

SHEN: Relations Instead of Substance

神——是关系而非物质

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structural
analysis

Conceptual analysis

logical analysis



1. A contrast between the claims of European thinking and classical Chinese thinking

中西医思维比较1

Type of difference	European thinking 西方思维	Chinese thinking 中国思维
1) Ontology 本体论	Unchangeable basis of the changing things (Plato: being) 以变化中的不变为基础 (柏拉图: 存在)	Phenomena: unstable, emerging and disappearing 现象: 动态的、时刻出现消失的
2) Methodology 方法论	Inducing and deducing 演绎和归纳	Governing changes: Qu Xiang Bi Lei 掌控变化: 取象比类
3) Way of thinking 思维模式	Linear Reasoning: Reason and Cause 线性推理: 因果	Circular Reasoning: one point is explained by all the others 循环推理: 每一论点由其他所有论点来解释

1. A contrast between the claims of European thinking and classical Chinese thinking

中西医思维比较2

Type of difference	European thinking 西方思维	Chinese thinking 中国思维
4) Theoretical structure 理论结构	Separation of the theory and practice 理论与实践分离	Unity of the theory and practice 理论与实践合一
5) Experience 经验	A passive information reception 被动的信息接收	A specific way of activity, a way of interaction 一种独特的活动，一种互动的方式

The mind as object – a fundamental problem for Western Medicine

精神作为客体——西医的根本问题

❖ Mind is an object opposite to body

❖ 精神是与形体相对的客体

❖ Linearity and causality

❖ 线性思维和因果思维

cause A → result B

Bacteria → pneumonia

原因A → 结果B

细菌 → 肺炎

Classical Chinese Medicine – the change of view

古典中医学——观念的变化

- **Circularity**

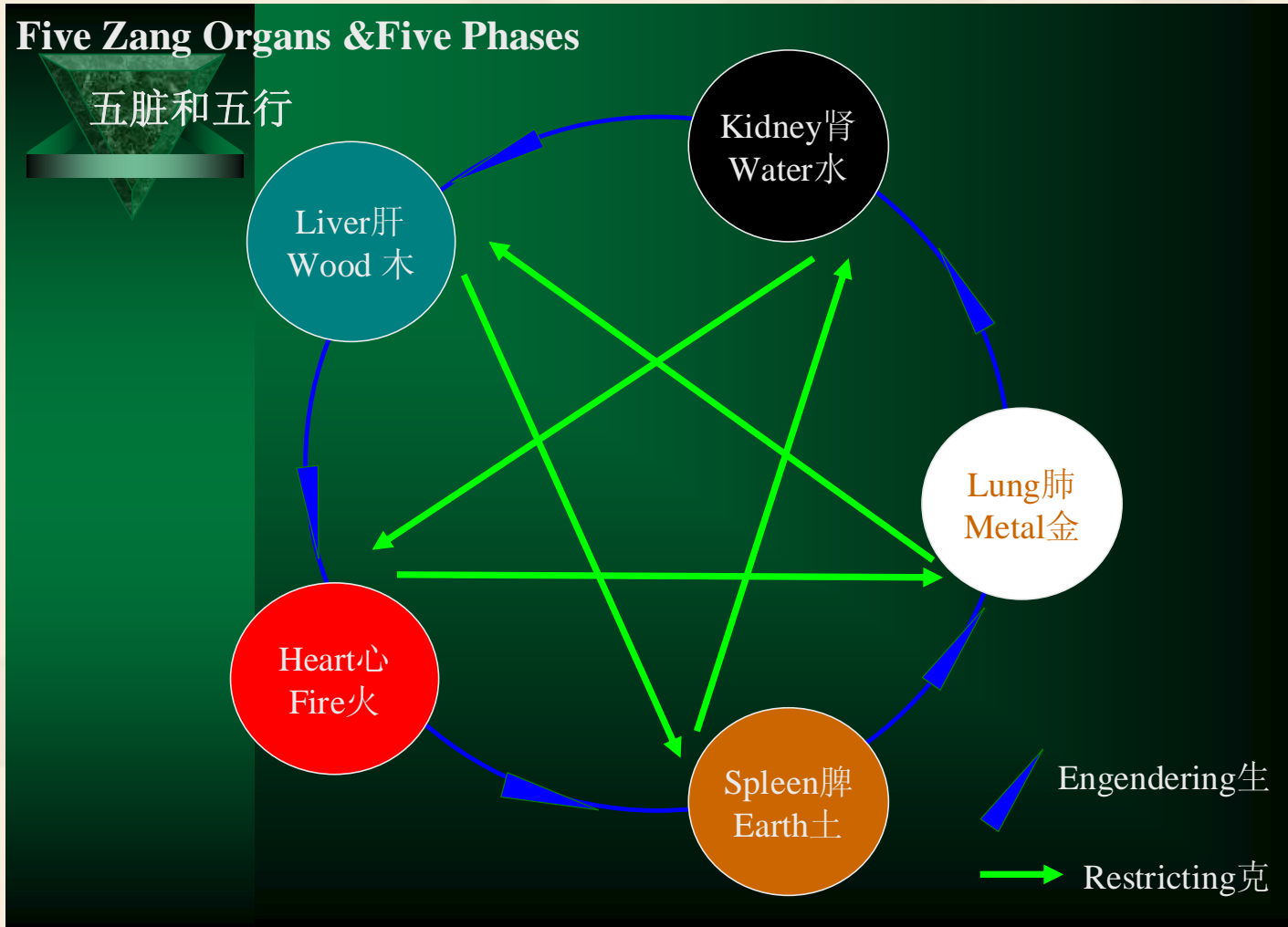
- ❖ 循环思维

- **functionality**

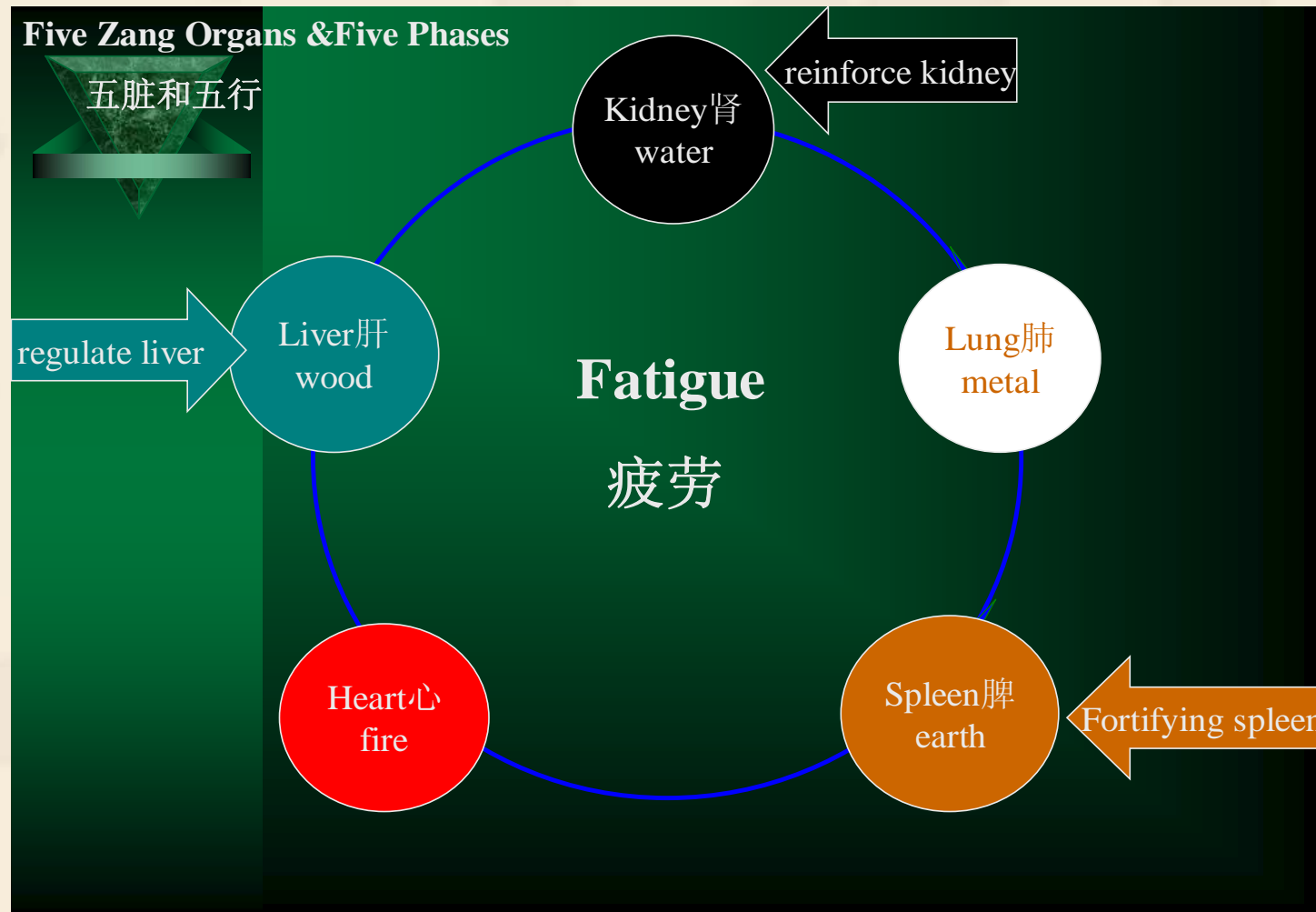
- ❖ 注重功能



Circularity 循环思维



Circularity 循环思维



2. Constructivism VS Constructionism: Western Medicine and Classical Chinese Medicine

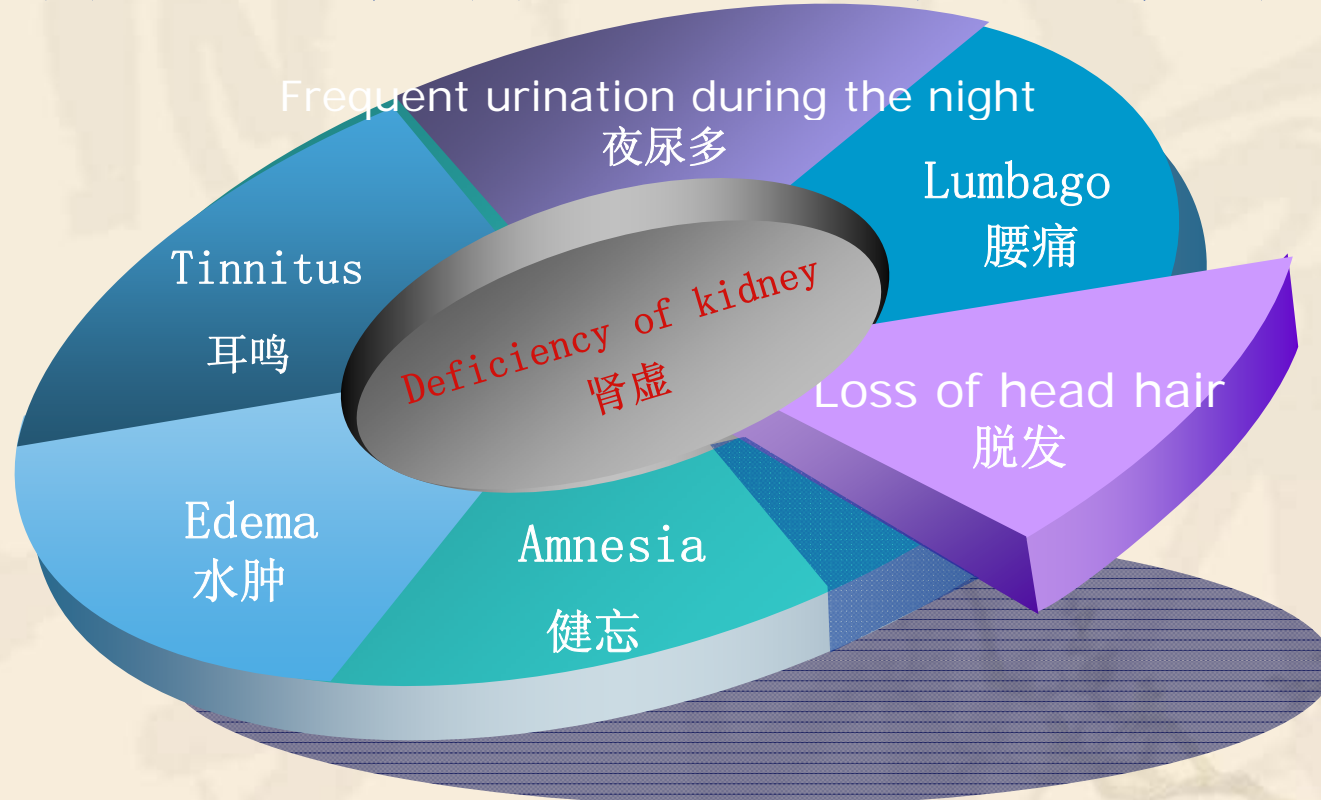
建构主义与建构论：西医学与古典中医学



2. Constructivism VS Constructionism: Western Medicine and Classical Chinese

Medicine

建构主义与建构论：西医学与古典中医学



3. Chinese naturalism: vital naturalism

中国自然主义——生机的自然主义

- ❖ Man, heaven, earth and all things are based on Qi ,are a unity
- ❖ All things move and change constantly
- ❖ The intrinsic quality of the nature is creating lives constantly.
- ❖ 天地人万物为一个整体，以气为根基。
- ❖ 世界万物不断运动变化。
- ❖ 自然的本质就是生生不息，不断创造生命。

而非因果联系

Instead of Causal Connections

Nature is not a normative instance.

自然不是一个标准的实例。



3. Chinese naturalism: initiative naturalism

中国自然主义——积极的自然主义

- ❖ Chinese naturalism stresses being ambitious and able to display one's talent.
"Heaven's movement is ever vigorous, so must a gentle man ceaselessly strive along." (The *Book of Changes*)
- ❖ Chinese naturalism seeks changes.
"When all means are exhausted, changes have been necessary; once changes have been made, a solution emerges." (The *Book of Changes*)

- ❖ 中国自然主义强调有所作为
“天行健，君子自强不息”（周易）
- ❖ 中国自然主义求变求通
“穷则变，变则通”
（周易）

而非线性关系
Instead of Linearity

3. Chinese naturalism: inclusive naturalism

中国自然主义——包容的自然主义

- ❖ Nature is broad and inclusive.

“A gentleman gets along with others, but doesn't necessarily agree with them.”
– harmonious but different
(*Analects of Confucius*)

“All living creature grow together without harming one another, ways run parallel without interfering with one another” (*The Doctrine of Mean*)

- ❖ 大自然是博大和宽容的，中国的自然主义具有包容性。

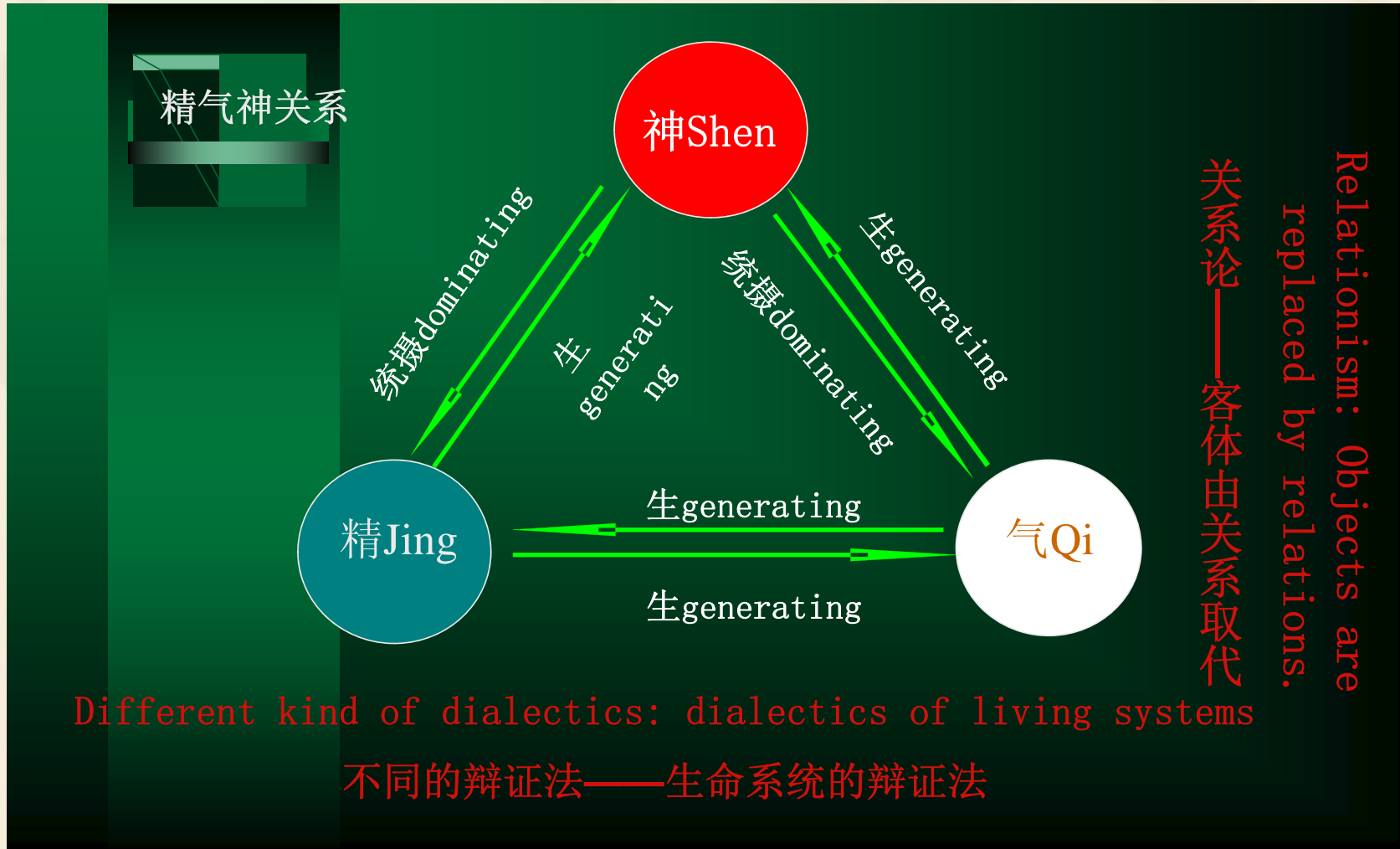
“君子和而不同”
(论语)

“万物并育而不相害，道并行而不相背。”
(中庸)

运动是普遍存在的

Universalism of Movement

4.An Example: Shen as Relations 举例说明——将神理解为“关系”



4. An Example: Shen As Relations 举例说明——将神理解为“关系”

“ Heart is the monarch organ,
from which Shen (spirit
brilliance) comes” (*Suwen*)

“心者，君主之官，神明出焉”

(《素问》)

SHEN must be understood as a
relation.



Shen-Cultivating : Key to health care theory

养神—— 养生理论的精髓

中医学化解了西方关于健康标准的问题

CM dissolves the Western problem of norms for health.

- ❖ **Aim: To maintain a wellbeing of body and Shen (spirit) and live through one's natural span**
- ❖ **Principle: A healthy body depends on normal Shen**
- ❖ **Method: Accumulate essence to preserve Shen, keep Shen interior to preserve the body**
- ❖ **Dialectics between Shen and body**
- ❖ **It dissolves the Western problem that mind is connected with the body, but not a part of the body, therefore, it dissolves a problem of Western methodology.**
- ❖ 目的：形与神俱，尽终天年
- ❖ 最高原则：神明则形安
- ❖ 方法：积精全神，守神全形
- ❖ 形神之间的辩证法
- ❖ 中医学化解了西方形神关系的问题，即神与形体相联系，但并非形体的一部分；因此化解了西方方法论的一个问题。



Sie können beruhigt sein.
Soweit ich sehe, ist mit Ihrem Über-Ich
wieder alles in Ordnung....



Neuro-Psychoanalyse



Shen-Cultivating: Key to health care theory

养神 —— 养生理论的精髓

The people of the remote antiquity practiced Tao by following the rules of yin-yang, harmonizing themselves with the universe by performing some exercises such as Dao-Yin, having a balanced diet, arising and retiring at regular hours, avoiding overstressing their body and mind, therefore they maintained a wellbeing of body and spirit, and lived over one hundred years which was beyond their natural life span. (Huang Di' s Inner Classic)

上古之人，其知道者，法于阴阳，和于术数，饮食有节，起居有常，不妄作劳，故能形与神俱，而尽终其天年，度百岁乃去。（《黄帝内经素问》）



Methods of Treating Shen

治神的方法

Using Chinese medicinals to calm Shen
药物安神

Moving essence and changing Qi
(Yi Jing Bian Qi)
移精变气

Using one kind of emotion to control another excessive one
情志相胜法

Regulating Shen when doing acupuncture
针刺调神

Circular Reasoning
(Five Souls & Five Phases)

循环推理（五神 & 五行）

Treating Shen
治神

The medicinals and acupuncture instead of Shamanism (Zhu You) are needed in CCM because of the changes in the lifestyle. 由于生活方式的改变，针药取代了祝由来治神。



5. A structural comparison between Chinese medicine and psychoanalysis

中医和精神分析的结构对比

❖ Ontological Comparison

no empirical criteria

reasonableness of interacting

本体论比较

无经验标准

相互作用的合理性

❖ Methodological Comparison

construction and interpretation

方法论比较

建构和阐释



Thank You For Your Attention!



universität
wien

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