



Review on health preservation in traditional Chinese medicine

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Abstract. Keeping in good health refers to all kinds of material and spiritual activities that people carry out to maintain themselves, prevent diseases, improve health and enhance emotions according to the objective laws of the development of things in order to survive, develop and live a long and healthy life. This paper describes the present situation and development direction of health preservation of traditional Chinese medicine, and points out some problems in the development of health preservation of traditional Chinese medicine. In a word, science of health preservation has been an interesting topic since ancient times. In China, health care is also the traditional culture of the Chinese nation. It has a long history and has a deep historical origin with traditional Chinese medicine. Through continuous research and exploration of numerous successive Chinese doctors and modern nutritionists, it has gradually formed a unique theory of TCM health preservation.

Keywords: Traditional Chinese medicine (TCM); Health preservation; Historical origin; The status quo

1 Introduction

Health preservation of TCM is an important part of traditional Chinese medicine. It achieves the purpose of disease prevention and health care, strengthening physique and prolonging life through various methods. With the rapid development of society and the continuous improvement of people's living standards, today's people's health concept has also changed, the demand for health is increasingly strong, more traditional Chinese medicine health has a deep expectation.

2 The History of Health Preservation

The word "health preservation" was first found in *Zhuangzi · Master of health preservation*: "I didn't know what health preservation was until I listened to Paoding's words."^[1] Under the influence of various theories in the pre-Qin period, *Huangdi Neijing* established a complete and independent concept of health preservation. Based on

the theory of Yin and Yang, four seasons and five Zang organs, it called jing-qi-shen the three treasures of man. The three treasures are considered to be the material basis of life activities. During the period of the Three Kingdoms and Qin and Han Dynasties, Hua Tuo, a famous medical scientist, created Wuqinxu according to his years of practice, which opened up a precedent of traditional health guidance. During the period of Wei Jin Southern and Northern Dynasties, different schools of health preservation were formed, such as metaphysical health preservation, Buddhist health preservation, and Taoist health preservation. In the Sui and Tang Dynasties, the rulers were obsessed with health preservation. And there appeared a large number of health preservation works, such as *Chaoyuan Nourishing and Promoting Method* and *Waitaiji Health Preservation and Guiding Method*. During this period, health preservation entered the category of medicine. In the Song and Yuan dynasties, people began to classify and collate the collected health preservation materials, which was convenient for future generations to learn, inherit and develop. During the Ming and Qing Dynasties, scholars not only paid attention to inheritance and development, but also made innovations on the basis of traditional health preservation methods. Since the founding of People's Republic of China, health prevention culture has a good development. In the academic circle, some medical colleges have developed from the establishment of health prevention research laboratory to the establishment of health prevention department. And the health prevention culture research has also developed from the simple medical leading to the cooperation of scholars in multiple fields.

3 Status quo of health preservation

3.1 The boom of TCM health preservation

In recent years, the aging population, poor lifestyle, high life pressure and environmental pollution have more and more obvious impacts on people's physical and mental health, and the prevalence and mortality of chronic diseases are increasing year by year. According to the statistics of the World Health Organization in 2016, 71% of 57 million deaths are caused by chronic diseases ^[2]. China's National Health and Family Planning Commission also pointed out that the number of deaths from chronic diseases accounted for 88.5% of the total death toll in China, and the number of patients with chronic diseases was constantly expanding ^[3]. In addition, there are many sub-healthy people in China, and 75% of the population is in sub-healthy state ^[4]. Factors such as smoking, obesity, excessive alcohol consumption, late nights and lack of exercise are the main causes of chronic diseases. The complexity of interpersonal relationship and the increasingly fierce social competition have brought great psychological pressure to people. As for the above risk factors, early intervention is needed to prevent and control them. On November 29, 2007, Vice Premier Wuyi announces the launch of the health project of TCM on preventing treatment of disease, which is piloted in Guangzhou and officially implemented in January 2008. The State Administration of Traditional Chinese Medicine carries out this health project throughout the country, making the concept of "preventive treatment of disease" deeply rooted in the people's hearts.

The project of TCM health prevention has been implemented in various places, which has promoted the vigorous development of health preservation related industries. Newspapers and magazines closely follow the trend. Television and radio can also see or hear health programs. The popularity of the health market reflects the public's desire for health care, health and longevity. With the rapid development of economy and the continuous improvement of living standards, the prevalence of chronic diseases and drug-induced diseases are increasing. People gradually realize the importance of health prevention. The traditional Chinese medicine health care is very in line with the needs of the world. At present, people pay high attention to TCM health preservation. There are phenomena that health preservation TV programs are popular and books are hot sellers. But there is a lack of scientific understanding of the essence of TCM health preservation [5].

3.2 Chaos in TCM health preservation

With the improvement of living conditions, people have more expectations, such as longevity, immortality and so on. These ancient topics are once again shown in front of people. However, there are also many hidden dangers in the boom of health prevention. After a large number of literature survey and statistical analysis, the TCM health preservation methods are preliminarily summarized into five categories and fourteen categories. Five categories include mental emotion, viscera and bones, four seasons and daily living, methods of qigong and dandao, diet and take Dan medicine. The fourteen sub-categories are spirit, viscera, bones, four seasons, daily living, environment, sexual therapy, taboo, qigong, dangong, diet, taking medicine, herbal remedies. With so many ways to keep healthy, people have so many choices. In the face of such a great demand, the health center came into being. Whether it is a bustling city or a quiet town, you can see many different styles of health clubs that all have their own main health methods. Although health centers can be seen everywhere, many people are still extremely distressed, saying that it is difficult to find a place that is helpful to their health and longevity. And it is difficult to find a really satisfying health pavilions. There is a large market demand for health care in China, but there are few health clubs that can really meet the needs of health care. TCM health prevention is a health keeping project with both treatment and health care. It is the development and continuity of Chinese medicine and has a very broad market prospect.

In the health industry, some so-called experts convey a lot of wrong health information, which misleads the public. In a healthy and complete health care model, professionals who play the role of guide will know how to teach the public health care. And then they guide the public to correct health care. But it is a pity that some people who are not from medical background explain health care methods. Most of the best-selling authors of health care in China are non-professionals. But they package themselves in a bright and beautiful way, which captures the psychological demands of the masses. Due to the lack of health knowledge, the public began to trust these experts. But poor effect makes people who love health care have doubt about the health care market.

The media hold a few fake experts into popular star, such as Zhang Wuben, Li Yi. People blindly believe these stars, resulting in being cheated. Due to the commercialization of health programs, many real experts in traditional Chinese medicine are submerged and ignored or have no chance to speak out. As a result, people still cannot find the right way to keep healthy.

4 Development Direction

4.1 Have good intention, rational health

The Chinese government should create a good health environment, develop a healthy health economy and build a broader platform for people from all walks of life who are engaged in health care research. Experts and scholars in health prevention should convey the correct health methods and actively guide the people to overcome the wrong concept about health prevention. People should be guided to keep healthy actively and correctly. Publishers who pursue economic interests, propaganda agencies such as television and newspapers that advertise for money, and so-called divine doctors who take harm for pleasure and collect money as their purpose should be rational and have good intentions.

4.2 Promote public participation

The government and experts should take good care of people's health care enthusiasm, actively and correctly guide people according to their own conditions for scientific and effective health care, so as to promote the construction of traditional Chinese medicine health care service system. In 2008, the project of prevention and treatment was carried out nationwide. At the same time, prevention and treatment centers were established in many areas. The common people have gained tangible benefits from this project. Health preservation has become a national trend. Strengthening and improving the medical security system and training the health care knowledge of community medical staff are conducive to the publicity of health care knowledge and people's mastery of health care methods.

4.3 Industry Guidance

Although our economy has been developed, our people's physical and mental health is undergoing severe tests. The magic key of health prevention left by our ancestors is a powerful weapon to deal with this test. Faced with this test, many industries have adjusted accordingly. Beauty, tourism, environmental protection and other fields will be health concept as their development and management direction. In the pharmaceutical industry has also made efforts to launch a variety of health products. The promotion and publicity of these business concepts also timely promote people's life and consumption concept. Now, keeping healthy has become the people's pursuit of life.

5 Conclusion

Nowadays, TCM health prevention has become a worldwide fashion trend. China's concept of health prevention will not only promote human health and longevity, but also actively promote the harmony and prosperity of the whole world. The theory and method of TCM health preservation should be combined with the trend, making full use of information technology and cultivating compound talents. The future of TCM health preservation is bright.

Fund Items

Research on inheritance and Development of Traditional Chinese Medicine Characteristic Culture (Shaanxi Jiao Wei [2009] No. 6); Cultural Chemistry of Traditional Chinese Medicine, a key discipline of the State Administration of Traditional Chinese Medicine (Transferred from Shaanxi University of Chinese Medicine: Shaanxi Central Hospital Science Zi [2012] No. 29).

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