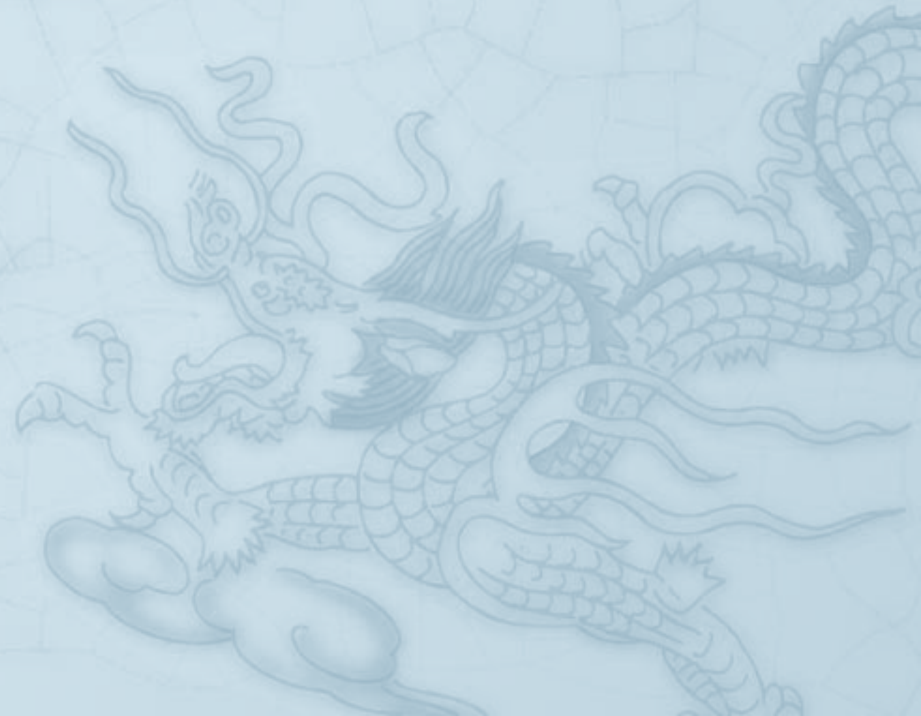


# Shen Nong Ben Cao Jing

The Divine Farmers Materia Medica



# Shen Nong

Shen nong, (Divine Farmer), also known as Yan Di (the Emperor of the Five Grains), is a mythical sage ruler of prehistoric China. He lived about 4,500 years ago.



# Shen Nong Bend Cao Jing

- ◆ Legendary story says that Shen Nong (Emperor of Agriculture) tasted hundreds of herbs and was poisoned seventy times a day.
- ◆ However in the book compiled in the Han Dynasty(200 BC), it was taken as the first trial of studying Materia medica. As Shen Nong worshiped as the father of medicine, then the Book named by his name.

# Shen Nong Ben Cao Jing

- ◆ Superior Class (120, Jun-King)
- ◆ Middle Class(120, Chen-minister)
- ◆ Inferior Class(125, Zuo & shi- assistants and envoys)
  
- ◆ Sub Class by the Material or source of the herbs:
  - ◆ Jades and Stones
  - ◆ Herbs
  - ◆ Woods
  - ◆ Animals
  - ◆ Fruits and Vegetables
  - ◆ Cereals

# superior class

- ◆ There are 120 superior class medicinal which are used as sovereigns(King).
- ◆ They mainly nourish life and correspond to heaven.
- ◆ They are nontoxic and taking them in large amounts and for a long time will not harm people. If one intends to make one's body lights boost the qi, prevent aging, and prolong life, one should base [one's efforts] on the superior class.

# medium class

- ◆ There are 120 medium class medicinal which are used as ministers (Chen).
- ◆ They mainly nurture personality and correspond to humanity.
- ◆ They may or may not be toxic, and [therefore,] one should weigh and ponder before putting them to their appropriate use.
- ◆ If one intends to control disease, supplement vacuity, and replenish exhaustion, one should base [one's efforts] on the middle class.

# inferior class

- ◆ There are 125 inferior class medicinals which are used as assistants(Zuo) and envoys(Shi).
- ◆ They mainly treat disease and correspond to earth.
- ◆ They are usually toxic and cannot be taken for a long time.
- ◆ If one intends to eliminate cold and heat and evil Qi, to break accumulations and gatherings, and cure disease, one should base [one's efforts] on the inferior class.

# Jun, Chen, Zuo and Shi

- ◆ The medicine has the Jun (emperor) and the Chen (minister) as the Zuo (assistant), and Shi(envoys).
- ◆ the one who declares and reconciles with each other should use
- ◆ one emperor, two officials and five assistants.
- ◆ Or one monarch, three ministers and nine ministers.

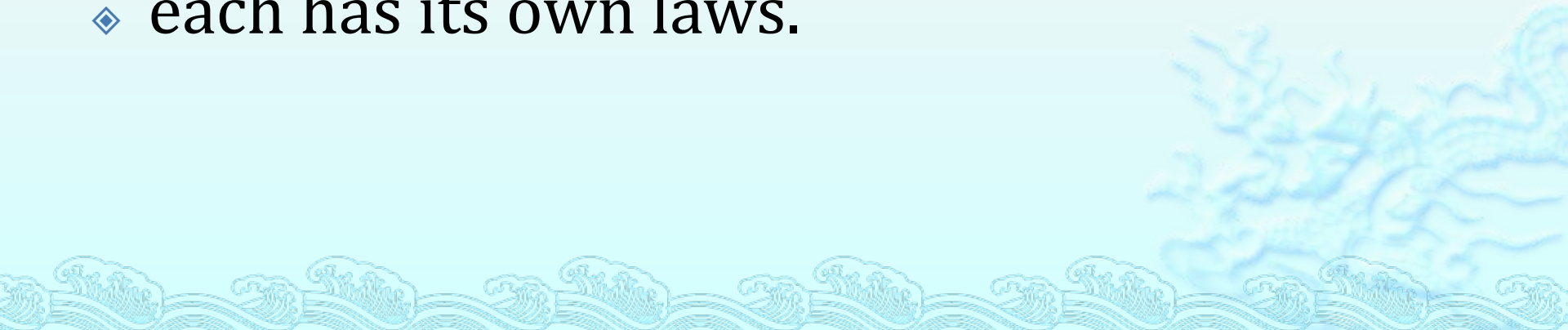


- ◆ Medicine has Yin and Yang, mother and son, brothers; rhizome, flower, grass, bone and flesh.
- ◆ There are single walkers, those who have the need(xiang xu), the messengers(xiang shi), the fearers(xiang wei), the evil(xiang e) ones, the opposite(xiang fan), and the killers(xiang sha).

- ◆ For all these seven condition, you should use the one who is help each other, not the opposite.
- ◆ If it is poisonous, you can use it to fight against each other, but if not, don't use it together.



- ◆ The medicine has **five flavors**: sour, salty, sweet, bitter, pungent,
- ◆ Four Qi: **cold, hot, warm and cool**,
- ◆ and toxic and non-toxic.
- ◆ It is dry with sun or without sun,
- ◆ When it is adopted and governed, it is raw and cooked, and where it grows, old or new,
- ◆ each has its own laws.



- ◆ The medicinal properties are those suitable for pills, those suitable for dispersing, those suitable for boiling, those who are suitable for wine soaking, those who are suitable for decoction.
- ◆ There are also those who are suitable for everything, and there are also those who cannot be used in soup and wine, and follow the medicine, and must not violate it.

- ◆ If you want to treat a disease, first check its source and the pathogenesis.
- ◆ The five zang organs are not empty, the six fu organs are not exhausted, if the blood is not disordered, the spirit is not dispersed, and the medicine will work.
- ◆ If the disease is serious, it can be half cured. If the disease is deadly, it will be difficult to treat, patients may dead.

- ◆ If the poison is used to treat the disease, begin use the size like a millet, if the disease go and stop.
- ◆ If don't go, double it; don't go, ten.
- ◆ Take away disease for degrees.
- ◆ Treat cold with heat medicine, and treat heat with cold medicine.
- ◆ To treat patient with food retention, give the medicine to make they vomiting.
- ◆ Ghosts inject with poison medicine.
- ◆ Carbuncle swollen sore tumor, take sore medicine.
- ◆ Rheumatism, take rheumatism medicine.
- ◆ Whatever suits you.

- ◆ If the disease is over the diaphragm, take the food first, then medicine.
- ◆ If the disease is below the heart, take medicine first, then eat later.
- ◆ Disease in the limbs and blood vessels, should be take medicine with empty stomach in the morning.
- ◆ If the disease is in the bone marrow, it is better to take medicine after eating in the night.

- ◆ The main cause of major illnesses are stroke, shang huan, malaria, cholera, big belly, edema, diarehea, dysfunctional bowel movement, upper gas, coughing, vomiting, Jaundice, Diabetes, Retention of Drinks, Food, Evil, Epilepsy, Ghost Injection, Tooth pain, deafness, blindness, wounds, carbuncle, malignant sores, hemorrhoids, fistulas, five labors and seven injuries, weak and thin, woman leucorrhea, bleeding, insects, snakes, and poisons, injuries. these are rough, the treatment should be selected according to the thread.



# Superior class



# Ren Shen

- ◆ Ren Shen is sweet and a little cold.
- ◆ it mainly supplements the five viscera.
- ◆ It quiets the essence spirit, settles the Hun and Po, stop fright and palpitations, eliminates evil Qi, brightens the eyes, opens the heart, and sharpens the wits.
- ◆ Protracted taking may make the body light and prolong life.
- ◆ It grows in mountains and valleys.

# Huang Qi

- ◆ Huang Qi is sweet and slightly warm.
- ◆ It mainly treats swelling and flat abscesses and enduring festering (suppurate) sores [by] expelling pus and relieving pain, wind toxin, the five [kinds of] hemorrhoids, and scrofula. It supplements vacuity and [is good for] hundreds of diseases in children.
- ◆ It grows in mountains and valleys.

# Bai Zhu

- ◆ Zhu is bitter and warm.
- ◆ It mainly treats Wind damp Bi, dead muscles, and jaundice. It stops sweating, eliminates heat, and disperses food. It can be used as a conductor in decoctions. Protracted taking may make the body light, prolong life, and make one free from hunger.
- ◆ It grows in the mountains and valleys.

# Gan Cao

- ◆ Gan Cao is sweet and balanced.
- ◆ It mainly treats the five viscera and six bowels, cold and heat, and evil qi. It fortifies the sinews and bones, promotes the growth of the muscles and flesh, doubles [one's physical] strength, [heals] incised wounds and swellings, and resolves toxins. Protracted taking may make the body light and prolong life.
- ◆ It grows in rivers and valleys.

# Shu Yu (Shan Yao)

- ◆ Shu Yu is sweet and a little warm.
- ◆ It mainly treats damaged center, supplements vacuity with tired, eliminates cold and heat and evil qi, supplements the center, boosts the qi and energy, and promotes the growth of the muscles and flesh. Protracted taking may sharpen the ears and eyes, make the body light, make one free from hunger, and prolong life.
- ◆ It grows in mountains and valleys.

# Di Huang

- ◆ Di Huang is sweet and cold.
- ◆ It mainly treats broken [bones], severed sinews from falls, and damaged center. It expels blood Bi, replenishes the bone marrow, and promotes the growth of muscles and flesh. When used in decoctions, it eliminates cold and heat, accumulations and gatherings, and Bi. Using the uncooked is better. Protracted taking may make the body light and prevent senility.
- ◆ It grows in [near] rivers and swamps.

# Fu Ling

- ◆ Fu Ling is sweet and balanced.
- ◆ It mainly treats chest and rib-side counter flow qi, binding and pain below the heart due to worry, indignation, fright, and fear, cold and heat, vexatious fullness, cough and counterflow, and dry mouth and tongue. It promote urination. Protracted taking may quiet the soul, nourish the spirit, make one free from hunger, and prolong life.
- ◆ It grows in mountains and valleys.



# Gou Qi

- ◆ Gou Qi is bitter and cold.
- ◆ It mainly treats evil qi in the five internals, center heat, wasting thirst, and generalized Bi. Protracted taking may fortify the sinews and bones, make the body light, and slow aging.
- ◆ It grows in plains and swamps.

# Da Zao

- ◆ Da zao is sweet and balanced.
- ◆ It mainly treats heart and abdominal evil qi, quiets the center and nourishes the spleen assists the 12 channels, balance the stomach qi, frees the nine orifices, supplements shortage of qi, shortage of fluids, and insufficiency of the body, [eliminates] great fright and heaviness of the limbs, and harmonizes hundreds of medicinal. Protracted taking may make the body light and lengthen life.
- ◆ It grows in plains and swamps.

# E Jiao

- ◆ E jiao is sweet and balanced.
- ◆ It mainly treats heart and abdominal internal flooding, extreme fatigue, chills as in malaria, Pain in the lumbers and abdomen, and aching pain in the limbs. In females, it precipitates the blood and quiets the fetus. Protracted taking may make the body light and boost the qi.

# Middle Class



# Gan Jiang

- ◆ Gan liang is acrid and warm.
- ◆ It mainly treats chest fullness, cough and counterflow qi ascent. It warms the center, stops bleeding, promotes perspiration, expels wind damp Bi, and [treats] intestinal diarrhea and dysentery. The uncooked is especially good. Protracted taking may remove foul smell and enable one to communicate with the spirit light.
- ◆ It grows in rivers and valleys.

# Dang Gui

- ◆ Dang Gui is sweet and warm. It is nontoxic.
- ◆ It treat mainly cough and ounterflow qi ascent, warm malaria with fever persisting within the skin, leaking causing infertility in females, various malign sores, and incised wounds. It can be [constantly] taken after being cooked.
- ◆ It grows in rivers and valleys.

# Dan Shen

- ◆ Dan Shen is bitter and slightly cold. It is nontoxic.
- ◆ It treat mainly evil qi in the heart and abdomen, continual gurgling of the intestines like water running, cold and heat, and gatherings and accumulations. It breaks zheng and eliminates Jia, relieves vexatious fullness, and boosts the qi.
- ◆ It grows in mountains and valleys.

# Lu Rong

- ◆ Lu Rong is sweet and warm.
- ◆ It mainly treats leaking of malign blood and cold and heat fright epilepsy. It boosts the qi, fortifies the will, promotes the growth of the teeth, and prevents senility. The horn mainly treats malign sores, welling abscesses, and swellings and expels evil malign qi and lodged blood in the genitals.



# Inferior Class

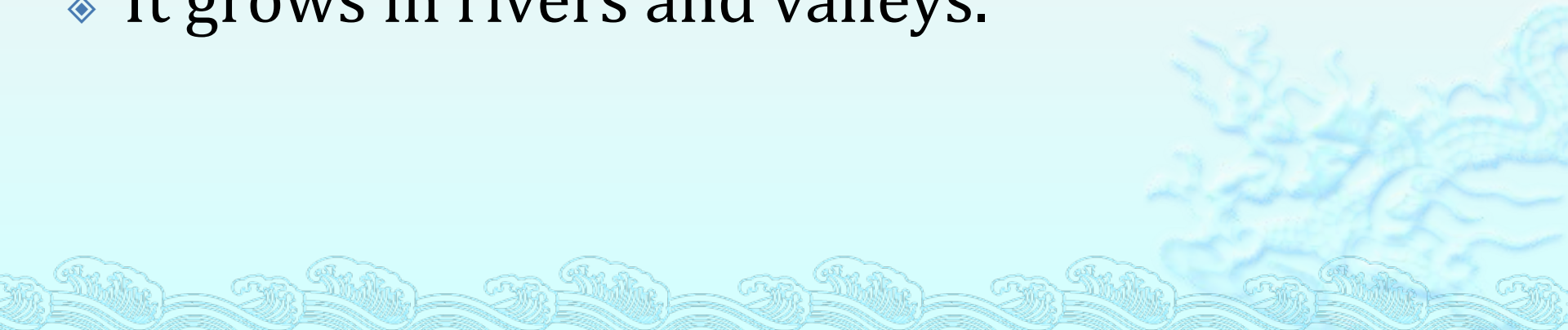


# Fu Zi

- ◆ Fu Zi is acrid and warm. It is toxic.
- ◆ It mainly treats wind cold, cough and counterflow, and evil qi. It warms the center, breaks hardness, accumulations, gatherings, and blood conglomerations, and [relieves] cold dampness, and pain in the knee with inability to walk.
- ◆ It grows in mountains and valleys.

# Ban Xia

- ◆ Ban Xia is acrid and balanced.
- ◆ It mainly treats cold damage cold and heat, and hardness below the heart. It treats swollen and sore throat, head dizziness, chest distention, cough and counterflow, and rumbling intestines, and stops sweating.
- ◆ It grows in rivers and valleys.



# Da Huang

- ◆ Da Huang is bitter, cold, and toxic.
- ◆ It mainly precipitates blood stasis, and cold and heat, and food retention. It breaks concretions and conglomerations, accumulations and gatherings. It flushes the stomach and intestines to weed out the stale and bring forth the new, disinhibits and frees the flow of water and grain, regulates the center to transform food, and quiets and harmonizes the five viscera.
- ◆ It grows in mountains and valleys.

# Jie geng

- ◆ Jie Geng is bitter. It is nontoxic.
- ◆ It treat mainly chest and ribside pain as if stabbed by a knife, abdominal fullness, continual intestinal rumbling, and fright and fear palpitation qi.
- ◆ It grows in mountains and valleys.

