

AP World History
Two Views of Medicine

Name _____
Period _____

Read the two texts below about health and medicine:

The Yellow Emperor said "The principle of Yin and Yang is the foundation of the entire universe. It underlies everything in creation. It brings about the development of parenthood; it is the root and source of life and death it is found with the temples of the gods In order to treat and cure diseases one must search for their origins.

"Nature has four seasons and five elements. To grant long life, these seasons and elements must store up the power of creation in cold, heat, dryness, moisture, and wind. Man has five viscera in which these five climates are transformed into joy, anger, sympathy, grief, and fear. The emotions of joy and anger are injurious to the spirit just as cold and heat are injurious to the body. Violent anger depletes Yin; violent joy depletes Yang. When rebellious emotions rise to Heaven the pulse expires and leaves the body. When joy and anger are without moderation, then cold and heat exceed all measure, and life is no longer secure. Yin and Yang should be respected to an equal extent. During Spring one's body must be encouraged to live and not be killed. One should give to it freely and not take away from it. All this is in harmony with the breath of Spring and those who disobey the laws of Spring will be punished with an injury of the liver. In the three months of Fall people should retire early and rise with the rooster. They should have their minds at peace in order to lesson the punishment of Fall. To keep their lungs pure they should not give vent to their frustrations. Those who disobey the laws of Fall will be punished with an injury of the lungs; for them Winter will bring indigestion and diarrhea.

. . . Those who disobey the laws of Winter will suffer an injury of the kidneys; for them Spring will bring impotence. Thus the interaction of the four seasons and the interaction of Yin and Yang is the foundation of everything in creation. Those who rebel against the basic rules of the universe sever their own roots and ruin their true selves.

The Yellow Emperor's Classic of Medicine, 1000-300 B.C.E.

It is thus with regard to the disease called Sacred: it appears to me to be nowise more divine nor more sacred than other diseases, but has a natural cause from the originates like other affections. Men regard its nature and cause as divine from ignorance and wonder, because it is not at all like the other diseases. And this notion of its divinity is kept up by their inability to comprehend it, and the simplicity of the mode by which it is cured, for men are freed from it by purifications and incantations. But if it is reckoned divine because it is wonderful, instead of one there are many diseases which would be sacred; for, as I will show, there are others no less wonderful and prodigious, which nobody imagines to be sacred. The quotidian, tertian, and quartan fevers, seem to me no less sacred and divine in their origin than this disease, although they are not reckoned so wonderful. And I see men become mad and demented from no manifest cause, and at the same time doing many things out of place; and I have known many persons in sleep groaning and crying out, some in a state of suffocation, some jumping up and fleeing out of doors, and deprived of their reason until they awaken, and afterward becoming well and rational as before, although they be pale and weak; and this will happen not once but frequently. And there are many and various things of the like kind, which it would be tedious to state particularly.

On the Sacred Disease, Hippocrates, 400 B.C.E

1-2. What does the first document prescribe in order to be healthy? What ideology is the basis of this document?

3. According to the second document, what is the cause of the Sacred disease?

4. What assumptions do the documents make about how one is to understand the workings of the physical world? Explain.