ink rubbings of the stone manual in order to have a copy for their reference. Later models included the names of the acupuncture points, eliminating the need for a manual, and also showed the meridians. The ancient Chinese realized that acupuncture was also very effective on animals, and thus teaching models were created for the cow, horse and dog.

Moxibustion, which uses cones of mugwort that are set on fire, is applied when warmth is needed in a particular area. If warmth is needed at a deep point within the body, the moxibustion cone can be placed on top of an acupuncture needle.

**Medicines**

Around the corner are 80 types of Chinese herbal medicines, most of which are plants. However, many Chinese medicines come from animals, minerals and fungi. During the Han Dynasty (which ended in the 2nd century AD), 365 medicines were recognized. By the Ming Dynasty (14th century AD) that number had increased to 1,892. Today, there are more than 5,000 Chinese medicines. Chinese Medicine physicians will prescribe medicines based on their diagnosis, which includes an in-depth interview of the patient, as well as examination of the patient’s pulse, smelling of the breath and inspection of the condition of the tongue.
Introduction to Chinese Medicine

Chinese Medicine is based on two doctrines: yin and yang and The Five Elements. In medicine everything is classified according to yin and yang. On the human body, the skin is yang and the interior is yin, while the back is yang and the abdomen is yin. The heart and liver are yang organs and the spleen, lungs, and kidneys are yin organs. Diseases and even medicines are also classified according to yin and yang. The second doctrine is that of The Five Elements which are metal, wood, water, fire, and earth. In the healthy state, the human body is made up of a harmonious mixture of these elements.

At the entrance to this exhibit area is a wall covered with Chinese characters related to medicine, with an entryway in the shape of a hulou or calabash, a kind of gourd. The hulou has come to be a symbol of Chinese Medicine. Huloues were often seen strapped at the waist of a Chinese Medicine doctor. In ancient China, there were no hospitals or clinics as we have today. Thus, Chinese Medicine doctors traveled around on foot carrying a banner or flag that advertised their services. Later in the Sung Dynasty (11th century), China instituted a national standard for apothecaries, an example of which can be found just inside the entryway.

History of Chinese Medicine

Traditional Chinese Medicine has a history of thousands of years. The Chinese consider three legendary figures the founders of Chinese Medicine. To Fu Hsi is ascribed the construction of the Ba Gua or Eight Diagrams on which such doctrines as yin and yang were based. Shen Nung is said to have tasted seventy different kinds of potential medicines in a day and established the art of medicine. Huang Ti, the Yellow Emperor, is said to have invented the needles used for acupuncture. Of course, it cannot be said that Traditional Chinese Medicine was developed by three persons who may not have existed. However, the problem is that reliable historical records are not available before 722 BC. What is certain is that a large number of people were needed to establish such a complex system but their names have been lost.

Three thousand years ago, on oracle bones (tortoise shells and animal bones) from the Shang Dynasty (1766 to 1122 BC), records of illnesses, medicines and treatment methods were found inscribed. These represent the earliest medical information.

In 1973, a number of medical treatises (15 in total) were found written on silk banners and bamboo slips, and excavated from the No. 3 tomb in Changsha, Hunan province. These treatises were transcribed sometime between 220 BC and 220 AD, and represent the oldest surviving Chinese medical literature.

Acupuncture and Moxibustion

Acupuncture has been used as a therapeutic method in China for well over 2,000 years. It is based on the concept that the body is made up of yin and yang, and a vital force called “chi,” that moves in channels throughout the body. If there is imbalance in the yin and yang, then the flow of chi along its channels, also referred to as meridians, is interrupted and the body becomes sick. In acupuncture therapy, special needles are inserted into