



# Application Research of Chinese Traditional Medicine Health Concept in Indoor Environment Design

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**Abstract.** The indoor environment is an important environment in people's lives. The quality of this environment directly affects people's healthy life. With the development of human civilization and the improvement of living standards, how to create a comfortable life and healthy health indoors. The environment is particularly important. The natural concept of TCM Chinese medicine is extremely suitable for this indoor environment requirement. The introduction of TCM concept makes the indoor environment arrangement be adjusted according to the overall view and the natural view, so that people's health starts from prevention and achieves the purpose of healthy living.

**Keywords:** Chinese medicine concept · Environmental design application

## 1 Introduction

The indoor environment has become the most important place for human activities. Except for the necessary individual projects, two-thirds of the human activities are carried out in the indoor environment. The design of the indoor environment, the use of materials, decorative articles and plant breeding for humans The health will have an impact, and the natural and holistic view of traditional Chinese medicine has great reference for the health concept in indoor environment design. It can not only realize the basic use function of the indoor environment, but also have the health of the human body. Spleen benefits.

Chinese traditional medicine has maintained the healthy reproduction of the Chinese nation for thousands of years. Apart from long-term wars, turmoil and disasters, there has never been a large reduction in population due to diseases. The traditional Chinese medicine treatment concept has a holistic view and a natural view. The treatment methods and the use of medicines are extremely environmentally friendly. At the same time, they also attach great importance to the "treatment of the disease". In the "Yellow Emperor's Canon", there is "the sage is not cured. Not sick" point of view. Two-thirds of the time in the room can be spent in the "treatment of the disease" of the health care body, so the traditional Chinese medical concept of interior design is absolutely necessary to introduce.

Chinese traditional medicine as the main means in China's medical care has great practical significance for us to build green families, green schools, green communities and green lifestyles, which directly reduce the cost of human living environment.

The theoretical system of traditional Chinese medicine comes directly from the ancient Chinese philosophical thoughts—Taoism and Confucianism, and plays a key theoretical guide to the process of constructing traditional Chinese medicine for health prevention, treatment, treatment and post-rehabilitation. effect. The concepts and related contents of “qi”, “yin and yang”, “five elements”, “six kinky” and “corresponding to heaven and earth” as taught by traditional Chinese medicine have also become the core of traditional Chinese medicine and become the basic elements of the traditional Chinese medical theory system architecture. It has gradually formed the theoretical basis of original thinking of traditional Chinese medicine, and has become an important philosophical methodology for guiding Chinese traditional medicine to recognize diseases, prevent diseases and treat diseases, and thus fundamentally different from medicine in other parts of the world.

Traditional Chinese medicine has homogenized the plants, minerals, and animals that exist in nature into medicines, and has been given the natural attributes of traditional Chinese medicine. It is also extremely researching on the wind, humidity, health, hygiene, cold, and fire that cause diseases in human body. These elements are taken into account for body health and disease treatment, and these elements have a high application value in indoor environment design. For example, how to avoid the wind indoors, how to prevent moisture, how to cool, how to dispel cold, how to heat the heat, etc., in addition to the characteristics of plants and minerals for the health care of people of different environments, different ages and different constitutions, etc. It is really preventive for the disease.

## 2 How to Make a Reasonable Windproof Interior Design

The natural climate phenomenon of wind, cold, heat, humidity, dryness and heat (fire) is called “six gas” in ancient times. Six kinky is a name for the abnormal change of six qi. The ancients believed that abnormal climate change could cause disease (modern science also proved that human beings have different resistance to bacteria and viruses in different climates, and the reproductive and virulence of bacteria and viruses are different. of). Chinese medicine borrows the names of “wind, cold, heat, dampness, dryness, heat (fire)” and its characteristics to summarize all the causes of diseases caused by external factors.

In the interior design, it is necessary to consider not only the functions of practicality, convenience, beauty, and environmental protection, but also the prevention of wind and evil invading the human body when using various types of indoor air. Chinese medicine believes that the wind is the longest disease, belonging to the “six kinky”, the wind is the main cause of the spring, and the liver and wood. Wind evil is a disease, and its disease syndrome is wide-ranging and changes rapidly. Its specific characteristics are: all over the body, everywhere, up to the head, down to the knees, skin, internal and internal organs, any part of the body can be affected by wind evil.

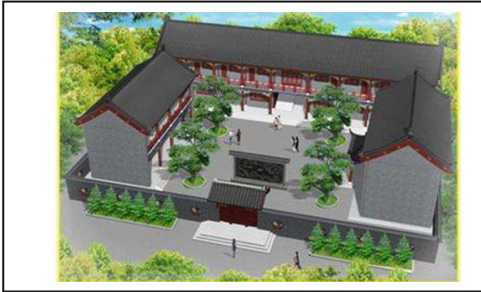


Wind evil can be combined with cold, dampness, phlegm, dryness, heat (fire) and so on. The specificity of the disease, the wind disease to go quickly, the course of disease is also short and long, and its special symptoms are also easy to recognize, such as sweating out of the wind, body itching, wandering, numbness and restlessness. When the disease occurs, it will be affected by wind and evil in all seasons, indoors and outdoors, and staying up late. It can be seen that how much wind evil is harmful to the health of the human body and can reasonably avoid the wind and evil.

The human body feels the external factors caused by the external factors, mainly cold and evil, indoors will also be affected by wind evil, such as night wind, air conditioning cold wind, fan direct blow, indoor convection wind, etc. can cause damage to the human body, especially When people are resting, they are most likely to feel the wind and evil.

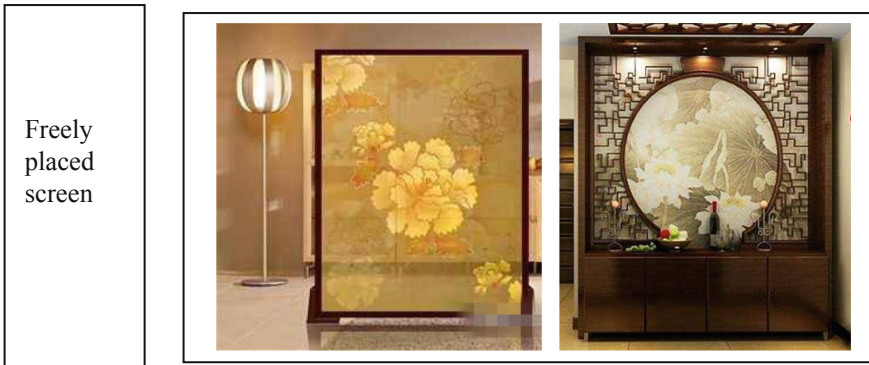
In the traditional courtyard architecture design in China, the wind-proof design structure has already begun. The courtyard structure we see now is more classic. It has a shadow wall, and the shadow wall has more than just a shadow wall. Avoiding the sight of the outside world, it is more to divert the wind and directly prevent the wind from passing through the courtyard to generate strong convection in the courtyard. The wind diverted by the shadow wall has been reduced, and the wind and the wind have already passed through the doors and windows of each room. It also makes the air circulate continuously in the courtyard, thus taking away the stale atmosphere in the courtyard, and thus achieving the first step of the prevention of wind and evil, which fully embodies the concept of Yin and Yang Five Elements.

Siheyuan



In the area where the indoor convection wind (commonly known as the wind) can not be placed on the bed, sofa, rest seat and other furniture for a long time to rest, so as to avoid the wind evil invade the human body and form a disease. In the whole interior design, the formation of convective wind should be avoided first. If the indoor structure cannot be changed, the screen-like decorative objects can be reasonably used, which can make the placement of the furniture less affected.

Horizontal furniture will generally be placed in a place with good light. In these places, especially pay attention to avoiding the air outlet of the air conditioner. When installing the air conditioner, try to avoid the air conditioning and direct blowing. Modern home air conditioning has become an essential facility. Many diseases are caused by the unreasonable use of air conditioners. This is the wind evil caused by humans, and the refrigeration function of air conditioners can produce cold air, which is easy for people to suffer from cold evil. Therefore, choosing to use air conditioners reasonably can avoid causing air-conditioning diseases.



Wind evil is the most vulnerable to invading people. The most vulnerable to wind and evil is the human head, limb joints, shoulders and necks. It can cause diseases after being exposed to the wind, and some even form stubborn diseases that have not been going for many years. The body and mind are tortured. Most of the illnesses in these parts are caused by feeling the wind and evil. The old saying goes: Avoiding the wind as a refuge, this is the truth. It can be seen how indoors can avoid how natural and artificial wind evils are important to human health.

### 3 How to Do Reasonable Cooling in Interior Design

Chinese medicine believes that “dryness is dry” means that the dryness of the transition makes the body’s body fluid dry and dry, and the skin is dry and dry. The indoor environment is too dry and can cause harm to human health. The dry air is likely to cause excessive loss of body water and infection. Accelerated aging, easy to cause the spread of bacteria, so we should introduce the humidification device properly in the interior decoration design, not only can prevent the wooden furniture from being chapped due to excessive drying, but also can properly adjust the humidity of the

indoor environment. We can usually adjust the indoor environment appropriately. In the setting of several fish tanks, not only can fish culture, self-cultivation, water in the fish tank can naturally evaporate into the environment, so that the humidity in the environment is improved, which can reduce the dryness; we can also place in different areas of the room. Vase flower arrangement can not only beautify the indoor environment, but also the evaporation of water vapor in the vase forms a dehumidifying environment and improves the local air humidity.

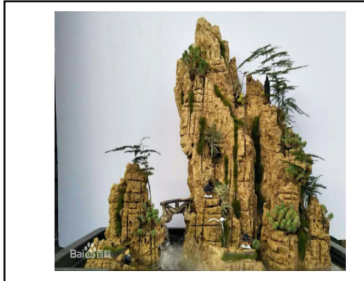


Fish tank and vase

In addition, the appropriate water-absorbing stone placed in the room can achieve the function of humid environment. The water-absorbing stone is also called the water stone. The natural stone of the water-absorbing stone is many, some of them are connected to each other, and the small cave is like a pore. This is the main reason for the strong water absorption. In the cave on the stone, the soil can be planted with flowers, and the large cave can plant trees. Because of the strong water absorption of the stone, the plants grow vigorously and the flowers bloom brightly. The absorbing stone can emit moisture, and it can be used as a fake mountain or bonsai to have a moist environment.



Absorbent stone



## 4 How to Solve the Problem of Air Humidity in Interior Design

The Yellow Emperor's internal classics say that "wet wins and vents". The indoor environment in wet or wet seasons is often plagued by moisture. The indoor ground has a hint of moisture, and the furniture and bedding are not very dry, which not only affects normal family life and Indoor activities, but also cause human health problems, moist is a hotbed of fungi, prone to fungal, fungal infections, skin diseases such as eczema, hand and foot spasm, allergic skin diseases, gynecological diseases, rheumatoid arthritis, itchy skin Diseases such as athlete's foot, and other conditions such as chest tightness, shortness of breath, and depression may occur in hot and humid weather. Therefore, overcoming the damp conditions of the indoor environment is very important to improve the quality of daily life in the room. Besides we use air-conditioning equipment to solve some problems, we can take the following measures to prevent indoor moisture:

1. The candle can make the water vapor condense, so that the indoor humidity is reduced. If there is a musty smell at home, you can choose a candle with natural plant aromatherapy oil, which can make the air dry and remove the musty smell in the room.
2. There is a small space such as a bathroom in the bathroom. It is possible to wrap the quicklime with a cloth bag to absorb moisture. It can also poke a few holes in the washing powder bag, use the washing powder to absorb moisture, and it can be reused, which is economical.
3. Put 5–10 kg of black charcoal in the room, boil for 10 min in advance, filter out the water and ventilate it, put it in a breathable basket after two days, put a small bag and a small bag in the corner, wardrobe, drawer, etc. This will prevent the house from getting wet. It can be reused after drying in the shade, both dehumidifying and deodorizing.

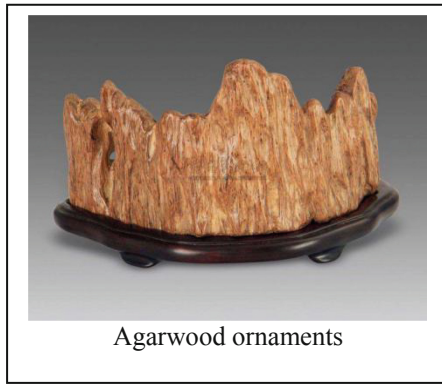


Candle, quicklime, black charcoal

## 5 Reasonable Application of Chinese Herbal Medicine in Interior Design

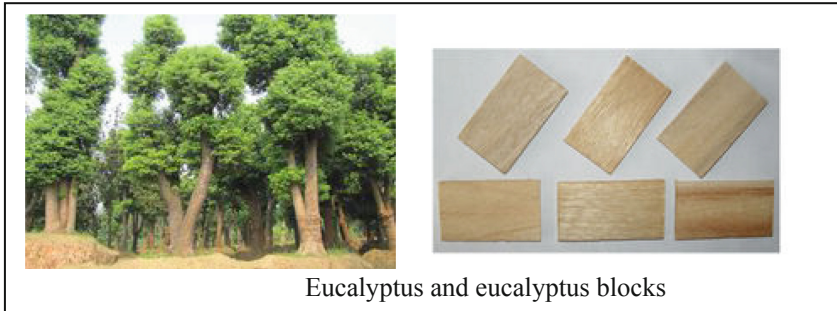
### 5.1 Chinese Herbal Medicines Suitable for Placement and Planting in Interior Design

Chinese Eaglewood, Wood of Chinese Eaglewood, aroma, bitterness, anesthesia, analgesic, muscle relaxation, agarwood still has sedative, antihypertensive, anti-asthmatic, anti-arrhythmia and anti-ischemic effects, for the daily life of the human body Health care has an excellent auxiliary effect, especially for the common diseases of the elderly, such as cardiovascular disease, senile insomnia, high blood pressure and other diseases. Putting a form of agarwood in the room of the elderly can not only play the role of decorating the indoor environment, but also protect the health of the elderly.



Eucalyptus is an evergreen tree, mainly distributed in the tropics and subtropics, mainly produced in Asia Southeast China, Japan, Korea, Vietnam with India. In other countries, in China, it is mainly distributed in the south of the Yangtze River and in the southwest of China, such as Sichuan and Yunnan. The branches, leaves and broken wooden blocks of eucalyptus can be placed indoors to deodorize, deworm, absorb poisonous odor and achieve the effect of purifying the air. The smell is cool and refreshing. The eucalyptus block or wood chip is placed in the corner of the room, which not only can play the role of insecticide, ants, cockroach, cockroach, but also can effectively eliminate harmful substances such as formaldehyde, and can achieve moisture absorption function in indoor humid environment, according to China 2000 The publication of the "Pharmaceutical Code of the People's Republic of China" published in the year is especially effective for patients with rheumatoid arthritis. It can also effectively prevent arthritis and has a good auxiliary therapeutic effect on diseases such as rheumatism, muscle soreness and neuralgia. It is good for human health and does not pollute clothing and the environment. Although it is a good companion for creating a healthy home living environment, it should also be avoided in a non-ventilated bedroom

for people with cardiovascular disease. Inside, because the aroma of eucalyptus will make people's heart beat faster, it is not suitable for the elderly who are weaker.



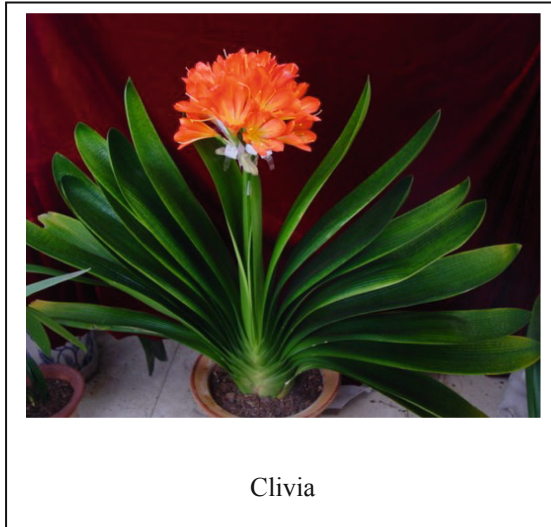
## 6 Select Natural Materials that Are Already in Place for Decoration

Nowadays, the interior design has been developed to the stage of light decoration and heavy decoration. The concept of nature in the concept of Chinese medicine is one of its core concepts. Human beings are born in nature, and naturally occurring natural substances are the most acceptable to the human body. The building and decoration are made of wood, bamboo and stone, all from nature. The traditional Chinese interior decoration is mainly made of wood materials, bamboo and various kinds of flowers. The natural stones in the interior and exterior decoration are the main decorations. First, trees, bamboo forests, flowers and plants are used to adjust the environment.

Reduce the use of household appliances, reduce the environmental cost in life, humidifiers, air purifiers, etc., plant plants and flowers, the following flowers and plants are suitable for indoor display, not only can beautify the indoor environment, but also beneficial to human health, I do not know Unconsciously prevent disease.

1. Clivia: It is a freshener that releases oxygen and absorbs smoke indoors. An adult Clivia can absorb 1 L of air for a day and night, release 80% of oxygen, and can also cause photosynthesis under extremely weak light, and it will not emit carbon dioxide at night, and there are three in a dozen square meters. Four pots of Clivia can absorb indoor smoke and have a unique effect on preventing smog. Especially in the cold winter when heating in the north, the smog is heavier. In addition, in order to keep the doors and windows closed and the indoor air is not circulated in winter, the Clivia will play a very good air conditioning role, keeping the indoor air fresh and clean.

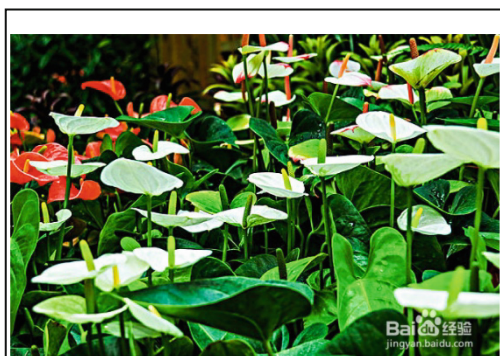




2. African Jasmine: The volatile oil produced by it has a significant bactericidal effect; indoor placement can not only relax the nerves of the human body, but also facilitate sleep, and also achieve the effect of improving work efficiency.



3. White palm: white palm can inhibit the exhaled gases exhaled by the human body, such as ammonia and acetone, and it can also filter benzene, trichloroethylene and formaldehyde in the air for newly renovated indoor space. Its high evaporation properties can reduce the indoor environment, thus preventing the nasal mucosa from drying and greatly reducing the possibility of illness.



White palm  
*Spathiphyllum kochii* Engl. & K. Krause

4. Silver Queen: Known for its unique air purification capacity: the higher the concentration of pollutants in the air, the more it can exert its purification ability, so it is very suitable for dark rooms with poor ventilation.

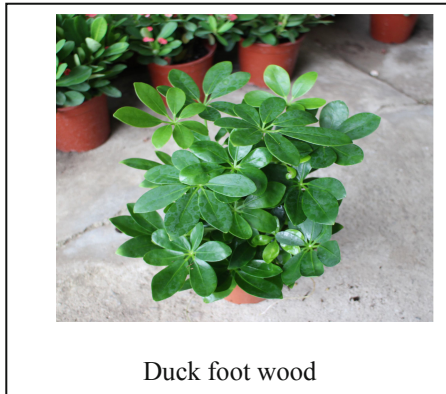


Silver queen  
*Aglaonema commulatum* cv. Silver Queen

5. Adiantum fern: can absorb about 20  $\mu\text{g}$  of formaldehyde per hour, so it is considered to be the most effective biological “purifier”. It is necessary to deal with the work of high formaldehyde content such as paints and paints, or at least one pot of ferns in the indoor environment, and it can also inhibit the release of computers and printers. Toluene and toluene can therefore be placed in the study and computer room.



6. Duck feet: For the larger environment of smog, duck feet wood is a standard cleaner, it can absorb the smoke in the air, the room to purify the air. Its leaves not only absorb large amounts of nicotine and other harmful substances from the smoke, but also convert these harmful substances into harmless plant-derived substances through photosynthesis. In addition, the concentration of formaldehyde in the air can be reduced by about 9 mg per hour.



7. Chlorophytum: The species of spider plant is diverse and easy to breed. It is very suitable for indoor environment. It can absorb 95% of carbon monoxide and 85% of formaldehyde in the air. Chlorophyll can perform photosynthesis under weak light, and can absorb toxic and harmful gases in the air. A pot of spider orchid is equivalent to an air purifier in a room of about ten square meters. If you raise one or two pots of spider orchids in your room, you can release oxygen all day, and you can also absorb a lot of harmful substances such as formaldehyde, styrene, carbon monoxide and carbon dioxide in the air. Chlorophytum has a particularly strong absorption of certain harmful substances, such as carbon monoxide and formaldehyde. Chlorophytum can also decompose relatively stable benzene, absorb a large amount of

nicotine and other relatively stable harmful substances in smoke, so we call the spider orchid indoor air. The green purifier is both pleasing to the eye and refreshing.



*Chlorophytum comosum* (Thunb.) Baker)

8. Aloe Vera: Aloe vera is a perennial fleshy herb with low living conditions, strong vitality and variety, but it has a strong function of purifying indoor air. A pot of aloe vera is equivalent to nine sets of bio-air cleaners, so aloe vera has the reputation of air purification experts. Full-bodied aloe can absorb formaldehyde, carbon dioxide, sulfur dioxide, carbon monoxide and other pathogenic substances, especially for formaldehyde absorption; and it can absorb harmful gases such as carbon dioxide and formaldehyde, both day and night, and also absorbs organic volatile substances. It can even absorb some suspended particles that are difficult to clean in the air, and is a cleaning agent for purifying indoor air.



Aloe

9. **Monstera:** The monstera is not only beautiful in appearance, but also more important in purifying air. It can absorb harmful gases such as sulfur dioxide, hydrogen fluoride, chlorine and ethylene, which are widely emitted from household appliances, plastic products and decorative materials., harmful substances such as carbon monoxide and nitrogen peroxide. At the same time, it can also absorb carbon dioxide while releasing a small amount of oxygen, thereby increasing the content of negative oxygen ions in the air.
10. **Ivy:** Ivy can be planted on the courtyard and on the balcony, or placed in a potted plant. It can effectively absorb toxic chemicals in the air. Under the conditions of sunshine and light, it can make the living room 90% stupid. Get absorbed. The ivy in the courtyard can also absorb a lot of dust, purify the small environment, and also purify the indoors. It is the natural “air filter” in our home.
11. **Rubber Tree:** The main function of the rubber tree is to absorb dust. Its thick and wide blades are very suitable for inhaling dust in indoor air. It has a great effect on indoor dust removal and mitigation, so put a rubber tree in the bedroom. Is a good choice. The rubber tree can not only remove dust, but also purify harmful gases such as carbon monoxide, carbon dioxide and hydrogen fluoride in the air. Especially for newly renovated houses, the rubber tree can effectively absorb volatile formaldehyde and purify the air. The bedroom is one of the most popular places for people, so this plant is perfect for the bedroom to clean up the air in time.
12. **Bamboo:** In addition to absorbing sulfur dioxide, nitrogen dioxide, chlorine and other harmful gases at night, it can also secrete bacteria to kill bacteria. It has a defensive effect on susceptible people and has a good environment for purification. The role is very beneficial to the health of the human body.
13. **Brown Bamboo:** In a study conducted by the US Space Agency, it was found that brown bamboo is the best plant for purifying the air, ranking second. Yellow coconut is the first to absorb most of the toxic gases in the air, especially ammonia. Gas and chloroform are excellent.
14. **Mint:** mint taste cool, leaf wrinkles, a lot of hair, can absorb indoor dust, can purify the air, mint breath can also play a refreshing, mosquito repellent effect. And it smells fresh and good, and makes people feel good and happy.
15. **Lavender:** Lavender plants are evergreen and have aromas. Their fragrance can relax and relieve stress. Sleeping in the bedroom allows you to sleep for one night. Lavender is very rich in color, beautiful and elegant purple, fascinating blue, warm pink and other colors, with high ornamental value, is also a natural ornament in the home.

In summary, the decoration of the indoor environment should be based on the natural concept of Chinese medicine, focusing on the coordination of yin and yang, rationally balancing the five elements of coordination of gold, wood, water, fire and soil. In addition to the use of functional layout, it should pay more attention to indoor health. The creation of the environment, the concept of “treatment of disease” in traditional Chinese medicine is implemented in daily indoor activities or home life. The three pathogenic factors of “six kineses” in cold, heat and heat are harmful to the human body because of space. And how to prevent and avoid in the interior design will not be discussed.

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