

An overview and modern discussion on the folk custom of keeping health in the eastern four seasons

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Abstract—China's keeping healthy folk custom culture is the treasure of Chinese culture, it is the key to open the treasure of Chinese civilization and it has a history of thousands of years, it brings together the wisdom and experience of Chinese ancient people for thousands of years, it is the core of Chinese traditional culture, the pursuit of health and longevity have always been actively explore in the long history of human development. The so-called “keeping health”, simply it is maintenance of life, which will follow the development rules of life to the pursuit life longevity. The TCM keeping healthy pay attention to the wholism concept, harmony between mankind and nature, coordination and unification of systems and organizations in the body, the Yin Yang and Wu Xing and the theory Human - Environmental inter relation for the dominant ideology. To explore the Chinese keeping healthy culture, not only with the modern vision and research methods to tap, collate and reseach, but also we should innovate it on the basis of inheritance, to establish a set of scientific and modern health ethnic theory, It is conducive to promoting traditional Chinese culture and serving the people.

Keywords: *keeping healthy culture; keeping healthy; the wholism concept; the TCM keeping healthy*

I . OVERVIEW AND DEVELOPMENT OF THE KEEPING HEALTHY CULTURE

Keeping healthy is also called self-cultivation, it is according to the law of people's life happen and development in the nature, we adopt the means of maintaining the body and mind, improving the body's disease defense ability, disease recovery and so on. which is an physical, comprehensive, conscious self-activity, in order to achieve the purpose of strengthening the body and prolonging life, the basic connotation and essence is “comply with the nature, govern by doing nothing that goes against nature”, it is a subjective act of human maintenance, and it is also an important way to further understand the whole process of life development.

Chinese keeping healthy culture from the Shang Dynasty had the characters of visible records, such as the emergence of oracle have the records words “Mu” and “Yu” and so on. It was get further development in the Western Zhou Dynasty, such as the emergence of food doctor in aristocratic stratum, as recorded in <ZuoZhuan> : “nearly a female room, disease such as method”, it shows that people have begun to notice the relationship between the house living and the keeping healthy. The records of LaoZi's <Tao Te

Ching> :“human follows land,land follows sky,sky follows taoism,taoism follows nature.”it is a kind of harmony between man and nature, nature of the concept of health. Confucius put forward the famous “jun zi san jie” keeping healthy theory. From Qin and Han Dynasties to the Sui and Tang Dynasties period is thriving and prosperous times for keeping healthy culture, the <SuWen> records: “obey the laws of yin and Yang, it do something exercising to keep healthy, balanced diet, have a regular living, combine exertion and rest, so both form and spirit, so people can live out a natural life and live a long time”. This sentence highly summarizes the concept and basic method of keeping healthy preservation; <HuangDiNeiJing> is the first time to investigate keeping healthy from a medical point of view, and it is gathered a variety of keeping healthy perspectives and methods of the pre Qin Period, to the later keeping healthy culture laid a system and solid foundation.

II. MODERN DISCUSSION OF KEEPING HEALTHY CULTURE

The <HuangDiNeiJing> is one of the traditional Chinese medicine four classics, it was established a unique theoretical system of Traditional Chinese Medicine, and it become the theoretical foundation and source of the long - term development of Chinese traditional medicine. It has records about keeping healthy said“the wise man about keeping healthy is that follow the change of the four seasons to adapt to the cold and summer-heat, ”it is said that people should follow the changes of the yangqi in the year, an overview of growing in spring, developing in summer, collecting in autumn, storing in winter. Zhang jingyue, a Ming dynasty medical scientist, gave an summary of keeping healthy diet: “nourishing the liver in spring, nourishing the heart in summer, nourishing the spleen in long-summer, nourishing the lung in autumn, nourishing the kidney in winter”. So keeping healthy should conform the great law of the change of nature four seasons, but it is not changeless, and it should change follow the seasons temperature, humidity and so on to better achieve the purpose of maintaining the body.

A. Modern Discussion of Keeping Healthy Culture in Spring

The temperature is gradually getting warmer in spring, people's activities are increasing, and metabolic acceleration, it is a bright season, therefore, we should conform to the chunsheng in spring, to conserve the vitality of the human body as the law,it echoes the proverb: “li chun yang qi sheng, cao mu fa xin gen”, “li chun yu shui dao, zao qi wan shui jiao”conform to the characteristics of the Yang qi grow in spring. So in the diet should give priority to warming Yang qi. we always eat fragrant-flowered garlic contribute to yangqi in spring, such as <Thousand Gold Pieces Formulary> records: “February and March is appropriate to eat fragrant-flowered garlic”, and there is a saying: “fragrant-flowered garlic is fragrant in spring, it is stink in summer ”,modern research shows that fragrant-flowered garlic contains volatile oil, sulfide and other ingredients, it makes the fragrant-flowered garlic exudes a unique spicy smell, it can help sparse liver, increase appetite and enhance the digestive function.

The liver is full of liver qi in the spring, liver is the hides blood organ, hematopoietic activity was strengthened, and it is a good time to the health of the blood. Therefore, the spring health should take nourishing the liver as the first, and raise blood as a basis. In spring, the blood supply can reconcile the inside and outside of the body balance, enable the body to maintain the patency of blood, organs gain nourish, so as to stay away from illness. “Yellow flowers have the effect of raising blood”, it shows that people can eat more seasonal foods such as yellow flowers in spring. The liver release and detoxification function are strong in spring, and there is a saying that “spring is a good time to drain, and it's hard to buy a thousand gold, it is a good time to remove fat, expel toxins from our body”,so we should seize the good chance to detoxify nourishing the liver in spring, appropriate to eat more dessert in order to strengthening the spleen and stomach. Eat less acid foods.

From the perspective of the theory of the five elements, spring belongs to wood, Chinese medicine theory says the liver belongs to wood, too. Spring echoes with the liver, the liver is good and comfortable, So we should maintain our spirits up and blood flowing

smoothly. there is a saying that “cauliflower yellow, fool busy”, it explains that the liver does not comply with the spring qi, a person's body is dysfunctional and will have a series of symptoms. “The prevention of meningococcal meningitis in spring, you can eat more the pickpurse when you are cooking porridge”, this saying is the spring is the season of high incidence of the epidemic, pickpurse have the following effects: clearing liver and improving vision, cooling blood and stop bleeding, promoting urination and removing dampness and so on. Modern research shows that the hesperidin in pickpurse can antibacterial, it contribute to increase the vitamin C content in human body, in order to enhance human immunity to a certain extent. Liver advocate disposition, liver abnormalities will affect the mood of people, so we should be optimistic and keep a good mood, we should try not worry, not angry and not angry. This can maintain a stable internal environment, to prevent the occurrence of mental illness. For example, we can carry out the point in the morning exercises, cervical operation, joint exercises, Tai Chi and other health activities, not only it can regulate emotions, maintenance of liver qi, in order to make the blood supply, but also you can achieve the effect of exercise.

B. Modern Discussion of Keeping Healthy Culture in Summer

Summer is the yang qi most vigorous season in nature, the yang qi reaches its climax, and it is the most vigorous period of human metabolism, <Keep fit theory of news> records: “the summer is belongs to fire, advocate slowly cultivation”, “You should be more clean your mind, always like snow in the heart, heat is less than my heart. it can't be hot”. So the key to keep healthy is to nourish the heart in summer, regulating mental states, keep a happy and stable mood. Because the summer temperature is too high and it is easy to make people nervous, mood swings, in addition high temperature can make the body's immune function decline, it is very likely that a series of phenomena such as arrhythmias and elevated blood pressure may occur in patients, healthy people are also prone to mood irritability, So nourishing heart is the key in the summer regimen.

keeping healthy in summer, the diet should focus on light, there have said: “the winter solstice eat dumplings

and the summer solstice eat noodles”, “eat light in summer, eat less fat and cold”, so people should begin to change eating habits from the summer solstice, with low calorie, easy production, cool food as the main diet. to deal with the hot summer, the Chinese traditional medicine says “treating heat with cold drug”, there is a saying: “A bowl of green bean soup in summer, dispel the wind and dispel the cold”, “Green bean detoxification and sunstroke, smoked plum may remove heat and send cool”, “Anti guxia eat duck”, take duck meat for example, cold property of it, it can nourish the deficiency and nourishing the stomach to improve the production of body fluid (People who are physically cold are banned), modern research shows that the protein content in duck meat is much higher than that of poultry, and moderate fat content, so eating duck meat in the summer can remove the bad effects of the heat, and it also can be added to the excessive consumption of nutrients. But cold foods in summer can't be eaten much, <aging body set> records: “heart strong and kidney weakness in summer, though it is too hot to eat cold food, abdominal catch cold and it will cause disease”, that is to eat less cold, eat many can damage the spleen and stomach, the occurrence of vomiting and other diseases.

C. Modern Discussion of Keeping Healthy Culture in Autumn

After the hot summer is autumn. “the autumn of three mouths, hot to cold, Yang qi received, Yin qi growth”, it is said that Yang qi gradually closing and Yin qi growth in autumn, therefore, the maintenance of Yin qi in the body is the primary task, the key to keeping shade is to prevent dryness. Autumn in the human body corresponding lung, because the lungs are delicate and it is vulnerable to external evil invasion, therefore, in autumn, the lungs are often damaged due to the influence of the dryness. “in one year, autumn does not eat ginger; in a day, the night does not eat ginger”, it is just because of the autumn climate is dry, dryness gas is easily injury lung, and ginger is belong to the hot and spicy food, we eat too much ginger easy to produce internal heat, so we should eat it in moderation, otherwise it may damage the lungs. In autumn, we can eat more eggplant to remove the autumn dryness, cool, sweet, it has the following efforts of clearing away heat to stop bleeding, dispelling wind

and removing obstruction in the meridians and Wide intestinal Qi and so on, but the cool of the eggplant also is harm to the person who the stomach is uncomfortable, so we must have the choice to eat.

<Principle of Correct Diet>records: “Autumn is dry, wit is suitable to eat hemp to run dry, cold drink is banned”, so in autumn we should pay attention to prevent dryness and nourishing Yin, nourishing the lung, we need to eat from our diet. There is a saying: “Autumn gas is dry, loss of body fluid in the lungs, we should eat sesame, in order to nourish yin qi”, “Autumn melon bad belly ”and so on. From the medical point of view of eating melon and fruit, most melons mature in the summer, it has the effect of diuresis, but the autumn weather is dry, If we continue to eat large amounts of it, it will easily hurt the Yin.in addition, the majority of Melon and Fruits are cold, people in the hot summer eat too much cold foods, and in the fall, the spleen and stomach of most people are in a weaker state, so overeating them will can aggravate the damage to the human spleen and stomach, so in the fall to eat cold food should in moderation.

Due to the influence of dry autumn, people often feel thirsty in the autumn, but only drink boiling water can not resist the autumn dryness. The moisture in the human body will soon be excreted by evaporation, therefore, there is a saying: “North of the water, night honey soup”, it's drinking salt water during the day and drinking honey water at night, this not only replenishes the body's missing water, but also resists aging, at the same time it also can prevent constipation caused by dryness in autumn. There is a saying: “When frost nourishing the body is the best time of the year”, it is because the weather is getting colder and the first frost comes, on the one hand, autumn dryness has obvious, it easy to damage the body fluid, on the other hand, soon after the frost is the beginning of winter, it is a period of transition that receive yang qi in autumn turn to hide in winter, in the transition we should nourish ourself body and to lay the foundation for the winter tonic, prepare for resistance to cold.

D. Modern Discussion of Keeping Healthy Culture in Winter

Keeping healthy in winter mainly refers to the purpose of maintaining the essence, strengthening body health and promoting longevity by means of diet regimen and exercise regimen. There is a saying: “In winter, everything is closed, astringe yin qi and protecting yang qi”, Chinese medicine believes that winter is yang qi inside the human body, Yin Jing stick, and the body's energy accumulation stage, there is a saying: “Winter does not hide the essence, spring will be illness”, so this stage is a good time for people eat tonic food who are physically weak, the tonic to after the winter solstice to spring before and during this period is the most suitable time. Winter replenishing can be conserce strength and store up energy,and it contribute to the growth of yang qi, in order to lay the foundation for the next year's spring and the whole year, and there is a saying: “at the coldest season of nourishing the body, next year there is no disease”, “In winter, it is no problem to raise your body and go up to the mountain to catch tigers”, “it began to nourishing the body in the Beginning of Winter” and so on. According to modern research shows that we nourish the body in the Beginning of Winter not only it improve our immune system, it boosts our metabolism, but also it helps to ease the fear of chilling in the winter. But“in the winter nourishing the body can not be excessive, we should dialectically nourishing ourselves”, in other words, the winter replenishing cannot be too much, the body is too easy to heat up if we excessive nourishing the body, this is a good time to eat cabbage that it has beneficial stomach, diuretic laxative effect and radish that it has heat phlegm, removing food retention and flatulence effect, about this kind of saying there are many, such as: “eating cabbage for half a year, doctors enjoy leisure”, “cabbages are better than vegetables”, “carrot nutritive value in october is equivalent to small ginseng”, “winter eat radish summer eat ginger, it don not trouble the doctor prescribe”, “eating radish drink green tea, it is a good way to keep healthy in winter”.

The important principle of winter health preservation is to “raise the kidney and prevent the cold”. “most of the diseases are caused by pathogenic cold”,that is the key to

prevent cold evil, there is a saying about complementary kidneys: “walnut is the treasure, it nourishing kidney and brain”, “when boiled porridge, add walnut kernel, it can wufa and complement kidney”, “when boiled porridge, add chestnuts, it can cure backache”. The kidney is the most powerful force in human life, because the kidney strong and vitality can be so strong, so the body can better adapt to the changes of severe winter. Preventing cold weather is the key to keeping the kidney healthy, you can eat more ginger, ginger Weixin, lung spleen and stomach, it has the effect of suspending cold and removing cold evil. Modern research shows that ginger contains components such as volatile oil, it can accelerate blood circulation, about eating ginger to keep healthy in winter as saying: “Eating ginger in winter, we don't be afraid of wind and frost”, “in winter, a bowl of ginger tea, dispelling wind and cold dispelling”. But ginger is belongs to hot, and the climate is dry in winter, eat more ginger will easy to get inflamed, so eating ginger need according to the factors that changes of environment and body constitution and so on, so we comprehensive selection foods.

III. OUTLOOK

The above is mainly discusses some views on four - time healthy maintenance, four - time healthy maintenance is the most basic method of keeping fit with nature, such as<ZhouYi>records: “Method a great deal on heaven and earth, flexible great almost four”.<LaoZi>records: “the tao way follows nature”, adapting to the natural four seasons changes is the basic requirement of Chinese medicine healthy. It can also be said from the aspects of erotic healthy, diet healthy, environmental healthy, sports healthy. The classification method is complicated and dazzling. we need to choose our own regimen to achieve more than half the effort. A proverb about food therapy: “Eating an apple after a meal is good for our health”, “Fish is easy to fires, meat is easy to phlegm, green vegetables are good for health”(the fish is warm, heat helps to heat and eat more will easy get inflamed. meat is rich in fat and more likely to produce sputum, so we should eat flat plant food to maintain body balance);Exercise regimen is through ourself conscious physical activities, limber up one's muscles and joints to the purpose of circulating air blood, “Sports like lucidum

grass, why painstakingly put potion of immortality”, it's a generalization of sports healthy, the specific method of exercise regimen: taijiquan, created by Hua Tuo Wuqinxi, eight-section brocade, and Sun Simiao summed up the thirteen health law, such as: “comb hair often, eye often shipped, tooth often knock, head often shake”.

In the rapid development of modern times and life quality, more and more people are concerned about their healthy, we desire to have no disease and look forward to longevity, however, due to the environment and eating habits changes, it bring a series of health problems, therefore, health care is getting more and more attention, health care has become a major theme in today's era, to keep people from diseases while enjoying life, the most prominent among them are traditional Chinese medicine practitioners. Now more and more people put forward the modern concept of health, modern health care is based on the theory of TCM, exploring new theories and researching new methods, it is the pursuit of physical and mental health, harmony and happiness of life, away from the pain, delay aging, prolong life as an experience of the practice, twenty-first Century is the century of Oriental medicine, the keeping healthy of traditional Chinese medicine not only plays an extremely important role in our life, In the world it will also become a popular trend of health, in order to improve the level of people's health, health Chinese, for the benefit of all mankind to make a significant contribution.

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