

Historic Review and Clinic Demonstration of Tea Therapy: The Non-Drug Physical and Mental Healing with Song Rhyme

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Abstract

In according with Song rhyme culture, the value and benefits of tea lie in dispelling diseases, conveying meanings, building friendships, inspiring inspiration, clarifying thoughts, and letting go of the past. Chinese tea culture means the cultural characteristics formed in the process of tea drinking activities, including tea ceremony, tea morality, tea spirit, tea couplets, tea books, tea sets, tea recipes, tea poems, tea paintings, tea studies, tea stories, tea art, etc. Drinking real tea can quench thirst and reduce appetite, eliminate phlegm and reduce sleep, promote water flow, brighten the eyes and enhance the mind, eliminate annoyance and eliminate boredom. It is essential for a person to have no tea for a day. Due to differences in variety and processing techniques, there are some subtle differences in the contents of the six major types of tea, which also make them focus on their physical and mental healing effects. From a health perspective, close to physical and psychological needs, tea can play a therapeutic role.

Keywords: historic review; clinic function; tea therapy; song culture

1. Tea functions demonstrated in Song dynasty Su Dongpo's poetry

To dispel diseases: "Why should Emperor Wei take one pill of medicine and consume Lu Tong's seven bowls of tea?" People from the Song Dynasty believed that drinking tea had the effect of removing diseases. Even after falling ill, Lu Tong's "seven bowls of tea" could be even more magical than this "one pill". From a psychological perspective, fragrant tea can serve as a prescription for dispelling diseases and secrets.

The meaning of supporting objects is: "When guests come for tea, there is nothing, and Lu tangerines and Yangmei are still sour. Traveling around the world without losing their meaning, their hearts are filled with peace." The poet expresses the anxiety and conflict of the gentlemanly demeanor: he wants to receive guests, but there is no tea at home, and the Lu tangerines planted in his yard are not yet mature, slightly sour, and difficult to serve at the table. He hopes that the guests will have a deep connection with him, understand his embarrassment, and be more forgiving.

Enthusiastic friendship: "Last night, the wind and moon were clear, and I dreamt of West Lake. When I heard the good words from the morning, I found Wu copper in the house. Light and round white sundried lychees, crispy with red snail sauce. I also recommended washing the river with Xi'an

tea." The poet met his old friends in Hangzhou in his dream, drinking Zhejiang Xi'an tea together, and reliving the warmth and joy of the past. When I woke up from my dream, a friend from Hangzhou wrote a letter to greet the poet. The friend's letter stirred up ripples in the heart of the former mayor of Hangzhou. Feeling deeply, the poet wrote a poem to thank his friend for their heavy care for him.

Inspiration: "Thick tea washes and accumulates faintness, and the delicate fragrance purifies and floats the mind." Tea quotes people's thoughts. Drinking tea has great benefits in the process of poetry creation, and tasting fragrant tea helps poets maintain a clear mind, providing necessary conditions for poetry creation. In a state of confusion and lethargy, a few cups of green tea can instantly brighten the sleepy brain, opening up a vast creative world for people.

Clarify the train of thought: "Su Shi's poetry belly, sleep tonight should rest." When the poet's literary thoughts are not smooth, he often seeks help from clear tea to clarify his thoughts. After drinking a few cups of green tea, one will feel refreshed, thinking like a spring, writing vigorously, burning lights all night and writing poetry. Their mental state is extremely good, and it is difficult to rest.

Relieve the past: "In the misty and sparse forest, there are crows gathering at night, and in the lonely village, there is smoke and fire at the Brahman King's house. Youren grows a thousand oranges themselves, and distant visitors come to search for a hundred knot flower. The pumice has dried and frosted before the water, and Jiaokeng leisurely tries tea before the rain. I only suspect that I am heading southwest to the dream, and Cuizhujiang Village is surrounded by white sand." After drinking Jiaokeng tea in Jiangxi, the poet is deeply immersed in the taste of this tea, which is first bitter and then sweet, and has been savoring it. I associate myself with the nine winding paths of life full of bitterness and hardship, and vaguely see a bright and peaceful sunset in the future. I realize that a bitter life also carries a hint of sweetness.

2. The historic recognition of Chinese tea culture

Definition:

Tea is a labor product and a taste. Tea culture takes tea as a carrier and spreads various arts through this carrier. Tea culture is a part of the excellent traditional culture of the Han nationality, and its content is very rich. Tea culture is the organic integration of tea and culture, which includes and reflects the material civilization and spiritual civilization of a certain period. Tea culture is the combination of tea art and spirit, and expresses the spirit through tea art. It flourished in the Tang Dynasty of China, flourished in the Song and Ming dynasties, and declined in the Qing Dynasty. The main content of the Chinese tea ceremony stresses the beauty of the five environments, namely tea, tea, fire, tea set and environment.

Rule:

In the Tang Dynasty, in order to overcome the nine difficulties, namely making, parting, utensils, fire, water, roasting, mincing, boiling, and drinking. In the Song Dynasty, there were three points and three points for tea tasting. The "three points" were a combination of new tea, sweet springs, and clean utensils. The weather was good, and the elegant and like-minded guests were good. The "three non-points" refer to the tea being not fresh, the spring being unwilling, and the utensils being unclean, which is one non-point; If the scenery is not good, it is a no; Tea tasters lack education and behave rudely, resulting in a total of three faults. In this situation, it is best not to engage in artistic drinking to avoid disappointment.

Tea ceremony:

1. Frying tea: Put the tea powder into a pot and fry it with water. The Tang Dynasty's fried tea was the earliest art form of tea tasting. 2. Tea ordering and tea fighting: Compared to Tang Dynasty fried tea, Song people prefer the elegant and exquisite art of tea ordering. Due to the hot trend of tea drinking in the Song Dynasty, the "tea competition", also known as the "tea war", was also popular for evaluating the tea mixing techniques and the quality of tea. Chinese tea fighting began in the Tang Dynasty and flourished in the Song Dynasty, with the rise of tribute tea. 3. Tea making: During the Yuan Dynasty, people began to generally use tea leaves or tea powder to boil and drink tea, without or with little seasoning added. This simple and pure "clear drinking" method has been increasingly accepted by more and more people, coupled with the later boiling water brewing method, which formed the "brewing tea" tea drinking method in the Ming Dynasty and has been used to this day.

Etiquette:

Han Chinese people pay attention to the word "taste" when drinking tea, and the etiquette of brewing and offering tea is essential when guests come. When guests come to visit, they can seek opinions and choose the best tea set that suits the guests' taste. When offering tea to customers, it is also necessary to mix and match the tea appropriately. When accompanying guests to drink tea, the host should pay attention to the residual amount of tea in the guest's cup and pot. Generally, tea is brewed in a tea cup. If half of the tea has been consumed, boiling water should be added as you drink, so that the concentration of the tea remains consistent and the water temperature is appropriate. When drinking tea, you can also use tea, candy, dishes, etc. to adjust the taste and Dim sum.

Communication:

Tea culture is very important in the life of the Han nationality. The habit of drinking tea in many parts of the world has been passed down from China. So, many people believe that drinking tea was initiated by the Chinese people, and the habits of drinking tea and planting tea in other parts of the world are directly or indirectly passed down from China. During the Northern and Southern dynasties, during the reign of Emperor Wu of Southern Qi Yongming, Chinese tea was introduced to Türkiye along with exported silk and porcelain. In the first year of Yongzhen, Emperor Shunzong of Tang of the Tang Dynasty, Japan's most enlightened Buddhist monk returned home and brought Chinese tea seeds back to Japan. Afterwards, tea continued to spread from China to various parts of the world, causing many countries to start growing tea and develop the habit of drinking tea. But some people can also find evidence to suggest that the habit of drinking tea was not only invented by the Chinese, but also in some other parts of the world

3. Action research: Tea therapy

Drinking real tea can quench thirst and reduce appetite, eliminate phlegm and reduce sleep, promote water flow, brighten the eyes and mind, eliminate annoyance and greasy substances, and make people unable to stay without tea for a day. 1. Tea can invigorate people's spirits, enhance their thinking and memory abilities [12]. 2. Tea can eliminate fatigue, promote metabolism, and maintain normal functions such as the heart, blood vessels, and gastrointestinal tract. 3. Drinking tea has great benefits in preventing dental caries. 4. Tea contains many beneficial trace elements for the human body. 5. Tea has the effect of inhibiting malignant tumors, and drinking tea can significantly inhibit the growth of cancer cells. 6. Drinking tea can inhibit Cellular senescence and prolong life. 7. Drinking tea can stimulate the central nervous system and enhance motor ability. 8. Drinking tea has good weight loss and beauty effects. 9. Drinking tea can prevent age-related cataracts. 10. Drinking tea can protect human hematopoietic function. 11. Drinking tea can prevent heatstroke and cool down.

Specifically, examples of relevant functions and types are as follows:

Green tea: The raw material is delicate, it is completely unfermented tea, which retains the freshness, freshness and natural substances in the leaves to the greatest extent. Nutrients such as vitamins, amino acids, tea polyphenols and other nutrients are also retained. Therefore, its antioxidant, anti-aging, bactericidal and anti-inflammatory effects are significantly higher than other teas.

Black tea: fully fermented tea, chemical reaction occurs during processing, producing many components, which largely determine the color, taste and aroma of black tea. Theaflavin is also known as the "soft gold" in tea, which has excellent effects on regulating blood lipids and lowering cholesterol. In addition, fermentation and baking greatly reduce polyphenols, so black tea has less harm to the stomach and has the effect of promoting digestion and relaxing blood vessels.

White tea: It has more pharmacological components, as it has not undergone high-temperature sterilization, and has room for later aging. Simply put, it means "enduring release", so there has always been a saying among the people that "one year of tea, three years of medicine, and seven years of treasure". New white tea, with tender raw materials and a fresh and mellow taste, has the effects of clearing heat, detoxifying, and preventing colds. As the aging age of old white tea increases, the transformation of its contents, antibacterial, anti-inflammatory, antiviral, and free radical scavenging effects become more pronounced. Therefore, in traditional Chinese medicine, old white tea is used as medicine.

Yellow tea: The raw materials are delicate, and the production process is similar to green tea, with comparable effects. However, yellow tea has an additional "suffocating yellowing" process compared to green tea, which involves light fermentation, promoting the oxidation of polyphenols, making it some mellow in taste and less cold than green tea.

Oolong: It is semi fermented tea with high maturity of raw materials. The degree of fermentation is between black tea and green tea. Part of the polyphenols in the finished oolong tea transform into tea pigments, which

has the effects of anti-oxidation, anti-greasy and anti-hypertension. At the same time, Oolong is highly fragrant and has a good effect of enlightening and refreshing.

4. The Non-Drug Physical and Mental Healing

The ancient Chinese believed that tea had ten major physical and mental healing effects: using tea to dissipate depression, expel sleep, nourish vitality, eliminate illness, benefit benevolence, show respect, taste, nourish the body, use tea to practice the Tao, and use tea to cultivate noble spirits. Tang Dynasty Lu Tong's "Seven Bowls of Tea Song" also gave a very vivid description of tea: "One bowl has a moist throat, two bowls are lonely and stuffy, three bowls are searching for withered intestines, but there are only five thousand scrolls of text. Four bowls are sweating lightly, and injustice in life is scattered towards the pores. Five bowls have clear muscles and bones, and six bowls are connected to immortals. Seven bowls cannot be eaten, but one feels that the two armpits are accustomed to the gentle breeze

Due to the excellent medical efficacy of tea, there is also a statement in Lin Hong's "Shan Jia Qing Gong" in the Song Dynasty that "tea is medicine". It can be seen that tea is medicine, and it is recorded in the Book of Medicines (formerly known as *Materia Medica*), which has the power to spread throughout the world. But in modern times, the term "tea medicine" is limited to preparations containing tea leaves in the formula. Due to the many functions of tea, which can prevent and treat various gynecological and pediatric diseases, tea is not only a medicine, but also a medicine for all diseases, as emphasized by Tang Dynasty artifacts: "Tea is the medicine for all diseases. Tea polyphenols contained in tea, with strong antioxidant and physiological activity, are scavengers of human free radicals and can block the synthesis of various Carcinogen such as nitrite in the body. It can also absorb radioactive substances to achieve radiation protection, thereby protecting women's skin. Washing your face with tea can also remove facial oil, astringe pores, and slow down skin aging.

Tea not only has therapeutic effect on many diseases, but also has a good effect on prolonging life, anti-aging and strengthening body. The 23 benefits of tea include: [1]reducing sleep, [2] calming the mind, [3] brightening the eyes,[4] clearing the head, [5] quenching thirst and promoting fluid production, [6] clearing heat, [7] relieving heat, [8] detoxifying, [9] digesting food, [10] sobering up alcohol, [11]reducing weight, (12) reducing qi, [13] promoting diuresis, [14] defecating, [15] treating dysentery, [16] removing phlegm, [17] dispelling wind and relieving external symptoms, [18] strengthening teeth, [19]treating heart pain, [20] treating ulcers and fistula, [21] treating hunger, [22] benefiting qi, [23]prolonging life.

In terms of physiology:

Currently, the confirmed efficacy of tea mainly includes the following aspects: [1]. Anti-oxidation. Research has shown that green tea has many times higher antioxidant activity than the 21 other vegetables and fruits involved in the experiment. There are also studies showing that tea extract has stronger antioxidant activity than vitamin C and vitamin E. Therefore, drinking tea can prevent aging and cancer caused by oxidative damage and enhance immune function. [2]. Prevent cardiovascular diseases. Academician Chen introduced that research on the health effects of tea on the human body has shown that persisting in drinking tea is not only beneficial for lowering blood pressure, blood lipids, and blood sugar, but also reduces the mortality rate of coronary heart disease. Black tea and Oolong are the best. [3]. Cancer prevention. One of the health effects of tea is to prevent cancer (including lung cancer, Esophageal cancer, liver cancer, colon cancer, etc.). Green tea has the best anti-cancer effect because it is rich in Catechin. Epidemiological studies in Japan that tracked over 8000 people for 10 years have shown that drinking 10 cups of green tea a day can delay the onset of cancer, with an average delay of 7.3 years for women and 3.2 years for men. [4]. Anti-allergic and anti-dental caries. The study also found that Catechin in tea has anti allergic effect.

5. Future outlook: Inherit and develop Song Yun as the representative of Tea culture and innovate the whole life cycle physical and mental health management.

The study of Tea culture in China is an important part of the study of Human history and its clinical experience. The research results of relevant tea not only reflect the millennium experience of agricultural civilization, but also can be innovatively developed into physical and mental healing involving social, etiquette, art and many other aspects, and carry forward in the current process of Common prosperity construction. For example, if you have seen the bluest and boundless sky, you will love the thick soil under your feet even more. Having heard the most heartwarming music, one will appreciate the simple and agile notes even more. After drinking, the most enjoyable and dripping tea will cherish the plain and bitter taste even more.

Tea enters our hearts, and the connection between things in nature always has a beginning and an end. Tea is our bond, and tea is a truly healthy and civilized beverage. The natural scientific nature of tea indicates that it is an ideal beverage that helps to nourish and calm the mind, and has health benefits and conditioning functions similar to those of traditional Chinese medicine. The tea ceremony is also humane, and the quality of tea is also human. Tea is linked to human nature, which is the essence of human nature that is close to "Dao". From a different perspective, when people argue endlessly about human goodness or evil, the tea nature and its accompanying artistic conception provide inspiration: the initial aspect that people reflect when drinking tea is the most natural and authentic.

The clinical healing of tea, which comes with tea, gives people a refreshing, elegant, leisurely, carefree, friendly and natural feeling. Therefore, tea is different from the general appetite for food. Drinking tea can be a habit that helps people think, adds spice, and pleases their mood. If someone calls the "lift" of raising a cup to drink tea, it is understood as an expectation and quite vivid. Tea is a thing that can guide people into a contemplative world of life. This is guided by the artistic conception in tea, allowing people to relax their minds from the feeling of tea, and to have a morewise understanding of people and things in the world, or to feel "the source of the heart is originally a pot of tea, which contains all kinds of flavors and is constantly renewed through digestion." Therefore, the artistic conception of tea is the enlightenment of Zen tea.

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