

## ARTICLE

# Longevity Internal Elixir—Tradition of Yue School in East Sichuan for Warding off Disease, Keeping in Good Health and Cultivating Mind

**Grace·Tan\***

Wuhan Changjiang Shipping Co., Ltd., Wuhan, Hubei, 430021, China

### ARTICLE INFO

#### Article history:

Received: 31<sup>st</sup> July 2018

Revised: 27<sup>th</sup> August 2018

Accepted: 18<sup>th</sup> October 2018

Published Online: 31<sup>st</sup> October 2018

#### Keywords:

Yue School in East Sichuan

Warding off disease and Keeping in good health;

Longevity Internal Elixir

### ABSTRACT

With the continuous improvement of the national economy and people's quality of life, people's attention to human health and health is increasing. Taking exercise and reasonable diet and good living habits to adjust the body's meridian operation and promote the continuous optimization of human body function is an important way to achieve healthy development and optimize people's lifestyle. This paper describes the formation and development of Longevity Internal Elixir from Yue School in East Sichuan and its positive effects on human health. It analyzes the implementation methods and steps of Longevity Internal Elixir and points out the precautions and safeguards for the implementation of Longevity Internal Elixir. Through the analysis of this paper, it is clear that Longevity Internal Elixir plays an important role in the health of the people, exerts its role in promoting bodily functions. The implementation methods and safeguard measures of Longevity Internal Elixir are also clarified in this paper.

## 1. Introduction

The accelerated pace of life in modern society has made people's physical and mental pressures increasingly increasing, people's physical health has been seriously affected, and the demand for health training is increasing. Internal elixir refers to the practice of cultivating the body in itself with the essence of the energy and spirit, as the medicine under the guidance of the idea of unity of nature and man. Internal elixir has a long history of development in China. Longevity Internal Elixir can be used to eliminate diseases and health, and play its dominant role in promoting the improvement of people's physical functions.

## 2. The Formation & Development and Function of Longevity Internal Elixir

Longevity Internal Elixir (The Longevity Yin Elixir) was introduced to Yue School more than 800 years ago. In the process of continuous dissemination and development, through the study and practice of the school inheritors, the practice experience and sentiment of the Elixir are integrated into it, which makes the function further improved and optimized, and forms a complete health keeping method and the theory system of disease eliminating and life prolonging.<sup>[1]</sup> Longevity Internal Elixir has been circulating in the Taoism and Yue School in East Sichuan since it emerged from YIN-Changsheng in the Han Dy-

\*Corresponding Author:

Grace·Tan,

Wuhan Changjiang Shipping Co., Ltd.,

No. 75 Daxing Road, Jiangnan District, Wuhan, Hubei, 430021, China;

E-mail: 1693731518@qq.com.

nasty. It belongs to China's excellent national quintessence essence; its spread and development has positive significance for improving the physical fitness of the people.

Moving through the tip of the tongue against the upper root (the top of the tongue), Longevity Internal Elixir can effectively promote the regulation of the human immune system through the combination of skill, technique and medicine under the guidance of long-term and regular exercise, so that the immune function can be significantly improved. At the same time, it can optimize the proliferation function of normal human cells, and lay a good foundation for eliminating pain and prolonging life. Longevity Internal Elixir is not simply exercise. It combines the theory of yin and yang and five elements with the operation of the human meridians. Through the combination of Internal Elixir exercise, acupressure and Chinese herbal medicine, it can improve the function of human body, which not only promotes the regeneration of normal cells, but also effectively inhibits tumor cells;

In the treatment of chronic diseases such as hypertension, diabetes, prostate and breast hyperplasia, it can play an effective role<sup>[2]</sup> and play an effective role in promoting the cure of the disease. Longevity Internal Elixir combines exercise, massage relaxation and Chinese herbal medicine treatment to regulate the body's yin and yang balance, promote metabolism, and make the effect of urination and perspiration more significant. Longevity Internal Elixir regulates the operation of the human meridians under the guidance of the traditional Taoist principles of skills and regulations and traditional Chinese medicine theory to achieve the purpose of preventing diseases and health treatment.

### **3. The Implementation Methods and Steps of Longevity Internal Elixir**

#### **3.1 Lie Down**

The practitioner should lie down on a clean bed in a well-conditioned room with fresh air, and the height of the pillow is slightly higher than the height of normal sleep. Then open Hukou, an acupoint at the part of the hand between the thumb and the index finger. Place the fingertips of the two palms on the outer edge of the kidneys of the lower back to ensure that the palm is in the state of fitting the sheets; The two feet are in a state of closeness, and the knees are slightly raised to form a right angle, and the two soles of the feet are flat on the bed in a natural state. Maintain the above position without moving, put the tongue on the upper jaw, and close both eyes to ensure the peace of mind, keep this state and smoothly breathe for 81 times.<sup>[3]</sup> After the above steps are completed, the state is maintained, and the body rotates to the right side, and is in

a sleeping position. The upper limb movement is changed to the state of the right arm fitting bed, the elbow is slightly curved and the acupoint Hukou is opened, the palm is placed on the left shoulder, and the thumb is close to the left side of Jianjing, an acupoint between shoulder and ta chuei;

At the same time, the left-hand movement is changed, and the four fingers are inserted into the two crotches, close to foot-Taiyin acupoint Qihai, and the acupoint Hukou is opened, and the thumb is close to the foot-Shaoyang gallbladder meridian, in this position, breathing 36 times. After the above steps are completed, the body is adjusted to the left sleeping position, and the above steps are also performed to complete another 36 breaths. In the final stage, the practitioner turns into a flat state, and the elbows are slightly curved. Place the two palms together and keep the palms down at the position of Dantian, three cross fingers under the navel. At the same time, the legs are straight and the heels are fitted to the bed. In this position, the movement is completed after 27 breaths. During the implementation of this step, for people with weak constitution and bed-ridden disease, exercise can be repeated, and the practice time is more than 30 minutes. After this situation is completed, it is necessary to massage and relax on the abdomen, chest, and head and back neck; those with good limb function should take the action and massage. Allow the patient to sit on the bed with the knees or the wooden chair, keep the shoulders wide and shoulder wide, the back is straight forward and perpendicular to the ground, close the eyes, and the palms are naturally placed on the knees. In this position, the transition exercise is carried out. In this way, for the elderly who have high blood pressure and vascular aging diseases, the unsafe factors caused by sleeping posture can be avoided and effective control and avoidance can be avoided to avoid safety accidents. In addition, the quilts and sheets that used in the lie-down exercise need to be pat with a stick outdoors to avoid the dust being sucked into the body.

#### **3.2 Sit Cross-legged Meditation**

This step can be carried out indoors or outdoors. During the implementation process, the practitioner's body faces the south. The hand movements are: hands cross and overlap, palms up, the outside of the hands is close to Dantian (three cross fingers under the navel), and the female uses the left hand in the lower right hand position, while the male is the opposite. In this position, the practitioner relaxes the whole body muscles, and the spine leans forward slightly, while the lower jaw is slightly forwarded and breathed 81 times.<sup>[4]</sup> The above steps need to be repeated more than three times for the beginner, and the time is about 45 minutes. In a state of physical and mental relax-

ation, "sit like a clock bell" (the head is the top of clock bell, the shoulder ring is the middle end, and the circle formed by the knee tip and the waist is the lower edge of the clock bell), meditate in the state of ignoring all the distractions in the heart; to achieve micro-closed eyes, concentrated, eye-view nose, nose-view mouth, mouth-view heart, heart-view perineum, through this state guidance, the Qi is naturally raised and then lowered to ensure that the Qi cycle is constantly running in the human body.<sup>[5]</sup> This type of meditation has high requirements on people's mentality and character. The practitioners must eliminate distracting thoughts, be compassionate and helpful in life, and nurse their own character and spirit to ensure the effect of meditation. After this step is completed, the practitioner needs to rub the palms and dry the face with both hands, while pressing the outside of the palm of the hand through the nose clip to the acupoint Baihui to the back of the neck to press; then use the right hand to rub the left foot acupoint Yongquan and the left hand to rub the right foot acupoint Yongquan.

### **3.3 Open and Close Peiyuan Pile**

In this step, the practitioner stands, feet and shoulders are the same width, slightly bent on both knees, ten toes grip, and both eyes glare at the front, the two palms are separated by ten fingers, and the fingertips are slightly buckled to ensure that the acupoint Laogong is at the empty state. The two palms are diagonally opposite to the each other. The distance between the two palms should be 5/3 decimeters apart. Place the two palms in front of the chest, the fingers and shoulders are flat at the same height, and the two arms swing inward from 1 decimeter to 5/3 decimeters while inhale; exhale when the back swings forward, after repeated swinging for 49 breaths, the two arms move left and right again and again from 1 decimeter to 5/3 decimeters, and the breathing state is open and close, and the same repeated 49 breaths.<sup>[6]</sup>

### **3.4 Whirl and Exercise (Zhuantian Crouch)**

The practitioner stands in front of the flat, two cypress trees one meter apart, for aerobic exercise; if there is no tree, walk naturally, and carry out the positive and negative whirl movements with bare feet or round-mouth cloth shoes. This movement originated from the long-term self-meditation practice of the Taoist priests from The Way of the Five Pecks of Rice in East Sichuan in Han Dynasty. They knew that meditation is only part of the exercise of Inner elixir, after observing the action of grinding the mill by working people; they realized the concept of keeping fit that "every laws of nature comes from circle". Practical experience has shown that the movement of the knees, the buckle shoulders, the shock feet and

the rotation of the spine as the axis during the transition can promote the meridian movement of the lower limbs, hands and neck. It also stimulates the opening and closing movement of the two lungs, the two kidney, the two eye-balls, and the two testicles.<sup>[7]</sup> In the process of implementing the posture change, when the practitioner is required to change the posture, when the left foot is buckled and the foot is kicked, the upper body turns right and the right foot abduction; if the right foot is buckled, the upper body needs to turn left and the left foot is outreached. If time and environmental conditions are limited, the practitioner can only use his tongue to hold the upper jaw. Then walk in the fresh air, take beat and relax two steps to ward off disease and keep in good health.

### **3.5 Flap and Massage to Relax**

After the Longevity Internal Elixir exercise step is completed, an effective massage relaxation exercise is required to relax the limb muscles and meridians. After practicing, the practitioner can relax by hot water soaking feet or hot towel on the neck; if the practitioner practices in the winter with ice and snow, he cannot immediately warm by fire; if it's summer, he cannot wear sweaty clothes for long time, and avoid the invasion of wind evil. The most important thing is to ensure that the breathing is natural and slow during the process. It is better to feel comfortable by the practitioner himself.<sup>[8]</sup> In addition, the practitioner can use the reverse abdominal breathing method and the normal breathing method to practice. In the early stage of practice, there is a large increase in appetite, snoring, tears in the eyes, fart, or fever and numbness in a certain part of the body, all of which are normal reactions of elixir practice.

## **4. The Precautions and Dietary Safeguards of Longevity Internal Elixir**

Longevity Internal Elixir has an important regulatory effect on the human body, but there are some contraindications in the practice that need to be noted. This elixir exercise method is not suitable for pregnant women or pre-pregnant women, and mental illness patients are also not suitable for exercise practice. In the exercise, it is necessary to ensure that the tongue must hold to the upper jaw in the whole process. When the mouth is full of saliva, it should be swallowed by 3 times, and the Dantian field will be sunk along the front line, and the anus should be tightened. 30 minutes before and after Longevity Internal Elixir exercise, ban on urine and diet; beginners can do the next action after 15 days<sup>[9]</sup>, and for 81 days, sex is strictly forbidden, what's more each time for Longevity Internal Elixir exercise should last more than one hour. In addition, the exercise should start from the summer

solstice or the winter solstice. Every day before or after the daylight, or every evening, a flapping and relaxing action must be performed after each exercise. In daily life, the practitioner needs to be abstinent and ensure adequate sleep. The ancients said, "If the oil is exhausted, the lamp will be dry, and if a person is exhausted, he will die", which requires that the practitioners should be based on sufficient energy and achieve the goal of warding off disease, keeping in good health and cultivating mind by elixir exercise of energy and Qi.

In the daily diet and life, it is necessary to use the amount of plantain, houttuynia, dandelion and clover in the daily diet and life, as a tea; in the right season, the roots of fresh mulberry, purslane, dandelion, houttuynia, and chicken grass are eaten. For middle-aged and elderly people, you can put the dodder, yellow essence, black bean and black sesame in a ratio of 1:2:3:4, steam and cook, then dry and develop into powder, then add honey to make pills, take less than one day. Drinkers can take a spoonful of replenishing medicinal liquor made with traditional Chinese medicine such as ginseng, jujube, mulberry, rehmannia, radix astragali, medlar, and sakura. If not drinking, the practitioner can take one gram of Sanqi Danshen powder, or drink three lips of warm water before he start the elixir exercise, and if he does the elixir exercise in the morning, he should drink ginger water.

## 5. Conclusion

In summary, Longevity Internal Elixir has a positive effect on normal cell proliferation and immune system regulation. The combination of exercise, acupuncture and

Chinese herbal medicine can effectively regulate and optimize bodily functions. The Longevity Internal Elixir exercise under the guidance of scientific concepts plays an important role in warding off disease, keeping in good health and cultivating mind of the people.

## References

- [1] Meiyun Xu. Foot bath for rickets health care[J]. Adolescent Health, 2016, 10(10): 52-53. (in Chinese)
- [2] Jianyang Xu, Jing Liu. Bathing health rickets and prolonging health[J]. Health World, 2017, 12(6):52-53. (in Chinese)
- [3] Changyou Li, Huifang Shen, Shanshan Li. Physical therapy: the method of sun-filled health and rickets[J]. China Health Nutrition, 2016, 26(20):126-128. (in Chinese)
- [4] Decai Guo. Discussion on the magical meridian point health[J]. The World of the Elderly, 2017, 10(1):51-52. (in Chinese)
- [5] Xianni Yan, Ruifang Chen. Discussion on the relationship between Health Qigong Eight trigrams boxing and TCM health care treatment[J]. Hunan Journal of Traditional Chinese Medicine, 2017, 33(9):135-136. (in Chinese)
- [6] Jian Hua. Five internal organs to nourish, and practice "internal power" well[J]. Dietary Science, 2016, 10(1):42-44. (in Chinese)
- [7] Buwen Zhu. The intention and Qi operation of Tai Chi Chuan[J]. Health Monthly, 2016, 8(7):591-593. (in Chinese)
- [8] Zhigui Xu. The Xuanyuan Internal Elixir[J]. Modern Health, 2015, 6(17):11-12. (in Chinese)
- [9] Suchen Zhang. The main idea of the level of attainment of internal elixir[J]. Wudang, 2014, 7(3):49-50. (in Chinese)