

The Development of Chinese Tea Culture and Medical Intellectual

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Abstract

Tea culture and medical knowledge has been widely concerned in modern society and has become a research hotspot. The main research purpose of this paper were to study the medical knowledge and value of tea in Chinese tea culture in modern life, and at the same time to understand the relationship between tea culture and Taoism and Buddhism. The article will be studied from the history, culture, medicine and many other aspects. This study adopts a combination of qualitative research and literature analysis for subjective analysis. The research subjects include tea culture experts and literature. Use thematic analysis method for data analysis.

This paper shows that the tea and medicine culture is not only the habit of drinking tea, but also a profound social phenomenon. It has exerted a wide and far-reaching influence on health, economy, culture, social relations and other levels, and has become an important link between tradition and modernity, individual and society. This research enriches the research content of tea culture and provides practical significance for the enterprise to apply tea culture. Quoting the research findings of this article in community health activities, organizing tea culture experience activities, and improving residents' understanding and practice of healthy tea drinking habits

Keywords: Tea culture; Medical intellectual; Tea Ceremony; Tea History

Introduction

Since ancient times, tea has been an important part of the Chinese traditional culture, and the medical knowledge of tea has formed an indispensable part of it. This paper will deeply explore the medical knowledge of tea in Chinese tea culture, hoping to provide a reference for modern people to better understand and use the medicinal knowledge of tea.

Tea is a natural beverage that has been considered to have medicinal value since ancient times. In ancient medical literature, there are records about the medicinal value of tea. Modern science has also conducted extensive research on tea, proving that it has many medicinal effects. Therefore, modern tea is not only a beverage, but also a natural medicine with health benefits.

In modern society, there are certain limitations in the public's understanding of the medicinal value of tea. Many people only consider tea as an ordinary beverage, thus ignoring the medicinal value of tea itself.

Although there have been studies exploring the health benefits of tea and its cultural background, there is still a lack of systematic research on the deep connections between tea culture and medical thought. This lack poses a problem of information asymmetry for people in understanding and practicing healthy tea drinking. Currently, many people have misconceptions about the health benefits of tea. The fast-paced modern lifestyle has gradually

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forgotten traditional tea drinking habits, and the guidance of traditional medicine on tea has not been effectively disseminated. At the same time, a large number of tea products have appeared on the market, and consumers often lack scientific basis and cultural understanding when choosing. Through systematic research, we can provide consumers with authoritative information to help them make more informed decisions on health and dietary choices. In addition, the research results can provide reference for educational institutions and health institutions, promote the dissemination and practice of tea culture in schools and communities, and enhance people's cultural identity and health awareness. Therefore, it is necessary to conduct more in-depth research to explore the development of Chinese tea culture, as well as its practical application and significance in modern society, in order to help the public better understand and utilize this traditional cultural heritage.

Therefore, the article will conduct in-depth research and discussion on the medical knowledge of tea. By combining tea culture with scientific research, we can provide better scientific basis for modern people to drink tea. Through in-depth analysis of relevant literature and practice, theoretical support and practical guidance are provided to promote the inheritance and development of tea culture and enhance public health awareness. This research is not only of great value to the academic community, but also has practical significance for policy formulation, health education and the development of the tea industry.

In summary, this article comprehensively analyzes the tea medicine knowledge in Chinese tea culture, reflecting the value of tea and medicine knowledge in modern life, and providing useful insights for people to better understand and use tea in their daily lives. The research findings of this article contribute to the dissemination of Chinese tea culture, the development of the Chinese tea industry, and the improvement of people's quality of life.

Research Objectives

1. To study the medical knowledge of tea in Chinese tea culture
2. To study the status of tea in traditional Chinese culture relate to Taoism and Buddhism
3. To study value of tea culture and medicine knowledge in modern life

Research Method

1. Data collection

Information retrieval: By consulting books, internet resources, etc., collect relevant knowledge, history, theory, and other materials on tea culture to provide theoretical basis and background information for research.

In this matter research use 3 techniques of data collection instruments

- (1) In-depth interview
- (2) Observation
- (3) Participant Observation

2. Data Analysis Method

This article mainly adopts a qualitative research method, focusing on the essence, characteristics, and diversity of medical knowledge in tea culture, aiming to understand the significance, viewpoints, and experiences of modern tea culture medical knowledge. Adopting non quantitative data collection and analysis methods.

3. Date Analysis method

1. Comparative method: Compare and analyze the tea cultures of different regions and ethnic groups, explore their similarities and differences, and thus reveal the characteristics and connotations of tea culture.

2. Case analysis: Case analysis can study and understand knowledge through studying specific cases, combine theory with practice, and cultivate the ability to solve problems.

3. Content analysis: Content analysis helps people to better understand the content and meaning of information, and helps to extract useful information to discover patterns and trends in information.

4. Historical analysis: Historical analysis studies the events, people and cultures, to better understand the development process and laws of history, and to find out the trends in history.

Conceptual and Theoretical Frameworks

1. Conceptual framework:

(1) Core concepts:

Tea culture: including the planting, picking, making, and drinking methods of tea, as well as the expression of tea as a ritual, art, and lifestyle.

Medical knowledge: including traditional Chinese medicine, diet therapy, health theory, and the application of tea in health care and medicine.

(2) Hypothesis:

The prosperity of tea culture has influenced the understanding of diet therapy and health care in Chinese medicine; conversely, the advancement of medical knowledge has also influenced the role of tea in health care.

The process of tea being widely accepted as a healthy drink may reflect the popularization and improvement of health knowledge in society.

(3) Influencing factors:

Cultural factors: the influence of traditional ideas such as Confucianism and Taoism on tea culture and medicine.

Technological factors: how changes in planting technology, tea making technology, and progress in traditional Chinese medicine affect the health functions and drinking habits of tea.

Economic and social development: how the socioeconomic conditions in different historical periods affect the production, consumption, and dissemination of tea.

2. Conceptual framework structure:

(1) Historical background

Tea culture: From the discovery of tea to the development of tea as a cultural symbol, analyze the changes in tea culture in the Tang, Song, Yuan, Ming and Qing dynasties.

Medical knowledge: From the records of the functions of tea in ancient medical literature to the gradual deepening of tea's health and medical uses.

(2) Core relationship

The interactive relationship between tea culture and medical knowledge in different periods, such as the correlation between tea and health preservation in different eras.

(3) Social impact

Health: The popularity of tea as a healthy drink, its impact on public health and disease prevention.

Culture and economy: How the development of tea culture affects ancient and modern Chinese social life.

3.Theoretical Frameworks

(1) environmental determinism

Environmental determinism is a theory of man-land relation. Geographical environment refers to the sum total of various natural elements that exist around the human society, including as the means of production and the objects of labor, such as geology, geomorphology, climate, hydrology, soil, mineral deposits, and biology, etc. Geographic environment determinants believe that geographical environment and natural conditions play a decisive role in social change and are the fundamental factors in determining social change. Supporters argue that man is a product of geography, like other creatures. His main point of view is that the human cultural development, physical and mental characteristics, national characteristics, social organization and other phenomena are directly or indirectly profoundly affected by the natural environment.

To put it simply, the theory of geographical environment determination is a theory that people's culture, psychology, race, physiology, country, economy, society and so on are all directly or indirectly dominated by geographical environment and natural conditions. Tea culture as a part of Chinese culture can also be analyzed using the theory of geographical environment decision.

In this paper, we want to use geographical environment determinism to explore the influence of natural environment on tea culture and medical knowledge in tea culture. There are many different kinds of tea, and the production of these different kinds of tea is closely related to the natural environment. At the same time, these different kinds of tea will bring different tea culture and medical knowledge.

Therefore, this paper will understand the different kinds of tea through the research, such as geology , landform, climate, hydrology, soil, mineral deposits and biology, and at the same time, understand the different tea culture and medical knowledge brought by these kinds of tea.

(2) Interpretation theory

The epistemology of Interpretation theory holds that the cognition of the complex world is realized through the study of the experience and views of people living in this world. Researchers should go deep into real life to understand and explain and reconstruct these concepts and meanings through scientific means and language.

The part of tea ceremony and folk custom in this paper needs to rely on the theory of Interpretation to explain and establish these different concepts or meanings for groups with different tea cultures (such as minority tea ceremony or different tea customs are different).Meanwhile, exploring how people construct the status of tea in Taoism and Buddhism through cognition through interpretive theory.

(3) Theory of cultural sociology

This paper mainly adopts the cultural and sociological view of functional theory

There are mainly the French sociological Yearbook school represented by Durkheim, the functional school represented by the British Malinowski, and the structuralists in the 1940s and 1950s. It is believed that the emergence of culture is the need of social

function, and the essence of culture lies in maintaining social norms, which is a value tool. Malinowski believes that different cultural functions constitute different cultural layouts, and the meaning of culture depends on "its position in the system of human activities, the associated thoughts, and all the values. Parsons' theory holds that culture is the tool of social structure system, and the play of cultural function is restricted by various social structure levels. Cultural system not only determines human values, but also constitutes human code of conduct. The American pragmatic philosopher J. In Culture and Freedom, Dewey said: "Every culture has its own style, and the strength of its organization has its own unique arrangement", and "Regardless of the natural elements of human nature, the culture of an era and a group has a decisive influence in their arrangement, which determines the style of any group, family, clan, nation, sect, party and class activities".

Because the structure function overemphasized the role of cultural model and system, and ignored the study of cultural dynamics and changes, French L appeared in the 1960s. This theory, on the one hand, studies the status and role of culture in the real social structure, and on the other hand, it also studies the historical process and its deep structure of culture.

This paper studies the social value brought by tea culture by studying the status and function of culture in the real social structure, such as the social value of medicine and the social value of living habits.

(4) Bourdieu's theory

The social practice theory proposed by French sociologist Pierre Bourdieu mainly focuses on practical behavior in social life and the structural factors behind it. Bourdieu believed that social practice is the behavior and way of thinking that people exhibit in their daily lives. These practical behaviors are constrained by social structure and culture, and also affect the development of social structure and culture.

Bourdieu's theory of social practice mainly includes the following aspects:

1. Habit: Habit refers to a lifestyle habit and way of thinking formed by people in long-term social practice. Habits have persistence, stability, and wholeness, influencing people's behavior and decision-making in daily life.

2. Capital: Capital is divided into economic capital, cultural capital, and social capital. Economic capital refers to property and wealth; Cultural capital refers to knowledge and skills; Social capital refers to interpersonal relationships and networks. Bourdieu believed that capital is a key factor in social practice, and different types of capital transform and accumulate with each other, affecting changes in social structure and individual status.

3. Field: Field refers to the interrelationships and competition between various fields in social life. Field theory emphasizes that different fields have different rules and logic, and individuals strive for resources and status through social practice in these fields.

4. Symbolic power: Symbolic power refers to the influence and control of others' behavior and thinking by certain individuals or groups through the mastery of symbolic resources in social practice. Bourdieu believed that symbolic power is one of the important roots of social inequality.

5. Social reproduction: Social reproduction refers to the process in which individuals and groups replicate and inherit social structure and culture through education, marriage, and other means in social practice. Bourdieu believed that social reproduction is a key mechanism for maintaining social inequality and class solidification.

This article mainly uses the Habitus section to study tea culture. It mainly includes the change of tea drinking mode, the change of tea ceremony, and the change of traditional culture brought about by tea. These are closely related to people's habits and can be studied in depth using Bourdieu's theory.

(5) Functionalism Malinowski

Malinowski is a famous British anthropologist in the early 20th century. He was one of the representatives of the functional school. Functional theory advocates treating culture as a whole, emphasizing the interrelationship and coordination among the various parts of the culture. Malinowski's theory of cultural function mainly includes the following aspects:

1. Basic needs: Malinowski believes that meeting people's basic needs is the core of cultural functions. Basic needs include biological needs, such as food, shelter, as well as social needs, such as family love, friendship, etc. These needs are closely related to culture, and the role of culture is to meet these needs.

2. Derivative demand: Derivative demand refers to the higher-level demand generated by people in their social life, such as education, art, etc. Malinowski believes that the various institutions and customs in the culture are responses to derivative needs and help to maintain social stability and harmony.

3. Comprehensive needs: Comprehensive needs refer to people's needs on the spiritual level, such as beliefs and values. Malinowski believes that religious, moral and other elements in culture can help to meet the comprehensive needs of people, promote the satisfaction of the mind and the cohesion of the group.

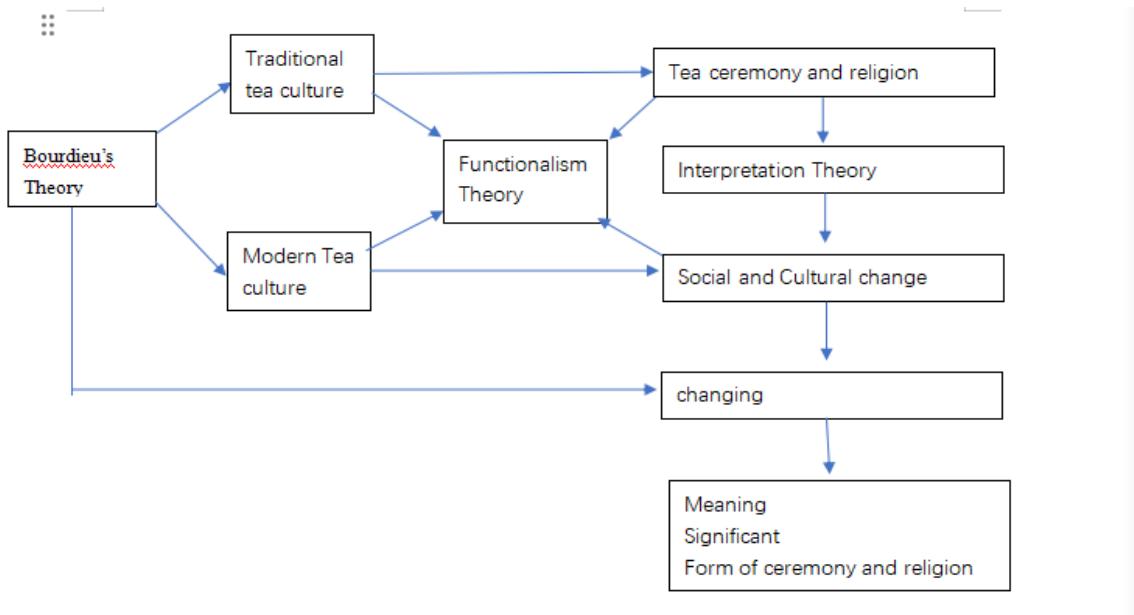
4. Cultural function: Malinowski stressed that cultural function refers to the role of culture in meeting people's needs. He believes that culture is an organic whole, with each part relying on and influencing each other, and playing the function of meeting people's needs together. Therefore, when studying culture, we should comprehensively consider its various elements and understand their status and role in the whole.

5. Historical evolution: Malinowski believes that historical evolution is the key to the study of cultural development. He advocated examining culture from a historical perspective and exploring its evolution process in the long river of time, in order to better understand the functions and characteristics of culture.

Cultural practices and social systems exist to meet these different levels of needs. Functionalism theory emphasizes the satisfaction of the needs, and believes that the cultural function is the function of meeting the needs. Malinowski believed that historical evolution is conjecture, and advocated the observation and analysis of cultural phenomena from real life.

Tea culture, as a cultural phenomenon, can be analyzed by Malinowski's functional theory. By analyzing the basic needs, derivative needs, comprehensive needs, cultural functions and historical evolution of tea culture, we can better understand the connotation and value of tea culture, and also provide beneficial enlightenment for the inheritance and development of tea culture.

Theoretical and Conceptual Framework



Results

1. The historical evolution of tea culture and medical knowledge

1.1 The origin and evolution of tea culture

The evolution of Chinese tea culture has continued for thousand years, the style of drinking tea people started and had experience of consuming raw fresh leaves include drying curing as tea moreover tea is ingredient for cooking soup.

Initially, tea was used as medicine, and later gradually evolved into daily drink. In the Tang Dynasty, tea culture began to prevail and became a drink for literati, which promoted the formation of tea drinking habits. Books on tea began with Lu Yu in the Tang Dynasty. Lu Yu's Tea Classic is the earliest tea book in the world. The origin of this book has the epoch-making significance of improving tea into special science.

In the Song Dynasty, drinking tea became an important activity for the literati to gather together. Tea ceremony or party is not only a tea tasting, but also a platform for poetry, calligraphy, painting and other artistic exchanges. Therefore, tea has become a symbol of cultural accomplishment.

In Ming and Qing Dynasties, tea gradually became an important part of social etiquette, and the custom of serving and serving tea was widely used in weddings, sacrifices and other occasions, showing the social value of tea.

1.2 The progress of medical knowledge

(1) The Chinese primitive society and the Qin and Han Dynasties

In the primitive society, human beings have not yet begun to cultivate, and mainly rely on a variety of wild plants in the natural environment to satisfy their hunger, including the fresh leaves of the wild ancient tea trees. In the process of searching for food, human would inevitably consume some poisonous plants, leading to symptoms of poisoning and sometimes even death. At that time, human understanding of nature was very limited, they

could only rely on the experience accumulated for a long time, and gradually found that some plants could alleviate or even eliminate the poisoning reaction. The detoxification characteristics of the leaves of wild ancient tea trees are summarized through countless practices. However, the understanding of tea at this stage is still quite vague, only in the initial form of tea therapy, far from reaching the level of using tea for medical treatment and health care.

(2) The Tang and Song Dynasties

In the Tang Dynasty, Lu Yu wrote the first Chinese Tea book, The Classic of Tea, which quoted the materials about tea functions in various dynasties before the Tang Dynasty. The Tang Dynasty has accumulated more clinical experience, and the function of tea is also played, not only for internal application, but also for external application.

In the Song Dynasty, tea drinks spread from the south to the Central Plains, from the Central Plains to the border areas, and also developed from the upper class to the middle and lower class. Tea therapy in the flourishing atmosphere of tea drinking, also has a considerable development. The scope of tea treatment is expanded, tea can be taken inside, but also used for external treatment.

(3) The Ming and Qing Dynasties

Doctors in the Ming and Qing dynasties realized that tea has many healing functions. In the medical books of Ming and Qing Dynasties, tea is widely used in various departments, whether in internal medicine, surgery, trauma departments, can see the application traces of tea. The use of tea is also changeable, internal service, such as tea medicine with decoction, tea with various medicine into pills, tea soup with various medicine, such as tea soup washing, tea into powder or paste external application, tea and medicine with decoction into external application. Tea can also be applied externally to cure wounds.

(4) Modern times

Since the 1970s, medical institutions around the world have used modern scientific research methods to do extensive research on tea. At present, we have known that tea contains a variety of ingredients, such as polyphenols compounds, caffeine, amino acids, minerals, vitamins, etc., which play a role of treatment and health care to the human body. Many studies at home and abroad show that tea can not only refresh itself and help digestion, but also has the functions of preventing aging, improving immunity, lowering blood fat, losing weight, lowering blood pressure, anti-inflammatory, antiviral, anti-allergy and so on. Compared with traditional tea therapy, modern tea therapy integrates advanced science and technology, with great changes in the methods used, the innovation of dosage forms and the forms of tea therapy.

1.3 The influence between tea culture and medical knowledge

1.3.1 Functional theory of Bronislaw Malinowski

1. basic need: The caffeine and other components contained in tea can refresh the mind and enhance the vitality of the body. In traditional Chinese medicine culture, tea is regarded as a beverage with medicinal value. Different types of tea can correspond to different health needs, such as the heat clearing and detoxifying effects of green tea and the warming and nourishing effects of black tea. So tea, as a beverage, can meet people's basic needs.

2. social organization: In the initial stage of Chinese society, tea medicine culture was a commodity that could only be used by emperors and nobles. With the development of tea cultivation technology, ordinary people gradually have the right to use tea.

After tea was successfully popularized among the general public, social venues such as tea houses emerged in society. These social venues promote interaction between people, meet social needs, and also inherit cultural traditions.

3.psychological need: Functional theory focuses on the function and role of things in the social system. Drinking tea often accompanies social activities and has a psychological effect of relaxing and reducing stress. A good psychological state is crucial for overall health. The Zen and quiet atmosphere contained in tea culture helps people to relieve pressure and relax. This spiritual emphasis promotes the research of mental health and neuroscience, especially in dealing with mental health problems such as stress, anxiety and depression.

1.3.2 The influence of tea culture on medical knowledge:

Tea culture has influenced medicine mainly in the following aspects:

1. Promotion of healthy lifestyle: Tea culture emphasizes tea drinking as a healthy living habit. Bourdieu's sociological theory emphasizes the concept of habit. Individual habits and cultural backgrounds influence their acceptance of tea. If a person grew up in a tea culture, they may be more likely to believe in the health benefits of tea, which can also affect their choices in healthcare. This cultural promotion promotes people to pay more attention to the impact of daily diet and lifestyle on health, thus promoting the development of public health and health education.

2. Environmental determinism holds that environmental factors play an important role in shaping individual behavior and health outcomes. The tea drinking habits and health concepts in the social environment can also affect an individual's tea drinking behavior and health choices. For example, in Chinese culture, tea is regarded as a way to maintain health, and the habit of drinking tea in community activities may enhance people's belief in the health of tea. As a social phenomenon, the dissemination and popularization of tea culture involves social structure, cultural inheritance and interpersonal communication. The influence of these factors on group health has stimulated the research interest of social medicine.

1.3.3 The influence of medical theory on tea culture:

1. Integration of health education: With the promotion of a healthy medical lifestyle, tea is widely recommended as a health drink, which enhances people's interest in and understanding of tea culture, thus promoting the popularization and development of tea culture.

2. According to Bourdieu's theory, individuals continuously form habits in the process of receiving medical knowledge. For example, after understanding the health benefits of tea, people will integrate tea drinking into a healthy lifestyle. In the field of health care, people will emphasize physical and mental integration and natural therapy, thus promoting the application of Chinese people in the field of tea health care. At the same time, it has developed the habit of drinking tea for health preservation in modern Chinese society.

3. Development of medical products:

According to environmental determinism, cultural environment can affect individuals' use and understanding of tea. Different cultures and societies attach varying degrees of importance to the knowledge of tea medicine, which in turn affects the development of tea medicine. The emphasis on tea medicine research has promoted the development of tea based health products such as tea beverages and tea foods such as: oriental leaves of Nongfu Spring, Thai milk tea of Thailand, tea smoked chicken, tea roast meat. The market promotion of these products has further expanded the influence of tea culture.

2. The connection between tea, Taoism, and Buddhism

Tea is closely related to Buddhism, Taoism and other religious thoughts. Chinese tea ceremony is influenced by Buddhism and Taoism, emphasizing the importance of achieving inner harmony and balance through drinking tea. In tea ceremony, the process of brewing and tasting tea is not only of drinking, but also a profound understanding of life and nature. The process of drinking tea is seen as a process of self-awareness, helping people find inner peace and tranquility in their fast-paced lives. Many monks and literati cultivate their morality by drinking tea, and the status of tea in the spiritual culture has gradually increased. For example, the poem written by the poet of the Tang Dynasty, Cao Song: “少年云溪里，禅心夜更闲。煎茶留静者，靠月坐苍山。” This poem depicts a young meditator spending a peaceful night by the Yunxi River. He brewed tea, enjoyed silence and moonlight, and through tea making and meditation, meditators were able to retain inner peace. Sitting on the Cangshan Mountain against the moon symbolizes seeking inner peace and meditation in nature. This poem expresses the process of meditators achieving inner peace through tea tasting and meditation through scenes of frying tea and sitting quietly.

The natural scenery depicted in the poem and the activities of the meditator, such as brewing tea, sitting quietly, admiring moonlight and dewdrops, all reflect the pursuit of tranquility and Zen. This artistic conception is not only a depiction of natural beauty, but also a reflection of the pursuit of inner peace and spirit.

Through these factors, tea has a rising status in ancient Chinese society and culture, not only becoming a drink, but also becoming an important symbol of culture, art, etiquette and economy. For example, in terms of culture, many literati and poets in the Song Dynasty mentioned tea in their poems and songs, and tea became a medium for them to exchange ideas and enhance friendship. Poem such as:

品令·茶词

宋·黄庭坚

凤舞团团饼。恨分破、教孤令。金渠体净，只轮慢碾，玉尘光莹。汤响松风，早减了、二分酒病。

味浓香永。醉乡路、成佳境。恰如灯下，故人万里，归来对影。口不能言，心下快活自省。

The part of this word is the process of boiling tea, break the tea, grind into tea, add water to fry, the water boiling like the wind over the pine forest.

The second part of the tea experience, fried tea taste mellow, lasting aroma. Drinking tea spirit is bright and bright, and gradually into the good situation. It is like the lone lamp alone; the old man came from thousands of miles away came to meet. This kind of beauty can only be understood, not explained, only drinkers can understand the taste of it.

Different regions represent their own unique tea leaves and drinking characteristics, such as Yunnan Pu'er tea, Zhejiang Longjing tea, Fujian Wuyi Rock Tea, Rock Tea grows in the rock crevices of Wuyi Mountain in Fujian Province, thus, the tea tree is planted in the depressions and crevices of the rocks. This planting method provides the tea with a unique fragrance of flowers, which is also a part of the quality characteristics of Wuyi Rock Tea. Tea gardeners take advantage of these unique geographical environments to build stone banks on the rock edge to grow tea leaves, hence the name "rock tea" etc. These local teas not only reflect the natural environment of the area, but also carry the local culture and history. In terms of economy, in 782 A.D., after Emperor Dezong of Tang, Li Shi, ascended the throne, the Minister

of Revenue proposed the "tax on tea, lacquer, bamboo, and wood in the world, taking one out of ten", which was the first time that China collected a tea tax. From the initial non taxation to later taxation of tea, from the perspective of the country, it has elevated local trade to national social production and economy.

3. The value of tea culture and medicine knowledge in modern life

(1) Tea and social interaction

In modern society, social activities between people. In China, there was a history of tea friends since the Jin Dynasty. Tea helps to promote the relationship between people, and tea is a bridge of friendship. Every day or holidays, when friends come to their home, Chinese people will drink tea and chat. This kind of way introduction is affordable, facilitate the talk between friends again. Although it looks light, but can leave a deep impression, is eating and drinking. A cup of green tea place by the connection of friends, the emotion is purer.

(2) Tea and etiquette

China is a state of etiquette, and all dynasties have a complete system of etiquette. Tea became a sacrificial sacrifice in the Zhou Dynasty. Baizhang Qing rules wrote: “举凡上法要仪礼，应接管待之际，必有点茶、吃茶、会茶等茶礼。” ("for all the law to ritual, should take over, there must be a little tea, tea, tea and other tea gifts.") Tea in the brewing and drinking, permeated with the guests and the feelings of relatives and friends. In ancient Chinese families, the children of large families offered tea to their parents for good morning. Although tea etiquette are not often used in modern times, they are still the traditional virtues of affinity and comity, friendliness and modesty between family and friends.

(3) Tea and festivals

With the passage of time, the vast majority of ancient Chinese festival customs have quietly disappeared, only a few, such as tea fruit to worship ancestors, tea feeding friends and friends, and home tea fruit for guests. Every age has its own new customs. After the founding of new China, especially since the 1980s, new tea customs are slowly emerging and forming a paradigm in various places. It is mainly large-scale tea activities held regularly every year, such as Shanghai International Tea Culture Festival, held every spring since 1994, as well as Henan Xinyang Tea Culture Festival, Guangxi Hengxian Flower Tea Festival, etc. Tea competitions held in the tea area, such as the "Tea Champion" competition in Anxi, Fujian, the "Tea King" competition in Taiwan, etc.

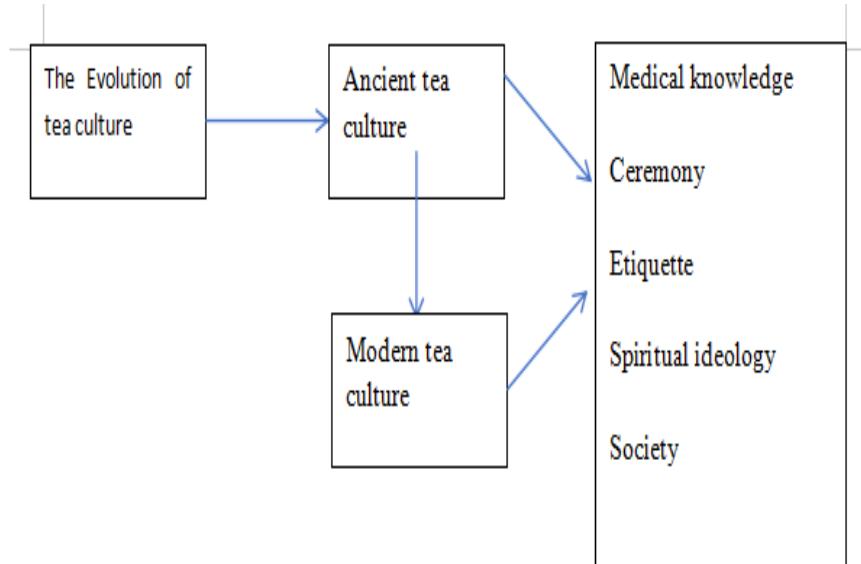
(4) Tea and health

1. Healthy habits in daily life: Tea culture emphasizes that tea drinking is a healthy way of life, which is deeply rooted in Chinese society. People drink tea to refresh themselves, help digestion, lose weight, etc., thus incorporating healthy elements into their daily diet.

2. Promotion of health culture: Tea culture is combined with the concept of traditional Chinese medicine, promoting health methods such as "drinking tea in four seasons" and "tea treatment". These methods are widely used in daily life to improve the quality of life.

3. Guidance of healthy diet: The popularization of tea culture urges people to pay more attention to a healthy diet and choose low-fat and low-sugar eating habits. As tea is a low-calorie drink, it naturally becomes a part of a healthy diet.

The main Idea of this article is tea culture and tea medicine knowledge



Discussion

1. Health benefits of tea

This study shows that the use of tea in the Ming Dynasty focused more on internal medicine or traumatology, such as grinding tea into powder and applying it externally to treat wounds. In contrast, Yue Zhang (2012) pointed out that the tea culture in the Ming Dynasty focused more on the way of health preservation, which was mainly reflected in the four aspects of health preservation in daily life, health preservation in diet, health preservation in spirit and health preservation in leisure. This is different from the results of this paper.

2. Social function

Results show that tea plays an important role in social activities and is an indispensable element in family gatherings and social occasions. This finding is consistent with the research of Pulian Zhao (2010), who emphasized the role of tea in promoting interpersonal relationships and social interactions.

3. Cultural inheritance

The study found that although modernization has had a certain impact on traditional tea drinking habits, many people are still trying to pass on this culture. This result is consistent with the research of Zhuang Wanfang (1984), who proposed that the spread of tea is also the spread of Chinese culture, which is transported to various places for trade in the form of commerce.

4. Tea etiquette in marriage customs

The study found that there were many tea rituals in ancient China, but tea rituals are not commonly used in modern times. However, this is contrary to the view of Pulian Zhao (2010), who believes that the current tea culture is still frequently used among modern ethnic minorities.

Conclusion

1. Chinese tea is not only a beverage, but also a carrier of culture, art, and social interaction. Its application in medicine reflects the profound understanding of the relationship between nature and the body in ancient China. Tea culture and traditional Chinese medicine theory are intertwined, and the drinking habits and tea making techniques of tea reflect the concept of "harmony" in traditional Chinese medicine, which plays a positive role in the maintenance of the body

2. Tea is rich in various bioactive ingredients and has multiple health benefits. With the development of modern science and technology, the health value of tea has been further studied, promoting the global dissemination of tea culture and the international recognition of traditional Chinese medicine.

The tea medicine culture is not only a habit of drinking tea, but also a profound social phenomenon. It has had a wide-ranging and profound impact on multiple levels such as health, economy, culture, and social relations, becoming an important link between tradition and modernity, and between individuals and society. In the context of globalization, the dissemination and development of tea culture will continue to influence people's lifestyles and values.

Suggestion

Suggestions for using this article:

1. Research basis: As the literature foundation for subsequent research, cite the theoretical framework and research findings in the article to promote further exploration in related fields.

2. Policy making: Provide reference for policy makers to promote the protection and development of tea culture, while paying attention to its potential value in public health.

3. Community activities: Cite this article's research in community health activities, organizing tea culture experience activities, and improving residents' understanding and practice of healthy tea drinking habits

Suggestions for further research in this article:

1. Cross cultural comparative research: Chinese tea culture can be compared with the medical concepts of tea culture in other countries (such as Japan and India) to explore the functions and symbolic meanings of tea under different cultural backgrounds.

2. Multimedia and Tea Culture Communication: Analyze how modern social media and digital platforms influence the dissemination and acceptance of tea culture, and explore the role of new media in shaping tea health awareness.

3. Case study: Select specific regions or communities for in-depth case studies, observe local tea culture and health practices, and analyze their uniqueness and universality.

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