

GEH 1070

Health Preservation
(*Yangsheng* 养生) in TCM

Yang
Sheng

养
生

Cultivate, Preserve, Nourish
Life, Health

- ✓ Health preservation is the branch of TCM concerned with maintaining health, preventing illnesses and extending life span.
- ✓ Developed over many centuries, it has been playing an important role in conserving the health of the Chinese population and its principles continue to guide modern TCM.
- ✓ TCM holds that humans are one with heaven and earth and the natural environment. It applies the cosmic laws of Qi transformation and the balance of Yin–Yang and Five-Elements to the human body to understand and explain the physiological functions and pathological changes of the body.

Health Preservation 养生



- ✓ Yang Sheng 养生: Nurturing, nourishing Life; Cultivating Life
- ✓ Cultivation/Self Cultivation: emphasizes the individual responsibility and inward focus that *Yangsheng* evinces even though it has many collective and externally focused dimensions.
- ✓ “Yang Sheng” the term has been commonly used and sometimes abused.



Health Preservation 养生

□ Aspects of Yangsheng: (Hong Hai, 2017)

Yangshen 养身: Cultivating the body

Yangxin 养心: Cultivating the Mind

Yangxing 养性: Cultivating one's character

Yangshen 养神: Cultivating the spirit

□ Cultivating (three treasures):

Jing 精 (Essence)

Qi 气 (Breath)

Shen 神 (Spirit)

Unity of Body and Mind

- ✓ In TCM the body is the basis of life and consciousness, whereas the mind commands the body's vital activities.
- ✓ Essence, Qi and spirit/vitality together constitute the source of life.
- ✓ Not only does a vigorous body provide a healthy condition for the mind but a vigorous mind also influences the body's Yin, Yang, Qi and blood.
- ✓ According to TCM theories Qi and blood need to be active while the mind needs to be quiescent.
- ✓ Only when activity and quiescence are balanced can one achieve the goal of preserving health and avoiding disease.

Health Preservation 养生

- ❑ Chinese tradition of Yang Sheng 养生 is not just about achieving health, but a holistic idea of finding spiritual fulfillment and happiness which are deeply intertwined with attaining a healthy mind and body.
- ❑ Earliest record of the concept: Ji Kang 嵇康 (《养生录》 Records of Cultivating Life)
- ❑ The core philosophy behind Yang Sheng is an epicurean sense of balance and harmony: tranquility of the mind, regular exercise, and correct dietetics.

Ji Kang 嵇康 (220-265 AD)

- ❑ Immortal can be trained;
- ❑ Immortality can be achieved;
- ❑ Life to 120 years old is not difficult;
- ❑ Unattainable due to lack of *Guiding the Qi and Cultivating life.*



洗心退藏圖

良其背不獲其身

聖人以此洗心退藏於密

行其庭不見其人

聖人以此齋戒神明其德

紅紅白白水中造
虫巧泥中色林鮮
並且竊空達又實
修行妙理恰如然
道乃天地心
愚知不解身
破腰要挺補
酒用水磨針
一條直路少人尋
生到山根始入門
生定更知行燕生
真人之慧自深源

時時澆灌常教玉
構氣回根
口口我終不使金
花精脫帶

不是玄門消息深
高山流水以知音
若能尋着來時路
赤子依然洗心



Body & Mind: Relating Concepts

Dan 丹: Cinnabar; vermillion; pellet; elixir; alchemy

Dan Tian 丹田: Elixir Field/Point (Upper, middle, lower)

Dan Ding 丹鼎: Elixir cauldron/tripod

Neidan 内丹: Inner Alchemy-- Embryonic Breathing (*taixi* 胎息)

Waidan 外丹: Outer Alchemy

Dao Yin 导引: The body forms an integral part of a body-mind-cosmos continuum that cannot be separated and is seen as one.

Guiding & Stretching Exercise 导引

- a) *Daoyin*, the traditional Chinese practice of guiding (dao 导) the qi and stretching (yin 引) the body is the forerunner of qigong.
- b) Like other Asian forms of body cultivation, it uses a combination of mental awareness, controlled breathing, and slow physical movements to engage the person, develop health, and open ways to spiritual attainment.
- c) Its worldview focuses on the concept of qi or vital energy, the material aspect of the *dao* and foundation of human life, and its patterning according to Yin-Yang and the five elements.



Chart of Guiding & Stretching Exercise 导引图

- a) The earliest *daoyin chart* was found at Mawangdui, in the tomb of the Lady Dai, the wife of a local lord who died in 168 BCE.
- b) The chart consists of 44 colour illustrations of human figures performing therapeutic exercises. The figures are of both sexes and various ages, variously clothed or bare-chested, and shown in different postures (mostly standing) from a variety of angles. In many cases, they have one arm reaching up while the other stretches down, or one arm moving forward while the other extends back, possibly indicating rhythmical movement.



Dao Yin 导引 (Guiding the Qi)



1. The earliest evidence of Yang Sheng exercise in the early imperial period comes from the tomb finds at Mawangdui 马王堆 Tomb 3 (dated 168 BC) in Changsha, Hunan.
2. The Dao Yin Tu 导引图, the chart of Guiding and Stretching Exercises designed to condition the body.
3. Vital source and first-rate evidence that core elements of the practices and concerns of the search for individual health and well-being dated back to 2000 years ago.

Mawangdui 马王堆导引图 (Han dynasty tomb 168 BC)



Daoyin Tu, "Exercise Chart" circa 168 B.C.E. discovered at Mawangdui in southern China.

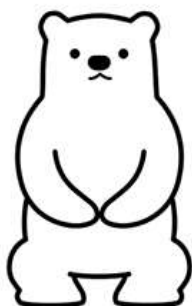
Baduanjin 八段锦 Qigong

- a) The **Baduanjin qigong** (八段锦) is one of the most common forms of Chinese qigong used as exercise. Various translations include **Eight Pieces of Brocade**, **Eight-Section Brocade**. It implies the movements should be as smooth as silk brocade.
- b) The Baduanjin is primarily designated as a form of medical qigong, meant to improve health and prolong life.
- c) This exercise is mentioned in several encyclopedias originating from the Song dynasty. The *Ten Compilations on Cultivating Perfection* (Xiuzhen shishu 修真十书, c. 1300) features illustrations of all eight movements. The same work assigns the creation of this exercise to two of the Eight Immortals, Han Zhongli and Lu Dongbin.
- d) Nineteenth century sources attribute the style to Chinese folk hero General Yue Fei and describe it as being created as a form of exercise for his soldiers.

辦公室八段錦

QQfamily

一



兩手托天理三焦

二



左右開弓似射雕

三



調理脾胃臂單舉

四



五勞七傷往後瞧

五



搖頭擺尾去心火

六



兩手攀足固腎腰

七



攢拳怒目增氣力

八



背後七顛百病消

<https://www.behance.net/gallery/34141855/QQfamily->

12 Sections of Brocade Exercise of the Wudang School

武当派养生十二段锦

1. 两手托天理三焦 Two Hands Hold up the Heavens

扣手反掌向上托，极力拔骨节间活；眼观手背吸引气，闭气转动左右啄；落臂画弧如抱球，吸清呼浊起沉疴。

2. 左右开弓似射雕 Drawing the Bow to Shoot the Eagle

引气行臂出劳宫，屈膝下蹲马步同；左右变换眼看手，一伸一缩似拉弓；收腿抱球呼浊气，吸气填海力量增。

3. 调理脾胃须单举 Separate Heaven and Earth

展臂扩胸兼呼吸，右手撑天左撑地；起下落上眼看手，起右落左眼右视；落臂画弧如抱球，配合呼吸是功基

4. 五劳七伤向后瞧 Turn body and Look Back

气下昆仑归海底，展臂扩胸掌朝天；平视远望转后瞧，二遍向下作变化；三遍垂掌臂伸直，抱球还原亦同前。

12 Sections of Brocade Exercise of the Wudang School

5. 摇头摆尾去心火 Sway the Head and Shake the Tail

展臂扩胸手按膝，马步伏身摇头尾；左右转侧眼望天，一下伸直一下屈；起身收腿如抱球，深吸探呼去热疾。

6. 前后七点百病消 Raise heels and Bouncing on the Toes

展臂扩胸掌朝天，俯身向前腰下弯；转掌劳宫观腰眼，凸胸仰头面朝天；前后七遍去百病，收式叠手气归元。

7. 攥拳怒目增气力 Clench the Fists and Glare Fiercely

展臂扩胸成马步，双手攥拳收腰间；怒目闭气慢冲拳，马步不变猛冲拳；起身展臂如抱球，引气归田作还原。

8. 两手攀足固肾腰 Two Hands Hold the Feet to Strengthen the Kidneys and Waist

掌心煨腿腰下弯，面部朝地臀朝天；弯下吸气起身呼，双手攀足气呼完；手煨内侧随身起，气如涌泉归丹田。

12 Sections of Brocade Exercise of the Wudang School

9. 采光引气注丹田 Pulling Qi to the Dantian

展臂扩胸掌朝天，手托日月向上端；手背相对掌插天，双脚踮起跟砸地；踮足拔节手外旋，采光引气降丹田。

10. 海底捞针分两边 Separate the Sea into two Sides

虚步托掌身前弯，起身展臂身后颠；起落画弧手抄地，左边做了换右边；俯呼起吸后颠闭，收腿正立作还原。

11. 起落闪臂练耳目 Moving the Arms to Exercise the Eyes

展臂扩胸掌朝天，下蹲出脚眼观前，右收腰间左画圈；左勾右推眼看前；左边三组换右边，右勾左推作变换。

12. 弓步轻云上九天 Bow Steps forward to the Sky

展臂扩胸掌朝天，反掌向后对腰眼；虚步变弓脚扒地，蹬腿拉筋身不弯；虚势换步足外旋，不出脚跟出脚尖。