



ABZMITTE

Aus- und Weiterbildungszentrum für Klassische Akupunktur
und Traditionelle Chinesische Medizin e.V.

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Canonical Chinese Medicine Training

Arnaud Versluys, PhD, MD (China), LAc

What is Canonical Chinese Medicine?

Canonical Chinese Medicine is the style of Chinese medicine practiced along the tenets outlined in the Western and Eastern Han dynasty classics or canons. It is the foundation of both clinical and theoretical Chinese medicine as we know it. Canonical Chinese medicine is comprised of two main schools being the Yellow Emperor *huangdi* 黃帝 school of Medical Canons *yijing pai* 醫經派 and the Divine Farmer *shennong* 神農 school of Canonical Formulas *jingfang pai* 經方派.

Historical Background

Chinese medicine formed in decentralized fashion during the four non-industrial millennia BCE as the result of countless eclectic experiences. For centuries, due to the lack of a unified and coherent system of thought, Chinese medicine existed in the form of folk medicine displaying characteristics of both traditional folklore and practical medical acts. But with the ripening of the human worldview and the decline of fallacy, came the advent of more structured pre-Daoist and proto-Daoist naturalist thought. Consequently, the medical investigation gained direction and focus from these increasingly widespread philosophies of natural observation. This allowed for the systematization and the establishment of medicine as a consistent and discriminating science.

The establishment of standardized Chinese script during Qin dynasty was the start of the codification process. During the five centuries before 200 BC, the Hundred Schools of Thought were engaged in the authoring of the canons of all scientific disciplines. And so did numerous scholars engage in the compilation of the first medical classics such as the Yellow Emperor's Inner Canon *huangdi neijing* 黃帝內經, the Yellow Emperor's Canon of Eighty-one Difficulties *huangdi bashiyi nanjing* 黃帝八十一難經, etc.

By late Western Han dynasty, these books formed the corpus of standardized medicine and consolidated all valid theories and practices into one ultimately coherent system. The filtering process at the basis of this standardization allowed for the discarding of most irrelevant aspects inherited from folk beliefs. This finally formed the threshold of canonical Chinese medicine, i.e. the medicine of China practiced along the tenets of the theoretical Medical Canons and practiced along the clinical Canonical Formula books of the Han period.

經方醫學



The Treatise on Cold Damage and Complex Disorders *shanghan zabing lun* 傷寒雜病論 and its Place in Canonical Chinese Medicine

Proponents of both aforementioned lineages engaged in academic exchange in an attempt to mutually supplement insufficiencies and clarify obscurities. But it was only until Eastern Han dynasty that a written work was successful in approximating the integration of both theoretical and clinical schools. Though belonging primarily to the clinical tradition of the Canonical Formulas of the Divine Farmer, the Treatise on Cold Damage and Complex Diseases by Zhang Zhongjing became the first manual to establish the full practice of clinical herbal medicine. As Zhang Zhongjing mentions in his own preface, he studied and used the theories of the aforementioned *Neijing* and *Nanjing* as well as widely collected herbal formulas and knowledge that circulated at the time. He also adopted a Han dynasty pulse diagnosis system based on the Western Han dynasty booklets of *Methods for Pulse Assessment pingmai fa* 平脈法和 *Methods for Pulse Differentiation bianmai fa* 辨脈法. And he incorporated early Han dynasty climatologic theories on yin yang, five phases and six qi into a clinically relevant system of six conformation differentiation. All materials he extracted from the Great Treatise on Yin and Yang *yinyang dalun*, which ultimately was incorporated into the *Neijing Suwen* as chapters 67 through 74.

Study of Canonical Chinese Medicine through the Lens of the Shanghan Zabing Lun

Therefore, as an exemplary work of canonical Chinese medicine, the study of the Shanghan Zabing Lun reveals the original identity of our medicine, and displays all aspects of Han and pre-Han medical science in high density. It also shows the origins of all styles of Chinese medicine later to develop throughout its consequent history. Investigation of some of the more obvious characteristics of Zhang Zhongjing's work hence allows the modern academic and clinician alike, to understand both the past and future of Chinese medicine and to illuminate both its theoretical foundations and clinical application.

The Canonical Chinese Medicine training designed by Dr. Arnaud Versluys will instruct crucial facets of canonical medicine and provide the participant a more accurate understanding of the structure and development Chinese clinical medicine. This will allow for a deeper theoretical knowledge and improved clinical efficacy. The training will teach pivotal theories of the *Neijing* and *Nanjing*, followed by profound herbal knowledge of the Divine Farmer's *Materia Medica Classic shennong bencao jing* 神農本草經 and the *Yiyin Decoction Classic yiyin tangye jing* 伊尹湯液經. All of which will be ultimately succeeded by a multi-faceted and in-depth instruction of how to understand and work with the *Shanghan Lun* and the *Jingui Yaolue*. Working from the perspectives of these classics will be done both on a diagnostic level by utilizing advanced pulse diagnosis and abdominal palpation, as well as from a therapeutic perspective by applying both herbs and acupuncture as one streamlined process. No clinical specialty will be left unaddressed and the successful participant will be able to master the true classical practice of Chinese medicine for greater applicability and efficacy in modern clinic.





Training Program ABZ MITTE/Offenbach

a. Shanghan Lun Sequence

Theory

Modul 1: 30.Juli – 02. August 2009 (3,5 days – 30 hours)

The five flavours (0,5 day)

The Herb and Formula Archetypes of Zhang Zhongjing: The Inner Circle

Time-schedule: Thursday: 15.30 - 20.00 / Friday: 10.00 - 18.00

Saturday: 10.00 - 18.00 / Sunday: 09.00 - 15.00

Modul 2: 26.-29.. November 2009 (3,5 days - 30 hours)

The Herb and Formula Archetypes of Zhang Zhongjing: The Outer Circle

Time-schedule: Thursday: 15.30 - 20.00 / Friday: 10.00 - 18.00

Saturday: 10.00 - 18.00 / Sunday: 09.00 - 15.00

Modul 3: 07.-09. May 2010 (3 days - 24 hours)

The Shanghan Lun: Pathophysiology and Core Patterns

Time-schedule: Friday: 10.00 - 18.00 / Saturday: 10.00 - 18.00 / Sunday: 09.00 - 15.00

Diagnosis

Modul 4: 13. – 17. august 2010 (5 days - 41 hours)

Shanghan Lun Pulse Diagnosis (2,5 days – 21 hours)

Docent: Arnaud Versluys, PhD, MD (China), Lac; Assistant: Kumiko Shirai MS, Lac

Shanghan Lun Fukushin Abdominal Diagnosis; Docent: Kumiko Shirai MS, Lac Assistant: Arnaud Versluys, PhD, MD (China), Lac (2,5 days 21 hours)

Time-schedule: Friday - Monday: 10.00 - 18.00 / Tuesday: 09.00 – 15.00**Modul 5: 25. – 28. November 2010 (3,5 days - 30 hours)**

The Zhang Zhongjing Formula Families and Modification

Time-schedule: Thursday: 15.30 - 20.00 / Friday: 10.00 - 18.00

Saturday: 10.00 - 18.00 / Sunday: 09.00 - 15.00

Therapy/Clinic

Modul 6: 26./27./28./29. May 2011 (3,5 days - 30 hours)

1. Shanghan Lun Acupuncture (1,5 days); Teacher: Nadine Zäch

2. Shanghan Lun Case Studies – 1. part (2 days)

- Respiriology, Infectious Diseases
- Gastroenterology - Neurology and Cardiology

Time-schedule: Thursday: 15.30 - 20.00 / Friday: 10.00 - 18.00 / Saturday: 10.00 - 18.00

Sunday: 09.00 - 15.00

Clinic

Modul 7: 05. – 07. August 2011 (3 days - 24 hours)

Shanghan Lun Case Studies – 2. part

- Immunology, Rheumatology and Oncology
- Gynecology, Obstetrics and Urology - Dermatology

Time-schedule: Friday: 10.00 - 18.00 / Saturday: 10.00 - 18.00 / Sunday: 09.00 - 15.00**Total SHL: 25 days and 209 hours (à 45 minutes)**

b. Jingui Yaolue Sequence



Theory

Modul 1: 24. – 27. November 2011 (3,5 days - 30 hours)

Diseases Jingui Yaolue – Part 1

Time-schedule: Thursday: 15.30 - 20.00 / Friday-Saturday: 10.00 - 18.00 / Sunday: 09.00 - 15.00

Modul 2: 10. – 13. May 2012 (3,5 days - 30 hours)

Diseases Jingui Yaolue – Part 2

Time-schedule: Thursday: 15.30 - 20.00 / Friday-Saturday: 10.00 - 18.00 / Sunday: 09.00 - 15.00

Diagnostik

Modul 3: 02. – 06. August 2012 (5 days – 41 hours)

Jingui Yaolue Pulse Diagnosis (3,5 days)

Jingui Yaolue Abdominal Diagnosis; Dozent: Kumiko Shirai, MS, LAc (1,5 days)

Time-schedule: Thursday - Sunday: 10.00 - 18.00 Uhr / Monday: 09.00 – 15.00 Uhr

Clinic

Modul 4: 29. November. – 02. December 2012 (3,5 days - hours)

Jingui Case Studies

- Respiriology and Infectious Diseases - Gastroenterology
- Neurology and Cardiology - Immunology, Rheumatology and Oncology
- Gynecology, Obstetrics and Urology - Dermatology

Time-schedule: Thursday: 15.30 - 20.00 / Friday-Saturday: 10.00 - 18.00 / Sunday: 09.00 - 15.00

Total JYL: 15,5 days and 131 hours (45 minutes)

Total Program: 40,5 days and 340 hours (45 minutes)

Further Information and registration: www.abz-mitte.de

Arnaud Versluys, PhD, MD (China), LAc



Dr. Versluys is one of the very few Western scholars to have received his full medical training in China. He respectively spent more than ten years at the Chinese medical universities of Wuhan, Beijing and Chengdu, where he consecutively pursued his Bachelor, Master and Doctorate degrees in Chinese medicine. He also trained in traditional Shanghan Lun discipleship for many years. Dr. Versluys' scholastic passion lays in the Han-dynasty canonical style of Chinese medicine. During the past five years, he worked as assistant-professor at the School of Classical Chinese Medicine at the National College of Natural Medicine in Portland, OR, USA. He currently is in private practice in Portland, OR, and teaches seminars both domestically and internationally. Arnaud can be reached at info@arnaudversluys.com.

Subjekt to change

