CONTENTS

List of Illu	strations page xi
List of Tal	bles
List of Abl	previations
Author's N	Note
33 ALC	CHEMY AND CHEMISTRY (continued) page 1
(j) The	Outer and the Inner Macrobiogens; the Elixir and the Enchymoma, p. 1
(1)	Esoteric traditions in European alchemy, p. 1
(2)	Chinese physiological alchemy; the theory of the enchymoma (nei tan) and the three primary vitalities, p. 20
	 (i) The quest for material immortality, p. 28 (ii) Rejuvenation by the union of opposites; an in vivo reaction, p. 34
	(iii) The Hsiu Chen books and the Huang Thing canons, p. 67
	The historical development of physiological alchemy, p. 129 The techniques of macrobiogenesis, p. 142 (i) Respiration control, aerophagy, salivary deglutition and the circulation of the chhi, p. 142 (ii) Gymnastics, massage and physiotherapeutic exercise, p. 154 (iii) Meditation and mental concentration, p. 179 (iv) Phototherapeutic procedures, p. 181 (v) Sexuality and the role of theories of generation, p. 184
(5)	The borderline between proto-chemical (wai tan) and physiological (nei tan) alchemy, p. 218
(6)	Late enchymoma literature of Ming and Chhing, p. 229 (i) The "Secret of the Golden Flower" unveil'd, p. 243
(7)	Chinese physiological alchemy (Nei Tan) and the Indian Yoga, Tantric and Hathayoga systems, p. 257 (i) Originalities and influences; similarities and differences, p. 280

(8) Conclusions; Nei Tan as proto-biochemistry, p. 288

(k) The enchymoma in the test-tube; medieval preparations of urinary steroic and protein hormones, p. 301	d
(1) The sexual organs in Chinese medicine, p. 302	
(2) Proto-endocrinology in Chinese medical theory, p. 304	
(3) The empirical background, p. 307	
(4) The main iatro-chemical preparations, p. 312	
(5) Comments and variant processes, p. 322	
(6) The history of the technique, p. 331	
ALCHEMY AND CHEMISTRY (continued) page 1	
BIBLIOGRAPHIES	8
Abbreviations, p. 330	
A. Chinese and Japanese books before + 1800, p. 347	
Concordance for Tao Tsang books and tractates, p. 399	
B. Chinese and Japanese books and journal articles since + 1800, p. 402	
C. Books and journal articles in Western languages, p. 424	
CENEDAL INDEX	_
GENERAL INDEX of box . koo. and . and . and	
Table of Chinese Dynasties	3
Summary of the Contents of Volume 5	4
Romanisation Conversion Table	6
exercise, p. 154	
(iii) Meditation and mental concentration, p. 179 (iv) Phototherapeutic procedures, p. 181	
(6) Late enchymoma literature of Ming and Chhing, p. 229 (i) The "Secret of the Golden Flower" unveil'd, p. 243	
(7) Chinese physiological alchemy (Nei Tan) and the Indian Yoga, Tantric and Hathayoga systems, p. 257	