

# Analysis of the Integration of Chinese Medicine Culture into the Civics and Political Science Curriculum of Chinese Medicine Colleges and Universities

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**Abstract:** *Chinese medicine culture has rich ideological and political education resources, and is the most direct and realistic resources for the education of ideological and political courses in Chinese medicine colleges and universities. The integration of Chinese medicine culture with the teaching of ideological and political courses is a new need for the ideological and political education work of Chinese medicine colleges and universities to adapt to the new situation.*

**Keywords:** Chinese Medicine Culture; Civic Education.

## 1. THE NECESSITY OF THE COMBINATION OF CHINESE MEDICINE CULTURE AND IDEOLOGICAL EDUCATION

Chinese medicine is the treasure of ancient Chinese science and the key to opening the treasury of Chinese civilization. In 2019, the document issued by the CPC Central Committee and the State Council proposed that the culture of Chinese medicine should be carried through education, and the country's understanding of the culture of Chinese medicine should be enhanced. As the basic course for establishing moral education, the main channel for spreading Marxist theory, and the main position for defending socialist ideology, the task of the ideological and political courses is to guide students to constantly strengthen their understanding of road confidence, theoretical confidence, institutional confidence, and cultural confidence. This is especially true for postgraduate ideological and political education, which is not only to cultivate innovative talents but also to cultivate high-quality specialists with a strong sense of social responsibility. The combination of Chinese medicine culture and ideological and political education is a new node for Chinese medicine culture to revitalize its historical vitality, and to delve into the treasures of Chinese medicine culture, so that the excellent culture in the canonical books can be active in the stage of the times, and to increase the popularity of Chinese medicine culture in the world. The combination of Chinese medicine culture and civic education is a new development in the construction of Marxist theory disciplines in Chinese medicine colleges and universities, which is conducive to enriching the teaching process of the civic class and providing new teaching ideas, to realize the win-win situation of the development of Chinese medicine culture and the effectiveness of the civic class, and the combination of Chinese medicine culture and civic education is a new task to cultivate the cultural self-confidence of postgraduates in the new era, and the lack of self-confidence in the culture comes from the lack of understanding that not only The lack of confidence in culture comes from little understanding, not only to cultivate high-tech talents, but also to cultivate talents with full knowledge of traditional Chinese culture.

## 2. CIVIC AND POLITICAL EDUCATION RESOURCES IN CHINESE MEDICINE CULTURE

Chinese medicine culture is the spiritual wealth and material form during the development of Chinese medicine, the system of thoughts and methods of the Chinese nation for thousands of years to recognize life, maintain health, and prevent disease, and the inner spirit and ideological foundation of Chinese medicine service [1]. As a way of life, the culture of Chinese medicine has penetrated our lives and become our customs that continue to this day, guarding the prosperity of the Chinese nation. Chinese medicine culture is a valuable resource for ideological education, and mining the essence of Chinese medicine culture, thinking about it, and exploring it is an important foundation for integrating Chinese medicine culture into ideological education.

## 2.1 Red Culture

Red culture is undoubtedly the core of advanced socialist culture, which not only embodies innovative ideas and historical accumulation but also can give us profound inspiration. Therefore, an in-depth study of the red elements in traditional Chinese culture will provide a solid spiritual foundation for us to cultivate more excellent Chinese medicine talents. The use of red cultural resources expands educational channels, solves the shortcomings of formalism, verbal preaching, and emptiness of students' ideological education in the past, and realizes the vernacular, realistic, and practical characteristics of students' ideological and moral education[2].

Under the leadership of the Communist Party of China (CPC), Chinese medicine developed rapidly and became a breakthrough during the Revolutionary War, which not only provided effective treatment and care for the military and saved countless soldiers in an extremely harsh environment, but also promoted China's economic development and social progress. During the period of socialist revolution and construction, Chinese medicine culture burst out with strong power at the time of national crisis, which is a strong historical resonance in addition to the spiritual core, and also makes Chinese medicine culture strongly tied to the Red Revolutionary culture. Each red story is a seed, that will be "sown" into the students' hearts, stimulating the deep emotion of love for the Party and patriotism, as well as the sense of mission and responsibility to consciously undertake the cause of national rejuvenation.

The cause of Chinese medicine is like a big tree rooted in the red land, which grows and flourishes under the leadership of the Party and the cultivation of generations of Chinese medicine practitioners, providing rich experience for the revitalization and development of traditional medicine in the motherland and leaving behind valuable spiritual wealth.

## 2.2 Culture of Medical Ethics

When Chinese culture was in its infancy, the ancestors "gave birth" to the original ethics of Chinese medicine in the practice of medicine. From Fuxi and Shennong, who "tasted a hundred herbs and made nine needles," to Sun Simiao, who "worked tirelessly and diligently," to the contemporary Guo Chunyuan, who "gave selflessly," the ethics of Chinese medicine have been nurtured from ancient times and have continued through generations. Through generations of people's "words and deeds", it has been continued until now, and it has become the inner force to promote the theory of Chinese medicine and the development of medicine.

The basic goal of medical ethics is to serve people physically, spiritually, and psychologically in a holistic manner. From ancient times to the present, people have had high ethical expectations of doctors. "People-oriented" and "respect for life" are the core concepts of Chinese medicine ethics and morality, and are also the most prominent humanistic qualities of Chinese medicine ethics and morality. Sun Simiao's "Thousand Golden Prescriptions" of the Tang Dynasty emphasized the importance of "human life is of utmost importance and is worth a thousand pieces of gold". It has been emphasized time and again that as a doctor, one must maintain a high degree of respect for human life, knowing that human life is of paramount importance and that it is a great responsibility that must not be taken lightly. At the same time, they have also made special mention of the need to show care and respect for all people, manifesting the humanitarian and universal ideology of "equality and fraternity among all people". The foundation and soul of Chinese medicine culture is "essence, sincerity, benevolence, and harmony", which not only requires doctors to have exquisite medical skills and a sincere attitude but also to have the inner virtues of helping the world with benevolence, modesty, and gentleness. It is an important source of socialist core values.

## 2.3 History and Culture

The culture of Chinese medicine has a long and unbroken history, and the concept and reality of the great unified nation-state is an important reason for its longevity. From the Yin Zhou to the end of the Qing Dynasty, the political system of Chinese society did not suffer any external collapse; it formed a super-stable scaffolding structure using a constant adjustment of its internal structure. Initially, our ancestors created primitive medicines to fight against nature. In the food search, it was discovered that certain foods could alleviate or prevent certain diseases, and thus, Chinese medicine was discovered and applied. The continuity of the history of Chinese medicine can also be seen in the lineage of all of us in Chinese medicine. Over the long years of history, the culture of Chinese medicine has gone through periods of steady development as well as periods of hardship and turmoil, but the development of Chinese medicine culture has not been interrupted.

The history of the development of Chinese medicine is also a product of embodied inclusiveness. Zhang Qian 138

BC, brought back several medicinal plants from the western region; Li Xun in 919 compiled the "sea medicine herb", which is China's earliest introductory work on exotic medicinal herbs. By the Arab imported "pill clothing technology", Chinese medicine not only learned this technology but also according to the traditional Chinese medicine understanding of the function of the drug, invented the Qingdai, cinnabar, clam powder pill clothing[3]. In treating the medicines introduced in several medical exchanges, ancient Chinese medical practitioners always insisted on the study of the four qi and five flavors, elevation and deposition, and attribution to the meridians of medicines with the thinking and theoretical system of traditional Chinese medicine [4]. The Chinese accepted, tolerated, digested, and utilized the advanced science and technology and humanistic thoughts of different nations in different times with a broad mind, thus broadening the vision of medical practitioners, enriching the varieties of herbal medicines, realizing the application of herbal medicines by combining Chinese and Western medicines to meet the needs of the people in treating diseases and forming a unique view of life and health. The concept of life and health has been formed.

## **2.4 Philosophical Culture**

As the essence of traditional Chinese culture, philosophy, and science, Chinese medicine, with its unique theoretical system and practical experience, plays an irreplaceable and important role in the survival, reproduction, and inheritance of the Chinese nation, and has had a far-reaching impact on the development of culture, philosophy, life sciences, and other disciplines. Traditional Chinese philosophy is the wisdom gradually formed by the Chinese forefathers through continuous exploration of production and life. Based on the concepts of "human being" and "benevolence", it is closely integrated with traditional Chinese culture and has always taken Confucianism as its orthodoxy. Chinese philosophy interacts with and echoes Confucianism, Taoism, Mohammedanism, and Dharma, and is centered on the principles of "neutral" and "harmony", on enlightening the conscience of mankind, and on the principle of "internal". It does not advocate extreme and radical approaches. The philosophy of Chinese medicine is derived from traditional Chinese culture, which emphasizes the nature of "things" and the interdependence, antagonism, and transformation of the physiology, pathology, and pathogenesis of the human body.

Over the past thousands of years, Chinese medicine has accepted and borrowed the outstanding ideas common to both Eastern and Western mankind, especially in studying, researching, and manifesting traditional Chinese culture, and has inherited the "reasonable kernel" and the deep-seated spiritual pursuit of the Chinese nation, and has continued to merge, expand, and enrich, thus forming its unique theoretical system.

## **3. THE SPECIFIC IDEAS OF CHINESE MEDICINE CULTURE IN THE IDEOLOGICAL AND POLITICAL EDUCATION**

China's traditional culture is profound and profound, and it can play a certain role in guiding students to have a full understanding of traditional cultural knowledge by running it through the construction of the ideological and political programs in colleges and universities. Therefore, in the process of practical education, it is not only necessary to strengthen students' knowledge of traditional Chinese medicine culture from the idea, but also should be applied to practice, effectively integrating theory and practice.

### **3.1 Finding the Fit between Chinese Medicine Culture and Ideological and Political Education**

When designing graduate courses, to truly reflect the role of cultural penetration of Chinese medicine, we need to break down the barriers of inter-disciplinary intermingling and development, find consistency between professional courses and ideological and political education, optimize the teaching methods of the courses, and carry out the "cultural cultivation" and "connotative cultivation" thematic education. The main purpose of the construction of civic and political education courses in colleges and universities is to cultivate high-quality talents, and only by constantly seeking a point of convergence between the two can we help to establish a goal-oriented education model, grasp the current situation of education, and strengthen the continuous improvement of the educational effect through meaningful innovation and implementation. The quality of postgraduate students' civic and political education classes is related to the educational effect of professional courses, and the work of the civic and political education class is people-oriented work from the beginning, which must be centered on the students, caring for and serving the students, and constantly improving the level of students' ideological awareness. Therefore, it is necessary to make preparations before the implementation of the Civic and Political Education Course, focusing on the quality and cultural literacy of students in Chinese medicine, continuously improving the quality of the Civic and Political Education Course, guiding the students to understand the history and culture of

Chinese medicine more comprehensively, and forming a literacy that is conducive to the future development of postgraduate students. At the same time, the professional courses for students of TCM-related majors need to be conducted under the guidance of Civic and Political theory, and the value of TCM cultural penetration is truly reflected through the use of various professional course resources, and with the political orientation and rich cultural theory of the professional courses in the social sciences as a guide. For example, clinical medicine students should be guided by the latest political orientation in their professional courses to better combine TCM with the rhythm of the new era and grasp the pulse of the times.

### **3.2 Integrate the Construction Elements of Postgraduate Political Education Programs**

The construction of course ideology and politics contains more content, of which teaching settings, team building, and students are the most critical, to enhance the effectiveness of education in the true sense, should be coordinated with each element, its role fully demonstrated, to realize the effective cultivation of students, and play an irreplaceable role and value.

In the stage of the construction of the Civics and Politics of higher education courses, the teaching should be carried out by the Marxism Institute, and the formation of teachers with strong comprehensive qualities should be carried out to help students master more key knowledge, realize more effective education, promote the improvement of the level of teaching and realize the goal of educating people and morality in colleges and universities [5]. First of all, we should deepen the reform of Civics education and teaching, Civics education is the main theme of the era of teaching, but also an important way for postgraduate students to obtain information on Civics, Postgraduate Civics education courses should keep pace with the pace of the timely adjustment of the teaching content and focus, to convey the essence of the latest knowledge. Integration into teaching design and realization of teaching content The fundamental goal of integrating Chinese medicine culture into the Civic and Political Education course is to establish moral values, i.e., to use the excellent culture of Chinese medicine to guide and educate students. Therefore, the integration of Chinese medicine culture into the teaching of Civics and Political Science requires overall design, optimization of teaching strategies, highlighting the core content, targeting, and selection.

Secondly, we should strengthen the team construction of the educational team, give priority to the selection of the teaching team with TCM cultural background to teach Civic and Political Education, use the summer and winter holidays to organize the team of teachers to study the TCM culture, faculties and departments to discuss the selection of part of the TCM culture, to confirm the new syllabus of the course, and to set up the teaching tasks. Finally, we should pay attention to strengthening the communication and interaction between teachers and students. Civic and political education is less test-oriented, and teaching should be based on students' active absorption. In the process of communication, we should understand the ways and means of Civic and Political Education that students like and are interested in, and selectively reflect them in the teaching process. Teachers can use pre-course questionnaire research, class observation and analysis, post-course conversation and exchange of forms of timely understanding of the acceptance of the content of the Civics and Political Science course, classroom participation and acceptance, through tracking the students' feedback for the analysis of the learning situation, to optimize the content of the teaching according to the results of the research, enriching the teaching methods, and enhance the effectiveness of the teaching.

### **3.3 Expanding Practice Pathways**

The integration of Chinese medicine culture into the cultivation of socialist core values is difficult to externalize without first-hand experience. Through practical activities, abstract theoretical views can be visualized, and knowledge in the mind, etc. can be transformed into perceptual emotions, values, and beliefs. Students in the social practice of Chinese medicine culture as the basis, disseminate health and wellness knowledge and promote the development of national health, so that the socialist core values are internalized in the heart, and externalization in action. The process of practice should adhere to the principle of simultaneous participation in the classroom and extracurricular, the course as the main position of the construction of the course of the ideology, should be aware of the importance of the innovation of classroom teaching, and reasonable optimization and implementation of the teaching mode, to play an irreplaceable role in solving the problems faced by the traditional education and teaching and the real meaning of optimization and control. Extracurricular practice can be divided into online Internet positions and offline practice, The Internet is an important position for practice, strengthening the importance of online guidance and offline education unity, to ensure the enhancement of the effectiveness of the course of the ideological and political, to create a series of online and offline synchronization of the series of can be raised,

enriching the course teaching pathway, breaking the time and space limitations. Offline practice should be good at innovative education through social practice, such as carrying out community knowledge popularization, competitions, and other modes, to realize the unity of course ideology and practice, and prompt students to promote the improvement of their quality in the unity of knowledge and practice. In addition, set up relevant topics for investigation and research. Investigations and research can be conducted around the topics of Chinese medicine education, Chinese medicine medical care, internationalization of Chinese medicine, Chinese medicine social services, etc. so that students can deeply understand the development of Chinese medicine through investigation, research, and practice, to deeply think about the inheritance and innovation of the development of the cause of Chinese medicine. At the same time, students will investigate the role of Chinese medicine in national economic construction, political construction, cultural construction, social construction, ecological civilization construction, and diplomacy, and investigate and study the current situation of Chinese medicine in promoting the construction of a healthy China, serving the grassroots, as well as its strengths and achievements in poverty alleviation and rural revitalization, to enhance the students' sense of mission and responsibility in contributing to the development of the cause of Chinese medicine.

#### **4. CONCLUSIONS**

In conclusion, the construction of the college curriculum Civics and Politics, through the infiltration of the cultural connotation of Chinese medicine, helps to adjust the teaching mode, guide the students to learn the culture of Chinese medicine, cultivate the students' moral literacy, and lay the foundation for the future development of the students. Therefore, the Civic and Political Education class should constantly innovate the teaching mode, grasp the students' learning situation, effectively integrate the two, solve the dilemma faced by the traditional curriculum Civic and Political, and realize the goal of education.

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