

# Thinking on Treatment of Non-Disease in Traditional Chinese Medicine and the Relationship Between Prevention and Treatment of Subhealth

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**Abstract:** The purpose of this paper is to think about the relationship between the thought of treating the disease of the Chinese medicine and preventing the subhealth. By discussing the connotation of traditional Chinese medicine and the concept of contemporary sub-health, it is considered that the prevention and cure of sub-health is the main category of "preventive treatment of disease". Both have different approaches but equally satisfactory results, while the Chinese use their own unique advantages, the clinical symptoms of Sub-health with personalized regulation and preventive effect, and opens up a new idea for clinical prevention and treatment of sub-health state.

**Keywords:** Traditional Chinese medicine; Prevention; Treatment

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## 1. Introduction

According to a survey of all mankind by WHO, only 6% of the people in the world are really healthy. 22% of the patients are diagnosed and diagnosed by doctors. That is to say 72% of people are in sub-health state. The sub-health state refers to a kind of "free state",<sup>[1]</sup> showed no significant disease, but there are individual stages of decay, decreased activity and functional demand of the state. Related studies show that this may lead to individual metabolism and physiological function and living pressure, emotion disorder of multiple factors such as the disorder, if not corrected in time to change this state with time, depth, a series of<sup>[2]</sup> disease may appear relatively sub-health symptoms. In recent years, with the continuous recovery of traditional Chinese medicine, the area of "preventive treatment of disease" has been widely recognized and explored. This paper aims

at expound the idea and prevention and cure of sub-health in TCM, so as to make preliminary guidance and reference for clinical practice.

## 2. Basic Overview of Subhealth

### 2.1 The Connotation and Classification of Sub-health

China Association of Chinese Medicine released "sub-health clinical guide" pointed out: the sub healthy body is in a critical state between health and disease, the main clinical manifestations were weakness, fatigue, sleep disorders, muscle joints pain, fear and memory loss, loose stools, constipation, restlessness, irritability and depression, not the normal treatment good interpersonal relationship and a series of non pathological non embarrassing state of health. The sub-health state is also known as the

"health", "third state", "gray"<sup>[3]</sup>, many domestic assessment of sub-health by checklist or questionnaire survey to obtain individual information, with the limitation of serious cross-sectional investigation, mainly divided into: physical sub-health, psychological sub-health and social sub-health three sub categories of health.

## 2.2 Differential Diagnosis of Subhealth

Many scholars believe that<sup>[4]</sup>, a chronic fatigue syndrome and sub health in foreign countries, is a concept which is characterized by a kind of physical and mental abnormality, which is characterized by weakness and fatigue. However, it is still controversial. The United States is the earliest country to carry out chronic fatigue syndrome. In 1988, the chronic disease syndrome (CDC) was clearly defined by the Centers for Disease Control and prevention. The diagnostic standard of CDC is: non hereditary new hair, there is no clear time of onset, chronic fatigue is continued repetitive, cannot be explained, clinical mainly has the following performance: sore throat, muscle stiffness and pain, joint pain, memory decreased, paroxysmal headache, cervical lymph node enlargement and sleep disorder. If above four of the above performance, it was diagnosed as chronic fatigue syndrome.

## 2.3 The Problems Existing in the Subhealth Study

There are still several prominent problems in the study of subhealth: the generalization of the clinical diagnostic criteria. Because sub-health state is a special state between health and disease. It has no obvious symptoms, but it brings all kinds of discomfort to humans. Therefore, there is no accurate ruler to measure the sub-health. In addition, local doctors have their own diagnostic system, whose standards are uneven, causing sub-health in a special vague area. At present, no consensus has been reached among all researchers in the pathogenesis of sub-health. It may be related to immune system abnormalities, infection of a particular virus and microenvironment disorder. From the research perspective, research on sub-health state is still in the primary stage, the related mechanism and the diagnosis is not clear, and no standardized drugs play a role in the treatment system, it is only the doctor according to the clinical experience about common drugs as a supplement to alleviate the conditioning treatment effect is still unsatisfactory, uneven.

## 3. Thought of "Treating No Disease" in Traditional Chinese Medicine

### 3.1 The Basic Connotation of Treatment Without Disease

At first, the Huangdi Neijing, which put forward the

idea of treating the disease without disease, said, "the work of the work is not cured and the disease is not treated." It means that the skill of a good doctor is to prevent disease, not to cure the disease that has already appeared. It can be seen that the treatment of the disease is a means to prevent the occurrence, transmission and deterioration of the disease before the arrival of the disease. Jin Ge Hong in "baopuzi feels really" said: "the sage fire did not play with the medicine to nothing before, do not break in period."<sup>[5]</sup> There are "Q" after the prickly heat pointed out: "liver fever, left cheek first red, heart fever, Yan Xianchi. The disease is not made, see red thorn, called zhiweibing." All of these are positive treatments at the beginning of the onset of mild and insignificant symptoms. The main is: according to the traditional Chinese medicine prevention before disease and disease development. Treatment of disease with its emphasis on health, curb the disease in the cradle, mainly in the natural way, mental conditioning, keep the balance of yin and Yang three parts. Preventive treatment of disease is a kind of advanced medical thought, but there is still no specific scope. According to some abnormal body signals, prevention of possible diseases is significantly different from the symptoms of clinical sub-health.

### 3.2 For Disease Prevention, Check Erroneous Ideas at the Outset

For disease prevention, is a key principle of check erroneous ideas at the outset for treating gastropathy. "Mentioned" in order "Suwen after elimination of risk in the economy did not sign, to get thin and weak." That is to say, when the human body has some symptoms of deviating from health, but it is far away from the standard of being diagnosed as a disease, we should use conditioning methods to cut off the development of the disease and stop it from developing into a disease. Moreover, the human body in<sup>[6]</sup> and not righteousness abundant is directly related to the disease can not violate the key elements of the body called, "the righteous memory, do not be evil", when the body is upright in solid dense, evil is relatively small, it is not easy to expel the pathogenic factor, human disease. To prevent disease, not only will make health care throughout the body in disease approaching, also of the emotional and mental state of care, thus, maintain peace and balance of yin and Yang of the state.

### 3.3 Which Leads to Disease

Not only lead to disease, in simple terms, refers to the timely treatment of the disease has occurred, according to the development direction of predicting disease dia-

lectical theory of governance and the combination of all the methods, and to prevent the further deterioration of the disease. Because the occurrence of diseases mostly from light to heavy, from the shallower to the deeper this gradual development, so the disease early to get treatment according to syndrome differentiation effect, combined with the five line transmission, both inside and outside the table transfer theory principle, prevention of disease development and transfer, accompanied by the transfer time, thus stimulates the recovery health status as soon as possible, is an important measure of preventing disease from exacerbating. "Nanjing had said after seventy-seven difficult: the so-called" preventive treatment of disease, liver disease, liver is known as in the spleen, so the first real temper, without making the evil of liver disease, Gu Yue yan." This is the early prediction of the transmission of disease, and this person is called "the change is not sick".<sup>[7]</sup>

### 3.4 From the Transfer, Disease Defense Complex

After being healed by disease and disease, the body is usually in the state of remaining evil. If the vital qi fails to recover, all the functions of the body can not function normally. It is also the critical turning point for the recurrence of the disease.<sup>[8]</sup> At this point, according to the disease from the transfer principle of diet and emotion, tired and other aspects of the maintenance and consolidation can restore righteousness, for disease prevention and treatment of patients with recurrence plays a key role.

## 4. The Relationship Between Subhealth and the "Treatment of the Disease" in Traditional Chinese Medicine

### 4.1 The Idea of Treating the Disease Contains the Content of Preventing Subhealth

The traditional Chinese medicine "zhiweibing" including "for disease" and "disease" and "disease" in three states, although the sub-health status is not equal to the entire contents of preventive treatment of disease, but modern medicine that the free state of sub-health state is in the middle of health and disease, so with Chinese Medicine "for disease" there are great similarities, it is generally attributed to the "preventive treatment of disease" category.<sup>[9-10]</sup>

### 4.2 The Thought of Treatment Without Disease Can Guide the State of Subhealth

Because the pathogenesis and causes of subhealth state are not clear, it is very difficult to diagnose subhealth in simple western medicine. Because for modern medicine,

if the body did not appear obvious clinical symptoms, the relevant examinations could not show the organic pathological changes and tissues such as internal organs.

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