

Research on Psychological Thoughts of TCM Health Culture

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Abstract. As a science of studying the law of human psychology and behavior, the concept of psychology is spread across all aspects of people's life. The traditional concept holds that TCM health has a long history in China and is a treasure of Chinese traditional culture, while psychology is an exotic product. However, the traditional Chinese medicine health culture not only contains profound Chinese medicine treatment theory, but also contains rich psychological thoughts. Traditional TCM health culture may not have established a complete psychological system, but psychological thoughts always run through it. Based on the traditional TCM health theory and methods, this study explores the psychological thoughts contained in the TCM health culture, in order to further explore the TCM health culture and psychology.

1. Introduction

How did people's psychology come about? The Chinese Medicine Holy Scriptures *The Yellow Emperor's Internal Classic* believes that people's psychological activities are not fictional but are produced by the human body. Traditional Chinese medicine refers to all the psychological activities of an individual as "spirit". It is believed that people have five spirits, including thinking, unconscious spiritual activities, conscious spiritual activities, ideas and memories, and will. These five psychological functions are respectively governed by five different organs, that is, "the heart dominates the mind, the lungs dominate the unconscious spiritual activities, the liver dominates the conscious mental activities, the spleens dominate the mind and memory, and the kidney dominates the will." [1] And advocate that the viscera is the physiological basis of individual emotional activities, and dominates the emotional world of people. Modern psychology research shows that the brain is the organ of the mind, and all the psychological activities of the human being are the reflexive activities of the brain, that is, the human psychology is the subjective active reflection of the objective reality. The idea of using the viscera as a psychological organ in *The Yellow Emperor's Internal Classic* is obviously lacking in science, but it reveals that Chinese medicine began to study the laws of human psychological activities thousands of years ago. It can be seen that the traditional Chinese medicine health culture contains rich psychological thoughts, which need to be explored urgently.

2. The concept of traditional Chinese medicine health culture

Traditional Chinese medicine health culture attaches great importance to the idea of health care, and believes that the meaning of health care is very rich. Health preservation includes two concepts of "nurturing" and "life". There are six meanings of "nurturing", namely nourish, cultivate, nourish, maintain, raise, and self-cultivation; "life" refers to vitality, growth and survival. [2] Therefore, the essence of health care is actually to maintain the internal organs, to achieve more vital vitality, to achieve the purpose of physical and mental health. Then specifically analyze the concept of psychological health, psychological health contains two levels. First, the most basic and important level is to keep fit, because being is the fundamental guarantee of all activities. The second is to raise the spirit, which is a higher level requirement. [3] In the TCM health culture, these two levels can be carried out simultaneously.

3. Psychological Thoughts in TCM Health Culture

The essence of traditional TCM health culture can be summarized as adapting to nature, indifferent calm, Respect and self-cultivation, and Searching for your happiness and "Zi De".

3.1 Adapting to Nature and Modern Social Psychology

Adapting to Nature refers to obedience and adaptation. There are countless theories in the TCM health culture that require individuals to conform to nature, such as The Idea of Integration of Mind and Body. TCM health care attaches great importance to "the combination of nature and humanity" and "physical and spiritual integrity". *Su Wen · The Ancient Innocent Theory* believes that "natural and human unity" can prolong life, "Man comes to life through the qi of heaven and earth, he matures in accordance with the laws of the four seasons."^[4] However, the TCM health culture not only requires individuals to conform to nature, but also conforms to human society. The *Yellow Emperor's Internal Classic* requires "Upper should conform to heaven, lower should conform to earth, and middle should conform to human affairs."^[5] "middle should conform to human affairs" means conforming to human society. It can be seen that as early as thousands of years ago, there was a shadow of early social psychology in the theory of TCM health. Social psychology is the science that studies people's social behavior and psychological basis in the context of social interaction. Social psychology attaches importance to socialization, emphasizing the influence of society on individuals and the adaptation of individuals to society. Social psychology believes that individuals with good social adaptation can achieve physical and mental pleasure and maintain long-term health. On the contrary, social maladaptation is likely to lead to disease and even death. This view coincides with the concept of "The Idea of Integration of Mind" in TCM health. Both the ancient theory of "conforming to nature" of TCM and modern social psychology regard man as a member of the natural social environment. They recognize health and disease, not only focusing on individuals, but also on the interrelationship between human and natural social environment. Both noticed the role of mental and psychological factors in individual health and disease, emphasizing the importance of social psychological factors.

3.2 indifferent calm and psychoanalytic genre

Su Wen · the ancient naive theory said: "To be pleasure, to be self-satisfied."^[6] means that an important part of health care is emotional health. The TCM *Yellow Emperor's Internal Classic* advocates controlling desire and maintaining a calm mind. But it does not mean restraining all desires, but trying to reduce excessive desires. The desire for external things is reduced, and the state of inner indifference and calmness can be achieved, so that the mood is comfortable, the functions of the organs are coordinated, the body is strong, and the life is prolonged. This concept coincides with the concept of modern psychology, the German psychologist Erich Fromm once said: "There is a desire behind every neurosis." Modern psychology has found that desire and stress are important factors leading to anxiety. Fromm believes that anxiety comes from "terrible freedom", the human spiritual world is not subject to any restrictions, it can be said that there is almost terrible freedom, and the desire is endless. However, with the development and improvement of self-awareness, the individual is more and more aware that he can't control everything, and eventually he is indulged in incompetence, and anxiety is produced at this time. Freud, the father of psychoanalysis, has a deep research on desire. Psychoanalysis is the school of psychology that understands human desires best. The most important therapeutic effect of psychoanalysis is to let the visitors express their desires and let out the ideas suppressed in the subconscious, so as to achieve decompression and release. And TCM health advocates restraint desire, so that the heart reaches a state of calm and comfort. Although the spirit analysis of Freud and the concept of restraint of TCM are not completely consistent, the essence of both is to rationally place the individual's desires, manage the desires to achieve balance between body and mind, and maintain the long-term health of mind and body.

3.3 Respecting Cultivation and Modern Cognitive Psychology

The pace of life in modern society is accelerating, and various physical and mental illnesses are coming to the door. Therefore, TCM health advocates to maintain inner peace, and to remain methodical in busy life. At the same time, we are full of respect for every life event. Even if it is a small daily event such as eating and washing, we must maintain a solemn and formal attitude and be fully committed. The principle is that when an individual is fully engaged in doing one thing, all the events that cause negative emotions such as anxiety and stress will be forgotten, and the mood will become calm after unconsciously, and finally achieve the purpose of spiritual comfort. This ancient method of TCM health contains rich ideas of modern psychology. Consciousness and attention are important research fields of modern psychology. Modern psychology holds that attention is the choice and concentration of certain objects by psychological activities. According to the resource limitation theory proposed by cognitive psychologist Daniel Kahneman, the information that the individual brain can process is limited in a certain period of time. If a task exhausts all cognitive resources, then attention cannot handle other tasks at the same time. In addition, According to the direction of attention and processing direction, attention can be divided into endogenous attention and exogenous attention. The former refers to the attention mode controlled by the individual perceived from top to bottom, also called the target to control attention; the latter refers to the bottom-up mode of attention, that is, the stimulus-driven attention. Respect and self-cultivation in TCM health preservation is the process of transformation from exogenous attention to endogenous attention.

3.4 Searching for your happiness and "Zi De" and Humanistic Psychology

Happy mood is an important symbol of physical and mental health. TCM health begins to explore the function of happiness very early. The *Yellow Emperor's Internal Classic* records: "To be pleasure, to be self-satisfied."^[7] TCM health encourages the pursuit of happiness, find pleasure in life. "Zi De" is a kind of spontaneous feeling in the heart. Generally speaking, no matter what other people are, no matter what the external result is, as long as they feel at ease and feel satisfied inside. TCM health advocates "self-satisfaction", that is, individuals should live with an optimistic and positive attitude. Every moment, everything in life, everything is full of fun, so as to maintain a state of long-term physical and mental health. Modern psychology also has a pursuit of happiness and "Zi De". Humanistic psychologist Abraham Harold Maslow proposes a hierarchy of needs, which divides individual needs into five categories: physiological needs, security needs, love and belonging, respect and self-fulfillment needs, in a pyramidal order from lower level to higher level. Maslow believes that self-realizing people can accept the flaws of nature, themselves and others. For defects that can be adjusted, they will treat them with a positive attitude. For those unchangeable defects, they can go with the flow and not worry about these defects. In his monograph *The Other Side of Human Performance* Maslow proposed two forms of happiness: one is possessive happiness, and the other is existential happiness. The former refers to the happiness gained by the satisfaction of a certain desire. This kind of happiness is closely related to the satisfaction of desire. It is also doomed that possessive happiness cannot last, because human desire is endless. The latter refers to the happiness caused by the body and mind immersed in the object. This kind of happiness has nothing to do with desire. It is the extraordinary happiness experienced by the spirit completely immersed in it. Maslow's existential happiness is exactly what is written in the *Yellow Emperor's Internal Classic*.

4. Discussion

At the macro level, the drawbacks of the "biomedical model" are gradually revealed. The "biopsychosocial medical model" has replaced the "biomedical model", which is the trend of the times, which coincides with the traditional Chinese medicine health culture. This is a great opportunity for psychology and traditional Chinese medicine. Therefore, it is necessary to dig deep into the psychological thoughts contained in the traditional TCM health culture, study the influence of psychology on individuals from the perspective of TCM health, and give full play to the advantages of TCM health culture.

At the clinical level, under the current situation that the proportion of sub-healthy people continues to rise, the study of TCM health culture psychology is of great significance. Sub-health is a type of state and process that is between health and disease. The essence of sub-health is the psychosomatic disorder. Traditional Chinese medicine attaches great importance to psychological health, and the emergence of modern scientific psychology and psychological counseling is also because human beings are increasingly aware of the importance of maintaining mental health. However, with the development and practice of modern psychology, more and more psychologists at home and abroad have found that mental health is the result of a combination of multiple complex factors. There is no psychological law or psychotherapy model that can perfectly solve the psychological problems of all human beings.^[8] Human beings are a complex creature, a product of gene, religion, environment, culture, etc. The Chinese culture is broad and profound. The thousands of years of culture rooted in Chinese land are deeply imprinted in the blood of the Chinese. Therefore, it is not necessarily useful to copy Western psychological theory and psychological counseling technology mechanically. Perhaps, for the mental health of Chinese people, the use of laws and methods that are compatible with Chinese traditional culture is the right medicine.

In short, psychological health is an important part of TCM health culture, and there are rich psychological ideas in TCM health culture. I hope that in the future, on the basis of attaching importance to theoretical research, we can further explore the practical significance and application functions of TCM mental health.

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