

## A Review of the History of Ancient China

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**Abstract.** Handwritten prescriptions are based on the thorough understanding of diseases and accurate diagnosis of patients by ancient Chinese physicians. This article discusses the particularities of TCM handwritten prescriptions in different historical periods in China, which are crucial to the study of contemporary medicine and calligraphy and the treatment of TCM diseases with their unique writing styles. We aim at study and summarize the evolution of ancient Chinese manuscripts from a historical perspective. As the only way to record the experience of disease diagnosis and treatment, in-depth research on handwritten prescriptions can open up new fields of scientific research in traditional Chinese medicine, promote the wide application and dissemination of ancient Chinese calligraphy works around the world, and provide more opportunities for future generations of medical references. This paper mainly adopts the survey method, literature review method, data analysis method, comparative analysis method and inductive summary method to conduct research, and strive to make the research convincing. Traditional Chinese medicine formulas are the empirical data of generations of doctors in meticulous diagnosis, investigation, prescription, dialectical treatment, and are a precious medical case. TCM has a long history in China, and it is an important foundation for TCM to treat diseases because of its good medicinal calligraphy styles. In-depth research has the potential to open up new areas of scientific research in Chinese medicine and encourage the widespread adaptation and dissemination of ancient Chinese calligraphy works worldwide. Its widespread use increases the number of references available for future medicine.

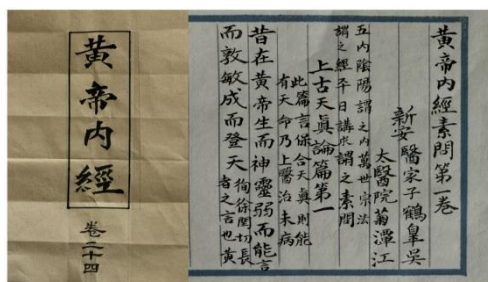
**Keywords:** traditional Chinese medicine, handwritten prescriptions, calligraphy.

### 1. It dates back to the Warring States period (475 BC – 221 BC).

The book "Fifty-two Prescriptions" is now known as the earliest Chinese and Chinese medicine prescription in China. The text of the "Fifty-two Prescriptions" is a seal book, and the font is detract from the standard small seal after the unification of Qin. Compared with the second year of the Qinling Tomb in Qingchuan, Sichuan (309 BC), there are many similar fonts or almost identical patterns in the pen and structure. Its font is a seal book, slightly thick, and the character "leaf" in it will be written as "□", which is also found in the inscriptions of the state of Qin before the unification of Qin. In ancient texts, "ze" is closely related to "shi", and people before the Han Dynasty often wrote "zhi" as "ze". In the book, "Although it is finished, please do not choose (interpretation)." In this line, it can be inferred that the "Fifty-two Prescriptions" was written about before the Han Dynasty.

### 2. Handwritten prescriptions from the Han Dynasty (202-220 BC).

The Inner Canon of the Yellow Emperor is one of the oldest classics in Chinese history. Inherited, supplemented and perfected by ancient Chinese physicians, the book was written at the time of its writing, and there were three theories, and later people believed that the book finally took shape in the Western Han Dynasty. The Inner Canon of the Yellow Emperor proposes that human beings are closely related to the natural world. In other words, human beings and people in the universe are the same as everything in the world, they are born under the qi of the world and grow up according to the law of the four seasons. In the world of life, it is necessary to rely on the movement and nurturing of yin and yang.



**Figure 1.** "Internal Medicine Classics"

Zhongjing's "Typhoid Fever, Miscellaneous Diseases" and "Outline of Jin Kuang" are no longer available. The emergence of the Hanshu Wuwei Medical Book provides a reliable basis for studying the history of medicine in and before the Han Dynasty and the writing methods of ancient handwritten prescriptions. "Wuwei Han Dynasty Medical Book", it is the richest and most comprehensive medical book since the Han Dynasty in China, the original material of Shi Gu Theory, is a relatively systematic hand-copied medical book excavated in the early stage of China, not only has the value of medical practical, but also uses the writing method of silkworm head and swallowtail, font, and the artistic significance of the text cannot be underestimated.

### 3. Manuscript prescriptions from the Sui Dynasty (581-618 AD).

"The Origin of Ten Thousand Diseases", also recognized as "General Theory of the Origin of Ten Thousand Diseases" and "The Origin of Chao's Disease", is an influential ancient Chinese medical classic. This book summarizes the medical achievements before the Sui Dynasty, retrieves, collects, and edits the clinical symptoms of the specialty, systematically classifies them, and introduces the etiology, pathology and symptoms of various diseases. The Sui Dynasty was an era of the integration and development of kaishu in the northern and southern dynasties, and it was also the foundation era of kaishu in the Tang dynasty. In general, the calligraphy of this era was from simple to finely complex, from unpretentious to regular, and this transformation also marked the maturity of Chinese calligraphy.

### 4. Handwritten prescriptions of the Tang Dynasty (618-907).

"Stomach Pain" was written on a stone in the third year of Song Jiayou (1058). The writing of "Stomach Pain Sticker" is uplifting and consistent. It can also be found in seal carvings that when writing, the pen is first dipped in ink, and when there is no connection, it is dipped in ink the second time. Through this special method, the coherence between words is guaranteed, the law of change of stroke thickness is adjusted, the entire creative style is unified, and the text content is vibrant. Mr. Qiu Zhenzhong said: "The change of density and density occurs steadily, and there is a transition stage from sparse to dense, or from dense to sparse." This is called yin and yang complementarity.

### 5. Prescriptions for manuscripts of the Song Dynasty (960-1279).

"Shengping Huimin Pharmacy" was compiled by the Taiping Huimin Pharmacy Bureau in the Song Dynasty. Chinese herbal prescriptions are traditional TCM treatment prescriptions, and many of the prescriptions in the book are still widely used in clinical practice today. When looking at handwritten prescriptions, the relaxed style was the most striking feature of the Song Dynasty. "Poetry does not seek merit, does not seek words, does not seek creepy, purity is my mentor", Su Shi. Calligraphy in the Southern Song Dynasty was influenced by the concepts of "thought is Buddha" and "heart is law", and the addition of poetry and poets gave calligraphy a poetic meaning, with superb writing, new body polymorphism, dignified and stable structure, and voluminous writing.

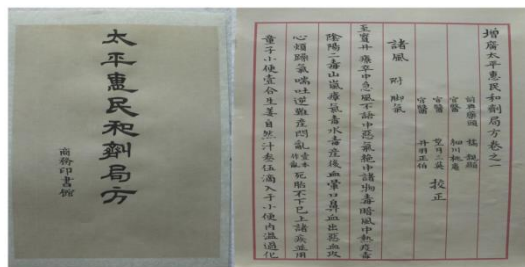


Figure 2."Shengping Huimin Pharmacy"

## 6. Manuscript prescriptions from the Jin Yuan period ((1115-1368)).

Traditional Chinese medicine in the Jin Yuan period was a golden age, and the "Jin Yuan Four Lords" period appeared. During this period, divergence in portals and academic climate shocks intensified the competition between calligraphy and TCM. "Confucianism divides the Song Dynasty, and the medical sect divides the golden yuan" made Chinese medicine pay attention to the sorting out of formulae before the Tang and Song Dynasties, which eventually led to the poisonous atmosphere of "seeking prescriptions for evidence". Since the Song Dynasty, Confucianism has gradually entered the field of traditional Chinese medicine, and they have studied the theory of traditional Chinese medicine with profound traditional cultural skills, accelerating the evolution and innovation of Chinese medicine, and calligraphy has since won the title of "literati calligraphy and painting", and Chinese medicine has also won the title of "Confucian medicine". The literati paid attention to the "qi" of calligraphy itself, and "qi" is an important category in calligraphy and traditional Chinese medicine.

## 7. Manuscript prescriptions of the Ming Dynasty ((1368-1644)).

There were many famous doctors in the Ming Dynasty who published many works and made great contributions to the development of Chinese medicine. The doctors of this era mainly followed the classics of previous medicine and continued to play and inherited the concept of traditional medical advocated by Jin Yuan experts. The Compendium of Materia Medica, is a revised version of an ancient Chinese medicine book made by Li Shizhen (1518-1593), a great Chinese medicine scholar of the Ming Dynasty, who made a comprehensive summary of the Materia Medica. Ancient books such as letters and manuscripts were written with pen and ink unique to the time. With the development of the times and the advancement of printing technology, in the 21st century, when science and technology is very developed, if handwriting can be preserved with the times, it will be a very precious historical material.

## 8. Qing Dynasty manuscript prescriptions ((1636-1912)).

The Treatise on the Wen Jing was written by the Qing dynasty scholar Ye Shi and recorded and compiled by his pupils. Establish a qi-blood differentiation system, and explain the specific contents such as temperature disease diagnosis, tongue diagnosis, and spot diagnosis. Liu Xizai of the Qing Dynasty pointed out in his book that "books must have yin and yang." In the best state of TCM treatment, spiritual temperament is an important factor in determining whether a person is healthy, and calligraphy also emphasizes spiritual temperament and emphasizes the vivid charm emitted by the brush.

## 9. The popularization of ancient book formulae.

Traditional Chinese medicine theory holds that human beings are the same as all things in nature in terms of the accumulation of qi. TCM uses the lens of "qi" to understand patients, and diagnosis

and treatment revolve around the control of "qi". "Qi" is often used in traditional Chinese culture and art to illustrate the origin of beauty, and "qi" is the lifeblood of calligraphy and the embodiment of the soul of the calligrapher. "Qi" includes not only the life of the work of art, but also the vitality, creativity and academic literacy of the painter, which is a question that more people who study ancient manuscripts need to consider, and the point of this paper is that ancient manuscripts are the most suitable medium of communication. "Art is the greatest way to retire, not only enough to feed the Chinese nation, but also to cultivate the well-being and longevity of the whole people", so to read the words to see after drinking, to read the calligraphy to read the manuscript first.

The beauty of TCM is an eternal beauty that should be discovered and inherited. Through diligent research and study, you can not only be deeply influenced by its traditional culture, but also appreciate the infinite charm of Chinese calligraphy culture, but also cultivate your own self-cultivation through learning, strengthen your body, and promote the comprehensive improvement of national literacy, Chinese calligraphy art, Chinese calligraphy culture, etc. The research results of ancient Chinese calligraphy formulas can not only open up new fields of scientific research in traditional Chinese medicine, but also promote the wide application and dissemination of traditional Chinese calligraphy around the world.

## 10. Discussion:

"The first is to write well, the second is to have knowledge, the third is to be able to press the pulse with your fingers, and the fourth is to be able to use drugs flexibly, which is necessary to make a perfect article," says an old Chinese proverb. "Writing well" is the first of four qualifications, showing the great importance that ancient Chinese doctors attached to the art of calligraphy.

Mr. Gu Xiaoyan, one of the top ten famous old Chinese medicine doctors in Shanghai, once said: "Words are the facade of the prescription and the exposure of the doctor's background and knowledge." Conventionally, prescription writing can demonstrate a doctor's expertise and breadth of medical methods. Pros and cons, the result is that all novice followers learn to write first and then practice every morning. The master will read the medical book after reviewing the post.

At that time, feudal scholars practiced medicine, "curing the diseases of the king, saving the poor and the poor, and ensuring health and longevity", and the combination of books and medicine was also a very common social situation. Traditional Chinese medicine and calligraphy are two deep-rooted cultural components in China's ancient cultural heritage. They continue to evolve along the distant history and civilization of China. In synchronization, they have an inseparable cultural connection. It can also turn practical Chinese medicine formulas and ancient books into cultural relics and works of art with great aesthetic and historical values.

In the development of traditional Chinese medicine and the development of the aesthetic culture of Chinese calligraphy, the two can learn from each other. China's calligraphy art "pays attention to using left and right, using top and bottom, using horizontal and straight, using fast and slow, using ascending and suppressing, and using eight directions"; and the prescription of Chinese medicine also pays attention to "up and down".

Traditional Chinese medicine nourishes people, books nourish the heart, each has its own beauty, it is shared. An in-depth examination of the development history of ancient Chinese handwritten formulas will help people understand the depth of the literature of the motherland from multiple angles and effectively publicize ancient handwritten formulas.

## 11. Conclusions

In summary, it is in a similar way, due to the early origins of the history of ancient Chinese manuscript formulae, that successive generations of famous Chinese doctors left behind the empirical facts of thorough diagnosis, investigation, formulation, dispatch and dialectical treatment of symptoms. It was a precious medical archive and a valuable commodity used by kings and ministers. Moreover,

it is the most original work of TCM because it can naturally and flexibly express the same humanistic thoughts and sympathy for individuals at different times. It deserves our unwavering pursuit and investigation.

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