

# DISCUSSION ON THE TEACHING REFORM OF THE HUANGDI NEIJING CENTERED ON TALENT TRAINING

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**Abstract:** Huangdi Neijing (Neijing for short) contains rich and philosophical medical thoughts and core knowledge of Traditional Chinese medicine (TCM) theory, which still has important academic research and clinical guidance value. "Neijing" is a must for learning Chinese medicine and also a required course for students majoring in Chinese medicine. The training of TCM talents is closely related to the teaching of "Neijing". In the new era, the exploration of the modern teaching mode of "Neijing" centered on talent training has achieved initial results. According to the research on the teaching mode and teaching method reform of "Neijing" in recent years, combined with the practice of the teaching reform of the own teaching team, the author discusses the teaching reform strategy centered on talent training.

**Keywords:** Talent training; TCM; Neijing; Teaching reform

## 1 INTRODUCTION

There is no doubt about the contribution of Traditional Chinese medicine (TCM) to China and even the world, and the essence of TCM lies in the classics. In recent years, the education of TCM in form, represented by bearing, family and the combination of college education, on the content, is gradually to the classic regression, formed the "adhering to the tradition, advocating innovation, prominent features, strengthen the cultivation of the" concept, and summarizes the "read classics, with teacher, clinical, enlightenment" talent training way of TCM, trying to build to adapt to the modern society development, and the liberal arts humanistic quality and solid classic foundation in the integration of TCM education system.

At present, there are the following problems in the training of TCM talents in medical colleges and universities: students lack of TCM thinking, low level of syndrome differentiation and treatment, and difficult to use TCM thinking to solve practical clinical problems, which are related to the teaching of TCM classic courses [1]. The classic courses of TCM mainly include Huangdi Neijing ("Neijing" for short), Theory on Febrile Diseases, Synopsis of Golden Chamber and Wen Diseases, which are the essence of traditional Chinese medicine. The "Neijing" contains very rich and philosophical medical thoughts, which is the core of the theoretical system of TCM, and still has an important value in academic research and clinical guidance. "Neijing" is a must for learning TCM and also a required course for students majoring in TCM. At present, in the teaching process of "Neijing", there are still problems such as difficult course content, difficulties for students to understand, lack of learning interest and independent learning ability, insufficient cultivation of students' thinking ability of TCM, and lack of ideological and political integration into the course [2].

## 2 EXPLORATION OF THE MODERN TEACHING MODE OF NEIJING COURSE CENTERED ON TALENT CULTIVATION

In the background of "Internet +" era, the teaching of "Neijing" mostly adopts mixed online and offline teaching mode. Combining online teaching and offline teaching, theoretical interpretation and clinical practice, combining traditional culture and modern research, knowledge and curriculum education, the first class and the second class, process evaluation and end evaluation, improve students' learning enthusiasm, play to the subject position of students learning, cultivate the students' clinical thinking ability and comprehensive quality [2]. Innovation ability training is also one of the important contents of talent training. Using Seminar seminar teaching mode, combining research-based teaching and students' independent innovation learning can realize the sharing and integration of course resources, improve the teaching quality and improve students' innovation ability [3]. Discipline competition is an important link in the training of innovative talents. Discipline competition can promote TCM innovative talents. In the process of promoting teaching reform, a series of high-quality discipline competitions are provided as the auxiliary, which can significantly improve the quality of education and teaching and the comprehensive quality of students [4].

Study "Neijing" to consolidate the foundation, mainly have the following five aspects: one is to recite. Reciting is the first link of learning "Neijing". As the old saying goes, "reading a book a hundred times sees from its meaning". In the process of reciting, you can grasp the integrity of the original text, get familiar with the language environment, and play an irreplaceable role in future understanding. Especially for the important paragraphs and square evidence provisions need to be focused on recitation, in order to strengthen the effect of recitation, the circular memory method can be used, in the circular memory on the one hand to strengthen the knowledge of recitation, but also strengthen the understanding of the content. The second is understanding. Without understanding, it will be difficult to understand and master the gist of Scripture, let alone the application and clinical strain. Understanding is based on recitation, and can complement each

other, in repeated recitation, can constantly strengthen understanding, on the contrary, in understanding, can help to recite firmly again. The third is induction. Summary induction is considered a better way to turn indirect knowledge into direct knowledge for its own use. If the text is not summarized, it is easy to be disorderly, which is not beneficial to clinical diagnosis. For example, "19 diseases" of "Neijing", many diseases and pathogenesis, there are the same pathogen and different diseases, and there is no lack of different patients and the same disease, so it is necessary to summarize the classification of pathogenesis. Fourth, contrast. Similar provisions are easy to confuse them, which need to be identified by comparison, especially between diseases and prescriptions, which is beneficial to clinical diagnosis and treatment. Fifth, mutual participation. "The formation of classics has its historical background and academic inheritance, so in the process of learning, we should refer to each other." For example, the transmission of typhoid fever and the academic origin of the dialectical differentiation of the six Classics on typhoid fever.

The team explores the modern teaching mode of talent cultivation, the specific teaching implementation mainly has the following aspects: first, the course teaching emphasizes the basic theory and basic knowledge, but also pays attention to strengthening students' practical ability and innovation ability; second, the theory and clinical practice teaching, concise, organized, typical medical case, let the knowledge to analyze, think, discuss and speak, the teacher explained. Third, modern information technology and education and teaching integration. Build and improve the school curriculum teaching center based on the SuperStar Learning Network platform and Wisdom Tree Curriculum Alliance, enrich the network curriculum resources, open the teaching syllabus, teaching plans, exercises, courseware, references and other teaching materials, and realize the sharing of teaching resources. Before class will learn content identified clear and timely upload, learning content including but not limited to teaching video, courseware, homework, discussion, etc. And with the help of the platform timely communicate with students, strengthen contact, urge the students timely study, finish the homework, and communicate with students at any time, patience to answer students' questions.

### **3 THE TEACHING REFORM STRATEGY OF "NEIJING" COURSE CENTERED ON TALENT TRAINING**

#### **3.1 Stimulate Students' Interest and Improve Their Independent Learning Ability**

Problem-Based Learning (PBL) and Case-based learning (CBL) is the main methods used in the teaching reform of "Neijing". PBL, CBL and other active inquiry teaching methods of learning as the core, group discussion, discuss enlightening and open questions, students have very interesting discussions, which can not only divergent thinking, but also do deep thinking, cultivate TCM thinking. Teacher to discuss the summary, combined with classroom multimedia teaching, network teaching, offline discussion combined with live online teaching closed loop teaching change students used to passive accept knowledge thinking, learn to actively explore knowledge, also stimulated the students' interest in learning, help to improve the students' autonomous learning ability.

The use of knowledge map, artificial intelligence, Chat GPT and other advanced digital technology information means to optimize, innovation, reform. Students can master the internal connection between the knowledge points of the knowledge map, check the omissions and fill the gaps through the detection of the test bank, and calculate the personalized learning path of students through the data algorithm. According to the students' knowledge points, the background can intelligently push the relevant online resources, so that the students can learn independently. Teachers can rely on the massive digital resource database of the network platform to prepare lessons, and intelligently push online teaching resources related to knowledge points through the AI algorithm. At the same time, teachers can timely grasp the overall learning progress and grasp the situation of students in different majors and classes through the background data statistics page, and make timely and appropriate adjustments to the teaching content and progress of the teaching class.

#### **3.2 Cultivate Students' Clinical Thinking Ability of TCM**

"Reading the classics, doing the clinical practice" is the consensus of the ancient and modern traditional Chinese medicine talent training. The cultivation and establishment of TCM clinical thinking needs the help of many aspects, and it is also an important link for improvement [5]. TCM is a medicine established against the background of traditional culture. Its germination and development cannot be separated from the nourishment of traditional culture. The "Neijing" is created in this environment, and its unique language characteristics and thinking mode represent the traditional thinking mode of traditional Chinese medicine. Therefore, in the teaching process, we should not only pay attention to explain the original text and medical principles, but also pay attention to the cultivation of thinking methods and ability of TCM, so that students can see the essence through the phenomenon and grasp the essence of TCM. Under the new era of innovation and development of TCM, in order to "inheritance essence, keep is innovation" as the guiding ideology, to carry out the internal course training teaching, PBL, CBL, scenario simulation and other methods of teaching methods into the teaching, promote students' clinical thinking ability and practice ability, autonomous learning ability, doctor-patient communication ability and professional promotion [6], further cultivate the clinical application ability of theory and practice.

Under the specification of the teaching syllabus, according to the theoretical characteristics and teaching requirements of different chapters, the respective teaching realization links are scientifically designed. The important medical viewpoints in "Neijing" should not only pay attention to the mutual connection between paragraphs and paragraphs, but also make full use of network resources and multimedia to improve students' interest in TCM classics, stimulate

students' autonomy and creativity in learning, establish clinical thinking mode, and improve students' comprehensive application ability. Outside the classroom, according to different personalities of students to take different "second classroom" teaching methods. "Teachers lead students" mode, "competition incentive" mode, "self-development" mode, "point promotion" mode, etc, strive to achieve self-breakthrough according to students' own character and learning mode [7].

#### 4 CONCLUSION

TCM is the treasure of the Chinese nation, and talent is the first resource for the development of TCM. Classic teaching of TCM is one of the reform of deepening the teaching project, through teaching reform can further enhance the important role of Chinese medicine classic in medical talent training, the different schooling professional practice of TCM classics teaching put forward new requirements, and promote the teaching practice to follow up, strive to students and young teachers in the TCM theory and classic theory of clinical thinking and application ability have further improve.

With the development of higher education in the course of TCM, the practice has proved that the classic course led by "Neijing" can best reflect the characteristics of TCM [8]. In order to adapt to the development of the new era and the requirements of higher TCM education and teaching, the classic course teaching of TCM led by "Neijing" further explores new teaching modes, promotes the follow-up of teaching practice, and promotes the organic integration of classroom education with vocational quality education, innovation and entrepreneurship education, and curriculum ideological and political education. In the new era of "Internet +", online and offline modern information technology is deeply integrated with TCM classical education and teaching, which further promotes the reform and ecological reconstruction of the education model.

#### COMPETING INTERESTS

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