

Restoring the Spirit by Avoiding Stinky Food In Order To Prevent Covid 19 and other Contagious Disease, A Taoism and TCM Approach

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Abstract: Spirit in Taoism called Yuan spirit or Yuan Shen (元神) or we can also call it Shen, is the superior host of the body. Traditional Chinese Medicine and Taoism believe that the Shen could govern the Qi, the Qi could govern the Body. All treatment approaches have to ensure the wellbeing of Shen, otherwise all the effort will be fruitless. Zhang Zhong Jing also believed that treatments should be favorable to the Shen. In the abstinence of external diseases in 《Shang Han Lun 》, it suggests to stop consuming meat, five stinky vegetables, decaying and stinky items. The acupuncture points called Welcome Fragrance (LI20) which are located above the mouth signifies that all the food should be smelled by our nose before they could be entered into our mouth. Ancient Chinese showed their wisdom by creating Chinese words with intrinsic value. As a point in large intestine meridian, it implies that our body especially our stomach and intestine prefer fragrant food instead of stinky food. Our body which is governed by spirit is welcoming fragrant food and dislike smelly food which could generate pathogens like bacteria, viruses, worms. The stinky smell could impair the Shen and energy Yang. This correlate with several modern studies which had found out that the structure and the digestive acid of human is incapable to overcome the virus and bacteria. The result shown that we could treat and prevent the Covid 19 and other contagious diseases by stop consuming the stinky food.

Keywords: Spirit, Shen, Stinky food, LI20, Covid 19, Digestive fluid, Virus

1. INTRODUCTION

According to World Health Organization, contagious diseases are disorders that are caused by organisms, usually microscopic in size, such as bacteria, viruses, fungi, or parasites that are passed, directly or indirectly, from one person to another. Humans can also become infected following exposure to an infected animal that harbors a pathogenic organism that is capable of infecting humans. 《Traditional Chinese Medicine Epidemiology》 (《中医疫病学》) defines the infectious disease as “It is a general term for infectious disease which is contagious, can cause large area epidemics, with rapid onset, causing great impact, regardless of gender, and with similar clinical manifestations.” “Yi Bing” (疫病), it refers to infectious disease in this modern era, ancient Traditional Chinese Medicine books generally known it as “Yi” (疫), “Li” (疔), “Yi Li” (疫疔), “Wen Yi” (瘟疫), “Wen Bing” (温病) or “Shang Han” (伤寒) [1]. The Novel Coronavirus (Covid 19) which occurred

in the end of 2019 has initiated a pandemic. This contagious disease has been spreading from Wuhan City, Hubei Province of China, and became a pandemic that has spread across a large region, multiple continents or even circle the globe in the first few months of 2020. This virus is highly transmissible and has created the devastating threat to the health of the people in the world and impaired the socio economic activities globally. In the history of human being, we have been ravaged by different type of contagious disease like plague, pestilences, black death, Spanish flu, yellow fever, influenza and so on. The black death which happened in 1331 to 1353 had caused death of the 60% of the population in Europe [2]. The H1N1 Influenza which happened in 1918 to 1919 had caused the death of 500 million people or one-third of the world population [3]. In view of the devastating effect, preventing the contagious diseases from turning into the serious outbreak which could threaten the precious lives of the human has become the prioritized task for the Healthcare departments of most of the countries. Thus, a research on finding the root cause of the contagious diseases “Yi Bing” (疫病) and the preventive actions becomes substantially important.

2. MATERIAL, METHODS AND OBJECTIVE

The study is a qualitative review study. It was conducted by searching the database of Elsevier, Pubmed, Springer and other TCM books or journals with the key words of spirit, stinky food, LI20, Digestive fluid, Covid 19 and virus. These words were often used separately and in some cases the combination of two words. Inclusion criteria were articles in the field of Prevention of Contagious Disease in Traditional Chinese Medicine(TCM) or western medication, articles related to spirit and food consumption habit, study on history of human food consumption habit, news on Covid 19 related to animals' dead bodies, TCM articles or books related to LI20 acupuncture point and articles published after 1988. Exclusion criteria are those articles not in the above key word criteria and the articles published before 1988. The main idea of this article is the intuitive discovery derived from the observation of the body and the environmental manifestation. This could be considered as the first discovery where no other similar research could be found. As a result, there are lack of direct evidence or reasoning process. Nevertheless, the authenticity of this review could be justified by every reader with their own consciousness. The stinky smell of the animals' dead bodies that sensed by every single human being is the crucial fact that is undeniable. This is the natural consciousness that possessed by all the human beings, but unfortunately it has been temporarily concealed under delusion and lust of most of the human beings. In view of this, this article could serve as a reminder and help to awake the consciousness of the general public with the objective of resuming the right food consumption habit which could sustain their health and enhance their resistance power toward contagious diseases inclusive of Covid 19.

This research will focus on the physiological reaction of the structure “Xing” (形) and psychological response of the spirit “Yuan Shen/Yuan spirit” (元神) from the micro perspective based on the theories of Yellow Emperor Classic, Treatise on Cold Pathogenic factors and other TCM theories. The Yellow Emperor Classic has stated clearly in Plain Question which was written as below. 《Plain Question. The Secret Classical Theory of Ling Lan 》: “If the Emperor is in great awareness, all the ministers would behave obediently, this healthy condition would bring longevity and eternity to individual and prosperity to the country. In contrary, if the emperor lost his awareness, the 12 ministers will be endangered. All the pathways will be blocked. For those who follow this will be injured seriously, may die. It is not good to govern your country this way. Please try to avoid it” (《素问.灵兰秘典论》有云: “主明则下安, 以此养生则寿, 殁世不殆, 以为天下则大昌; 主不明则十二官危,

使道闭塞而不通，形乃大伤，以此养生则殃，此为天下者，其宗大危，戒之戒之。”)[4]. The above statement has explained clearly the important of Heart with emperor status in determining the gain or loss of health and longevity. As we known the heart is conceiving spirit “Yuan Shen/ Yuan spirit ” (元神) or we call it Shen, the Shen is the superior host of the body. Traditional Chinese Medicine believes wholeheartedly that the Spirit “Shen” (神) could govern the Energy “Qi” (气), the Qi could govern the Body “Xing” (形). (以神来御气, 以气来御形). All treatment approaches have to ensure the wellbeing of Shen, otherwise all the effort will be fruitless. According to 《The Theory of Changes. Detailed Explanation》: “Those above the physical are Dao, those below it is objects.” (《周易. 系辞》: “形而上者谓之道，形而下者谓之器。”)[5]. Spirit “Shen” (神) is something above the structure or we call it metaphysical(形而上), It could govern the qi “energy” and structure “body”. The significance of the spirit could be resembled as the “programmer” of the computer. The “computer” is the structure, while the electricity supplied to the computer is similar as the energy of the body. Without the electricity and the execution of the programmer, the computer is in malfunction. Thus, tackling the problem of the spirit is always the main concern for all the ancient and modern great physicians in either treating the internal diseases or external contagious diseases inclusive of Covid 19.

3. DISCUSSION

The current research has drawn the public’s attention about the stinky and disgust food not merely on rotten food but also the meat that we consume daily. The awareness of the general public towards the stink and disgust meat is prevailed after identifying the true definition of the meat which is “animals’ dead bodies”. This awareness could help the public in preventing the contagious disease and gain health and longevity. The avoidance level of stinky and disgusting food could be broadened and deepened after we have realized the natural basic instinct of the spirit which possesses disgust-resistance capability. The correlation of the advantages of the current research with the previous researches will be clarified in the following statements.

The famous Eastern Han Physician Zhang Zhong Jing(张仲景) understand clearly the significance of Spirit. He had stated that: “ If the spirit, right qi and 5 zangs are functioning smoothly, this person would be in peace and harmonized.” (张仲景所言: “若五脏元真通畅, 人即安和。”) In order to maintain good function of the spirit, Zhang Zhong Jing believed that we have to perform something which are favorable to the Shen. Zhang also stated clearly in the abstinence external diseases in 《The Treatise of Cold Pathogenic Factors and Miscellaneous Diseases 》: “Stop consuming cooling food, sticky and greasy food, meat, five pungent and smelly vegetables, liquor, decaying and stinky items.” [6]. The later generation have been applying this abstinence as one of their important treatment guideline. Zhang Zhong Jing was the founder of treatment by differentiation of syndrome by proposing the principles of six channel patterns (六经辩证). This is considered as one of the prominent diagnostic method in Traditional Chinese Medicine. He was also the writer of 《The Treatise of Cold Pathogenic Factors and Miscellaneous Diseases 》. In order to accomplish the comprehensive and complicated protection approach, the spirit “Shen “ (神) of the body must be in sound condition. Shen is the host of the body. It conceived inside the heart. Heart with healthy Shen could perform its Emperor’s duty perfectly without any mishap. The healthy Shen must possess great awareness and well-equipped with the ability of agility and sensitivity. He must be aware of all the phenomenon happen in his country(body). He is an

emperor with great alertness and vigilance who could notice any unusual and potential dangerous or difficult circumstances.

In 《Plain Question. The Great Compendium of Truthfulness》 of the Nineteen Pathogenesis in Yellow Emperor Classic has stated : “All the occurrences of pain, itchiness and sore are related to heart” (《素问·至真要大论》中病机十九条有云 “诸痛痒疮皆属于心”) [4]. The heart which conceived Shen would detect the pathogenic factors which invade the body and generate a series of body reaction such as pain, itchiness and sore. The physiological response to pain, itchiness and soreness will provide signal for us to tackle the problems appropriately. This detective ability really depends on the awareness and sensitivity of the spirit. The ability of the spirit to invigilate and protect the whole body was impaired if it encounters the stinky items which are unfavorable to it. Thus, human is intuitively rejecting all types of stinky items which could pollute the superior and purified embodiment (上清之体) of Spirit. In view of such condition, Zhang Zhong Jing had forbidden the consuming of meats, eggs, milk, awful and meat-alike smell vegetables like garlic, onions, scallion (green onion), Chinese onion, chives, leek and other stinky and decaying food. According to parasite avoidance theory of disgust, the disgust motive is an adaptive system instantiated in neural tissue that guides behavior that serve to avoid risk of infection [7]. This is the natural response or intuitive reaction of the Spirit. Chinese claim the central nerving system as Spiritual Pathway (神经). The pathway with the existence of the spirit could sense the stinky smell and reject whatever which is unfavorable to it.

The spirit “Shen” (神) in Chinese language means God, Goddess or heavenly beings. Chinese’s religion and culture have the tradition of worshipping God, Goddess or heavenly beings with flowers, accents, fruits and other elements which are fragrant. The Shen or Gods outside the body are in favor of fragrant item. While the Shen inside the body is relatively in favor of fragrant items as well. Humans will be attracted and fascinated by a plate of fresh fruits and not to the plate of uncooked meat. The uncooked meat is considered as an animal dead bodies which is decaying in every second. The awful smell of the animals’ dead bodies makes human stay away. Many researchers have claimed that the emotion of disgust functions to protect us from disease. It is suggested that disgust is evoked by people that possess particular types of prepared features that connote disease [8]. This basic instinct is actually the basic ability of spirit which are generally possessed by the human beings. The ability in differentiating the disgusting smell and fragrant odor has provided us an important information in making right decision on what to eat and what not to eat. This ability would sometimes be impaired when our parents or cooks who know how to conceal the fishy or awful smell of the meat with various spices, additive, juices and other flavor. The meat is usually fried or grilled in order to expel its awful smell. Besides that, with various fragrant ingredients added into the meat, it tasted better and becomes edible by human being. Otherwise, human being is reluctant to consume the raw meat without any other additional ingredients. In contrary, the carnivores like lions, tigers, leopards or scavengers like crocodile, hyenas and wild dogs are totally pleasurable with the offer of raw meat or rotten meat. This basic instinct test has proven that human being’s instinct is similar as primate or monkeys. This correlate with the Darwin’s theory which stated that humans are evolving from primate. The ancient Chinese call primate as “Growing Spirit Species” (灵长类), it means the spirit in this species is close to human being. Modern science has proven that human share 99% DNA with primates, making us the closest living relatives [9].

There are two extreme attitudes portrayed by human being. When we are shopping for food in market, we feel uneasy with the filthy condition and stinky smell in the fish or meat stalls. We request the seller to pack the fishes or meat properly with extra packaging in order

to avoid the gravy from leaking out and contaminating our hands, clothes or vehicles. We don't allow the dead bodies to contaminate our external body and belongings but ironically we could consume the animals' dead bodies and let the dead bodies to contaminate our internal body. After we cut and handle the meat in the kitchen, we will use plenty of soaps or shower gels to eliminate the fishy or awful smell of the meat or fishes. The soaps are usually made of fruits, flowers or other fragrant plants which smell favorable by human being. These contradicted attitudes seem weird but rarely noticed by most of us as it has become a norm in our lives. In certain circumstances, our consciousness will be temporarily buried under the impulsive desire for food especially when we are in hunger stage. It could be resumed after the desire gone just like the sun which was covered by the dark clouds during cloudy day, resume its brightness during sunny day. The first meat that was eaten by our primate-like ancestor is the burned meat. During the Pre-Paleolithic period, drought happen in certain long period and triggered off famine and forest fire. As a result, all the fruits trees were burned and scarcity of food happened. Our ancestor forced to take some burned animals dead bodies for survival. Actualistic studies of resource availability from scavenged carcasses for early humans was initiated by some researchers [10]. Meat which supposed to be stinky and not favorable by the primate which like fragrant food become edible as its awful smell was expelled after being burned. They started having the experience of eating animals' dead bodies and acquired the habit. Thus, eating meat is an acquired or learned habit under unnatural circumstances or out of hunger. This was not their natural habit. Burned meat was the first food being tasted by our ancestor after suffering from the long drought and famine, which left the pleasurable memory in our ancestors' mind. This memory was stored inside their DNA and being transcended to us over few million years. This explained why the best meat that human like the most is burned or grilled meat. This is the impulsive reaction without full consciousness. Consciousness should be regained for the good sake of our spirit "Shen" (神). Normally a person who has quitted meat and other stinky food for a period of time would regain his/her consciousness and sensitivity over awful smell of the meat. He/she could differentiate better the food that offered to him or her, making better decision and serving the Shen with the right food that it likes.

The resistance of the animals' dead bodies is a natural habit of human being. It was inherited by human being since born. Disgust has long been recognized as an emotion which evolved to help our ancestors avoid infection [11]. Many of the stimuli that elicit the emotion of disgust in humans are also implicated in the transmission of contagious disease [12]. This is the natural response or intuitive reaction of the Spirit. Thus Zhang Zhong Jing had set the abstinence of not allowing his patients who had suffered from external Tai Yang diseases to consume meat and any smelly food inclusive of eggs, dairy products, five pungent and smelly vegetables, decaying and smelly items. Zhang Zhong Jing understand clearly that all these smelly stuff could impair the ability of Shen in detecting, differentiating and combating the pathogenic factors. Besides that, he also knew that the decaying items could also impair the Yang energy of the Yang Ming system. The acupuncture points called Welcome Fragrance (LI20) "Yin Xiang" (迎香) are located beside to nose, in the nasolabial sulcus, level with the midpoint of the lateral border of the ala nasi – aka – next to the nostrils [13]. It is the last point on the Large Intestine meridian. It could treat nasal congestion without discharge, blocked or stuffy nose, sinusitis sneezing, loss of smell, and rhinitis. They are located beside the nose. Nose is located above the mouth. It signifies all the food that we are eating should be smelled by our nose before they could be entered into our mouth. Ancient Chinese tradition is full of wisdom. The forms of most Chinese characters have intrinsic value. The name that they gave to different acupuncture point has meaning behind. Welcome fragrance in the large intestine meridian implies that our body especially our stomach and intestine

prefer fragrant food instead of stinky food. Our body which is governed by spirit is only welcoming fragrant food and dislike smelly food. Animals' dead bodies are decaying in every second. It is full of pathogens like bacteria, viruses, various type of worms and worms' eggs. It generates awful smell and this could impair the spirit and energy Yang. Thus it was not welcomed by the human stomach and intestine. The studies above have proven that the intuition is influenced by what is physically happening in our physiological bodies. Our spirit would reject whatever which is harmful or which had left harmful impact to our bodies. Intestinal tract length of the human beings is 5 to 6 times longer than the carnivores as plant foods could pass through slowly for optimal nutrient absorption. However, it is not suitable for animals' dead bodies with decayed properties that could generate bacteria, viruses, worms and toxin to exist in our body for such a long period. This could promote the colonization of numerous bad microorganism which could cause contagious and life-threatening diseases. Study has discovered the avoidance of carrion (dead bodies) among Chimpanzees, baboons and early Hominids [14]. This explain the reason why studies from around the world have defined the link in between high consumption of meat with increased risk of colon cancer.

According to the latest study which was done by Dr. T. Collin Campbell in China for 28 years, more plant base diet in rural areas China has brought wellness and longevity to the peoples living there. In comparison, for those who are living in the urban areas where most of the peoples are consuming meat, the death rate and life-threatening diseases rate are high [15]. The above study which named "The China Study" has proven the validity of Sun Si Miao's statement. Sun Si Miao was a vegan Chinese physician living in Tang Dynasty who live more than 100 years old. He said: "Kill the life in order to savior the life is impossible." Besides the life-threatening diseases, there are several diseases well known to both the industry and the general public that are directly related to all the domestic meat species of beef, pork, lamb and poultry. These include: E. coli from ground beef, BSE (bovine spongiform encephalitis) from beef cattle, Trichinosis and H1N1 from pork, Salmonella and Avian Influenza from poultry, Scrapie from lamb and mutton, Foot-and-mouth disease from livestock and many others. Most of the initial cases of Covid19 disease occurred in people who worked at or visited the Huanan seafood market in Wuhan, China, where a variety of wild animals were sold. Over the last 24 hours of 26 December 2020, Thailand has recorded 81 new Covid 19 cases, including nine imported cases and 72 locally transmitted cases linked to the seafood market [16]. There is a growing concern of the link in between the animals based food product with all the Contagious diseases. This has proven the colonization of pathological bacteria and viruses in the decaying animals' dead bodies could bring contagious diseases to human beings.

According to United States Department of Agriculture (USDA) that most of the bacteria and viruses could sustain and thrive in the temperature in between 4.44°C to 60°C or 40°F to 140°F, this is referred as the 'danger zone' where the bacteria could grow and multiply by two every 20 minutes. Although some of the bacteria and viruses could be killed under high temperature cooking, improper cooking is one of the main factors causing food borne illness [17]. This is partly caused by the consumption of undercooked meat. Research have found that 40–60% of the cases of food borne illness are originated from private households [18]. Most consumers do not use thermometer to test the temperature of the meat but gauge the doneness of meat most by cutting the meat to examine changes in texture and color. Especially for chicken breast fillet these techniques frequently result in undercooked meat [19]. A pathogen associated with it called *Campylobacter jejuni*, is a microorganism responsible for 50% of confirmed cases of bacterial gastroenteritis in USA and Western Europe like Belgium, Austria, France, Finland, Italy, Germany, Switzerland, Ireland, Netherland, Norway, Portugal, UK and Sweden [18]. Besides that, a predominant risk factor

for *C. jejuni* infection is consumption of undercooked chicken meat [20]. There are researchers discovered high survival levels of *Campylobacter* cells on naturally and artificially contaminated chicken thighs after conducting hot water immersion treatments 75–80°C. This study showed that not only was the size of the test products larger than that used in most other studies, but also the challenge temperatures in this studies were higher than normally used in heat resistance testing [21].

The above studies showed that the mishandling of the meat and undercooking of the meat could attribute to the bacteria and virus infection easily. The gastric juice of human's stomach is in low acid with PH level around 1.5 to 3.5. One of the chemical component in gastric juice is Hydrochloric Acid. This potent acid is secreted by the parietal cells of the stomach. It kills bacteria and other potential pathogens in food and converts the enzyme pepsinogen into pepsin, which breaks secondary and tertiary proteins into smaller, more easily digested molecules [22]. Recent research in gastric health suggests that the pH environment of simple-stomached vertebrates serves a more prominent function as an ecological filter, capable, through its acidity, of killing microbial taxa that would otherwise colonize the intestines [23]. The stomach clearly serves the purpose of digesting food. However, with the growing understanding of microbial symbionts' role in human health, it is necessary to reassess the stomach's additional role as an important barrier against pathogen entry into the gastrointestinal tract [24]. The PH level of the gastric juice commonly acquired by the primates or monkeys are ranged from 3.2 to 6.5, either low acid or alkaline [25]. Compare to the PH level of the gastric juice for the carnivore and scavengers which is normally below 1.5, human being's gastric juice is hardly to kill the bacteria, viruses, germs and even worms which contain in the animal's dead bodies.

In view of such horrible facts, the ancient Chinese physician, Zhang Zhong Jing had set up the strict abstinence for those who contracted external diseases to stop consuming meat, eggs, milk, onion, garlic and whatever food which will decay and create stinky smell. Gastrointestinal organs which include the stomach and large intestine are classified as Yang Ming according to the Treatment by Differentiation Method by application of 6 Channel Patterns (六经辨证) [26]. They both belong to earth and metal in 5 elementary theory. Yang Ming (阳明) which also defined as brighter Yang or double Yang, is the second protection level of human after Taiyang 太阳. In the Treatment by Differentiation Method by application of 6 Channel Patterns(六经辨证), Brighter Yang's characteristic is Dry Metal(阳明燥金). It hates dampness and love dry condition. The consumption of animals' dead bodies created dampness and unwanted decayed components in the stomach and large intestine. This is the undesirable condition which could impair the Yang Ming's normal function. The two acupuncture points of Welcome Fragrance(迎香) which are located beside the nose and above the mouth signifies that our stomach and intestine are favoring of fragrant food and not smelly food. The animals' dead bodies with horrible smell are decaying in every second, they are generating plenty of pathogens which could destroy the microbial balance and the Dry Metal Condition of the stomach and intestine. The impairment of Yang Ming Dry Metal of the stomach and large intestine could cause the external diseases to penetrate into the deeper parts of our body easily. This has affected our body resistance power and made us vulnerable to the penetration of all types of contagious diseases inclusive of Covid 19.

4. CONCLUSION

Spirit "Yuan Shen/Yuan spirit" (元神) is the most significant element in human body from the perspective of TCM and Taoism, nevertheless, it is still the blind spots for the modern science and medical fields. The modern science and medical fields merely focus on

the tangible part”yin”阴 and ignores the existence of the intangible “Yang” (阳) and “Yuan Spirit” (元神). As a result, Modern science and medical field could not break through the limitation and barrier while dealing with the sophisticated and life-threatening diseases which happen nowadays. In view of such, the application of Taoism and other TCM theories in the research and exploration of the Spirit “Yuan Shen/Yuan spirit” (元神) become meaningful and significant. According to the Analects of Confucius : “ The gentleman should identify the root cause of the problem in order to find the correct way (Dao) of problem solving solution.” (《论语。学而篇》：“君子务本，本立而道生。”) The effort of preventing and fighting the contagious disease is futile if we could not recognize and accept the existence of Spirit “Yuan Shen/Yuan spirit” (元神) and its prior preference. The battle in between Right Qi of the human body and the Evil Qi in the universe could be resembled as war. According to The Art of War by Sun Tzu(孙子兵法) which was written by the ancient Chinese military strategist Sun Tzu during late Spring and Autumn period which has stated clearly that: “You could win all the battle by knowing yourself and knowing your enemies.” (《孙子兵法》：“知己知彼，百战不殆。”) The main reason for the frequent defeat of the human being in combating the disease and the drastic increase of life-threatening diseases is either we “we don’t understand ourselves : we don’t know who is the grand master of our body (人身之大主) or “we don’t know who is our enemy or evil qi, what are the constituents of the evil qi” By understanding the respective parties, the grand host of our body, spirit “Yuan Shen/Yuan spirit” (元神) and the harmful effect of the stinky food that could contaminate the spirit, we could tackle the disease successfully. In short, the pure vegan diet could savior the human being from the devastation of the Covid 19 and other contagious diseases.

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