

Application Study of Holistic Concept in Traditional Chinese Language Teaching

—— Take the Comprehensive Chinese Course of Traditional Chinese Medicine as an Example

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Abstract. As the basic way of thinking in traditional Chinese medicine, holistic concept emphasizes understanding and grasping the essence of human health and disease from the relationship between holistic and local concept. In the teaching of TCM Chinese, the application of the overall concept can not only help to improve the TCM thinking ability of overseas students, but also enhance their Chinese expression ability, especially the language application ability in the professional field of TCM. Taking the comprehensive Course of TCM Chinese language as an example, through the study of its writing concept, content structure and other aspects, this paper deeply analyzes how the course skillfully integrates the overall concept of TCM into TCM Chinese language teaching, so as to realize the organic combination of TCM knowledge and Chinese language skills. Finally, it puts forward thoughts and suggestions on the development of Chinese teaching in the future.

Keywords: holistic concept; TCM Chinese; international Chinese education; TCM Chinese Comprehensive Course

1. Introduction

With the deepening of globalization, TCM theory has been listed in UNESCO's non-cultural heritage list, and its influence is growing, attracting scholars and enthusiasts from all over the world to study and explore [1]. The study of TCM not only involves complex medical theories and diagnosis and treatment techniques, but also contains rich cultural connotation and language characteristics. Therefore, the teaching of TCM Chinese came into being, which aims to help overseas students with middle or higher language level to better learn TCM terms and TCM knowledge through language teaching, and promote the international dissemination of TCM culture. In traditional Chinese medicine teaching, the overall concept is an indispensable concept, which reflects the integrity, unity and connection. Similarly, in the Chinese language teaching of Traditional Chinese medicine, the overall concept also requires us to closely combine the TCM knowledge and cultural background to form an organic whole. This teaching method can not only help international students to deeply understand the knowledge of TCM, but also improve their language skills and cross-cultural communication skills.

As a textbook specially designed for TCM Chinese teaching, the Comprehensive Course of Traditional Chinese Medicine has attracted the attention of scholars at home and abroad since its publication. Foreign scholars study less, mainly reflected in the English interpretation of traditional Chinese medicine terms [2]. Domestic scholars have studied it relatively a lot, which is mainly reflected in the following aspects:

(1) Analysis and evaluation of teaching materials [3]: It is believed that the teaching materials have rigorous material selection, substantial content and unified structure, and are suitable for international students with intermediate or advanced Chinese level.

(2) Vocabulary research: Scholar Zhao Mengting made a statistical analysis of the Chinese medicine vocabulary in the textbook, and summarized the characteristics and naming basis of Chinese medicine vocabulary. Referring to the interdisciplinary research of Chinese medicine and linguistics, it has important theoretical significance and academic value for promoting the

theoretical research of Chinese medicine teaching [4]. Scholar Liu Jingyan compared the tutorial with "Practical Medical Chinese" in terms of vocabulary, involving vocabulary level, vocabulary definition and other [5]. Finally, it is concluded that the grade of medical vocabulary in the two textbooks is about the middle level, the recurrence rate is high, and there are some deficiencies in both Chinese and English interpretation.

To sum up, the research on traditional Chinese language teaching based on the overall concept of TCM is still in a blank state. Therefore, this study will analyze the overall concept of TCM permeated in the Comprehensive Course of Chinese Chinese, and provide suggestions for the construction of Chinese teaching based on this. This can not only improve overseas students' understanding of TCM Chinese, but also provide valuable reference for future TCM Chinese teaching.

2. The Meaning of the Overall Concept of TCM

In The Foundation of Traditional Chinese Medicine, scholars Chen Jing and Cheng Haibo believe that the overall concept is the understanding of the integrity of the human body itself and the unity of man and the nature and social environment. It is mainly reflected in that the human body itself is an organic whole, and there is a unity between people and the external environment. [6]. In a word, the overall concept of TCM is one of the cornerstones of the theoretical system of traditional Chinese medicine, which is the understanding of the integrity of the human body itself and the unity of man and the natural and social environment. This thought is embodied in the physiology, pathology, diagnosis and treatment of TCM. The following are two specific explanations of the overall concept involved:

2.1 The human Body Itself is a Whole

This is reflected in the physiological integrity of the human body itself, such as the integration of the five internal organs and the integration of pathological changes, such as the local physiological dysfunction of the human body; the integrity of diagnosis, for example, we can measure the overall rise and decline of qi and blood from the local lesions; the integrity of treatment, for example, in medicine, we advocate the overall treatment of the local lesions.

2.2 The Integrity of the People and the External Environment

The integrity of human and external environment is a profound and extensive concept, which involves the mutual relationship between human and natural environment and human and social environment. Here is a breakdown of the concept:

1.2.1 Man and the natural environment have the unity

First, human and the natural environment have unity [7]. For example, spring and summer affect people to sweat more and less urine, autumn and winter affect people to sweat less and more urine. In addition, the regional environment also has an impact on the human experience, the south is low and flat terrain, warm and humid climate, the people can reason loose, the body will be a little thinner. And the north of the mountains, cold and dry climate, its people can reason dense, stronger body.

1.2.2 People are also unified with the social environment

In addition, people and the social environment also have the unity. With the popularization of health care knowledge and the improvement of medical level, the average life expectancy of people is increasing. It was pointed out in the "Five passes" that "taste kneeling after cheap" can cause "out of camp" disease, "taste rich after poor" can cause "loss of sperm" disease. This reflects the impact of the change of individual status in the social environment on health and disease.

3. Application of the Overall Concept in The Comprehensive Course of Traditional Chinese Medicine

"Comprehensive Chinese course of traditional Chinese medicine" is "students professional Chinese series Chinese series" the backbone of the course as a book both pay attention to the rigor of traditional Chinese medicine literature, and Chinese as the particularity of the second language teaching of professional Chinese textbooks, in writing idea, content structure are permeated with the overall idea. The following is a detailed analysis of this aspect:

3.1 Writing Concept

Chinese comprehensive course of traditional Chinese medicine writing idea is to combine the professional knowledge of traditional Chinese medicine and Chinese teaching, pay attention to summarize common TCM vocabulary, sentence patterns, knowledge, make up for the common Chinese textbooks related vocabulary and knowledge of blind spots, can make no knowledge background of traditional Chinese medicine students can also learn to use. The theory of traditional Chinese medicine, diagnosis, treatment and other aspects related, and the tutorial language as the carrier, the knowledge of traditional Chinese medicine systematically, make the students in learning Chinese at the same time, also can a comprehensive and thorough understanding of TCM knowledge system, like the human body of various viscera and meridians cooperate with each other, to maintain the normal function of the human body. The compilation of the course integrates language learning and professional knowledge learning into a whole, which fully embodies the overall concept of traditional Chinese culture, especially traditional Chinese medicine.

In addition, in terms of teaching objects, the course is mainly for overseas students in China. Considering the differences in cultural background and learning needs of international students, the course has the learning section of "extended reading ——Extended reading" in the content setting, which can be flexible teaching for international students with intermediate or senior Chinese level. The overall concept of TCM emphasizes the unity of human and social environment, and different social and cultural backgrounds will influence people's cognition and learning style [8]. During the course, the special group of international students is fully taken into account. From their perspective, they can better understand and accept the knowledge of TCM, which reflects the overall consideration of learners, and is consistent with the attribute of focusing on people and social environment in the overall concept of TCM.

3.2 Content Structure

3.2.1 The integrity of the knowledge system

Course on content contains six knowledge, respectively is the first basic knowledge of traditional Chinese medicine, the second basic knowledge of Chinese medicine, the third basic knowledge of Chinese medicine, acupuncture, article 5 basic knowledge of Chinese medicine health, 6 comprehensive knowledge of Chinese medicine, contains nearly 800 TCM professional terms, nearly 50 TCM terms or knowledge, including more than 30 practical knowledge of traditional Chinese medicine [9]. Chinese medicine believes that the human body is an organic whole, and each part is interrelated and influence each other. The content of the course completely presents every link of TCM from basic theory to clinical application, which can let international students systematically understand Chinese medicine and help overseas students study traditional Chinese medicine. In addition, the overall content system of the course starts from the intermediate basic theoretical knowledge, and gradually penetrates into various fields of Chinese medicine, Chinese medicine, acupuncture, Chinese medicine health preservation, etc., and follows the principle from easy to difficult, first introducing simple concepts, and then gradually deepening into more complex theories and applications. Through the division of chapters and the connection of the content, the course organically connects the core concepts and theories of TCM discipline, forming a complete knowledge system.

3.2.2 Language and culture are brought together

Liu Xun put forward in his book *Introduction to Teaching Chinese as a Foreign Language* that language is a social symbol combining sound and meaning, and culture refers to the sum of material and spiritual wealth created by human beings in the social and historical development. Language and culture are the relationship between the part and the whole, and language and culture are interdependent, promote and restrict [10]. For TCM Chinese teaching, to understand the difficult and obscure TCM terms, we should add the story behind the TCM vocabulary. The Comprehensive Course of Chinese Medicine offers culture-related content, adding knowledge expansion and TCM life hall to each part. For instance, The main content of the third part of the basic knowledge of Traditional Chinese medicine is the origin, main efficacy and method of taking ginseng, The expansion adds legendary stories about ginseng; In the thirteenth course of "four qi, five flavors, classics", first to the international students to summarize the fixed sentence pattern "can" + "active words" and the usual format of traditional Chinese medicine is "Chinese medicine name + medicine + function + indications", It also expanded the ancient Chinese Jin doctor Liu Wansu cured many people's diseases, But to their own treatment when the story fell; Speaking of "great medical sincerity" after the expansion of the Xinglin culture, Let the international students understand the xinglin culture is "honesty, faith, benevolence, kindness and harmony", So as to better help them understand the profound humanistic care and the philosophy of man and nature in TCM culture [11]. There are many other such content arrangements, which not only reflects the scientificity of TCM Chinese textbooks, but also increases the interest of TCM Chinese learning.

3.2.3 Combine theory with practice

The overall content has not only the elaboration of TCM theory, but also the introduction of clinical practice cases and health preservation methods. For example, in the traditional Chinese medicine section, after explaining the knowledge of traditional Chinese medicine, the processing and compatibility of traditional Chinese medicine are added. Detailed to the teaching content of each class, the section of "Traditional Chinese Medicine Life Hall" is added to combine theoretical knowledge with practical application. For example, when introducing the knowledge of traditional Chinese medicine health preservation, we will give specific health preservation methods and suggestions. For example, after explaining the knowledge of medicine and food, we will tell you that the stewed snow pear has the effect of clearing heat, resolving phlegm and relieving cough. TCM not only focuses on the research of theory, but also emphasizes the application of theory to practice to verify and improve the conclusion [12]. The content structure of the course closely combines theory with practice, which enables international students to better understand the practicality and scientific nature of TCM.

3.2.4 Teaching links or steps

In terms of teaching arrangement, the course is designed according to 4 hours, each 45 minutes, the book is expected to teach 120 hours. In the first class, learning objectives, review, warm-up, text browsing and answering links are designed; in the second period, learning and practicing words, sentence patterns and knowledge are designed; in the third lesson, retelling text and classroom discussion; in the fourth lesson, extended reading, extracurricular activities and extracurricular learning (TCM living hall) are designed. Finally, the students self-evaluate the learning content, and conduct self-diagnosis and analysis. Such an overall and unified teaching link is rigorous and scientific, which can help international students learn and use it from the shallow to the deep.

4. Some Suggestions and Thoughts for the Future Chinese Teaching of TCM Based on the Overall Concept of TCM

4.1 Optimize the Teaching Content and Establish the Knowledge Correlation

Based on the overall concept of TCM, TCM Chinese teaching should not only be limited to the teaching of language knowledge. Starting from the cultural roots of Chinese medicine, the historical origin and philosophical basis of TCM should be introduced to international students, such as the theory of Yin and Yang and five elements. By telling these cultural foundations, it helps overseas students understand the unique thinking mode and theoretical system of TCM. For example, the idea of the balance of Yin and Yang in ancient Chinese philosophy can be extended to the understanding of human health and disease in Traditional Chinese medicine, that is, the balance of Yin and Yang within the human body is the key to health, while the imbalance leads to disease.

Overall concept of traditional Chinese medicine emphasizes the unity of man and nature, society, so can be introduced in the teaching and the natural environment, seasonal change, regional culture, social customs and other related content, help students understand the Chinese language related to these aspects of vocabulary and expression, such as "adjust measures to local conditions", let students realize the Chinese closely connected with the nature and society.

4.2 Improve Teaching Methods and Improve Learning Experience

Carry out experiential teaching, such as organizing overseas students to visit TCM clinics, TCM pharmacies and other practical places, so that they can personally experience the diagnosis and treatment process of TCM, the processing and formula and other links of TCM [13]. During the visit, the teacher explained the relevant knowledge of Chinese medicine, such as the name of various Chinese medicine and the name of diagnosis and treatment equipment, so as to increase the perceptual understanding of overseas students.

Interactive teaching, group discussion, role play and other ways, let students actively participate in the learning of Chinese. For example, a simulation scene of TCM consultation is set, so that overseas students can play the role of doctors and patients respectively, and use the TCM Chinese words and expressions learned through dialogue practice. This kind of interactive teaching can stimulate international students' interest in learning and improve their oral expression and communication skills.

Modern technology is used to assist teaching, and multimedia resources such as pictures, videos and animations are used for teaching. For example, by playing the animated video of the meridians and acupoints, the direction and the position of the acupoints are intuitively displayed, and relevant Chinese terms are explained, so as to help overseas students better understand and remember.

4.3 Strengthen Practical Links and Cultivate Application Ability

Arrange overseas students to participate in the clinical internship of TCM, let them observe the diagnosis and treatment process of TCM in a real clinical environment, and assist TCM doctors in some simple work, such as recording patient information and helping to prepare treatment tools. In this process, international students can apply the knowledge of Traditional Chinese medicine to practical situations to deepen their understanding and mastery of the knowledge. At the same time, through the communication with patients and doctors, improve their Chinese listening and speaking ability and communication skills in the field of TCM.

Organize overseas students to participate in community TCM promotion activities, such as TCM health lectures, free medical consultations, etc. During the activity, international students can introduce simple knowledge of traditional Chinese medicine and health preservation methods to the community residents, and communicate and interact with the residents in Chinese. This practical activity can not only exercise overseas students' ability to apply Chinese medicine, but also enhance their sense of identity and awareness of TCM culture.

4.4 Emphasize Matters Needing Attention, Rigorous Learning and Application

There are many practical treatment methods in traditional Chinese medicine, such as acupuncture, cupping, scraping and so on. Among them, acupuncture therapy has won wide recognition and praise at home and abroad. However, we must make it clear that acupuncture is not a random skill, but a medical method that can be mastered by rigorous study, practice and experience. The implementation of acupuncture therapy requires precise diagnosis and operation according to the patient's constitution, condition and the specific conditions of the meridians and acupoints. In view of the fact that TCM international students are still in the initial stage of knowledge accumulation, TCM Chinese teachers should emphasize the seriousness and safety of practical therapy and drinking therapy in the teaching process, and clearly point out that overseas students should not practice [14] without full study and professional guidance. In the teaching process, TCM Chinese teachers should emphasize the seriousness and safety of practical operation to overseas students, and clearly point out that overseas students should not carry out clinical practice without full study and professional guidance. Through this educational method, it aims to cultivate their rigorous academic attitude and responsible concept of medical ethics, and ensure that after they master enough professional knowledge and skills, they can carry out clinical practice under professional supervision, so as to maintain the professionalism and safety of TCM Chinese language education.

4.5 Optimize the Teacher Team and Improve the Professional Knowledge

As an important bridge between spreading the wisdom of Traditional Chinese medicine and Chinese language, their professional quality directly affects the teaching quality and the depth of cultural communication. Improving professional knowledge can not only help teachers interpret TCM classics more accurately, explain TCM theories and diagnosis and treatment methods in simple terms, but also enhance their ability to accurately express TCM terms in Chinese, so that students can avoid misunderstandings in the learning process and deeply understand the essence of TCM. There are many ways for TCM Chinese teachers to improve their professional knowledge, and the key lies in continuous learning and practice. We can deeply study the classical works of traditional Chinese medicine, such as the Huangdi Neijing and A Theory on Typhoid and Miscellaneous Diseases, to lay a solid theoretical foundation of traditional Chinese medicine. At the same time, I participated in lectures, seminars and workshops of TCM experts, and exchanged experiences with peers, which can broaden my horizon and obtain the latest research results. In addition, personal experience of TCM diagnosis and treatment process, such as following the famous old TCM clinical practice, can deepen the understanding of the combination of TCM theory and practice. The use of modern educational resources, such as online courses and professional forums, is also an effective way to constantly improve themselves and keep up with the pace of The Times [15]. Through these comprehensive methods, TCM Chinese teachers can constantly improve their professional quality, and better teach TCM knowledge and Chinese culture.

5. Summary

As an important way to spread TCM culture, TCM Chinese teaching undertakes the important task of cultivating professionals who can understand and apply the knowledge of TCM. Taking the comprehensive course of TCM Chinese language, this paper discusses the application of the overall concept in TCM Chinese language teaching and puts forward corresponding teaching suggestions to provide thinking for the development of TCM Chinese language teaching. Through in-depth analysis of the teaching practice of Comprehensive Course of Traditional Chinese Language, this paper believes that the application of the overall concept in TCM Chinese language teaching can help overseas students to fully understand TCM knowledge, improve their language use ability, and promote the improvement of cross-cultural communication ability. Therefore, the future TCM Chinese teaching should further optimize the teaching content, establish knowledge correlation, improve the teaching method, improve the learning experience, strengthen the practice link and

cultivate the application ability; emphasize the attention and standardize the clinical practice application. In addition, as a TCM Chinese teacher, we should also strengthen the professional knowledge of TCM, so as to master the latest TCM research results and teaching concepts, so as to better promote the dissemination of TCM culture to the international community. International Chinese education and cultural communication of traditional Chinese medicine task, we expect through continuous efforts and exploration, Chinese teaching of Chinese medicine can cultivate more international vision, profound Chinese medicine culture and professional practice ability of talents, for the international communication of traditional Chinese medicine culture and human health to make greater contribution.

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