



Exploring the Cultural Factors of Traditional Chinese Medicine in the Teaching of Chinese as a Second Language

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Abstract. With the rapid improvement of China's economic strength and international status, people begin to take the initiative to understand and know China, and their enthusiasm for learning Chinese gradually rises. Chinese medicine culture is an important part of China's traditional culture, rich in humanities and philosophical thinking, and a treasure of the Chinese nation. Teaching Chinese as a second language not only teaches the public linguistic knowledge, but also spreads the excellent traditional culture of the Chinese nation as well as the core values of modern China, which has become an important bridge for communication between Chinese and foreign cultures. Reasonable integration of Chinese medicine culture into the teaching of Chinese as a second language can enhance learners' interest and curiosity, improve their understanding and recognition of traditional Chinese culture, enhance cultural exchanges between different countries, promote the dissemination of Chinese medicine culture, and promote the development of this discipline and international education.

Keywords: Teaching Chinese as a Second Language, Chinese Medicine Culture, explore.

1 Introduction

General Secretary Xi Jinping has emphasized that the excellent traditional Chinese culture is the crystallization of wisdom and the essence of Chinese civilization, the root and soul of the Chinese nation, and the foundation for us to stand firm amidst the cultural turbulence in the world. As a typical representative of Chinese outstanding culture, promoting the dissemination of traditional Chinese medicine at home and internationally helps to promote the concept of Chinese medicine culture, enhance the overseas recognition of Chinese medicine culture, improve the cultural soft power of Chinese medicine, promote the long-term development of Chinese medicine, and build a community of human health and wellness.

In recent decades, International Chinese Language Education has trained a number of excellent international Chinese language teachers who have traveled to various countries overseas to practice the mission of teaching Chinese language and spreading

Chinese culture. They not only teach the public language knowledge, but also bring the excellent traditional culture of the Chinese nation as well as the core values of modern China, and become an important bridge of communication between Chinese and foreign cultures.

2 The Importance of Chinese Medicine Culture for Teaching Chinese as a Second Language

The rapid development of international Chinese language education is closely linked to China's rise on the global stage and its internationalization[1]. In today's context of globalization, transnational economic transactions and business cooperation are becoming more and more frequent, and the need for cross-cultural communication is becoming more and more prominent. International Chinese language education has emerged as a result. Teaching Chinese as a second language not only provides conditions for personal career development and cultural experience, but also helps to promote international communication, friendship and cooperation.

As a typical representative of the excellent traditional Chinese culture, the integration of Chinese medicine culture into Chinese language teaching as a second language is of great significance in the following aspects.

2.1 Promote Cultural Exchange

Excellent traditional Chinese culture is the crystallization of wisdom and essence of Chinese civilization, the root and soul of the Chinese nation, and the foundation for us to stand firm in the cultural turbulence in the world[2]. Introducing Chinese medicine culture in teaching Chinese as a second language and showing the deep heritage of Chinese medicine culture, such as the basis of the vein, medical wisdom, can let learners more comprehensively understand the profound philosophy and humanistic spirit behind Chinese medicine, appreciate the charm of Chinese medicine culture, and promote the exchange and integration between Chinese and foreign cultures.

2.2 Enhance Learning Interest

Chinese medicine culture is not as boring as people think, on the contrary, traditional Chinese medicine culture is full of interesting and moving stories of healers and profound philosophies. Incorporating these contents into the Chinese classroom can stimulate learners' interest and optimize the teaching effect.

2.3 Cultivate Cultural Literacy

Learning traditional Chinese medicine culture, learners can not only improve their language skills, but also master some healthy lifestyles. They can also master some healthy lifestyles and health care knowledge, increase the reserve of general

knowledge, strengthen the understanding of Chinese culture and improve their own cultural literacy.

3 Chinese Medicine Cultural Factors in Teaching Chinese as a Second Language

The core values of Chinese medicine culture can be summarized by "benevolence, harmony, refinement and sincerity", which are intrinsically unified with the socialist core values. Incorporating the cultural factors of Chinese medicine into vocabulary teaching in the second language classroom can help learners understand the relationship between Chinese language and culture, and improve their language proficiency and cross-cultural communication skills.

3.1 Vocabulary Teaching and Chinese Medicine Culture

Vocabulary contains rich cultural information, which is the most favorable and direct evidence to reflect cultural traditions and national psychology. Chinese medicine vocabulary is a reflection of the ideological connotation and development of Chinese medicine, and has its own special cultural significance[3]. In the teaching of Chinese as a second language, on the one hand, Chinese medicine vocabulary can be introduced appropriately, so that students can be exposed to the culture of Chinese medicine, and traditional Chinese medicine concepts such as "holistic view" can be introduced, so as to cultivate the thinking mode of Chinese medicine and to show the wisdom of China. On the other hand, we can explain daily vocabulary with the help of Chinese medicine diagnosis and treatment, teach students some practical health care methods in a subtle way, and at the same time, the specialization of the teaching process can also arouse students' interest in learning, strengthen the teaching effect, and enhance the property of cultural dissemination in Chinese language classrooms. For example, when explaining the verb "to put", the meaning and function of "to put the pulse" and how to put the pulse are explained to the students by combining the four traditional diagnostic methods of Chinese medicine, namely "to look, to smell, to ask and to cut". The integration of Chinese medicine culture in vocabulary teaching can help students expand their vocabulary and understand the basic concepts of Chinese medicine culture.

3.2 Communication Habits and Sensitivity to Chinese Medicine Culture

Chinese medicine culture is a treasure of China, which emphasizes the "unity of heaven and man" and "holistic view", focuses on the balance and health of the body, and stresses that prevention is better than cure. In communication, Chinese people may pay attention to each other's health condition, express their concern and provide some suggestions. Besides, respect for elders and authority is an important value in TCM culture. This is expressed in communication by obeying the elders, trusting the doctor's advice and so on. Integrating TCM culture into the teaching of Chinese as a

second language is an approach that helps learners better understand the values of TCM culture, improves cultural sensitivity in cross-cultural communication, guides students to respect, understand and accept the differences of different cultures, and develops their problem-solving skills in the face of cultural conflicts.

3.3 Teaching Methods and Integration of Chinese Medicine Culture

When explaining words, phrases, sentences and chapter structures to students of lower ages, teachers should emphasize gradual progress and cultivate students' interest and subjectivity in learning. For example, when explaining the word "medicine" in Chinese medicine, teachers can search the Internet to find out the origin of the writing style of the word. Medicine is a form and meaning character, "艹" is used as a form and means plant, "乐" means sound and meaning, and has the meaning of making people happy. The original meaning of the character is a plant or herb that can cure diseases and eliminate pain, thus making people comfortable and happy. By tracing the cultural stories behind the Chinese characters, learning becomes lively and interesting, helping learners to understand the meaning of the characters and to appreciate the Chinese history and customs related to the characters.

For high-level learners, teachers can adopt an experiential teaching method by using various resources to create a Chinese medicine environment and organize related activities so that students can experience the unique charm of Chinese medicine. For example, during the Dragon Boat Festival, in addition to organizing dumplings and dragon boats, students can experience making medicinal scented sachets with their own hands, while explaining their efficacy in repelling insects and praying for good fortune. In the curriculum, the inclusion of traditional body-building exercises such as taijiquan and Baduanjin not only strengthens the body but also enhances learners' understanding of the cultural values of Chinese medicine[4].

Apart from that, teachers can also recommend some classic and interesting movies and TV programs to students. Recently, the CCTV program "China Traditional Chinese Medicine Conference" is the first program to disseminate Chinese medicine culture to the world, inviting many teachers who have made outstanding contributions to the field of Chinese medicine to show us the deep heritage of Chinese medicine culture, such as the basis of the vein, medical wisdom, and panoramic presentation of many heart-warming stories about medical practitioners. Once the program was aired, it aroused heated discussions, and some young people said that they have a new "electronic squash", and that they can eat more "fragrantly" when they watch this scientific and fashionable program during meals. The program breaks the stereotypes of Chinese medicine and leads the public to explore the profound philosophy and humanism behind Chinese medicine in easy-to-understand language, disseminating the charm of Chinese medicine culture while popularizing the knowledge of Chinese medicine. Such a program that reviews, inherits and promotes the culture of Chinese medicine can combine what we want to talk about with what students want to listen to, so that students can learn Chinese in a relaxing and interesting teaching atmos-

phere, and improve their knowledge and understanding of the culture of Chinese medicine.

4 Application Strategies of Chinese Medicine Culture in Teaching Chinese as a Second Language

4.1 Enhance Students' Knowledge of Chinese Medicine Culture

Chinese medicine culture is the key to unlock China's excellent traditional culture, which is of great significance. Enhancing learners' knowledge of Chinese medicine culture in the Chinese as a second language teaching classroom can help them gain a deeper understanding of China and promote cross-cultural communication. In the classroom, teachers can introduce students to simple vocabulary and expressions related to Chinese medicine and use more examples about Chinese medicine culture. Outside the classroom, students can be organized to participate in Chinese medicine cultural activities, such as Chinese medicine cultural exhibitions, experience in the production of Chinese medicinal preparations, and voluntary consultations at Chinese medicine clinics. Such activities can let students participate in them personally and enhance their knowledge and experience of Chinese medicine culture.

4.2 Improvement of Teaching Contents and Methods

Compared with direct cultural inculcation, people are more inclined to experience the charm of culture in the learning of language knowledge. In the teaching design stage, not only the key language knowledge content of the lesson should be emphasized, but also the output of cultural connotation should be taken into account, and the teaching method should be more display, interactive and intuitive teaching means to strengthen the students' understanding in a gradual manner[5]. Chinese medicine diet and health culture, it is under the guidance of Chinese medicine theory, the study of food properties, according to the nature of food flavors and meridians and its functional role, reasonable deployment of meals, so as to health care and strengthen the body, prevention of aging and anti-aging methods.

4.3 Individual Differences of Students and the Dissemination of Chinese Medicine Culture

Individual differences of students will affect students' acceptance and understanding of Chinese medicine culture. In reality, however, many Chinese language teachers are not sensitive enough to potential cultural differences and tend to design classes based on their own cultural perspectives, which inevitably creates cognitive barriers for foreign students[6]. Teachers need to be close to students' lives, fully consider students' individual differences, and adopt diversified and personalized teaching methods and means to eliminate prejudice and stimulate learning enthusiasm.

5 Conclusion

Teaching Chinese as a second language not only teaches the public linguistic knowledge, but also spreads the excellent traditional culture of the Chinese nation and the core values of present-day China, which has become an important bridge for communication between Chinese and foreign cultures. The theoretical basis of Chinese medicine is traditional Chinese thought and culture, and the fundamental attribute of Chinese medicine culture lies in its distinctive ethnicity[7]. Integrating Chinese medicine culture into Chinese as a second language teaching and letting Chinese medicine culture become the key to open the door of traditional Chinese culture can enhance learners' interest in learning and interdisciplinary communicative ability, cultivate basic Chinese cultural literacy, enhance students' cognition of Chinese medicine culture, enhance cultural exchanges, and promote the dissemination of Chinese medicine culture. The international dissemination of TCM culture is not only the promotion of TCM, acupuncture, tuina, cupping and other medical techniques and health care methods, but also the understanding and recognition of the concept and spirit, which should be guided by national interests and serve national strategies such as national image shaping and cultural soft power enhancement.

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