The Medical of Zhongjing and Water

Zhen-zhen WEI¹,a, Xiao-yan FANG²,b and Ming-san MIAO³,c,*

¹Hennan University of Chinese Medicine, Zhengzhou, China 450008
²Hennan University of Chinese Medicine, Zhengzhou, China 450008
³Hennan University of Chinese Medicine, Zhengzhou, China 450008

a weizhenzhen08@126.com, b fxylele@yeah.net, c miaomingsan@163.com

*Corresponding author

Keywords: Zhongjing, Water, Medical health, Healthy water use.

Abstract. All life originated in the water, water is life protection. The body of the Chinese medicine called “water” as the “fluid”, maintaining basic human metabolism and life activities. In the Han dynasty, zhang zhongjing divides the water of the medicine into eight types, and different types of water play a different role in the viscera. Li Shizhen in Compendium of Materia Medica on the role of water in the body also made sure, “When taking herbal medicine, although drug specialization, treat as if by law, and the poor quality of the water decocting foolhardy rash, when the temperature is lost, the medicine is also useless, view the beauty of tea, the sweet taste of rice, all the gains and losses in the fire and water cooking can be pushed.” It is suggested that water is closely related to health. This article from the Zhongjing water, water Yang Shen, Yang Xin, Yang Shen, healthy water and other aspects of water to discuss, so that people can better use of water for health. 

“Health” is an important part of Chinese traditional civilization. At the end of the Han Dynasty Zhang Zhongjing in Shanghanzabinglun order said: "strange today in the world that had little medicine, refined study organization. To cure kimichika disease, to save the poor, urban, in order to protect the body length, all to raise its life”, clearly put forward the use of the theory of medicine to carry out the concept of health. Zhongjing very much emphasis on diet health, food for the people, food to drink for the first, Diet, first “drink” after “food” ; Those who attach importance to health, are very important to the water, that water is the basic health. China saying “not drug Sibu, Sibu as water, water is the king of all medicines”; Chuang-tzu also believes that the water is more valuable than gold; Lao zi moral records “as good as water. Water benefits all things without struggle”. Therefore, the ancient people have been aware of the importance of water. This paper through the water, water of Zhongjing medical health, Yangxin, yangshen and health water aspects of the discussion, in order to make better use of water in the medical and health aspects, to better serve the masses of the people.

Zhongjing Water

Zhang Zhongjing, the most famous physician in the Eastern Han dynasty, Li lian, a famous medical scientist in the Ming dynasty, called it the ancestor of the ancient medical side, later known as the “medical sage”, its writings Shanghanzabinglun come out, marking the beginning of dialectical treatment of traditional Chinese medicine. Zhongjing's culture is one of the core content and important part of TCM culture in China, has a high practical value and
the application value of TCM, health, education and other industries, and inherit the spirit of carrying forward and surmounts the ages, do not wear value; It has basic characteristics such as creativity, locality, inheritance and value. In his works, zhang zhongjing uses medicine therapy, food therapy, acupuncture therapy and other methods to help ward off evil, and plays an important role in the development of traditional Chinese medicine\cite{1-2}.

Han medical saint zhang zhongjing to decoction water is divided into 8 categories: Gan Lan water, white water, flood water, spring water, clear water, porridge water, well water, boiling soup. In his *Shanghanzabinglun* contained in the decoction of the prescription for different diseases with different performance, different from the source of water as a solvent, both to enhance the efficacy of drugs, but also reduce the drug on the human body damage\cite{3}. The role of different decoction water in Zhongjing prescription: Gan Lan water, warm pass Xinyang, gas line water; White water, tonifying the spleen and stomach, benefiting vital essence; flood water, decrease internal heat dehumidification, releasing the nature of medicinal materials; clear water, clearing stagnated heat, strengthening the spleen and stomach; Spring water, dampness, detoxification; boiling soup, clearing heat, thirst quenching, diuresis; Well water, gamping non-toxic, ningxinanshen\cite{4}.

Water taken with medication, take the medicine now and use warm water more often, there are few people who take the medicine with porridge, vinegar or wine, but the ancient people have been able to use this special solution in medicine. Zhongjing *Golden Chamber* in the three prescription with clear water; Some take medicine with salt water, taste salty into the kidney, kidney prescription medicine use more weak salt water delivery; Honey water, fill empty runchang, can be cited to enhance efficacy; Use porridge to take medicine, can make the spleen and stomach healthy, help the medicine force exert; Some of the more toxic formulas, taken in broth, can reduce their toxic side effects; Wine, moderate drinking, can be beneficial to health, wine medication, can increase the efficacy of drugs; Vinegar can be sterilized, so that drugs can enter the liver, liver dredge, then the spleen will also disappear. Zhang Zhongjing decocts medicinal “water” has a great influence on later generations, different sources of water lifting, and the difference between the four of five flavors. Zhang Zhongjing fried medicinal water, has great influence on future generations, different sources of water are very different. The correct use of decoction and medication is of great importance to the improvement of the curative effect of the medicine.

### Medical Treatment of Water

From two thousand years ago, the *Huangdi Neijing* so far, many medical experts have their profound research and insights on a way of keeping good health. To comply with the laws of nature, “spring, summer long, autumn harvest, winter possession”, to take the corresponding method of health \cite{5}. Zhang Zhongjing's book *Shanghanzabinglun* and *Golden Chamber*, also contains a rich diet health culture. Traditional Chinese medicine emphasizes heaven and human body, health to change with the four seasons, cold and warm cool, do the appropriate adjustments, so that harmony with nature, the human body to achieve balance. Chinese medicine also pay attention to physical and mental health, not only attach importance to the body's nursed back to health, pay more attention to the mind nursed back to health, the body will affect the psychological, psychological will affect the body\cite{6}. Water is the world's cheapest but most effective medicine, water health, increasingly people's attention, and water health is the key to Yang Shen, Yang Xin, and Yang Shen.

**Water to Yang Shen.** That is appropriate to maintain the body health. The water in the
human body are constantly transport nutrients, regulate body temperature, digestion, lubricating joints, protect cells and maintain blood balance and discharge of waste and other work, to maintain the body's normal life activities and The new supersedes the old. People need to consume 2500 milliliters of water a day, remove the water from the food, but also need “eight glasses of water. “When the water is enough, the blood viscosity is normal, the normal operation of the organization; once the water shortage, the body will sacrifice some parts of the water, so that some of the body's normal functioning of the organization. This will hurt the organization and there will be a lot of health problems. Therefore, the supply of water is essential to us.

**Water can prevent and cure diseases and improve the sub-health state of the body.** Body fluid is a general term for the internal water of the human body, Qi blood body fluid is not only the product of viscera and tissue organ, but also the most basic substance. Body fluid through the role of middle-jiao, can be converted into blood. If there is a shortage of water, blood and body fluid into the obstructed, prone to disease. Medical research found that if the elderly body water shortage, it is easy to suffer from cataracts. The outbreak of angina and myocardial infarction, which is closely associated with water, especially the elderly, when human breathing, sweating a lot, micturition huge loss of moisture, the blood concentration, it is easy to form thrombus, blocking blood vessels, causing myocardial infarction. So, drinking water regularly, especially at bedtime, can relieve angina and reduce the onset of myocardial infarction. Develop a good habit of drinking water every day, there are many benefits to the body, not only can eliminate constipation, improve appetite, but also relieve fatigue. For people who drink regularly, drink water before and after drinking, protect the stomach and liver, suffer less alcohol damage, and prevent the hangover and drunkenness. Drinking water can dilute the nicotine to the human body poison, simultaneously also has the effect to the smoking quantity reduction, therefore, to often smokes the human, drinking water is very beneficial. After getting up, drink plenty of cold water, can promote intestinal peristalsis, and improve constipation. What's more, drinking water every day can smooth and stretch your skin.

**Live longer with water health.** The body of blood and body fluid can be considered water family. Understanding of the physiology and pathology of blood and body fluid of Chinese medicine began with the understanding of water. Water plays a very important role in health preserving and life prolonging.

Drinking more water, getting more water and splashing around in the water have become the rule for many long-lived people. Fishing is a great way to get health care. Water edge, the concentration of negative ions in the air can delay the aging of the human body; help the body repair damage, the brain fitness, strong body. In addition, it is also beneficial for people with neurasthenia, liver depression, and temper tantrums. Alternating hot and cold water bath is good for your health, hot and cold cycle, systemic vasodilation contraction, can exercise the vascular elasticity, and can increase the bear the endurance of stimulus, also can improve the blood circulation, delay aging, prolong the life of the target. Cold showers can also stimulate the central nervous system, improve mood, eliminate fatigue and improve working ability. The stimulation of cold water bath, the metabolism in the body is also relatively exuberant.

**Water to Yang Xin.** “Heart” is mentality. Yang Xin is to regulate the state of mind. Lao zi, regarded as the first wise man of the Chinese civilization, said that “water” was the most important thing for him. He said in the book of morals, “As good as water, water benefits all
things without struggle.” Show the sacrifice and dedication of the water. “Water” is regarded by Lao zi as the highest good, the most beautiful.

Traditional Chinese medicine thinks, the passion is close to the viscera, the anger is too much to burn the blood, overzealous and easy to be inattentive, thinking too much to hurt the spleen and stomach. Peace of mind and balance of Yin and Yang, the six veins harmonize, dispel the disease to prolong the year. Yang Xin with water is to learn the tranquility, clarity and modesty of the water. The adverse change of mood is the catalyst of disease, and the most important thing is to be quiet. In any case, the people who know how to live can keep their peace of mind. Lao zi said, “The world should not be weak in water, but fortified with the strong cannot be defeated.” It looks delicate, perhaps life is the most vigorous, stubborn [12-13].According to Zhouyi, “wash your heart”, water is used to purify the soul. The ultimate goal of health care is to improve the quality of life, learn water, wash the mind, and make the heart pure.

**Water to Yang Shen.** Man is the combination of material and spirit, Huangdi Neijing is mentioned, the key lies in Yang Shen or to finally achieve the goal of Yang Shen by refining the external form. Water can Yang Shen, especially tea, water is the mother of tea, tea can relieve fatigue, enhance the thinking ability, promote the energy, The new supersedes the old, so tea can not only take care of health, nourishing the heart, can Yang Shen.

To keep the peace of Shen, to be full of spirit, to learn to Yang Shen and to achieve the goal of health. From the beginning of the northern and Southern Dynasties, many literati landscape gardening, in reality his political ideal cannot be achieved, choose to put wild in the mountains, on a boat in the river's lake, put his ideas into the long mu, inclusive of the landscape to the relief they magnanimous mind and spirit. The ancient literati adopted Yang Shen as a health care, advocating the peace of mind and peace, and emphasizing spiritual liberation. The mountains and rivers can realize the mental and spiritual liberation of the literati [14].

**Healthy Water Use**

Drinking water does not seem complicated, but it contains profound wisdom of traditional Chinese medicine. Zhongjing's “little and drink” is very image, the importance of drinking water method, cannot blindly drink water [15]. Zhongjing Golden Chamber in the words “hot food, do not drink cold water.” “Food fat and hot soup, not drink cold water.” Ancient healthists are paying attention to the hot and cold food to reconcile, against the hot and cold diet, and modern people often overlooked, hot and cold phase, seemingly no harm. However, in front of harmless, no harm after it? Drinking water should be a small number of times, cannot like cattle booze; Don't wait until thirsty to think of filling water, thirsty, the body has been in the condition of water shortage, water body after the blood supply will reduce, increase the metabolism of the liver and kidney load, the longer it will cause the body disease, should be regularly drinking water. Although at present a lot of people think that should be added at least 1500 ml water per person a day, but that is not absolute, for some of the spleen and stomach weak, this quantity is not drinking enough, found already bulging stomach drink not bottom go to, water quantity, suit yourself.

“On a glass of water on an empty stomach every morning to physiological water loss caused by water deficiency can effectively supplement, and can reduce blood viscosity, blood circulation is accelerated, the speed of the metabolites of promote to eject, can raise color, platoon poison again. However, from the theory of traditional Chinese medicine, the
deficiency of the spleen and stomach, the indigestible function of the digestive function, and the deficiency of the renal lung function, the morning drinking water will not only harm the body but also harm the body. Drinking water should also vary from person to person, and drinking water will not only fail to achieve the effect of health care, but will also be harmful to the human body. The water should be filled with salt in moderation, salt water and tea water to quench the thirst and relieve the heat[16].

Drinking hot water has a long history in China, which has been around for thousands of years, with hot water everywhere. The warm effect of water can expand blood vessels, speed up blood circulation throughout the body, increase metabolic rate, and stimulate secretion hormone, which can help rid the body of toxins. With the development of The Times, hot water has evolved into many styles, known as tea drinking. Cure of tea and tea health not only deeply love of residents in our country, is also loved by foreign people, drinking tea will boil, and is essential to the boiling water, on the one hand, after the water to boil the water to kill bacteria microbes, on the other hand, is advantageous to the dissolution of some water-soluble substances in tea. The amount of potassium in tea is rich, about 1.5% of dry weight of tea; Green tea also contains a variety of vitamins, amino acids and other substances that are beneficial to the human body. But overnight tea is not drinkable, and after the tea leaves are shelved, the content of nitrite will increase greatly. Overnight water is drinkable, and even a day or two of contaminated tap water is very small.

Summary

With the progress of medicine and human health focus is no longer just limited to the “sick” shallow stage, the doctor of traditional Chinese medicine keeping in good health culture is an important part of Chinese excellent traditional culture, more and more deeply rooted in the hearts of the people, for the progress of modern medical science has important guiding significance[17]. Water can be seen everywhere in our daily life, and we usually tell ourselves to drink more water, but without realizing it, the water we drink runs counter to the original concept of health. The function of water is infinite, but not all water is good for the body. Only good water can keep healthy and help people keep healthy.

At present, the market of many drinks such as coffee, wine, coke, etc., while containing water, but most of them are dehydration factor, not only not hydrating effect, it is costly in terms of moisture, affect the body's metabolism, carbonated drinks can also reduce calcium in the body, the influence is healthy. Many people think that pure water is very clean, and harmful substances are filtered out. However, long-term consumption of such water also can make nutritional imbalances, because the harmful material is filtered out at the same time, some beneficial to human body trace elements and minerals were filtered out, will reduce the body immunity. At the same time, the body fluid is weak and alkaline, pure water is acid, drinking pure water for a long time can break the acid and alkali balance in the body. Now on the market some of the new water, such as electrolytic water, oxygen enrichment, and stores is often exaggerated, in order to obtain good overestimate their health value, however, they are not normal drinking water. Electrolysis water is used to decompose water into Yin, Yang and ionic water. It needs to be drunk by doctors, and the anionic water is often used for disinfection. Oxygen-rich water is artificial to add too much oxygen to the water. The oxygen that enters the body can damage the cell and speed up the cell's aging speed.

Many medical practitioners have put forward the concept of “dialectical treatment” in their books, and so should water. Do not blindly use water, should combine oneself situation,
because of person, because of quality, because of disease, because need water. In adhering to the ancient health theory concept and method at the same time, to superstition, take the essence to the dregs, the true, the water right, using scientific theory and method of preserve one's health, promote people to set up correct concept of preserve one's health, so as to strengthen the key body, prolong life goals. The function of water in Yang Shen, Yang Xin, Yang Shen is fully utilized.

Acknowledgment

This research was financially supported by the national international cooperation base (2016-65), the Central Plains scholars (162101510003), Henan Province, production and research projects (172107000012)

References


[7] Lu Fang, Kuang Hai Xue, etc. Interpretation of “water of traditional Chinese medicine” - water, wet, phlegm, drink the connotation and treatment theory [J]. World Chinese Medicine, 2015, (12): 1813-1818.


