



Su Wen, Canon de Medicina Interna del Emperador Amarillo: Huang Di Nei Jing, Su Wen (Spanish Edition)

Julio Garcia

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Obra complementaria del Ling Shu con el que se completa el Huang Di Nei Jing. Cosmología de la medicina tradicional china. Principios y leyes de los 5 elementos y de la estructura funcional de la naturaleza, métodos de diagnóstico y tratamiento de múltiples enfermedades, y su prevención. Similitudes entre yin y yang en la naturaleza y en nuestro propio organismo.

El Su Wen (Huang Di Nei Jing Su Wen) junto con el Ling Shu (Huang Di Nei Jing Ling Shu) conforman el Huang Di Nei Jing, el texto médico clásico más importante y base de la medicina tradicional china que, lejos de envejecer con el paso del tiempo, se mantiene en primer plano como fuente de información inestimable sobre acupuntura-moxibustión y la concepción cosmológica en la antigua China.

Así como el Ling Shu se considera una obra fundamentalmente de teoría y técnica, el Su Wen es su complemento, desarrollando los principios y leyes de la estructura funcional de la naturaleza, y de la vida humana como parte de ella. Ambos completan los principios, métodos de diagnóstico y tratamiento de múltiples enfermedades, y su prevención.

El Su Wen permite adentrarnos en la comprensión de la interrelación entre las energías en el cielo y la tierra, entre el yin y el yang y sus ciclos constantes; expone los principios y leyes de los 5 elementos o fases y sus alternantes periodos de dominio, sus crecimientos y decrecimientos en el constante y perpetuo flujo de circulación, las similitudes entre yin y yang en la naturaleza y en nuestro propio organismo, así como las técnicas para protegernos de las posibles influencias perniciosas de las 6 energías; en definitiva nos enseña a alejar la enfermedad y la muerte prematura.

Con el prólogo original escrito en el siglo octavo por Wang Bing, inestimable recopilador del Nei Jing que ha llegado hasta nosotros transmitiéndose continuamente en China y en el resto del mundo hasta el presente, desde la remota antigüedad.

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