

Postgraduate Assignment coversheet & feedback form

THIS SHEET MUST BE THE FIRST PAGE OF THE ASSIGNMENT YOU ARE SUBMITTING
(DO NOT SEND AS A SEPARATE FILE)

For completion by the student:		
Student Name: Xiaoxue Gong		
Module code: SICH7029 Module title: Readings from the Governing Principles of Ancient China	Student ID number: 1706356	Educational support needs: No
Module tutor: Venerable Chengde Assignment due date: 8 th November 2024, 15:00		
If your module has multiple submissions please indicate which piece of work this is. 1 st ☒ 2 nd ☐ 3 rd ☐ 4 th ☐ 5 th ☐ 6 th ☐		
Word count: 1823		
I confirm that this is my original work and that I have adhered to the University policy on plagiarism. Signed Xiaoxue Gong.....		
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Assignment Mark	
1st Marker's Provisional mark	
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Agreed Internal Mark:	
External Examiner's mark (if relevant)	
Final Mark	
NB. All marks are provisional until confirmed by the Final Examination Board.	

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Comments:

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Controlling of Thoughts and Emotions

Module Code: SICH 7029

Module Tutor: Venerable Chengde

Student Name: Gong Xiaoxue

Student ID: 1706356

Date: 7 November 2024

“Harmonizing the spirit and breath, controlling thoughts and emotions, avoiding the invasion of rheumatism, controlling diet, and properly controlling hobbies and desires are good recipes for longevity.”

「和神氣，懲思慮，避風濕，節飲食，適嗜欲，此壽考之方也。」

—— Changyan 昌言

Be collected in *The Wisdom of Self-cultivation, family harmony, governance and world peace in the Governing Principles of Ancient China* 群書治要中修齊治平的智慧

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5. Summary

Cheng 懲 : Restrain and Control

Silv 思慮 : 1.Thoughts and Worries

2. Si思 is a complex emotional response that includes

sadness and other aspects and is the basis of various emotional behaviors.

Si has a certain regulatory effect on other emotional activities.

Reference : Zheng Yufan鄭煜凡: Study on the Theory of "Si思" in *Huangdi Neijing*《黃帝內經》情志之“思”理論研究.2023.
Liaoning University of Traditional Chinese Medicine遼寧中醫藥大學,MA thesis.doi:10.27213/d.cnki.glnzc.2023.000645.

Suwen of Huangdi Neijing :

"Humans have five internal organs that transform five kind qi to produce joy, anger, sadness, worry and fear. "

《黃帝內經·素問》：「人有五臟化五氣，以生喜怒悲憂恐。」

Introduction to the basic theory of thoughts and emotions causing disease

1. Overthinking itself is very harmful to the body.

2. Emotions cause disease 情志致病

Happiness, anger, sorrow and fear are all generated by thinking.

「喜怒悲懼，皆由思而後生。」

The origin of all diseases is caused by wind, rain, cold and heat, yin and yang, joy and anger, diet and residence, greatly frightened.

「夫百病之始生也，皆生於風雨寒暑，陰陽喜怒，飲食居處，大驚卒恐。」

——*Huangdi Neijing*



Huangdi Neijing :

- "Qi and blood are the spirit of man, and must be carefully nurtured. "
「血氣者，人之神，不可不謹養。」
- "When the blood vessels are harmonious and smooth, the spirit will be here. "
「血脈和利，精神乃居。」

Huangdi Neijing :

Anger hurts the liver, joy hurts the heart, thinking hurts the spleen, worry hurts the lungs, and fear hurts the kidneys.

「怒傷肝、喜傷心、思傷脾、憂傷肺、恐傷腎。」



Introduction to the basic theory of thoughts and emotions causing disease

3. Emotions and qi, blood and organs will affect each other.

Emotional illness is a state of imbalance of Qi and blood caused by excessive emotional stimulation. This imbalance will inevitably lead to disorders in the major systems of the human body, and then it leads to all kinds of diseases.



Reference :Jiao Lipu焦麗璞: the study of emotional pathogenic factors and regulation methods in *Huangdi Neijing* 《黃帝內經》
情志致病因素及調攝方法研究.2020.Shanxi Zhongyiyao University山西中醫藥大學,MA
thesis.doi:10.27820/d.cnki.gszxy.2020.000233.

Diseases caused by thoughts and emotions

1. Damage the qi of the internal organs,
2. Consume the heart and mind,
3. Exhaust the essence and qi
4. Destroy the body
5. Emotional diseases

such as depression, anxiety, obsessive-compulsive disorder

Huangdi Neijing:

" Thinking hurts the spleen " 「思傷脾」

"Joy hurts the heart" 「喜傷心」

" Worry hurts the heart " 「憂思傷心」

" Being frightened makes the heart have no place to rely on, the spirit has no place to return to, and the mind has no place to settle. "

「驚則心無所倚，神無所歸，慮無所定」

" Sadness makes the heart anxious " 「悲則心系急」



Anger hurts the liver, joy hurts the heart, thinking hurts the spleen, worry hurts the lungs, and fear hurts the kidneys.

「怒傷肝、喜傷心、思傷脾、憂傷肺、恐傷腎。」

<https://zh.wikipedia.org/zh-cn/%E9%BB%84%E5%B8%9D>

"Extreme happiness and extreme pain, happiness at first and pain later, all hurt the vital essence, exhaust the essence and energy, and destroy the body."

「暴樂暴苦，始樂後苦，皆傷精氣，
精氣竭絕，形體毀沮。」



- There are currently 95 million people suffering from depression in my country, which means that there is 1 patient with depression in every 14 people. And more than 700,000 people commit suicide due to depression every year.

——2022 National Depression Blue Book



Methods of controlling thoughts and regulating emotions

1. Reciting poems or singing

2. Diet

The preface of *Xiaopin Fang* 小品方:

“Eating, drinking and five flavors to change temperament” 「食飲五味以變性情」

3. The method of five elements complementing each other

Huangdi Neijing:

“Fear overcomes joy, worry overcomes anger, anger overcomes thought, joy overcomes worry, thought overcomes fear.”

「恐勝喜，憂勝怒，怒勝思，喜勝憂，思勝恐。」

4. Zhuyou Fa 祝由法

(by transferring the patient's spirit to adjust the qi 氣)

5. Bring someone to reason

6. Do exercise or yoga

7. A pure heart

"Thoughts should be quiet and indifferent, without desires, so that the positive energy in the body will be harmonious and not chaotic. The spirit can be kept inside without dissipating, so how can the disease invade the body?"

「恬淡虛無，真氣從之，精神內守，病安從來。」

——*Huangdi Neijing*

Summary

“Harmonizing the spirit and breath, **controlling thoughts and emotions**, avoiding the invasion of rheumatism, controlling diet, and properly controlling hobbies and desires are good recipes for longevity.”

「和神氣，**懲思慮**，避風濕，節飲食，適嗜欲，此壽考之方也。」

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Thanks for your listening