

A little extra Traditional Chinese Medicine

Famous texts.

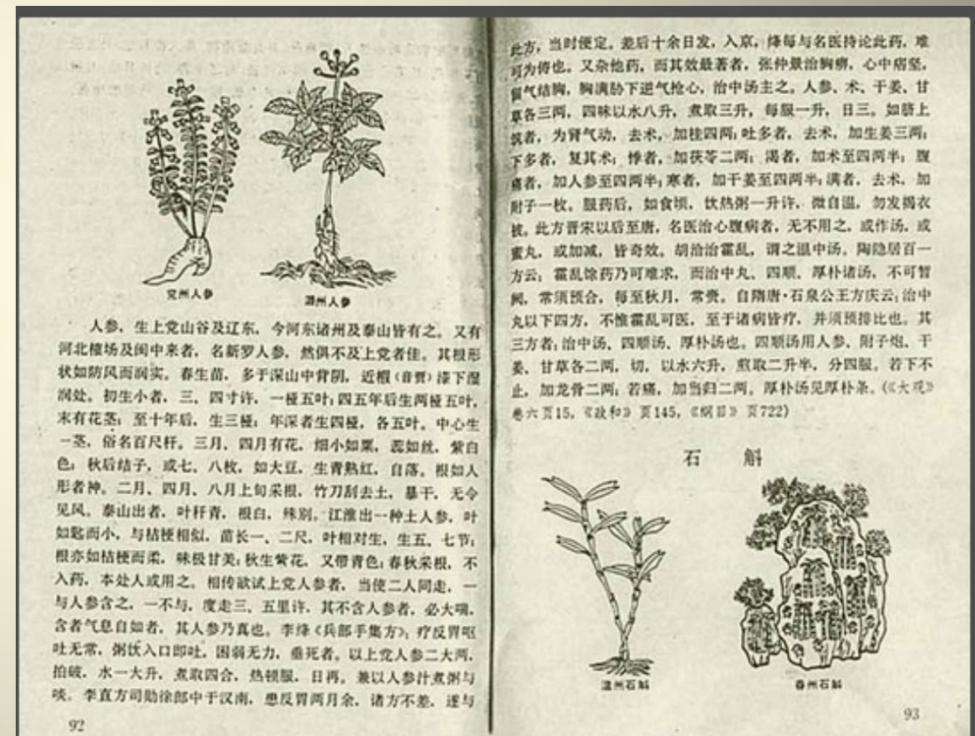


Shen Nong, The Red Emperor, The Divine Farmer

Author of *Shen Nong Ben Cao Jing*
Canon of Herbal Medicine

11th Century edition.

Tasted plants himself.
* Died doing this.



A little extra Traditional Chinese Medicine

Famous texts.

Controlled Experimentation





人参，生上党山谷及辽东，今河东诸州及泰山皆有之。又有河北檀场及闽中来者，名新罗人参，然俱不及上党者佳。其根形状如防风而润实。春生苗，多于深山中背阴，近根（音）下湿润处。初生小者，三、四寸许，一茎五叶；四五年后生两茎五叶，末有花茎；至十年后，生三茎；年深者生四茎，各五叶。中心生一茎，俗名百尺杆。三月、四月有花，细小如粟，蕊如丝，紫白色；秋后结子，或七、八枚，如大豆，生青熟红，自落。根如人形者神。二月、四月、八月上旬采根，竹刀刮去土，暴干，无令见风。泰山出者，叶杆青，根白，殊别。江准出一神土人参，叶如匙而小，与桔梗相似，苗长一、二尺，叶相对生，生五、七节；根亦如桔梗而柔，味极甘美；秋生紫花，又带青色；春秋采根，不入药，本处人或用之。相传欲试上党人参者，当使二人同走，一与人参含之，一不与，度走三、五里许，其不含人参者，必大喘，含者气息自如者，其人参乃真也。李绛《兵部手集方》，疗反胃呕吐无常，粥饮入口即吐，困弱无力，垂死者。以上党人参二大两，拍破，水一大升，煮取四合，热顿服，日再。兼以人参汁煮粥与啖。李直方司勋徐郎中于汉南，患反胃两月余，诸方不效，遂与

此方，当时便定。差后十余日发，入京，降每与名医持论此药，难可待也。又杂他药，而其效最著者，张仲景治胸痹，心中痞坚，胃气结胸，胸满胁下逆气抢心，治中汤主之。人参、术、干姜、甘草各三两，四味以水八升，煮取三升，每服一升，日三。如脐上筑者，为肾气动，去术，加桂四两；吐多者，去术，加生姜三两；下多者，复其术；悸者，加茯苓二两；渴者，加术至四两半；腹满者，加人参至四两半；寒者，加干姜至四两半；满者，去术，加附子一枚。服药后，如食顷，饮热粥一升许，微自温，勿发揭衣被。此方晋宋以后至唐，名医治心腹病者，无不用之。或作汤，或蜜丸，或加减，皆奇效。胡治霍乱，谓之温中汤。陶隐居百一方云：霍乱除药乃可难求，而治中丸、四顺、厚朴诸汤，不可暂阙，常须预合，每至秋月，常备。自隋唐·石泉公王方庆云：治中丸以下四方，不惟霍乱可医，至于诸病皆疗，并须预排比也。其三方者：治中汤、四顺汤、厚朴汤也。四顺汤用人参、附子炮、干姜、甘草各二两，切，以水六升，煮取二升半，分四服。若下不止，加龙骨二两，若痛，加当归二两。厚朴汤见厚朴条。《大医》卷六页15，《政和》页145，《纲目》页722

石斛



“It was said that in order to evaluate the effect of genuine Shangdang ginseng, two persons were asked to run together. One was given the ginseng while the other ran without. After running for approximately three to five li [equivalent to 1500 to 2500 meters], the one without the ginseng developed severe shortness of breath, while the one who took the ginseng breathed evenly and smoothly.”



Qi (*chee*) – the energy throughout the universe which pervades and flows within the body

Greek = pneuma

India = prana

The same logical and scientific medical methods were being developed simultaneously in other parts of the world.



Food Cures

Preventive and curative

You need a healthy life



Food Cures:



Healing Carrot & Ginger Adzuki Bean Stew

Carrot: Neutral, weight control, cleansing

Ginger: Spicy. Anti-oxidant, anti-aging, lowers fever, eases pain, reduces inflammation

Adzuki Beans: Cold, sweet and sour, cleansing the gastrointestinal system.

<http://yoffielife.com/healing-carrot-ginger-adzuki-bean-stew/>



The Chipko Movement

*Nature has enough for everybody's
need but not for everybody's greed.*

- Mahatma Gandhi



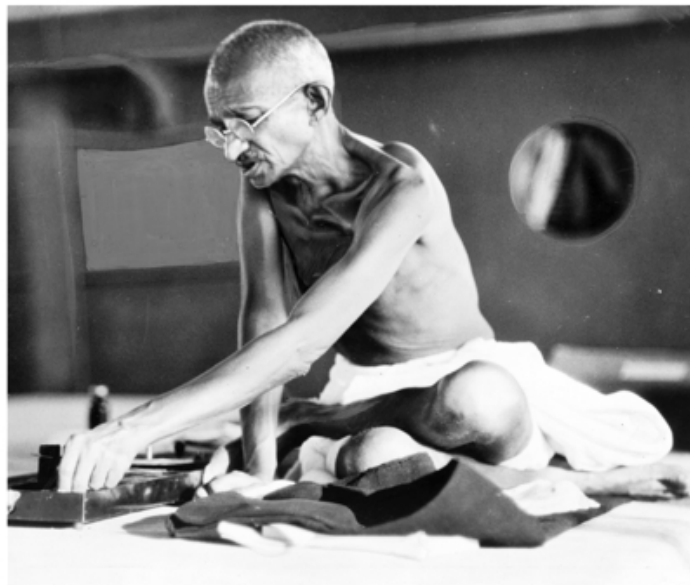
Origins

Read the book.



Origins

Ghandi and cloth and local industry



Origins

Ghandi and cloth and local industry

“Machinery in the past has made us dependent on England, and the only way we can rid ourselves of the dependence is to boycott all goods made by machinery. This is why we have made it the patriotic duty of every Indian to spin his own cotton and weave his own cloth.”



Origins

Ghandi and cloth and local industry

Globalism, colonialism, dependency ----

---- not a rejection of technology



Origins

Ghandi and cloth and local industry

By law the flag of India must be made of *khadi*, which is a handspun natural fiber.



Origins

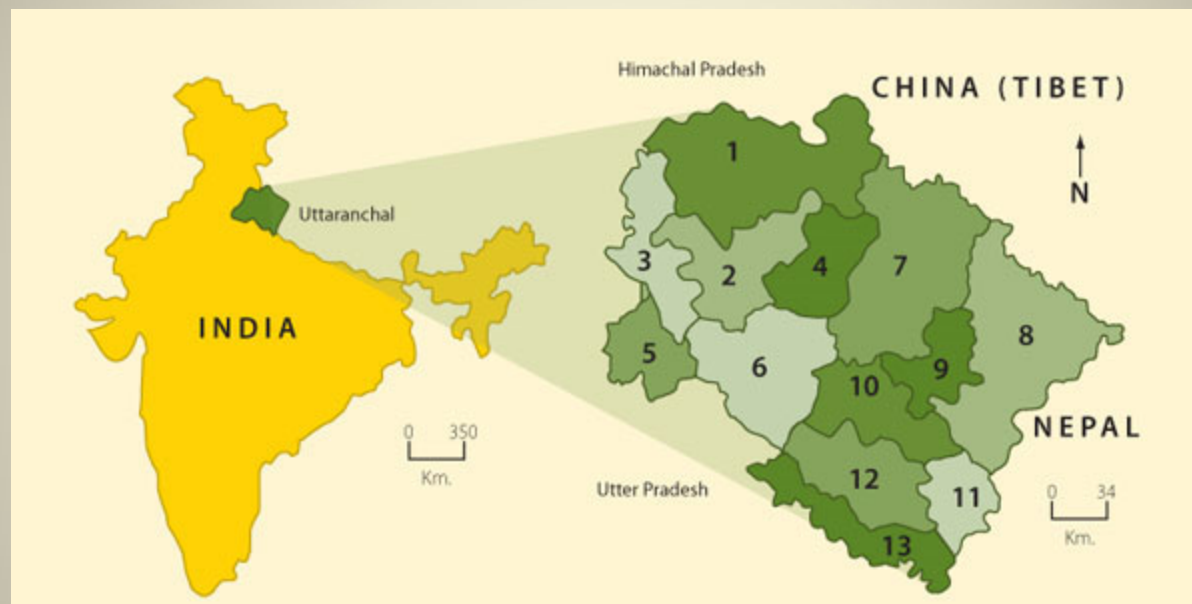
Key points

Global !

Resistance through local industry !



The Chipko Movement originated in the Chamoli District, Uttarakhand.



China, Nepal, and the Himalayas.



The Chipko Movement originated in the Chamoli District, Uttarakhand.



Nanda Devi National Park

The high Himalayas – “The Switzerland of India”



The Chipko Movement originated in the Chamoli District, Uttarakhand.



Nanda Devi National Park

Home to the snow leopard.

<http://himalayanadventures.co.in/tours/snow-leopard-trek/>



The Chipko Movement originated in the Chamoli District, Uttarakhand.



Nanda Devi National Park

The Valley of the Flowers.



So that was a scenic digression

Now back to work



So that was a scenic digression

Now back to work

You should know that mountainous regions have lots of erosion.



1960 – C.P. Bhatt and unskilled and semi-skilled construction workers form a cooperative.



Road building.

Failed due to government corruption.



1960 – C.P. Bhatt and unskilled and semi-skilled construction workers form a cooperative.

1964 - Dasholi Gram Swarajya Mandal (DGSM) workers' cooperative grows out of the failed construction cooperative.



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Bid for rights to harvest wood.
Eventually lose out to larger
companies that harvest larger tracts.



1960 – C.P. Bhatt and unskilled and semi-skilled construction workers form a cooperative.

1964 - Dasholi Gram Swarajya Mandal (DGSM) workers' cooperative grows out of the failed construction cooperative.

Forest herbal industry. Sales to plains.



1960 – C.P. Bhatt and unskilled and semi-skilled construction workers form a cooperative.

1964 - Dasholi Gram Swarajya Mandal (DGSM) workers' cooperative grows out of the failed construction cooperative.

Resin tapping of pines, lost out to larger firms from the plains.
Corruption again.



Digression: Honduran Resin Cooperatives

Resin tapping by individual,
marketed by coops.



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Resin tapping by individual,
marketed by coops.

Cooperative ownership of
forests.



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Resin tapping by individual,
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Cooperative ownership of
forests.

Cooperative timber
harvests.



Digression: Honduran Resin Cooperatives

Resin tapping by individual,
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Cooperative ownership of
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harvests.

Fight off municipalities and
other government bodies
that want the forests.



Deforested area near cooperative.



1960 – C.P. Bhatt and unskilled and semi-skilled construction workers form a cooperative.

1964 - Dasholi Gram Swarajya Mandal (DGSM) workers' cooperative grows out of the construction cooperative.

1970: Large scale flooding, commercial harvests and changing land use.



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1971: acquire forest rights to harvest 10 ash trees used to make tool handles.



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1973: some of DGSM's ash trees reallocated to Simon Company to make tennis rackets.



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1964 - Dasholi Gram Swarajya Mandal (DGSM) workers' cooperative grows out of the failed construction cooperative.

March, 1973: Simon Company agents show up to supervise ash tree harvest. They stay in a hotel owned by DGSM.



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1964 - Dasholi Gram Swarajya Mandal (DGSM) workers' cooperative grows out of the failed construction cooperative.

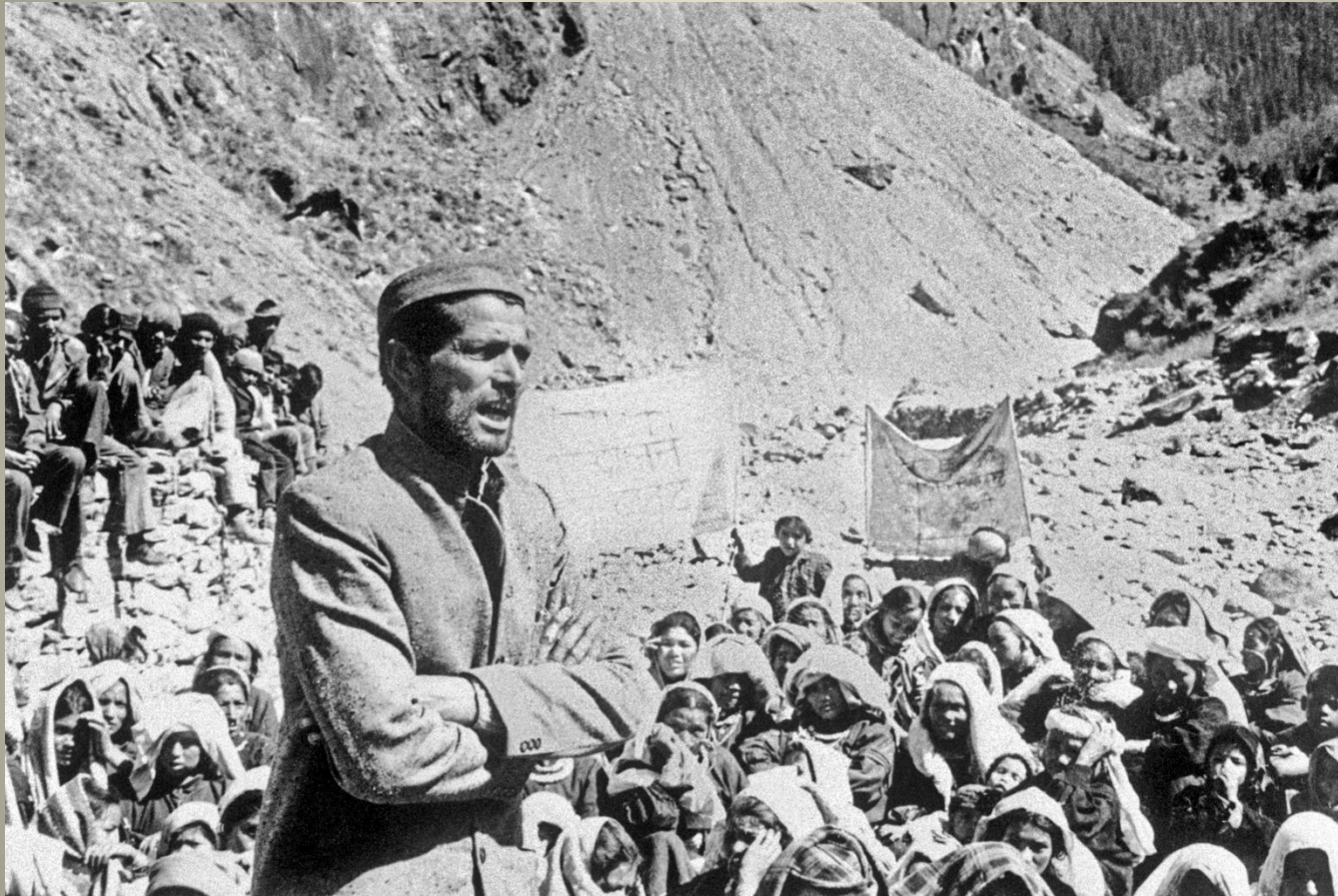
March, 1973: DGSM workers show up to prevent the harvest.



Chipko – Hugging the trees.



A long-running battle of shifting villages and trees allocated to the Simon Company. The company was resisted in village after village by the Chipko movement.



Most villages are dominated by women because men have migrated in search of jobs. Deceit was also used to get men to leave villages so lumbermen from the Simon Company could enter the forests and cut. Women defended the forests.



The village of Reni, a little girl, and Gaura Devi.



Photo by Anupam Mishra



Eventually 450 square miles around Reni and Chamoli were protected. Only local harvests were allowed.



Community action and social development?

Environmental action?

Ecofeminism?



For a time everybody wanted to get involved.



“Our movement goes beyond the erosion of the land, to the erosion of human values. The center of all this is humankind. If we are not in a good relationship with the environment, the environment will be destroyed, and we will lose our ground. But if you halt the erosion of humankind, humankind will halt the erosion of the soil.”

-- C.P. Bhatt

