

Research on the Integration of Traditional Culture in Traditional Chinese Medicine Teaching from the Perspective of Inheritance

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Abstract: The traditional Chinese medicine culture is extensive and profound, and it is in the same vein as the traditional culture. It emphasizes the macroscopic whole, highlights the interconnection, and values harmony and balance. In order to truly master traditional Chinese pharmacology, it requires students to have considerable cultural background. When students study traditional Chinese medicine courses, they are faced with traditional Chinese medicine that is different from mathematics, physics and chemistry in high school, such as the four properties and five tastes, ascending-descending-floating-sinking, reinforcing and reducing, channel tropism and so on. In the process of learning traditional Chinese medicine and pharmacy, we must pay attention to improving the cultivation of ancient Chinese culture, cultivating humane qualities and the foundation of ancient Chinese cultural philosophy. This not only helps to master and apply the efficacy of traditional Chinese medicine, but also has an outstanding effect on the understanding and professional ability of the entire discipline. Therefore, understanding the culture of Chinese medicine is the prerequisite for learning Chinese medicine; good traditional cultural skills are an indispensable condition for learning Chinese medicine.

Keywords: From the perspective of inheritance; Traditional Chinese medicine teaching; Integration of traditional culture

1. Introduction

The development of traditional Chinese medicine culture is based on the background of traditional Chinese culture. It is an indispensable and important part of traditional Chinese culture. It carries simple dialectical logic of natural materialism and a strong humanistic spirit. In the past teaching process of Chinese pharmacy, we often introduce the characters and indications of Chinese medicinal materials to students with “pragmatism”, while ignoring the important role of traditional culture in the teaching of Chinese pharmacy, because of the natural connection between traditional Chinese medicine culture and traditional culture, it seems reasonable to integrate traditional culture into the teaching of Chinese pharmacy. It is also necessary to integrate traditional culture into the teaching of traditional Chinese medicine because traditional culture has certain deficiencies in the teaching of traditional Chinese medicine and in student group.

2. The Close Connection between Traditional Culture and Traditional Chinese Medicine Teaching

2.1. The medical logical form of natural dialectical materialism

In the relationship between traditional culture and Chinese medicine teaching, in traditional Chinese philosophy, objective things are always regarded as changing, while traditional Chinese medicine advocates dialectical treatment of diseases, and takes into account the patient's age, gender, the development of the disease and other specific conditions. In the process of using traditional Chinese medicine to treat diseases, Chinese medicine practitioners pay attention to and emphasize the different characteristics of the same disease in different regions and individuals, and choose the treatment plan according to the time, place, and conditions; From the perspective of methodology, TCM observation of patients reflects the way of thinking of probing into the essence through phenomena. Relying on the traditional philosophical ideology and the profound knowledge of

the Han nationality, traditional Chinese medicine and pharmacy has formed a dialectical logical medical form of natural materialism. It is not single, but an organic whole combining medicine, culture and philosophy. In view of the close relationship between this profound philosophical system and traditional Chinese medicine, and the proportion of traditional Chinese cultural background in the cultural connotation of traditional Chinese medicine, it is necessary to approach and focus on traditional culture in the teaching of traditional Chinese medicine. This closeness and focus bring new insights and brief insights into the unique epistemology and methodology of Chinese medicine in the study of Chinese pharmacology, thereby further strengthening the students' ability to solve practical problems in the study of Chinese medicine.

2.2. The overall layout system of unity of man and nature

The overall idea of unity of man and nature in traditional culture also occupies the dominant position in Chinese medicine culture. Chinese medicine believes that "people and heaven and earth are in close relationship (<Lingshu • Sui Lu theory >)", seeing human and nature as a unified whole, only human beings live in harmony with nature, adjust the state of the body according to seasonal changes can the occurrence of diseases be reduced and prevented; In the five internal organs, the heart is the master, the ear is the auditory, the eye is the main vision, and the lung is like the prime minister, the liver is like the general, and the spleen is defending, and the kidney bones support the body outward (Lingshu·Wu Long Jinye Bie), the organs of the human body are regarded as a unified whole, and the organs of the body are integrated with each other. Once one of the organs has a problem, it must influence the whole body. Holistic thinking is the most important feature of traditional Chinese medicine thinking. Therefore, in the teaching of traditional Chinese medicine, we must guide and stimulate students' overall thinking, treat the problem from a strategically perspective, and understand the relationship between the compatibility of medicinal materials. This also requires students to have a certain degree of traditional cultural literacy, drawing ancestors' ideas and wisdom from the classical Chinese medicine collection, which urgently needs to integrate traditional culture into the teaching of traditional Chinese medicine to guide and stimulate students' interest in traditional culture, so it is beneficial to the study of traditional Chinese medicine.

3. The Challenge of Integrating Traditional Culture into Traditional Chinese Medicine Teaching

3.1. The entry point of traditional culture in the teaching of Chinese pharmacy

In the teaching of Chinese pharmacy, the entry point of traditional culture is the first problem. The choice of entry point determines the development mode of traditional culture in Traditional Chinese medicine teaching. First of all, traditional Chinese medicine theory is influenced by traditional Chinese culture, especially philosophical thought, and it has its own unique theoretical system. The traditional Chinese medicine language is also ancient Chinese. This feature, which differs from modern language expressions, has greatly affected students' understanding and mastering the knowledge of traditional Chinese medicine, so the difference in language carrier is one of the challenges of integrating traditional culture into traditional Chinese medicine teaching. In addition, the emergence and evolution of the discipline of traditional Chinese medicine is influenced by the philosophical system, scientific cognitive system and social characteristics of the era. It has the dual characteristics of the humanities and natural sciences. This kind of parallel requirement of scientific thinking and perceptual thinking may cause some troubles to the students who are just beginning to study traditional Chinese medicine. The guiding ideology of traditional Chinese medicine is contained in many ancient books, and the description methods of these ancient books are often abstract, requiring perceptual cognition, but most of the content in traditional Chinese medicine is objective and detailed. The combination of virtual and real is also a top priority in the teaching of Chinese pharmacy. In summary, the integration of traditional culture in the teaching of traditional Chinese medicine faces the difficulties of language differences and the combination of objective and perceptual guidance. This is not only a challenge for traditional culture to integrate into the teaching of Chinese pharmacy, but also a very suitable entry point.

3.2. The developing way of traditional culture in traditional Chinese medicine

In TCM teaching, the developing way of traditional culture determines how to embody the importance of traditional culture in the teaching of TCM. In view of the complexity and high selectivity of traditional culture, choosing the appropriate developing way in the teaching of traditional Chinese medicine will have a multiplier effect. As one of the only four remaining ancient civilizations, the importance of cultural inheritance and continuity in China is self-evident. Traditional Chinese medicine, as a traditional medicine of the Han nationality that has continued to flourish for thousands of years, taken as a developing way of traditional Chinese medicine can't be more appropriate in TCM teaching from the perspective of inheritance. Through the developing

way of inheritance perspective, we can use cultural history to introduce historical celebrity allusions related to traditional Chinese medicine in the teaching of traditional Chinese medicine, and rely on cultural celebrities to carry out inheritance education; Secondly, the inheritance perspective is also an excellent link to guide students to learn traditional culture through understanding and draw spiritual power from it, thereby stimulating their interest in learning and exploring desire in traditional Chinese medicine. Moreover, traditional Chinese medicine under the inheritance perspective is no longer flat and single. Due to the introduction of traditional cultural perspective in the teaching of Chinese medicine, the curriculum will become comprehensive and three-dimensional. Under various forms of traditional cultural presentation, it is a matter of course to expand students' knowledge and guide students to change their way of thinking to the philosophy of traditional Chinese medicine. Under various forms of traditional cultural display, expanding the knowledge of students and guiding students to change their way of thinking to the philosophy of traditional Chinese medicine is natural things.

3.3. How to reflect the importance of traditional culture in TCM teaching

To reflect the importance of traditional culture in the teaching of Chinese medicine, the essential requirement is to let students understand the benefits and help of traditional culture for the study of Chinese medicine. The entry point and developing way of the traditional culture in the teaching of traditional Chinese medicine mentioned above are also carried out around this purpose. To make students aware of the importance of traditional culture in the study of Chinese medicine, this is not a one-time effort, but it needs to be subtly carried out through multi-angle entry points, and carried out in an outlined way. For example, How to connect the thought of "benevolence" in traditional culture with the teaching of traditional Chinese medicine, and let students be inspired by it, feel the charm of traditional culture and enhance the recognition and acceptance of traditional Chinese medicine courses? We can take Sun Simiao as an example, he was always sick when he was young, exhausting his wealth for medical treatment, but he was determined to study medicine and use the prescriptions of predecessors and pharmacopoeia. He also collected and compiled prescriptions from folk, celebrities, ethnic groups, religious circles, and foreign heirs, and finally wrote two masterpieces, *Thousand Gold Prescriptions* and *The Supplement of Thousand Gold Prescriptions*, which recorded more than 6,500 prescriptions. He brought the dawn of the fight against the disease for the people, and this is the kindness of the doctor. Through such a variety of traditional culture devel-

opment methods, it is believed that it will bring a subtle and positive effect on students, fully embodying the importance of traditional culture in the teaching of traditional Chinese medicine.

4. The Solution of Integrating Traditional Culture into TCM Teaching

4.1. Various forms embody traditional culture in TCM teaching

To meet the challenge of integrating traditional culture into traditional Chinese medicine teaching, we should adopt a variety of forms to fully reflect the role of traditional culture in traditional Chinese medicine teaching. The specific methods are as follows: (1) we can use multimedia teaching to give new vitality to the Chinese pharmacy curriculum, compile and make full use of the multimedia courseware of the Chinese Ministry of Health CAI Chinese Pharmacy, interspersing Chinese medicine culture allusions and anecdotes in the form of comics in the teaching, expressing the property and flavor and function of medicinal materials through the storyline and vivid image, and letting students have a refreshing feeling. In addition, it is possible to expand the knowledge of students by playing short videos of cultural celebrities in the history of Chinese medicine and set an example image for students, inspiring their enthusiasm in Chinese medicine courses and even Chinese medicine learning. (2) The integration of traditional culture into the TCM teaching should not be confined to the teaching material but should be out of the teaching material. For example, we can combine herbal literature reading, distribute literature reading tasks to students in groups and let them report in groups in class. In this way, it not only can exercise students' literature retrieval and team collaboration skills, but also deepen their familiarity with classical books and promote their ability to read ancient books, this is the entry point of traditional culture in language. Although ancient Chinese is more obscure for beginners, it is not difficult for people who have a deep understanding to find the charm of brief ancient Chinese characters. If students can realize this, it will help them to read the classic medical books in the future, so that they can access the unprocessed first-hand wisdom of ancestor, and enlighten their path in the research of traditional Chinese medicine. (3) The contrast between Chinese and Western culture makes the position more distinct, and carrying forward the traditional culture is an essential part of the study of contemporary Chinese medicine students. In the teaching of Chinese pharmacy, we should pay attention to the guiding role rather than the leading role by traditional culture in the curriculum, and practically apply modern scientific thinking to help Chinese pharmacy teaching. We should properly contrast between

Chinese and Western cultures for students, so that they can accurately distinguish the parallel relationship between Chinese and Western medicine culture and tradition and modern medicine, for example, we can introduce the development and extinction history of western traditional medicine and the origin and development of modern medicine. Clarifying the relationship between these four will greatly help students for ideology confusing problem in the study of traditional Chinese medicine. (4) The philosophical system in traditional culture and natural materialism dialectical system of traditional Chinese medicine are inseparable, and it is necessary to guide and establish the students' logical thinking of traditional Chinese medicine. From the perspective of thinking, Chinese medicine observes many objects through the method of observing the essence through phenomena, which is what the ancients called "observe the external symptoms to detect the diseases of the internal organs; suspect the sick internal organs, and systematically observe whether the relevant external symptoms appear". It fully reflects the thinking characteristics of traditional Chinese culture; because the guiding ideological system of Chinese medicine is rooted in the traditional philosophical ideological system, it is a dialectical logical medical form of natural materialism. This logic system should be repeatedly emphasized, and the historical and cultural background, profound medical philosophy, original unique epistemology, methodology and other theoretical characteristics of traditional Chinese medicine generation and formation should be used throughout the teaching, striving to form a deep and vivid thought in the students' minds. Thus we can let students accept and use this logical system and methodology to solve problems in the exploration of traditional Chinese medicine in real life.

4.2. Continue to carry forward traditional medicine culture outside the class

The teaching of traditional Chinese medicine is not limited to the classroom, and after class, it is a good chance for the integration of traditional culture into the teaching of traditional Chinese medicine. Due to the abundant extracurricular time, the available venues are diverse and flexible, and the activities that are inconvenient in the classroom can be carried out. For example, organizing students to visit the pharmacy of the Chinese medicine hospital attached to the school or visit the famous Chinese medicine store, experiencing the charm of traditional Chinese medicine in real life; we can also organize a variety of extracurricular activities, such as gardening and learning about all kinds of herbs in the school, using the knowledge of traditional Chinese

medicine in the classroom to collect and display specimens, in addition, we can hold a competition for memorizing traditional Chinese medicine, combine the study of traditional Chinese medicine with traditional culture in the entertainment and competition. In short, continuing to promote traditional Chinese medicine culture outside the classroom will be a feasible measure to enrich students' study of traditional Chinese medicine.

4.3. Let students become active explorers in TCM teaching

Education can only play a multiplier role after mobilizing the initiative of students. Through practice, students can deepen their understanding through repeated experience. Traditional Chinese medicine is not only a theoretical subject but also a practical subject. Only by fully mobilizing the subjective initiative of the student, enable students to become active explorers in the teaching of Chinese medicine, the establishment of Chinese medicine course is more meaningful.

5. Conclusion

In summary, traditional culture is fertile ground for the formation of traditional Chinese medicine theory. For students majoring in pharmacy and Chinese medicine, it is of great significance to master the theory of traditional Chinese medicine, take historical celebrities as inspirational examples and use the essence of traditional culture to build their own thoughts. Only by emphasizing the education and learning of traditional culture, and integrating traditional Chinese medicine knowledge with traditional culture in the teaching process, and allowing traditional culture to continuously penetrate into the classroom, can students fully understand and master the enduring thought and essence of traditional Chinese medicine and pharmacy.

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