



# An Exposition on the Eight Extraordinary Vessels

## *Acupuncture, Alchemy & Herbal Medicine*

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 physicians and aspiring adepts alike must understand the full scope of the extraordinary vessels if they hope to achieve their goals.

Although the *Exposition* is a cornerstone of the extraordinary vessel literature, it is rarely 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 practitioners. His work on the extraordinary vessels is as innovative in its own milieu as his other seminal writings, *Pulse Studies of the Lake-side [Recluse]* and *Comprehensive Outline of the Materia Medica*, are in theirs.

This volume is the first translation of the *Exposition* published in English and is among the most comprehensive discussions of the text available in any language.

The book is divided into five parts. Part I provides an introductory overview of the main themes in 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.



### ABOUT THE AUTHORS

**CHARLES CHACE** is the author and translator of many books and articles on Chinese medicine including *A Qin Bowei Anthology* (with Yang Shou-Zhong); *The Yellow Emperor's Systematic Classic of Acupuncture and Moxibustion*; and *Channel Divergences, Deeper Pathways of the Web* (with Miki Shima). Charles maintains a private practice in Boulder, Colorado.

**MIKI SHIMA** was originally trained as a linguist and holds a Master's degree in general

linguistics from the University of Michigan. During the 1980s he served on the California Acupuncture Board, obtained his Doctorate of Oriental Medicine (OMD), and, in 1989, was elected President of the California Acupuncture Association. Among his publications are *Medical I Ching; Channel Divergences, Deeper Pathways of the Web* (with Charles Chace); and many clinical DVDs on Japanese acupuncture and Kampo medicine. A teacher at countless clinical workshops, Miki is now in private practice in Corte Madera, California.

