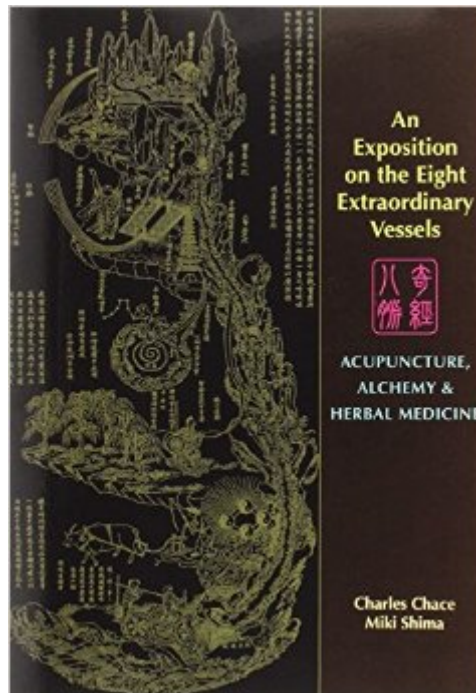


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# An Exposition On The Eight Extraordinary Vessels: Acupuncture, Alchemy, And Herbal Medicine



## Synopsis

Li Shi-Zhen's Exposition on the Eight Extraordinary Vessels (Qi jing ba mai kao) is among the most remarkable texts in the Chinese medical literature. Bringing together writings on acupuncture, herbal medicine, and internal cultivation (nei dan), it argues that aspiring adepts and physicians alike must understand the full scope of the extraordinary vessels if they hope to achieve their respective goals. Although the Exposition is a cornerstone of the extraordinary vessel literature, it is rarely, if ever, considered on its own terms. Li's approach to extraordinary vessel acupuncture and herbal medicine reflects a perspective that differs considerably from the strategies familiar to most modern readers. His work on the extraordinary vessels is every bit as innovative in its own milieu as his other seminal writings, Pulse Studies of the Lakeside [Recluse] (Bin-Hu mai xue) and Comprehensive Outline of the Materia Medica (Ben cao gang mu), are in theirs. This volume is the first translation of the Exposition published in English, and it is among the most comprehensive discussions of the text available in any language. It is divided into five parts. Part I provides an introductory overview of the main themes running throughout the text: theory, acupuncture, herbal medicine, internal alchemy, and pulse diagnosis. Part II contains the Chinese text and translation of the Exposition itself. Part III presents extensive commentaries on the text, and Part IV discusses the influence of Li Shi-Zhen's extraordinary vessel writings on subsequent pre-modern and modern physicians. Part V consists of appendices containing tables of herbs, prescriptions, acupuncture holes, and the people and books mentioned in the Exposition. There is also an extensive bibliography, point/hole and herb/formula index, and general index.

## Book Information

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## Customer Reviews

Excellent book! Shima and Chace present a clear and concise translation of pathways, symptoms and treatment strategies of the Extraordinary Vessels. The translation of Li Shi-Zhen's exposition is very applicable to acupuncture and herbal practice. Using the pulse and abdomen as diagnostic tools for EV acupuncture helps give immediate feedback during the treatment. Specific and clear use of herbal medicine with the Extraordinary Vessels. The clinical results are effective. Highly recommend this book.

This book is a fundamental in trying to make sense of the extraordinary vessels. Even if in your own practice you only work with the master-couple points (something that Li Shi Zhen didn't mention) you'll find here many clinical pearls that will enhance the clinical understanding. The book itself is layed out in a very elegant and honest manner, in the first part placing side by side the chinese and the english version of what Li Shi Zhen wrote, and the second part the interpretation of those thoughts by Chace and Shima. The fact that you can clearly identify orginal on the one hand and interpretation on the other it's a great relieve since many authors tend to place their own interpretations intertwined with the original text and never have the decency of telling what they were doing. Chace and Shima are extremly clear about what is what. And of course, being both of them such great clinicians, the interpretations have many, many clinical pearls. I highly recommend this book.

Remember learning about the extraordinary vessels and finding the information vague? This book will answer those questions and give you greater depth as a TCM Doctor. If you are in practice or plan to be then you should buy this book.

Scholarly and perhaps repetitive...Was looking for a more practical clinical treatise on the Eight Vessels. Glad to have it in my library but will continue my search for practical application of this subject.....

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