

## The Study on the Basis of Chinese Health Preservation Culture

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### Abstract

**Chinese health preservation culture, which is based on the five thousand years of Chinese civilization, is broad and profound. Chinese health culture originated from the ancient idea of longevity. And under the influence of the ancients' idea of longevity, the ancient Chinese health preservation culture came into being. There are many kinds of Chinese health preservation culture, which can be roughly divided into internal health preservation and external health preservation. The methods of external health preservation can be further divided into kung fu practice and medicine maintenance.**

### Keywords

**China; Health Preservation; Culture.**

### 1. Introduction

To study Chinese health preservation culture, we should first trace its origin. Chinese health culture evolved from ancient Chinese sages' understanding of life and their exploration of the long-term continuation of life. "Taiping Jing" said: "Life is the most important, longevity is the best[1]." Due to this respect for life, people continue to explore the long life, and then continue to develop and form the Chinese health preservation culture. Chinese health preservation culture not only combines the influence of traditional philosophy, Confucianism, Taoism, Buddhism and Chinese medical thoughts, but also forms a set of profound health preservation theory system after long-term practice. Chinese health preservation culture is the wisdom crystallization of the vast number of sages, and also the great wealth left to us by our predecessors. Nowadays, with the development and progress of society, people pay more and more attention to health care. People pay more and more attention to the health of the body on the basis of the full satisfaction of clothing, food, housing and transportation. Based on this, the author believes that the tracing and research of Chinese traditional health preservation culture is an important topic at present, and this research is in line with the current social needs. Theory guides practice. Thus the in-depth study of health preservation can help us to scientifically and reasonably use health preservation theory to guide the public preserve good health.

### 2. Health preservation and longevity

To study Chinese health preservation culture, we should first distinguish between health preservation and longevity. In the ancient Chinese health preservation culture, the idea of longevity is the ultimate goal of people's pursuit, because people have the ideal of eternal body and long life. Under the constant exploration and pursuit of this ideal, the art of health preservation came into being. Longevity is the ultimate goal people yearn for, and health is the way to achieve this goal. In the ancient Chinese health preservation culture, how to make life last for a long time runs through the whole health preservation culture system. It can be said that without the world's tireless pursuit of longevity thought, there would not be such a huge theoretical system of health preservation.

### 3. The way of internal cultivation

Internal cultivation and health preservation pursue the continuation of life through the internal cultivation of human body. Internal cultivation is the foundation of health preserving system and the support of all other health preserving techniques. The way of internal cultivation can be divided into the cultivation of mind and nature and the cultivation of essence, Qi and spirit.

### 3.1 Mental cultivation

The advocating of mind and nature cultivation can be traced back to the period of Laozi and Zhuangzi in the pre-Qin period. “Less Thinking and Less Desire” and “Quiet Inaction” advocated by Laozi and Zhuangzi, are the rudiments of internal cultivation. This thought not only had a great influence on the later Chinese health preservation thought, but also has a lasting influence on later generations. Long ago, people had realized the importance of mental health. The cultivation of mind and nature is not only an important field in Chinese health preservation system, but also a basic field. Mental health largely determines the overall health of the body. From the dialectical point of view, the mental health of the body is the internal factor that affects the health of the body, and the internal factor is the source and power of the development of everything. Thus it can be seen that the cultivation of mind nature is of great importance to the health of the body. The essence of mind cultivation is to cultivate one’s own psychological qualities such as sentiment, morality, character and consciousness without the help of any external forces. The way of mind-cultivating is also recognized by Mingyang Wang, the great academic master of Chinese “Xinxue”. Mingyang Wang believes that to realize the cultivation of mind and nature, we should recognize it from our own heart, not with the help of external things[2]. Laozi thought that all things should follow the “Tao”, and human life should not be full of too much greed and desire. We should let nature develop freely. Hong Ge, a famous Taoist health practitioner in the Jin Dynasty, pointed out that “The state of mind should be broad, and the state of mind should be tranquil”[3]. Nowadays, there are too many temptations in our external living environment. Due to the increasing pressure brought by life and work, it is easy for people to lose their nature, which is followed by impetuous and depressive mood. The idea of health preservation is to ask people to keep their conscience, not to have too much desire, and to cultivate a good attitude towards life by letting nature take its course.

### 3.2 Cultivation of essence, Qi and spirit

In Chinese traditional martial arts, the cultivation of essence, Qi and spirit is emphasized. In Chinese health preservation theory, essence, Qi and spirit are called the three treasures of health preservation. The unity, coordination and development of the three treasures can make the human body move towards a healthy state, make the body healthy and make life long. Among essence, Qi and, spirit, spirit is the master, essence is the basis of life, and Qi is the motive force of life. Essence, Qi and spirit were first derived from the Chinese Taoist theory of health preservation. Essence, Qi and spirit were regarded as the exercise objects of health preservation, and they were regarded as an important part of human life. Essence, refers to the body’s material basis, is the tangible material which maintains the operation of the body. Qi and spirit are often the external manifestations of the human body. Traditional Chinese Medicine also compares essence, Qi and spirit as the basis of human body operation. It can be seen that the cultivation of essence, Qi and spirit plays an important role in the operation and long-term continuation of human life. A good mental state is actually one of the manifestations of the cooperation of human essence, Qi and spirit. It is reasonable that people often judge a person’s health by his mental state.

## 4. The way of external cultivation

### 4.1 Kung fu practice

When we talk about Kung fu, the first word comes to mind is Chinese traditional martial arts. Martial arts is not only a skill of self-defense, but also is an indispensable skill of health preservation in Chinese health preservation culture system. The so-called health preserving method is that people use martial arts to achieve the health of the body. Kung fu Practice is the representative of traditional Chinese health preservation, and it is also the most widely used health preservation method nowadays. Chinese martial arts culture is broad and profound, ancient people had already realized the importance of physical exercise to maintain the health of the body. As early as the Three Kingdoms period, the famous doctor Tuo Hua invented Wuqinxi, which imitated different animal movements to exercise the various functions of the body, later appeared Baduanjin, Yijinjing and other kung fu practices are also widely used in health preservation. Through movement practice of martial arts, we can not only

improve the flexibility, strength, speed, reaction sensitivity, body coordination ability and other external performance of the body, but also adjust the balance of the internal environment, and improve the internal environment of the body. It can be seen that the traditional Chinese martial arts training focuses on both internal and external cultivation, instead of focusing only on local physical training like the western sports. Chinese traditional martial arts culture is also very broad, that is practice both inside including Qi and spirit, and outside including muscle and skin. The diversity of Wushu exercise not only enriches the Chinese health preservation culture system, but also shows the world the greatness of Chinese traditional culture.

#### 4.2 Medicine maintenance

Medicine maintenance, also known as “Taking Daoist Pills”, specifically refers to taking some so-called “Xian Yao” (“Medicine for Immortality”), in order to achieve the health of the human body, eliminate diseases, prolong life, and even achieve longevity. There are many cases of people’s pursuit of the so-called “Xian Yao” in Chinese history, from King Jin and King Yan in the Warring States period to the later Emperor Qin Shihuang, and then Emperor Wu of Han Dynasty and Emperor Taizong of Tang Dynasty. All these are typical representatives who pursued “Xian Yao” for longevity in Chinese history. There are two kinds of “Xian Yao”, one is the pills made by people themselves, the other is some kind of plants that can prolong people’s life. After a long time of practice, people found that the so-called “Xian Yao” cannot really achieve the effect of making people’s body healthy and permanent, especially the pills taken by people in early period. Later, through the continuous exploration of later generations, the use of some plants in nature can help prolong people’s life. “Baopuzi Neipian·Lun Xian” records: “Nourishing the body with medicine, prolonging the life with Shushu, to prevent from internal diseases and external attacks”[4]. But without doubt that, traditional Chinese medicine is developed through people’s continuous pursuit and understanding of “Medicine for Immortality”. For example, in ancient times ,people found that ginseng, Ganoderma lucidum and other plants can help people live longer, and modern scientific research shows that Ganoderma lucidum is rich in up to 16 kinds of amino acids, which has a certain effect on regulating immunity, anti-cancer and other aspects.

### 5. Conclusion

All human activities are for the better continuation of life, which is in line with the breeding needs of species, and also reposes people’s expectation of long human life. From ancient times to the present, with the continuous improvement of people’s wisdom and the inheritance and development of the essence of the thoughts of the predecessors, Chinese health preservation system has been improved and become more and more scientific and rational.

On how to prolong people’s life, China has been exploring constantly since ancient times, and has formed different forms of health philosophy and health wisdom. Nowadays, in the age that is full of material desire, both people’s inner health and external health are in crisis. In the face of life pressure and work pressure, there are more and more psychological diseases and physical functional diseases. How to solve these problems has become an important research topic. The author thinks that now we should pay attention to the propaganda and research of health preservation culture, which can not only solve many social problems, but also promote the traditional Chinese health preservation culture.

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