

Discussion on the Development of Traditional Chinese Medicine from the Perspective of Nature and Humanity

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Abstract: Geography, climate and humanities, as important factors affecting the development of Chinese traditional culture, are also closely related to the innovation and development of Chinese medicine. This study combs the context of ancient medical schools, TCM (Traditional Chinese Medicine) treatment and medication characteristics, discusses from three aspects of climate change, geographical characteristics and humanistic characteristics, looks for the cultural relationship line of ancient Chinese medicine development in the context of large regional culture, and studies the relationship between the development of ancient Chinese medicine and the above three elements.

1. Introduction

Traditional Chinese medicine has a long history in China, with profound historical background and unique development context, and has unique importance and special status. It is undeniable that medicine is absolutely necessary in any era. The establishment of official and folk medical organizations greatly promoted the integrity and scientificity of ancient medical system. China has a vast territory and a long history, resulting in a series of differences and changes in geographical environment, cultural characteristics, climate and other factors. This difference and change has promoted the innovation and diversified development of TCM from various aspects, up to now.

2. Climate

2.1 Climate change in China in the past 5000 years

Table 1

Period	Representative period	Approximate time
The first warm period	Yangshao-Shang Dynasty	BC3000-BC1000
The first cold period	Western Zhou Dynasty	BC1000-BC850
The second warm period	Spring and Autumn-Eastern Han Dynasty	BC770-AD0
The second cold period	Eastern Han Dynasty-Southern and Northern Dynasties	AD0-AD600
The third warm period	Sui and Tang Dynasties	AD600-AD1000
The third cold period	Song dynasty	AD1000-AD1100
The fourth warm period	Southern Song Dynasty-Early Yuan Dynasty	AD1200 -AD1300
The fourth cold period	Ming-Qing Dynasty	AD1400 -AD1910

By studying ancient meteorological documents and archaeological materials, Mr. Zhu Kezhen summed up the characteristics of climate change in China in recent 5,000 years, which can be roughly divided into four warm periods and four cold periods. This climate alternation, which is characterized by temperature change, occurs every few hundred years in Chinese history.

2.2 Examples of climate in different periods

From a microscopic point of view, Leng Xia is hot in the middle of the year in most parts of China, and there are distinct differences between the four seasons. Even in one day, there will be obvious temperature changes. Therefore, doctors often follow the principle of "keeping up with the time to nourish the sky", and there is also a method of "keeping up with the ups and downs, while keeping up with the cold and hot, warm and cool", which adapts to the four seasons. From a historical macro perspective, climate change indirectly affects the development and changes of TCM. Studies have shown that cold climate makes the development of traditional Chinese medicine tend to innovation and change, while warm climate makes the development of traditional Chinese medicine tend to inherit and summarize.

The change of climate and environment will affect people's health from various factors such as people's living habits, body immunity, clothing, food, housing and transportation, and indirectly affect the development of traditional Chinese medicine. To know the essence of "Plain Questions" and "Miraculous Pivot" is half in the weather. According to plain questions · Si Qi Tiao Shen, the four seasons, the movement and change of yin and yang are the root of the growth and change of everything. Therefore, the ancient longevity people generally followed the principle of "nourishing yang in spring and summer, nourishing Yin in autumn and winter", conforming to the changes of seasons and climate. The emergence and elimination of human diseases are also affected by climate change. For example, "wind, cold, heat, dampness, dryness and fire" are six kinds of normal climate changes in nature, which are called "six Qi". But if the six Qi is too much, it may become the six evil Qi and cause the occurrence of exogenous diseases. The following is an example:

2.2.1 Cold period

Before the Warring States Period, witchcraft and medical skills were indistinguishable. The evolution of Chinese traditional medicine was originally for the treatment of diseases, which was based on belief or worship of gods and ghosts, and was also held by clan sorcerers. Later, with the development of history, sorcerers mastered certain pharmaceutical knowledge, which formed a mixed form of witchcraft and medical skill from "witchcraft" to "Yi". Later, with the attempts and innovative development of ancient physicians, Chinese medicine has finally differentiated and become an independent discipline. Studies have shown that the drop of one standard temperature will lead to the increase of 0.20 witchcraft trial standards. Simply speaking, the drop of temperature will promote the separation of witchcraft and medical skills, while the cold climate objectively promotes the transformation of traditional Chinese medicine, which is not divided into an independent medical discipline.

In the second half of the 3rd century, at the end of the Three Kingdoms, China's climate was in an extremely cold period, and the bad weather incompatible with human body had certain influence on the immune function of human body. This provides objective external conditions for the exploration and innovation of traditional Chinese medicine. On this basis, for example, Zhang Zhongjing, an ancient physician, summarized the treatment experience of previous physicians and wrote Treatise on Typhoon and Miscellaneous Diseases in combination with the characteristics of the cold environment at that time.

Another example, the epidemic broke out intensively from the sixth year of Wanli to the last year

of Chongzhen. At that time, doctors advocated respecting the ancient prescriptions, treating the plague with typhoid fever, and the results were not satisfactory. The mode of transmission pointed out that the disease was caused by the "rage" of infection, and it was transmitted through the transmission way of respiratory tract infection, which made a great breakthrough compared with previous people's experience in dealing with and understanding the plague. In 1642 (the 15th year of Chongzhen), the book "On Epidemic Febrile Diseases" was written, which pioneered the epidemic febrile diseases.

2.2.2 Warm period

The historical characteristics of the warm period are that the society is prosperous and the national strength is strong, and the imperial court has a systematic control and guiding role in medicine. At this time, mid-term medicine tends to summarize predecessors' innovative experience and inherit and develop.

In Song Dynasty, the state attached great importance to medicine, set up medical institutions, and established medicine as an independent subject. Medical education is regularized, diversified and rationalized. The government collected and edited medical books, and created the Correction Medical Books Bureau. On this basis, the Prescriptions for Universal Benefit was compiled and produced. Official organizations are of great significance to the preservation and dissemination of Chinese medical literature classics. In the Song Dynasty, a hundred schools of thought contended, and various schools and theories blossomed, which provided a solid foundation for the prosperity and development of TCM in warm period. The Yuan and Ming Dynasties were in the fourth warm period in China, and the warm climate made the society prosperous and stable, and Chinese medicine had a chance to develop steadily and summarize the previous experience.

3. Geography

Geographical environment is the foundation on which human beings must survive and develop in the era of underdeveloped science and technology. At this time, human beings have low ability to transform the environment, and passive adaptation to the environment accounts for the vast majority. Due to geographical differences, there are great differences in topography, climate, living conditions, living habits, people's physique and medicinal materials producing areas. These differences promote the diversified development of TCM from various aspects, such as the resulting human body constitution, disease shaping, disease treatment, authentic medicinal materials, medical schools and so on.

Therefore, paying attention to the influence of geographical environment on human body is one of the characteristics of traditional Chinese medicine. Li Shizhen once said, "If you want to be a doctor, you must know astronomy and geography ...". As early as the Spring and Autumn Period and the Warring States Period, the influence of geographical environment on human physique was discussed in Neijing. It is recorded in the book of rites of great Dai Yi Ben Ming that the difference of soil properties between "the man of solid soil" and "the man of virtual soil" due to the different geographical environment will make the human body present the difference of "fat" and "big".

3.1 Medical schools are closely related to geographical factors

The emergence of various schools of ancient Chinese medicine is closely related to geographical location and environment. Liu Wansu, a native of Hebei Province, founded the "Cold School", which advocated the use of cold drugs to eliminate the evil of heat, which is an empirical treatment. Zhang Congzheng, a native of Henan Province, founded the "attacking faction" and used the three

methods of sweating and spitting to dispel evil spirits, which is an empirical treatment. Zhu Danxi, a native of Zhejiang Province, founded the School of Nourishing Yin, which advocated nourishing yin and reducing fire. Because northerners are physically strong, work and exercise more, and have strong physique, their morbidity is mostly empirical, which corresponds to the content of Liu Wansu and Zhang Yuansu's theory and the characteristics of medical practice. The natural conditions in the southern region are better, the residents live comfortably, have less physical labor, have weak constitution, and are prone to deficiency syndrome, which corresponds to Zhu Danxi's treatment characteristics and theoretical content.

3.2 People's constitution is affected by the natural environment

China has a vast territory, and the differences in natural environment and living culture in different regions have contributed to the different constitutions of people everywhere, so there will be differences in diseases and causes. Some scholars have studied that yang deficiency alone accounts for 53.6% in northwest Yan 'an, 16.3% in Shanghai and 10.7% in southeast Yiwu. Similarly, there are great differences in the proportion of people with yin deficiency between different regions. As a result, ancient doctors have long recognized the influence of geographical factors on the quality of human body. For example, "the man of solid soil is fat, and the man of virtual soil is big" is mentioned in the book of rites. Yi Ben Ming, which indicates that different geographical environment and soil quality will make people's physique different.

3.3 The treatment of traditional Chinese medicine varies from place to place

Different geographical environments often lead to differences in the types and characteristics of diseases. When describing different treatments for the same disease in "Plain Questions· Wuchang Political Theory", it is said that for the same disease, different geographical conditions lead to differences in qi movement, so it is necessary to adopt different treatments. Because of the differences in geographical conditions between northwest, east and central China, the same disease has different manifestations of qi imbalance. People in northwest China are closed because of their malnutrition, while people in southeast are always open because of their malnutrition, so different treatments are needed. "Plain Questions on Different Methods and Prescriptions" puts forward the method of heterozygous treatment. It emphasizes that different treatment methods should be adopted according to the actual situation, and one treatment method should not be rigidly adhered to.

4. Humanity

4.1 Faith

In China, the earliest application of medicine and medicine is a treatment scheme based on nature worship and experience, which is carried out by clan sorcerers in order to maintain the primitive instinct of individuals. This treatment is supported by culture and belief, and is called prehistoric medicine.

Because of the different positions of clans, the beliefs represented by witchcraft are naturally different, but most clan totems choose animals. It can be inferred from this that clan totem, in a more sense, is composed of animals seen by members amplifying some of their characteristics. By the Spring and Autumn Period and the Warring States Period, witchcraft and medicine were separated in meaning. After that, the era when Chinese traditional medical schools flourished was a feudal society with Chinese traditional culture as its background.

The cultural system of religion and witchcraft is mainly based on verbal records and judgment

cases, which are enriched by later generations and form a complete school theory. There are many similarities in the establishment of theories, and countless people inherit and innovate, forming a huge belief and knowledge system. Taking Buddhism as an example, Buddhism's thought of "popularizing all beings" coincides with that of Chinese medicine, and the introduction of Buddhism has a far-reaching influence on the development of Chinese medicine. The influence on TCM can be summarized as the influence on TCM theory, TCM emotional disease treatment, TCM surgical technique, TCM prescription and medicine, and the relationship between doctors and patients.

4.2 Culture

As an independent system in the development of national culture, any discipline is deeply influenced by its traditional cultural background in its inheritance and development. Traditional culture itself is also a scientific theory produced by ancestors in the process of exploring and thinking about social and natural. Therefore, Chinese unique disciplines based on traditional culture, including traditional Chinese medicine, will inevitably deeply imprint the symbols of Chinese traditional culture in the process from germination to maturity and perfection.

The position of Confucianism in the long history of ancient China is self-evident. The feudal concept of etiquette and law, which is dominated by monarch, minister, father and son, influenced the establishment of the feudal dynasty in ancient China, and there was no transcendental philosophy system in ancient China. The Confucian concept of etiquette and law not only restrained the thoughts of all the people, but also naturally influenced the medical rules of ancient physicians. The traditional compatibility rule of monarch, minister and assistant in Chinese medicine coincides with the composition of national political system. Traditional Chinese medicine mostly follows the Confucian Doctrine of the Mean, and uses gentle means to tonify people, and treats serious diseases with fierce medicine as little as possible. The concept of preventing diseases is that prevention is local, local feedback is to the whole, and the whole feedback is to the local, just like the Confucian interpretation of the national system.

5. Conclusions

With the development of "Healthy China 2030" strategy, Chinese medicine urgently needs to be properly inherited, developed and utilized, and bears the heavy responsibility of bringing Chinese medicine into full play to benefit human health. This must be a great opportunity to promote the development of Chinese medicine. Traditional Chinese medicine is a complex subject formed under the influence of complex Chinese history, geography, climate, humanities, culture and other factors. Therefore, Chinese medicine not only needs to explore the road of development backward with the help of modern science and technology, but also needs the vast number of researchers to reflect forward, think about the direction of progress with the help of the ancients' ideas and practice, make use of the previous experience, seek advantages and avoid disadvantages, predict the historical development law, and guide the development of Chinese medicine in a better and higher direction.

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