

ISRG Journal of Multidisciplinary Studies (ISRGJMS)



ISRG PUBLISHERS

Abbreviated Key Title: isrg j. multidiscip. Stud.

ISSN: 2584-0452 (Online)

Journal homepage: <https://isrgpublishers.com/isrgjms/>

Volume – III, Issue - VIII (August) 2025

Frequency: Monthly



Research on the thought of disease prevention in traditional Chinese medicine nursing

Zhanglin Wang¹, Xichao Xia^{2*}, Ruonan Li³, Mengxin Tian⁴, Ru Xiao⁵

^{1, 2, 3, 4, 5} School of nursing, Pingdingshan University, Henan 467000, China Zhanglin Wang

| **Received:** 03.08.2025 | **Accepted:** 09.08.2025 | **Published:** 12.08.2025

***Corresponding author:** Xichao Xia

School of nursing, Pingdingshan University, Henan 467000, China Zhanglin Wang

Abstract

In the Huang Di Nei Jing, it clearly proposed that one should prevent diseases before occurrence of illness, defend against diseases according to environmental changes, pay attention to a balance between work and rest, and enjoy a peaceful state of mind. So, the current study is designed to explore the application of Preventive Treatment of Disease in the traditional Chinese medicine (TCM) nursing. In the TCM nursing, philosophy of prevention before illness, preventing diseases from changing, and Post-healing Prevention are composed of framework of Preventive Treatment of Disease.. In the study, it is suggested that to prevent illness through internal adjustment and external prevention before illness. In which, internal adjustment can be fulfilled by mood adjustment, strengthening exercise, paying attention to daily care, and diet control, while external prevention by preventing pathogenic organisms and environmental damage. It is importance that internal adjustment and external prevention play an important role in theory of Preventive Treatment of Disease.

Keywords: Preventive Treatment of Disease, traditional Chinese medicine nursing, prevention before illness, preventing diseases from changing, Post-healing Prevention

1. Introduction

In ancient China, due to harsh production, living and survival conditions, various internal and surgical diseases frequently occurred, and the earliest medical treatment system and the earliest medical care ideas were born in this environment. As a result, the oldest medical treatment system and medical care philosophy were developed in those environments. The theory and ideological

system of preventive treatment of disease in traditional Chinese medicine (TCM) have been progressively generated and refined with the continual progress and development of history. In this process, the traditional nursing thoughts in China have been incorporated into the traditional medical concepts. One theory of traditional medicine named Three and Seven Theory is widely

accepted in the treatment of diseases, in which care play 70% role that and disease treatment play 30% role. A series of medical works are invest into special emphasis on the role of care and nursing in the treatment of disease, such as Huang Di Nei Jing, Shanghan Zabing Lun written by Zhang Zhongjing in the Western Han Dynasty, Qianjin Yi Fang written by Sun Simiao, Bencao Gangmu written by Li Shizhen.¹ In these books, 70% care is advocated in the the treatment process. With perspective of care and nursing, many important philosophies of TCM nursing have been established, among of which Preventive Treatment of Disease is one important TCM nursing theory.

2. The Theory of Preventive Treatment of Disease

In the TCM, it describes “pro-disease” as a physical state in which disease may occur or secondary symptoms may appear. Preventive measures are taken in this state to exert the functions of care, regulation and treatment, in order to ensure that life activities are in a healthy state characterized by strong resistance and immunity, and to successfully overcome possible diseases or secondary diseases.² This process is called Preventive Treatment of Disease. The germ of this philosophical idea of “treating disease before it occurs” first appeared in the pro-Qin period. In the Book of Changes, the two opposing forces of water and fire in nature cannot transcend or escape their own space and scope of existence, and they maintain a mutually restraining relationship with each other.³ In the Tao Te Ching, if a person can know the advancement of coming disease and then take precautions and protect measures, they will not get a major illness. In the Huang Di Nei Jing, it was firstly propose the theory of “prevention before disease onset”.⁴ “Preventing illness before it occurs” contains three meanings: first, avoiding evil, preventing external evil from attacking the human body, which means that in ‘Su Wen,’ ‘false evil and wind, avoiding it sometimes.’ Secondly, to protect the positive qi, to resist and prevent the invasion of external evil, meaning that “when the positive qi exists inside, the evil can't be dried up.” Protecting positive qi is the specialty of Chinese medicine. “Su Wen-The Treatise on the Complete Form of the Precious Life” said: “People are born by the qi of heaven and earth and are formed by the laws of the four seasons.” This means that the human body must live by the qi of heaven and earth and grow according to the laws of the four seasons. Third, to nip diseases in the bud. The Yellow Emperor's Classic of Internal Medicine says, “The upper workman saves the bud.” To save the bud, meaning that although the disease has not yet occurred, it has been in the bud (early) state or has appeared with some deviation from the health of the signs, if you can recognize these early signs, decisive intervention, and immediately take effective measures, it is possible to avoid the occurrence of disease.⁵

Based on these theories, it reminds people to take precautions against disease before it occurs, rather than waiting until the disease caused serious effect to take treatment measures. Once body function has been tremendously attacked and obvious symptoms of the disease are present, treatment is carried out using a range of drugs. The body's resistance and immunity should experience severely damage in this process. With respect of this condition, treatment is like as that a person hiking in the open field without preparing water in advance and only digging a well to find water to drink when suddenly thirsty. Meanwhile, it is also like that a country not strengthening its army and forging weapons in

peacetime, and only suddenly realizing the need to forge weapons when a war breaks out between the two countries.

In the Huang Di Nei Jing, it says that cold air currents, hot weather, dry air and humid air in the nature will come from different direction and form local microclimate. Those can contact with the skin of body and invade the human body through the respiratory system, pores and so on.⁶ Those will disrupt and affect the body's temperature, blood circulation, muscle contraction and metabolism of body. Therefore, people should take necessary defensive measures according to these abnormal climate in the environment, so as to prevent and reduce the occurrence of diseases. At the same time, people need to achieve a balance between work and rest in their daily lives. Excessive fatigue can lead to a decline in immunity and a weakness of resistance. While paying attention to the impact of the external environment on the body, it is also important to maintain a calm and peaceful state of mind, in which it is more contribute to maintain a positive emotion and harmonious state of the body.

In the Lv Shi Chun Qiu, it is suggested that people should increase the circulation of blood through exercise. Therefore, enhancing the ability of the metabolism play a prompting role to generate more immune cells in order to achieve the goal of preventing diseases through exercise. In the TCM, it is believed that the body's vital activities have the characteristics of movement, and actively promotes exercise for health. Shaking of body can work a positive role on body exercise, blood circulation, relieving depression and stagnation, promoting coordination of the spleen and stomach to absorb nutrients.⁷ In this condition, the blood and dynamic motion of body can flow smoothly, the muscles and bones be strengthened. Therefore, enhancing the physiology and improving the body's ability are contribute to defend against evil spirits. In the folk derived from ancient times, it already mentioned that the use of guided exercises is help to relax the muscles and prevent illness. Hua Tuo, one famous Eastern Han Dynasty physician, study the art of nurturing the body and created Wu Qin Xi as a way to strengthen the body. It is indicated a guided exercise suitable for preventing and treating diseases and maintaining health.

From the modern medical view, operation of the body is accomplished by the nine major systems of the human body, the nine major systems interact with each other. One problem occurred in one system will inevitably cause a problem in the other systems. These views are line with the theory of Huang Di Nei Jing. Therefore, it is demonstrate that the function of human body is based on the harmonious and orderly operation of the nine systems. Fulfillment of body function is depended on the energy derived from daily intake of food as the material foundation. Meanwhile, the nine systems of the body's operation are close related with the external environment.

In the Classic on Medical Problems, it proposes that the liver, as the largest internal organ in the human body, plays an active role in the body's digestion and excretion of toxins. Once the liver malfunctions, it is necessary to timely adjust the digestive system and liver movement. In this way, food can be effectively digested and absorbed that contribute generate more nutrients and energy in order to meet the energy needs of the liver's function. On another hand, it is also help to reduce the burden on the liver caused by the malfunction of other body systems. Considering here, it is necessary to eliminating obvious symptoms before treating malfunction in the course of disease treatment. Notably, the first thing is to take positive measures to prevent the spreading

symptoms and the deterioration of the condition. Meanwhile, one same step is fulfill to protect and defend other tissues and organs in order to preventing the occurrence of complications. Base on these view, Theory of Treatment before Illness is emerged in the TMC nursing.

3. The Philosophy of Prevention before Illness

Before illness occurrence, various protective, caring, preventive and recuperative measures are taken to prevent illness. In this process, the important work is focus on two main approaches, including of internal regulation of the body and external prevention. Application of internal adjustment can enhance immunity and resistance, while external prevention can reduce the risk of disease occurrence. Combination the both can better prevent disease. Internal adjustment of body is fulfilled through a series of measures that promote the harmonious and orderly operation of the nine major systems, so that body can maintain its vitality and show sufficient ability to fight disease.

In the Huang Di Nei Jing, it proposes that people should adjust emotion at every day and keep mind calm, prevent emotions from causing disorders on the body, that is helpful to increase concentration and attention in the work. Meanwhile, if body suddenly suffer from strong, repeated, and continuous mental stimulation, the operation of the body will be disrupted due to emotional influences.⁸ In this environment of disorder, the operation of nine major systems will lose harmony, which can result in an occurrence of diseases. As to patients, mental care is important, so that patients can maintain a happy and relaxed mood. In this pattern, the operations of nine major systems will move with an orderly state, which is more conducive to recovery. Secondly, it is important to strengthen physical movement and exercise.

Regular physical exercise play an improving role in increasing blood circulation and oxygen supply to the body, enhancing the tolerance of tissues and organs. Meanwhile, the synergy between systems will also be enhanced, which is more helpful to improve the body's ability to fight pathogens and reduce the occurrence of diseases. Strengthening daily care is an important measure for internal physical conditioning. In the Huang Di Nei Jing, it proposes that a mechanism hided in the background of life phenomena and life movement is needed to manifested in order to understand the rules and principles of life. This existing mechanism functions as a promoting role in keeping a state of balance among all parties.⁹ Therefore, life movement must maintain coordination with environmental changes of nature. As to human body structure, the body has nine major systems with visible organs and specific morphological tissues. At the same time, there are also abstract and formless conscious activities in life movement. Both are interdependent and mutually restrict each other with respect of their functions and regulatory effects.

In daily life, one person should have a moderation with eating and drinking, a regular routine of work during the day and rest at night. In this way, the nine visible systems of the human body and the non-concrete conscious activities can be organically integrated, that contribute to delay aging and achieve longevity. Therefore, in order to maintain good health and vitality as well as achieve the goal of prolonging life, one should understand the laws of natural change, adapt to changes in the natural environment, and adjust lifestyle.

It is emphasized that dietary adjustments is an importance way in preventing disease. The food eaten should be controlled at an reasonable temperature, show graceful flavor and with a well-balanced nutrients. Therefore, movement of body's systems can operate smoothly and orderly, and immunity and resistance can be strengthened. When the body shows a sign of illness, necessary medications of drug should be taken to eliminate the symptom. Application of Radix Scutellariae, Radix Isatidis, and Folium Isatidis can play an helpful role in preventing the flu. Usage of Herba Artemisiae Capillaris and Fructus Gardeniae can helpful role in improving liver function and enhance the liver's detoxification effect. Action of Herba Portulacae Oleraceae has a therapeutic effect on dysentery.¹⁰ In the TCM, the method of vaccine inoculation was invented and popularized During the Ming and Qing dynasties, that was used in preventing the occurrence of infectious diseases.

External preventive measures are aimed to prevent the invasion of foreign pathogenic organisms and the harm caused by changes of environmental conditions, as those are important factors leading to the occurrence of diseases. In Jin Kui Yao Lue written by Zhang Zhongjing, it is proposed that operation of life human cannot detach the living conditions provided by the external natural environment, such as air, food, and sunlight. Once one occurrence of abnormal changes derived from the natural environment, it can bring disasters to humans and cause diseases. Therefore, people should be good at detecting these changes in the natural world, take protective measures before occurrence of abnormalities in the life operation, and improve body ability to respond abnormal change. These measures is contribute to resist the invasion of pathogenic organisms and reduce the harm caused by abnormal events in the environment. It can seen that prevention before illness is the important nursing concept of Preventive Treatment of Disease. Therefore, it is emphasized that measures are used to keeping warm and increasing body temperature in order to improving immunity in cold weather. In hot weather, it is important to drink plenty of fluids and take cooling measures, that is help adapt the high temperature environment. During the epidemic season, it is necessary to take personal protective measures to reduce contact with pathogens.

4. The Philosophy of Preventing Diseases from Changing

Philosophy of preventing diseases from changing refers to taking effective measures as soon as possible after the onset of a disease, especially in the beginning stage, as well as dynamic process of disease. In the these stage, effective measures are helpful to prevent the aggravation of the disease and the development of symptoms.

To taking the initiative measures also can stop the progression of the disease or change the course of the disease in the treatment, so that the disease can be cured as soon as possible. ¹¹ After the onset of a disease, changes of balance between positive forces derived from resistance of body and negative forces derived from invasion can result in a development of disease. In this antagonistic process, change of diseases may progress from mild to severe, from simple to complicated. If the disease is being diagnosed at an early stage, or being still mild and the body's resistance not yet been weakened, the disease is usually healed with a success. If the disease is not diagnosed and treated in time, the negative forces may gradually gain strong and strong. Once negative forces surpass the resistance

of body, that should lead to more and more complicated and severe. In the last, treatment is also become more and more difficult.

Therefore, philosophy of preventing diseases from changing is an component of Preventive Treatment of Disease.

In the TCM, it is pointed out that it is important to pay close attention to the occurrence, development and changes of the illness once one symptom occurs. One should always be on the alert for the emergence of various complications and the possibility of the occurrence of potentially malignant diseases. At this time, decisive and prompting nursing measures should be taken to hinder the deterioration of disease.¹² As a result, the further development and transformation of the disease can be effectively prevented. It is an important strategy for preventing changes in illness. Zhang Zhongjing propose that, prompting treatment measures should be taken once an illness is occurred in order to, not miss the best time to treat the disease. Considering here, a comprehensive and systematic assessment of the disease should be carried out, and effective measures should be taken to prevent complications.

Diseases should be treated promptly as soon as possible. Meanwhile, patients are also reminded that diseases should be treated quickly. Notably, the best time for treatment is missed, the disease will continue to spread, that make treatment more and more sophisticated. With respect of this view, it is especially helpful for infants and children characterized as relatively weak immune systems. It is very necessary to treat quickly after the onset of disease.

In the Jin Kui Yao Lue as well as Treatise on Cold Damage and Miscellaneous Diseases, Zhang Zhongjing emphasized that the occurrence of disease is a progressive process. In the early stages, the symptoms are relatively mild and the body still retains enough resistance. At this period, drug treatment will play an obvious effect, and is easy to eliminate the symptoms and control the spreading of the disease. However, with the condition being worsens, the body's resistance the ability of the disease caused damage will reach a state of equilibrium in which the two fighting forces against each other. At this time, the effect of drug treatment will be significantly reduced compared with that of the early stages, and the treatment process will be prolonged. If the body's resistance is overwhelmed by negative forces derived from invasion during the fighting against the disease, it means that the body's immunity is no longer sufficient to cope with and defeat the pathogenic organisms.¹³ At this time, the pathogenic organisms will take use of the opportunity to invade and destroy other tissues and organs, that cause an multi-organ syndrome. In this case, application of alone drug treatment can no longer solve the problems of the tissues and organs as well as symptoms. Therefore, it is also necessary to take into account other injury of tissues and organs. As a result, the therapeutic effect will be significantly reduced. With the occurrence of symptom, measures must be taken to prevent complications from disease. In the Jin Kui Yao Lue, it proposes that the five system represented by internal organs interact and regulate each other in the human body, including of the digestive system, respiratory system, nervous system, reproductive system, and detoxificative system. Moreover, a disease of one system can trigger complications and dysfunction of other systems. Diseases not only show a local effect, but also a displaced and misplaced effect. Being a disease state, the liver's digestive function is abnormal character by malfunction of bile secretion, that can trigger a abnormal state of digestive system. For

this kind of lesion caused by conduction effects, it is necessary to understand the laws and pathways of system movement, and take appropriate measures during treatment and care to prevent diseases occurrence in other organs and tissues. For example, if the liver is injury but the digestive system has not yet shown signs of disease. Preventive measures should be taken to regulate the functions of spleen and stomach, and promote digestion and absorption^[14]. These actions will not only protect the digestive system, but also create conditions for the recovery of liver function.

In the TCM, food and herbs are being ingested, taste effects show five categories based on the sense of taste, including of sour, sweet, bitter, spicy, and salty. These five tastes are called the Five Flavors in TCM. Five tastes are entered into the digestive system, these five flavors will circulate through the body's circulatory system.

Meanwhile, five tastes should selectively enter the five system represented by internal organs, the digestive system of spleen, respiratory system of lung, nervous system of heart, reproductive system of kidney, and detoxificative system of liver. In the Jin Kui Yao Lue, it is proposed that excessive intake of one taste should cause an injury on organ of system. The function of liver show abnormal, the intake of spicy foods should be controlled to prevent excessive accumulation of metabolic waste in the body. If heart is illness, it is necessary to control salt intake and reduce the intake of salty foods in order to prevent adverse effects on blood vessel elasticity and blood viscosity. When the spleen is being injury, it is necessary to control the intake of sour foods in order to reduce damage on the digestive system. When there is a disease occurred in the lungs, it is important to control the intake of bitter foods to prevent the decrease of diastolic function and systolic forces of the lungs. When there is a disease occurred in the kidneys, it is needed to control the intake of sweet foods to reduce the pressure on the filtering function of the kidneys. According to TCM theory, it is interesting that care of appropriate diets should be used to reduce adverse interference with respect of the different natures of five internal organs represented five system.

Meanwhile, these measures contribute to achieve harmonious of body and orderly operation between the various systems, help patients in restoring resistance and immunity, and prevent deterioration of the disease.¹⁵

5. The Philosophy of Post-healing Prevention

After recovering from the disease, all the symptoms and signs have disappeared. At this time, there may still be evil in the body that has not been eliminated, the positive energy is insufficient, the qi and blood are uneven, and the yin and yang have not yet been determined.¹⁶ Under this condition, the nine major systems of the body are still in a very weak state. As to life, vitality is lower. Therefore, if you don't pay attention to the conditioning of your body when you have just recovered from a disease, the disease will recur or even produce sequel. The Yellow Emperor's Classic of Internal Medicine puts the idea of preventing recurrence in a very important position. Therefore, prevention of recurrence should also be emphasized in the idea of "treating the future disease", applying various treatments to the patients to prevent recurrence of the disease and preventing the disease from recurring and damaging the patient's organism.¹⁷ So the run of the body is needed to be adequately adjusted after suffering major illness damage based on diet, lifestyle, and emotions so that it can recover as soon as possible. Based on these views, the philosophy of post-healing

prevention is proposed, and it is also a component of the Preventive Treatment of Disease.

In the Treatise on Cold Damage and Miscellaneous Diseases, it proposes that sexual activity, overeating, and staying up late may lead to a recurrence of typhoid fever and colds after suffering from flu. When the symptoms of the disease have been controlled or disappeared, sex can dissipate a lot of energy. With respect of lack of energy, it cause the body is unable to produce enough immune cells to fight the disease, that results in a repeated attacks derived from typhoid fever and colds.¹⁸ After experiencing an illness, the body's digestive system becomes weakness. If one person intake over foods, it will increase the burden on the digestion and absorption, in which can easily trigger a recurrence of the disease. The actions of care based on above situations, it is important to prevent the disease from recurring, such as medication guidance, emotional care, dietary care, daily care, and rehabilitation guidance. As to patients being complex causes of illness, repeated suffering from illness, and slow recovery, those should bear a huge mental burden. Therefore, psychological counseling should be strengthened during the care process to help patients eliminate psychological barriers and guide them to master self-relieving methods.

In the TCM, a serious of dietary taboos are also provided in many books. All Fat and delicious food can nourish on the life, but they also bring a harmful on body and even be detrimental in the Qian Jin Fang, such as birds and animals, fish and insects and fruits. Since the Chinese herbal medicine are come from plant, animals, mineral, metabolites of animals, fungus and so on. Every Chinese herbal medicine has own characterization and shows superiority contribute to rectify a deviation of body function. But, application of these Chinese herbal medicine should pay attention their taboo because of existence of special properties. Based on the characterization of food and drug taste, one taste may play an treatment on the disease, but function as a harmful role on the body movement. Perhaps, if one taste is benefit to the body, but not help to disease treatment. In this environment, application of food and drug may cause danger.¹⁹

In the Huang Di Nei Jing, it is pointed that the operation among the nine major systems of the human body is easy occurred in a disordered state after the body experiencing illness. In this case, if a large amount of meat is consumed, it will bring about metabolic burden and pressure on the digestive system, and easily lead to repeated illness or aftereffects. If one improperly intake food when being ill, it will result in an impact on the outcome, prognosis, and recurrence of the disease. During the physical recovery period, a right pattern of food intake with the reasonable temperature and flavor can function as a helpful role on the digestive system to accept and absorb food, that contribute to speed recovery. Being a serious illness, if physical exercise is too intensive, one will feel tired. If one stay in bed and do not participate in outdoor activities, it will also result in a negative effect on recovery. Therefore, patients should be guided to adopt an appropriate activity pattern combination movement and rest during the recovery period, that is more conducive to fulfill recovery.

In the theory of Preventive Treatment of Disease, it is also emphasized that the daily care is importance to healthy.²⁰ Whether body is in a healthy state or a disease, action should be paid to recuperation and care. On another hand, good physical fitness, abundant vitality, sufficient resistance and strong immunity is very difficult to fulfill without daily care. In the TCM, it has proposed

that one person is not good at caring and recuperating before illness, it will lead to various diseases in the future. It is worth noting that careful nursing and conditioning are not carried out in time after ill, the probability of illness will be increase. The possibility of complications will also increase. But, patients are good at conditioning and caring, they will moderate diet, avoid cold and heat from invading the body, control their emotions. In this condition, it can reduce a violent fluctuation of body function and also achieve a balance between work and rest, that is effectively protect the digestive system. Otherwise, the vitality of the body will decrease characterized by weaken of resistance and decrease of immunity without conditioning the body.

6. Conclusion

In conclusion, TCM care emphasizes the theory of Preventive Treatment of Disease, in which it is important to prevent illness in advance by conditioning the body, preventing the invasion of foreign pathogenic organisms, and changes in environmental conditions. This theory has already sprouted in the pro-Qin period, and is first clearly put forward in Huang Di Nei Jing. It is pointed that diseases should be prevented in advance, rather than treated when symptoms become severe. Conditioning and nursing can function as a promoting role in increase of immunity and resistance through maintaining a calm mood, strengthening physical exercise, and adjusting diet and lifestyle. It is also fulfilled by enhancement of adaptability and reduce of harm caused by abnormal environmental conditions. After the onset of a disease, it advocates that one person should pay attention to changes of environment, timely take prompting actions and nursing measures, and prevent further development and transformation of the disease. In the recovery period of body, it emphasizes that to regulate diet, change lifestyle and enjoy emotions are helpful to prevent recurrence of the disease.

Funding: Henan Province Education Science Planning Project, 2024YB0221; Pingdingshan University Teaching Reform Research and Practice Project (2022-JY36)

References:

1. Huang ST, Cao F, Zhang Z, et al. Analysis of the idea of preventive treatment in traditional Chinese medicine in Chinese folk culture. *Chinese Medicine Modern Distance Education*, 2023; 21(15): 157-159.
2. Hao Y, Jiang J, Gu X. Traditional Chinese medicine and nursing care. *International Journal of Nursing Sciences*, 2017; 4(3): 328-329.
3. Ma YX. An analysis of the origin and development of the traditional Chinese medicine theory of "treating diseases before they occur." *Chinese Medicine Information*, 2009, 26(5): 12-13.
4. The return of Huangdi Neijing: An analysis of the traditional Chinese medicine view of "treating diseases before they occur." *Chinese Journal of Basic Medicine in Traditional Chinese Medicine*, 21(6): 634-636.
5. Zhang C, Zhang XM, Xia HG, et al. Based on the theory of "prevention before disease, prevention of existing disease, and prevention of recovery after disease", the prevention and treatment of epidemic diseases in traditional Chinese medicine was discussed. *Western Chinese Medicine*, 2021; (09): 1-4.
6. Deng X, Cai HZ, Chen Q, et al. Construct a new system of "preventive treatment" based on the concept of "four

- seasons to regulate the yang". *Journal of Traditional Chinese Medicine*2019; (10):895-897.
7. Zhao W, Li SH, Li CD. Discussion on the modern development of preventive treatment of diseases based on health status. *Chinese Journal of Traditional Chinese Medicine*2019; (07):2845-2848.
 8. Kuang XY, Yu Q, Li JH, et al. Construction of a knowledge service and clinical application system for traditional Chinese medicine "treating diseases before they occur" based on the convergence of big data. *World Science and Technology-Modernization of Traditional Chinese Medicine*2024;26(1):236-241.
 9. Tang L, Liu J, Xu JJ, et al. Teaching traditional Chinese medicine classics to clinical nurses: Taking *Treatise on Cold Damage* for example. *Journal of Integrative Nursing*2021;3:1-4.
 10. Guo YS.(2015). Research on the construction of the theoretical system of traditional Chinese medicine health management [Doctoral dissertation, Shandong University of Traditional Chinese Medicine].
 11. Ma D, Wang S, Shi Y, et al. The development of traditional Chinese medicine. *Journal of Traditional Chinese Medical Sciences*2021;8(Suppl. 1):S1-S9.
 12. Zhang GD, Chen Q, Tao TM, et al. Comparison of syndrome differentiation and treatment system between *Huangdi Neijing* and *Treatise on Cold Damage*. *Asian Journal of Surgery*2023; 46(10):4699-4700.
 13. Yang CA. (2011). A study of the theory and application of the Jianzhong method in the *Jingui Yaolue* [Doctoral dissertation, Beijing University of Chinese Medicine].
 14. Hao B, Qiao W, Dong H. The influence of conception of time-space-orientation in pre-Qin society on traditional Chinese medicine theories. 2000;30(4):243-246.
 15. Zhang WB, Wang Z, Song XJ. Analysis on the defensive function of defensive qi in *Huangdi Neijing*2021;41(3):343-347.
 16. Zhuang JJ. Discussion on the theory of traditional Chinese medicine in the treatment of diseases. *China Journal of Urban and Rural Enterprise Health*2020; (02):38-40.
 17. Song X, Zhang YW, Jiang LS. An Analysis of the Thought of Traditional Chinese Medicine Aromatherapy in Treating Diseases Based on the Theory of Constitution. *Chinese Journal of Traditional Chinese Medicine* 2022;(10):6112-61 14.
 18. Li L, Yao H, Wang J, et al. The role of Chinese medicine in health maintenance and disease prevention: Application of constitution theory. *The American Journal of Chinese Medicine*2019;47(3):495-506.
 19. Cockerell CJ. Pressure and disenchantment in physicians-PartII: Lessons for physicians from the *Tao Te Ching*. *Clinical Dermatology*2017; 35(1):100-104.
 20. Jiang B. Treating disease before it occurs and taking control of your health and longevity. *Healthy Living*,2008;4:34+36.