



Xiao Xiang Ru 01/30/2015

Without the continuous study of the classics it is not possible to become a great doctor.

At the beginning of the 21st century the TCM publishing company of China published a set of books describing 100 years and 100 outstanding doctors of Chinese Medicine. The book essentially presented the 100 most outstanding doctors of Chinese Medicine of the last century. It took me more than 3 years to read through the whole set once. Each of the famous doctors had their own particular experience. They all made contributions in different fields and aspects of TCM, and each went through different schooling and clinical experiences. However, if judged from the point of view of the process of becoming an accomplished practitioner, they all had one thing in common; study and clinical experience. In regards to the study and its application in the clinic, the studying of books is the deciding factor, the sine qua non of medical accomplishment. The skill and art of medical healing, medical ethics, and the respect and conscientiousness of one's work are comensurate with the quality and amount of study.

## Pu Fuzhou

Among the famous contemporary doctors of TCM, Pu Fuzhou (1888-1975) and Yue Meizhong (1900 - 1982) are probably the most outstanding and respected in China. What sets them apart is that both Pu Fuzhou and Yue Meizhong were perhaps the most ardent and most hardworking examples of students of the medical literature. At the same time they were, and continue to be, representatives of individuals with the highest medical ethics, highest accomplishments, and the best example by which one should measure the life of a TCM doctor. Below is a list of the book titles studied by Pu Fuzhou:

He read and studied these 6 books once.

Yellow Emperor's Canon of Internal Medicine *Nei Jing*  
Thousand Gold Ducat Prescriptions *Qian Jin Yao Fang*  
Medical Records of an Official *Wai Tai Mi Yao*  
Standards of Diagnosis and Treatment *Zheng Zhi Zhun Sheng*  
Zhang's Writings on Medicine *Zhang Shi Yi Tong*  
Compendium of the Materia Medica *Ban Cao Gang Mu*

He read and studied these 8 books twice.

Treatise on Cold Induced Disorders *Shang Han Lun*  
Essentials of the Golden Cabinet *Jin Gui Yao Lue*  
Systematic Differentiation of Warm Disease *Wen Bing Tiao Bian*  
Warp and Woof of Warm-Febrile Diseases *Wen Re Jing Wei*  
Systematic Differentiation of Cold Induced Disorders and Warm Epidemics *Shang Han Wen Yi Tiao Bian*  
Easy Clarified Treatise on Cold Induced Disorders *Shang Han Zhi Zhang*  
A Guide to the Essentials of the Golden Cabinet *Jin Gui Yi*  
Corrected Errors in Medicine *Yi Lin Gai Zuo*

The above texts are an enumeration of the titles he studied after moving to Beijing in 1955. His whole life was completely absorbed in study and seeing patients in clinic. He tried to give up all bad habits and predilections. The studied texts practically encompassed all important works starting from the *Nei Jing* and *Nan Jing* up to the Qing dynasty.

The most revered works of Pu Fuzhou include:

1. The Treatise of Cold Induced Disorders
2. Essentials of the Golden Cabinet
3. The Systematic Differentiation of Warm Disease
4. The Systematic Differentiation of Cold Induced Disorders and Warm Epidemics

Pu Fuzhou opines that those who study Chinese Medicine should base their knowledge on those 4 texts mentioned above. He said, "The Internal Canon and the Canon of Difficulties are the basis, the foundations of the Chinese Medical theories. If one does not have a firm grasp of the foundational theorems, it is not possible to achieve good results in clinic. Only studying a little bit of formulas in verse form and herb properties to treat diseases is equivalent of a tree without roots." He also said, "The student of the Treatise of Cold Induced Disorders and The

Golden Cabinet must first and foremost become firmly acquainted with the original text. Avoid studying the commentaries too early, lest one might get lost in the minutiae, but doesn't grasp the essence."

Pu Fuzhuo had the greatest esteem for the Treatise on Cold Induced Disorders and The Golden Cabinet. He would often look back on his life and say that when he first started to treat and diagnose, there were quite a lot of patients requesting his treatments because his family had been in the business of Chinese Medicine for a long time. Some of these early treatments were successful, others not. Due to these early failures, he decided to temporarily stop seeing patients and study behind "close doors" avidly reading through the classics for 3 years. Doing so he was able to thoroughly refine his understanding and obtain deep insights by analyzing and repeated studying. When he returned to the clinic afterwards, he was much more competent and effective in his treatments. He said, "At that time many friends and patients couldn't understand my intentions; they thought to close doors and stop seeing patients was my attempt to raise my "selling price"; but this is actually a misunderstanding of what the true value of the classics is."

Pu Fuzhuo's house was full of medical books. In this regard Pu Fuzhuo said, "The business of studying requires high concentration, a person's energy is limited and my own intelligence is just average. If I study one subject one day and another subject another day, it will dissipate my energy and vigor with the result that I can't complete one thing." This is the reason why old doctor Pu for many decades never paid any attention to other hobbies or cultural interests such as music, chess or Chinese calligraphy. During his whole life, he liked medicine, he specialized in medicine, and finally excelled in medicine. Prior to passing away, old master Pu said to his son, Pu Zhixiao: "While practicing medicine my whole life, I have always been extremely circumspect and careful, like the saying, 'be greatly cautious near an abyss, be careful like when treading on thin ice.' Those who study medicine must first and foremost read and study the books, and they must earnestly see patients in the clinic after studying. These two are both absolutely necessary. If a doctor only studies books but doesn't actually practice, he can only know the theory but doesn't understand the intricacies and difficulties of clinical practice. And those who blindly work in the clinic without the foundation of a thorough education are likened to someone that treats human life as if it was not worth a straw. My son, you must firmly commit this to memory! My whole life was spent between studying and practicing Chinese medicine."

Looking at Pu Fuzhuo's formulas, it is really evident that he was a commoner destined to become a giant in Chinese medicine. When formulating a decoction, he always tried to use cheap herbs; he did his best to substitute with substances that were cheap but provided the same effect. This compares distinctly with some of the modern doctors who write formulas that employ the most expensive herbs. Their formulas are often very large and contain rare herbs.

## Yue Meizhong (1900 - 1982)

Yue Meizhong had a unique path among the famous physicians in Chinese Medicine history. He didn't learn from his family, nor was he supported by a teacher. He relied solely on himself to become a giant of Chinese Medicine. What differentiates his path from other Chinese doctors?

### A. Scholarly Learning

During his life, Yue Meizhong progressively studied over 4000 works on Chinese Medicine starting from the Nei Jing and Nan Jing down to all authors.

### B. Refined Analysis

He continuously and repeatedly studied and reviewed the classics. He was in the habit of re-evaluating the complete Treatise on Cold Induced Disorders and the Golden Cabinet every year. He was very proficient in prescribing classical formulas of all types in clinic.

### C. Three Ancient Schools

Among all the famous doctors from antiquity to modern times, he most revered Zhang Zhong Jing, Li Donghen, and Ye Tianshi. In his later years, old master Yue composed 5 rules of self-discipline:

#### 1. One must have perseverance.

Everyday except for special circumstances, one must review the lessons at a specific time, one cannot abdicate oneself and take time off. "Diligence can improve mediocrity and leads to a lasting improvement." This was the maxim he chose for himself. If one doesn't strictly control and regulate oneself by studying only sometimes then again slacken off over the period of days, months and years, one will be unable to complete one's plan.

#### 2. Adhere to one thing:

With the exception of certain needs and requirements, one should not change one's mind the moment one sees something new. Be consistent, start one thing and finish it to the end before you start a new undertaking. There is a saying, "主一无适 fully concentrate on one thing without any other thoughts", it means to be completely absorbed. If one does not completely concentrate, one cannot progress to understand the essence of things, cannot go deep, and cannot make any breakthroughs. Of course, spirit and enthusiasm are required, but it should be directed towards concentrating on one subject. This brings about completeness in results.

#### 3. Enter deeply and be meticulous.

If one encounters a complicated big illness in clinic, sometimes it feels like one has hit the wall. If one analyzes and thinks of a reason for a failure, it is due to the fact that one has not studied deeply and meticulously enough. If one studies only a little bit and obtains only a superficial knowledge without deeply penetrating the "bones and marrow" of things, one may only have an overall idea but is unable to firmly grasp the underlying rules and patterns. This equates to only cursorily walking through a barrier without entering the deep and profound knowledge. Obviously, it will be impossible to resolve big and difficult cases, and one will be unable to become an accomplished physician who treats difficult cases in the clinic.

#### 4. Give up gambling and playing.

Zhang Zigong (1903-1959) used to say, "While I was studying Chinese Medicine Zhang Taiyan (1868-1936) taught me, when studying one must concentrate and one must give up poetry and calligraphy."

Zigong really liked to read poetry and write calligraphy, but he gave it up. He understood, those who paint flower fans sell little, those who get sidetracked and put their focus on external interest cannot accomplish anything. In order to obtain a profound achievement within a studied subject such as Chinese Medicine, which requires a complete and exhaustive understanding of all areas and aspects, one must firmly make up his mind and dig deep to make the greatest effort. Otherwise, one will fail.

#### 5. Give up one's likes and desires.

In order to complete the plan of reviewing the lessons one must eliminate all unnecessary predilections; be it for clothes, be it for rich and sweet foods, strive for glory and beauty. One should feel at home wherever one is, being satisfied and living simply without seeking fame and wealth. Otherwise, it will lead to trouble and instability and one will not be able to dig deep and reach far.

Students from antiquities to modern times were wearing used old clothes and eating unpolished rice. They didn't try intentionally to be unconventional and different, being infatuated with oneself. Their ambition was solely in knowledge without desire for leisure and other things. There are too many examples that would rather give up. I made rules for myself not to smoke, not to drink, not to be forward and demanding and to wear simple and moderate clothing in order to avoid wasting so much time.

Old master Yue's maxim was: "When cultivating my mind, at what time could I lose myself in thoughts? While practicing the art of medicine, at anytime could I be in danger of harming someone."

Old Master Yue repeatedly used to say, "when studying medicine, to be a doctor, two items are the most important: a) When studying one must be faithfully absorbed in the internal truth until it connects to one's life. b) When treating disease one must faithfully take responsibility for the patient. Besides that actually there are no other requirements."

## PU FUZHOU

**Pu Fuzhou (1888-1975).**



Native of Zitong, Sichuan Province. Physician of traditional Chinese Medicine. Vice-President of the Academy of Traditional Chinese Medicine; Member of the Standing Committee of the Chinese Medical Society; Member of the Central Committee of the Chinese Democratic Party of Peasants and Workers. He joined the CPC in 1962. He was engaged in traditional Chinese Medicine all his life and excelled at internal medicine, pediatrics and gynaecology. He had a rich and varied experience in the treatment of acute infectious diseases, such as epidemic meningitis B, pneumonia, and acute infectious hepatitis, and made contributions to popularizing traditional Chinese medicine. He wrote *Medical Records of Pu Fuzhou*, *Clinical Experience of Pu Fuzhou*, etc. published in 1916 and 1917, were the earliest Chinese works in systematic botany and plant physiology. The article on *The Preliminary Observation of the Plants of Huang Mountain in Anhui Province* was one of the earliest works in geobotany and fauna. He made a thorough observation and study on the classification of Familia and genus of many Chinese forest plants and the flora and vegetation in certain areas. In his later years, he was co-author of *Chinese Flora* (in association with Chen Huanong), *Chinese Forest Flora*, *Draft of the Chinese Vegetational Regionalisation*, etc.

蒲辅周医案

Par Fuzhou Pu, 蒲辅周, Huiyuan Gao, China Zhong yi yan jiu yuan (Beijing, 高辉远, Zhong yi yan jiu yuan (Beijing, China)

Publié par 新華書店北京发行所发行, 1972

245 pages

1- gera: 30121/di/ra

**[FAMOUS PHYSICIAN OF THE GENERATION PU FUZHOU].** GAO HUAIYAN. **beijing journal of traditional chinese medicine.** 1986;(6):9-13 (chi).

2- gera: 31161/di/ra

**[PU FUZHOU'S EXPERIENCE ON 23 METHODES OF APPLICATION OF RADIX ACONITI PRAEPARATA].** LI XINGPEI. **shanghai journal of tcm.** 1986;11:26 (chi).

3- gera: 32367/di/ra

**[A DISCUSSION ON PU FUZHOU'S ACADEMIC THOUGHT].** LI XINGPEI. **journal of new chinese medicine.** 1986;18(7):13 (chi).

4- gera: 32010/di/ra

**[PU FUZHOU'S OPINION ON THE CONSTITUTION THEORY OF TCM AND HIS APPLICATION OF IT].** LI XINGPEI. *liaoning journal of tcm*. 1987;11(11):1 (chi).

5- gera: 35301/di/ra

**[A PART OF PU FUZHOU'S SCHOLASTIC THOUGHT].** LI XINGPEI. *journal of traditional chinese medicine*. 1989;30(12):10-2 (chi).

6- gera: 35133/di/ra

**[BRIEF INTRODUCTION TO VETERAN PHYSICIAN PU FUZHOU'S THERAPEUTICE EXPERIENCE].** YANG SHIZHONG. *new journal of traditional chinese medicine*. 1989;21(1):7-9 (chi).

7- gera: 62731/di/ra

**[QUANTITATIVE CHINESE PHARMACEUTICAL STUDY ON CHILDREN PNEUMONIA TREATED BY PU FUZHOU].** DONG GUI YING. *chinese journal of integrated traditional and western medicine*. 1990;10(11):685-93 (chi\*).

By method of quantitative Chinese pharmacy, the author studied the children pneumonia cases recorded in two books, "PuFuzhou's Medical Cases" and "Pu Fuzhou's Medical Experiences". The rule of Chinese medicine used by Pu Fuzhou was probed preliminarily. It was a characteristic that Pu Fuzhou treated the children pneumonia cases by using Pinellia tuber, Citrus reticulata, Ziziphus jujuba and Radix Glycyrrhizae. But the rate of using Herba Lophatherum was less in pneumonia group than in non-pneumonia (contrast) group. According to the rate of overdose prescription, 11 Chinese herbal medicines used frequently in pneumonia group were classified into 4 sections. Only overdose rate of section B (Radix Glycyrrhizae and Peucedanum Decursivum Maxim) was correlated with various kinds of diseases. Referring to the compatibility of dosage of the two Chinese medicines used, there were positive correlation in 35 of 38 pairs, among them  $P < 0.05$  in 20 ; negative correlation in 3 of 38 pairs, among them,  $P < 0.05$  in 1. It was revealed that in 18 of 38 pairs, in which no significant positive correlation was present, the dosages of Chinese medicine used by Dr. Pu varied with different degrees of severity and kinds of symptoms treated.

8- gera: 60770/di/ra

**[EXPLORATION ON DR. PU FUZHOU'S EXPERIENCE IN TREATMENT CONTRARY TO THE ROUTINE].** LI XINGPEI. *journal of traditional chinese medicine*. 1990;31(8):15-6 (chi).

9- gera: 39936/di/ra

**[PU FUZHOU'S LEARNED VIEWPOINT ON DIAPHORESIS AND CLINICAL EXPERIENCE].** LI XINGPEI. *liaoning journal of traditional chinese medicine*. 1992;19(5):1 (chi).

10- gera: 46691/di/ra

**[THE ANALYSIS OF THE UNITE DIALECTICAL WAY OF THINKING BY MR. PU FUZHOU].** DAI YONGSHENG. *liaoning journal of traditional chinese medicine*. 1993;20(6):1 (chi\*).

11- gera: 69255/di/ra

**[EXAMPLES OF MR. PU FUZHOU'S UNIQUE ACADEMIC VIEWS].** SHEN RIXIN. *liaoning journal of traditional chinese medicine*. 1994;21(5):204 (chi).

12- gera: 87258/di/ra

**[A COLLECTION OF MR.PU FUZHOU'S FOUR DIAGNOSTIC METHODS IN CLINICAL PRACTICE].** DAI YONGSHENG. *liaoning journal of traditional chinese medicine*. 1996;23(6):243 (chi\*).

The author of this academic extracts seven points from "Treatment experience of Dr. pu fuzhou" according to four kinds of prognosis which are watching, listening, asking touching. The seven points are is as follow: Judging patient's dangous status of diseaseby observing his ftoal and show sense which separates from body; Patient is most possible internal injury due to mood's fluctuation by watching his facial expression is white and reflecting light; Understanding patient's case of disease by analysing his action is moving of still ; Knowing patient's position of disease by inspecting his tongue's image; Undistinguishing disease's mild or serious by listening his voice; Recognizing disease's temperament or blood by asking his body is cool or heat; Identifying disease's normal of abnormal by touching his pulse. The purpose is to inherit experience of four prognosis of Dr.Pu fuzhou from those's ummarize above.

13- gera: 69446/di/ra

**[A SELECTION OF PU FUZHOU'S TREATMENT OF INFANTILE PNEUMONIA ACCORDING TO DIFFERENTIATION OF SYNDROME AND SIGNS].** DAI YONGSHENG. *liaoning journal of traditional chinese medicine*. 1997;24(9):393 (chi).

14- gera: 120948/di/ra

**[A BRIEF INTRODUCTION TO PU FUZHOU'S CLINICAL EXPERIENCE IN SYNDROME DIFFERENTIATION AND TREATMENT DETERMINATION ACCORDING TO THE FIVEELEMENTS THEORY].** DAI YONGSHENG, ET AL. *chinese archives of tcm*. 2003;21(6):841 (chi).

15- gera: 123015/di/ra

**[AN APPROACH TO THE PU FUZHOU'S THERAPEUTIC PRINCIPLES FOR TREATMENT OF INFANTILE ADENOVIRAL PNEUMONIA ].** LI DEZHEN, ET AL. *chinese archives of tcm*. 2003;21(10):1625 (chi).

16- gera: 138041/di/ra

**[PU FUZHOU'S EXPERIENCE IN TREATING CHILDREN'S ADENOVIRUS PNEUMONIA ].** TANG YAN, HE PING. *jiangsu journal of tcm*. 2005;26(2):13 (chi).



## **Yue Meizhong**

Yue Meizhong (1900-1982)



A été élève de Lu Yuanlei à Shanghai. Médecin personnel de Zhou Enlai.

### **Elèves**

Ma Ruilin

1- gera: 3138/di/ra

**[PROPOS SUR LE TRAITEMENT DES AFFECTIONS GERONTOLOGIQUES].YUE MEIZHONG ET AL.shanghai journal of traditional chinese medicine. 1982;8:6 (chi).**

2- gera: 15651/di/ra

**[LOIS DE COMPTABILITE DANS LES PRESCRIPTIONS DEFINIES PAR ZHANG ZHONG JING INTERPRETEE PAR YUE MEIZHONG].WANG GUOSAN.shanghai journal of tcm. 1983;3:12 (chi).**

3- gera: 33171/di/ra

**[A FEW OF RECORDS ABOUT PROFESSOR YUE MEIZHONG'S CLINICAL EXPERIENCE].LI XINGPEI.hubei journal of traditional chinese medicine. 1986;5:6 (chi).**

4- gera: 30155/di/ra

**[A BRIEF INTRODUCTION ON YUE MEI-ZHONG'S ACADEMIC THOUGHT AND THERAPEUTIC EXPERIENCE].JIANG YO-LI.beijing journal of traditional chinese medicine. 1987;(2):8-10 (chi).**

5- gera: 31932/di/ra

**[PROFESSOR YUE MEIZHONG'S EXPERIENCE IN TREATING HEMORRHAGIC DISEASES].LI XINGPEI.liaoning journal of tcm. 1987;11(3):1 (chi).**

6- gera: 51765/di/ra

**[PRACTICAL CASES OF APPLYING YUE MEI ZHONG'S YI GAN SAN.SHEN WAN SHENG.zhejiang journal of traditional chinese medicine. 1988;23(4):151. (chi).**

7- gera: 60928/di/ra

**[A DISCUSSION OF EXPERIENCE FORMULAS BY PROFESSOR YUE MEIZHONG].LIAN JIANWEI.journal of zhejiang college of traditional chinese medicine. 1990;14(3):27. (chi).**

8- gera: 63651/di/ra

**[MY EXPERIENCE IN STUDYING YUE MEIZHONG'S TREATMENT OF KIDNEY STONES].JIAO DONGHAI.shanghai journal of traditional chinese medicine. 1991;6:23 (chi).**

9- gera: 66398/di/ra

**[EXAMPLES ON APPLICATION OF CLINICAL EXPERIENCE OF YUE MEIZHONG].ZHANG JIANMING.beijing journal of traditional chinese medicine. 1991;3:4 (chi).**

10- gera: 49593/di/ra

**[YUE MEIZHONG'S EXPERIENCE ON TREATING GYNECOLOGICAL DISEASES].XU QI.journal of traditional chinese medicine. 1994;35(3):148 (eng).**