

# The Inspiration of “Visceral Manifestations Theory” to the Grassroots TCM Work in Guizhou from the Perspective of Digestion

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## Abstract:

The theory of visceral manifestations is one of the core contents of the theory system of TCM. It holds that the spleen and stomach occupy the middle Jiao, the pivot of the body's Qiji movement and the source of acquired and biochemical Qi and blood. The liver regulates Qiji of the whole body and secures bile to aid digestion. It can be seen that the liver and gallbladder, spleen and stomach are the viscera most closely related to the digestive function in the theory of TCM viscera. Due to the influence of poor lifestyle and eating habits, digestive system diseases have become more and more important diseases that trouble people's health, especially at the grassroots level. The essence of the dirty image is to examine the internal crux, grasp the internal contradiction and solve the internal problem through the external performance. Therefore, it is of great guiding significance and broad clinical application prospect to correctly understand the theory of Tibetan image and to inherit and innovate it in practice, strengthen the construction of classical Chinese medicine wards, strengthen the training of classical Chinese medicine theory and appropriate technology, pay attention to the improvement of scientific research management and research ability of basic Chinese medicine, and carry out the research and high-quality development of complicated diseases in TCM.

## Keywords:

Visceral manifestations theory  
Digestive perspective  
Grassroots traditional Chinese medicine  
High-quality development  
Important enlightenment

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## 1. Introduction

The “Huangdi Neijing” systematically and comprehensively expounds the theory of viscera, which provides solid theoretical support for the clinical practice of TCM and a strong health guarantee for the reproduction and prosperity of the Chinese nation. Later generations of doctors and TCM scholars have continuously enriched the connotation of the viscera theory, and tested and summarized it in many clinical practices, forming a series of TCM works with different characteristics, and promoting the development of TCM. With the change in health concepts and health needs, people’s demand for high-quality Chinese medicine health services is increasing, and people are increasingly pursuing holistic health. As a whole view of the guidance of TCM, more highlights its important position, unique charm and social value. Based on the prevention, diagnosis and treatment of digestive system diseases, this paper expounds the inspiration of the theory of viscera and TCM syndrome differentiation to the work of grassroots TCM in the new period and promotes the high-quality development of grassroots TCM in Guizhou.

## 2. The theory of visceral manifestations and its digestion

### 2.1. “Digestion” function in viscera manifestations theory

The core content of visceral manifestations theory is to study organs, their physiological functions and pathological changes. The theory of the viscera holds that “the so-called five viscera are those who store the essence without draining it, so they are full but not blocking.” People with organs pass on things without hiding them, and the truth cannot be full.” For the digestive system, “storage of essence and Qi” is mainly reflected in the liver storing blood and soul, and the gallbladder storing bile; and spleen manufacturing Qi and blood, dominating Sheng Qing, control of blood and intention. The “transmission” is mainly reflected in the excretion of bile by the gallbladder, the acceptance and maturation of the stomach and the descending of the stomach. These “digestion” functions are related to a series of processes such as the reception, digestion, absorption, transportation, and transformation of the

diet, as summarized in “Huangdi Neijing”: “Why, the entrance of the water valley, then the stomach is full and the intestine is deficient. After eating, the intestine is full and the stomach is weak.” Chinese medicine and Western medicine have a great difference in the understanding of “spleen” function, even in the past time there is still a debate. In TCM, the spleen’s transportation function is a part of the digestive system, the spleen’s blood-regulating function is a part of the coagulation and anticoagulation system, and the spleen’s main muscle function is the skeletal muscle and its auxiliary device in the physical motor system, which is different from the blood storage function, hematopoietic function and blood filtration function of the anatomical spleen <sup>[1]</sup>.

### 2.2. The relationship between “wood and soil” in the new five-element theory

The five-element theory is a theoretical model established based on image thinking to analyze the five-element attributes and mutual relations of various things. By extending and evolving the general characteristics of the five elements, it generalizes into a general methodology for classifying things and deducing their relations and attributes <sup>[2]</sup>. According to the new five-element theory <sup>[3]</sup>, “coexistence” has the meaning of “continuation” and “coexistence” has the function of “monitoring”. Wei *et al.* (2023) <sup>[4]</sup> also believe that “coexistence” is a one-way transmission relationship, “promotion” is “connectivity,” and “connectivity” has the characteristics of “production.” In the new five elements theory, due to the change in the order of “five elements,” the original “wood, fire, earth, gold and water” became the order of “wood, earth, fire, gold and water,” that is, the original “wood and earth” relationship has become the relationship of phase (wood and earth). Therefore, the “organs” corresponding to the five elements change into “bile (wood), stomach (earth), small intestine (fire), large intestine (gold), bladder (water),” which has the characteristics of “continuation” and “one-way transmission,” and these are mainly reflected in the “spleen and stomach,” “liver and gallbladder” and small intestine as the protagonist of the digestive system, as well as the heart of the main storage God and the main blood. It has a continuation effect on structure and function.

### 2.3. Relationship between “digestive” function and organs

The digestive function of TCM includes the digestion, absorption and conduction of dross in modern medicine. On the relationship between digestion-absorption and organs, the spleen and stomach are the first. The stomach is the main receiver and the spleen is the main transporter. The stomach masters to pass, the spleen is responsible for raising subtlety. The stomach prefers moistening to hate dryness, spleen prefers dryness to avoid dampness. The spleen and stomach live in the middle Jiao, and the coordination of transport, dry and wet, and the rise and fall are not only common to complete the accommodation and transportation of food, but also to jointly dominate the rise and fall of Qi. The second is the liver and gallbladder. The liver secretes bile, masters dredging, and modulates the mood and Qiji. The gallbladder stores and excretes bile, and takes charge of making decisions determines. They coordinate and cooperate to complete the digestion of bile to food to facilitate absorption. In addition, the secretion of the small intestine is clear, the large intestine is the main fluid, the heart is the main spirit, and the lungs are all closely related to the digestion and absorption function. Some people believe that TCM may treat functional dyspepsia by regulating the levels of brain and intestinal peptides such as motilin, gastrin, substance P, cholecystokinin, somatostatin, vasoactive peptide, and somatostatin, and its mechanism may be related to promoting gastric emptying, improving gastrointestinal peristalsis, improving gastrointestinal motility and accelerating intestinal propulsion rate<sup>[5]</sup>. Some scholars believe that the balance of gastrointestinal motility is dominated by the rise of the spleen and the fall of the stomach<sup>[6]</sup>. The regulation of liver Qi and the proclamation and descent of lung Qi play an important role in the rise and fall of spleen and stomach Qi, so the disturbance of gastrointestinal motility is closely related to the Qiji regulation of liver and lung and the Qiji disorder of spleen and stomach.

### 3. Features and enlightenment of digestive system diseases in the theory of Zangxiang

The failure of the digestive system related to the function of the viscera can lead to a variety of clinical manifestations. To sum up, there are mainly the following two characteristics.

- (1) The “main syndrome is clear”: Clinical symptoms of abdominal distension, diarrhea, constipation, belching, nausea, vomiting, pantothenic acid and other digestive dysfunction caused by the failure of stomach and spleen transport, intestinal turbidness and large intestine conduction disorder, or the abnormal movement of middle-focal Qi machinery.
- (2) “Multiple syndromes”: The disease location involves other organs and organs, so it can appear a variety of clinical manifestations, such as the patient’s liver Qi discomfort, Qi disorders, clinical manifestations such as poor tolerance, frequent use of vector Qi, pain discharge, intestinal sound hyperactivity. As for the mechanism or principle of TCM treatment of digestive system diseases, what is it? Is it the original drug or does it work through intestinal metabolites?<sup>[7]</sup> These deeper questions need to be answered by systematic research.

These similarities can manifest in several ways, such as the production, storage and change of essence, the production, movement, and function of Qi, the production, circulation and function of blood, the production, distribution, excretion of body fluid, etc. That is, when their function is abnormal, it will be manifested as the clinical characteristics of “the main syndrome are distinct and the syndrome is diverse,” and the clinical treatment also adopts the method of “grasping the main disease and taking care of the syndrome.” This has something in common with the new format of TCM that the medical institutions of TCM must have the surname “Zhong” and encourage cross-disciplinary development at the same time, demonstrating the essence of TCM that the road is simple and the line is consistent. This is exactly the problem that needs to be solved in the development process of grassroots TCM in Guizhou.

## 4. Inspiration from the nature of “visceral manifestations” to the work of grassroots TCM in Guizhou in the new period

### 4.1. What is the nature of the visceral manifestations?

- (1) Be good at tracing the root of the external manifestation

In clinical diagnosis, it is the basic duty of a qualified doctor to fully collect patient information through “looking, hearing, asking and cutting.” Being able to “synthesize” and analyze the collected information in a timely, accurate and comprehensive manner is an important reflection of the professional level of medical workers. Therefore, the word “comprehensive” is particularly important. To sum up, there are two aspects, where we must be accurate and complete in external performance; we also need to find out the reason. For grassroots TCM in Guizhou, the development level of TCM is neither sufficient nor balanced. There are many reasons for this, but the key is “lack of adequate and top-notch talent.”

- (2) Analyze the inner nature through the external phenomenon

The important link of TCM clinical syndrome is “syndrome differentiation,” which is also the core target of the essence of visceral manifestations. Only by processing the collected patient health information through certain syndrome differentiation methods and obtaining a specific “syndrome” can grasp the essence and find the cause. This process of seeking “evidence” is very important, which is the “essence” that doctors seek and need to grasp. So, what is the external manifestation of grassroots TCM in Guizhou? First of all, Chinese medicine (including ethnic medicine) resources are very rich. At the same time, ethnic medicine technology in rural areas is widely used and effective. Moreover, the brand effect of TCM is not obvious, and the characteristics of “Unique skill” are not strong. What is its intrinsic nature? Firstly, there is a shortage of top talents such as

academicians, Jieqing and excellent youth in the field of TCM, and a scientific and technological team with a strong radiation-driving effect cannot be formed. Secondly, the development and utilization of ethnic medicine resources and cross-innovation capabilities are not strong enough, and the advantages of ethnic medicine resources are not prominent enough. Thirdly, the lack of “market entry” standards for ethnic medicine resources leads to the inability of skill inheritors to smoothly apply ethnic medicine stunts to clinical practice.

- (3) Only with thorough knowledge can the study gives accurate strategies based on syndrome differentiation

The purpose of the TCM clinic is to solve the practical problems of patients. Under the guidance of the theory of visceral manifestations, it is necessary to follow the “evidence” of the patient’s condition, to obtain the process of theory, method, prescription, medicine and specific adjustment methods. For the work of grassroots Chinese medicine in Guizhou, three weak links restrict its high-quality development. The first one is that the organization is complete but not “healthy.” At present, the overall situation of grassroots TCM medical institutions in Guizhou province is that unbalanced regional development and inadequate business level. The performances of it are as follows, where the basic replenishment of the district and county hospitals of TCM, but the business ability and scientific research ability need to be improved. Township health centers have all established and relatively complete equipment, but the overall supply capacity of TCM technology is limited, different TCM center business development gap is large, some township health centers can rely on TCM business to drive great development, some TCM center is on the verge of closure. Most village clinics have been renovated with a new look, but it will take time for them to be efficient. The second one is that there are few talents but not “fine.” There is a common phenomenon of “insufficient number of talents

and quality to be improved” in grassroots TCM in Guizhou. Among TCM medical institutions at all levels, TCM hospitals at the district and county levels can operate normally, but there is a lack of top discipline leaders, and there is a gap in the operation of TCM classic wards. Township TCM library is generally short of talent, but it is strange that individual village clinics vigorously carry out TCM health services, which can be described as “master in civil.” The third one is that the characteristics are not “loud.” “Creating characteristics” has almost become the “mantra” of every medical institution, but how many TCM hospitals and TCM museums have special therapies and stunts? Some districts and counties (Tujia medicine, Yao medicine, Dong medicine) have characteristics of ethnic medicine techniques, but this characteristic is not “prominent” and “loud” enough so it is subject to various restrictions when it is included in clinical and medical insurance, and even mainstream media dare not “bold” publicity and reporting. However, the inheritance of such ethnic characteristics of medicine techniques is mostly limited to the people or as a hospital or as a “display” of activity to outsiders and rarely can be openly carried out training, let alone issued without a license.

These problems, which are fed back to the grassroots Chinese medicine work in Guizhou through “the essence of visceral manifestations theory,” have become the main factors restricting the high-quality development of grassroots Chinese medicine work in Guizhou, and are also the way out for Guizhou to strive to solve the problem at present and in the future. To solve this problem, I would like to put forward the following four aspects of the solution.

#### **4.2. The inspiration of “the essence of visceral manifestations” to the grassroots TCM work in Guizhou in the new period**

Relevant state departments party committees and governments at all levels have actively responded to the call and introduced a series of special measures to promote the development of TCM. Guizhou is located

in the western plateau of China, the ethnic medicine resources are extremely rich, has the reputation of “Yelang no idle grass, Guizhou more medicine.” However, due to various reasons, the grassroots TCM work in Guizhou still faces many difficulties and bottlenecks, and the system mechanism, talent team, discipline construction, and scientific research are weak and need to be improved and promoted.

##### **4.2.1. Improve the management mechanism of TCM at the grassroots level, and stimulate the entrepreneurial vitality of officers**

The key value of the visceral manifestations lies in grasping the essence, and the core of grasping the essence is to distinguish the “syndrome” first and then discuss the treatment. “Treatment” pays attention to “principle, treatment, prescription and medicine,” and the composition of prescriptions pays attention to “king, minister, assistant, envoy” and “seven emotions.” These are the “rules” hidden in TCM and are also an important mechanism of TCM to cure and save people. The “dogmatic” model without innovation is also an important factor restricting the high-quality development of grassroots TCM.

##### **(1) Improve the evaluation and advance mechanism of TCM management at the grassroots level**

To measure the management level of TCM at the grassroots level, the study will see whether the sustained, rapid, healthy and innovative development of TCM can be promoted at the grassroots level. Generally speaking, a comprehensive judgment can be made by evaluating the local investment capacity, policy guidance and productivity capacity, business guidance capacity, institutional optimization management capacity, and emergency problem-handling capacity of grass-roots TCM. At the same time, in the construction of a grassroots Chinese medicine management team, it is necessary to establish a “The superior is superior and the inferior is inferior” intervention and regulation mechanism, combining the supervision and early warning of the competent health authorities, the supervision and early warning of cadres and workers and the



quality early warning of the masses are full of dissatisfaction, timely research and judgment, timely communication, and timely correction, to establish a mechanism for cadres to advance and retreat by “matching people to posts, selecting people to posts on the best.”

(2) Improve the evaluation and use of the grassroots TCM talent incentive mechanism

General Secretary Xi Jinping has stressed that “We should do a good job in upholding integrity, innovating, inheriting and developing TCM, and establish a service system, service mode, management mode and personnel training mode that meet the characteristics of TCM, to carry forward traditional TCM.” This puts forward the latest requirements for what kind of TCM talents we cultivate and how to systematically train TCM talents. According to the current situation of TCM talents at the grassroots level in Guizhou, firstly, it is necessary to improve the ability of introducing and cultivating high-quality talents, to provide sufficient intellectual support for the development and leading of TCM at the grassroots level. Secondly, we should scientifically carry out the performance evaluation of professional and technical personnel, and establish and form a fair and just performance evaluation concept and career concept, so that those who can accomplish things and those who accomplish things can feel relieved to do big things. In addition, it is necessary to formulate and implement the policy of rewarding outstanding contributions to TCM at the grassroots level, focusing on improving the sense of gain and happiness of outstanding talents in terms of material rewards, spiritual encouragement and growth treatment, and stimulating their greater enthusiasm for doing business in the field of TCM.

(3) Improve the service capacity and evaluation mechanism of grassroots TCM

To establish and improve the service ability evaluation system of grass-roots Chinese medicine talents and the performance evaluation index system of TCM management. On the

one hand, it is necessary to let the grassroots TCM talents have the direction of struggle, the action has the goal, the work has the motivation, the achievement has the recognition, and the achievement has the return. On the other hand, the management of medical institutions and health authorities must be scientific, management has assessment, management has practical plans, two-pronged, two-way force, and ultimately achieve the improvement of management level and serviceability double assessment and double promotion.

#### **4.2.2. Gradually improve the classic ward of TCM and smooth the channels for seeing a doctor**

Giving full play to the guiding role of TCM classical theories in the clinical work of TCM is an inevitable requirement for implementing the concept of “inheriting the essence, keeping the integrity and innovation” and the relevant national documents on the development of TCM in the new era, an important measure to promote the inheritance development and innovative transformation of TCM, and a source of strength to improve the level of health services of grass-roots TCM.

(1) Solidly build the classic ward of TCM in the general hospital

TCM hospitals at the county level and above should take the solid opening of TCM classic wards as an important work of the hospital to grasp the establishment of TCM classic wards by the president of the “direct management, regular rounds, timely dispatch” of the project, from the ward setting, professional personnel, clinical teaching arrangements, TCM classic course assessment, cultural facilities layout and other aspects. Adhere to the constant grasp, excellent management, and long-term effect, the TCM classic ward as the hospital characteristics, science and technology to strengthen the hospital’s important starting point, and better meet the mass demand for TCM supply. Other general hospitals at the county level and above can combine their actual conditions and superior resources, and build TCM-related departments by referring to the TCM classic ward model of

TCM hospitals, to improve the health service capacity of TCM.

(2) Efficient operation of township health centers of TCM

At present, the township (street) health centers in our province, community health service centers in accordance with the relevant national and provincial requirements, set up TCM or TCM health service centers, but due to the small proportion of grass-roots Chinese medicine talents, the lack of TCM technology supply and many other factors, the operation of TCM centers varies from place to place. To fully activate the health service potential of the TCM museum, it is necessary to vigorously train professionals who are interested in engaging in grassroots TCM work, adjust the operation incentive mechanism of the TCM museum, enrich and improve the professional and technical staff of the TCM museum, strengthen the basic skills of looking, listening, inquiring, and paying attention to the norms of the theory, prescription and medicine system so that the common people can enjoy the original and high-quality TCM diagnosis and treatment services at their doorstep.

(3) Sustainably implement the TCM “Preventive treatment of disease” project

In the history of the development of TCM, doctors of all dynasties have exerted great importance on the “preventive treatment of disease” and passed down through the ages. For example, the well-known story of “The Three Brothers of Bian Que” reflects the important status of TCM in treating diseases before they occur. The TCM classic “Huangdi Neijing” set the precedent of “Treating disease before it occurs” in Chinese medicine. Synopsis of the Golden Chamber says, “Treating before the disease occurs refers to seeing the disease of the liver, knowing that the liver transmits to the spleen, and first strengthening the spleen.” It fully embodies the importance of “preventing the disease from changing.” “Qianjin Fang” contains “the disease that the doctor has not been sick, the disease that the Chinese medicine doctor wants

to be sick, and the disease that the doctor has been sick.” As well as the “Danxi Xinfu” says, “Instead of saving after a disease, it is futile to cover the disease and then the medicine.” and so on, all emphasize the importance of the treatment of disease before it occurs. To carry out the construction of TCM wards (departments), we must establish the orientation of treatment without disease, effectively reduce the medical burden of patients, and maximize the health level of the masses.

#### 4.2.3. Organize TCM classic training well to improve clinical diagnosis and treatment levels

The State Administration of TCM issued the “14<sup>th</sup> Five-Year Plan” for the Development of TCM Talents, which has made specific arrangements for the training of TCM talents conforming to the characteristics of TCM. As a grassroots TCM medical institution, it can adopt the “three-combination” approach to strengthen personnel training and provide a practical platform for the construction of a personnel training system that conforms to the characteristics of TCM.

(1) The combination of online and offline to improve the theoretical learning effect

Classical classes such as the theory of TCM visceral manifestations are regularly opened, special training lectures are regularly held, the cultural layout of TCM in the corridors, sidewalks and green belts of TCM hospitals are optimized, and a good atmosphere is created for the study of TCM classics, and the thinking habits and practical abilities of TCM practitioners are cultivated. At the same time, the advantages of the Internet can be focused and several high-quality Chinese classic course resources can be selected for clinicians to learn and digest, learn from each other’s strengths, learn from advanced successful experience, broaden their professional vision, improve clinical critical thinking ability, and constantly improve the learning effect of the Chinese classic.

(2) The combination of the hospital and the outside, consolidating the level of theoretical application Scientific development of the hospital training

system, the establishment of the hospital academic committee, and under the supervision and guidance of the implementation, the hospital professional and technical personnel and members of the medical and health community business backbone are the objects of attendance. The training is led by the dean, the members of the business team, the director of the department, etc. are all included in the teaching expert database, and the special lecture of “one topic in a month, one competition in a year” and the selection of high-quality lectures are carried out, and the year-end performance is rewarded. At the same time, a certain amount of experts and scholars in relevant fields of Chinese medicine, Chinese medical masters, the national famous Chinese medicine, and academic leaders or inheritors of well-known schools are invited to carry out academic reports on TCM classics online and offline, and continue to improve the transformation and regenerating power of TCM classics to guide clinical practice.

(3) Combine training and testing to improve the level of clinical diagnosis and treatment

Ensuring the operation of the learning and training system in the long term is the key to improving the effect of learning and training. First of all, it is necessary to clarify the test requirements of learning effects, not only to avoid the training process of formality but also to eliminate the training process into a form. Secondly, for professional and technical personnel with different titles, stratified and classified test question banks are established regarding relevant professional and technical qualification examinations or relevant national standards, and professional skill tests are regularly carried out to verify the training and learning effect and clinical practical level. At the same time, given the common weak links, special training and strengthening are carried out, and as an important basis for inviting experts from outside the hospital to give lectures. In the course of implementing the lectures of the director of the internal medicine department of the hospital,

the teaching effect should be evaluated and the teaching staff should be encouraged to improve the quality of lesson preparation.

#### 4.2.4. Build a scientific research platform and strive to overcome difficult diseases

“We should do a good job of innovation, inheritance, and development, actively promote research and innovation in TCM, focus on interpreting the principles of TCM with modern science, promote the combination of TCM and modern science, and promote the complementary and coordinated development of Chinese and Western medicine, to provide better health services for the people.” This not only puts forward clear requirements for the inheritance and development of TCM in the new era but also provides methodological guidance for the scientific research and innovation of TCM and the coordinated and high-quality development of Chinese and Western medicine. As a grassroots TCM medical institution, it can start from the following four aspects to continuously improve the ability to solve complicated diseases.

(1) Start with the theoretical connotation itself and strengthen the collation and study of TCM classics

“Time is the mother of thought, practice is the source of theory,” in the classical theory of TCM, has important enlightening significance. The theoretical system of TCM is extensive and profound, which comes from the extensive clinical practice experience of countless doctors. TCM has a unique and profound culture and is a shining pearl of China’s excellent traditional culture. The science and education departments of TCM medical institutions should fully fulfill the responsibilities of discipline development, actively mobilize the leading role of the academic committee, organize expert teams inside and outside the hospital, strengthen the collation and research of TCM classic theories and ethnic medicine theories with local characteristics, consciously take up the “baton” of TCM inheritance and innovation development in the new era, and promote the output and transformation of scientific research results. Continuously improve the hospital’s diagnosis



and treatment level and core competitiveness.

- (2) Start with basic experimental research and strengthen the exploration and research of theory guiding practice

The seemingly boring and complicated repetition of basic research is a tireless exploration and innovation in pursuit of scientific truth. No matter what field or level, only those who attach importance to basic research are likely to achieve deeper and a fruitful scientific research and academic achievements and better solve the “intractable diseases” in this field. Therefore, the basic medical institutions of TCM should solve the common and complicated diseases in the region as the key direction of basic research. As a discipline leader, it is important to pay attention to the development trend of interdisciplinary disciplines, timely set up clinical science research teams, and take overcoming difficult diseases in this field as a lifelong pursuit and professional belief.

- (3) Start with the development and application of new drugs, strengthen the safety evaluation of new drug formulations

The common saying “medicine and drugs are not divided” can be understood as: the theory of TCM can guide the composition of prescriptions, drugs can serve the clinical practice of TCM and can be tested in clinical application. Medicine and drugs are inseparable, and more emphasis is placed on the fact that “drugs cannot be separated from medicine,” because there are many means of “medicine,” such as clinical treatment of hypochondriac pain, stomach pain, abdominal pain, diarrhea and other digestive system diseases, available drug treatment, you can also choose acupuncture, massage, scraping and other therapies. Therefore, according to the theoretical guiding ideology of TCM, continuously strengthening the research or development of new drugs (formulation) to better meet the actual clinical needs is another important way to promote the inheritance and transformation of TCM and innovative development. However, in the process of research or development of

new drugs (formulations), it is necessary to improve the awareness of the safety of drug formulations, relevant departments of medical institutions should strengthen the evaluation and management of drug use safety, and carry out pre-clinical pharmacological or toxicological tests when necessary to ensure innovation based on safety.

- (4) Start from different logical starting points and strengthen joint efforts to tackle difficult diseases of the digestive system

From the perspective of traditional medical logic, digestive system diseases are mainly caused by the failure of functions such as spleen handling, clearing and regulating blood, stomach handling and lowering, liver handling, bile storing and secreting bile, etc. Common and difficult clinical diseases include lump, accumulation, distention, severe blood syndrome, severe jaundice, etc. From the point of view of modern medical logic, the difficult diseases of the digestive system are mainly some tumors, severe inflammation, and serious hemorrhagic diseases. These diseases are either serious, acute, or both, and often require the cooperation of the treatment team, and even the cooperation of other departments such as surgery and hematology. From the logic of general medicine, human is an organically unified whole of “physiology-psychology-society.” TCM believes that the liver is the master of drainage, regulating Qi machinery, controlling emotions, regulating digestion and reproductive functions, and promoting blood operation and water metabolism, while the spleen and stomach are the acquired basis and the source of Qi and blood biochemistry. It can be seen that the functions of the liver, gallbladder, spleen and stomach are closely related to the whole life activities of the human body. It involves physiological, psychological, and social aspects, which is also the main content of general medicine research. Therefore, careful research and practical solutions to digestive system health problems or diseases is an important part of general medical activities.

## 5. Conclusion

In short, “The theory of traditional Chinese medicine” is profound, its culture is rich, its techniques are diverse, its efficacy is evidenced, and its application is extensive. As the core component of the TCM theoretical system, the theory of visceral manifestations has much important inspirational significance for digestive system diseases and even the clinical work of TCM. This paper only explores the issue from the perspective of the organs.

As TCM exerts great importance on the holistic concept and dialectical treatment, in-depth study and flexible application of the TCM theoretical system have important guiding significance for the high-quality development of grassroots TCM work, and it is also significant and far-reaching for enhancing the self-confidence of TCM culture and cultivating the new quality productivity of TCM.

### Disclosure statement

The authors declare no conflict of interest.

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