

The Relationship between Traditional Chinese Medicine Culture and Chinese Herbal Medicine Mugwort

Jiaqi Su^{1,a}, Guoxian Qi^{1,b}, Xu Du^{1,c}, Min Li^{2,d}, Kejing Yin^{2,e,*}

¹Shaanxi University of Traditional Chinese Medicine, Xianyang, Shaanxi, 712046, China

²Yin Kejing Studio, The Second Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine, Xianyang, Shaanxi, 712000, China

^a1172372544@qq.com, ^b2358491528@qq.com, ^c3418723358@qq.com, ^d2834805349@qq.com, ^e9888679669@qq.com

*Correspondence author

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Abstract: Traditional Chinese medicine (TCM) has been a cultural treasure of China for thousands of years, and it is a unique medical treasure in China. As a health preserving culture of TCM, mugwort is renowned worldwide. This article aims to focus on the relationship between traditional Chinese medicine culture and traditional Chinese medicine mugwort, and combine the concept of mugwort health preservation in traditional Chinese medicine culture to demonstrate the importance of traditional Chinese medicine culture, in order to further inherit and promote excellent traditional Chinese medicine culture.

1. Introduction

The culture of traditional Chinese medicine is broad and profound. It is the representative of China's excellent traditional culture, reflects the core values and original thinking mode of China's excellent traditional culture, integrates the essence of natural science and humanities in China's past dynasties, condenses the wisdom of ancient sages and the Confucian, Taoist and Buddhist cultures, and fully demonstrates the charm of Chinese culture. Traditional Chinese medicine culture is rooted in the soil of national culture, so it is closely related to Confucianism, Buddhism, Taoism and other cultures. It is combined with diet culture to develop traditional Chinese medicine soup and traditional Chinese medicine Tonic Diet; Combined with alchemy culture, it created the source of ancient chemistry; Combining with rhythm, using music as a way to maintain health and treat diseases; Combining with the theories of military tactics, martial arts, and qigong, the "Immortal Way Divine Skill" was established to guide the differentiation and treatment of symptoms and signs and practice martial arts through the use of visceral meridians. Traditional Chinese medicine culture refers to the way of thinking about traditional Chinese medicine, emphasizing the relationship between man and nature, "Yin Yang and Five Elements, Unity of Heaven and humanity", emphasizing the overall concept, syndrome differentiation and treatment, "looking, smelling, asking, and feeling", and emphasizing the change of "pulse condition"; Among them, traditional Chinese medicine has characteristics such as four qi and five flavors, ascending and descending, floating and

sinking, meridian tropism, toxicity and non-toxicity, compound compatibility, and processing.

2. Traditional Chinese medicine mugwort

2.1 The origin and function of mugwort

Artemisia argyi is a common herbaceous plant in the composite family, also known as Ice Platform, *Artemisia argyi*, *Artemisia argyi*, and Aixiao[1]. As a folk herb with special utility, it has strong adaptability for growth and can be seen everywhere in the vast rivers, fields, and fields of our country. There is a common saying among the people, "A family has three years of wormwood, but a doctor does not use it", indicating that the medicinal value of wormwood has long been deeply rooted in people's hearts. Its stems and leaves all contain volatile aromatic oils, with the volatile oil in mugwort leaves as the main component, as well as flavonoids, eucalyptus, tannins, trace elements, sterols, and other plant components. It has various pharmacological uses and is known as the "herb of medicine", which can be processed into various drugs for use. In addition, the unique aroma it produces can repel mosquitoes, flies, insects and ants, purify the air, and so on. In traditional Chinese medicine, mugwort is used as a medicine, which has the functions of regulating qi and blood, warming the uterus, and dispelling cold and dampness. Processing wormwood into "moxa velvet" is an important medicinal herb for moxibustion treatment[2].

As early as in the Compendium of Materia Medica[3,4] of Li Shizhen, a medical scientist in the Ming Dynasty, the origin of the name of wormwood and its medicinal efficacy were recorded, After being used as medicine, mugwort leaves can protect the liver and gallbladder, and have significant recuperation effects on the spleen, liver, and kidneys. They can also effectively help the human body resist viruses and inhibit bacteria [5]. In addition, they also have cough relieving, asthma relieving, sedative, anti-allergic, and hemostatic and anti-inflammatory effects. By making mugwort leaves into moxibustion pens, igniting them and smoking them at relevant acupoints, it can treat a variety of human diseases, which is known as "being able to moxibustion all kinds of diseases", Wormwood has a wide range of applications. It can not only be used as medicine, but also be made into various foods. For example, the food methods handed down from ancient times: wormwood paste, wormwood leaf tea, wormwood leaf nudity, wormwood leaf soup, wormwood leaf Congee, etc. These foods added with wormwood ingredients not only bring delicious enjoyment to people, but also improve the human body's resistance invisibly, strengthen people's physique, and are very good therapeutic products. During the Dragon Boat Festival, a traditional festival every year, every household puts wormwood on their doors to pray and ward off evil spirits, and uses its unique bioactive ingredients and sweet smell to drive away mosquitoes.

Artemisia argyi has a health preserving history of thousands of years in China. It is the earliest herbal medicine recognized and used by the Chinese people, and has been recorded in numerous historical and ancient books. From this, it can be seen that its cultural value is very precious. In addition to its medicinal value of warming the meridians and dispersing cold, *Artemisia argyi* also has the cultural value of "promoting the meridian and inserting *Artemisia argyi*, driving away evil and evil spirits"[6]. The ancients had a strong complex about wormwood. During the Dragon Boat Festival, wormwood was widely used among the people. The folk song said, "In the afternoon of May 5, the heavenly master rode a moxa tiger, and the cattail sword cut a centipede, and all insects returned to the prefecture.", The Dragon Boat Festival is also known as the Ai Festival because of the traditional custom of expelling drugs and avoiding evil spirits. From these aspects, it can also reflect the wisdom of ancient people in fighting against diseases, the long history and wide scope of wormwood recuperation, and its important position in Chinese medical and pharmaceutical culture. These excellent traditional customs are still worth inheriting and promoting to this day.

2.2 Pharmacological effects of mugwort

With the increasing awareness of modern people's health and wellness, the pharmacological effects of mugwort have attracted more and more attention. Scholars at home and abroad have conducted extensive research on the pharmacological effects of mugwort leaves based on the medicinal properties theory of mugwort, using modern scientific technology and experimental methods. It has been proven that mugwort leaves have antibacterial, antiviral, anti-asthmatic, hemostatic, anti-allergic, immune enhancement, liver and gallbladder protection, antipyretic, sedative, and inhibitory effects on heart contraction. Pharmacological effects such as blood pressure reduction [7], and the content of natural progesterone in mugwort leaves is significantly higher than other plants, making it particularly suitable for women to take [8]. As early as in the relevant medical books and ancient books, there have been records on the medicinal properties of wormwood and the methods of treating diseases. For example, Tao Hongjing introduced wormwood in the "Other Records of Famous Doctors": "wormwood leaves are bitter, mild, non-toxic, and can cure all diseases"; In the Warring States period, the Fifty two Disease Prescriptions first recorded two prescriptions for treating diseases with wormwood; Wormwood is also recorded in the Huangdi Neijing, a theoretical work of Chinese medicine; Li Shizhen of the Ming Dynasty had a deep study of wormwood leaves. In addition to demonstrating that wormwood can moxibustion hundreds of diseases, he also summarized fifty-two prescriptions for the treatment of wormwood leaves, including decocting wormwood, mashing wormwood juice, boiling wormwood in water and other usages, which can Symptomatic treatment dozens of diseases symptomatically. In addition, the function of mugwort in preventing epidemics has a history of thousands of years. Smoked mugwort is a common and easy method of epidemic prevention, which not only can repel mosquitoes and prevent corrosion, but also is very natural and environmentally friendly. The smoke generated by smoked mugwort not only suppresses bacteria and viruses, but also repels mosquitoes. At the same time, it has a fragrant and pleasant taste, has the effect of ventilation and blood circulation, and is very suitable for cleaning and disinfection. From this, it can be seen that the method of nourishing mugwort has been long-lasting and still in use today, and is loved and welcomed by consumers.

2.3 Modern applications and accessory products of mugwort

In today's society, more and more people have begun to attach importance to green and healthy health preservation methods. As a natural herb, wormwood's pharmacological effects have naturally attracted people's attention. There are more and more wormwood products, and the relationship between wormwood health preservation and our lives is also becoming increasingly close. For example, wormwood Dim sum and other foods can be made into green balls and wormwood cakes to purify the body. According to the Yangtse Evening Post [9], Ke Yijun, a Taiwanese girl from Nanjing University of Chinese Medicine, has developed a variety of wormwood foods, including more than 10 wormwood Bean paste cake, wormwood biscuits, wormwood pudding, wormwood steak, etc., which are popular with consumers; Making wormwood sachets with wormwood is a common traditional custom in China during the Dragon Boat Festival. It can repel insects and prevent diseases, has a fragrant odor, and is still widely used in daily life today. Also, moxa made wrist pillows, pillows, etc. [10], which use wormwood and moxa velvet as medicine cores to fill the wrist pillows and pillows, are both practical and healthy. Ai Cao can also be made into Ai Xiang, which can freshen the air, sterilize and disinfect. In addition, in addition to the above, mugwort also has a famous therapy - moxibustion, which can effectively enhance the body's immune system and enhance the body's resistance, simple and effective. Therefore, it is not difficult to see that people have a certain understanding of the unique pharmacological effects of mugwort. Nowadays, the use of mugwort for health preservation is very common, and many methods of application have even

been used from ancient times to the present day.

3. Summary and Outlook

In summary, from the perspective of traditional Chinese medicine mugwort health preservation, people have a great concern and demand for traditional Chinese medicine mugwort health preservation. This aspect has a long history and culture, a large amount of research, and is systematic and in-depth. Its application in daily life is highly popular, which is a true manifestation of people's pursuit of natural and healthy life. From the perspective of the relationship between traditional Chinese medicine culture and traditional Chinese medicine mugwort, traditional Chinese medicine mugwort, as a symbol and symbol of traditional culture, is an important component of traditional Chinese medicine culture. As an excellent cultural heritage in China, traditional Chinese medicine culture includes the health preservation culture represented by traditional Chinese medicine mugwort. Although the traditional Chinese medicine culture represented by mugwort health preservation has a long history, people's understanding of mugwort is far from enough. Only by better popularizing the "mugwort" culture can we better inherit and develop excellent traditional Chinese medicine culture.

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