

The Historical Causes of the Intangible Cultural Heritage of Pengzu Mountain Taoist Diet

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Abstract: Peng Zu's health culture is extensive and profound, and his diet culture has unique charm. Throughout the historical causes of the development of Pengzu Mountain diet. It focuses on the economy, culture, social history and life of Sichuan. This article will excavate the cultural connotations of Pengzu Mountain's diet, and explore the historical causes of Pengzu Mountain's diet.

Keywords: Pengzu Mountain; Taoist diet; Health preservation

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Peng Zu, is known for his good health preservation and longevity. There are many health preservation methods invented by Peng Zu, and dietary method is one of them. Pengzu Mountain, formerly known as Fairy Mountain, was called Pengwang Mountain, Pengwang Mountain, Peng's daughter's Mountain, Pengmo Mountain, Pengmeng Mountain, etc. in ancient times, all named after Pengzu (refer to "Yuanhe County Annals"). The Fairy Mountain is inspired by the spirit of Peng Zu, and Peng Zu is blessed with the spirit of the Fairy Mountain. The filial piety of Peng's daughter is moving, they helped the world and saved people. Every year, at the beginning of the 3rd lunar month, people go up to the mountain to worship, Over time, a pilgrimage commemoration period is formed, and a certain intangible cultural heritage of diet has also emerged.

1. Overview of Peng Zu's Taoist Health Concept

Peng Zu's health preservation methods include guiding technique, regulating technique, dietary technique, and Fangzhongshu. His health preservation concept is mainly reflected in the following aspects:

1.1 Tao follows nature - the theory of health preservation

Taoism advocates the principle of "Tao follows nature", namely develops freely according to its own objective laws, naturally. Peng Zu's various health preservation techniques advocate that "human beings should follow the natural way to maintain health", only by following the laws of nature, keeping your body in step with the nature, to ensure the balance of yin and yang in the human body, you can achieve the best health preservation.

1.2 Yin Yang Harmony - A Way to Maintain Health

Peng Zu believed that there are two forces of yin and yang in the human body, and they are closely related to human health. When the balance between yin and yang in the human body is lost, health lights up with a red light. One of Peng Zu's health preservation methods, Fangzhongshu, can regulate the balance of yin and yang in the human body and improve the vitality of the body. Guiding and breathing techniques aim to regulate the yin and yang qi in the body, keeping them in balance in a dynamic state. Treating cold with hot drugs, treating hot with cold drugs. And the way of Yin and Yang should also follow the natural law.

1.3 Harmony between movement and stillness - methods for maintaining good health

As the saying goes, "Life lies in exercise." Peng Zu advocated for health preservation in daily life. Moderate and gentle exercise

can promote health preservation. He believed that walking, sitting, and lying in life are the best moments for health preservation, such as sitting in meditation in the morning, rubbing the eyes, and massaging, to nourish the body and mind, and promote physical and mental health.

1.4 Virtue for Health Preservation - The Realm of Health Preservation

The ancients had a tradition of maintaining health through virtue, proposing a health preserving concept that combines virtue and nature. Peng Zu advocate to maintain health through virtue, Believing that cultivating one's mind and morality is the ultimate form of health preservation; Advocating the purification of one's spiritual world, one should regulate one's own emotions with optimism, openness, and open-mindedness, emphasizing the establishment of a heart of benevolence, righteousness, and benevolence, possessing good moral character, beneficial to physical and mental health, and achieving the goal of health preservation.

1.5 The same origin of Medicines and foods , the harmony of the five flavors

Food is the top priority for the people, and traditional Chinese medicine believes that "medicine and food are of the same origin". Peng Zu's diet and health preservation advocates: firstly, eating and drinking with moderation. The second is the harmony of the five flavors. The third is to attach importance to the complementarity of medicine and food. Peng Zu health preservation believes that food can eliminate evil and drive away toxins, making the organs safe, and food can nourish blood and breath, making people full of spirit. In terms of individual specific food choices, they vary from person to person and are tailored to local conditions. Mastering the relationship between diet and health preservation can not only strengthen the body but also prevent diseases.

2. Exploring the Historical Causes of the Intangible Cultural Heritage of Pengzu Mountain Diet

Peng Zu is known as the "originator of cooking" due to his culinary skills. It is not only because he can create a beautiful and fragrant diet, but also because his diet is a unique part of his health preservation techniques, perfectly integrating diet and health preservation. After thousands of years of sedimentation, it has formed the current Pengzushan Intangible Cultural Heritage of Diet. The Intangible Cultural Heritage of Pengzu Mountain Diet is closely related to their geography, nature, culture, customs, and social conditions.

2.1 The agriculture in Sichuan laid the material foundation for Pengzu Mountain's diet

In Sichuan, a large number of Neolithic containers, wine vessels, and food utensils used for cooking and eating were unearthed, as well as a large number of specialized and complete agricultural production tools. This reflects the diversity of food and agricultural varieties at that time, both of which together reflect the prosperity of agriculture at that time.

2.1.1 The geographical environment of Pengzu Mountain.

Pengzu Mountain is located in the middle reaches of the Minjiang River; The terrain is low mountains and hills on both sides of the east and west, and the central plain; It belongs to the subtropical humid climate zone, with a mild climate ,abundant rainfall, fertile soil and abundant water sources. It can be seen that the natural conditions of Pengzu Mountain are superior, which were all very favorable for the development of agriculture at that time.

2.1.2 The water conservancy .

The prosperity of water conservancy leads to the prosperity of agriculture. Based on existing research, there were mainly the following types of water conservancy in Pengshan in ancient times: First, self flow irrigation. The second is water storage and irrigation. The third is a water storage field. The fourth is water truck irrigation, which can be divided into two types according to different irrigation tools: hydraulic irrigation and manual irrigation. The fifth is the water well. According to the above various water conservancy facilities, it can be seen that Pengshan has developed water conservancy and is conducive to agriculture.

2.1.3 Iron agricultural tools unearthed in Pengshan

During the Han Dynasty included forks, plowshares, cymbals, sickles, and other tools, as well as pottery figurines for farmers who worked with forks. It can be found that iron agricultural tools had been widely used from unearthed cultural relics, greatly benefiting the improvement of productivity. With the continuous improvement and enhancement of production tools, people's dietary conditions have also been continuously improved.

2.2 The commercial development in Sichuan is one of the important driving forces for the development of Pengzu Mountain's cuisine

In the history of human civilization, the emergence of commodity economy and commercial civilization is a historical progress. The development of commerce in Sichuan has also gone through a long historical process. Its prosperity mainly benefits from the following points: firstly, the superior natural environment. The land of abundance is rich in resources. The superior natural conditions,

the mutual promotion of advanced agriculture and handicrafts, have enriched people's clothing, food, housing, and transportation, and created a huge demand for commodity exchange. The second is its unique geographical environment. The Bashu region is located in the southwest hinterland, making it easy to defend but difficult to attack, which is beneficial for defense and self survival. The political environment in Shu has always been relatively peaceful and peaceful, which is conducive to the stable development of society and economy. Thirdly, the continuous development of the Shu Road in history has led to the development of the Shu economy. Although land transportation in Sichuan is inconvenient, water transportation is very convenient.

The development of the economy has greatly promoted the development of diet. The pottery wares unearthed from the cliff tombs in the Jiangkou area of Pengzu Mountain include pottery houses, warehouses, paddy fields (pools), Dui houses, horses, cattle, sheep, chickens, ducks, dogs, pigs, figurines holding dustpans, figurines holding choppers, iron sticks, and iron sickles, reflecting the economic development of Pengzu Mountain at that time. In the Han Dynasty, The agriculture of Wuyang (Pengshan) has formed a rounded system including crop farming, forestry, animal breeding and fishery, providing material for the development of food culture.

2.3 The cultural inclusiveness of Sichuan is one of the important reasons for the development of Pengzu Mountain's cuisine

The formation of Pengzu Mountain diet culture is influenced by geographical environment, economy, transportation and other factors, and is also closely related to traditional culture.

Firstly, there is Taoist culture. Such as the Pengzu Mountain Gas Gathering Field. From the unearthed cultural relics in Pengshan, many tomb carvings that express Taoist ideas can be seen, with the most expressive being seeking the elixir of immortality from the Queen Mother to the West or ascending into the heavenly realm after death. From the source, Taoist culture is closely related to Pengzu Mountain culture. At the same time, the diet of Pengzu Mountain was also influenced by Buddhist culture. For example, the Qishan Double Buddhas in Pengzu Mountain. When it comes to Buddhist cuisine, people will associate vegetarianism as the core content of its diet and health preservation.

It can be seen from this that from the ancient diet and health preservation of Peng Zu to the inheritance and development of Peng Zu's diet and health preservation thought in later generations, Peng Zu's diet and health preservation thought draws on the strengths of others. The diet and health preservation that emerged from Peng Zu has become a unique cultural phenomenon.

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