

A Study on the Thought of Harmony in *Inner Canon of Huangdi*

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Abstract: *The idea of harmony is an indispensable part of Confucianism and an important cultural support of the basic theory of traditional Chinese medicine. Inner Canon of Huangdi is all-encompassing. This paper discusses the idea of harmony in traditional Chinese medicine from its views on life, fitness and health maintenance. Through the study of the Inner Canon of Huangdi, the author summarizes and discusses the relevant discussions in order to have a deeper understanding of Inner Canon of Huangdi and grasp its essence, so that its theory can better guide modern Chinese medicine practice.*

Keywords: *Inner Canon of Huangdi, Harmony, Views on life, Views on fitness, Views on health maintenance.*

1. Brief Description of the Thought of Harmony in *Inner Canon of Huangdi*

Inner Canon of Huangdi is the earliest medical theory work in China, and it is also a masterpiece handed down from generation to generation. It has brought indelible influence to the development of TCM in later generations, and provided classic theoretical basis, ideological concept and practical experience. The theoretical part is particularly incisive, which is not only the collation and summary of the medical theories at that time, representing the level of medicine at that time, but also the basic principles of traditional Chinese medicine theory for thousands of years, and has guiding significance for modern clinical practice of traditional Chinese medicine. *Inner Canon of Huangdi* takes people as its starting point and expounds people's views on life, fitness and health maintenance, which reflects the care and respect of Chinese ancestors for people themselves^[1] and embodies the extremely high wisdom of the ancients.

If between heaven and earth, people's actions are not heavy, not light, just right, everything is in its place, grow and flourish, and form a harmonious and happy scene, we have reached harmony. The idea of harmony is inextricably linked with everything and affects people's thinking concepts, behavior patterns and value choices. It has not only become an attitude of life pursued by everyone, a code of conduct respected, but also a guiding idea for building a harmonious socialist society. Traditional Chinese medicine, which is rooted in the excellent traditional Chinese culture, is deeply influenced by the idea of harmony. As one of the four classics of traditional Chinese medicine, the *Inner Canon of Huangdi* has infiltrated the idea of harmony in its discussion on life, health, disease, treatment and health.

Inner Canon of Huangdi believes that neutralization is a necessary condition for all life to maintain balance and stability as a whole and thus continue. It embodies the thought of harmony from the aspects of the relationship between heaven and man, spiritual adjustment and physical movement. The idea of harmony requires people to master balance in the process of dealing with problems, take harmony as the benchmark, master moderation, and see not only the discrimination and struggle of the opposite ends, but also the

balance and coordination between them^[2].

2. The Health Maintenance Concept of Harmony in *Inner Canon of Huangdi*

The purpose of health preservation is to prevent disease. Disease prevention is better than cure. *Plain Question* (*Inner Canon of Huangdi* is divided into two parts: *Plain Question* and *Miraculous Pivot*) also believes that cure, cure disorder and cure thirst need to be prepared on weekdays and take precautions.

2.1 Conform to the Four Times

As a part of nature, human beings can not survive without objective natural conditions, but to adapt to the changes of The Times to adjust the human body, so as to achieve the balance of Yin and Yang, zang-fu coordination, qi and blood fullness, meridian access, and emotional comfort of health care purposes. It means that people live in a natural environment and must follow the climate throughout the year and the changing laws of the weather at 4 o'clock a day. According to the laws and characteristics of climate yin-yang changes throughout the year, the purpose of health preservation and longevity can be achieved. In spring, summer, autumn and winter, the changes of cold heat and cool temperature are formed by the rise and fall of Yin and Yang in a year. The concept of conforming to the four times reflects the overall concept of the motherland's medical science.

One of the conforming to the four seasons: nourishing Yang in spring and summer, nourishing Yin in autumn and winter. Spring and summer Yang, along with the growth, growth. The temperature rises, the night is short and the day is long, the Yang of the human body continues to grow and rise, the momentum is booming, when the trend, the main regulation of Yang, to avoid being stimulated by wind, cool, health, cold and other injuries to Yang. Nourishing Yin in autumn and winter, the emphasis is on collection and hiding. The climate is getting cool, the day is short and the night is long, the human body begins to converge, hibernate, Yin essence is hidden, when the trend is collected, the main Yin essence, avoid excessive indulgence, injury and Yin qi.

One of the conforming to the four seasons: first warm and cold, spring cover autumn freezing. Spring, cold and warm, Yang was born and not full, Yin began to reduce and not decline, the human muscle surface began to relax, constipation, but the cold resistance is relatively poor, must pay attention to warm and cold, to prevent colds. Autumn cool, from heat to cold, Yin qi born and not sheng, Yang qi began to reduce and not decline, the body's muscle surface relaxation and dense alternating, Yang just began to collect, it is not appropriate to add too much clothing at once, so as not to hinder the collection of Yang.

2.2 The Benevolent Live Long.

Traditional Chinese medicine places great emphasis on spiritual cultivation. Confucius believed that the first thing to keep healthy is to keep virtuous. The road to long life is to those who are virtuous. Therefore, health in the mind, the mind in health, health in order to achieve the highest state of health, in order to really prolong life. Nature nourishment is the cultivation of character and spirit.

The harmony view requires tolerance for people and things as much as possible, and do not vent anger on people. Chinese medicine believes that happiness, anger, worry, thinking, sadness, fear, and panic can cause illness. Sudden strong emotional activities or long-term in an extreme emotional state, will cause Yin and Yang imbalance, qi disorder. Therefore, it is suggested that the spirit and mood should be pleasant and pleasant, and bad emotions should be avoided.

2.3 Disciplined Diet

Chinese people think that hunger breeds discontentment. Traditional Chinese medicine advocates controlling drink and food, carefully harmonize the five tastes, and avoid favoring. Eating twice as much, causing damage to the intestines and stomach. The spleen and stomach are not healthy, prone to all kinds of diseases.

Traditional Chinese medicine advocates a balanced diet. Five grains (rice, soybean, small bean, wheat and yellow millet) for raising, five fruits (Peach, plum, apricot, chestnut, date) for helping, five animals (Cows, sheep, pigs, dogs, chickens) for benefiting, five vegetables (Okra, Leek, medium, Allium macrostemon, allium) for filling." Smell and take it, in order to supplement lean Qi.

Our ancestors had such scientific insights more than 2,000 years ago, and it was not until the late 20th century that the West realized from the high protein, high animal fat, and high cholesterol that the diet is an important cause of high blood pressure, diabetes, cardiovascular and cerebrovascular diseases, and cancer. Therefore, return to the simple, return to the Oriental diet, five grains, five animals, five fruits, five dishes must be eaten. People can not be inclined to smell and serve. Tonifying qi, can be healthy and long life. This view of health is also the embodiment of the typical harmony thought.

2.4 Keep Moving

Hua Tuo, an outstanding medical scientist in the late Han Dynasty, pointed out that regular exercise is the way to health

and longevity. Yan Yuan, a progressive thinker in the late Ming and early Qing dynasties, paid great attention to the physical exercise of students in his more than 40 years of educational practice, requiring students to learn riding, shooting, boxing and so on.

Movement is a natural law, but also the most basic factor to maintain human health, the law of life movement is the process of metabolism, if the rise and fall of the human body movement obstacles will be sick. Therefore, the health science of traditional Chinese medicine attaches great importance to the point of view of movement change to guide disease prevention and treatment.

The traditional sports items include Taijiquan, Taiji sword, Taiji fan, eight pieces of brocade, Five poultry plays, etc. All these items are imbued with the idea of harmony.

3. The Fitness Concept of Harmony in *Inner Canon of Huangdi*

Miraculous Pivot put forward that people's life depends on six aspects, respectively, the five viscera, blood, muscles, Cou Li, Ying Wei, breathing and six fu organs. The six elements of normal function of people is easy to live long, on the contrary, easy to die early. Therefore, the most important two points in the basic conditions of healthy people are body and spirit, Yin-yang and harmony.

3.1 The Harmony of Body and Spirit

Plain Question first put forward the relationship between body, spirit and health. The shape of the human body refers to all human tissues that have a morphological structure. Spirit can be divided into the broad sense of body and the narrow sense of spirit, the broad sense of spirit refers to the master of human life activities, the narrow sense of spirit refers to human consciousness, thinking and other spiritual activities. The essence of qi and blood body fluid is not only the material basis for the formation of spirit, but also the material basis for the formation of human body structure.

Spirit needs to be attached to a body and cannot exist alone. Soul, mind, will and spirit are conscious thinking activities and are gods in the narrow sense. The spirit hidden in the heart is the master of human spiritual activities and is spirit in a broad sense. The five spirits are hidden in the five viscera, and their functions are closely related to the rise and fall of the essence of the five viscera^[3].

Spirit can command the life activities of the body. *Plain Question* recorded that the heart is the an organ of monarch. It dominates all life activities of the human body. Form and spirit are united, and form and spirit depend on each other, restrict each other and are inseparable.

3.2 The Harmony of Yin and Yang

Plain Question believes that Yin and Yang are the source of all things. All life activities of the human body, such as growth and development, the occurrence and development of diseases, are inseparable from the laws of Yin and Yang movement, such as the restriction of opposition, mutual root and mutual

use, and mutual accumulation of sympathy. Peace of yin-yang is the natural state of man in the natural disease-free state. It includes both yin-yang and Yin-yang have the ability to automatically maintain and restore the equilibrium state, and also includes the structural relationship of dynamic balance maintained by the movement of opposition restriction and mutual root and mutual use. In traditional Chinese medicine, Yin and Yang are divided into qi and blood, ying and wei, zang-fu organs, etc., according to their positions, movements and functional characteristics [4].

Qi is originally a concept in ancient Chinese philosophy. It is a kind of fine substance, which is the basic thing that makes up the world. Traditional Chinese medicine believes that all kinds of substances that constitute and sustain life activities can be classified as qi. Qi-blood harmony is one of the criteria for evaluating health in *Neijing (Inner Canon of Huangdi)*, and the disharmony of Qi-blood leads to disease. In addition, qi and blood are not only related to health, but also directly related to human behavior and activities, and the correlation between the two is discussed in the *Miraculous Pivot* in ten years. Qi and blood determine the activity of vital activities [5].

4. The Life Concept of Harmony in *Inner Canon of Huangdi*

The view of life is an attitude of human beings about how to treat the living objects in nature, including their own life attitude. The view of life in Chinese medicine includes the understanding of the origin of life and its life activities, which is explained by introducing the theory of Yin-yang and five elements and the theory of Qi. The following will briefly discuss the influence of neutral thinking on the formation of TCM life view from these two aspects. The thought of the unity of heaven and man is the view of life in *Inner Canon of Huangdi*, and the thought of the unity of heaven and man is also a part of neutralization. The value, guiding significance and clinical significance of this theory to modern times [6].

4.1 The Influence of Chinese Medicine Harmony Thought on the Understanding of the Origin of Life

The understanding of the origin of life in traditional Chinese medicine is deeply influenced by neutral thinking. Traditional Chinese medicine believes that the neutral qi of Yin and Yang is the basis of all things, and the harmony of Yin and Yang is the root of all things. *Plain Question* believes that the two qi of heaven and earth and Yin and Yang are the material basis of all things, and the sympathetic qi of heaven and earth and Yin and Yang is realized in the coordinated movement of Yin and Yang. Chinese medicine believes that the creation of all things is realized in the Yin and Yang sympathies and in the harmony of Yin and Yang sympathies. Since the neutral Qi between heaven and earth is the most suitable for the growth of all things, Chinese medicine believes that people can achieve the purpose of maintaining life as long as they can conform to the neutral qi between heaven and earth. People living in the social environment is one of all things, and they cannot exist independently from the nature. Their daily life and practical activities should be mutually adapted and coordinated with the nature [7].

4.2 Influence of Chinese Medicine Harmony Thought on

Cognition Of Life Activities

The theory of Yin-yang and five elements is the basis of the materialistic worldview and methodology of ancient Chinese natural science. The theory of Yin-yang and five elements was introduced into traditional Chinese medicine to clarify the physiological function and pathological changes of the human body, and to guide clinical diagnosis and treatment, which became an important part of the view of life in the theoretical system of traditional Chinese medicine.

The physiological mechanism of Yin and Yang harmony, Yin and Yang secret and five elements producing restraint is the best embodiment of the idea of neutralization. It believes that under normal circumstances, the relative balance and coordination of Yin and Yang in the human body means health. The balance or harmony of Yin and Yang is based on their respective observance of their duties. Each other's development and coordination, is harmony, is the key to the balance of Yin and Yang.

In addition, the restraint of the five elements can not be too much or less, and the five viscera system of the human body maintains normal physiological functions through the regulation of the restraint of the five elements. In the process of human life, only by adhering to the principle of the middle section and maintaining this state of nothing too far and nothing too far can everything be returned to peace and ensure that the life activities of the human body are produced, exist and develop and change in an orderly and neutral state.

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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