

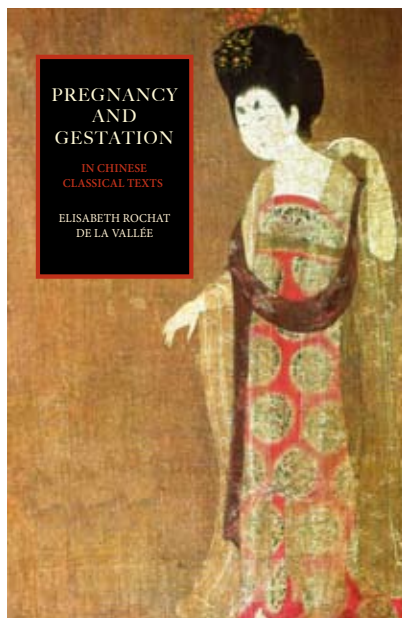
PREGNANCY AND GESTATION

IN CHINESE CLASSICAL TEXTS

ELISABETH ROCHAT DE LA VALLÉE

In this companion volume to *The Essential Woman*, Elisabeth Rochat de la Vallée presents the various transformations which occur within the mother and developing baby during pregnancy. After a brief look at *Suwen* chapter 1, which describes the unfolding of female fertility, Elisabeth discusses the pulses during pregnancy. A month-by-month description of pregnancy draws specifically on the *Zhubing Yuanhou Lun*, the *Mawangdui Manuscript* and *Sun Simiao*. Two later texts, the *Qipolun* and the *Luxingjing*, present alternative and more unusual images of the developing fetus, and speak of the presence of the spirits (*hun*, *po* and *shen*) in the fetus.

These ancient teachings are still valuable today and will be of great help to those working with pregnant women or simply interested in the process of pregnancy. With these two books, Elisabeth Rochat has given us an indispensable guide to the classical Chinese perception of women's health and fertility.



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