As long as human beings have been suffering from illnesses, they have tried to find ways to cure them or to alleviate their symptoms. The theoretical structure and practical applications of this knowledge, we now call "medicine", strongly reflect the history, culture and the available resources of people and their civilization. Chinese medicine was a synthesis of philosophical speculations concerning the underlying structure of the world and practical knowledge about natural pharmacology and human physiology. Even though, nowadays, Chinese theoretical reasoning appears to be abstract to be of much circulation, knowledge about natural nutrition and remedies, developed out of millennia of practical experience, continues to play a major role in the health-caring of the Chinese people.
Evolution of the Character for "Medicine"

Shamanism was widely practiced in the Shang period (15th-11th centuries B.C.E.). Shamans not only attended to prayers and invocations, divination, but also attended to the nation's statecraft, invoked rain, and cured illnesses.

Because the original Shamans were also medicine men, the ancient character for physician, yi, featured the element for shaman, wu, at the bottom of the graph. Later, during the Western Zhou period, as we see from the book Zhou-li (The Rites of Zhou), the base in the character for physician features instead the graph for alcohol. This is seen as evidence that the functions of shaman and medicine man have by now been distinguished.

The fact that the character yi contains the alcohol element is generally considered a reflection of the prevalent uses of alcohol in early medicine.

Hulou- Shaped Entrance

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. Hulous were often seen strapped at the waist of a Chinese Medicine doctor.

History of Chinese Medicine

Traditional Chinese Medicine has a history of thousands of years. Knowledge of medicines originated in China some seven millennia ago, in the Neolithic Age when medicinal experience began to accrue.

Pioneers of Chinese Medicine

Many different legends tell of the origin of Chinese medicine in ancient books, often attributing the discovery of medicinal properties in herbs to Shen-nong, who is said to have personally tasted and tested the hundred herbs, and have tasted seventy different kinds of potential medicines in a day. Huang-di, the Yellow Emperor, is ascribed the construction of the Five Elements and Eight Diagrams on which such doctrines as yin and yang were based. Fu Hsi is said to have invented the needles used for acupuncture.

In reality, Shen-nong could be merely the collective ancestral persona of countless ages, and the Yellow Emperor etc., too, are the symbolic progenitors of Chinese medicine. But these legends have revealed some objective facts, explaining that the knowledge of medicinal herbs was discovered in the process of "tasting" and practiced in clinical studies by the medical pioneers. This of course, is the true origin of medicinal sagacity.

Oracle Bone Inscriptions on Medicine

Oracle bone inscriptions constitute the oldest form of Chinese writing. For purposes of augury and divination, people of the Shang dynasty (15th-11th centuries B.C.E.) engraved written queries onto the scapulae of oxen or the carapace of tortoises. These writings have lain buried for over three thousand years until they were discovered in massive quantities at the archaeological waste site of the Yin-Shang at the village of Xiaotun in Anyang, Henan Province.

According to specialists, the excavated written documents contain records on medical treatment, pharmaceuticals, and on diseases. More than twelve difference regions of the human anatomy are named including "head disease", "ear disease", "nose disease", "tooth disease", "stomach disease", "foot disease", "pediatric disease", "maternity disease", and etc. Moreover, diseases were categorized according to their nature, as in "malaria", "scabies", "tooth decay", and "poisoning", among others.

Oracle bone records on tooth decay constitute the earliest in the world, preceding those found in ancient cultures like Egypt, India and Greece by seven hundreds to a thousand years.

Medicines Found in Mawangdui Tombs

Toward the end of 1973, a horde of medical treatises on silk banners and on bamboo slips were excavated from Tomb No.3 at Mawangdui in Changsha, Hunan Province. After scholarly investigation and collation, they have been classified into fifteen different titles as follows; Eleven Acupoints Treatise of the Arms and Legs, and Eleven Acupoints Treatise of the Yin and Yang (each consisting of volumes A and B), The Method of Pulsing, The Yin and Yang Pulses at Death, Treatment of the Fifty-Two Illnesses, Fasting (Abstinence from Grains), and Feeding on Qi-Energy, Illustrated Manual of Calisthenics, Prescriptions for Longevity, Prescriptions for Treating Miscellaneous, The Book of Parturition, The Ten Questions, Unifying the Yin and Yang, Miscellaneous Proscriptions, Talks on Ultimate Universal Principles.

These books, copied out sometime between the Qin and Han periods (3rd centuries B.C.E. - 3rd centuries C.E.) constitute the earliest medical treatises surviving in China. Their discovery has been extremely valuable in our understanding of
pre-Qin medical thought, especially the origin and evolution of acupuncture and concepts of the energy-conduits, methods of pulsing, etc.

### 6 Medical Inscriptions on Wooden and Bamboo Slips, Han Dynasty
The Hungarian explorer Sir Aurel Stein discovered in the deserts of Gansu and elsewhere "fallen missives among the moving sands". The Chinese scholar Luo Zhenyu discovered slip-documents of dating from the Warring States Period to the Eastern Han, among which eleven dealt with medical prescriptions.

An Eastern Han period tomb was excavated in 1972 on the Hantanpo hills in Wuwei County, Gansu Province, which yielded bamboo and wooden slips entirely devoted to medical issues. These are to date the most valuable historical materials excavated on medicine. Topics include clinical practice, pharmaceutics, acupuncture, etc., all with names of diseases, diagnostics, pathology, and prescriptions for recovery.

### 7 Four Famous Physicians of the Warring States Period to the Han Dynasty
Following the immense changes in politics, social order, economics and culture which occurred between the second half of the Fifth century B.C.E. and the middle of the third century C.E., Chinese medicine also showed visible development. Through the efforts of physicians who, on the one hand opposed shamanistic practices, and on the other built up their clinical experience, gradually established the foundations of Chinese principia medical.

#### 7-1 Famous Empirical Theorist
Zhang Zhong-jing, the "Sage of Medicine" (C.150-219 C.E.), was an outstanding physician of the Eastern Han period, and a key figure in the development of pattern identification. He wrote Shang han za bing lun (Consideration of Cold-Damage Syndrome and Miscellaneous Diseases) and Jin-kui yao-lue (Essential Abstractions from the Golden Chest) which summarizes the entire medical experience accrued up to the second century C.E., rigorously selecting treatments and prescriptions that were reliable, thus establishing the model for China's medical taxonomic system and the method of discussing treatments.

#### 7-2 Famous Medical Books from the Warring States Period to the Tang Dynasty
Chinese medical science has been developed in the direction of accumulation of experience since the Warring States period. Physicians based their practice on experience and on theory, absorbing the thoughts of contemporary philosophy and natural science of their day, and drawing more systematic conclusions. Among their writings the more influential include Huang-di nei-jing (The Yellow Emperor's Canon on Internal Medicine), and Shen-nong ben-cao-jing (Shennong's Pharmacopeia).

#### 8 Foundation of Chinese Medical Science
The Huang-di nei-jing (The Yellow Emperor's Canon on Internal Medicine) is an ancient medical text on theory and technique, compiled sometime between the 5th century B.C.E. and third century C.E., i.e. between the Warring States period and the Han dynasty. It is the result of the collection, correction, emendation, compilation and editing on the part of many great physicians. The words "Yellow Emperor" were added later to lend the book antique air and authority.

This book comprises two great sections, Su-wen (Plain Questions) and Ling-shu (Spiritual Key Points), each with nine chapters. They address the movements in human physiology, changes in pathology, diagnostics and treatment, and the study of yin-yang and the five phases, among others. It is a relatively complete coverage, forming the cornerstone of Chinese medical science.

#### 8-1 Foundation of Chinese Pharmacopeia
Shen-nong ben-cao-jing (Shennong's Pharmacopeia) is an ancient Chinese text of medical herbs, compiled sometime between the first and second centuries, C.E., summarizing the development in pharmacopeia up to the Han dynasty.

The text lists 365 varieties of herbs, dividing their medical properties into three classes of upper, middle and lower. Each herb is discussed in terms of its name, smell and taste, natural environment, and chief medical properties, etc. The book makes a major contribution to Chinese pharmacopeia and botanical knowledge.

### 9 Chinese Contribution to Immunology
Over fifty different titles emerged in the Song dynasty treatment or prevention of smallpox. Books on the treatment of pox and measles of the time suggest that development in the treatment of smallpox was already fairly complete.

According to the Qing dynasty treatise Dou-zhen ding-lun (Definitive Argument on Pox and Measles), it seems that during the reign of
the Song emperor Zhen-zong, 11th century, the Prime Minister Wang Dan invited the physician to treat his son with an inoculation, whereupon the doctor had the dried up scabs from human pox ground into powder and blown into the nose of the young patient in order to generate an immunity In the seventeenth century, a fairly complete system of smallpox immunization was promoted throughout the country, and the Russians dispatched physicians to China, to learn the techniques of immunology, and, later, via the Turks they were introduced to Asia, Europe, America and everyone on earth.

In Europe, it was not till the eighteenth century that the British surgeon Edward Jenner first began to use the serum developed from milk cows for the prevention of smallpox.

The Evolution of Forensic Medicine
Among the wood and bamboo slips of the Qin dynasty excavated from Tomb No. 11 at Shui-hu-di in Yun-meng, Hubei Province in 1975, there was one volume called Zhi-yu an-lie (Cases of Penal Administration). This volume testifies to the fact that there was already a system of forensic inquests instituted during the Warring States period (5th-3rd centuries B.C.E.).

During the Five Dynasties period (10th century C.E.) He Ning, father and son, gathered the cases of legal decisions from successive historical periods into a volume entitled Yi-yu-ji (Collected Court Decisions) which was published in 951 C.E. From the Song dynasty onward ever more books were published dealing with forensic matters.

In the Southern Song period, a Judicial Intendant named Song Ci (1186-1249 C.E.), wrote a book called Xi-yuan ji-lu (The Washing Away of Wrongs) which is a relatively more systematic treatment of forensic practice in ancient China, and one of the canons on the subject in ancient world literature, predating its first European counterpart by more than 350 years.

The Washing Away of Wrongs is a major reference for historical cases in penal decisions and forensic medicine. Moreover, it elucidates an important source for the analysis of forensic medicine and the causes of death in ancient China. This text has been translated into Dutch, French, German, Korean, Japanese, English' and Russian.

Four Famous Physicians of the Jin-Yuan Dynasties
During the Song, Jin, and Yuan dynasties, China saw incessant warfare, and the populace suffered severe hardships, engendering a host of health problems. Physicians and medical scholars of the time facing these diverse challenges came up with a host of new and revolutionary concepts, including the notion that "ancient formulae may not adequately manage today's health problems. Among these, the most influential figures were Liu Wan-su, Zhang Cong-zheng, Li Gao, and Zhu Zhen-heng, representing the four major Schools of medical thinking of the times.

The Great Pharmacist Li Shi-zhen
Li Shi-zhen (1518- 1593 C.E.) was a pharmacist active in the late Ming and noted for his spirit of thoroughness in investigations. He spent twenty-seven years compiling the Ben-cao gan-gmu (Herbal Pharmacopoeia), a synthesis of pre-16th century knowledge of medicines, and extending profound influence upon subsequent developments in pharmacology, biology, botany, and mineralogy.

The book contains 52 sections, and discusses 1,892 types of medicines, treating each item in terms of its characteristic taste and smell, native place, formation, harvesting particulars, refining and decocting process, pharmacology, prescription and dispensing, etc. Medicines are divided into three principal categories of minerals, vegetable and animal which are further subdivided into sixteen sections, and sixty types. Ben-cao gan-gmu had been translated into many languages, and as is a treasured cultural legacy in our nation's library of medical science.

The Influence of Chinese Medicine upon the World
Following improved communications between China and the outer world since the second century B.C.E., cultural and economic interchanges increased steadily, and Chinese medical science was transmitted to Korea, Japan, Southeast Asia, India, Arabia and countries of the western regions. By the Tang dynasty, Chinese medicine had become the centre of medical science in Asia, helping the development in these countries of medicine and at the same time absorbing medicinal components and medical experience from the outside world.

Ever since China's defeat in the Opium War under the incessant bombardment of Western culture, Chinese medicine faced the danger of becoming entirely westernized. But up to the present in its development Chinese medicine has not departed from its basic theoretical basis established in the Qin and Han periods.
In recent years, as geriatric and slow-developing type diseases have been steadily on the ascent, people of the world have begun to notice the insufficiency of Western medicine, and have sought a return to Nature in daily life and in food habits. In this context Chinese medicine has once more become the subject of study the world over, resulting in another wave of "Chinese Medicine Fever", "Acupuncture Fever", or "Qi-gong Fever". In 1977, the World Health Organization in its conference on the "Promotion of Traditional Medicines" held in Geneva, accorded Chinese medicine, Chinese pharmacopoeia and Chinese acupuncture recognition and high value, and in 1988 declared "Acupuncture has already become a new medical discipline commonly practiced around the world."

13-1 Sino-Korean Medical Exchange

The Chinese and Korean have enjoyed cultural interchange since the Qin and Han periods in the third century B.C.E. In Six Dynasties period, King Liang Wudi (r. 502-550 C.E.), responding to the request of the Kingdom of Paekche in the Korean peninsula, dispatched a physician thither in 514 C.E. After the Tang dynasty, the two nations' exchanges in medical information grew daily more intensely. Paekche imported virtually all major Chinese medical texts as well as the Chinese system of China's College of physicians and established medical science, medical doctorates, using Chinese texts for instruction.

On the other hand, Korean materia medica also entered China. For example, the compendium listing famous physicians, Mingyi bielu of the period cites Korean medicines like the Five Flavours, wu-wei-zi and kelp. The Tang text Xin-xiu ben-cao (The Newly Revised Pharmacopoeia), Ben-cao shi-yi (Addenda to the Pharmacopoeia), and Hai-yao ben-cao (Pharmacopoeia of the Ocean) all cite several medicines produced in Korea.

At present Chinese medicine is still flourishing in Korea, with several institutions offering academic degrees in the subject.

13-2 Sino-Japanese Medical Exchange

Communication between China and Japan have had their beginnings at least since the Qin and Han dynasties. Eager to absorb Chinese culture, Japan dispatched embassies to China in the Sui and Tang to begin trade between the two countries, and facilitating the transmission to Japan of Chinese medical science and materia medica. In 701 C.E., Japan established after the T'ang model an imperial edict, the Taihō ritsu-ryō (after the Da-bao lü-ling), according to which physicians were required to learn Chinese medical classics including the Su-wen, Huang-di zhen-jing, Ming-tang ma-ijue, Jia-Yi jing, and the Newly Revised Pharmacopoeia.

In 808 C.E. of the Daitō period, Japanese physicians compiled the Daitō Ruijūhō (The Daitō Encyclopaedia of Medicine) in 100 volumes, based on Chinese texts such as Su-wen, Huang-di zhen-jing, and the Mai-jing among others. Based on this foundation, Japanese scholarship in the medical sciences developed continually, resulting in many new publications.

14-1 Introduction of Chinese Medicine into Europe

The Chinese have been importing medicines from various states in the western regions beginning around the second century B.C.E. Exchanges with Europe on medical matters began around the fourteenth century C.E. Since the fifteenth century C.E., a steady stream of Europeans have been coming to China, bringing with them medical knowledge. At the same time, they began to translate Chinese medical works into European languages. In 1656 C.E. Michael Boym published his translation of the Chinese materia medica into Latin, which became the first book to introduce Chinese botanical science to the West. By the seventeenth century, acupuncture had come to be practiced in several countries.

14-2 Transmission of Chinese Medicine to North America

Beginning with the nineteenth century, acupuncture came to be practiced to a limited extent in America. Traditional Chinese medicine was always being practiced in the Chinatowns, but books on Chinese medicine written in English were few indeed.

Ever since President Nixon's visit to Mainland China in 1972, many physicians changed their attitudes toward Chinese medicine and began to investigate the principles of Chinese medical thinking, of acupuncture, acu anaesthesia, herbal medicines, etc. This interest engendered two related journals, American Journal of Chinese Medicine, and American Journal of Acupuncture.

Today, in the university libraries of Columbia, Harvard, Maryland, U/C Berkeley, Princeton, as well as the Library of Congress, there is a wealth of material on Chinese medical science. Moreover, several States have now licensed the practice of acupuncture.
The Influence of Western Medicine on Chinese Medicine

Towards the end of the Qing dynasty, Western medical knowledge began to enter China. The first person to use medicine to carry on his proselytizing was the Jesuit missionary Matteo Ricci of the Roman Catholic Church. Ren-shen gai-shuo (Introduction to Human Anatomy), a text on the Western science of anatomy and dissection, was one of the earliest Western texts to be introduced to China. It was translated into Chinese by another Christian missionary, Deng Yii-han, and published in 1643. In the process of preaching religion and practicing medicine and translating, Western missionaries were continually importing into China certain Western medicines. At the same time, they introduced to China Western hospital practice as well as Western methods of education in the medical sciences.

In 1854, Mr. and Mrs. John Glasgow Kerr established a medical centre with an attendant medical school in Canton (Guangzhou). This is commonly viewed as the beginning of a modern Western medical school in China. China's own efforts at establishing a training centre for Western medicine began in 1865 when a medical unit was established in the Tong-wen-guan. By the first year of the Republic, 1911, there were already five public Western medical schools and six private ones.

Since the nineteenth century, Western medicine gradually spread throughout China. From establishing clinics to the building of hospitals, from studying at home schools to going overseas in pursuit of a medical degree, from translating medical books to establishing technical groups, the more modern science of Western medicine has been making steady inroads eastwards, posing a veritable threat to the survival and development of traditional Chinese medicine.

In recent years, efforts in both Mainland China and Taiwan have been aimed at modernizing Chinese medicine, combining the best of Chinese and Western medicines. By the year 1990, there will be twenty-eight Colleges of Chinese Medicine in Mainland China, and some 2,070 hospitals of Chinese medicine. In Taiwan, education in Chinese medicine began in 1958 with the establishment of a private College Chinese Medicine. In 1963 the Ministry of Education established a National Institute of Chinese Medicine.

Medical Systems of Taiwan

The state of medicine in Taiwan society can be divided into the traditional Chinese medical system, Western medicine system, and folk medical traditions, etc, each with its own theoretical foundations, beliefs and practices.

Traditional Chinese medical practice was brought over to Taiwan in the seventeenth century C.E. in the wake of the arrival of Zheng Cheng-gong, known in the West as Koxinga. During the Qing dynasty, immigration to Taiwan from the Mainland brought in much continental culture, and Chinese medicine spread wide among the populace. After the Manchu's defeat in the War of 1894, Taiwan was ceded over to Japan, and Chinese medicine slowly declined, to be revived after retrocession in 1945. Western medicine was introduced by Western Presbyterian missionaries in the nineteenth century, and developed under Japanese patronage. Under American influence after retrocession, the quality and quantity of Western medical service has been rising steadily.

Folkloric medicine, including augury, geomancy, shamanism, etc., have formed another aspect of supernatural believes of the Han people. Given the multiplicity of medical systems, people living in Taiwan today have evolved the habit of choosing among medical alternatives.

Traditional Chinese Medical Appliances

The Medical Articles in the cabinets are from the Xin-An Apothecary of Citong Township in Yunlin County, and were donated by Mr. Le-Ren Lin.

Chinese Medical Diagnosis

For diagnostics preparatory to treatment, Chinese medicine involves four steps: Sight, Sound and Smell, Oral Enquiry, and Touch or Palpation. Sight involves visual inspection of the patient with the eyes. Sound and Smell involve examination by means of the audio and olfactory senses, where the listens with the ears and smalls with the nose. Oral enquiry involves oral questioning, where the patient is asked to describe his or her condition. Palpation or Touch involves pulsing the patient on the arteries, pressing on the stomach region, the arms and legs and other regions, etc. In Chinese medical practice it has been found that using the four methods of diagnostics in combination for mutual checks and balances has proven the most effective and accurate means of diagnostics.
In the Northern Song period, during the reign of emperor Ren-zong (1023-1064 C.E.), the medical official Wang Wei-yi collated and edited the compendium Ton-gren shu-xue zhen-jiu tu-jing (Illustrated Manual of Acupuncture Points on the Bronze Figure) in three volumes. At the same time he supervised the casting of the bronze figure. The compendium lists 365 acupuncture points and over 650 acupuncture points on the left and right half sides of the figure.

The contents of the treatise was once engraved onto stone stele placed near the bronze figure, to be used as a study reference, and to provide rubbings for students of the art. By the Ming dynasty, the engraving had become so rubbed down it was no longer clearly discernible and a new version was ordered engraved. This was added a new volume on acupoints. The present work is a replica of the "Bronze Figure Classic in Stone" produced in the eighth year of the Zheng-tong era (1443 C.E.).

Bronze Acupuncture Figure

The history of anatomical models of human structure goes back to the time of Wang Mang. In the third year of the Tian-feng era of Wang Mang's New Dynasty (16 B.C.E.), Wang ordered forensic officials to conduct dissections on criminals and to cast bronze models of human structure based on them. These were called "bronze figure".

In the fifth year of the Tian-shun era of Northern Song (1027 C.E.), the medical official Wang Wei-yi was ordered to cast a bronze figure showing the acupuncture points to be used for instruction and examination in acupuncture. This figure survived down to the Yuan dynasty. The Yuan emperor Shi-zu ordered some corrections in the second year of the Zhi-yuan era (1265 C.E.), but during the Ming dynasty, the bronze figure was once more cast in the image of the Song model.

The figure disappeared at the end of the Qing dynasty and its whereabouts are not clear. The bronze figure displayed here is a replica of the one in the collection of Tokyo National Museum.

Acupuncture Needles

The origin of acupuncture methods is related to the uninterrupted improvement of the implements. Following the progress of the forebears' technical progress in the manufacture of lithic tools, they first made variously shaped stone implements for various different uses. Here use of the needle-treatment expanded the efficacy and application of needle-treatment or acupuncture. After the advent of the Republican era, medical practitioners using today's scientific methods developed many varieties of acupuncture using the finger-needle, the ear-needle, nose-needle, face-needle, wrist-and-ankle-needle, the plum flower needle, scalp needle, subcutaneous needle, and the overseas.

Treatment includes the two dissimilar methods of acupuncture and moxibustion, and as a rule are used in tandem in the treatment of most common illnesses. The needle is usually of metal and is inserted subcutaneously and manipulated in either a pu or nourishing manner, of in the xie or dissipating manner. When applied, the sensation is that of soreness, numbness, swelling or heaviness. Moxibustion is usually applied by burning moxi-grass over the skin, to induce a sense of heat. The two treatments differ in nature and in methodologically, and each has its clinical advantages and shortcomings. On the other hand, both the needle and the moxibuxion are similarly applied to stimulate specific acupoint along the meridians or vitality conduits, to cause different heavy or light reactions, from which to adjust the balance of the entire system of yin and yang vitality and blood.

After extensive clinical therapeutic experience, the ancient Chinese discovered that the reactions obtained by stimulating a specific acupoint will often travel and diffuse in a specific direction. And when they linked up the various acupoints they found specific "paths", and this gave birth to the concept of meridians or vitality conduits. From theory to practice, neither acupuncture nor moxibustion can depart from the concept of these meridians or vitality conduits.
contemporary fur-needle, electric needle, water needle and ceramic needle.

23 Origin and Development of Veterinarian Acupuncture

Four or five thousand years ago, ancient forebears practiced methods of moxibustion and acupuncture on animals, and discovered that they obtained similar results. This spawned the study of veterinary science in acupuncture. Ancient texts mention that in the prehistorical era of the Three Emperors and the Five Kings, Fuxi became the founder of China’s veterinary science. During the Zhou period (11th-3rd centuries B.C.E.) medicine was divided into Epidemiology, Injury Medicine, Gastronomic Medicine, and Veterinary Medicine. This shows that veterinary medicine was already valued in those ancient days.

A relatively early text on veterinary acupuncture is the Bolo Zhenjing (Bolo’s Canon on Acupuncture), compiled by Sun Yang sometime during the reign of Duke Mu of Qin (659-620 B.C.A). Veterinary medicine continued to develop thereafter, culminating in its golden age during the Ming Dynasty. The brothers Yu Ben-yuan and Yu Ben-heng compiled Yuanheng Liaomaji (Yuanheng’s Collected Equine Remedies, 1608) carried detailed descriptions of equine, bovine, and camel pathologies, and acupuncture and moxibustion treatments, comprising a classic for research into traditional veterinary medicine.

Veterinary acupuncture and moxibustion saw a gradual decline after the late-Qing.

24 Herb Garden

In this garden, are approximately 120 different types of medicinal plants. The goal of this garden, is to plant herbs that are commonly in use and to give people a better understanding of where herbal medicines come from.

25 Processing and Preparation of Chinese Medicines

The processing of the materials depends on the treatment needs. Herbs can have different effects depending on if they are raw or cooked, or how or how long they are cooked. Also, mixing herbs when cooking will create different effects as well. Processing methods include baking, simmering and roasting, all of which have benefited from modern technology. Herbs can be used to make plasters, creams, tinctures, pills, etc. Or, they can be bought in bulk and cooked at home. In ancient China, there were no schools to teach Chinese medicine. One became a Chinese medicine doctor after serving for many years as an apprentice. The apprentice began his studies by doing the cutting, grinding, etc, of herbs.

26 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 medicinal ingredients have traditionally been organized into three categories. The first category is plants, which are separated into vines, bark, tubers, roots, leaves, flowers, fruits, seeds, whole plants, sap and fungi. The second is animals, which are separated to furry animals, birds, fishes, mollusc and insects. The third category is everything inanimate such as minerals. There are more than 80 natural herbs and plants on display in the museum, along with explanations about their environment and growth.

27 Traditional Chinese Medicinal Pharmacy

As early as the Song Dynasty, China had instituted a national standard for pharmacies. A reconstruction of the Yang Chung Pharmacy dating back to more than 100 years ago from the historic town of Lu Kang in Taiwan is on display here in the museum. Every Chinese medicine doctor has his or her own system for organizing the medicines in the cabinet, but of course usually the most popular ingredients are placed near each other to increase efficiency.