

Exploration and Practice of Traditional Chinese Medicine Teaching under the background of Ideological and Political Education

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Abstract: Based on the theoretical background of curriculum thinking and combining the essence of traditional Chinese culture, including China's traditional philosophy and family philosophy, we explore the ideological and political thought and educational significance in the teaching of Chinese medicine. We should focus on carrying out popular science activities of traditional Chinese medicine and telling the traditional philosophical thoughts in traditional Chinese medicine, create diversified classroom education forms and activity practice, excavate the ideological and political ideas and integration methods in the teaching of traditional Chinese medicine, and form the effect of educating people and talents.

1. Introduction

At the 2016 National Conference on Ideological and political work in Colleges and universities, he delivered an important speech including "doing well in Ideological and political work in Colleges and universities should be changed according to things", and encouraged various courses and ideological and political courses to cooperate with each other to form an educational practice effect of one plus one greater than two.

2. Research Background

2.1. Concept and Connotation of Ideological and Political Course

The educational concept of curriculum thought and politics can be traced back to the concept innovation and practice put forward by Shanghai Education Department in the process of promoting the comprehensive reform of moral education in 2005 [1]. It can be understood as the practice of Ideological and political education through and with the help of professional courses carried out by

colleges and universities, or the educational practice of Integrating Ideological and political education into professional courses [2].

However, it should be noted that the course of Ideological and political education is not simply to set up ideological and political courses, situation and policy courses or copy the teaching contents of these courses, but to explore the unsystematic and scattered ideological and political elements originally contained in the professional courses without affecting the teaching of the knowledge contents of the professional courses, Analyze the potential relationship between the professional knowledge content of the discipline and the current mainstream ideology, and organically integrate it into the teaching of professional courses after thinking and understanding, so as to achieve subtle neutrality and cultivate people, and avoid being far fetched and copying. In addition, curriculum ideological and political education should also be a conscious, long-term and comprehensive process, which requires educators to constantly think and explore, integrate the ideological and political education of students into all links, levels and aspects of professional curriculum design and innovation in Colleges and universities, and then run through the whole professional talent training system [3].

2.2. Teaching Characteristics and Content Overview of Traditional Chinese Medicine

The discipline of traditional Chinese medicine mainly includes three major aspects: Traditional Chinese medicine, traditional Chinese medicine and integrated traditional Chinese and Western medicine. The teaching content is based on traditional Chinese medicine and traditional Chinese medicine. There are professional courses such as ancient Chinese medicine, basic theory of traditional Chinese medicine and various theories of traditional Chinese Medicine. There are many classics involved, such as the Yellow Emperor's Internal Classic, compendium of Materia Medica, treatise on typhoid and miscellaneous diseases, essence and sincerity of great medicine and other medical works. Traditional Chinese medicine is a subject based on Chinese excellent traditional culture. Its formation and development are influenced by Confucianism, Buddhism and Taoism. It is a subject integrating medical professional knowledge and ideological culture, and constantly inheriting and innovating.

2.3. Research Background Related To Ideological and Political Education In Subject Teaching

The combination of Ideological and political courses and subject teaching courses has been fully studied in recent years. So far, ideological and political courses have been integrated into physical education, English, organic chemistry [4-5] and many kinds of compulsory courses in Colleges and universities. The research related to the teaching of medicine mostly focused on the discussion of teaching mode and reform methods. Guo qiuting [6] analyzed the integration of thinking and politics in the curriculum of pharmacology of nursing specialty from the perspective of discipline reform; Wang Yulong discussed the ideological and political ideas of professional courses such as pharmaceutical consumption behavior analysis from a practical perspective. In the development stage of relevant research on the combination with the teaching of traditional Chinese medicine, taking the basic course of traditional Chinese medicine as an example, Zhang Xianfang [7] discussed the ideological and political elements in the discipline of traditional Chinese medicine from the disciplines of ancient Chinese medicine, basic theory of traditional Chinese medicine and classical philosophy; Wang Yingfang [8] explored the combination of ideology and politics with the discipline of traditional Chinese medicine based on the characters and deeds of educational

significance and his judgment of educational significance and necessity; Jia ailing [9] from the perspective of Cultivating College Students' professional ethics and thinking of traditional Chinese medicine, taking the characteristics of traditional Chinese medicine pharmacy as an example, put forward the necessity of Integrating Ideological and political elements in teaching.

3. Teaching exploration of traditional Chinese medicine under the background of Ideological and Political Education

3.1. Feasibility Analysis on the Excavation and Integration of Ideological and Political Ideas in the Teaching of Traditional Chinese Medicine

3.1.1. Taking the Basic Course of Traditional Chinese Medicine as an Example

Ancient Chinese medicine is one of the basic courses of traditional Chinese medicine. By studying the preface of various medical books, biographies of famous doctors and medical thoughts, students can cultivate their ability to read ancient medical books and master professional terms of traditional Chinese medicine, so as to lay a foundation for students' subsequent professional courses; In addition to the attainments in medicine and language, the ancient books and medical codes taught in the course of ancient Chinese medicine also contain the excellent humanistic values inherited by traditional Chinese medicine, and there are a large number of Ideological and political elements that can be explored, such as Confucian medical style, great medical sincerity, benevolence and compassion, and helping the world and the people [10]. In the process of designing the teaching content of this course, we can take the excellent traditional Chinese culture as the basis. When it comes to the biography of famous medical experts and medical cases, we can let students join the discussion in combination with reality, think spontaneously, and feel the life philosophy and values contained therein. For example, Zhang Zhongjing, a famous doctor in the Eastern Han Dynasty, was concerned about the poor people, cherished his family, country and the world, and advocated the Confucian medical thought of benevolence, loyalty and filial piety. In his preface to treatise on febrile diseases, he described "observing the medicine today, not thinking about the Scriptures, in order to show what he knows; inheriting his family skills, always conforming to the old... The diagnosis was unknown for a short time, the nine waiting periods were not as if there was no one in the Ming hall, and there was no observation at all" The phenomenon of neglecting human life, and denounced it as "it is difficult to see death and life", calling on the world that doctors should sincerely learn medicine and respect life. Sun Simiao advocated the medical ethics of "extensive medical resources, diligent and tireless" for the essence of medicine, and discussed that as a doctor, he needs to have noble moral cultivation and "great compassion" [11]. This is the medical ethics that the society still vigorously advocates, and it is the original intention that every medical student adheres to.

The basic theory of traditional Chinese medicine is a basic course of traditional Chinese medicine that studies and discusses the theoretical system and content of traditional Chinese medicine. It not only includes the theory of yin and Yang, the theory of five elements, the theory of Zang Xiang, the principles and methods of treatment, Qi, blood and body fluid, meridians, physique, etiology and pathogenesis, the principles of prevention and treatment, health preservation and other medical contents [12], but also includes the ancient view of nature and humanity of the unity of heaven and man, saving the dead and healing the wounded The excellent traditional Chinese thoughts and values of doctors with benevolence and family, country and world in mind. For example, when teaching the five elements theory and yin-yang theory, this course can stimulate

students' thinking and interest in Chinese traditional culture, enhance students' sense of identity and theoretical confidence in Chinese excellent traditional culture, and cultivate students' sense of national pride and patriotism. When teaching the principles and methods of treatment, we should take the doctor's benevolence, saving the dead and healing the wounded and cherishing the world's heart as the starting point, emphasize that learning traditional Chinese medicine should have a serious, responsible and selfless attitude, enhance students' sense of social responsibility and help them establish correct life values and work and study attitude. In addition, when teaching the basic characteristics of traditional Chinese medicine of the thought of the unity of heaven and man, we can combine the current environmental characteristics of our country, emphasize conforming to nature, protecting nature, and establish the concept of sustainable development of harmonious coexistence between man and nature. The teaching of etiology and pathogenesis, Qi, blood, body fluid, meridians, physique and other contents can remind students to comply with the natural law to arrange their work and rest, develop good living habits and a positive and healthy attitude towards life.

Various theories of traditional Chinese medicine is a course to study and summarize the medical academic thoughts of the main traditional Chinese medicine schools and doctors in the process of academic development of traditional Chinese medicine. It plays a role in inheriting ancient sayings and announcing the future [13]. In the process of continuous progress in history, the field of traditional Chinese medicine has been affected by the era background, geographical location, cultural impact, teachers' acceptance and other factors [14]. Its academic knowledge structure has become more and more complex in the process of inheritance. At the same time, it also presents the "hundred schools of thought contend and a hundred flowers bloom" in the medical field, which has promoted the diversified development, enrichment and progress of the theoretical system of traditional Chinese medicine. The part of these theories describing the life anecdotes and medical attainments of famous doctors can be used as the natural combination point of traditional Chinese medicine courses and ideological and political education. Students can sort out the growth experience of famous medical experts, the formation of academic ideas, the academic school and the development and inheritance history of this school, help students find their own learning methods and stimulate their positive and enterprising mentality, At the same time, it can also consolidate the foundation of students' professional knowledge.

3.1.2. Taking the Course of Traditional Chinese Medicine as an Example

Traditional Chinese medicine is one of the main courses of traditional Chinese medicine. This professional basic course is offered in many traditional Chinese medicine majors, such as traditional Chinese medicine, traditional Chinese medicine, integrated traditional Chinese and Western medicine and so on. The teaching contents of traditional Chinese medicine include the origin and development history of traditional Chinese medicine, the origin, collection, storage, processing, performance theory, compatibility, drug taboos, dosage and usage of traditional Chinese medicine, as well as the drug efficacy and application knowledge of commonly used clinical traditional Chinese medicine [15]. These teaching contents have ideological and political factors that can be explored and integrated.

The research on the origin and development of traditional Chinese medicine can enable students to realize the long history of Chinese traditional Chinese medicine culture and the realistic and pragmatic spirit of their predecessors in exploring unknown fields, so as to stimulate their sense of identity with Chinese pharmacological culture; The research on the origin of traditional Chinese

medicine can show China's vast territory, magnificent mountains and rivers, as well as the richness of products and resources, and stimulate national pride and feelings of family and country; The collection, processing and storage of traditional Chinese medicine can reflect the craftsman spirit of Chinese doctors; The performance theory, medication taboos, dosage and usage of traditional Chinese medicine can reflect the doctor's rich knowledge reserve and the sense of professional ethics of fearing life and doctor's benevolence.

The traditional Chinese medicine commonly used in clinic has not only helped countless Chinese people troubled by diseases in the long river of history, but also made great contributions in the process of today's anti epidemic: Maxing Shigan Decoction and Baihu Decoction by Zhang Zhongjing, Dayuan drink by Wu Youke, Sangju drink, yinqiao powder and Qingying Decoction by the school of febrile diseases, All of them are effective Chinese medicine practitioners in the clinical prevention and treatment of atypical pneumonia and New Coronavirus pneumonia. They are effective weapons for human beings to fight major infectious diseases, and enhance their cultural identity and national self-confidence [16].

3.2. Necessity of Integration of Traditional Chinese Medicine Teaching and Curriculum Ideology and Politics

The implementation outline of the quality improvement project of Ideological and political work in Colleges and universities issued by the Ministry of education in 2017 vigorously promotes the classroom teaching reform with the goal of "curriculum ideological and political work" as one of the core points. On the basis of summarizing and combing the characteristics of each discipline and the ideological and political concept contained in each discipline, it revises and arranges professional teaching materials, the curriculum of professional courses Teachers' teaching curriculum training, improve and supplement classroom teaching design, and strengthen the overall teaching management. As a unique discipline with Chinese traditional characteristics, the discipline of traditional Chinese medicine contains China's own traditional fine culture and thought that many disciplines cannot compare, which is also in line with the ideological and political education with Chinese characteristics and core values. The purpose of both traditional Chinese medicine and curriculum ideological and political education is to cultivate talents with high quality and high ethics, deepen the exploration, practice and reform of traditional Chinese medicine curriculum with the background of "curriculum ideological and political education", and deepen the cultivation of medicine discipline, the goal of medical workers with unity of morality and conduct, It is of great significance to realize the integration of traditional Chinese medicine curriculum and ideological and political education.

3.2.1. Implement the National needs for Ideological and Political Work in Various Disciplines and Cultivate High-Quality Talents

A deep understanding of the positive role of the discipline of traditional Chinese medicine in improving the quality of Ideological and political work in the field of overall medical training. The students trained under the discipline of traditional Chinese medicine are the backbone of medical workers who will inherit Chinese traditional Chinese medicine culture and society in the future. Therefore, it must be a top priority for the training of future socialist builders in the all-round development of morality, intelligence, physique, beauty and labor. Colleges and universities have always attached great importance to students' professional quality and put it in the first place in the teaching process of traditional Chinese medicine. They often ignore students' Ideological Education

and mental health education, and establish people first. Only when moral norms are properly restrained and become a positive person with moral education, can they better contribute to the motherland and society, which is the need of the development of socialism with Chinese characteristics, It is also the inevitable trend of cultivating high-tech talents in China.

3.2.2. The Reform and Practice needs of the Discipline of Traditional Chinese Medicine in Line with the National Development

The times are developing rapidly. With the renewal and release of national policies, all disciplines in Colleges and universities need to recognize the development trend of the times in time and carry out corresponding reforms in order to better comply with national and social development. The discipline education of traditional Chinese medicine is a special and non negligible system in medical education. We are aware that teachers shoulder the mission and responsibility of Building Morality and cultivating people in Colleges and universities, Students shoulder the burden of bearing the development trend of the future social moral system, which is an important part of the reform of traditional Chinese medicine. Ideological and political education plays a channel in line with the national social development. Professional learning should not only have professional knowledge, but also promote students' physical and mental harmony.

4. Teaching strategy and practice of Traditional Chinese Medicine under the Background of Ideological and Political Education

Vigorously build the core embodiment of Ideological and political education in the teaching of traditional Chinese medicine, so as to realize the perfect combination of curriculum ideological and political education and traditional Chinese medicine education. We should not only stop at the theoretical and ideological level. What can really promote the development and reform of traditional Chinese medicine teaching is the development and improvement, innovation and management in teaching practice and action.

4.1. Teaching Strategy of Traditional Chinese Medicine under the Background of Ideological and Political Education

4.1.1. Set and Design the Curriculum of Traditional Chinese Medicine under the Background of Curriculum Thought and Politics

Make reasonable selection and arrangement in the expression of thoughts and ideas and traditional culture in the discipline of traditional Chinese medicine, and integrate different ideological and political education and contents into the overall teaching and curriculum compilation. Many schools are also integrating the curriculum ideological and political system into the whole subject education, moistening the students' hearts and cultivating their excellent virtues in a subtle way, Integrate the practice of socialist core values and ideological and political core concepts into the whole process of discipline education, and make the teaching of traditional Chinese medicine become one of the important carriers of Ideological Education in medical discipline.

4.1.2. Strengthen the Integration of Various Departments in Subject Teaching

The development of a discipline should not only be the matter of teachers and students, but also the cooperative role of each department under the whole teaching system, such as guiding and conducting lectures to cultivate teachers to actively participate in Ideological and political publicity practice and promote the common development of Ideological and political education in management and teaching. Form the long-term mechanism and long-term development view of curriculum ideological and political construction.

4.1.3. Improve Teachers' Literacy Through Teaching

Teachers are carrying out the important mission of preaching, receiving profession and solving doubts. In order to cultivate students' Ideological and political education, we should first constantly improve the basic political literacy of teachers of traditional Chinese medicine and let students study in a healthy, harmonious and full of the core of Ideological and political education, which is an important core content of cultivating students' Ideological and political ideas, Strengthen the requirements and testing of teachers' Ideological and political theory quality, constantly improve the political quality of teachers teaching various courses, and give priority to ideological and political education based on the selection and admission of teachers.

4.2. Teaching Practice of Traditional Chinese Medicine under the Background of Ideological and Political Education

Table 1: teaching practice of traditional Chinese medicine under the background of Ideological and Political Education

teaching model	Teaching practice content	Integration point of Ideological and political elements
Traditional classroom	Study famous ancient medical books	Huangdi Neijing is the foundation work of traditional Chinese medicine theory. It takes life as the center and can integrate ideological and political elements in society, nature and psychology; The medical ethics advocated in "great medical sincerity" is "great compassion" and "extensive medical resources, tireless", which is a very high moral cultivation; "Treatise on Febrile Diseases" contains prescriptions that are still in use today to guide students to realize the importance of inheritance and innovation and stimulate professional self-confidence and sense of responsibility. Such ancient medical books are numerous.
	Case analysis and discussion of traditional Chinese Medicine	The use of traditional Chinese medicine has a long history. The ancients had unique wisdom and opinions on the use of medicine, so as to enhance the confidence and inheritance consciousness of traditional Chinese medicine culture. Analyze the efficacy of clinical medication, compare and analyze the efficacy of Western medicine, stimulate the awareness of innovation and competition, and establish the attitude of mutual reference and learning between Chinese and Western medicine. Treat the toxicity of cinnabar in traditional Chinese medicine scientifically and cultivate the excellent learning quality of eliminating counterfeits and seeking truth. From the application and protection of rare medicinal animal and plant resources such as musk and antelope horn, this paper discusses the harmonious symbiosis with nature.
Extracurricular practice development	Visit traditional Chinese Medicine Museum and medicinal botanical garden	Understand the origin and development process of traditional Chinese medicine, expand the reserve of professional knowledge, and the national pride and cultural identity brought by Chinese medical culture; Understand the distribution of medicinal plant resources in China, and feel China's vast territory and rich plant resources.

	Pharmaceutical practice in pharmaceutical base	Experience the collection, processing, storage and other processes of traditional Chinese medicine, and the craftsman spirit of "although processing is complicated, it does not reduce labor"; Ensure the professional quality of processing procedures and complete quality, and feel the importance of team cooperation in the pharmaceutical process.
	Hospital practice	Through the sitting diagnosis of "looking, smelling, asking and cutting" with patients in the hospital, we have a rigorous diagnosis and treatment attitude and serious working spirit. In the process of caring for patients, it is the interpretation of the doctor's benevolence.
"Online + offline" mode	Online continuous learning	Prepare short films, audio and other learning materials combining traditional Chinese medicine related knowledge and ideological and political elements, take Mu class and other internet teaching platforms as the carrier, as the continuation of classroom content, and promote students' autonomous learning, communication and interaction after class.
	Online and offline dissemination of traditional Chinese medicine culture	On the one hand, with the help of network platform or we media, guide students to use network resources in the era of big data, understand professional dynamic cutting-edge knowledge, and undertake the important task of inheriting and developing traditional Chinese medicine; On the other hand, we can carry out offline associations to popularize the knowledge of traditional Chinese medicine on campus, which can fully mobilize students' enthusiasm, enthusiasm and sense of responsibility in learning traditional Chinese medicine and publicizing popular science of traditional Chinese medicine, and stimulate professional self-confidence.

5. Conclusion

Ideological and political education is the foundation of a country's ideological education. From primary school to university, from science and engineering to Literature and art, ideological education should grow up with students and the public.

Teachers in Colleges and universities related to traditional Chinese medicine can carry out ideological and political education for students from the aspects of curriculum design, classroom education forms, practical activity methods, inside and outside class, and break the boundaries and shackles of professional education and ideological and political education, so as to really promote the development of education in our country. The talents trained in the discipline of traditional Chinese medicine should not only have professional quality and professional knowledge, but also consolidate professional knowledge, strengthen ideological belief, develop morally, intellectually, physically, aesthetically and laboriously, have national and professional pride and a sense of mission to contribute to the development of traditional Chinese medicine industry and social development under the discipline background of Ideological and political education, This is the real education and training of traditional Chinese medicine.

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