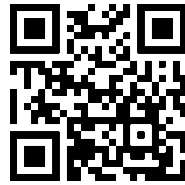


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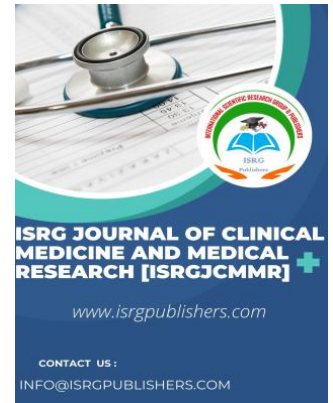
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Study on Traditional Chinese Medicine Nursing Thoughts of “Phase-Cause-Proportion”

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Abstract

This article examines the concept of “appropriate care for appropriate reasons” in traditional Chinese medicine nursing thought, which emphasizes the development of personalized care plans according to patients' individual differences, temporal variations, and geographic environments. The article reviews the historical development of TCM nursing ideology, explains the connotation of the nursing ideology “appropriate to each other”, and introduces the nursing ideology of “three reasons for appropriate”, which emphasizes that different nursing measures should be taken in different life stages and geographic environments. Finally, the paper also discusses the idea of appropriate movement and static care, emphasizing the importance of moderate exercise and inner peace to physical health.

Keywords: phase cause and effect; traditional Chinese medicine; nursing thought

In the ancient times of China, due to the harsh conditions of production, life and survival, medical and surgical diseases occurred frequently, and in such an environment, the earliest systems of medical treatment and medical care ideas came into being. With the continuous progress and development of history, the disease treatment theories and thought systems of traditional medicine were gradually established and perfected. In this process, traditional Chinese nursing thought is integrated into traditional medical thought. For disease treatment, the traditional medical theory system especially emphasizes that 70% lies in care and nursing, while 30% lies in the disease treatment itself. The

importance of care and nursing is particularly emphasized in medical writings ranging from the Bianqi, the Yellow Emperor's Classic of Internal Medicine (Huangdi Neijing), Zhang Zhongjing's Treatise on Typhoid Miscellaneous Diseases, Sun Simiao's Thousand Golden Essentials and Thousand Golden Wings, to Li Shizhen's Compendium of Materia Medica (本草纲目). From the perspective of care and nursing, many important ideas of traditional Chinese nursing have been derived, among which the principle of “phase-cause-appropriateness” is one of the most important Chinese nursing ideas.

1. Connotation

Traditional Chinese medicine puts forward the nursing idea of “phase-cause-appropriateness”, which originates from the principle of the three levels of Chinese medicine theory, and is an important embodiment of the idea of evidence-based nursing in traditional nursing.

Disease treatment needs to be considered in the light of the dynamics of the disease, a dynamic pattern that is the result of a combination of factors. It is necessary to combine the pattern of inflammation presentation with the body's ability to fight it, take into account the differences in individual constitution, gender, age, etc., as well as systematically treating environmental factors such as seasons, geography, and climate change, and ultimately formulating appropriate treatment methods. The Yellow Emperor's Classic of Internal Medicine, the Classic of Difficulties, and the Treatise on Typhoid Miscellaneous Diseases, as traditional classics of Chinese medicine, were important masterpieces of the Qin and Han dynasties, and all contain a wealth of comprehensive considerations of the causes of diseases in order to find the appropriate means and methods of treatment. ^[1]The Yellow Emperor's Classic of Internal Medicine laid down the foundation of the academic thought of “phase-cause-appropriateness”, which has been enriched and developed by many medical practitioners at various stages of the Qin-Han period, the Tang-Song period, the Jin-Yuan period, and the Ming-Qing period, etc., and has fully embodied the combination of causality and flexibility in the treatment of illnesses in Chinese medicine, which is a theoretical feature and the essence of Chinese medicine.

Traditional Chinese medicine “phase cause and suitability” academic thinking focuses on two aspects of understanding. First of all, from the patient himself, the time element and space element analysis of the development and change of the disease has a clear impact on the occurrence of disease, should be specific analysis of specific cases, differentiation of diseases, choose the appropriate nursing guidance methods, to achieve targeted treatment and care, fully embodies the guiding ideology of Chinese medicine evidence-based care. Huang Di Nei Jing puts forward, for the patient's body temperature and environmental temperature is low, in the process of patient care should avoid the use of cold food, if the drug into the human body, the patient's body temperature after the phenomenon of lowering the phenomenon should also be used with caution; by the same token, for the patient's body temperature is high or the weather is relatively hot, in the patient's care should be avoided in the process of the use of food is too hot, or some of the drugs into the human body if the fever and the body is able to appear. After the human body if the fever and irritability phenomenon, we should be careful to use these drugs. ^[2]In addition, to achieve the combination of motion and static, the body's gas circulation, fluid circulation, blood circulation in the absolute movement and relative static process, movement and static interaction mode are necessary for metabolism, must comply with the body's “dynamic” and “static” characteristics, to consciousness We must follow the characteristics of the body's “movement” and “static” to regulate physiological activities with the same frequency resonance mode between consciousness and body movement and static. The realization of the life activities of the human body, the combination of movement and stillness, and the organic combination of the two together, thus realizing the gas circulation, body fluid circulation, blood circulation, etc. in an

orderly manner, to enhance the metabolic function of the body, thereby increasing the vitality of life and resistance.

2. The idea of three-factor nursing care

The model of physical care that combines the patient's own body, the time element and the spatial element puts forward the idea of caring for the person, that is to say, according to the patient's age, gender, and so on, so as to take care of the measures. ^[3]The Yellow Emperor's Classic of Internal Medicine points out that babies have different physical qualities after birth, some babies are strong, some babies are weak, some babies are big, some babies are short, some babies are energetic, and some babies are depressed, reflecting that different babies are born with different physical qualities, and because of the different physical qualities, different measures need to be taken in the process of care and nursing of babies. As a human body, some people have stronger bones and ligaments and stronger motor coordination, some have weaker coordination; some have full muscles, some have thin muscles; some have dense skin and stronger ability to resist the external environment, the skin is more washed out and weaker ability to resist the external environment; some have stronger digestive ability and have no choice of the food they ingest, and some have fragile digestive ability and There are requirements for type of food, temperature, hardness, etc. Each body has different innate endowments, different dietary preferences, types of diseases, physiological stages, etc., which make obvious differences between each other's physique, living habits, and vitality.

The Yellow Emperor's Classic of Internal Medicine suggests that the stomach, large intestine, small intestine, bladder and gallbladder should be kept in order during the older age groups; during the adolescent stage, the body's blood circulation and neuromodulation should be strengthened; and during the prime of life, the functions of the liver, heart, spleen, lungs and kidneys should be adjusted, with a different emphasis at different age levels. ^[4]For older people, if the diet tastes too fatty, it will easily burden the digestive system, which will adversely affect the health of the body. At the adolescent stage, it is necessary to avoid over-fatigue, which depletes the body's resistance in case of sleepiness; at the prime of life, it is necessary to prevent damage to the internal organs caused by diet, emotions, and social activities. If the body's energy is depleted at these ages, the body's inner material and energy reserves are insufficient, and resistance and immunity are prone to decline, so that the outside world is attacked by abnormal air currents of warmth and cold, resulting in the occurrence of diseases and dysfunctions of the body's functions. If you are too addicted to a certain kind of food, it is easy to harm the function of stomach, large intestine, small intestine, bladder and gallbladder. Different age groups may cause obstacles to the functioning of the body for different reasons, and at the same time cause different damage to different organs and tissues, so different care, prevention and treatment measures need to be taken for different diseases at different stages. There are various stages in a person's life, such as childhood, growth, strength and old age, with different physical qualities; there are also differences in the physiological changes of men and women, so targeted care measures should be taken according to the different conditions of each person.

The Yellow Emperor's Classic of Internal Medicine suggests that people with insufficient vitality can focus on accelerating the circulation of gases, blood and body fluids in the body in terms of diet and medication, thereby enhancing vitality; and for people with a relatively thin and weak body, they can increase the supply

of energy by choosing energy-rich foods in their diet and medication. Thus, we can realize that we can adopt different methods of regulation according to the individual's needs. The Huangdi Neijing's principle of health maintenance according to the needs of each individual has been continuously enriched in later generations. For example, Liu Wansu, a medical doctor of the Jin Yuan Dynasty, suggested that a person's life should be regimented from young to old by adopting measures of health maintenance, treatment, health care, and anti-aging, respectively.^[5] Zhang Jiebin of the Ming Dynasty suggested that after a person's body enters the middle age, the whole body operation begins to appear downward phenomenon, the internal organs are prone to run between the disharmony, so people in the middle age or so, need to be properly adjusted and maintained. Early childhood should focus on clothing, diet, upbringing, pay attention to superior education, the youth should take to promote its growth and development of health measures to ensure healthy growth; into the adult after marriage, in the marriage pregnancy requirements of the late marriage and less childbearing, abstinence from sexual intercourse; middle-aged should pay attention to the combination of work and rest, to prevent premature aging, prevention of geriatrics; the elderly should pay attention to the maintenance of the kidney qi, the four seasons of the regimen, dietary adjustments, Yi-Yu Nourishment, etc., in order to slow down the aging of people to enjoy the later years of life. In order to slow down the aging process and enjoy a peaceful life in old age.

Zhang Zhongjing inherited the idea of taking care of the body at different stages of life, and identified the patient's constitution and persistent illnesses on the basis of evidence. In "Treatise on Typhoid Miscellaneous Diseases", different care measures are taken at different points of time throughout the year, and the changes in the climate of the four seasons have different impacts on the physiological functions and pathological changes of the human body, which are regulated by corresponding medicines and foods according to the characteristics of the climate, emphasizing that the application of care according to the time of the year is in line with the concept of harmony between human beings and nature. Due to the different regions where people are located, the climate is formed between different regions, which makes the climate different and thus has different effects on the human body.^[6] The Yellow Emperor's Classic of Internal Medicine (HUNDI NEIJING) suggests that the geographical features are characterized by plateaus, plains, hills, mountains and lakes, and that there are hot and cool temperatures, and that high altitude areas have colder weather and high altitude areas have hotter temperatures, and that different care measures should be taken according to the different geographical areas in order to cope with the differences in altitudes and climates, and to regulate and protect the illnesses that occur in the different geographical areas. Because different regions have different natural conditions, people's living habits and lifestyles are different, which affects the physiological activities of the human body differently, and the symptoms and dynamic patterns of diseases are different, the treatments and care for the diseases they have are also different. The Yellow Emperor's Classic of Internal Medicine gives a specific and detailed description of this, the climate of the southeast coastal areas is warm and humid, and salt and fish are produced in abundance, and the food of the residents in these places is mainly fish, and the taste is salty; the residents who have lived in this place for a long time enjoy the delicacy of fish, and the nutrient content of fish is high, and it is easy for people to accumulate heat in their bodies, and in

addition to the excessive intake of salt, which enters into the bloodstream, thus increasing the viscosity of the blood. In addition to the high salt intake, which enters the bloodstream and increases its viscosity, the sea dwellers have dark skin and are prone to canker sores and skin ulcers, which are treated and cared for by scratching the skin so that toxins in the bloodstream can be expelled from the body. People living in the northwestern plateau area, where there are more mountain ranges, the ground gravel cover more places, living in the region windy, cold and dry climate, hard soil, the residents of the diet of fat beef and mutton based on the body is relatively strong, the natural environment of the skin surface and the form of injury is relatively small, the occurrence of diseases occurring in the viscera, in the treatment of diseases in the process of treatment with more medication-based. Residents living in the north, the day cold is earlier, cold wind and snow and ice weather is more, people live in the wilderness, the main food for meat and dairy products, the body is often subjected to cold weather, so in the process of disease treatment, the main use of moxibustion and increase the body temperature of the body for the treatment of the disease. People living in the south, sunlight exposure time is longer, hot weather, precipitation, so there are more opportunities for fog and dew generation, the residents of the living habits more like to intake of sour food and pork, the southern residents of the dense skin texture, skin color red, living in the south of the residents of the disease is more prone to limb spasms and numbness of the limbs phenomenon, the treatment of disease is suitable for use of microneedle to be treated. The Central Plains region is flat, the humidity in the air is relatively large, everything is suitable for growth, the population is also large, the residents of the region consume a variety of food in their daily life, the disease is mostly characterized by symptoms of syncope and cold and heat discomfort colds, the treatment of the disease is mostly based on the guide and massage. Work and live in different environments and conditions, the human body's physique, the characteristics of the disease will also be different, such as long-term work in a cold and damp environment, may easily lead to the lack of vitality or the spleen is trapped by dampness, treatment should pay attention to the elimination of dampness in addition to the cold, and long-term in the high temperature and dry environment of the work of the people, easy easy to excessive sweating, the body does not have enough water content and insufficient fluid, the treatment should pay attention to the nourishment of yin and beneficial to the qi.

On the basis of inheriting the idea of "adapting care to local conditions" from the Neijing, Zhang Zhongjing proposed in the "Treatise on Typhoid Fever - Examples of Typhoid Fever" that the temperature of the soil, the altitude, the biological tolerance and the texture of the different regions are different, and the dietary habits naturally differ as well. It was emphasized that care should pay attention to the differences in geographical areas and living environments in order to improve the efficacy of treatment.

3. The idea of appropriate nursing care with movement and static

The Yellow Emperor's Classic of Internal Medicine suggests that the laws of human life activity, like the laws of nature, can be recognized and treated from the viewpoint of the unity of movement and stasis. "Suwen - six micrography" pointed out that, "in and out of the abolition of the Shenqi chemical extinction, lifting and resting of the gas stand alone." This means that if there

is a problem with the body's metabolism, blood circulation and nerve conduction will be affected, which in turn leads to problems with the circulation of gas and the operation of energy in the body. The *Su Wen - Zhi Zhen Yao Da Lun* (素问-至真要大论) further suggests that in a state of inner peace, a person's conscious activities are in order, it is easier to concentrate on work and study, and the body's operation will not be disturbed due to emotional fluctuations. The nursing principle of harmonizing the two modes of movement and stillness runs through both the nourishment of the mind and the nourishment of the body. Consciousness will dominate life activities, so it is especially important to maintain tranquility and nourish the spirit. According to the *Nei Jing*, it is only in a state of tranquility that conscious activity can be focused and concentrated, thus strengthening the body's inner resistance.

In the *Han Fei Zi*, it is mentioned that good people are able to maintain a state of inner tranquility and reduce internal consumption, so that they have enough energy to observe the natural world, acquire knowledge and generate greater and greater wisdom. The *Huainanzi* also suggests that in a state of organized conscious activity, a person is at peace within himself and obtains energy through eating and drinking, resulting in a robust body. On the contrary, when a person is emotionally anxious, the functioning of the body will operate in a state of disorder, the body's resistance will gradually decline, and the rate of aging will be accelerated. During the operation of life, emotional stability and inner peace help to fight aging. If you are emotionally agitated, your life is in a state of disorganization, and you are prone to aging as well as accelerated aging. The combination of inner tranquility and moderate use of the mind is the key to health maintenance. Cao Tingdong said in "Essay on Nourishing Life" that "the heart must not be useless, not necessarily like a draft of wood, like dead ashes, is the way to nourish life".^[7] If the brain activity is in a negative and passive state, it will produce undesirable conscious activities, making people feel muddled, like the walking dead. Therefore, maintaining a positive state, generating positive consciousness and thinking, and striving to change and improve oneself are the keys to maintaining a vigorous life and slowing down aging. Exercise to achieve physical health and body shaping is a combination of movement and stillness for the process of health care.

The *Yellow Emperor's Classic of Internal Medicine* suggests that moderate physical work and physical exercise can enhance the functions of the internal organs and make the circulation of gases, blood, body fluids and heat conduction within the body smooth, thus increasing the vitality of the body. Many medical doctors have also proposed the role of exercise to change and adjust the body shape. For example, Hua Tuo pointed out that "the human body wants to get labor shaken grain gas can be eliminated", "after eating, then lying down and sitting steadily all day long, all the condensation of gas and blood, a long time will be loss of life". He emphasized the importance of exercise, that exercise helps food digestion, after the intake of food, the movement state and the static state of the combination of each other in order to achieve the best conditioning effect. The *Yellow Emperor's Classic of Internal Medicine* suggests that if labor and exercise can be carried out consistently, while at the same time combining work and rest to avoid excessive fatigue and old age, it will be in line with the requirements of the physical activities of the movement and static appropriate.

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