

The study of yin-yang cultural words in TCM under the background of Chinese international education

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Abstract: Yin-yang is a very representative concept in traditional Chinese culture and traditional Chinese medicine, which is of great significance for understanding traditional Chinese medicine and Chinese culture. However, due to the complexity and uniqueness of yin-yang concepts in Chinese international education, learners often face difficulties in understanding and applying them. Therefore, this thesis mainly discusses the semantic connotation, usage characteristics and teaching strategies of TCM yin-yang culture words through literature research.

1. Introduction

In the context of today's globalization, Chinese international education is becoming more and more important. As one of the representatives of traditional Chinese culture, Chinese medicine has been paid more and more attention and studied worldwide. One of the core theories of traditional Chinese medicine is the concept of Yin and Yang. As the basic category of ancient Chinese philosophy, yin-yang not only runs through the theoretical system of traditional Chinese medicine, but also profoundly affects the way of thinking and life of Chinese people. However, the concept of yin-yang is often difficult for non-native Chinese learners to understand and apply. This is mainly because yin-yang has complex semantic connotation and cultural background, involving philosophy, medicine, natural concept and many other fields. In addition, since the concepts of yin-yang are expressed in different ways in different cultures and languages, teachers and learners in international Chinese education need to face the dilemma of translation and teaching of yin-yang cultural words.

2. The definition of yin-yang cultural terms in TCM

The definition of TCM yin-yang culture words involves two aspects: semantic connotation and usage characteristics. They are the basic terms and expressions of traditional Chinese medicine. Through the study and application of these words, learners can better understand the basic principles of traditional Chinese medicine and the core ideas of traditional Chinese culture. In international Chinese education, teachers can help learners grasp the semantic connotation and usage characteristics of TCM yin-yang cultural words through rich teaching materials and diversified teaching methods, so as to improve their language level and cross-cultural

communication ability. [1]

First of all, from the perspective of semantic connotation, TCM yin-yang cultural words refer to the words related to the concept of yin-yang in the theoretical system of TCM. Yin-yang is one of the core concepts of traditional Chinese medicine. It represents a way to observe and understand the relativity and dynamic balance of things. The concept of Yin and Yang runs through all fields of TCM, including disease diagnosis, treatment methods, and drug application. Therefore, TCM yin-yang cultural words can include words directly related to the concept of yin-yang, such as yin-yang, yin-yang balance, yin-yang imbalance, etc., as well as other words described and explained through the concept of yin-yang, such as Yin deficiency, Yang deficiency, Yin cold, Yang sheng, etc.[2] From the perspective of usage characteristics, TCM yin-yang cultural words have some unique characteristics. First, they often have metaphorical and symbolic meanings. Due to the wide application and rich connotation of the concept of yin-yang, the words of yin-yang culture in TCM are often used as metaphors and symbols to describe the characteristics, changing processes and mutual relations of things.[3] For example, Yin is often used to describe the moon, night, weakness, calmness, etc. Yang is often used to describe the sun, daytime, intensity, enthusiasm, etc. Yin and Yang in traditional Chinese medicine are often used to describe things in an opposite or relative way. In traditional Chinese medicine theory, Yin and Yang are relative, interdependent, restricted and transformed. Therefore, the words of yin-yang culture in traditional Chinese medicine usually use opposite pairs of words when describing things, such as yin-yang, deficiency and fullness, cold and heat, slow and urgent. Finally, TCM yin-yang cultural words often need to be understood and applied according to the specific context. Due to the complexity and universality of yin-yang concepts, TCM yin-yang cultural words may have different meanings and usages in different contexts. Therefore, learners should pay attention to the use of specific contexts when mastering the words of yin-yang culture in TCM.[4]

3. The source and classification of TCM yin-yang cultural words

3.1 Source of TCM yin-yang culture words

The origin of TCM yin-yang cultural terms can be traced back to the evolution of ancient Chinese philosophy and the concept of nature. In ancient philosophy, the concept of yin-yang was widely used to describe all things in the world and the relationship between things; In traditional Chinese medicine, the concept of Yin and Yang is used to understand and analyze living systems. The Chinese concept of nature has also influenced the formation of the words Yin and Yang in TCM culture, which are often used to describe the physiological and pathological states of the human body. Although these words have a certain degree of professionalism, their source and background also reflect the profound heritage and ideological essence of traditional Chinese culture. In ancient philosophy, the concept of Yin and Yang first appeared in the Book of Changes. The Book of Changes is one of the famous ancient Chinese philosophical classics, in which the concept of Yin and Yang is used to describe all things in the world and the interrelationship between things. With the development of Chinese philosophy, the concept of yin-yang gradually became one of the core concepts of traditional Chinese philosophy, which was widely used in various schools of thought such as Taoism, Confucianism and Mohism. In traditional Chinese Medicine, the concept of Yin and Yang is used in the understanding and analysis of living systems.[5]

Traditional Chinese medicine considers the human body to be a complex living system consisting of various elements such as qi and blood, qi, zang-fu organs, meridians and collaterals. The balance and interaction between these elements are key to maintaining human health. The concept of Yin and Yang is applied to describe the interrelationship between these elements, as well as the choice of diagnosis and treatment methods for diseases. The formation of yin-yang cultural

terms in TCM is influenced by the Chinese concept of nature. The Chinese concept of nature holds that all things in the world are composed of the two poles of Yin and Yang, and all things in the world exist relative to each other. Under the influence of this concept, traditional Chinese medicine believes that the life movement of the human body is also the result of the interaction and balance of Yin and Yang. Therefore, the formation of Yin and Yang cultural words in TCM is also influenced by the Chinese concept of nature, and these words are often used to describe the physiological and pathological state of the human body.

3.2 Classification of TCM yin-yang cultural words

3.2.1 Orientation yin-yang culture words

Orientation yin-yang cultural words are an important classification of traditional Chinese medicine yin-yang cultural words, which are used to describe the yin-yang attributes and characteristics of various parts and positions of the body. Upper and lower: the upper is Yang and the lower is Yin. The upper and lower parts of the human body are the opposite and complementary relationship between Yin and Yang. The upper part of the body includes the head, chest and upper limbs. Yin deficiency is easy to appear dizziness, tinnitus, palpitation and other symptoms; The lower part includes the abdomen and lower limbs, and the Yang deficiency is prone to lumbar acid, soft knees, edema and other symptoms of lower limbs. Inside and outside: inside is Yin, outside is Yang. The inside and outside of the human body are relative and interdependent relations between Yin and Yang. Internal including five viscera, six organs, meridians and so on, Yin sheng easy to appear internal heat, dry mouth, bitter mouth and other symptoms; External including skin, hair, muscles, etc., Yang sheng is easy to appear red face, sweat, irritability and other symptoms. Left and right: Yin for left, Yang for right. The left and right side of the human body are relative and symmetrical relationship between Yin and Yang. The imbalance between the left and right can lead to problems such as poor qi and blood flow, blockage of meridians and collaterals. Yin deficiency on the left side includes liver-yang hyperactivity and liver-fire exuberance; The right Yang deficiency disease includes lung qi weakness, spleen Yang deficiency and so on. Front and back: front is Yang, back is Yin. The front and back of the human body are the opposite and complementary relationship between Yin and Yang. The front part includes the chest, abdomen, face, etc., the complexion of the Yangsheng is red, abdominal distention and constipation; The back includes the back, buttocks, feet, etc., Yin is prone to low back pain, joint stiffness and other symptoms.

3.2.2 Entity Yin-yang cultural words

1) General entity yin-yang culture words

General entity yin-yang cultural words are the most basic entity yin-yang words, including the yin-yang properties of various organs, tissues and liquids of the human body. For example, the heart belongs to the positive organ, while the liver belongs to the negative organ; Blood is a negative fluid, while sweat is a positive fluid.

2) Qi-blood-body fluid type entity yin-yang cultural words

The physical yin-yang cultural words of Qi-blood-body fluid refer to the words that describe the yin-yang properties and characteristics of Qi-blood and body fluid, which are necessary for human life activities. Qi and blood are the foundation of human body and the material basis necessary for human life activities. The yin-yang balance of qi and blood is very important to the health of the body. Body fluid is one of the fluids in human tissues, including sweat, tears, saliva, gastric juice, etc. It also has Yin and Yang properties.

3) Traditional Chinese medicine entity yin-yang culture words

The entity yin-yang cultural words of TCM are the words that describe the yin-yang properties and characteristics of Chinese herbs, including the yin-yang properties of Chinese herbs in terms of taste, sex, taste and efficacy. For example, licorice is a positive herb, which is beneficial to the effect of qi tonifying deficiency; Astragalus is a positive herb, which has the effect of supplementing qi and strengthening surface and promoting body immunity.

3.2.3 Structure yin-yang cultural words

1) War structural yin-yang cultural words

War structural yin-yang cultural words are used to describe the properties and characteristics of yin-yang in war, strategy, tactics and other aspects. In war, the balance and mutual transformation of yin-yang is an important factor in the development of the war situation. For example, attack and defense, attack and defense, and offensive and defensive power are the opposites of Yin and Yang in war. In the process of treatment, we need to use the law of Yin and Yang restriction, so that the two balance each other and tend to the state of dynamic balance, so that the disease can be cured.

2) The contradiction type structure yin-yang cultural words

Paradoxical structure yin-yang cultural words are used to describe the properties and characteristics of yin-yang in the internal contradictory relations of things. In the theory of traditional Chinese medicine, the occurrence and development of diseases are often related to the imbalance of Yin and Yang within the human body. For example, cold and heat, deficiency and deficiency, and injury are common contradictory relations in TCM diagnosis.

3) Spring structure yin-yang cultural words

Spring structure yin-yang cultural terms are used to describe the yin-yang properties and characteristics of spring or similar structures. Spring has a certain degree of elasticity, can produce Yin and Yang relative changes under the action of external forces. For example, compression and extension, contraction and relaxation, tension and relaxation are Yin and Yang relations in spring structures. The relationship between Yin and Yang is mapped to the human body, which is reflected as the movement of Yin and Yang in the human body. If it is in a relatively stable state, the human body "Yin Pingyang secret, spirit is the treatment", is a healthy "flat people"; And if the change of Yin and Yang of the human body exceeds a certain limit and range for a long time, the dynamic balance is destroyed, there will be abnormal pathological state, such as Yin and Yang damage, qi and blood deficiency.

4. The teaching of Yin and Yang culture words in Chinese medicine

TCM yin-yang cultural words are important concepts in TCM, which play an important role in learning and mastering TCM theories. In the teaching process, in order to better let students understand and use these concepts, a variety of teaching strategies can be adopted.

4.1 Class clustering method

The clustering method is to divide the learning content into different categories according to certain attributes to learn. Its characteristics are mainly as follows: First, highlight the classification thinking. The clustering method requires that the learning content be classified according to certain attributes, which highlights the students' classification thinking ability. The second is to clarify the framework of knowledge. The method of grouping enables students to understand and remember the classification and induction of TCM yin-yang culture words more clearly, which helps to form a more clear knowledge framework. Third, it is easy to remember. Clustering method can make

students memorize related knowledge more organized, which is helpful to deepen the impression and improve the memory effect. In the teaching of yin-yang culture words of traditional Chinese medicine, the method of grouping can be used to help students better understand and remember relevant knowledge.

The first is to determine the classification standard. According to the attributes of TCM yin-yang culture words are classified, for example, entity yin-yang culture words are divided into different categories according to the attributes of organs, liquids and so on. The second is to determine the number of categories. According to the specific situation to determine the number of classification, should not be too much or too little. The third is to list the classification table. The classification standards and the number of categories are listed in the table, which is convenient for students to understand and remember. Fourth, the teacher's explanation. The teacher explains each category, and explains the relevant Chinese Yin and Yang cultural words for each category, so that students can understand its connotation and function. Fifth, students learn by themselves. Students can learn the relevant content independently after the teacher's explanation, and summarize the traditional Chinese medicine yin-yang cultural words in each category.

4.2 Association Strategy

Association strategy is a teaching method commonly used in the teaching of yin-yang cultural words in traditional Chinese medicine. It helps students better understand and remember relevant knowledge by associating yin-yang cultural words with other existing knowledge, experience or images. Associative strategies can be divided into two ways: image association and concept association. Image association is to associate yin-yang cultural words with specific images. Teachers can associate yin-yang cultural words with images through descriptions, pictures, videos and other means, so that students can understand and remember relevant knowledge by observing and feeling the images. For example, the concept of Yin and Yang can be illustrated by using images such as day and night, cold water and hot water. For the relationship between yin-yang and the five elements, the images of the five elements (wood, fire, earth, metal and water) and the relationship between them can be used to help students understand. Conceptual association refers to the association of yin-yang cultural words with other existing concepts. Teachers can compare or contrast the yin-yang cultural words with the relevant concepts that students already know, so as to help students better understand and remember the relevant knowledge. For example, Yin and Yang can be compared with feelings such as sweet and sour, cold and heat, so that students can understand the concept of Yin and Yang through their existing feelings and experiences.

4.3 Summarize and analyze strategies

Inductive analysis strategy is a commonly used teaching method in the teaching of yin-yang culture words in TCM. It helps students better understand and remember relevant knowledge by summarizing and summarizing relevant concepts, characteristics and laws. The inductive analysis strategy can be divided into two ways: classification induction and rule induction. Classification induction is to classify yin-yang cultural words according to their characteristics, attributes or other prescribed standards, so that students can better understand and remember them. Teachers can classify the words of yin-yang culture, such as according to their meaning, usage, application field, etc. The teacher can then explain and illustrate each category to help students understand the differences and connections between the different categories. In this way, students can understand and memorize related knowledge of yin-yang cultural words more systematically. Rule induction is to help students better understand and remember relevant knowledge by summarizing and summarizing the common characteristics, rules or other relevant relationships of yin-yang cultural

words. Teachers can provide a series of examples of yin-yang cultural words so that students can observe and compare the common points among them. Then, the teacher can guide the students to summarize the characteristics and rules of these words, such as their meaning, usage, derivative words and so on. Through the rule induction, students can have a deeper understanding and memory of the relevant knowledge of yin-yang cultural words.

4.4 Comparison Method

Contrast method is a teaching method commonly used in the teaching of yin-yang culture words in traditional Chinese medicine. It helps students better understand and remember relevant knowledge by comparing two or more different things. The method of contrast can be divided into two ways: similar contrast and opposite contrast. Similarity contrast is the comparison of two or more similar things so that students can better understand the similarities and differences and connections between them. Teachers can provide two or more similar yin-yang cultural words for students to observe and compare their similarities and differences. The teacher can then guide the students to analyze the meaning of these similarities, as well as the impact and limitations of the differences. Contrastive contrast is the comparison of two or more opposites so that students can better understand the contradictions and relationships between them. Teachers can provide two or more opposites of Yin and Yang cultural terms, such as Yin and Yang, emptiness and reality, cold and heat, etc., for students to observe and compare the opposites between them. Then, the teacher can guide the students to analyze the nature and characteristics of these antagonistic relationships, as well as their application and value in TCM yin-yang culture.

5. Conclusions

Under the background of Chinese international education, the study of Chinese yin-yang cultural words is of great significance. TCM yin-yang culture is an important part of traditional Chinese culture, which is of great importance for learning and understanding TCM theory and practice. The study of TCM yin-yang culture words can help Chinese language learners to better understand TCM culture and its core concepts. These words contain rich philosophical thoughts and TCM practice experience, and involve important content in life, health, balance and so on. Through in-depth study of these words, Chinese language learners can gain more comprehensive and in-depth knowledge of TCM, and improve their Chinese language level and cross-cultural communication ability. In the international Chinese language education, the study of TCM yin-yang cultural words can also be used as a way of interdisciplinary learning. It involves many fields such as medicine, philosophy and culture, and can help students understand China's traditional medical culture and develop critical thinking and cross-cultural communication skills while learning Chinese.

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