

## The Unearthed Literature and the Culture of Health Preservation Teaching

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### Abstract

The unearthed literature provided rich and precious materials to the culture of health preservation teaching. The thinking of “correspondence between man and nature” and opposition and mutual basement of Yinyang and imitation combined with performance were the dominant ideas and important component parts of the culture of health preservation teaching. Students can have a better understanding of the Chinese traditional culture and inheritance on traditional culture in order to go into it by learning the culture of health preservation.

**Key words:** The unearthed literature; Culture of health preservation; Teaching

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### INTRODUCTION

A large number of Bamboo and wood slips and silk were unearthed in tomb No. 3 at Mawangdui in Changsha of Hunan province which buried in 168 BC, namely after Wei Wen emperor for 12 years, including 15 kinds of ancient reporting medical books. These 15 kinds of ancient reporting medical books include the *Hand-Foot-11 by Moxibustion*,

*Yinyang Moxibustion by 11 in Jia Ben*, *Pulse-Reading*, *Death of arteries and veins of Yin and Yang*, *Prescriptions of Fifty-Two Diseases*, *But the Valley of Feed Gas*, *Yinyang Moxibustion by 11 in Yi Ben*, *Guided Maps*, *Healthcare Prescriptions*, *Miscellaneous Cure Square*, *Births book*, *Miscellaneous Banned Party*, *On Principle of Universe*, *Ten Questions* and *Yin and Yang Combination*. The so-called *Mawangdui Medical Books* is the general term of *Medical Literature in tomb No.3 at Mawangdui* in this paper. *Mawangdui Medical Books* is a reflection of the culture of health preservation at Mawangdui. Those common, popular features and materials and of health preservation reflect the cultural connotations from the public, in turn, for the people. *Unearthed Mawangdui Medical Books* provided rich and precious materials to understand the meaning of “sexual culture” and study “sexual culture” in West and East Han Dynasty and take a correct attitude towards our country’s early orthodox Fangzhong Shu for us.

### 1. THE UNEARTHED LITERATURE CORRECT ATTITUDES TOWARDS THE CULTURE OF HEALTH PRESERVATION OF THE CHINESE NATION

We don’t know what books about sexual Life at all before bamboo and silk documents of sex manual unearthed a long time ago in our country so that we misunderstand the meaning of a passage in “Hanshu”, namely, sexual Life means enthusiasm and the maximum depth of truth which leads to the emperor prefer the external things to sex. There’s a phrase that the emperor likes things that are not part of sex which makes all sorts of things are very well in Zuo’s Biography of the Spring and Autumn Annals. It is necessary to use these pleasures with great temperance which can foster peace. If a person has been losing himself in drink, he would become ill and die. People reprimand

Taoist sexual practices severely and the evidence is this passage in Hanshu. Taoist sexual practices not only can make people sick but also can lead to death. However, no one explains this passage fully. Because it is bad to understand especially the meaning of maximum depth of medicine, is really a problem. The meaning of maximum depth of medicine in the medical classic of the yellow emperor is the basic reason on medicine not medial knowledge. The term of maximum depth of medicine appeared many times in the ancient literature, however, are different from Hanshu.

The unearthed passage *On Principle of Universe of the Ma Wang Dui Han Tomb Texts* provides the powerful evidence to understand the meaning of passage in Hanshu. *On Principle of Universe* is the book of sex guide, the subject of which is how to keep in good health by Taoist sexual practices. The meaning of *On Principle of Universe* is to explain the most profound truth about Taoist sexual practices in the world. The so-called the most profound truth about Taoist sexual practices is to keep in good health by Taoist sexual practices. In a word, the most profound truth here refers to the most enjoyable sexual life.

Because of the unearthed *Ma Wang Dui Han Tomb Texts*, we can learn more about sexual life. Originally, the book of sex guide is a kind of sexual medicine works, which refer to health protection and health preservation by Taoist sexual practices. As a result, Taoist sexual practices exceeded the level of sexual life that is harmonious, but rose to a higher level, namely the level of "health care". We can't treat Taoist sexual practices as obscene, which correct attitudes towards the culture of health preservation of the Chinese nation.

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## 2. THE THEORY AND PRACTICE OF HEALTH PRESERVATION OF THE UNEARTHED LITERATURE

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The characteristics of the culture of health preservation on the background of the unearthed *Ma Wang Dui Han Tomb Texts* and other unearthed literature are popularization, which reflect the cultural connotation from people, and, in turn, the cultural connotation of the people adopted by them. There are a lot of Chinese literature refers to Taoist sexual practices in the *Ma Wang Dui Han Tomb Texts*, such as *Ten Questions*, *Yin and Yang Combination* and *On Principle of Universe*, which are well preserved. It's explicitly stated that sex can make the person blood flow smoothly and defer senility to prevent disease and increase in life span. As a result, the purpose of taoist sexual practices is to keep in good health. *Health Care Prescriptions* and *Miscellaneous Cure Square* are also The Sex Arts. Taoist sexual practices can prolong life, therefore, to improve the effect of the ancients sexual health consciousness, which fully demonstrates our attention to the peoples livelihood in the Ch'in and Han dynasty.

*Ma Wang Dui Han Tomb Texts*, an important feature is to guide people to keep in good health through Taoist sexual practices. Taoist sexual practices are not a simple game, but a profound knowledge, which is the maximum depth of truth about sex. *Ma Wang Dui Han Tomb Texts* says that when men and women having sex, attention should be paid to each other and master certain principles, which are good for both of them. The subject of the preserve one's health is that man should preserve their semen as far as possible during sex in *Ma Wang Dui Han Tomb Texts*. *Ma Wang Dui Han Tomb Texts* also puts forward the detailed operation methods of fixing sperm and preserving semen, which are ten kinds of action, seven impairments and eight supplements and so on. More specifically, ten kinds of action are the imitation of ten kinds of animals, and seven impairments and eight supplements are that eight kinds of behavior are good for one's health and seven kinds of behavior are harmful to human body health. Qi Gong exercise is an important element of health preservation during sex of books inscribed on Bamboo and Silk.

The ancients attached great importance to health preservation of sexual intercourse, and advocated edible and medicinal plants to enhance sexual desire. However, these edible and medicinal plants are different from traditional drugs, mostly for external use which is used to arouse sexual excitement by the ancient people. From the perspective of the prescriptions of *Ma Wang Dui Han Tomb Texts* are written, 70 kinds of disease contained in the book nearly, and the vast majority can kill your ills by drug-admixed food. *Ma Wang Dui Han Tomb Texts* is an important milestone in the development of Chinese medicine history, which keeps a record of a large number of health-keeping thoughts summed up to 280 kinds. According to the nature of the drugs, the ancients divide 280 kinds of drug into three types: Mineral drugs, natural drugs from medicinal plants and animal drugs. These edible and medicinal plants are very rich, and bring appeasement to enjoy life for the masses, which lay a good foundation for the development of the sexual culture of health preservation for the Chinese nation.

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## 3. THE UNEARTHED LITERATURE ENLIGHTENED THE CHINESE HEALTH CULTURE TEACHING

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Human beings and other living creatures are same, inseparable from the natural law of birth, aging, illness, and death. *Ma Wang Dui Han Tomb Texts* has deep inspiration for Chinese health culture, embodies in the following areas.

### 3.1 To "Heaven Corresponding" as the Dominant Idea of "Keeping in Good" Health Culture Teaching

The unearthed medical books clearly point out the teaching theory of "heaven corresponding, human,

nature, and the human body altogether is a whole organic system. Imbalance of the balance of Yin and Yang will affect internal organs dysfunction, if a organ is damaged, other organs will be affected too, leads to human body imbalance, therefore need to early clean-up the unfavorable factors in the body, adjust the balance, nutritional supplements. The unearthed medical books emphasizes on the principle of “prevention first”, situated to explore the mysteries of life. Rome is not build in a day” warned us that at ordinary times, we should pay attention to take care of our health, so that we can avoid diseases that invade the body. Then how should we take care of our health usually? It is pointed out in the unearthed medical books, as an integral part of nature, human need to rely on the role of Yin and Yang five elements to adjust the balance of human and nature. Therefore, in the state of different season, geographical area, and time, different approaches should be made to harmonize, in order to achieve “heaven corresponding”. Common callback methods are:

### 3.1.1 Taking Care of Health by Food

As one of the main content of the Traditional Chinese Medicine (TCM), its application range is wide, mass people adapted to it. The main methods of nursing our body are healthy food selection and application, as well as diet and moderation etc.

### 3.1.2 Health Caring by Taoist Sexual Practices

*Ma Wang Dui Han Tomb Texts* attach importance to health preservation of sexual intercourse and encourage people to arouse their sexual excitement by edible and medicinal plants. There are up to 280 kinds of drug in the book, which meet the needs of the people’s health care.

### 3.1.3 Health Preserving by the Way of Massage and Acupuncture

Acupuncture and massage are the kinds of non drug regimens, which embody the broad and profound medicine culture in china.

## 3.2 The Ancient Chinese Theory of the Five Elements Is an Important Part of the Health Cultural Teaching

The human body is a unified whole. Everything is inseparable from the Yin and Yang. Just as a popular saying goes “Yin can’t exist without Yang, and Yang cannot grow without Yin”. The world is considered as a whole of materials according to the theory of Yin and Yang. Everything in the nature contains the opposite and united relation between Yin and Yang. Man and nature are of the relationships of generation and restriction and are in constant motion and change.

The five elements involving Wood, fire, earth, metal and water are the basic component of the material world, which the five most essential materials indispensable to human existence in traditional Chinese medicine. The five elements are corresponding to the spring, summer,

autumn winter in nature, while it comes to human body, and are corresponding to five zang-organs, including the liver, heart, spleen, lung and kidney, that are closely related to mental and spiritual activities. To be specific, liver is subsumed to wood, heart to fire, spleen to earth, lungs to metal, kidney to water, so as to explain the relations among the physiological and pathological changes in the viscera. That is, ecological equilibrium in nature and physiological balance in the human body result from such relationships of generation and restriction. Pollution is becoming increasingly severe in environment and grain also has some harmful substances to human being with the progress and development of the human society. After knowing the relationship between the five elements and nature, we can predict what might happen such as emerging diseases, and then estimate the changes in orientation, tastes, time of year, which increase in life span. Through the law of the unity of opposites between yin-yang and five elements to communicate human and environment and maintain their coordination, which are our unique traditional Chinese culture and also the mysteries of traditional regimen methods.

## 3.3 The Excavated Documents of the “Guided Maps” to Enhance the Visualization of Health Cultural Teaching

Unearthed guided maps, dating back 2100 years have been a long time, not only during the morning and is very rich: physical exercise, breathing exercise, exercise equipment. “Guided maps”, after together, Consists of 44 pictures of the deputy general guidance. The so-called “guidance”, is a method of keeping in good health that combines breathing exercises and body movements. In modern Chinese, “guidance” is gymnastics. Unearthed guided maps add interests and figures to the culture of health preservation teaching. With the development of science and technology and the emergence of modern teaching equipment, especially the emergence of computer and CD technology, we see the hope that the culture of health preservation teaching will be better and better. The large capacity, intuitive and versatility of such equipment provides the culture of health preservation teaching with various possibilities. Human beings can make their own choices in terms of what to learn and how to learn according to their own specific learning goals and requirements by these high-tech means. While reading the ancient Chinese words, we often find that the contents have appeared emptily tasteless, lacked the vitality, the iconicity. If teachers only explain language knowledge blindly, over time, students will lose interest in learning. Therefore, teachers must develop the students’ interest in learning in order to make the teaching to achieve the desired effect. The use of modern teaching means to make the abstract truth visualization, and enhance students’ learning interest, at the same time greatly shorten the teaching time, which made it easy to teach and to learn.

### 3.4 The Combination of the Culture of Health Preservation Teaching and Imitation

“Ten kinds of action” is an important term of excavated documents, namely imitation of ten kinds of animals. Like to imitate the posture of tiger, rabbit, apes and other animals, which can achieve the purpose of health preservation and have very big inspiration for health preservation teaching. Chinese culture is profound, which contains a lot of unique culture of health preservation and is difficult for beginners to learn. Teachers should make complicated matters simplified and understood easily, combining culture learning and imitating. For example, according to students’ own understanding, teachers can ask them to imitate the various postures of “guided maps” respectively. But, before that, students should analyze the roles correctly and design the performing process, which are important approaches for the analysis of characters and learning the ancient culture. The combination of the culture of health preservation teaching and imitation can arouse student’s enthusiasm and initiative and create a good learning atmosphere. Students’ personal performance and the active involvement of them can increase their understanding of ancient culture of health preservation.

### 3.5 Application of the Comparative Method in Analysis in the Process of the Culture of Health Preservation Teaching

The comparative method in analysis is the main teaching method when people conducting cultural of health preservation teaching. To be specific, the method of contrast analysis includes is divided into vertical comparison and lateral comparison. Teachers should contrast and confirm the methods of health-keeping in the same time period during teaching in order to find out their similarities and differences. In addition, teachers should also contrast and confirm the methods of health-keeping in different periods and observe the changes of health regimen in order to find out their similarities and differences. Only by understanding continuity and correlation of development of health-preservation culture can we avoid separating the knowledge in the actual life. All above mentioned methods can improve the students’ memory and acquire the knowledge firmly. According to the principle of psychology, the high similarity of the material is one of the great causes of

false memories. Teachers can use comparative methods to analyze the similarities and differences of the ancient and modern Chinese health-preservation culture in order to avoid blotting out of student’s memories and improving the level of intelligence such as memory, alertness, imagination, and etc. in practical teaching. The comparative method can guide students to search for the inherent relationship and similarities and differences of the old and new knowledge, which helps them to grasp the emphases and difficulties of knowledge. In a word, the comparative method can cultivate students’ ability of drawing inferences about other cases from one instance, to improve their creativeness.

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## CONCLUSION

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The unearthed literature provided rich and precious materials to the culture of health preservation teaching. Keeping in good health culture is the treasure of the historical development of our country and the spiritual wealth of human civilization. The thinking of “correspondence between man and nature” and opposition and mutual basement of Yinyang and imitation combined with performance wase the dominant ideas and important component parts of the culture of health preservation teaching. Students can have a better understanding of Chinese traditional culture and inheritance on traditional culture in order to go into it by learning the culture of health preservation.

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