

# Historical Study of Returning to Life: Review of the History of Life and Medical Treatment in the Song Dynasty

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**Abstract:** *Since early 2020, the COVID-19 epidemic has swept the world. In academia, the issue of life care is once again emerging. Many scholars in the historian and medical circles of the Song Dynasty also pay their attention to the research of the life and medical history in the Song Dynasty. Through the research of the medical history of diseases in the Song Dynasty, they try to find the practical significance of the historical research for the current epidemic prevention and control work. This paper reviews the attention of the academic community on the life and medical history in the Song Dynasty after the outbreak of COVID-19 in early 2020.*

**Keywords:** Song Dynasty, History of life and medical treatment, Disease, National governance.

## 1. Introduction

The Song Dynasty was a period of relatively frequent diseases in Chinese history, and this period has achieved remarkable results under the leadership of the government and with the participation of social forces. The study of the measures and methods taken in the epidemic prevention and control in the Song Dynasty is of deep practical significance to the current COVID-19 prevention and control work. At the same time, the medical history of life is an important part of social history, through the disease of the song dynasty grassroots, medical, the official medical security measures and treatment of the disease of the study, can further show the song dynasty social and economic development and the song ting political institutions operation mechanism, the song dynasty in other areas of historical research has important reference value.

## 2. Research on Disease Response in the Song Dynasty

The response at the national level: Guo Daijie "How did the Song Dynasty capable official Fu Bi epidemic prevention and disaster relief"[1] an analysis of the Song Dynasty famous minister Fu Bi in Qingzhou disaster relief when implementing a number of measures. Through this case of epidemic prevention and relief in the Song Dynasty, fuBi analyzed a number of reasonable and effective measures in epidemic prevention and relief to provide reference for today's epidemic prevention work[2]. Wang Ruilai in the song dynasty local official disaster relief and epidemic prevention is also the analysis of rich bi disaster relief and epidemic prevention policy, extract "scattered" (isolation), give full play to the role of social forces, very period flexible policy, measures to avoid the plague after secondary disasters can be used for today's epidemic prevention work[3,4]. In the article "How to Face the Disease in the Song Dynasty", Han Tianqi interpreted Han Yi's book "The Epidemic and Prevention of the Plague in the Song Dynasty", and analyzed the understanding and attitude of the social people in the Song Dynasty after the occurrence of the disease. In explaining the operation mode of the epidemic prevention and control system in the Song Dynasty, taking the epidemic in Kaifeng in

the third year of Chunhua as an example, many effective measures taken by the government of the Northern Song Dynasty were analyzed, and the epidemic prevention and control system was established led by the national government and the social forces assisted by the Song Dynasty[5,6]. Hu Yu's article "Outbreak and Epidemic Prevention Measures" in the Song Dynasty held that the outbreak in the Song Dynasty showed regional, regional, seasonal and secondary characteristics, and Song Ting carried out active treatment work and made effective attempts to prevent and control the epidemic. It affirmed Song Ting's policy orientation to promote the popularity of medicine and improve local medical conditions. Liu Zhengquan and Xiao Puning, — Exploration on the Legal System of the plague Control in the Northern Song Dynasty, explained the positive role of the relatively comprehensive organizational system, early warning and prevention system, diagnosis and treatment system and stability system established by the Northern Song Dynasty government under the frequent occurrence of the plague in Kaifeng in the Northern Song Dynasty. This paper analyzes the institutional disadvantages of plague control in Kaifeng in the Northern Song Dynasty, and believes that China's current epidemic prevention and control work can learn from the wisdom of plague control in Kaifeng in the Northern Song Dynasty, and points out the progress of the current epidemic prevention and control system. Han Yi's "Epidemic and Prevention of Plague in the Early Southern Song Dynasty" believed that the early Southern Song Dynasty continued the epidemic prevention system of the Northern Song Dynasty. Influenced by the natural disasters and the Song and the Jin War, the number of plague epidemics increased significantly in the early Southern Song Dynasty. In the process of preventing and controlling the plague, in addition to the traditional relief measures, the society of the Southern Song Dynasty paid great attention to the medical knowledge, which played a positive role in the plague control. In addition, Han Yi for the song dynasty plague prevention and its characteristics that the song dynasty government plays a main role in the prevention of plague, "prescription save disease" and "prescription" become the new direction of song dynasty society control plague, innovation and application to epidemic prevention methods, promote the compilation of

new medical works, the development of new drugs and the transformation of national functions, made a positive contribution to plague prevention history in China. In Yu Xinzhong explores the Characteristics and Internal Logic of Disease Response in China, he believes that although the Chinese dynasties have accumulated rich experience in epidemic response, it has not formed a systematic understanding. Although the government takes a positive attitude towards epidemic treatment, it still lacks institutional construction. "Chinese history research dynamic" published "plague under the perspective of the ancient Chinese national governance and response" project, Bu Fengxian, Yu Xinzhong, Zhao Hai three scholars from the historical mission and national feelings, the Chinese traditional disease response results and plague history research of scientific, regional and concept perspective put forward opinions and opinions. In the Historical Mission and Family Feelings of Epidemic Control: From the History of the State, Bu Wenzhong investigated the tragic society of the epidemic and the historical mission of strengthening the context of the epidemic, so as to explore the national feelings condensed in the control of the epidemic. Yu Xinzhong "Chinese traditional disease response effect exploration" article combed the Chinese historical period of disease response and evolution, the effect of the traditional disease response, think from the past history, although it is difficult to find the specific answer to solve the practical problem, but to stable social psychology, reveal the value and significance of civilization, and slow down the damage of the disease, is of great significance[7-11].

Response at the society and the public level: Han Yi's Main Measures and Historical Reference for the Prevention and Control of the plague in the Song Dynasty believed that the people in the Song Dynasty were an important grassroots and auxiliary force for the prevention and control of the plague, making up for the weak areas of the government. Influenced by the advocacy of the state and the epidemic prevention measures of the government, the people in the Song Dynasty realized that medical knowledge was the fundamental and key to epidemic prevention and control[12]. Chun-hua pan "how the ancients is to prevent and fight the epidemic" analysis since the pre-qin to the late qing dynasty epidemic folk and government response strategy, comply with four solar terms, burning incense, emphasize public health, sending doctors tour, epidemic disinfection, body treatment, patient isolation and epidemic prevention institutions to establish comprehensive treatment disease[13,14]. Zhou Yunyi "<famous doctor class> disease medical case classification analysis of wei xiu in the qing dynasty" famous doctor class case in the column of jinyuan Ming and qing dynasties disease medical case according to its symptoms and drug classification and discussion, think these cases with vivid scene shows the ancient doctor disease treatment experience, for the current TCM treatment disease has important reference value[15]. The fourth chapter of epidemic disaster in Chinese Disasters-Broken Age History-Song and Yuan Volume, describes the occurrence and treatment of epidemics in the Northern Song, Southern Song, Jin and Yuan Dynasties in the order of time. When Wang Zhangwei compiled a Study on wizard Faith in the Song Dynasty to discuss the existence, development and evolution of wizard faith in the Tang and Song Dynasties, the fourth chapter of the book analyzes the development of wizard faith by examining the medical needs

of the people from the perspective of medical treatment [16,17]. Zhang Jianguang's praying for ghosts and gods: An Analysis of the Countermeasures to Ancient Chinese Diseases took the Tang and Song Dynasties as the main analysis of the mistakes in ancient China, which were not effective and powerless in the face of the diseases, thus believing that wizard and praying for ghosts and gods became the main means of the people to fight the epidemic.

### 3. Research on Medical Development in the Song Dynasty

Medical management and medical consciousness[18]: Jiang Xidong and Li Chao in the song dynasty illegal crime in the field of medicine, is the song dynasty medical officer in started, assessment, illegal crime of military abuse of power, song dynasty folk healer illegal and criminal problems in the field of medicine system, think the song dynasty government attaches more importance to the illegal crime in the field of medicine, analysis Song Ting formulated, promulgated and the corresponding regulations[19]. Li chao in the song dynasty medicine management of legal benefit realization way research, points out that the song to a more comprehensive control, in the process of medicinal economy to legal system specification structure as the center, guide the medicine economy spontaneously and effectively trade, and through timely legal adjustment to incentive function, eventually make medicine resources more rational configuration, but in the specific execution process there are many problems, the song dynasty medicine in production and marketing has not been eradicated[20]. Hu Yu the song dynasty for folk promotion medicine effective attempt that the song dynasty to reverse the folk people lack of medicine, superstition witch medicine, custom backward phenomenon, song ting adopted such as issued "ban" imperial edict, transforming customs, strengthen the construction of folk medical security institutions, attaches great importance to the medical personnel training and a series of policies and measures, to promote the medicine of popular and improve civilian medical conditions has played a positive role[21]. Huidong the regional characteristics of the song dynasty witch medical governance and its survival of the analysis of Jiangsu, Lingnan and the rest of the different ways of witch medical governance, think it embodies the diversity of local governance in the song dynasty, points out that the song dynasty Wu medical governance is its opposition and medicine, ethics, and the witch doctor itself is not illegal, this situation determines its long-term retention in civil society [22,23]. Tang Tingyou "Song Dynasty pharmaceutical official and private development and the initial formation of agricultural and commercial system" elaborated the Song Dynasty to the development of medicine measures, private pharmaceutical agricultural and industrial business system initially formed in this period of time. Liu Bowen, Lin Danhong in the song dynasty rehabilitation of traditional Chinese medicine development characteristics analysis that the song dynasty traditional Chinese medicine rehabilitation presents officer run rehabilitation medical institutions, military medical professional ability of functional rehabilitation thought, medical separation to improve the level of healer, under the influence of science guide qigong replace Jin Dan four characteristics, in this period of traditional Chinese medicine sports rehabilitation theory to perfect.

Medical development and Medical Treatment[24]: Zhu Hanrui's article "Medical Treatment Methods and Conditions of All Classes in the Song Dynasty" believes that the Song Dynasty attached great importance to medical treatment. On the issue of medical treatment, different social classes have their own specific ways of medical treatment and medical conditions. Respectively from the royal family members, courtiers, army soldiers, ordinary people four classes are elaborated. The author believes that the overall medical conditions of the people in the Song Dynasty were better than those of the previous dynasties, but there is still the problem of unbalanced regional employment conditions. Generally speaking, it is believed that all classes in the Song Dynasty had a fixed mode and solution corresponding to their classes [25]. Zhang Lingrui in the song dynasty official drug management to explore — to taiping huimin bureau, for example, in China's first official drug management agency taiping huimin bureau, for example, analysis of the name evolution, daily management mode and the influence of later generations, think its establishment to a certain extent, improve the level of the people's medical treatment, promote the development of traditional Chinese medicine in China[26]. Cao Lulu in the northern song dynasty medicine research, by combing the northern song dynasty medicine situation, examine the medical type, given medicine, responsible for medicine personnel and medicine object, think the northern song dynasty emperor will high quality medical resources "below" to ensure the health of the people, promote the medical achievements also promoted the surrounding vassal medical level, but also increased the financial burden of the country, with the medical envoy nuisance phenomenon increased the burden of the people also harm the social stability[27]. In his article on the Source Examination of the Song Dynasty, Liu Hui analyzed the external sources derived from the internal sources of the Song Dynasty and through the tributary and border trade of other regimes. The Northern Song provided the Central Official Drug Administration, while the Southern Song provided and purchased the Central Official Drug Administration. In Liu Liyan published between Man and Ghost: The witchcraft Judgment in the Song Dynasty, he analyzed the social behavior of witches, monks, Taoism and others in medical treatment, and analyzed the internal and external factors of witchcraft prevailing in the treatment of diseases in the Song Dynasty. Guo Wenjia published the book — Study on Social Security Culture in the Song Dynasty, which analyzed the contents of social security in medical treatment in the Song Dynasty, and introduced the local medical institutions and epidemic treatment in the Song Dynasty[28,29].

#### 4. Review and Reflection

The study on life and medical history in the Song Dynasty from the beginning of 2020 presents the following two characteristics:

(1) Research on epidemic response focuses on the central government's governance measures. In terms of the occurrence and response measures of the diseases in the Song Dynasty, many scholars focus on the official epidemic prevention policy formulated by the Song government, and analyze the leading role of the central government in the epidemic prevention and control in the Song Dynasty,

providing a thinking path for the system optimization in the current epidemic prevention work.

(2) Medical development research focuses on the government's management research of the pharmaceutical industry. The study of the national supervision of the medical field at the national level and the formulation and introduction of various corresponding legal systems in the Song Dynasty reflects the role of the national macro-control in the development of medicine in this period, and on this basis reflects the improvement of the medical level and the prosperity of the development of medicine in the Song Dynasty.

Reviewing the research on the life and medical history in the Song Dynasty since the outbreak of COVID-19, we find that the research results are still mainly focused on the research of the medical field, and there are relatively few studies on the medical history in the history of the Song Dynasty[30]. The current life medical history research has certain difficulties, as Mr Yu Xinzhong in his life medical history mentioned in the book of jiangnan plague and society in the qing dynasty, disease medical history research of historical sources is relatively few (mainly local Chronicles), and the gap between regional development level in the literature is very significant, the degree of disease records, research easy to ignore production development is relatively backward, recorded the outbreak of less areas. On the other hand, the research of medical history requires researchers to have certain medical and health knowledge, which is more difficult for traditional historians and needs great effort to overcome. After the song dynasty study of life in the history of medical treatment, the author thinks that can from the current tend to the central system research to the social public level, from the micro people grasp the song dynasty people to examine the period of social forces in the process of disease prevention and control and its role, further explore the interaction between the official and the people in disease prevention and control. In addition, the study of life medical history cannot be separated from the political system, social and economic culture and regional natural environment background in a specific historical period. The research of life medical history should continue to be combined with the content of politics, culture and regional history.

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