



# Treatise on Febrile Diseases Caused by Cold (Shanghan Lun)

By Zhang Zhongjing

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Dr Zhang Zhongjing, studied previous TCM classical literature, and collected many effective herbal prescriptions elsewhere, and finally wrote his masterpiece Shanghan Zabing Lun. Unfortunately, shortly after being published, his book was lost during wartime. Dr. Zhang's masterpieces were collected by later generations, re-arranged by Dr. Wang Shuhe in the Jin Dynasty and then separated by the Bureau for Collation of Medical Books of the Song Dynasty (1065). As a result, his book was divided from one book into 2 books, one titled Shanghan Lun "Treatise on Febrile Diseases Caused by Cold"; the other, Jin Kui Yao Lue "Synopsis of Prescriptions of the Golden Chamber". Shanghan Lun is the first classical book in TCM which deals with mechanism, therapeutic principles and methods, prescriptions and herbs. Particularly, therapeutic principles and methods are plentiful in Shanghan Lun which includes eight-therapeutic methods such as diaphoresis, emetic method, harmonizing, purgative therapy, heat clearing, warming method, tonifying therapy, and resolving therapy; as well as external therapy, acupuncture, moxibustion, combination of herbal prescription and acupuncture, etc.

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## **Treatise on Febrile Diseases Caused by Cold (Shanghan Lun) By Zhang Zhongjing Bibliography**

- Sales Rank: #2144286 in Books
- Brand: Brand: New World Press
- Published on: 1986
- Original language: English
- Number of items: 1
- Dimensions: 8.75" h x 6.50" w x 1.50" l,
- Binding: Paperback
- 442 pages

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