

Discussion on the Theory of Prevention and Treatment of Diseases in Huangdi Neijing and Its Clinical Application

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Abstract: The theory of prevention and treatment of diseases is an important concept put forward in the period of Huangdi Neijing. It is the core thought of traditional Chinese medicine culture and the highly embodiment of the prevention thought of traditional Chinese medicine. It is of great practical significance to guide people's healthy lifestyle and promote residents' comprehensive physical and mental health. The theory of prevention and treatment of diseases is one of the basic theories of traditional Chinese medicine, and its essence lies in taking corresponding measures to carry out the prevention, treatment and management of corresponding diseases, so as to prevent the occurrence and development of diseases from the initial stage to the end stage. The theory of prevention and treatment of diseases is mainly reflected in the three aspects of "prevention before disease, prevention against change after disease, and prevention and recovery after disease", which also includes the three stages of human disease occurrence, namely, the state before disease, the state after disease, and the state after disease. This article discusses the application of the theory of prevention and treatment of diseases in the prevention and treatment of five viscera diseases in traditional Chinese medicine, and further proves that the thought of "preventive treatment for disease" has a high theoretical guiding significance, in order to provide reference for clinical practice.

Keywords: Huangdi Neijing; the Theory of Prevention and Treatment of Diseases; Clinical Application

1. Introduction

In recent years, with the transformation of the concept of disease prevention and health service, people's health needs are increasingly diversified. They are no longer satisfied with the treatment of diseases, but actively require to improve the level of health and quality of life. Under the background of the medical model of "giving priority to prevention and moving forward the focus of prevention and treatment", China has initially formed a theoretical system of prevention and health care with traditional Chinese medicine characteristics with the thought of "preventive treatment" as the core. This is consistent with the theory of prevention and treatment of diseases put forward in Huangdi Neijing. Therefore, to inherit and develop the theory of prevention and treatment of diseases of traditional Chinese medicine, we need to work harder, study deeply, keep up with The Times, and make the theory of prevention and treatment of diseases of traditional Chinese medicine combined with modern medicine to play a greater practical significance ^[1].

2. The theory of prevention and treatment of diseases in Huangdi Neijing

The theory of prevention and treatment of diseases is the essence and characteristic of traditional Chinese medicine, and is one of the most brilliant and influential academic thoughts in the profound theory of traditional medicine. As the earliest extant medical classic in China, Huangdi Neijing not only has a perfect and unique medical theory system, but also contains advanced and rich thoughts of prevention and treatment of diseases ^[2]. As the core of preventive medicine in traditional Chinese medicine, preventive medicine emphasizes that by regulating the body and following the laws of nature, it actively intervenes before diseases occur, so as to achieve the purpose of "preventing diseases before they occur, preventing changes after diseases, and preventing recovery after diseases". The theory of prevention and treatment of diseases is recorded in Huangdi Neijing in three places. First, "Suwen · The Great Theory of Four Qi Regulating Spirits" recorded: "Is that the sage did not treat the disease, the

treatment did not disease; The thought of "preventive treatment for disease" was clearly put forward, reflecting the point of view of prevention before disease, and emphasizing the importance of prevention over treatment. Second, "Suwen·Ci Re Lun" recorded: "For liver fever, the left cheek will turn red first; for heart fever, the Yan will turn red first; for spleen fever, the nose will turn red first; for lung fever, the right cheek will turn red first; for kidney fever, the Yi will turn red first. Although the disease has not yet occurred, if red color is seen, pricking it is called treating the disease before it occurs." This article proposes that by grasping the occurrence law of the disease, corresponding treatment measures should be taken to prevent the disease from developing into a serious and complex direction. At the same time, it is also clarified for the first time that the five internal organs can be prevented by acupuncture and moxibustion to "prevent disease" [3]. Third, in the Miraculous Pivot, it is recorded: "The skillful doctor treats the disease before it occurs, second, when the disease is not serious, and second, when the disease is almost healed..." This covers a lot of the content of prevention and treatment of diseases. To this day, prevention and treatment of diseases includes the discussion of "prevention before disease, prevention against changes after disease, prevention and recovery after disease", which is still consistent with Huangdi Neijing, including the state of the disease before disease, the state of the disease and the state after disease [4].

3. Clinical application of preventive treatment theory in various human systems

3.1 Application of preventive treatment theory in cardiac diseases

At present, the morbidity and mortality of cardiovascular disease in China are high, which has attracted great attention from the medical community. Cardiovascular diseases often have clear predisposing factors, and many patients are usually in stable condition, but the predisposing symptoms are recurrent or aggravated. The causes mainly include emotional disorder, improper diet, feeling of external pathogens, seasonal changes, etc [5]. And these factors will play an intervention role in the prevention, treatment and rehabilitation of patients with cardiovascular disease. Therefore, it is of great theoretical significance to guide the intervention of risk factors to achieve the primary prevention and treatment of cardiovascular diseases through the theory of "preventive treatment".

Professor Jin Mei attaches great importance to the application of the theory of "preventive treatment for disease" in the clinical treatment of heart diseases. In the process of syndrome differentiation and treatment, she pays attention to regulating the liver, taking care of the spleen and stomach, protecting the kidney and consolidating the essence, and promoting blood circulation throughout. At the same time, Professor Jin also carries out corresponding care according to the four seasons change, such as protecting the lung and soothing the liver in spring, clearing the heart and preventing heat in summer, regulating the lung and tonifying the kidney in autumn and winter, which is crucial for the prevention of heart diseases and best reflects the thought of "preventing diseases" [6]. Zhong Xia [7] believes that cardiovascular diseases are gradually showing a trend of younger people, and it is imperative to actively intervene and prevent them. She guided the lifestyle adjustment of patients with heart disease through exercise intervention, acupuncture intervention, dietary intervention, emotional intervention, work and rest intervention. For example, exercise can improve physical fitness and strengthen the heart. Taijiquan, Baduanjin, Wuqinxi and other traditional Chinese sports have been widely used in the treatment of heart diseases such as coronary heart disease and heart failure in recent years, and the benefits are obvious. A reasonable diet is very important for patients with cardiovascular disease and high-risk groups. We advocate a reasonable low-cholesterol diet and a high-fiber diet for patients with cardiovascular disease. Meanwhile, unhealthy lifestyle should be improved, such as smoking cessation and limiting alcohol consumption. In addition, Professor Zhong also summarized the idea of "preventive treatment for disease" to guide the active prevention and treatment of cardiac diseases, which is mainly applied in hypertension, coronary heart disease, heart failure, viral myocarditis, and cardiac neurosis, which has certain clinical guiding significance. Based on the perspective of time medicine, the theory of "preventive treatment for disease" in traditional Chinese medicine is of great significance for the occurrence, development and prognosis of heart disease.

3.2 Application of preventive treatment theory in hepatic diseases

Liver diseases cover a wide range of diseases, including acute and chronic hepatitis, cirrhosis, fatty liver and liver cancer, which seriously endanger public health and safety in China and bring heavy economic burden to patients. The development of liver disease presents an evolutionary process of "hepatitis, liver fibrosis, cirrhosis, and liver cancer". The prevention and treatment of liver disease has

gradually transformed into a preventive medical model of prevention and inhibition of progression.

Li Yankun ^[8] believes that liver conditioning for disease prevention has important theoretical and practical significance. The importance of liver physiological function, the complexity of pathological changes, and the correlation with sub-health and aging all indicate that liver conditioning for disease prevention is in line with people's pursuit of health under the bio-psycho-social medical model, which is the concrete embodiment of the theory of "preventing disease" in traditional Chinese medicine. The theory of "preventive treatment of diseases" in traditional Chinese Medicine proposes that "to find the disease of the liver, to know that the liver transmits the spleen, and to strengthen the spleen first". Liver cirrhosis is a chronic organic liver disease caused by a certain cause or a combination of causes. Its progress is irreversible, its course is protracted and difficult to cure, and it is prone to upper gastrointestinal bleeding, infection, ascites, hepatorenal syndrome, hepatopulmonary syndrome and other complications. More than 10% of patients with liver cirrhosis will progress to primary liver cancer. It seriously endangers people's life and health. From the perspective of integrated traditional Chinese and western medicine, Yu Simiao ^[9] discussed the guiding significance of the theory of "understanding the disease of liver, understanding the liver transmission of spleen, and strengthening the spleen first" for the prevention and treatment of liver cirrhosis. Based on various mechanisms of action such as the regulation of immunity, energy metabolism and intestinal flora, he formulated the precise treatment strategy of liver disease with solid spleen at different pathological stages, providing inspiration for the clinical treatment of liver cirrhosis. Fang Meihua ^[10] believed that the dynamic balance of intestinal flora was closely related to the development of liver cancer. She combined the theory of "intestine-liver" axis with the theory of liver treatment in traditional Chinese medicine, and paid attention to the relationship between the regulation of liver and spleen and the regulation of intestinal flora in traditional Chinese medicine, which provided new ideas for the exploration of integrated traditional Chinese and western medicine for the treatment of liver cancer. Our country is a big country of hepatitis, among which viral hepatitis B is the most common. For patients with chronic hepatitis B, the relevant guidelines clearly recommend timely antiviral treatment to avoid further progression of the disease, which is also the specific embodiment of the theory of "prevention of disease".

3.3 Application of preventive treatment theory in diseases of spleen and stomach system

According to traditional Chinese medicine, the spleen and stomach are the source of qi and blood biochemistry in the human body. The spleen is the main body to rise and clear, and the stomach is the main body to reduce turbidity. The two cooperate with each other, which is the hub of the rise and fall of the human body's qi machine, and jointly maintains the metabolism of the human body and the operation of the viscera.

Professor Zheng Xiang ^[11] always adheres to the view of "preventive treatment for disease" in clinical work, and emphasizes the important role of preventive treatment in the care of the spleen and stomach. Professor Zheng emphasizes that in the diagnosis and treatment, it is necessary to improve the awareness of self-repair of patients. In the absence of disease or slightly unwell, patients should be treated, and prospective protective measures should be taken in time to grasp the initiative of body protection. When the disease has already occurred, Professor Zheng advocates to prevent other predisposing causes in time, grasp the law of disease transmission in time, correctly predict the change trend, and accurately take measures to "cut off" the disease transmission. The patients who have initially recovered from the disease seem to have returned to normal, but in fact, the healthy qi is relatively weak, and the human body is in the recovery period. We should pay more attention to the care of the spleen and stomach and strengthen the nutrition. Chronic gastritis is one of the common clinical diseases of the digestive system. Modern studies believe that the occurrence of gastric cancer follows the Correa evolution pattern, that is, chronic gastritis-chronic atrophic gastritis-intestinal metaplasia -dysplasia -early gastric cancer ^[12]. Therefore, it is of great significance to use the theory of "preventive treatment" to prevent its occurrence, delay and malignant transformation. Zhang Hanling ^[13] et al believe that the process of "transformation from inflammation to cancer" from chronic gastritis to gastric cancer is dynamic, and the progression time of lesions at all levels is long, which is difficult to be prevented and controlled by western medicine. In the treatment, the theory of "preventive treatment for disease" should be used to control the overall course of the disease from multiple aspects such as paying attention to the constitution, staying away from causes, and taking care of the healthy qi. Professor Deng Tietao, the master of traditional Chinese medicine, also attaches great importance to the use of the theory of "preventive treatment for disease" to regulate the spleen and stomach in clinical practice, and takes it as the guiding ideology of health preservation, and has achieved remarkable clinical effect. Lao Deng proposed that "prevention before disease onset" focuses on "adjustment", including adjustment of diet, emotion, prevention of external pathogens, and

moderate work and rest. "Prevention and control of diseases" focuses on "treatment". According to the relevant theories of "a strong spleen is not susceptible to diseases" and "the viscera are related to the prevention and treatment of zangfu transmission", in the differentiation and treatment of various diseases, invigorating drugs such as Codonopsis ginseng, Atractylodes rhizoma, and Poria cocos were added to regulate the spleen and stomach. He advocated regulating the function of spleen and stomach by controlling diet and practicing Baduanjin in the process of disease recovery^[14]. The theoretical basis and practical application of Deng's "preventive treatment for disease" in regulating spleen and stomach further enriched the connotation of "preventive treatment for disease" in traditional Chinese medicine and had certain clinical guiding significance.

3.4 Application of preventive treatment theory in pulmonary diseases

At present, China has entered an aging society, and the prevalence of chronic lung disease is increasing year by year, which seriously endangers human health, affects the quality of life of patients, and increases the social and economic burden^[15].

Chronic obstructive pulmonary disease (COPD) is a common preventable and treatable disease characterized by persistent respiratory symptoms and airflow limitation. Based on the theory of "preventive treatment for disease" of traditional Chinese medicine, it is of great guiding significance to carry out early intervention and early treatment for patients to make them in a long-term stable period, so as to improve the quality of life of patients.

Yang Xu^[16] advocates that when COPD patients are not ill, they should take the initiative to maintain health care and eliminate risk factors to prevent the occurrence of the disease. Patients with COPD after illness not only have cough, expectoration, dyspnea and other symptoms, but also have incomplete reversible airflow limitation in lung function. It is necessary to make early and timely diagnosis and treatment to prevent further spread of the disease. Diet care, respiratory function exercise, traditional exercise and other methods can promote the recovery of qi, blood and viscera function balance and prevent the recurrence of the disease. Cheng Yu^[17] believed that the primary task of prevention and treatment of COPD should be "prevention before treatment", that is, to prevent its occurrence or delay its pathological progression as the key, which happened to coincide with the concept of "preventive treatment for disease" in traditional Chinese medicine. Through animal experiments to simulate the COPD model of rats, they used the Yiqi Huoxue prescription to intervene in different stages of COPD, and the curative effect was satisfactory, reflecting the positive significance of the theory of "preventive treatment" in the prevention and treatment of the disease. Pulmonary nodules are irregular lesions in the lung, showing high-density shadows on imaging, which can be seen in benign lung diseases or early cancer. Studies have shown that factors affecting the occurrence of pulmonary nodules include gender, age, occupational environmental exposure history and smoking history, etc^[18]. Zhang Yang^[19] believed that pulmonary nodules were closely related to the theory of "blood stasis and toxin" in traditional Chinese medicine, and that "blood stasis and toxin" was the key factor in the pathogenesis of pulmonary nodules. By rationally applying the "preventive treatment of disease" concept in traditional Chinese medicine, and starting from three aspects: regulating the constitution, removing blood stasis and detoxifying, strengthening the body and replenishing deficiency, Zhang Yang established a prevention and treatment system for pulmonary nodules. This can achieve early detection, early intervention and early treatment, fully leveraging the unique advantages of traditional Chinese medicine in treating pulmonary nodules.

3.5 Application of preventive treatment theory in renal diseases

Traditional Chinese medicine believes that the kidney hides the essence, the essence generates the pulp, and the pulp nourish the bone and pass through the brain. The yuanqi produced by the essence qi in the kidney has the effect of promoting the growth and development of the human body, warm Xuand stimulating the activity of the organs and organs such as the viscera and meridians of the human body, so it is the root of all the qi of the human body^[20]. Prevention of disease of kidney has a rich theoretical origin. In Su Wen, it is expounds that with the increase of age, the kidney shows a series of regular changes, and explains the process of the function of the organs from prosperity to decline, among which the theory of kidney deficiency leading to failure plays an important role. With the deficiency of essential qi in the kidney, the deficiency of kidney Yin and Yang leads to the gradual decline of the functions of the viscera, which in turn leads to the occurrence of various diseases^[21]. Therefore, the theory of "preventive treatment for disease" has important guiding significance for the prevention and treatment of kidney diseases.

Chronic renal failure is a common outcome of chronic kidney disease, which is often manifested as irreversible progressive decline in renal function. Early reversal, middle containment, and late prevention of chronic renal failure are the difficulties in its diagnosis and treatment. Professor Zhao Shuhua^[22] attaches great importance to the application of "preventive treatment" theory in the diagnosis and treatment of chronic renal failure, and has achieved good clinical efficacy, which enriches the theoretical basis and clinical significance of the theory in the diagnosis and treatment of renal diseases. He believed that the feeling of external pathogens, injury from diet, and fatigue and internal injuries were the important reasons for the repeated progression and deterioration of chronic renal failure. Professor Zhao followed the thought of preventive treatment in the process of prevention and treatment of external pathogens in patients with chronic renal failure, that is, to support the healthy, to take into account both internal and external pathogens, and to prevent the spread of pathogens. Improper diet is an important cause of chronic renal failure. Professor Zhao advocates pneumatization and accumulation of stagnation in the early stage of the disease, and invigorating the spleen and clearing damp phlegm and blood stasis in the late stage. Fatigue and internal injuries is very harmful to chronic kidney disease, so Professor Zhao advocates that qi, blood and the viscera should be replenished to avoid the progression of chronic renal failure caused by fatigue and internal injury. Professor Ma Xiaoyan^[23] believes that the theory of "preventive treatment of disease" mainly includes four aspects: the treatment of disease before birth, the treatment of disease before success, the treatment of disease before transmission and the treatment of disease before recovery. Professor Ma puts the first priority on preventing the occurrence of chronic renal failure in clinical treatment, and advocates striving for its reversal in the early stage of the disease. This treatment method has achieved good efficacy in reducing the incidence of chronic renal failure, delaying the progress of chronic renal failure, relieving clinical symptoms, preventing complications, and improving the quality of life of patients. In recent years, due to bad living habits, the incidence of diabetic nephropathy has been increasing. The onset of diabetic nephropathy is insidious, the early clinical symptoms are not significant, and it is easy to progress to end-stage renal disease. Some scholars have found that the occurrence of diabetic nephropathy is closely related to intestinal flora from the perspective of microbiota-gut-kidney axis^[24]. Therefore, starting from the theory of "preventive treatment", it is of great theoretical and practical value to achieve the prevention and treatment of diabetic nephropathy by regulating diet, emotion, exercise, and early detection of changes in intestinal flora.

4. Common methods of traditional Chinese medicine for treating diseases

4.1 External treatment of traditional Chinese Medicine

External treatment of traditional Chinese medicine (TCM) has a long history and rich connotation. It is one of the characteristic therapies of TCM, including acupuncture, moxibustion, massage, cupping and acupoint application. External therapy of traditional Chinese medicine (TCM) can treat diseases by stimulating meridian acupoints and specific parts on the body surface and taking the meridian system as the conduction pathway^[25]. In recent years, it has played a more and more significant role in clinical work with its various forms, convenient operation, effective and safe, and high patient acceptance.

Among them, the most representative is the "Sanfu plaster", which is a kind of external treatment of traditional Chinese medicine to prevent and treat deficiency and cold diseases when the temperature is hot in summer. At present, it has been widely used in internal medicine, surgery, women, children and other diseases. The dog days of summer are the time of the year when the temperature is the highest and the Yang qi is the most abundant. At this time, the body is loose and the drugs are easy to penetrate the skin. With the help of drugs with chilling and dispersing cold, tonifying Yang and removing dampness, it can drive out the Yin and evil in the body, and the clinical effect is significant^[26]. This traditional characteristic therapy is based on the theory of the opposition of Yin and Yang and the mutual root of Yin and Yang, which fully embodies the concept of disease prevention in traditional Chinese medicine. Acupuncture is the insertion of filiform needles into specific points of the human body, which can regulate meridians, viscera, qi and blood. Moxibustion conducts warm heat through meridians and regulates human body function to achieve the purpose of treatment. From the perspective of disease prevention and health care, acupuncture can enhance the body's immunity and prevent and treat diseases. Li Guohao^[27] believe that acupuncture can create benign adaptability and tolerance of the human body, stimulate the endogenous protective mechanism of the human body, and then improve the human immunity and prevent and treat diseases of various systems. Hypertension is a common disease, and it is also an important risk factor for heart, brain and kidney vascular diseases. The theory of "preventive treatment for disease" in traditional Chinese medicine is an important theoretical guidance for the staged prevention and treatment of hypertension. Studies have shown that acupuncture-moxibustion, massage,

acupoint application and other external treatments of traditional Chinese medicine have definite effects on regulating blood pressure, regulating lipids and stabilizing spots, and improving cardiac function [28].

4.2 Dietary regimen

In recent years, people's living standards have been generally improved, food types have become more and more abundant, and the theory of "homologous medicine and food" of traditional Chinese medicine has been widely recognized at home and abroad [29]. A reasonable diet structure is very important for health, and people have higher expectations for health care, disease prevention and treatment through the diet and health preservation theory of traditional Chinese medicine. Each food has its own unique flavor and function, which can regulate the human body function. Traditional Chinese medicine advocates that people with cold constitution can eat more warm food such as mutton and longan. People with hot constitution can eat more cold food such as mung beans and bitter melon; People with weak spleen and stomach can eat more yam, Poria and other spleen-nourishing food. Some scholars have analyzed the dietary structure of 100 healthy long-lived people and found that the diet structure of these long-lived people is very balanced. Their blood glucose, blood lipid, albumin, creatinine and other related indicators are mostly in the normal state, indicating that a reasonable dietary structure is closely related to health and longevity [30]. At the same time, traditional Chinese medicine maintains that diet should be adjusted accordingly with the changes of the four seasons, and should be timed and quantitative, eat regularly, and reduce the burden of the spleen and stomach. Therefore, it is of great significance to study and learn the theory and methods of diet regimen and preventive treatment and maintain reasonable, balanced and nutritious dietary habits for maintaining health and preventing diseases.

4.3 Emotional conditioning

Emotion is closely related to human health. Long-term anxiety, depression and other negative emotions are important incentives for the occurrence of a variety of diseases, such as breast nodules, thyroid nodules, uterine fibroids and so on. Emotional therapy is also a major characteristic and advantage therapy of traditional Chinese medicine in the treatment of emotion-related problems. The emotional therapy of traditional Chinese medicine includes emotional balance therapy, spirit shifting and qi changing therapy, suggestion therapy, speech guidance therapy, etc [31]. Depression is a typical emotional disease, with depression, lack of interest and sleep disorders as the main symptoms, and even suicidal behavior in severe cases [32]. Yang Dongliang et al. [33] applied the concept of preventive treatment to the clinical diagnosis and treatment of depression, and blocked the key path of the development of depression through the three aspects of "balance of three roots - brain and heart treatment together - nourish-stomach and invigorate spleen", which is of great significance for the prevention and treatment of depression. As people live under more and more pressure nowadays, it is very important to learn to regulate emotions and keep a peaceful mind. We call on people to effectively manage their emotions through exercise, music therapy, mind-body interaction therapy, and positive psychological suggestion, so as to reduce the negative impact of negative emotions on the body.

4.4 Moderate exercise

Sub-health is a state between disease and health. Due to people's bad living habits, such as sedentary work, greasy diet, stay up late and so on, the number of sub-health in our country is growing, and exercise can significantly improve the state of human sub-health. Traditional Chinese exercise therapy, such as Taijiquan and Baduanjin, can promote the movement of qi and blood and strengthen the body. Taijiquan is a national intangible cultural heritage in China. As a traditional health exercise, Taijiquan helps to regulate the activities of the whole body organs, promote the metabolism of the human body, and prevent the occurrence of cardiovascular and cerebrovascular diseases. Yin Hui et al. [34] conducted a survey on 85 college students through questionnaires and found that the incidence of sub-health status was 82.4%. After 17 weeks of Tai chi learning and exercise, the questionnaire survey again found that the incidence of sub-health dropped to 57.6%, and the appetite and mood of all the people were greatly improved, and the curative effect was significant. Baduanjin, one of the traditional Chinese Qigong exercises, moves beautifully and stretches, and all of the maneuvers contain the thought of preventing diseases in traditional Chinese medicine. It has excellent fitness, disease prevention, and physical and mental relaxation effects, and is very suitable as a fitness exercise for people's health care [35]. Fan Yaru [36] selected 60 rehabilitation patients with coronary heart disease after PCI and randomly divided them into experimental group and control group. The control group was treated with oral Chinese medicine, and the experimental group was given Baduanjin exercise rehabilitation exercise on the basis of the control

group. The results show that Baduanjin exercise has a significant effect on cardiac rehabilitation of coronary heart disease after PCI, and can be used as an effective means of clinical treatment.

5. Summary and Outlook

Prevention of disease is an important preventive thought of traditional Chinese medicine . Its core contents of prevention before disease, prevention after disease change and prevention and recovery after epidemic have attracted more and more attention in the process of current transformation from disease medicine to health medicine. Prevention before disease, is to improve the body's healthy qi, through self-regulation to prevent the occurrence of disease, such as diet, living regularly; Prevention after disease change refers to early detection, early diagnosis, early treatment, and timely control of later disease transmission; Prevention and recovery refers to taking various measures to prevent the recurrence of the disease in the rehabilitation stage of the initial recovery. With the improvement of people's living standards and the change of health concept, new requirements have been put forward for medical care, more awareness of the importance of disease prevention, and the medical model has also changed from treatment-oriented to prevention-oriented. In-depth study of the thought of preventive treatment of disease in traditional Chinese medicine can better adapt to the requirements of the development of The Times. Therefore, active research and application of the treasure house of preventive treatment theories and methods is of great significance to the construction of preventive treatment disciplines and service systems, the promotion of the construction of healthy China, and the construction of a community with a shared future for human health ^[37].

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