

1. Record Nr.	UNINA9910458045803321
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Titolo	Huang di nei jing su wen [[electronic resource]] : an annotated translation of Huang Di's Inner Classic -- Basic Questions / / Paul U. Unschuld and Hermann Tessenow in collaboration with Zheng Jinsheng
Pubbl/distr/stampa	Berkeley, Calif., : University of California Press, c2011
ISBN	1-283-29177-0 9786613291776 0-520-94818-1
Edizione	[1st ed.]
Descrizione fisica	1 online resource (1553 p.)
Altri autori (Persone)	UnschuldPaul U <1943-> (Paul Ulrich) TessenowHermann <1945-> ZhengJinsheng <1946->
Disciplina	616/.09
Soggetti	Medicine, Chinese Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"These 2 volumes will be sold as a boxed set under a single ISBN. No further volumes are forthcoming."--Comments, ECIP data view.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Huang Di Nei Jing Su Wen -- Frontmatter -- Acknowledgment -- Contents Volume I -- Prolegomena -- Annotated Translation of Su wen 1 through 52 -- Chapter 1. Discourse on the True [Qi Endowed by] Heaven in High Antiquity -- Chapter 2. Comprehensive Discourse on Regulating the Spirit [in Accordance with] the Qi of the Four [Seasons] -- Chapter 3. Discourse on how the Generative Qi Communicates with Heaven -- Chapter 4. Discourse on the True Words in the Golden Chest -- Chapter 5. Comprehensive Discourse on Phenomena Corresponding to Yin and Yang -- Chapter 6. Discourse on the Division and Unity of Yin and Yang -- Chapter 7. Further Discourse on Yin and Yang -- Chapter 8. Discourse on the Hidden Canons in the Numinous Orchid [Chambers] -- Chapter 9. Discourse on the Six Terms [of a Year] and on Phenomena [Associated with the Condition] of the Depots -- Chapter 10. The Generation and Completion of the Five Depots -- Chapter 11. Further Discourse on the Five Depots -- Chapter 12. d Discourse on Different [Therapeutic] Patterns Suitable [for Use in

Different] Cardinal Points -- Chapter 13. Discourse on Moving the Essence and Changing the Qi -- Chapter 14. Discourse on Decoctions and Wines -- Chapter 15. Jade Tablet Discourse on the Essentials -- Chapter 16. Discourse on The Essentials of Diagnosis and on Exhaustion in the Conduits -- Chapter 17. Discourse on the Essentials of Vessels and the Subtleties of the Essence -- Chapter 18. Discourse on Phenomena [Reflecting the Status of] Qi in a Normal Person -- Chapter 19. Discourse on the Jade Mechanism and the True [Qi of the] Depots -- Chapter 20. Discourse on the Three Sections and Nine Indicators -- Chapter 21. Further Discourse on the Conduit Vessels -- Chapter 22. Discourse on How the Qi in the Depots Follow the Pattern of the Seasons -- Chapter 23. Wide Promulgation of the Five Qi -- Chapter 24. Blood and Qi, Physical Appearance and Mind -- Chapter 25. Discourse on Treasuring Life and Preserving Physical Appearance -- Chapter 26. Discourse on the Eight Cardinal [Turning Points] and on Spirit Brilliance -- Chapter 27. Discourse on the Division and Union of True [Qi] and Evil [Qi] -- Chapter 28. Discourse Thoroughly Deliberating upon Depletion and Repletion -- Chapter 29. Discourse on the Major Yin and on the Yang Brilliance [Conduits] -- Chapter 30. Explanation of the Yang Brilliance Vessel -- Chapter 31. Discourse on Heat -- Chapter 32. To Pierce Heat -- Chapter 33. Discourse Deliberating upon Heat Disease -- Chapter 34. Discourse on the Assessment of Movements Contrary [to their Regular Course] -- Chapter 35. Discourse on Malaria -- Chapter 36. To Pierce Malaria -- Chapter 37. Discourse on Qi Recession -- Chapter 38. Discourse on Cough -- Chapter 39. Discourse on Pain -- Chapter 40. Discourse on Abdomen and Center -- Chapter 41. To Pierce Lower Back Pain -- Chapter 42. Discourse on Wind -- Chapter 43. Discourse on Blocks -- Chapter 44. Discourse on Limpness -- Chapter 45. Discourse on Recession -- Chapter 46. Discourse on Disease Manifestations -- Chapter 47. Discourse on Strange Diseases -- Chapter 48. Discourse on Very Strange [Diseases] -- Chapter 49. Explanations on the Vessels -- Chapter 50. Discourse on the Essentials of Piercing -- Chapter 51. Discourse on the Restrictions of Piercing -- Chapter 52. Discourse on Prohibitions in Piercing -- BIBLIOGRAPHY -- Front matter 2 -- Contents Volume II -- Prefatory notes to vol. 2 -- Annotated translation of su wen 53 through 71, 74 through 81 -- Chapter 53. Discourse on the Aims of Piercing -- Chapter 54. Explanations on the Needles -- Chapter 55. Discourse on Rules of Extended Piercing -- Chapter 56. Discourse on Skin Sections -- Chapter 57. Discourse On Conduits and Network [Vessels] -- Chapter 58. Discourse on Qi Holes -- Chapter 59. Discourse on Qi Palaces -- Chapter 60. Discourse on Bone Hollows -- Chapter 61. Discourse on Holes [to treat] Water and Heat. -- Chapter 62. Discourse on Regulating the Conduits -- Chapter 63. Discourse on Misleading Piercing -- Chapter 64. Discourse on Opposition and Compliance in Piercing in [the Course of] the Four Seasons -- Chapter 65. Discourse on Tip and Root and on the Transmission of Disease [Inside the Organism] -- Chapter 66. Comprehensive Discourse on Arrangements of the Principal [Qi] of Heaven -- Chapter 67. Comprehensive Discourse on the Progression of the Five Periods -- Chapter 68. Comprehensive Discourse on the Subtle Significance of the Six [Qi] -- Chapter 69. Comprehensive Discourse on Changes [resulting from] Qi Interaction -- Chapter 70. Comprehensive Discourse on the Five Regular Policies -- Chapter 71. Comprehensive Discourse on the Policies and Arrangements of the Six Principal [Qi] -- Chapter 74. Comprehensive Discourse on the Essentials of the Most Reliable -- Chapter 75. Discourse on Making Known the Perfect Teachings -- Chapter 76. Discourse on Demonstrating a Natural Approach --

Chapter 77. Discourse on Expounding the Five Faults -- Chapter 78. Discourse on Evidence of the Four Failures -- Chapter 79. Discourse on Yin and Yang Categories -- Chapter 80. Discourse on Comparing Abundance and Weakness -- Chapter 81 Discourse on Explaining the Subtleties of Essence -- BIBLIOGRAPHY

Sommario/riassunto

A foundation of Chinese life sciences and medicine, the Huang Di Nei Jing Su Wen is now available for the first time in a complete, fully annotated English translation. Also known as Su Wen, or The Yellow Emperor's Inner Classic, this influential work came into being over a long period reaching from the 2nd century bce to the 8th century ce. Combining the views of different schools, it relies exclusively on natural law as conceptualized in yin/yang and Five Agents doctrines to define health and disease, and repeatedly emphasizes personal responsibility for the length and quality of one's life. This two-volume edition includes excerpts from all the major commentaries on the Su Wen, and extensive annotation drawn from hundreds of monographs and articles by Chinese and Japanese authors produced over the past 1600 years and into the twentieth century.
