The Medical of Zhongjing and Tea

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Abstract. The tea culture and the culture of Chinese medicine originated in China. The two kinds of culture is a treasure of our country and even the world, combining the two, forming a new product of tea therapy. The medical sage of Zhang Zhongjing said “the tea cure purulent hematochezia is very efficient”. Modern medical research has confirmed that tea is the effective medicine of intestinal diseases. Many ancient books were also mentioned that tea has the effects of clearing away heat and toxic material, draining and eliminating dampness. Chinese materia medica put down in writing” The medicine for the disease medicine, tea for all disease medicine” can be well explained. This article from the four aspects of the tea related to Zhongjing, medical treatment; preserve one’s health and the think deeply on tea to carry out a series of related review. As expected, the tea is better applied to medical and service to the people all over the world.

Introduction

China is the hometown of tea; Chinese tea culture has a long history, long-term tea activities created the tea culture. Since the discovery of tea, tea and tea therapy have become an important part of Chinese medicine. The term of “tea therapy” is proposed by Professor of medicine Lin Qianliang on 1983. In his research, he put the tea into 24 categories according to the curative effect, such as clearing away heat and toxic material, slaking thirst and help produce saliva, expelling pathogenic wind from the body surface, refreshing eyesight, diuresis laxative and prolong life and so on\textsuperscript{[1]}. Tea, ordinary and magical.” Open the door with seven things: firewood, rice, oil, salt, sauce, vinegar and tea “reflects the ordinary;” Shennong taste herbs, encounter seventy-two kinds of poison daily and a solution of tea” shows its magical\textsuperscript{[2]}. Tea therapy is a kind of health way, which rooted in the basis of traditional Chinese medicine culture and tea culture. Tea therapy has Chinese medicine treatment and health effects, it also has the “shape, color, aroma, road” of tea at the same time. So, tea therapy has the advantages of practicability and convenience etc. Tea therapy is the elements of tea culture, and a kind of therapy that modern tea culture more respected. In ancient China there is “herb tea”, the machining principle of herb tea consistent with tea therapy, mainly to add food or drugs in tea, promoting drugs play a better role in tea elements\textsuperscript{[3, 4]}. In ancient times, tea is medicine, and was recorded by medical books. Shanghanzabinglun records “The tea cure purulent hematochezia is very efficient” using the tea cure dysentery with pus and blood; In the Tang Dynasty, Chen cangqi Chinese materia medica says “The medicine for the disease medicine,
tea for all disease medicine”; *Shennong ben caojing* records “The tea tastes bitter, makes people good at thinking, little lie, less weight, improve acuity of vision”; Hua Tuo *The diet* records “Long time drinking tea, good thinking”; Meng xi *The dietetic materia medica* also has the records that “Use tea to cure back pain difficult to turn on and heat diarrhea”. After inspection found there are many literature related to tea, tea culture, tea therapy, herb tea and so on. It can be seen that the tea was the favorite of national and has potential economic value, so this article from the four aspects of the tea related to Zhongjing, medical treatment, preserve one’s health and the think deeply on tea to carry out a series of related review, in order to make tea therapy better application in medicine and services at home and abroad of the masses.

**The Tea Related to Zhongjing**

Zhang Zhongjing is the famous doctor of the Eastern Han Dynasty, spends its whole life on” Ground for old, Expo books “was later revered as medical sage. Zhongjing culture as the core carrier of China traditional medicine culture has the basic characteristics of the unity of man and nature, broad and profound and makes the essence of the Chinese civilization and the oriental culture complete presentation. According to Zhongjing’s contributions to medical science and the specialization in the spirit of the creative, some scholars make the creativeness, territoriality, succession and worthwhile as the basic characteristics of Zhongjing culture [5]. With the advent of Zhang Zhongjing’ work *Shanghan zablinglun* the traditional Chinese medicine dialectical treatment first opened up. In the treatment process, *Jinkui yaolue* highlights the method of” Syndrome differentiation of Zang Fu”, and *Shanghan zablinglun* highlights the method of “ syndrome-differentiation of the six meridians” [6].

“*Shanghan zablinglun*” specific describe the medicinal properties of tea “The tea cure purulent hematochezia is very efficient” using the tea cure dysentery with pus and blood. In this paper, we input “Tea, Treatise on Febrile Diseases and Jinkui yaolue” in a well-known family of traditional Chinese medicine making related searches. On the first page, we searched in total 27 kinds of tea from the *Treatise on Febrile Diseases* and *Jinkui yaolue*. In 27 kinds of tea, *Jinkui yaolue* contains 19 species, accounting for 70.4%. Treatise on Febrile Diseases containing 8 species, accounting for 39.6%. According to the functions indicated of tea, 27 kinds of herbal tea related to Zhongjing belong to 4 kinds of different categories: clear heat-fire, course wind and resolve the exterior, desiccant diuresis and warm and cold dispelling. Each category contained in 27, 21, 17 and 4 kinds of tea (there is cross, so the total number is greater than 27), the effect of classification discrimination is a manifestation of the syndrome differentiation and treatment ideas. 27 kinds of tea is mainly used for the treatment of the disease: stop phlegm chest fullness, dizziness and palpitation; chronic bronchitis; inspiratory dyspnea due to ascending pathogenic fire, inhibited throat, dry cough and expectoration; febrile polydipsia and upset the stomach, abdominal distention and so on. A total of 27 kinds of tea according to the function of ownership, without considering the cross (without considering the cross, 4 kinds of functions with a total of 69 kinds of tea: *Jinkui yaolue* containing 48 species, *Treatise on Febrile Diseases* containing 21 species). The details are shown in Table 1.
Table 1. 69 representative examples in the tea functions and works.

<table>
<thead>
<tr>
<th>Function</th>
<th>Clear heat and cold dispelling</th>
<th>Warm and cold dispelling</th>
<th>Course wind and resolve the exterior</th>
<th>Desiccant diuresis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatise on Febrile Diseases</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shubamboo tea</td>
<td>Scutellaria tea</td>
<td>Ephedra tea</td>
<td>Five Poria tea</td>
<td>Aconite and ginger tea</td>
</tr>
<tr>
<td>Tinglizi jujube tea</td>
<td>Orange tea</td>
<td>Ophiopogon japonicus summer tea</td>
<td></td>
<td></td>
</tr>
<tr>
<td>total</td>
<td>27</td>
<td>21</td>
<td>17</td>
<td>4</td>
</tr>
</tbody>
</table>

The tea related to Zhongjing takes its form, is tea therapy. The origin and development of tea therapy have gone through four different stages: According to the reference documents that can be verified, the tea therapy originated from the pharmaceutical monographs *Shennong materia medica* in the Spring and Autumn period and Warring States Period; Tea therapy began in the Han, Liang and Wei dynasties, developed in the Tang and Song Dynasties, flourished in the Ming and Qing Dynasties, innovation and improved in the modern times. With the development of tea therapy, tea therapy from the initial stage of the unilateral application, the development phase of the “unilateral” and “compound”, the prevalence phase of a variety of drinking and the innovation application of modern phase, tea therapy has become a popular way of preserve one’s health and health care among people all over the world. In recent years, Chinese medicine has been popular all over the world. The combination of tea and Chinese herbal medicine also coincides with the trend of modern people’s thought “returning to nature”. Tea therapy as an important component of Chinese medicine is not only favored by the residents of China, but also favored by the foreign people. As the development of matcha, coix seed tea and calcium enriched tea in Japan; iced tea (iced tea in bags, in bottles and sun tea) in America and the development of tea culture and tea therapy all are affected by the China tea therapy. In addition, Chinese “voice tea”, “Jiaogulan tea”, “Shu Wei cha” and “beauty-slimming tea of three flower” are exported to the United States, Singapore, Japan, Hongkong and Western European countries. It can be predicted, Chinese tea will go around the world.

The Tea Used for Medical

Although many diseases have better clinical curative effect, the rebound phenomenon is frequent, so long-term conditioning is necessary. Herbal tea has a long history, the scope of application for the prevention and treatment of disease, conditioning after disease and health care three aspects. Herbal tea or Chinese medicine tea therapy is a special dosage form of traditional Chinese medicine and an important component of Chinese traditional medicine treasure; there are tea prescription records early in the period of three Kingdoms. In the Qing Dynasty, based on the experience of tea treatment medicine in the previous dynasties, tea technology was greatly increased, the function of tea was increased, and the application of tea in diseases was also expanded. In the Qing Dynasty, medical scientists has used tea for the treatment of six kinds of diseases, such as medical diseases, ophthalmic diseases, surgical diseases and department of traumatology diseases, thus we can see tea has long prevailed in ancient medical and service to the people.

A variety of antioxidant components of tea can reduce the risk of cancer by repairing damaged cells. A study shows that, drinking tea regularly can make the risk of ovarian cancer decreased 1/3. The latest research shows that, drinking tea appropriated helps to reduce the incidence rate of gingival cancer. In TCM chronic pharyngitis belonging to hypopyretic
laryngalgia, the pathogenesis is easily get excited and throat dystrophy caused by Yin-deficiency of the lung and kidney. Reported in the literature, Chinese medicine treatment of tea has a better treatment effect on three kinds of chronic pharyngitis in TCM[12]. Constipation and obesity affect the internal environment and endocrine system of the body, and induce or exacerbate related diseases. But the study found that in the coordination of TCM herbal tea conditioning, these two kinds of diseases in the prevention of disease and health care have better effect[13]. The TCM believes that the pathogenesis of hyperuricemia is closely related to the disease of rheumatism and phlegm, so the way of invigorating the spleen for eliminating dampness and dispersing blood stasis and dredge collateral are used for cure hyperuricemia. However, Chinese herbal tea can effectively reduce blood uric acid level of patients, to prevent complications of hyperuricemia[14]. Another study shows that the effect of lipid-lowering from herbal tea is clear, plays an active role on the prevention and treatment of hyperlipidemia atherosclerosis[15]. In addition, herbal tea can also be used for the treatment of stroke constipation, gouty arthritis and hypertension[16,17].

The Tea Used for Preserve One’s Health

Chinese health culture has a long history, preserve one’s health can be used for disease prevention and body building, is medical treatment. The ancient tea culture of health, “homology of medicine and food” and “preventive treatment of disease” until now also affects people’s daily life. Tea in China has a history of thousands of years, the poet Su Shi “why should Weidi a pill, only need Lu Tong seven bowls of tea” indicates the extraordinary status of tea in ancient health. With the development of national health care awareness, drinking tea for preserve one’s health is popular because of the convenience of tea, safety and low toxicity. According to the theory of correspondence between man and nature, human body change as the seasons change. In order to achieve the health care effect, each season should be based on the needs of the human body to drink different tea.

Su wen six viscera theory records “The liver, the residence of the soul……pass on the gas of spring”. The spring belongs to the wood in the five lines, corresponding with liver. The function of the live is harmonizing liver and spleen and regulating QiDynamic, according to the concept of “harmony between man and nature”, need recuperate liver. Tea should be used for nourishing the liver and gallbladder and regulating QiDynamic. Therefore, warming stomach and nourishing liver Tie Guan yin, benefits kidney and nourishing liver Qiju Mingmu tea, resolving stagnation for tranquilization Acacia tea and resolving stagnation and invigorating the circulation of blood Rose tea are excellent in spring tea. The summer is the season of Yang Sheng, belonging to the wood in the five lines, corresponding with heart. Summer health, should focus on nourishing heart. “Heart” is not the heart in anatomy of western medicine, but the spiritual and emotional; the tea should be removing thirst, clearing heat and nourishing the stomach. Therefore, strong heart repose Yellow Mountain Fuzz Tip, produce saliva and slake thirst West Lake Longjing Tea, eliminate dampness and purge fire Yam Huanglian tea and relieve summer-heat and benefit stomach Lotus leaf and bean drink are optimum selection. Autumn is easy to dry, belonging to the gold in the five lines, corresponding with the lung. The TMC believes that the dry hurt people, from the nose and mouth into the lung, most damaging lung. So the tea should be used for nourishing lungs, nourishing yin and moistening dryness. Therefore, nourishing yin and moistening lung White chrysanthemum tea, nourishing the lung and moistening dryness White fungus rock candy tea, replenishing qi and moisturizing body Dew longan tea, relieving thirst and nourishing Yin
Ginseng Tea are good choices in health channel. The winter is cold, belonging to the water in the five lines, corresponding with the kidney. In winter, the Yang Qi of body is damped. Is warm, a way of keeping good health, so the tea should be used for replenishing the body and heating up. Therefore, tonifying Qi and lifting yang Astragalus black tea, nourishing Yin essence Ginseng and date tea, warming stomach and tonifying Qi Court Pu’er tea, clearing eyes and warming stomach Liupu tea are the best tea for preserve one’s health\textsuperscript{[18,19,20]}.

Summary

China is the origin of tea plant and the country of grow tea, make tea and drink tea. In the tea with four thousand years of history, there are more than three thousand years as the main medicinal. Shennong bencaojing, Shanghanzabinglun, Jinkui yaolue and Tea spectrum all records tea has the effects of diuresis, clear away inflammation and detotoxicate, useful for thinking, remove thirst and digestionp and rolong life. Today, the situation of medical treatment is difficult and expensive has not completely changed, resulting in a lot of people issued a voice that “Better yourself than seek medical advice” and “Ill treatment, not better than health care when diseases free”. The efficacy and safety of the tea therapy and drinking tea for preserve one’s health is loved by the majority of the people, and gradually prevailed in people’s daily life. Tea consumption in some areas has gone beyond carbonated drinks and coffee drinks become “drink upstart”. Modern research shows that there are protein, alkaloid, tea polyphenols, sugars, vitamins and organic acid compounds mainly in tea, with the effects of weight loss, fat emulsion, and antioxidation. Tea therapy and tea health as an important part of traditional Chinese medicine culture, from ancient times to the present affects the progress of national medical and the mental health of people all over the world.

Tea also has the following problems in the application and dissemination process. Whether it is tea or herb tea all with boiling water or decoction for modulation method, the water soluble components in tea or herbs are well used, but may lead to fat soluble components in passing. Many tea parties are still derived from ancient books, lack of innovation and application of the new party. Tea in the field of health is confined to the developed city and area, many rural and underdeveloped cities lack of tea health consciousness and good drinking habits. Many people exaggerate the efficacy of tea, insisting on the disease can be cured by tea, delay the disease. Tea has no toxic side effect, but not that anyone in any case drinking any tea is not hazardous, health also need use tea dialectical.

To solve the above problems, the suggestions are as follows. Consider an appropriate slightly decocting herbal tea, in favor of fat soluble ingredients dissolved out, making tea therapy play a better effect. Encourage innovation and application in the tea culture, tea used in medical, tea used in preserve one’s health and others fields. To strengthen the publicity and popularization of tea, Specification for tea instructions, make people understand use tea correctly is the basis of play effect. According to the above analysis we can see that tea either at home or abroad, whether in the medical field, the field of health or education has broad prospects for development and economic benefits. We should carry out a series of comprehensive study of tea, make it greater benefit of people around the world and promote the development of China’s medical and health undertakings.
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References


