

name: _____

class: _____

date: _____

Early Chinese Medical History



In ancient China, health and _____ were deeply rooted in the natural and spiritual world. The doctors believed that the human body was a _____ of the universe, reflecting its balance and harmony. They used _____ and acupuncture to treat illnesses, considering the flow of qi (vital energy) and the balance of _____ and yang as fundamental to health. Diagnosis often involved observing the patient's _____ or examining their tongue, as these were thought to reveal the _____ of the body's energy and balance. Treatments could include boiling _____ and leaves to make medicinal teas or inserting thin needles at specific points on the _____ to restore energy flow. The Yellow Emperor's Classic of Internal Medicine is one of the oldest _____, outlining these practices and theories. It emphasized preventive _____, suggesting that maintaining harmony with nature and the seasons could prevent _____. Exercise, like tai chi, and diet were also integral to this holistic approach, aiming to strengthen the body and _____ alike. This medical tradition has survived through centuries, influencing not just _____ but the world, evolving yet retaining its core philosophy that the body and the _____ are interconnected.

medicine roots pulse texts body yin China herbs disease
care state microcosm universe spirit