

Study on the Inheritance and Development of Traditional Chinese Medicine Culture in Tai'an City

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Abstract:

China's traditional Chinese medicine culture has a history of 5000 years. With the development and improvement of traditional Chinese medicine culture, Tai'an City has gradually attached importance to the inheritance and innovation of traditional Chinese medicine culture, which is conducive to strengthening disease prevention and promoting patient recovery. At the same time, Tai'an City has also clarified the important significance of inheriting and developing traditional Chinese medicine culture. The purpose of this paper is to study the current situation and existing problems of the inheritance and development of traditional Chinese medicine culture in Tai'an City, and give implementation suggestions to inherit and develop the clinical director, great medical integrity, innovative spirit and classic essence.

Keywords:

Traditional Chinese Medicine in Tai'an City, Inheritance and Development, Implementation Suggestions

1. Introduction

Medicine is a kind of medicine, which is mainly based on the dynamic changes of human body function information, guided by dialectics, through the use of acupuncture and moxibustion, Chinese herbal medicine and other methods, to adjust the body to the best functional output state. It is an important component of traditional Chinese culture, and its unique foundational theoretical system took shape over 2000 years ago. Through long-term clinical practice, it has accumulated unique treatment methods and rich diagnostic and therapeutic experience. After long-term development, traditional Chinese medicine culture in Tai'an City has made significant progress and development, and has formed a relatively reasonable talent team structure. However, it also faces some bottlenecks and problems.

2. The current situation and existing problems of the development of traditional Chinese medicine culture in Tai'an City

2.1. Traditional Chinese Medicine Industry and Research in Tai'an City

Tai'an City has superior geological and geomorphic conditions, climate conditions, and geographical location, making it a natural “medicine reservoir” with abundant and widely distributed traditional Chinese medicine resources. A relatively complete industrial chain development system has been formed, occupying a certain position in the traditional Chinese medicine industry in Shandong Province. It has over 1000 plant, animal, and mineral resources with high medicinal value. Among the 400 important traditional Chinese medicinal materials in China, Tai'an City has a production proportion of over 30%. According to statistics, more than 80000 acres of Chinese medicinal materials have been planted in Tai'an City, districts, and counties. These Chinese medicinal materials have not only generated economic benefits in Tai'an, but also the market demand is still growing, and the economic benefits are considerable. But still facing development bottlenecks and challenges:

a. There are still many problems in the standardized production and quality control of traditional Chinese medicine in Tai'an City. Although there are many production enterprises, their overall level is relatively low, their scale is small, their efficiency is low, their technological development and innovation capabilities are weak, their production equipment and processes are relatively backward, their systematic and standardized supporting capabilities are poor, their automation level is low, their quality testing equipment is relatively backward, their modern management experience is relatively insufficient, and their production management is not standardized.

b. Although Tai'an City has a variety of Chinese herbal medicine varieties, it has not yet formed a well-known brand. There are many Chinese medicinal materials with high medicinal value in Tai'an, such as Mount Taishan *Ganoderma lucidum*, Mount Taishan *Polygonum multiflorum*, Mount Taishan *Rhizoma Polygonatum*, Mount Taishan Ginseng, etc., but they have not been known and understood by people due to the lack of publicity. [4]

c. The deep processing of traditional Chinese medicine products in Tai'an City is insufficient. At present, Chinese herbal medicine mainly relies on initial processing, and the level of deep processing and development of high value-added products is not high, which limits industrial technological innovation and economic benefits. [1]

2.2. Traditional Chinese Medicine Education and Technology Inheritance

Tai'an City has 7 traditional Chinese medicine medical institutions, more than 1400 traditional Chinese medicine beds, and more than 7000 traditional Chinese medicine medical staff, forming a relatively reasonable talent team structure. At the same time, it has been found that there are also some problems, such as: the number of traditional Chinese medicine colleges is less than that of Western medicine colleges, and the academic system of traditional Chinese medicine colleges is five years, with almost equal teaching time for both traditional Chinese medicine and Western medicine, and the level of traditional Chinese medicine among graduates is not high. According to reports, since 1996, higher education in traditional Chinese medicine in South Korea has been changed from a four-year system to a six-year system. The ratio of the number of Chinese and Western medicine graduates on campus is 1:4.7, indicating a

relatively small scale. Specifically, the governance system related to the laws of traditional Chinese medicine still needs to be sound and improved; (1) The foundation and talent construction for the development of traditional Chinese medicine are relatively weak and insufficient. (2) The inheritance and innovation of traditional Chinese medicine are insufficient, making it difficult to effectively play its role.

3. Suggestions for the Development of Traditional Chinese Medicine Culture in Tai'an City

3.1. The Tai'an Municipal Government needs to increase its support efforts

The Tai'an Municipal Government also needs to increase support for the traditional Chinese medicine industry.

a. The government of Tai'an City should formulate a plan for the development of medicinal materials. We should take the origin and variety of medicinal materials as the outline, based on the natural environment and variety resources of our city, concentrate our efforts on key development, take the lead in breakthroughs, establish and improve the evaluation system and brand cultivation, focus on intellectual property protection, and create a brand of Chinese medicinal materials in our city.

b. To improve the processing level of traditional Chinese medicine. We can introduce powerful traditional Chinese medicine enterprises to settle in Tai'an City, establish bases and factories, and strive to cultivate and strengthen existing well-known traditional Chinese medicine enterprises. We will actively guide leading enterprises such as Tongrentang Refined Pharmaceutical, Tianmu Pharmaceutical, and Kehong Biotechnology to carry out technological innovation and processing technology improvement, enhance independent innovation capabilities, and strive to increase product added value, develop traditional Chinese medicine, functional foods, and health products, At the same time, we should build processing bases in the production areas of Chinese medicinal materials, strengthen the construction of facilities for medicinal material harvesting, net selection, cutting, drying, grading, preservation, storage, etc., and strive to improve the basic processing level. [2]

c. We need to strengthen the construction of standardized bases. Strengthen and improve the cultivation level of traditional Chinese medicine seeds, strengthen the concept of green development, vigorously develop ecological planting under forests, wild nurturing, biomimetic cultivation of traditional Chinese medicine, and plan planting.

d. Vigorously promote the integrated development of the traditional Chinese medicine industry. We should gradually develop a number of demonstration bases for healthy tourism of traditional Chinese medicine. Concentrate on the appreciation, greening and picking of medicinal materials, build featured traditional Chinese medicine tourism products and routes, and launch additional services such as Tonic Diet and research, so as to transform the medicine park into a paradise, customers into tourists, and enrich the content of traditional Chinese medicine industry. [3,5]

3.2. Vigorously develop traditional Chinese medicine characteristic therapies, focusing on suitable techniques of traditional Chinese medicine

Because traditional Chinese medicine characteristic therapy is the closest traditional Chinese medicine technique to patients, and it can also make patients feel the strength and charm of traditional Chinese medicine the most. Moreover, each characteristic

therapy has distinct characteristics and strong regional, contemporary, and inheritance context. Many characteristic therapies have been passed down for at least a hundred years, and they have been tested by history and recognized by everyone. Therefore, they are very good tools for inheriting and developing traditional Chinese medicine culture. By studying the unique therapies of traditional Chinese medicine, we can allow everyone to experience the strength and charm of traditional Chinese medicine. We can also explore the underlying causes, traditional connotations, and inheritance context, and then cooperate with scientific research to determine its effective mechanism. We can make it standardized and promote it on a large scale, benefiting more people.

The external treatment methods in traditional Chinese medicine have special secret formulas, which have a foundation of inheritance and have been tested through a lot of time and practice. We directly learn and use these secret formulas, which takes much less time than exploring them in clinical practice, such as some practical techniques and practice methods specially designed. We can use these secret formulas to develop single and proven formulas, thereby treating many common diseases such as rhinitis, gastritis, pain, etc., and promoting them on a large scale in the market.

There are many unique skills in external treatment, such as bone setting, massage, acupoint pressing, and acupuncture and moxibustion. These unique skills are simple and practical, and have good effects. They can be vigorously promoted to the whole city and all basic hospitals, so that patients have the best sense of gain.

There are many training methods and training systems in external therapy, such as bone setting, and acupuncture and moxibustion, which can also be called guidance techniques. These are very good training methods, which can be used in the process of curing diseases.

3.3. Reading, learning, and using classics

The true development of traditional Chinese medicine must adhere to its roots, which refer to traditional culture. Traditional Chinese medicine is rooted in Chinese culture, and only by adhering to its roots can it develop better and more advanced. If we don't hold onto our roots, even if our development is good, it is still a rootless source. To develop "roots", the specific approach is to vigorously carry out activities such as "reading classics, learning classics, and using classics".

a. Existing traditional Chinese medicine workers, including doctors from the West Hospital, are required to carry out the "Classic Reading" activity. Currently, Tai'an Traditional Chinese Medicine Hospital is carrying out the "Classic Generalization" work. The next step of this work is suggested to be led by the Municipal Health Bureau and implemented in hospitals throughout the city. A reading club should be held among all medical workers, allowing everyone to "read, learn, and use classics", gradually forming a learning atmosphere. In addition to reading the four traditional classics of the Yellow Emperor's Internal Classic, Treatise on Febrile Diseases, Shennong's Herbal Classic, and Synopsis of the Golden Chamber, we should also study more classics of later generations, such as Treatise on Spleen and Stomach, acupuncture and moxibustion Classics A and B, so as to enrich the activities of "reading classics". Then, we also need to incorporate the interpretation of traditional culture, and even knowledge of traditional martial arts, including traditional local religions such as Taoism, in order to make the foundation of Chinese traditional culture more profound and rich. Only then can traditional Chinese medicine

practitioners who are influenced by this have more traditional Chinese medicine thinking and profound cultural heritage. Classic case sharing and medical record sharing activities can also be carried out, with regular communication and exchange of classic experiences and insights.

b. Guiding the formation of policy mechanisms. To enable medical workers to read and use classics well, policy guidance is needed, such as using professional title evaluation, performance evaluation rewards, and other policies to guide and provide certain support and encouragement, making everyone more proactive and providing guidance, demonstration, and motivation for young people.

c. Actively carry out the “Classics of Traditional Chinese Medicine to the Grassroots” activity. Traditional Chinese medicine practitioners need to go through clinical practice to achieve true knowledge. Without practical experience, their level can never be improved. They can be arranged to go to community hospitals or rural hospitals at the forefront. This way, they can encounter more complex diseases and truly develop their ability to solve clinical problems. Their vision will be broader, and it is best to take the classic department of Tai'an Traditional Chinese Medicine Hospital as the lead, providing comprehensive guidance and support.

d. Actively carry out the “Worshiping Famous Teachers” activity. If traditional Chinese medicine practitioners go to learn and research a certain technology on their own, they may take many detours and spend a long time. At this time, it is necessary to have expert guidance to carry out the “Worshiping Famous Teachers” activity. This activity can also be organized by Tai'an Traditional Chinese Medicine Hospital to provide comprehensive guidance and support, inviting well-known experts from across the country to give lectures regularly and to “lead apprentices” regularly. Traditional Chinese Medicine hospitals can set up classic inheritance studios for these well-known experts in the TCM classic department. Recently, Tai'an Traditional Chinese Medicine Hospital invited Professor Zhang Dong from the Chinese Academy of Traditional Chinese Medicine to give a lecture on traditional Chinese medicine culture, which received a strong response.

e. Go out and communicate more. Encourage traditional Chinese medicine practitioners to go out for further education, exchange ideas, and learn more, without being confined to large hospitals or platforms. Many folk traditional Chinese medicine practitioners also have strong practical skills in traditional Chinese medicine, and can communicate and learn more with them. Taking some diseases as examples, they can learn together and test their level of traditional Chinese medicine through real clinical practice. So the study of traditional Chinese medicine is different from Western medicine. Western medicine relies more on equipment and platforms, while traditional Chinese medicine relies more on cultural heritage and clinical practice. In short, the ultimate goal is to solve problems. You can also pay more attention to the reputation of patients and evaluate their clinical efficacy. By visiting patients again, you can test the level of traditional Chinese medicine clinical practice.

3.4. Keep up with the times

In order for traditional Chinese medicine to develop well, it must be supported by modern medicine and modern science and technology, because if some critical and severe cases are not handled using modern medical methods and means, it is likely to cause medical accidents or disputes. In this case, strong Western medical technology must be used as a guarantee.

Moreover, the recognition of Western medicine examination results by the general public now even exceeds that of traditional Chinese medicine. Traditional Chinese medicine requires a special environment and a certain cultural foundation, while Western medicine is different. Most patients can understand the examination results indicators, so this requires traditional Chinese medicine to keep up with the times, have modern concepts, knowledge, and environment, at least to provide patients with certain protection, ensure their life and health, and then carry out the work of saving lives and helping injuries with traditional Chinese medicine. We can use traditional Chinese medicine methods to treat critically ill patients is because they have strong support from Western medicine. Many doctors in the Classic Department of Traditional Chinese Medicine come from the emergency department or ICU ward, and have a strong foundation of Western medicine knowledge and technology. Therefore, they can boldly practice traditional Chinese medicine, dare to face critically ill patients, and have achieved very good results. In order for traditional Chinese medicine to develop well, the prerequisite is that the foundation of Western medicine must be solid and solid, but it must be guided by traditional Chinese medicine thinking, which is a necessary basic condition and cannot be separated from Western medicine. Because both traditional Chinese medicine and Western medicine face the life and diseases of the human body, we should find ways to solve problems, eliminate or alleviate pain for patients. However, the thinking and methods are different, so traditional Chinese medicine is more difficult than Western medicine. A good traditional Chinese medicine practitioner must possess two sets of thinking systems, both modern Chinese medicine and modern Western medicine, and it is difficult to achieve a good integration. Therefore, in clinical practice, many doctors not only possess the cultural heritage and clinical thinking of traditional Chinese medicine, but also modern Western medicine thinking. Only by combining traditional Chinese and Western medicine can the best therapeutic effect be achieved. So in order for traditional Chinese medicine to develop well and become a qualified practitioner, it is necessary to have a solid foundation in Western medicine. The examination results and indicators of modern Western medicine must be understandable, and these abilities and thinking must be possessed. However, we cannot deviate from it. Focusing solely on the medical technology and indicators of Western medicine, while neglecting the construction of the connotation of traditional Chinese medicine, would be biased. We can still prioritize traditional Chinese medicine with Western medicine as a supplement, and combine traditional Chinese and Western medicine. So, a good modern Chinese medicine practitioner must have a progressive mindset, the ability to learn, discern, and think in a modern context. Only in this way can traditional Chinese medicine develop better. In terms of scientific and technological research, many techniques of traditional Chinese medicine are very effective, and some famous and proven formulas have good therapeutic effects. This problem requires the use of modern research methods and techniques to verify and explore its connotation and principles, in order to further practice and promote. Only in this way can traditional Chinese medicine have more say and influence in the world.

4. Conclusions

Due to time constraints, this paper can only conduct a partial study. In the future, more detailed analysis, interpretation, and classification work will be carried out, and new search tasks will also be carried out to promote more medical works and articles to enthusiasts of traditional Chinese medicine culture. At the same time, the authentic traditional Chinese medicine culture in Tai'an City will be promoted internationally,

making the exchange of traditional Chinese medicine culture between China and foreign countries more consistent and effective, and making the traditional Chinese medicine culture in Tai'an City more internationally significant, Promote, disseminate, and inherit on a higher international stage.

Conflicts of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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