

Research on the Investigation and Determination of Advantageous Diseases in Jing Ethnic Medicine

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Abstract

Objective: This paper aims to summarize and establish advantageous diseases in Jing ethnic medicine. **Methods:** The study employed literature review analysis, expert consultation, field investigation, folk visits, and clinical questionnaire surveys to summarize and conclude the advantageous diseases in Jing ethnic medicine. **Results:** The book “Jing Ethnic Medicine” records a total of 130 single prescriptions, 165 empirical prescriptions, and 99 dietary therapy prescriptions. Among these, the most frequently recorded prescriptions are for colds (17), coughs (22), gastric pain (31), diarrhea (22), abdominal pain (3), rheumatism (8), hepatitis (11), trauma (34, including injuries from poisonous fish, jellyfish stings, and falls), skin diseases (23), postpartum conditions (10), pediatric fever (3), pediatric malnutrition (4), and pediatric diarrhea (7). A total of 38 questionnaires were distributed and all 38 were valid, revealing that the top five advantageous diseases are colds (including pediatric colds and fever), abdominal pain, gastric pain, skin diseases, and bone pain. **Conclusion:** The advantageous diseases in Jing ethnic medicine are relatively clear, and standardized research on the diagnostic and therapeutic techniques for gastric diseases, pediatric abdominal heat pain (colds), and abdominal pain (gallstones) should be conducted.

Keywords

Jing Ethnic Medicine, Advantageous Diseases, Protection and Development

1. Introduction

Historically known as the “Yue ethnic group”, the Jing ethnic group officially adopted its current name in 1958, approved by the State Council of China [1]. It is the only minority in China primarily engaged in marine fisheries, mainly concentrated in the “Three Islands of the Jing Ethnic Group” (The primary settlement areas for the Jingzu people and consist of three main islands: Wanwei Island, Wutou Island, and Shanxin Island) in Jiangping Town, Dongxing City, Guangxi. Due to the geographical isolation of the islands, residents face difficulties accessing medical care [2]. For survival and reproduction, the Jing people have accumulated extensive experience in preventing and treating diseases over a long period, forming a unique system of Jing ethnic medicine. This system has contributed to the health and prosperity of the Jing people and continues to play a crucial role in their healthcare today [3]. However, Jing ethnic medicine lacks a systematic theoretical framework and relies on the knowledge structure of traditional Chinese medicine (TCM) and Western medicine, supplemented by traditional folk therapies. Modern medicine has also impacted the preservation of Jing ethnic medicine, leading to the gradual forgetting of traditional prescriptions and empirical formulas. Additionally, Jing ethnic medicine is underappreciated, and the number of local practitioners is decreasing, putting many medicinal experiences at risk of being lost. Advantageous diseases refer to specific conditions that a particular medical system treats with unique advantages and high efficacy. These diseases are often the result of extensive experience and treatment methods accumulated over long periods of practice. Jing ethnic medicine, as a traditional ethnic medical system, has been passed down through generations and has accumulated rich therapeutic experience. It particularly demonstrates significant advantages in the treatment of some common local diseases and difficult-to-treat conditions. Therefore, this project aims to survey the advantageous diseases in Jing ethnic medicine on the Three Islands of the Jing Ethnic Group to better excavate, organize, and promote the development of minority medicine.

2. Research Methods

2.1. Literature Review

The literature review method was used to collect and analyze data on the advantageous diseases in Jing ethnic medicine. The primary source was the book “Jing Ethnic Medicine” [4], which comprehensively collects and organizes content related to Jing ethnic medicine, including commonly used single prescriptions, empirical prescriptions, and clinical cases, with a focus on marine-based drugs, highlighting the advantages of Jing ethnic medicine in treating diseases.

2.2. Expert Consultation

Interviews were conducted with experts in Jing ethnic medicine to gather information on the types and characteristics of advantageous diseases and to develop the field investigation plan based on expert recommendations.

2.3. Questionnaire Survey

Surveys were conducted among residents in Fangchenggang and Dongxing, where the Jing ethnic group is predominantly located, to collect and organize data on the advantageous diseases prevalent in the Jing community. The questionnaire asked respondents about the effectiveness of Jing ethnic medicine in treating specific diseases.

2.4. Clinical Visits

Clinical questionnaire surveys were conducted at Fangchenggang City Traditional Chinese Medicine Hospital to gather information on the advantageous diseases in Jing ethnic medicine.

2.5. Data Analysis

Data from the literature review and expert consultations were organized and analyzed, and proportions were calculated. Through quantitative analysis, the relationships and consistencies between data obtained from different methods can be more intuitively demonstrated, thereby enhancing the credibility of the research results.

2.6. Method for Establishing Advantageous Diseases

Surveys were conducted among residents and folk doctors on the Three Islands of the Jing Ethnic Group in Dongxing City, Fangchenggang. Diseases selected by more than half of the surveyed individuals were identified as advantageous diseases.

3. Research Results

3.1. Results of the Literature Review

The book “Jing Ethnic Medicine” records a total of 130 single prescriptions, 165 empirical prescriptions, and 99 dietary therapy prescriptions [4]. The most frequently recorded prescriptions are for colds (17), coughs (22), gastric pain (31), diarrhea (22), abdominal pain (3), rheumatism (8), hepatitis (11), trauma (34, including injuries from poisonous fish, jellyfish stings, and falls), skin diseases (23), postpartum conditions (10), pediatric fever (3), pediatric malnutrition (4), and pediatric diarrhea (7).

3.2. Results of the Questionnaire Survey

Table 1. Selection of commonly treated diseases by Jing ethnic medicine (only advantageous diseases listed).

Disease	Frequency	Percentage (%)
Colds (including pediatric colds and fever)	29	76.31
Abdominal Pain	27	70.05

Continued

Trauma	19	50.00
Gastric Pain	27	70.05
Diarrhea (including pediatric diarrhea)	19	50.00
Vomiting	19	50.00
Skin Diseases	26	68.42
Coughs	19	50.00
Dysentery	20	52.63
Menstrual Irregularities	19	50.00
Postpartum Care	19	50.00
Bone Pain	25	65.79
Heatstroke	23	60.53

A total of 38 questionnaires were distributed and all 38 were valid. The top five advantageous diseases identified were colds (including pediatric colds and fever), abdominal pain, gastric pain, skin diseases, and bone pain (**Table 1**).

4. Discussion

Jing ethnic medicine is an important component of traditional Chinese medicine, embodying the Jing people's achievements in combating diseases and their pursuit of a better life. Language and social ideology differences have increased the difficulty of excavating and organizing Jing ethnic medicine. Although research on Jing ethnic medicine started late, significant progress has been made in recent years to rescue and preserve the valuable Jing ethnic medicine, thanks to the efforts of the local government and relevant institutions [5].

Research on advantageous diseases in Jing ethnic medicine has begun, but systematic studies are lacking. Numerous papers and books on Jing ethnic medicine have been published, such as "An Initial Exploration of Jing Ethnic Folk Medicine" (2009), "Research on the Marine Culture of the Jing Ethnic Group in Dongxing City, Guangxi" (2013), "An Initial Exploration of the Current Status of Jing Ethnic Medicine in Guangxi" (2014), "Application of Self-made Mugwort Wool and Folk Acupuncture in Jing Ethnic Medicine" (2014), "Jing Ethnic Medicine" (2014), "Jing Ethnic Dietary Culture and Jing Ethnic Medicine" (2015), "The Ethnic Style of Jing Ethnic Medicine" (2015), "Research on the Culture of Minority Medicine in Guangxi" (2016), "Research on the Customs of Marine Medicine in Jing Ethnic Medicine" (2016), "An Initial Exploration of Jing Ethnic Medicine" (2016), and "Contemporary Value and Utilization Strategies of Jing Ethnic Traditional Health Preservation Culture" (2017). These publications demonstrate that many scholars have dedicated themselves to the study of Jing ethnic medicine, with most of the research centered at Fangchenggang City Traditional Chinese Medicine Hospital, which has played a significant role in preserving and promoting Jing ethnic medicine, showcasing theoretical achievements and

providing important references for future research [6] [7].

According to existing research materials, detailed records and introductions of Jing ethnic medicine are found in six ancient texts and twelve handwritten manuscripts, containing over 300 single prescriptions, empirical formulas, and secret recipes, 16 folk therapies, and related photos, audio recordings, videos, marine medicines, and commonly used herbs [8]. These materials primarily introduce diagnostic methods and medications but lack discussions on the thinking patterns, philosophical theories, and cultural spirit of Jing ethnic medicine. Establishing a theoretical system for Jing ethnic medicine remains a daunting task.

From the aforementioned research findings, it is evident that the research team is small, funding is insufficient, and conducting field investigations is challenging. Although the research team at Fangchenggang City Traditional Chinese Medicine Hospital has been engaged in medical work for a long time and has achieved a certain depth of research in this field, there is a lack of interdisciplinary talent exchange, resulting in insufficient research depth and breadth. The main approach to studying Jing ethnic medicine culture is through literature reviews and field investigations, focusing on uncovering and researching the cultural connotations of Jing ethnic medicine from existing Jing ethnic medicine literature, TCM literature, ethnic medicine literature, and field investigations. However, there is a lack of multidisciplinary and multifaceted research approaches, insufficient integration of disciplinary knowledge, and a low overall level of research, particularly in the technical research and promotion of Jing ethnic medicine prescriptions and therapies.

The results of this study indicate that Jing ethnic medicine has distinct advantages in treating certain specific diseases, such as gastric disorders, pediatric colds, and abdominal pain. These findings not only provide new options for clinical treatment but also offer scientific evidence for the development of Jing ethnic medicine. However, the implications of these results for the practice and development of Jing medicine still require further in-depth analysis.

Firstly, the study results reveal the unique advantages of Jing ethnic medicine in treating certain diseases, providing strong support for its further development and application. Secondly, a systematic study of advantageous diseases can lead to a better understanding of the therapeutic principles and methods of Jing ethnic medicine, laying the foundation for establishing a comprehensive theoretical system of Jing ethnic medicine. Additionally, these research findings can facilitate the exchange and collaboration between Jing ethnic medicine and other traditional medicines, promoting the overall development of traditional Chinese medicine.

However, this study also has some limitations. Although multiple methods were employed, there is still a need for improvement in the application of interdisciplinary approaches. Future research should further strengthen collaboration with other disciplines, such as sociology, anthropology, and biology, to comprehensively and deeply explore the scientific basis and effectiveness of Jing ethnic medicine.

To address these issues, our project team, guided by the policy of the “Revitalization Plan for Zhuang and Yao Medicine in Guangxi”, plans to conduct in-depth surveys on the diagnostic experiences of Jing ethnic medicine practitioners on the “Three Islands of the Jing Ethnic Group” (Wanwei, Wutou, and Shanxin) in Jiangping Town, Dongxing City, and surrounding areas. We aim to uncover unique Jing ethnic medicine theories, empirical formulas, advantageous diseases, and classic drugs, and to summarize and organize three advantageous diseases in Jing ethnic medicine (gastric diseases, pediatric abdominal heat pain (colds), and abdominal pain (gallstones)). We will conduct clinical observations and preliminary construct a standardized system for diagnosing and treating these advantageous diseases to promote the standardized development of Jing ethnic medicine, enhance the innovation and development of Jing ethnic medicine technology, and ultimately advance the application of Jing ethnic medicine in clinical practice, thereby promoting the development of Jing ethnic medicine.

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Conflicts of Interest

The authors declare no conflicts of interest regarding the publication of this paper.

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