thought.

Some even boast to have secret family formulas that treat malign tumors (cancer) – you should know that cancers were not diagnosed or known until the past century. Well, their ancestor from more than 100 years ago, how could he treat cancer, which he had not even seen or even heard before? This is the fourth thought.

CM is all about differentiating the pattern to lead to treatment. Even Western cancer medicinal is differentiated into different application and range of actions. Now the family secret formulas are treating cancer regardless of the pattern and body region. How can that be? This is the fifth thought.

After the five contemplation, I am afraid you are now somewhat enlightened as well.

## **The Secret Formulas from the Imperial Court**

Not only this is 100% CM, but it comes from the hand of the highest of the highest of the highest prestigious CM physicians, or from the nutrient-less "effective" formulas that have been preserved in secret for generations.

Joke aside, here I am reminding you not to be deceived by it:

First off, do not have the misconception that if it comes from the imperial court, from the imperial physicians or the most prestigious physicians, then it would be miraculous.

Second, if you do try it out, then you will curse the worthlessness of the imperial physicians and the "most prestigious" physicians.

Think about it, the emperor is the Son of Heaven, how lofty and valuable is his worth. When you treat him, you can only succeed without any room for mistake. At the same time, you have to know that, to treat an illness is like fighting a battle, there is always a degree of uncertainty and danger. So the smart imperial physicians knew very well, that to bet their head, *which could not be purchased back by their salary nor could it be re-installed after being cut off*, with terms of uncertainty and danger in treatment – the question is, is it worth it? So the only viable way was to utilize harmonizing formulas – something that could not harm anyone even if overdosed, something that was so harmonizing that could not even harm anyone if there was a major misdiagnosis. So do you think this type of therapy could treat anything? Well, whenever the emperor, empress, or empress dowager was sick with more serious illness, the emperor would always be forced to send out notices in the kingdom – to find reputable physicians to treat the actual illness, because there wasn't any effective therapy or formulas in the imperial court.

If you look at Discussion on the Selected Formulas of Empress Cixi and Emperor Guangxu (Zhonghua Press, 1981), then you will see that I am not lying. Also you will see the so-called “secret formulas from the imperial court” are just worthless – which then shows that imperial physicians and “most prestigious physicians” could not treat anything, perhaps, CM physicians are indeed all useless

Isn't this another scoop (better than bucket) of filth and mire pouring toward CM?

## **Qi Gong Treatment**

This bucket of filth and mire, not only is it the dirtiest and smelliest, but also its toxicity is potent enough to destroy the CM profession.

Actually, Qi Gong can indeed treat illness. It can also indeed be accepted into CM technique with its original name “Dao Yin Shu” (Guiding Technique). In 610 AD, Discussion on the Cause of Illnesses cited widely Dao Yin as a CM treatment method. It cited more than 260 treatments in the work itself. But the emphasis is that the patient must practice it himself. Its therapeutic effect is also limited to the patient himself. It was never the case that one person practices Qi Gong and then treat others with it. A few other citations noted:

Zhuang Zi: “exhale and inhale, exhale out the old and inhale in the new, strengthen the channels like a bear and extend like a bird, it is about longevity,”

Suwen Chapter 12: “the center region... its suitable treatment is Dao Yin and massage” – which Wang Bing (the first commentator of Suwen) notes, “Dao Yin means to shake the bones and sinews and move the joints”

Pao Fu Zi: “one can bend and stretch, extend backward, or in movement, or sit, or stand, or walk in fast pace, or walk in slow pace, or sing, or breathe – these are all Dao Yin.”

They all emphasize to strengthen the body and maintain wellness, and prevent illness. Most of them do not discuss about treating the illness, let's not even talk about treating the illness of others. So to treat

one's own illness, it is word-for-word of "one takes care of his own self-infliction." But to treat others, then it is completely bogus. Maybe some think otherwise, "if it is bogus, then who are so many people believing him?" Why is it that so many people are deceived by Falun Gong that plays the same trick?

Let's talk about the chief disciple of Ven. Haideng, Fan Yinglian, who was famed in his prime to be able to treat people with Qi Gong. The even more miraculous part was, he was able to treat people over a great distance apart and take care of their fatal illness. But when his teacher was sick and lost his consciousness, why didn't he do anything about it? What's even harder to understand is that right before Ven. Haideng passed away, someone asked, "About your one-finger meditation and Qi Gong, are they for real?" To which Ven. Haideng responded with a bitter smile, "How do you expect me to respond? If I said no, then I could not face those who trusted and praised me; if I said yes... well, I really do not have the heart to break the 4<sup>th</sup> Buddhist precept of not lying."

The writer Sima Nan, who has something against the fraudulent Qi Gong therapy, has been battling it with his pen for many painful years. The pen battle was really like, "*storming sand hitting against the face, sharp arrow heads piercing the bone, the sound splitting the rivers, the momentum is like avalanche, thunder and lightning*" – it was a stalemate without definitive winner. But in 1999, his main opponents took a "tour" on "Hu's cruise"<sup>5</sup> – then he finally had the smile of victory.

### **I-Ching, Five Elements and the Six Seasonal Qi**

This bucket of filth and mire has huge amount of adhesive and paint. Once it touches the body, it will be difficult to wash it off. This is the real ulcer attached to the bone. There are still some CM physicians (a small minority) still believe this is the source and life force of CM, where this is the essence of CM, and of course there are those hardcore guardians.

In 1957 Zhang Cigong raised that "Five Element needs to be questioned" – his writing hit and angered many. The thought echoed and resonated in the profession like a ripple effect. In a short time, all over the nation, the voice of criticism poured toward him, and all CM physicians were fired up from everywhere. Then there was the "Grand Debate of the Five Element" that lasted for more than two years. In the end, Zhang Cigong became the sinner of CM, the unfilial son of the Yellow Emperor and Qi Bo. 42 years later, whoever wishes to talk about this sensitive topic, is that person ready to follow Zhang's footsteps? To be the second Zhang Cigong or the second son (of Yellow Emperor and Qi Bo)? It is up to you.

But after reading through the classical CM literature, there just isn't any discussion of treating through I-Ching. I've met and worked with hundreds of famed physicians, but I've never seen any of them treat with I-Ching. For some reason, just overnight one day, I-Ching treatment spring up everywhere. Just like the writer Ke Yunlu who did the same thing to discover the New Yellow Emperor's Classic of Internal Medicine – which further empowered the already almighty, all-powerful "miraculous physician" Hu

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<sup>5</sup> Hu Wanli – wiki him.

Wanli, making him even more prominent and famous. Through Ke's pen, the fantasy tales of his treatments became more miraculous than ever. Regretfully, there is an impermanent nature on the fortune. This madman the "miraculous physician," in an unexpected turn of event, was escorted to prison – which finally put a rest among the angry cries and complains.

Even if the combination of I-Ching and the CM seemed to further flourish what there is in the treasury of the nation's cultural heritage; even at the same time, there were numerous works and publications all over the place such as Chinese I-Ching Medicine, Enlightenment of the I-Ching Medicine, Famed Physicians and I-Ching.. etc, it really seemed like a good moment to re-establish what CM could be... But for the CM physicians who were the first line of action in the clinic, when they saw these laureates descending from outer space, all of them were too flattered to "accept such honor."

Now onto the Five Elements and the Six Seasonal Qi, these are indeed core concept of CM. If you did not know them in the past, then there was no way for you to become an advanced CM physician. Their identity, status, and practicality are the same as the Confucian eight-legged essays. If you did not know how to write such essay, then there would be no way for you to be a scholar. So the identity and status are unquestionable. But as for practicality, honestly, they are worse than a tissue paper. Tissue papers can at least clean you up, but these concepts instead will splash filth and mire on you.

I have authored an article titled "Casual Talks about the Elements and Seasonal Qi" (Jiangsu CM Journal 1999, 20(4)), which criticize and rip these concepts apart. Maybe you guys are famed physicians, and I am just a tiny man who is specialized in the smallest of the small department. As a tiny man with a low volume, I guess that's why no one bothered to criticize my work. Also right now, it is the eve of the 21<sup>st</sup> century, it is quite different from the 50's. It is a different time now, people already have a different thinking. So after half a year, if you say there wasn't any respond, then it would be a lie. I indeed received a few letters, most of them were of praises, appreciation, resonating from those who have the same strange interest in this field of study.

Actually, I had speculated there wouldn't be anyone who would criticize the writing. In the past, the knowledgeable famed physicians already rejected the Five Elements and Six Seasonal Qi, such as:

He Mengyao (1693-1783): "Elements and Seasonal Qi are dogmatic and inflexible, thus those who are knowledgeable do not believe in them. " (Reefs of the Medicine)

Cao Chidian (1878-1956) noted after Wu Juton's (1736-1820) work, Treating the Illness of the Medical Profession: "the theory about annual seasonal governing , the Elements, and Seasoning Qi – the Yellow Emperor only mentioned that men and heaven resonate with one another. But later folks believed that on certain year, there is a certain Seasonal Qi influence governing the climate, so the people would have certain illness, and then certain identical medicine would be prescribed to thousands and tens of thousands of people – all will be treated the same, and none would have anything else. This is utterly inflexible and dogmatic, which has harmed many"

Zhang Taiyan (1869-1936) in his work Zhang Taiyan's Medical Treatises, published posthumously in 1957, also criticized this worthless, impractical idealist/spiritual theory about the Elements and Seasonal Qi, with arguments that convince and resonate with many.

## Part 2: Putting Golden Leafs on the Face (Vainly Ostentatious Display)

From a “scoop of water” to buckets of filth and mire that come from all directions, all have splashed and polluted the body of CM, with ferocity for a long period far beyond the scale of Songkran Festival in Thailand and Myanmar. There is already no way to maintain the real image of CM. At the same time, there are people with good intentions, who put golden leaf on its face – a move that further conceals the already distorted image of CM. Not only are the golden leaf as harmful as the filth and mire in their external application, they also numb, corrode, even dissolve the heart and mind of CM physicians and relevant government officials – until one day, you lose all your ability to hear or see, all your wills are gone, all your life force becomes paralyzed into someone like Emperor Yang of Sui, who was still drinking, dancing and partying with his concubines as Yuwen Huaji lead the rebel army to the front gate of the capital. Usually, the most common golden leafs are the following:

### “There is a Huge Workforce in CM, with Flourishing CM Population”

The workforce of CM grows daily. This is a subjective phenomenon that everyone witnesses. There are also registration numbers and statistical data to back it up. It is beyond doubt and reproach that one may simply measure a profession’s well-being with the number of people working in it.

One time, when Emperor Qianlong toured the Jiangnan region, he planned to visit the Jinshan Temple in Zhenjiang. Before his arrival, he notified the temple of his visit and that all monks present would be gifted two ounces of silver. On the day of his arrival, the abbot of the temple lead the Sangha to receive the emperor. The sight was, from the two sides of the gate of the temple, to the front hall, to the side halls, to the main hall, to the library, to the courtyards, and to all the hallways – every single angle was covered by shaved heads. It was as though there were the “rolling whitecaps” of tens of pounds of rice-dumplings being cooked in a big wok. Everywhere, only the shaved heads could be seen. Emperor Qianlong was pleased, greeted the abbot and praised that “the Buddhism really is thriving!” The abbot smiled without making a response, only answered in one vague sentence, “Amitabha! Thanks, thanks (a pun of: ‘my fault, my fault’).” In reality, there were only 20 real monks in the temple. The rest were civilians from the nearby villages who were hired to be fake monks. Even the little kids who could not even count from 1 to 5 were “standing by the end of the table, as though they are flies attached to the tail of a refined horse (becoming famous from the other’s fame).” Right now CM may seem to flourish with a huge workforce, but basically they are mostly fake monks, and there are many little kids, too:

1. Those who are wise enough to know that they cannot make a Western physician. So they join the CM instead. But to be safe, they call themselves East-West integrative physicians.
2. Those who claim to be actual CM, who either went to a school, study from his family tradition, or study under a master. As long one senior CM physician recognizes him as “my

grandson” or “my student,” or if he further receives the help from those in politics, then they can stride their way into the door of Chinese Medicine.

3. There is a congenital feature of CM: as long you have one specific skill set, people will recognize you as a “healer” or “physician.” It does not matter if you are male, female, old, young, tall, short, fat, lean, scholarly, uneducated, gentlemanly, or villainy, you are a rightful CM physician. Let’s see the book Foot Therapy, published by People’s Medical Press House, on its first sentence of the first chapter writes, “*foot therapy is a therapeutic technique familiarly known and well-received by the people.*” But what I do not get from this is that, why doesn’t it belong to the Western Medicine but the CM instead? Because WM similarly utilizes surgery and procedures, but CM emphasizes on internal medicine instead. Why is it that it took such a detour to join CM? From this logic, mole removal, foot massage, random needling, cupping, wound massage, bizarre exorcism, to thrust therapy, water-drinking therapy, arm-swinging therapy, reverse-walking therapy... etc, of course they are all CM! But I am still feeling lucky that “hair washing saloon” and “foot washing saloon” (**brothels**) still haven’t called themselves CM.

Before the revolution, there were three recognized trashcans of the society: the first was monk, second was military, and the third was CM physician. It didn’t matter if you were from the upper society but somehow found yourself as a rejected politician, or from the middle class as a robber or bandit, or from a lower class as a theft of chicken and duck – when there was absolutely no way for you to survive, you could choose any of these three trashcans and join them. You did not even need to purchase the entry ticket. In the New China after revolution, the monks have been going to their proper schools, and only the citizens from good family and of good standing can join the military. The third trashcan likewise was destroyed. But somehow, there is an undercurrent that the third trashcan is coming back alive in the new spring, just like the Jin Dynasty poet Yuan Haowen described, “*layer and layer of fresh green thriving from the branches.*” Since we are civilized people, we do not want to use harsh words (calling it a trashcan), we can call this thing a “treasure box” – a “treasure box” that accept those who are lost/disappointed in life, a box that has not been cleared off the table.

4. There are those who are smart, who obtain an external folk prescription from books or from the civilians, then they try it on their relatives and friends. Then they try on villages and small towns, which seem to be somewhat effective; then they move on to the towns and cities, then through illegal means starting to manufacture patent formulas and generate fame for themselves. Some people from the CM field would then believe these people have done something right for the profession! So with humility, praises, and rituals, they invite in these people as teachers into the CM profession. If they do know their place after their entry, then it would be a blessing from the Heaven. But for those people, their every single action and word is defaming the image of CM. Well, you should know very well what the image of CM is in people’s mind now.

5. Here are some interesting business cards that I’ve received during visits and conferences:

XX, Associate Professor, Director of the National Phenomenologist CM Academy, Graduated from Philosophy Department of XX University, also a CM physician.

XX, Supervisor of XX City Qigong Academy, Head of Business Group of XX Healthcare Technology Co., Member of XX City CM Academy

XX, Licensed CM Physician, Member of China Somatic Science Institute, Director of the National Phenomenologist CM Academy, Loyal Reader of *Health Daily*, and Communicator of *May You Be Well Weekly*.

XX, Qigong CM Physician, specialized in miracles, calligraphy, and fengshui; Chief Physician of XX TCM Hospital (pending), also a Professor

*(On the back side): specialized in all specialties, mastery of Yin-Yang, reputation known by all in the world, miracle monitoring, foreseeing the future, fortune telling, fengshui, fortune guidance, complex and incurable illnesses – all requests will be fulfilled (I am speechless)*

XXX, Deputy Supervisor of XX City Geriatrics Institute, Deputy Supervisor of CM Cosmetic Association, Researcher of National Evergreen Nutrition Institute, Guest Professor of XX City TCM University.

XXX, Associate Professor of *People's Daily* Health Section (*wtf?*), Renowned Young CM Physician (*did he just make this up??*), Honor Recipient of China Self-Study Award (*this is totally made up*), Honorary Member of China Inventor Association, Founder of Chiropractic Specialty (*definitely made up*)

XXX, Renowned CM Physician, Lineage Holder of Bodhidharma's Yijin Jing, Source Qi Meditation & Samadhi (*probably made up*), Chairman of Somatic Science Institute, Grandmaster of XX Province Qigong Science Association, Member of Hong Kong International TCM Research Institute, biography recorded in XX Renowned CM Physicians.

All of them are my "friends" in the CM field. Regretfully, I am old now and my memory is failing me. So I cannot really make any comment about those people.

6. In the CM workforce, there are the whole assembly of the fakers, the posers, the phonies, and the inferior ones. The inferior ones only occupy about a quarter of the whole team, but their danger, concealment, and damage to the root of CM profession are far worse than the combination of the rest three quarters. Because they are the ones among the 20 real monks in the Jinshan Temple. Some of them even accepted the precepts. But they cannot even recite the "Reborn Mantra." When they recite the mantra, they would mispronounce "namo" as "nanhe," "gagana" as "jajiana." They are real monks, but they are of inferior quality. Can you really call this type of monks as rightful Buddhist Sangha members?

CM physicians like this, I am afraid, are everywhere. Maybe you cannot even distinguish them so you let them blend in among 300 people (like the tale of “making up the number of the woodwind players”), let him (fake) play his woodwind forever. The poser Nanguo Chushi was indeed fed with luxury. The Nanguo Chushi of CM, some are graduated from TCM school, some actually study under apprenticeships – but when they enter the clinic, they do not know how to “differentiate patterns leading to treatments.” They only know to use certain herb for certain symptoms. What CM physicians rely for survival – “Five Observations and Ten Principles” & “Principle-Strategy-Formula-Herb” – when they are not even in place, are they even CM to begin with?

Mankind must rely on air and food for survival. If there is no air nor food, can anyone survive? A person who cannot breathe nor eat will by nature be removed from the population census. Then this type of fake CM physicians are equivalent to a living person who cannot breathe – should we save a spot for him on the statistic data of the CM workforce?

There are many reasons why there are these fake CM physicians. The majority is that they want to be Western physicians, but they cannot gain entry to the medical school during the national exam – so they utilize CM as a ferry or a transfer station. When the opportunity arrives, they will go over to the Western Medicine.

It doesn't matter if they come from a school or from a short-term training seminar – there will be the bright ones who score 100% on everything, and there will be the defective grade items who score 0% on everything. In this case, they are the defects. It doesn't matter which profession it is, there will be those who do not wish to improve themselves, but content to be lazy, as though he is being a monk who simply fulfills his meager duty of hitting the bell everyday – they are this type of people. Some are not capable for the complex cases, but they do not want to take the simple cases either – they believe there is no way to be successful as a puny CM physician. Where is their drive in this case? Some put on their white robe and wonder around the hospital all day, some even plan to go abroad for short-term “study” (pun as a “tour”).

As for their performance, all of them almost utilize patent formulas entirely. Since they have no “formulas” in their brain. But they have one remedy – as long the Clinical Handbook of Chinese Herbs is in their pocket, they can be “untouchable” in clinic, since the book has already listed herb indications such as coughs and wheezing, copious phlegm, wind damage, catching a cold, abdomen pain, diarrhea... etc, all of this information have been listed in detail for them to see clearly. So when a patient has copious phlegm with coughing and wheezing – Chen Pi, Ban Xia, Chuan Bei, Zhe Bei, Xing Ren... will be copied down without any mistake. They do not even know there are different types of “phlegm” such as wind phlegm, damp phlegm, dry phlegm, lodged phlegm, shock phlegm, phlegm generated by SP Deficiency, phlegm generated by SP Yang not warming, phlegm generated by excessive KI Water flooding. Their herbs of choice can only apply to the wind phlegm and damp phlegm – for other types of phlegm, their usage would be asking

to harm the patient. Well, even if they mistreat their patients and the patients die, it's none of their responsibility – didn't the book tell them clearly to use the herbs based on the disease?

Actually, for those who only utilize patent formulas, they are still "CM physicians utilizing CM formulas" – they are still filial and virtuous sons of CM; but the majority of them utilize Western pharmaceuticals instead. Of course, then there are those gentlemen with integrity, who refuse to conduct themselves with deception like "hanging a goat head but serving dog meat instead;" so to be frank and transparent and showing that they are "authentic inside and out," many of them simply start to wear stethoscope as a part of their uniform.

With monks the like from the Jishan Temple, it was no wonder Emperor Qianlong was pleased and uttered, "the Buddhism really is thriving!"

The idiom says, "*one piece of rat dropping can ruin the entire pot of congee.*" Nowadays, there is more than one piece of rat dropping, there are tens, hundreds, thousands, and tens of thousands pieces of rat droppings, probably even more than the rice – how do you think this pot of congee will turn out?

### **"TCM Hospitals are Blossoming Everywhere"**

The epitome of the progression of the CM profession, "of course," is the number of hospitals. In the early days of the Republic, there were only 4 hospitals with 30 beds. After 50 years of struggle and progression, this number has expanded hundreds- or thousands-fold. This piece of 6 mm x 6 mm golden leaf, to be attached to the face of CM, should be "received without shame." But once you "cool your brain and settle your mind" to observe, there is no way your complexion doesn't "turning from sunshine to partly cloudy, from partly cloudy to cloudy, and from cloudy to rain."

I have gone to numerous TCM hospitals around the nation including Taiwan, from the major ones to the small ones, from the state-sponsored ones to the privately operated ones. Let's disregard Taiwan, which has been Westernized completely. Whenever I am received as a guest, the secretary or the president of the hospital always stereotypically introduces to me what Western medical equipment they have. They especially emphasize the big ones, the ones in set, the expensive ones, the imported ones.... It seems like the Western medical equipment sets the quality bar and measure of success of a TCM hospital. Of course then they are the talks of finance, policy, physicians, number of patients, maintenance... etc, but no one ever mentions with pride about the treatment efficacy of the CM, no one ever mentions how CM is able to treat certain illness better than other hospitals in the nation or abroad. Instead, they beg the guests to refer their patients there, so they could verify their claims are real or fraudulent.

There is a teaching TCM hospital in Nanjing. It once published such advertisement on an influential newspaper, "*XXX TCM Hospital, features rhinitis specialty, utilizes imported medicine and injection for treatment...*" One TCM hospital is picking up the 50-60 year old products from the Western Medicine and dub it as "CM specialty." Figure out the rest yourself, I am done here.

## The High Number of “Renowned” Senior CM Physicians, CM Physicians, Professors and Experts

There is an interesting fashion in this age. Whenever one mentions or writes about a CM physician, he must attach an adjective “renowned” in front of the title. Without the “renown” part, if one is simply called “CM Physician,” then it almost feels like something is missing. Not only there is no way the writer wouldn’t write it, there isn’t a person being reported who isn’t happy to see this honorary adjective title. So one willingly writes it, one gladly receives it, and who would be the third person to say otherwise? It is as though the three characters 米田共 must be written together. Otherwise, where would the character “糞” (“shit”) go?

So whether it is “renowned senior CM physician” or “renowned CM physician,” anyway, this is simply a fashion of this age. Who would think this is strange?

For some young people, their view for the “renowned senior CM physician” is that, *“since they are the first ones in line, of course they can get this; when I make my way through the line, I will get it likewise.”* Is that right? I cannot give him a “No!” Because during the early days of the republic, this may be the case. But it is not so anymore. As for the tales of the “renowned CM physicians,” on June 25, 1994, there was an advertisement on Nanjing’s *Yangtze Night Times*: *“Huaiyin City Second People’s Hospital is hiring renowned CM physician Xin Xuezhong to see patients. Xin claims that his personally manufactured tincture is exceptionally effective for treating tumors. Each capsule costs 2-3 RMB, each bottle of anti-tumor tincture is 1651 RMB...”* On January 10, 1995, after an investigation by the city’s medical department, it was revealed that Xin Xuezhong was not a physician after all. He was only a street vendor who used to sell sticky plasters in a village in Heilongjiang Province.

Likewise, “Professors” and “Expert” are such: on September 2, 1999, Nanjing’s *Jiangsu Business Times* had an article titled “foreign monks are invading the hospitals.” Here is the direct quote, *“when the reporter asked him to display his credentials, the expert only made vague remarks, never brought out anything... from our understanding, these so-called ‘experts’ usually don’t have any tie with the hospitals. Most of them pay the hospital for rent and management fee, some even share the profit from the prescribed medicinal.”* From this report of “isolated incident,” we cannot say that everyone is like this, but it is undeniable that there is this piece of old shit.

Why do these “renowned physicians,” “professor,” and “experts” have such karmic bond with CM? Why don’t they pose themselves as Western physicians but CM physicians?

Also there are a small number of professors who claim to be “doctoral advisor” or “master advisor.” Are they really teaching any doctoral and master student? Who would even bother to look! Nowadays the investigation goes on again and again, this way and that way, all are focusing on the “chief physicians.” Those below are simply too numerous and difficult to catch them all. So at this point, we simply follow what’s written in the Book of Rites, *“criminal charges are not served to the physicians (a pun with the original word ‘nobility’).”*

## The Steaming Market of Writings and Publications

There are different level of meaning within the word “writing:” whenever you bring out your knowledge from your through, through your arms and fingers, bring it to pens or computer keyboards, and condense them a white sheets of paper – they are called Zhu-writing, Zhuan-composition, or Zuo-creation. To bring the works of others together, to analyze and categorize, and form into certain systemic model of information, such as “dictionary,” “idiom dictionary,” “collection,” “compendium,” “selected works”... etc. This type of work is called Bian-compilation, Ji-collection, or Zuan-edit. Magazines, newspapers, journals are the foretype of this work. Also there are those who simply copy and collect the works of others, cut and paste them together. They are “plagiarists” and “thefts for intellectual property.”

There is one additional type that was not there before. It was born with the New China. In the past, if you had the knowledge and an inspiration, then you could write a book. If you had the interest, then you could put together a compilation. If those who desired to write book but did not have the knowledge, then they could only plagiarize. If you had nothing nor desire, then of course you could write nothing. But now, since there are reasons such as fitting into one’s job and fighting for promotion, many are forced to write. Even if one has no knowledge, no interest, no desire, he is still forced to write something. Then what’s the source of his writing? He can only copy or paraphrase the books he has read before. The good thing is that this source is like the Earth’s ocean. Any ship traversing on the ocean can be like Su Dongpo’s *“fresh breeze on the river, the mountains and the bright moon, all of this can be taken without limit, consumed without being exhausted.”* So its nature is like, *“parrot imitating the tone,”* its style is like the “reading note” of the scholars who studied vigilantly in the past. The only difference is that people in the past did so willingly, and now people are forced to do it. Still, it is a difficult task to publish, but at the same time, it is not so hard to put your writing into printed black ink. As long you are willing pay the review fee, acceptance fee, printing fee to the CM journals and magazine editor’s room – other than the few publishers who have their gate tightly shut without the possibility of trespassing – you can always fulfill your dream of getting something published.

In the end, you should observe their “quality.” Because they are like the old newspaper, they are all about “quantity” not “quality.”

There are so many things being published now, this is undeniable. As for the quality? There are widespread plagiarism and the profits are as low as the revenue of thriftier. There are many Bian-compilation and Zuan-edit. But you cannot shut your eyes and speak what’s only in your mind. These types of books are basically reference books. Their contribution to the CM profession are indeed “undeniable.” Their support to CM’s clinical practice, research, writing, and teaching cannot be fully described in one speech.

I have this strange temperament: if I see any work that’s written before 1912, then I’ll buy any that I can set my sight on. After 1912, I only buy the works of Zhang Xichun, Zhang Shanlei, Ding Ganren, Xie Liheng, and Chen Cunren. I do not buy anything else. These works, as long they are sold in the bookstore, I’ll have one copy in my book shelves.

There are still few journals and magazines that can squeeze out the content of “*parrot imitating the tone,*” some are actually quite satisfactory.

### **Chinese Herbal Medicine is Entering the International Market.**

Chinese herbal medicine is entering the international market. We are earning more and more foreign exchange. Also CM patent formulas are becoming popular all over the globe. We should be like “the mother is proud of the son, the son is proud of the mother” (Gongyang Zhuan) – from this blood relationship, CM should share part of this glory.

But other than mesmerizing in its reflected radiant light, there is no direct connection to CM. For CM, there is no harm, but there is no benefit either. This is the achievement of the industry and the foreign trading without much tie to the CM community. Even if patent formulas are created by certain CM physicians, it was never the case that lead to an increase in foreign trade. Each of the patent formula’s raw materials come directly from the mines, the rubber plantation, the herb farmers, or animal harvesters – in turn, they have the more direct connection to the trade and benefit. So there is no reason that CM should accept this golden leaf on its face.

### **Chinese Medicine is Hot all over the Globe, even the Foreigners are Learning CM now!**

Foreigners are now learning CM. Some have already become CM physicians with boisterous clinics. This is the fact. This is a great thing, a most fortunate thing for the profession. But we should first know the make-up of an authentic CM workforce: it should be made up of 30% acupuncturists, 40% herbal & pulse-taking physicians, and 30% other specialists in their specific fields (which will be discussed in detail in the later sections). The herbal & pulse-taking physicians should be the main force and backbone of the CM. Because among all traditions, they have the richest and best preserved resource in the authentic CM classical theories and literature. Although acupuncture came before it, but herbal & pulse-taking is the greatest representation of Chinese Medicine.

The only things foreigners can see in CM now are acupuncture, and the minor specialty of orthopedics and massage. This does not even account for 40% of what CM has to offer. The foreigners are completely oblivious to the other 60% of CM’s main body. If one does not know about herbs and pulse taking, then he cannot say that he knows CM. Some people may think that my words are “extreme.” Well, think about think, there are more than 200 renowned CM foreign practitioners in USA and in France, can you find any among them who can observe tongue and take pulse, then go through “Principle-Strategy-Formula-Herb” to treat people?

I am going to make a bold statement, “there is none.” With this lack of judgment, “*as one who buys the glittering casket and return the pearls to the seller,*” for them to meet, worship, and learn CM... do you think they are learning something real? The media’s protection of CM is the one single biggest contributor golden leaf in the CM’s face. This is the heartfelt words for us CM physicians. Ever since the

foundation of the New China to today, the 50 years felt like one day. But sometimes, the sweet sugar water, when it gets to the hand of CM physicians, it becomes a disgusting bitter alcohol.

Even if it's a bucket of filth and mire splashed toward CM, the media promotes it indiscriminately as a part of CM; its goal is to surge the momentum of CM, but its actual effect is to help the bad guys to oppress on the good.

Here is an article published on August 25, 1999 in *China News of TCM*, with the title "*A boy constantly nod his head without pause, CM physician utilizes medicinal to descend the ghost and shen.*" The article described this odd illness, how it's being treated by CM physician, and somehow it was cured. Why was this article written? It is obvious. It is about to promote the capability of CM techniques. But if we think for a little bit, what illness is it? It is an "extrapyramidal disease that causes the Tourette syndrome." I am in favor of using the name of Western disease, so this is somewhat fitting my taste. But regretfully, as CM always speaks about "pattern differentiation" – why isn't there any word on the pattern? Also, the article wrote, "*he was treated with CM medicinal... as expected, one month later, the illness went away.*" If he was indeed taking CM medicinal, why was it that the crucial part of the therapy – which decoction, which pill, or which herb – why was it left out completely? As the article wrote, that the kid was "treated with CM medicinal" – the one 中 Zhong character to emphasize "CM." But in today's clinical thinking of "*CM medicine for maintaining the health and Western medicine for protection from the acute risk,*" most treatments are done in an integrative setting. If the kid was treated with CM only, it should further add one more sentence that "*he did not need any Western medicine.*" The alleged chief CM physician was Dr. XX, PhD in Neurology. Is he a CM physician or a Western Medicine physician? Well, there are already PhD degrees in CM, but there still isn't any neurology degree. To put golden leaf on the face of CM with this type of reporting, sometimes it only creates negative effect.

The media almost always have a set agenda to "conceal the faults and praise only the good points" whenever it reports anything about CM. 2500 years ago, Confucius raised a moral standard, that "*The father conceals the misconduct of the son, and the son conceals the misconduct of the father. Uprightness is to be found in this.*" So whenever the editors of the journals and magazines see anything revealing the dark side of CM or showing any criticism, they will shred these papers right away. If they see anything praising CM, whether it's real CM or fake CM, then this article will meet their readers in no time.

The unnecessary measure of concealing the misconduct will make those in power unable to hear the cries of the people. This will allow the bad things to develop into real trouble. CM also becomes even more narcissist, arrogant... in the end we will develop into another Emperor Yang of Sui. The unnecessary measure of promoting the virtues can sometime on the contrary become the promoting agent of the splashing filth and mire.

### Part 3: ???

These do not splash filth and mire toward CM, nor do they put golden leaf on CM's face. But somehow they can distort CM's image completely. They are hard to be categorized or named.

#### Integration with the Western Medicine

The integration of CM with Western Medicine is driven by the needs of the era. It is the request of the medical profession. It is also the path CM must traverse in order to further promote its development. The project began in 1955. In the past 43 years, there seems to be many achievements. But regretfully, while it seems that CM has received certain benefits, but they cannot pay of the negative influence suffered from it.

First off, the integration of CM with Western Medicine: just like grafting of plants, the most important part is to select the best aspects of the two parent plants, so when they come together they can generate a better second generation. Let's see the great aspects of the two parent plants now. How much are we investing into each one of them? Things such as modernization, scientific method, evidence-based method, modern work management, machinery, great pool of educated candidates, great wealth, the inherit strength of inference... etc, these are the strength of Western Medicine. But on the other side, there are two life sources of CM:

1. This 2000-year old modality still does not have anything better to replace its unique theory; also it employs "differentiate pattern to treat" and "Principle-Strategy-Formula-Herb" as basic component of the authentic traditional theory.
2. Experience from the great physicians of the past, such as: "female's LR tends to be excess, male's KI tends to be deficient;" "when treating wind, first treat the blood;" "if the person does not feel dizzy after consuming the herbs, then the illness will not recede;" "abandon the pulse and follow the patterns; abandon the patterns to follow the pulse;" "when in excess, disperse the child; when deficient, tonify its mother;" "when seeing phlegm, don't treat the phlegm; when seeing blood, don't treat the blood;" "take away the firewood from below the caldron" – all these experiences do not amount much in term of quantity, but they are of exceptionally high quality.

Today, Western Medicine is getting everything during the integration process. How about the CM? The obvious ones cannot be seen even in the clinic, one cannot even smell them? For this one-sided integration, how can you even call it integration? From what we have now, we can only call it the "integration of Chinese Herb and Western Medicine." Where should the CM's face be? It cannot even find its own filthy face.

Before, the westernizing process of the CM had to go on in the background. Today, they can do it righteously. Who dares to criticize it? Meanwhile, the title-hat of the fake CM physicians become even more secured, even a grade-12 typhoon cannot move it.

So from the result of the last half century, the Chinese herbal medicinal benefitted the most, with the highest grade, the greatest contribution, the best reputation, and the richest awards – with such momentum, maybe in the future we should no longer call it “Chinese medicine herbal medicinal,” rather, we should call it “Chinese herbal medicinal medicine”

### **The Parasites that Have Been Benefiting from CM as a Host**

This group of parasites, they have not splashed filth and mire toward CM, nor have they put golden leaf on its face. They seem to exist outside of the CM circle. But they have not fallen behind in their work to ruin CM.

In 1993, I received the first letter from them. It was a letter from the editor committee of Biography of Chinese Renowned Physicians. It was a white piece of paper, written with pencil, and stamped with red ink. It was basically asking me to mail over a picture, a short biography, a self promotion of my “great reputation and high capability,” and cash – then I would be included in the biographies and became a famous physician overnight.

Till today, I’ve received more than 14.8 lb of this type of letters (including the envelopes). After they receive the fund, do you think they will actually give you anything? Actually it would be a great thing. It would be spending money to buy something “harmless.” But some actually publish such biographies, which is far worse than “harmless.” Not only the book-binding, printing and paper quality subpar – the more embarrassing thing is, over 80% people in the biographies are “renown physicians.” Some of them even claim to be professors from England, France, and Japan, and their skills are way above the international level. Some of them can eliminate malign tumors within 3 therapy sessions; one bottle of remedy will eliminate vitiligo within 3 days; 5 days of acupuncture treatment will eliminate sciatica and trigeminal neuralgia... etc. No wonder they are renowned CM physician, famous physicians! Some can even have you sit in your home, and he will treat you with Qigong remotely; some can use “plum flower I-Ching numerology” to treat illness; some utilizes “six lines of hexagrams to predict your recovery.” Some even mention, if your illness is due to “ghost possession,” then he can clear the possession for you and return you back to wellness. It is interesting that there are very few Western physicians among the lists. Even if they are called “renowned physicians,” they do not possess such godly techniques. This is the image of CM that these parasites have created. Can you accept it? Of course it is unacceptable! But since most people have not met or seen CM’s real image and features, so inevitably, like “*Yan Song’s Birthday*” they receive all without thinking.

This image, actually, were not created by these parasites. It has already existed for a while in the society. But what was different before, was that such image was a contraband without any credential. But now

they have issued credential and certificate, with a seeming power of authority. If this is not their fault, whose fault is it?

You see, today's CM is situated in such besieged and polluted environment from all directions. Who can see its real image? Such situation make all effort of defense and clarification futile. Just like, "*when the mountain path ends and the river ceases to flow, one suspects himself to be at a dead end; under the shady willow and the vivid flower, there comes another village,*" but where is this village? In the counterfeit exhibition of each province's consumer association, as long one puts an authentic product among the counterfeit ones, the authentic product will shine its radiance and illuminates up the true demonic forms of all the monstrosities out there.

## **This is the Real Chinese Medicine**

### **Starting from Nothing**

Since there were humans, there have been human illnesses. Humans have had their own capacity for self-healing and self-defense mechanism. But there weren't anyone to treat anyone's illness. Hypothetically speaking, shamans were the ones who prayed to the deities and ancestors to protect/heal people. Around 1000 BC, physicians finally took over the medical authority from the hands of the shamans. This began the reign of medicine.

During the Spring-Autumn and Warring States Era from 770-221 BC, the first professional physicians appeared, such as Yi Huan, Yi He, Chang Lujun, Qin Yueren... etc. Some said Bian Que was also among them. Actually, "Bian Que" is not a person's name, it was the title of a physician/healer... like today's Dai Fu (physician), Lang Zhong (healer), and Yi Shi (doctor). In the Records of the Grand Historian, there was a biography of Bian Que – it actually simply means "physician," and it is talking about the physician Qin Yueren. Others such as Lei Gong, Qi Bo, Yu Fu, Tong Jun... etc, who allegedly practiced medicine in the time of the Yellow Emperor, I have strong doubts if they did in fact exist. Because before 1000 BC, when people were sick, they saw shaman for prayers. There simply wasn't any physician available. Then [at Yellow Emperor's era] around 4000 BC, there wasn't anyone practicing medicine, how could there be "famous physicians?" This is because Yellow Emperor's Inner Cannon is a product of the Qin and Han Dynasties. Chinese written language first appeared in oracle bones during the Shang Dynasty (1600 – 1046 BC). There wasn't any writing before that, and how could there be a book written 3000 years before it?

But, at the time, it was possible that there were therapeutic methods available, such as acupuncture, moxibustion, stone needle, and stone ironing (warm up stone and place on people directly or place on poultice as hot compress) – much like the therapeutic techniques of the modern acupuncturists. So the acupuncture and moxibustion could be called the "first son" of CM. So at the time, only acupuncturists could be the legal representatives of Chinese Medicine.

### **The Birth of the Second Son**

At the time (Qin and Han Dynasties – 215 BC – 220 AD), acupuncture and moxibustion was the main body of medicine. Herbal medicine also appeared slowly. But the herbal usage was simple and crude, with unsophisticated composition. A few examples such as "chicken dropping tincture" can be found in Yellow Emperor's Inner Cannon.

During the late Han Dynasty, Zhang Zhong-Jing (145 – 208 AD) widely collected the herbal formulas, which have slowly progressed from a barbaric state into a civilized structure, from crude tactic into sophisticated strategy, from chaotic composition to standardized formulas such as Ephedra Decoction, Cinnamon Twig Decoction... etc. He collected the formulas, categorized them, expanded them, assigned

them to corresponding patterns, and authored his work called Shanghan Zabing Lun ("Treatise on Cold Pathogenic and Miscellaneous Diseases"). From then, there was another stream of therapeutic method by herbal medicine, which stood head to head with acupuncture & moxibustion.

The Chinese character "Pai" (sometimes meaning "school of thought") originally meant the distributary rivers. Before there were distributaries, there was no "Pai". Now there were two distributaries, thus there were two Pai. The elder son was the acupuncture & moxa school and the younger son was the Fang-Mai (formula-pulse) school. Acupuncture & moxa school treated people by moxa and needle, and formula-pulse school treated people by taking pulse and crafting herbal formulas.

By this time, only acupuncture & moxa school and formula-pulse school represented the Chinese Medicine.

### **Then There Came the Third Son**

As the wheel of the age moved forward, year by year in the long river of time, there were more and more new discoveries of new illnesses. Illnesses and patterns have also become complicated. Patients also started to demand more from the physicians. General practice physicians could no longer keep up the demand. Under this circumstance, it was imperative to categorize illnesses into rough categories and divisions of specialty. But this type of division was still at its infancy, and could not compare to what we have today. This progression was faithfully portrayed in the Treatises on the Source(s) of All Illnesses (610 AD).

But 40 years have passed, nothing has occurred even though there was the demand for divisions and specialties. It wasn't until the early Tang Dynasty, Sun Simiao (581-682) started this work. Boldly, he took serious effort into constructing the framework of specialties. In his work, Essential Thousand Gold Formulas, he created the following divisions: gynecology, pediatric, acute infectious diseases, 7 orifices (eyes, ears, nose, throat and oral cavity), ulcer-carbuncle-swelling- scrofula (external medicine), and many more internal diseases with defined names. Also he talked about acupuncture and moxibustion with 2 scrolls and 15 chapters in Scroll 29-30.

Evidently, the Third Son – Specialties – was born. But it was still in essence formulas and pulses, as its treatment modality was still by pulse taking and crafting herbal formulas – it is essentially the same thing with gynecology, pediatric, upper orifices... etc. But to differentiate specialties from the mainstream (general practice) formula-pulse school, the general practice formula-pulse school was called the "big" formula-pulse school, and the specialties are called the "small" formula-pulse school.

Now the composition of CM was something like this:

Acupuncture & Moxa, Big Formula-Pulse (*Internal Medicine*), External Medicine (*including dermatology and ear-nose*), Small Formula-Pulse (*gynecology -obstetrics, pediatric, eyes, throat, oral cavity, anus-rectum, ... etc*), Bone-Injury (*including bone-setting and tui-na*) (*note: I do not*

*know where he got this divisions, probably a modern one, since traditionally there are the 9/11/13 divisions which usually included shamanism, chanting/spells... etc, that are left out here.)*

This composition remains pretty much the same to this day. Ear-Nose specialty later on separated from External Medicine and combine with throat specialty to become today's otolaryngology. Andrology divided itself out from the Internal Medicine. Dermatology divided itself out from the External Medicine. Gynecology –obstetrics became two separate specialties... etc. But this is the progression in the contemporary time.

So in short, what represent Chinese Medicine are: Acupuncture & Moxibustion, Big Formula-Pulse School (treating internal patterns), and Small Formula-Pulse School (treating specialties).

But I don't know when it began, Big Formula-Pulse School became synonyms with internal medicine. And internal medicine became the sole representation of CM, as though Acupuncture and specialties were only vassals. People started to have the concept that "Big Formula-Pulse School is Chinese Medicine, Chinese Medicine is Big Formula-Pulse School." It is difficult to find out when this began, but we are still having the same concept in today's world.

There may be two reasons

1. Big Formula-Pulse School has many more practitioners than the other two, with at least 40% workforce of the entire profession. The other two each occupy about 30%.
2. In term of skills and techniques, Big Formula-Pulse School dominated the medical writings and classical theories. No one else had more right than them to pick up the banner as the representation of CM. It is still the same today.

### **The Basic Criteria of A Chinese Medical Physician**

First off, the "medical ethics" is of the foremost importance. It is fortunate that anyone's mouth can bring about virtuous medical ethics. Some even promise to "sacrifice my life for the patient." Anyhow, this is the most important criteria, one must fulfill it.

As a technician, what's more crucial than medical ethic are the "medical skills." You must have medical skills before you can be a physician. If you only have little or none, then you have no place among the CM community.

What are medical skills? They are CM's unique theoretical models and treatment methods. How do we obtain them?

1. **Read CM classical literature until they are worn out.** Being familiar with them is not enough. They must be read to a degree that they are "worn out (pun with rotten/digested)." Let's see, most CM physicians who age more than 70 now can memorize at least dozens of mnemonic verses from Decoction Verses. Some can even memorize more than 100 verses. But most

younger generation now cannot even recall the composition of Si Jun Zi Tang, Si Wu Tang, and Ren Shen Bai Du San. The main reason is, they only glimpse and read these works superficially.

2. **Read widely all types of writings.** Read wide all literature written by past physicians, and then expand to the writings of famous scholars throughout history. Of course the contemporary medical writings are equally important.

For example, there are the sayings like, *“if there is one portion of coldness, then there is one portion of pathogen;” “men are prone to have kidney insufficiency, women are prone to have liver excess;” “to treat ulcer, one must first treat spleen and stomach;” “for deafness, treat the lung; for nasal congestion, treat the heart;” “for the six Fu-organs, tonification means ensuring their unobstructed flow;” “cultivate the Earth to generate Metal; purge Fire to rescue Water”...* these sayings are the painstaking efforts and intellectual crystallization from the clinical experience of the physicians of the past 2000 years. They may be few words, but this type of relics are worth more than millions.

Some writings not from medical professionals but from scholars may also contribute much to the profession. For examples:

- Tao Zongzhi (? -1396 AD) discussed that when a woman cannot bear child, her husband plays certain role in it as well (Retreat & Farming Diary – Yellow Door)
- Fang Yizhi (1611-1671 AD) noted that “from breathing, the Xin takes in the new Qi and eliminates the Old Qi;” “the chief blood movement of the channels is called Luo. From the heart there are two great Luo vessels. One goes above and one goes below. They branch off to smaller vessels and cover the entire body. When the blood of the Luo vessel enters the heart, first it enters the right orifice, then it moves to the left orifice. (Rudimentary Understanding of Physics)
- Zhou Lianggong (1612-1672 AD) mentioned that men also has andropause. Not one medical professional at his time knew anything about it (Shadow of Books)
- Wan Daoan (1615-1698 AD) with humility consulted with people outside of the medical field, noted, “my teacher Jin Zhengxi used to tell me, ‘the memory of a person is all stored in the brain. Kids are forgetful, because their brains are not yet filled up. Elders are forgetful, because their brains are emptying out.’” (Essentials of the Materia Medica)

How can the learning environment of CM be any better in this age?! There are journals, magazines, newspapers, literature filled up to the roof in the library. These will enable your ability to be like what’s mentioned in the Great Learning: *“If you can one day renovate yourself, do so from day to day. Yea, let there be daily renovation.”* If you as a CM physician have not set your foot in the library in the past three months, then your brain is likely dust-laden and rusted. It is as though one is opening a shop but does not stock up any inventory. How can it be that way?

Longitudinally, read the classical literature until they are worn out, rotten, and fully digested.

Latitudinally, read widely all types of writings. With the longitudes and latitudes in place, their cross-

sections form the web of “CM classical theories and treatment methods.” Once you obtain this, you can rightfully call yourself a Chinese Medical Physician.

### **Practice with Each School’s Inherit Strength, Pick among Them What the Situation Calls for**

The existence of CM academia & profession and the qualification of CM practitioners all rely on this “CM classical theories and treatment methods.” How much each CM physician has obtained, which stage of cultivation each has, it is hard to set a bar. But approximately, there are roughly five different levels: “Mastery,” “Skilled,” “Grasping the Concepts,” “Familiar,” and “Knowing.” Of course, above the level of “Mastery” there is the “Godly/Immortal (reaching the acme of perfection),” but this should not be demanded on anyone. Below the level of “Knowing,” there is the “Not Knowing” – for people in this level, we should be without mercy and reject their status as CM practitioners – even if they wear their cap, holding their graduation diploma, and draping their white robe.

Generally, those who practice internal medicine, gynecology, pediatric, and upper orifices, they need to reach the level of “Mastery.” Without mastery, how can they do the most advanced work of CM: treating patients according to pattern differentiation, an crafting formula by “Principle-Strategy-Formula-Herb?”

For those who practice acupuncture and moxibustion, they need to reach the level of “Skilled.” Without being skilled, how can the physician “pattern differentiate and treat with needle?” How can they locate the channels, select points, and guide from knowledge the various needle techniques and manipulation. The same goes for the external medicine. The unique aspect of CM is that all external methods are “manifestation on the outside, with root from the inside.” So external medicine is the same as internal medicine, it treats with internal herbal medicine. The influential works of external medicine such as Principles and Cases of External Medicine by Wang Shishan (1463-1593), Reviews of the Ulcer Specialty by Gao Mianting (1755-1827), and Essential Outline of Ulcers by Zhang Shanlei (1873-1934), they all appear as a form of internal medicine.

Small formula-pulse specialties, outside of gynecology, pediatric, upper orifices and external medicine, they mostly rely on surgical techniques. Thus, it is sufficient that they only reach the level of “Knowing.” Since they rely primarily on surgical techniques, they are fairly close to the modality of western medicine. With the evolution of medical equipment and the growing demand for sterilization, the gap between them and western medicine becomes even smaller. But this is irrelevant to the image of CM, since it has never lost nor damaged the CM’s “classical theories and treatment methods.”

The CM eye specialty’s needle technique to remove cataract, the external medicine’s casting plates, and the anal/rectum specialty’s hanging thread technique still preserve much of the CM aspects. Also the CM otolaryngology surgical technique to remove nasal polyps, their method, equipment, procedure has stayed mostly the same worldwide since its introduction 400 years ago in the Orthodox School of External Medicine by Chen Shigong (1555-1636). Even with the advanced equipment and newer medication, the surgical procedure in the 21<sup>st</sup> century still practice the identical “arcane method of polyp removal” introduced by Chen in the 16<sup>th</sup> century: the whole working set of anesthesia, looping the polyp, tightening the loop, pulling it out with force, applying medicine to stop bleeding after the removal.

What's more impressive is that, in front of the surgery table, the supervising teacher would earnestly caution the students that *"Do not tighten the loop too much and cut the polyp in half. You need to pull it so it will remove the root of the polyp within the nasal sinus."* This is the same words from Chen's work, *"pull it downward, and the polyp will fall out naturally,"* which has been transmitted through generations till today. Because if one simply break polyp in half and does not remove it with its root, then it is not a successful operation.

## Closing Remarks

The image of Chinese Medicine has been falsified and distorted completely. As CM professionals, we cannot be like Qu Yuan (340-278 BC), who desired to *"wipe clean the words of the three tribes, and illuminate in contrast with the sun"* (Zhang Xiaoxiang's *"Lingering at the Xiang River, in the water tune"*). Zhang suggested that one way for Qu Yuan to regain his original image was to tidy up his dust-laden Nine Songs of Chu, and re-illuminate its brilliance.

Today, if we want to bring back the original image of CM, then we can only faithfully introduce the appearance and content of CM to the people. As people understand what's real, they will distinguish those that are not. As long this Vanquishing Rod is raised, no matter how chaotic and bustling the macabre is, there will be clarity and purity in the jade universe<sup>6</sup>.

September 9, 1999

Wrapping up in Jian Lei

at 88 Years of Age

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<sup>6</sup> Referring to the Western Story where Sun Wukong lifts and slams his staff in the middle of a macabre, which stunned and cleared up all the evils.