

# The Humanistic Spirit of the Second Ellia in the Perspective of Traditional Chinese Medicine Culture

Xiao Wang<sup>1</sup>, Fajun Peng<sup>2</sup>, Liang Xiong<sup>3</sup>, Ying Yang<sup>4</sup>, Di Shen<sup>5</sup>, Hongzhou He<sup>Corresponding author</sup>

1.2.3.4.5.Hubei College of Chinese Medicine, Jingzhou Hubei 434000

Corresponding author:Jingzhou Third People's Hospital, Jingzhou Hubei 434000

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**Abstract:** Some time ago, Zhao Liying starred in the TV series “Wind blowing Pinellia” attracted the attention of countless audiences, many people must think of the name of the heroine Xu Pinellia, because his father Xu Youren is traditional Chinese medicine, so give her daughter named pinellia. The name of the TV series a pun, not only around Xu Pinellia to carry out a in-dominable entrepreneurial story, but also give pinellia rich humanistic spirit, that is, the traditional Chinese humanistic spirit, not afraid of hardship, not afraid of not afraid of tired, unyielding. This is the true meaning of Chinese medicine “seek truth, worship good, still beautiful, achieve holy”, the earliest written record of Pinellia is “Shennong Materia Medica”, the earliest ellia is used to suppress cough and reduce phlegm. Then, in the long application process of pinellia in China, generation after generation of medical giants studied its biological characteristics, and then found that different processing methods, pinellia has different effects. Although pinellia tastes bitter, it is an excellent Chinese herbal medicine, cough, cold, moisture will use it. From ancient times to the present, there are many “magic” stories about pinellia treatment.

**Keywords:** Pinellia; Story; Medicine; Humanistic spirit; Chinese medicine

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**Fund Project:** This article is the research result of Cultural Inheritance and Innovation Development of Chinese Medicine (No.: TB\_CACM\_2023023) and the scientific research project of Research and Practice of Hubei Vocational and Technical Education Society (No.: ZJGB2023117).

## 1. Classification and action of pinellia

Pinellia, according to its pharmacology and processing methods, can be divided into Born pinellia ternata, Rhizoma Pinellinae Praeparata, Prepared RHIZOMA PINELLIAE with juice of rhizima zingiberis rec-ens and Prepared RHIZOMA PINELLIZE without adjuvant.

### 1.1 Born pinellia ternata

Born pinellia ternata That is, conventional pinellia, use directly cut mash can, Born pinellia ternata has the effect of dry dampness phlegm, reverse vomiting, swelling and pain relief.

### 1.2 Rhizoma Pinellinae Praeparata

Take normal Born pinellia ternata, take the same size. Soak it until thoroughly wet and remove; select the right licorice in regular water, select appropriate lime preparation, pour the licorice juice into it and stir repeatedly until it is thoroughly mixed. Then put the Born pinellia ternata which has been completely soaked into it and soak it. During the soaking process, it needs to be stirred daily and keep the pH value above 12. Check pinellia, cut the color for uniform yellow, taste has hemp tongue feeling, that indicates that Rhizoma Pinellinae Praeparata made. Rhizoma Pinellinae Praeparata for pinellia cannon products, with the effect of dry dampness and phlegm.

### 1.3 Prepared RHIZOMA PINELLIAE with juice of rhizima zingiberis rec-ens

Take normal pinellia, take the same size, soak it until completely wet and remove. In addition, take raw ginger slices and fry the soup, add the appropriate amount of alum and pinellia pinellia, fry until thoroughly cooked, after confirmation, take out and air until fully dry or semi-dry. Prepared RHIZOMA PINELLIAE with juice of rhizima zingiberis rec-ens it has the effect of reducing phlegm,

reducing reverse and stopping vomiting.

#### **1.4 Prepared RHIZOMA PINELLIZE without adjuvant**

Take normal pinellia pinellia, take the same size, use the concentration of 8% alum solution to completely soak, until the taste is slightly numb tongue, remove it, rinse, cut into thick slices, and dry. Prepared RHIZOMA PINELLIZE without adjuvant it has vomiting, cough, expectorant, antibacterial, anti-cancer, anti-early pregnancy effect.

## **2. The medical theory effect of pinellia**

Pinellia open loose knot, phlegm eliminate ruffian, appropriate compatibility can treat a variety of reasons caused by ruffian. If due to evil, cold mutual knot, mixed, gas machine ruffian, with *Coptis chinensis*, *Scutellaria baicalensis*, radix ginger, ginseng, etc, such as pinxia xie heart soup, half xia warm, scattered in addition to the new, and dry ginger, qin compatibility, xin open, bitter down, make lift, cold, and new, Yin and Yang and the full elimination.

### **2.1 Effect on the respiratory system**

Pinellia has obvious antitussive effect, and the extract of pinellia, ginger perfusion or intravenous injection, has antitussive effect on cough caused by concentrated ammonia in mice. It is also reported that the Chinese medicine decoction containing pinellia is very good for the treatment of silicosis, can improve the disease, and is safe and tolerant.

### **2.2 Effect on the digestive system**

Acute vomiting and delayed vomiting caused by cisplatin chemotherapy, pinellia Xia diarrhea heart soup, small pinellia Xia soup can be effectively prevented and treated. Alum pinellia ternata and Prepared RHIZOMA PINELLIAE with juice of rhizoma zingiberis rec-ens it can significantly inhibit gastrointestinal motility in mice and damage the gastric mucosa, which promotes the content of PGE 2 and pepsin activity in rats, but does not significantly affect the gastric fluid volume.

### **2.3 Antitumor effect**

Ginger dip pinellia ternata, Ginger boiled pinellia, Alum pinellia tera, Alum pinellia ternata The total alkaloids inhibited the growth of tumor cells, including the total alkaloids in alum pinellia. Ginger is best to inhibit the growth of tumor cells, and the mechanism may be to inhibit the synthesis of proteins and nucleic acids in tumor cells, rather than directly destroying tumor cells.

### **2.4 External application**

The Compendium of Materia Medica says: “ Summer withered grass treats the pain of the eyes until the night, and Yang governs the Yin.” More than two thousand years ago, “ Shennong Herbal “has also recorded this medicine, called” the main cold heat, rat sore “; cover with its scattered work also. Summer grass is rural flowers, very common in the countryside, fresh summer grass picked, chewed, applied in sores, the effect is very quick.

### **2.5 Healthy spleen and stomach function**

Pinellia xin warm, can stimulate the spleen Yang, restore the spleen and Budajin fluid, often cooperate with the product of clearing heat and nourishing Yin, used in the late stage of fever, the evidence of body fluid loss. For example, in gypsum soup, gypsum and bamboo leaves are used to clear heat and quench thirst, ginseng, hiopogqi and Yin, and the treatment of “qi and vomiting”, at the same time, the body fluid is lost and satisfied.” Synopsis of golden Chamber” maimen winter soup, with pinxia matching imen winter, ginseng, licorice, jujube, japonica rice, jin fluid dry “fire against the gas, throat adverse” of the fatigue lung impotence.

### **2.6 Peace of mind helps sleep**

From the perspective of modern pharmacology, glucosides, choline, triterpenoids, crystal protein and a variety of amino acids in pinellia pinellia have a good effect of calming the nerve center. In addition, pinellia pinellia also contains components that can expand blood vessels and improve blood supply to the brain, so it can ensure blood supply to the brain and oxygen, and improve sleep quality.

To sum up, in addition to the effect of reducing dampness and reducing phlegm, reducing vomiting and eliminating disease, it also has the function of calming nerves, removing stasis and hemostasis, relieving cold and heat, benefiting defecation, relieving pain and invigorating the function of reducing swelling and dispersing disease, but also has the function of promoting blood circulation and eliminating spots and beauty. Mining the effect of pinellia pinellia has a positive significance for expanding its clinical use.

## **3. The humanistic spirit of Pinellia**

The name of pinellia, good to hear and good to remember, and just grow in pinellia, therefore, many poems also use it pun.

### **3.1 Homesick**

For example, gao Gongsi of the Song Dynasty, in a poem with the name of Chinese herbal medicine, cleverly embedded angelica

and pinellia, but a poem describing homesickness when walking in summer. It is interesting: “Saldge walls with swallow excrement, thorns silkworm sand. Predict pinellia angelica, gardenia should be home.”The poem says that he should leave for his hometown in the summer and his hometown when the gardenia blooms. Just four lines of the poem, which contains at least five Chinese medicine names, pinellia angelica, how beautiful artistic conception, this is the true portrayal of the wanderer homesickness.

Huang Tingjian, another poet in the Song Dynasty, also has a poem with pinellia poetry, which has a unique charm: “The lake behind the lake, and half summer is cool in early summer. Night night dream broken, a wild goose degree Hengyang.”Here skillfully use pinellia cool, meaning that his summer is very hot on the surface, the bottom of my heart is cold, just pinellia is a kind of bitter and warm medicine. At that time, the poet was demoted to the Jiangnan area, and was not exiled for a long time. In the wandering days in a foreign land, how could he not miss home?

In these two Song poems, Pinellia is skillfully used to convey the poet’s strong homesickness, and pinellia is also referred to as his hometown.

### 3.2 Tendresse

When Li Shizhen went out, his wife once wrote a different letter to him: “A betel nut. It has passed pinellia, isn’t it angelica? Who makes the gentleman, the effect of parasitic grass wound around his branches. Make the hometown peony flower has no owner. Concubine looked up at the stars, under the winter vine, looking forward to not angelica book, ru not bitter! The ancient poem said: ‘cardamom does not hate hate, lilac empty knot in the rain sorrow.’how!how!”In this letter, betel nut, pinellia, Angelica, make the gentleman, parasitic grass, peony, day south star, honeysuckle vine, angelica dahurica, coptis, cardamom, clove are all traditional Chinese medicine. The wife uses traditional Chinese medicine to express acacia, but also the respect for the husband’s profession, romantic jump on the paper. After receiving Li Shizhen’s letter, Li Shizhen, feeling the missing of his wife, immediately splashed ink back to the letter: “Red Lady a farewell, cassia branch incense has withered! Several think chrysanthemum lush, to return to the aster. Nai Chang mountain road far, talc difficult to travel, gu leisurely ear! You do not make impatient, scold me the day of the children. When the red flowers bloom in the bright spring, I returned home with Ma Bo and eucommia. There will be a gold gift until then.”The letter of the red Lady, cassia branch, chrysanthemum, aster, Changshan, talc, calm, acute, impatient, pale children, safflower, Ma Bo, eucommia ulmoides are also traditional Chinese medicine. This is the unique implicit romance of the ancients.

### 3.3 Hardihood

If you use inside and outside to express the temperament orientation of a medicine, pinellia nature, is undoubtedly to the outward. Not only outward, but also resolute character, just go. It is because of this resolute temperament, pinellia summer place, will cause significant damage to the body fluid, showing a significant dryness characteristics. From the mouth of the tongue and throat to the stomach, the essence of a series of reactions is the body fluid. The reason behind it, it is not difficult to understand, too just fierce people, it is easy to inadvertently hurt the gentle care of the family around.

The problem is, this kind of walk away, vigorous and heroic character, is how to develop it? This goes back to pinellia’s growth environment. When collecting drugs in the wild, you will find that pinellia is grows in the shade, especially near the water. Under the sun, pinellia visible. For example, pinellia grew up living in an environment without warmth and lack of care. This kind of no one pain no one love in the environment grow up, every day will inevitably feel wronged. If the temperament of pinellia is feminine, I am afraid can live is a problem. So, pinellia has no other way out, the only choice is, strong. When he grows up, he becomes a “tough role” who can overcome all difficulties.

Pinellia this ancient and magical Chinese medicine, its profound and unique medicine, embodies the wisdom and essence of Chinese medical culture. With its dry dampness and phlegm, cough and adverse effects, it has brought health benefits to many patients. At the same time, the humanistic spirit embodied in pinellia is worth pondering. It tells us that in the face of the hardships of life and the suffering of disease, we should be like pinellia, indomitable, go forward. The medicine of pinellia is not only the healing of the body, but also the comfort and inspiration to the soul. It makes us understand that health and happiness are not easy to obtain, but we need to protect, with wisdom to pursue. In the medicinal nature of pinellia, we can see the human reverence and pursuit of life and health, as well as the profound humanistic spirit contained in traditional Chinese medicine culture.

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