

The Spread of Traditional Chinese Medicine in Japan Its Inspiration for the Development of Traditional Medicine Culture in Tai'an City

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Abstract: After the introduction of traditional Chinese medicine to Japan in the 5th century, it went through a complex process of birth, prosperity, decline, and revival. Today, Japanese traditional Chinese medicine accounts for about 90% of the global sales of traditional Chinese medicine, ranking first in sales worldwide. This article reviews the rise and fall of traditional Chinese medicine in Japan, analyzes the current situation of traditional Chinese medicine in Japan, and provides insights and references for the development of traditional Chinese medicine culture in Tai'an City.

1. Introduction

For thousands of years, traditional Chinese medicine has enjoyed a high reputation overseas due to its unique charm such as magical effects and profound knowledge. Especially our neighboring country Japan, as early as the 5th century, came from afar to China to learn and exchange traditional Chinese medicine, and brought back the culture and knowledge of traditional Chinese medicine to our country for dissemination. After more than a century of development and inheritance, traditional Chinese medicine has formed a "traditional Chinese medicine fever" in Japan, which is very popular and brings many inspirations and references to the development of traditional Chinese medicine culture in Tai'an City.

2. The Development Process of Traditional Chinese Medicine in Japan

2.1 The Birth and Prosperity of Traditional Chinese Medicine

According to records, traditional Chinese medicine was introduced to Japan through Korea in the 5th century, and was directly introduced to Japan in the late Tang Dynasty by Emperor Xuanzong of Tang Dynasty. After the introduction of traditional Chinese medicine to Japan, it gradually developed into Japanese medicine, known as "Chinese medicine". In 562 AD, a physician (from Wu) from the Northern and Southern Dynasties, Zhicong, brought 160 volumes of traditional Chinese medicine books, including the "Ming Tang Tu" and other theoretical knowledge and practical skills of traditional Chinese medicine to Japan, greatly promoting the dissemination of traditional Chinese

medicine in Japan and the exchange of Chinese and Japanese medicine. In 753 AD, Tang Dynasty monks, many Tang envoys, and Chinese scholars brought a large number of books to Japan.

In 984, the famous Japanese doctor Danbo Kanglai compiled 30 volumes of "Yixin Fang" based on traditional Chinese medicine from the Sui and Tang dynasties in China. This book is considered Japan's first medical masterpiece and is extremely precious to the Japanese medical community. From the 12th to the 16th century, the Japanese government sent a large number of monks and scholars to study in China, translated and organized a large number of Chinese medical books, and brought them back to Japan for research and learning. Chinese medicine gradually separated from imitating and copying traditional Chinese medicine, shifting from aristocratic medicine to civilian medicine, from theory to practical development, from complexity to simplicity, from abstraction to concreteness, and gradually formed Japanese medicine - Chinese medicine.

After the 16th century, Japanese physicians formed various schools of practice, and Chinese medicine developed rapidly. From the 17th to the 19th century, Japan established many schools to study Chinese medicine and Confucianism, and after graduation, issued professional physician qualification certificates. At that time, the status and treatment of Japanese samurai were the highest in society, while the status of physician was second only to that of samurai. Therefore, it attracted outstanding talents from all walks of life to study and research it, greatly promoting the publication of various books and the dissemination and development of theoretical knowledge. From then on, Chinese medicine gradually flourished and flourished until the 19th century. [1]

2.2 The decline and revival of traditional Chinese medicine

In the 16th century Japan, Western medicine was introduced, and it had obvious effects on cowpox cultivation. The shortcomings and shortcomings of traditional Chinese medicine itself have gradually emerged, such as the abstract theory of traditional Chinese medicine, the overly random treatment methods, and the not good effect on highly infectious diseases such as cholera in society at that time, and the lack of trauma surgery in traditional Chinese medicine. In 1869, the Meiji government of Japan decided to adopt the Western medical education system, which dealt a devastating blow to Chinese medicine. In 1876, Japanese law stipulated that Chinese physicians must study Western medicine subjects and pass national exams before starting their medical career. Traditional Chinese medicine schools were gradually abolished, and Chinese medicine gradually declined. The 19th century to the 20th century was the worst times of Chinese medicine, with only a very small number of physicians and researchers struggling to continue Chinese medicine.

After the 1970s, the drawbacks of Western medicine gradually emerged. Due to various side effects after taking Western medicine, radiation therapy, chemotherapy and other treatment methods have huge side effects, causing great pain and unbearable suffering for the Japanese people. Moreover, as Japan's economy entered a period of rapid development at that time, the number of people suffering from chronic and elderly diseases surged, and Western medicine often had no choice but to treat and recover from these diseases. Traditional Chinese medicine once again played its special advantage, with a wide variety of methods for treating these diseases, and the therapeutic effects were immediate and shocking. The status of Chinese medicine in the hearts of the Japanese people gradually increased, and its recognition and popularity also greatly increased. The government of Japan has once more paid attention to traditional Chinese medicine. Chinese medicine is gradually reviving and developing, once again ushering in a new era of prosperity. [3]

3. The current situation of traditional Chinese medicine in Japan

3.1 In terms of Chinese herbal medicine

In 1976, the Japanese government officially included Chinese herbal medicines in the national health insurance, which approved the use of ancient Chinese herbal medicines from China's "Treatise on Cold Damage and Miscellaneous Diseases" to produce Chinese herbal medicines. The Japanese have made more than 100 ancient prescriptions from the Eastern Han Dynasty, including "Treatise on Cold Damage" and "Synopsis of the Golden Chamber," into Chinese herbal medicines and have applied for patents. Although Japan currently lacks traditional Chinese medicine practitioners and has not formed an independent theoretical system and system of traditional Chinese medicine, there are over 200 Chinese medicine factories and over 2000 types of Chinese medicine. About 90% of Japanese doctors can prescribe Chinese medicine, and Chinese medicine is growing at a rate of 15% per year. Among the approximately 60000 pharmacies in Japan, 80% of them operate Chinese medicine, and Chinese medicine is prominently placed in cosmetic stores and pharmacies, indicating its popularity.

Now in Japan, traditional Chinese patent medicines and simple preparations is of high quality, advanced technology and high purification technology. The granules are made strictly according to the original prescriptions of the ancient prescriptions, without arbitrary addition or subtraction. Therefore, it develops rapidly. Moreover, Japanese Chinese medicine accounts for about 90% of the total sales of Chinese medicine in the world, ranking first in the world, which is amazing. Nowadays, traditional Chinese medicine is very popular in Japan. Contemporary Japanese people prefer "traditional Chinese medicine" more than us, and when encountering common diseases, they are also better at using medicine. The love and promotion of Chinese herbal medicine by Japanese people have attracted worldwide attention. Ancient Chinese medicine practitioners are still revered and worshipped in Japan, and the popularity of traditional Chinese medicine continues to rise. [5]

3.2 Japanese Traditional Chinese Medicine Education

In the 21st century, the average life expectancy of the elderly jumped to the top of the century in Japan. The aging and prolongation of life in Japanese society have brought about medical problems such as geriatric and chronic diseases, making it difficult for Western medicine to prescribe the medicine. The government of Japan has once more paid attention to traditional Chinese medicine. In 2006, the Japanese Ministry of Education and Culture included "Introduction to Traditional Chinese Medicine" as a compulsory course in the medical departments of 80 comprehensive or professional universities nationwide, and included it as one of the contents of the clinical examination for Japanese doctors. In 2008, Chinese medicine was officially included in the scope of the Japanese doctor qualification examination. In 2010, Japan introduced a new policy that required all medical universities to offer courses of Chinese medicine. In recent years, many Traditional Chinese Medical universities have also established Japanese schools in Tokyo, Osaka, and other places in Japan to provide theoretical and practical teaching of traditional Chinese medicine for three years, regardless of age or occupation. The teaching methods are flexible and diverse, and can be taught on weekends or holidays. Only after passing the Chinese National Examination Center for Traditional Chinese Medicine can one be awarded the title of International Traditional Chinese Medicine Master. Although receiving this title still prohibits medical practice according to Japanese law, it greatly promotes the research, learning, and dissemination of traditional Chinese medicine. Nowadays, various Chinese medical textbooks and magazines are emerging in Japan, and many books are even published in the form of comics, with rich and interesting content. Once sold, they are immediately sold out and popular among people of all ages and genders. [4]

3.3 Acupuncture and moxibustion

Through a long period of time, Japanese Chinese medicine has gradually formed many acupuncture and moxibustion schools. At present, there are three main schools recognized by the Japanese medical community: the ancient school, the later school, and the eclectic school. Among them, the latter school is Tian Daisanxi, who studied in China for three years in the Ming Dynasty in 1498, brought back Jin Yuan medicine to Japan and pushed it forward, so that the four doctrines of Jin Yuan medicine can be popularized and form a later school of Chinese medicine. In Japan acupuncture and moxibustion is used for the treatment of painful diseases, cerebrovascular sequelae, sports pain and other aspects. However, because the Japanese government does not issue doctors' qualification certificates to acupuncture and moxibustion and masseurs, acupuncture and moxibustion and massotherapy are called "medical similar behaviors", so they cannot be included in medical insurance. Due to the lack of clinical practice experience and training base, less than 10% of the graduates of acupuncture and moxibustion school will practice medicine after graduation. However, in recent years, the Japanese government has improved and recognized the efficacy of acupuncture and moxibustion to a considerable extent. For several diseases, such as lumbago and leg pain, rheumatoid arthritis, patients can use the national health insurance as long as doctors issue diagnosis certificates or acupuncture and moxibustion treatment recommendation letters. Of course, there are still many problems in acupuncture and moxibustion in Japan, such as neglecting the theory of traditional Chinese medicine, attaching importance to westernization, lack of thinking awareness, and weak teaching staff. The development of acupuncture and moxibustion in Japan still needs a long process. [2]

3.4 In terms of Japanese Traditional Chinese Medicine School

From the 1980s to the beginning of this century in Japan, academic groups and activities related to traditional Chinese medicine are constantly emerging, such as the Chinese Medicine Research Association, the Chinese Medicine Society, and the Chinese Medicine Exchange Conference. Some of the more famous ones include the Tokyo Clinical Chinese Medicine Research Association, the Japan Traditional Chinese Medicine Research Association, the Japan Oriental Medical Association, the Kobe Traditional Chinese Medicine Research Association, the Japan China Health Science Association, and the Japan Dental Oriental Medical Association. They either study traditional Chinese medicine theory and clinical techniques diligently, compile a large number of Japanese versions of traditional Chinese medicine works, and publish a large number of traditional Chinese medicine papers; Or regularly hold academic conferences, study sessions, speeches, etc., and invite traditional Chinese medicine practitioners in Japan to serve as consultants and participate in meetings, who have made tremendous contributions to the exchange, development, and inheritance the traditional Chinese medicine culture. In recent years, the achievements of them in scientific research, education, research, development, promotion, and clinical efficacy of Chinese herbal medicines have become increasingly impressive. [6]

4. Enlightenment and reference of Japanese traditional Chinese medicine on the development of traditional Chinese medicine culture in Tai'an City

4.1 Research ancient literature to improve the therapeutic effect of traditional Chinese medicine

From the rise and fall of Japanese traditional Chinese medicine, we can see that therapeutic effects are crucial for traditional Chinese medicine. A large amount of traditional Chinese medical

clinical experience and academic ideas are contained in ancient books and documents. We Tai'an TCM workers should make greater efforts to tap the essence of classic ancient books of traditional Chinese medicine, find inspiration and methods to improve clinical efficacy, and constantly combine the characteristics of the times to develop new drugs and new prescriptions. In the Jin Dynasty, Ge Hong's "Emergency Prescription for Elbow Reserve" used the method of "wringing juice" from *Artemisia annua*, which inspired Tu Youyou's scientific research ideas and enabled the invention and publication of artemisinin. COVID-19's treatment methods and drugs are all from the classic prescriptions in ancient Chinese medicine books, which are the best proof of the achievements of in-depth study of ancient books.

In terms of clinical treatment and medication, we can search for medication patterns and treatment ideas from ancient books, and also sort out the context and inheritance of traditional Chinese medicine education from ancient books. We can use the thinking and models of cultivating talents in ancient books to provide different references for modern education. We need to increase the speed of organizing ancient books by digitizing them, scanning and establishing electronic libraries or databases to facilitate the circulation, learning, and research, to improve curative effects. So studying ancient Chinese medicine books is the fundamental basis for the development and inheritance of traditional Chinese medicine in Tai'an City.

4.2 Vigorously carry out critical and critical care work in traditional Chinese medicine

From the decline of Japanese traditional Chinese medicine, we know that curative effects are absolutely the key and decisive factor in the survival, development, and inheritance of traditional Chinese medicine. It feels like treating chronic diseases, but often has poor effects on critical and severe cases, thus leaving the impression of being a slow doctor. According to literature records, the unique advantage of traditional Chinese medicine in history often lies in its ability to treat critical and severe cases through the outbreak of acute infectious diseases. Traditional Chinese medicine can play a huge role in preventing severe cases. Traditional Chinese medicine practitioners in Tai'an City should actively study and improve the efficacy of traditional Chinese medicine in treating critical and severe cases, in order to change people's old beliefs, promote their acceptance of traditional Chinese medicine, and enhance its influence and popularity. The treatment of critical illnesses is the core driving force for the development of traditional Chinese medicine.

4.3 Replacing teaching with exams, organizing academic exchange meetings, forums, and further education classes

Tai'an City can carry out various vocational skill exams, as well as flexible and diverse short, and long term training courses, and training courses in various teaching methods, so that traditional Chinese medicine workers, and enthusiasts from all walks of life, can learn traditional Chinese medicine theory knowledge more comprehensively, by participating in systematic traditional Chinese medicine theory training and exams; Regular exchange meetings, forums, speeches, etc. can also be held to invite renowned traditional Chinese medicine practitioners, from all over the country to serve as consultants and mentors, exchange clinical experience, treatment plans, jointly research new drugs and prescriptions, jointly write traditional Chinese medicine works and textbooks, publish academic papers on traditional Chinese medicine, continuously improve medical technology and scientific research level, create a good atmosphere for learning, and researching traditional Chinese medicine, and comprehensively promote the development, and growth of traditional Chinese medicine in Tai'an City. Through inheritance, we strive to quickly establish a national pilot program, allowing traditional Chinese medicine practitioners and enthusiasts, from other provinces to come and observe and learn.

4.4 Combining Traditional Chinese and Western Medicine, Firmly Believing in and Refusing Westernization

Chinese medicine originated in ancient times from traditional Chinese medicine. Influenced by various factors such as society, economy, and cognition at that time, there were inevitably some problems that could not keep up with the development of the times. Western medicine, based on modern science, has its tenacious vitality and strong growth ability. Once it was introduced, traditional Chinese medicine in Japan rapidly declined and was quickly replaced. In modern times, traditional Chinese medicine has also kept pace with the times. Chinese and Western medicine have their own advantages and disadvantages in treating different diseases. Traditional Chinese medicine focuses on drug therapy, supplemented by non drug methods such as acupuncture and moxibustion, moxibustion, massage, Chinese herbal fumigation, etc. Western medicine emphasizes drug therapy and surgical treatment, including radiation therapy, chemotherapy, etc. The integration of traditional Chinese and Western medicine is to fully utilize various treatment methods and approaches of traditional Chinese and Western medicine to improve therapeutic effects and promote the development of traditional Chinese medicine in Tai'an City. However, we also need to firmly believe and reject the complete Westernization.

5. Conclusion

Due to time constraints, this paper can only conduct a partial study. In the future, more detailed analysis, interpretation, and classification work will be carried out, and new search tasks will also be carried out to promote more Japanese Chinese medicine works and articles to enthusiasts of traditional Chinese medicine culture. At the same time, the authentic traditional Chinese medicine culture of Tai'an City, will be promoted to Japan and the international community, making the exchange of traditional Chinese medicine culture, between China and foreign countries more consistent and effective, to enhance the international significance of traditional Chinese medicine culture in Tai'an City, and to promote, disseminate, and inherit it on a higher international stage. Although this paper has come to an end, new topics will gradually be formed, and promoted on this basis.

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