

Exploration of International Chinese Teaching Reform based on Traditional Chinese Medicine Culture and Connotation

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Abstract

According to the adjustment of the national cultural communication policy and the teaching practice in recent years, we find that the combination of TCM cultural connotation and international Chinese teaching has a good teaching effect. The author in the international communication value of traditional Chinese medicine culture and the necessity and urgency of the international Chinese teaching reform, on the basis of the TCM culture in the international Chinese teaching in the present situation, it is concluded that the TCM culture connotation into the international Chinese teaching concise degree and pertinence, and its and subject integration degree is not high. This paper puts forward the international Chinese teaching reform strategy based on the cultural connotation of traditional Chinese medicine, including the innovation of curriculum setting and textbook compilation, and the improvement of teaching methods and teaching methods. Through case analysis, it shows the specific application and effect of Traditional Chinese medicine culture in international Chinese classroom, and prospects the international Chinese teaching reform of traditional Chinese medicine culture connotation. It believes that traditional Chinese medicine culture will play a more important role in international Chinese teaching in the future and promote the innovation and development of international Chinese teaching.

Keywords

Chinese Medicine Culture; International Chinese Teaching; Teaching Reform and Application Strategy.

1. Introduction

1.1. Theoretical Basis and Connotation of TCM Culture

As the ancient medical system of Traditional Chinese medicine, traditional Chinese medicine are deeply rooted in the five thousand years of traditional Chinese culture, which is the bright crystallization of the wisdom of the Chinese nation, but also the treasure of Chinese culture. This unique medical system not only shows the Chinese people's profound understanding of life and nature, but also reflects its persistence and pursuit of the core value of "benevolence, harmony, precision and sincerity".[1]The cultural theory of traditional Chinese medicine has a long history. As early as the Spring and Autumn Period, the prototype of traditional Chinese medicine has emerged. At that time, the doctors initially formed the basic theoretical framework of TCM by observing the natural phenomena and combining with the physiological and pathological changes of the human body. With the passage of time, the cultural theory of traditional Chinese medicine is based on the traditional Chinese culture, accompanied by the benevolent spirit of Confucianism and the harmonious way of Taoism, and gradually enriched and improved, forming a unique systematic theory.

The spirit of "benevolence" in Confucianism has a profound influence on the word "benevolence" in traditional Chinese medicine. Traditional Chinese medicine emphasizes the benevolence of doctors, regards patients as close relatives, and goes all out to diagnose and

treat patients. In the process of diagnosis and treatment, TCM not only pays attention to the physical treatment, but also pays more attention to the psychological needs of patients, and strives to achieve the treatment effect of physical and mental harmony. This spirit of humanistic care is the best embodiment of the spirit of "benevolence" in traditional Chinese medicine.

The harmonious way of Taoism also provides important theoretical support for the development of traditional Chinese medicine culture theory. Traditional Chinese medicine emphasizes the "unity of man and nature", and believes that the human body and nature are interdependent and influence each other. Therefore, in the treatment process of traditional Chinese medicine, doctors need to fully consider the impact of the natural environment, climate change and other factors on the human body, and take corresponding treatment measures. This respect and compliance for nature is the embodiment of the spirit of "harmony" in Chinese medicine.

In the cultural theory of traditional Chinese medicine, the word "fine" represents the deep study of medical knowledge and the pursuit of exquisite skills. TCM doctors need to continue to learn and practice, constantly improve their medical skills, and provide the best treatment plan for patients with exquisite skills. At the same time, TCM also emphasizes the fine selection and processing of the medicinal materials to ensure the quality and efficacy of the medicinal materials. This kind of excellence in medical skills and medicinal materials is the embodiment of the spirit of "fine" in traditional Chinese medicine.

Finally, the word "cheng" reflects the professional ethics and personality charm of TCM doctors. TCM doctors need to be honest and trustworthy, do not cheat patients, do not seek personal gains. They should serve the patients wholeheartedly and win the trust and respect of the patients with their sincere attitude and professional skills. This honest professional spirit is the best interpretation of the spirit of "honesty" in traditional Chinese medicine.

1.2. International Communication Value of TCM Culture under the Background of Globalization

Since Zhang Qian's mission to the Western Regions, traditional Chinese medicine culture has embarked on the journey of external communication. Now, under the surging tide of globalization, traditional Chinese medicine culture has further highlighted its important value of international communication with its unique charm and profound heritage. With the wide spread of Chinese culture, the culture of traditional Chinese medicine in worldwide also won unprecedented attention and attention, institute of contemporary China and the world released in 2020, China's national image global survey 2019, according to the culture of traditional Chinese medicine for three consecutive years as overseas respondents recognition the second highest Chinese cultural elements (second only to Chinese food)[2]More and more countries and regions begin to actively introduce TCM concepts and methods, and they are widely used in medical care, health care, education and other fields. This trend not only promotes the international dissemination process of TCM culture, but also promotes the in-depth communication and integration between different cultures.

Take the United States as an example, in recent years, the number of TCM clinics has shown a rapid growth trend, and more and more Americans, from doubt to acceptance, and trust the unique charm of TCM treatment. At the same time, TCM culture has also been widely recognized and spread in the field of education. Many American universities have offered TCM related courses, such as American College of Traditional Chinese Medicine and Chinese and Western Medical University in the United States, attracting groups of students with strong interest in TCM culture. These vivid cases fully demonstrate the great potential and broad prospects of TCM culture in the international communication.

The international communication value of traditional Chinese medicine culture is not only reflected in its excellent medical effect, but also lies in its profound cultural deposits and rich

philosophical thoughts. Chinese in 2010-2020 global promote public diplomacy platform -- Confucius institute headquarters have established overseas 18 "Confucius institute of traditional Chinese medicine" (also known as ZhongJing college) and classroom of traditional Chinese medicine, Confucius and 78 countries in more than 240 Confucius institute of traditional Chinese medicine, tai chi, traditional Chinese medicine culture experience course, registered students of 35000 people, 185000 people to participate in the experience activities.[3]TCM emphasizes the holistic concept and treatment based on syndrome differentiation, and pays attention to the harmony and unity between man and nature, and between man and society. It includes the theory and culture of Traditional Chinese medicine based on Confucianism and Taoism, the spiritual culture of traditional Chinese medicine with the theory of Yin, Yang and five elements as the main body, the folk culture of traditional Chinese medicine represented by health customs and techniques, and the different cultures introduced in the process of contact and communication with traditional national medicine in other countries.[4]These ideas have important enlightenment significance for solving the health problems in modern society. At the same time, the way of health care and health care methods advocated by traditional Chinese medicine culture also meet the needs of modern people to pursue a healthy life, and provide people with more comprehensive and scientific health guidance.

Therefore, it can be seen that the international communication of traditional Chinese medicine culture can be further improved. Its connotation should not only be holding international academic conferences, carrying out cultural exchange activities and other forms, but also be infiltrated into various courses of international Chinese teaching, so that people can extend and deeply feel the charm of traditional Chinese medicine culture. At the same time, we also need to innovate and improve the spread of Chinese medicine culture and means, to adapt to the cultural characteristics and needs of different countries and regions, promote the culture of traditional Chinese medicine in local international Chinese teaching, and global play a more important role, contribute to the development of human health more Chinese wisdom and strength.

1.3. Necessity and Urgency of International Chinese Teaching Reform

With the flourishing of international Chinese education, the reform of international Chinese teaching is particularly necessary and urgent. According to authoritative statistics, the number of people learning Chinese worldwide has exceeded 200 million. This huge number undoubtedly demonstrates the significant position and extensive influence of Chinese in international exchanges. However, considering the current situation of Chinese teaching, it is not difficult to find that the traditional theoretical teaching mode often focuses too much on the mechanical teaching of language knowledge, but relatively ignores the deep integration of cultural background; the practical teaching mode is usually formal and does not understand the cultural connotation. This unbalanced teaching method leads to learners' many difficulties in understanding and using Chinese, and it is difficult to truly appreciate the charm and essence of Chinese.

Therefore, it has become an important task to promote the reform and innovation of international Chinese teaching, integrate the excellent traditional Chinese culture such as traditional Chinese medicine culture into the teaching, and realize the connotative improvement of the quality of Chinese teaching. As one of the bright treasures of traditional Chinese culture, traditional Chinese medicine culture contains profound philosophical thoughts, humanistic spirit and unique medical wisdom, which is of great significance to the cultivation of learners' cross-cultural communication ability and spiritual accomplishment.

By introducing TCM culture and infiltrating the cultural connotation of traditional Chinese medicine, teachers can guide learners to further explore the way of thinking, values and lifestyle

of Chinese people, so as to help them understand and use Chinese more accurately, and learners in China can better integrate into Chinese society to carry out study and life. At the same time, the unique charm of TCM culture can also stimulate learners' interest and internal motivation in learning, improve the effect of Chinese learning, so that they can gain richer cultural experience and cognition in the process of learning Chinese.

In addition, the urgency of the international Chinese teaching reform is also reflected in the changing demand of the talent market under the background of globalization. With the increasingly frequent exchanges between China and other countries in the world, the demand for talents with Chinese skills and cross-cultural communication skills is also increasing. The traditional Chinese teaching model is obviously unable to meet this market demand. Therefore, promoting the reform and innovation of international Chinese teaching and cultivating international talents with the cultural connotation of traditional Chinese medicine will play a decisive role in meeting the market demand and promoting international exchanges and cooperation.

To sum up, the necessity and urgency of the international Chinese teaching reform are self-evident. Through the introduction of Chinese excellent traditional culture elements such as TCM culture, we can not only enrich the connotation and extension of Chinese teaching, to improve teaching quality and effect, can also cultivate a batch of international talents with cross-cultural communication ability, to promote the Chinese culture to the world, promote Chinese and foreign cultural exchanges and cooperation play a positive role.

2. Analysis of the Current Situation of TCM Culture in International Chinese Teaching

2.1. The Application Status of Traditional Chinese Medicine Culture in International Chinese Language Teaching

At present, the application of traditional Chinese medicine culture in international Chinese teaching shows a growing trend. More and more international Chinese education institutions and colleges begin to incorporate traditional Chinese medicine culture into the curriculum system, and become one of the important carriers of Chinese culture and international communication. For example, in Asia, such as Tokyo University of Chinese Medicine and The University of Raman in Malaysia, TCM culture courses have been offered to help students to learn TCM culture deeply by explaining the basic theories, diagnostic methods and knowledge of TCM. In Europe and North America, with Confucius Institutes as the impetus, TCM culture has gradually received attention. Some universities and research institutions have begun to set up TCM culture research centers to promote the in-depth application of TCM culture in international Chinese teaching.

However, despite of some achievements in the application of Chinese culture in international Chinese teaching, there are still some problems and challenges. On the one hand, due to the depth and professionalism of TCM culture, some international Chinese teachers may lack sufficient knowledge reserve of TCM, making it difficult to effectively integrate TCM culture and connotation into teaching. On the other hand, due to cultural differences and language barriers, some international students have a limited understanding and acceptance of TCM culture, making it difficult for them to truly appreciate its charm. Therefore, we need to further strengthen the application research of traditional Chinese medicine culture in international Chinese teaching, explore more effective teaching methods and means, and improve the teaching effect and quality.

To address these problems and challenges, we can learn from some successful cases and experiences. For example, the medical Chinese course of traditional Chinese universities is invited to give lectures, providing more intuitive and vivid TCM culture teaching experience for

international students. At the same time, some teachers also actively explore the teaching methods of combining Chinese medicine culture with modern science and technology, and use multimedia and network technology to let students learn Chinese medicine culture in a relaxed and happy atmosphere. These cases and experiences provide us with valuable inspiration and reference.

In addition, we can also use some analytical models to evaluate the application effect of TCM culture in international Chinese teaching. For example, we can use questionnaire survey, interview and other methods to collect the feedback of students and teachers on TCM culture courses, and analyze the teaching effect and existing problems. At the same time, we can also combine the students' academic performance and performance, so as to provide scientific basis for improving and optimizing the teaching program.

To sum up, the application status of TCM culture in international Chinese teaching shows a positive development trend, but the research and exploration still need to be further strengthened. By drawing on successful cases, using analytical models and strengthening teacher training, we can continuously improve the application effect and quality of TCM culture and connotation in international Chinese teaching, and make greater contribution to the promotion of Chinese culture and international exchanges.

2.2. Existing Problems and Challenges

At present, the application of TCM culture in international Chinese teaching is facing many challenges. First of all, the depth and professionalism of traditional Chinese medicine culture has brought great difficulty to the international Chinese teaching. Due to the rich theoretical knowledge and practical experience involved in TCM culture, there are some obstacles for non-TCM international students to understand and accept TCM culture. According to the survey data, only less than 30% of international students have a deeper understanding and interest in TCM culture, which limits the promotion and application of TCM culture in international Chinese teaching to some extent.

Secondly, the international Chinese teaching lacks high refinement and pertinacity when integrating into traditional Chinese medicine culture. At present, most international Chinese teaching institutions do not fully consider the characteristics and values of Chinese medicine culture in the curriculum and textbook compilation, and as a result, the low proportion of Chinese medicine culture in the teaching content is low, and it is difficult to play its due role. In addition, the teaching methods and teaching means are relatively single, lack of innovation and diversity, it is difficult to stimulate students' interest and enthusiasm in learning.

In view of these problems, we need to deeply analyze the characteristics and values of traditional Chinese medicine culture, combined with the actual needs of international Chinese teaching, and develop more systematic and targeted teaching strategies. For example, it can help students to better understand and accept TCM culture by introducing the judgment of TCM classics, cultural infiltration (solar terms) and practical operation, and also adopt modern teaching methods such as multimedia and online teaching to improve the teaching effect and students' interest in learning. Mr. Tao Xingzhi, a famous educator, said: " Education is an important cornerstone of human social progress." As an important part of the excellent traditional culture of the Chinese nation, traditional Chinese medicine culture embodies the excellent Chinese thought and has unique value and charm. By strengthening the application and promotion of TCM culture in international Chinese teaching, it can not only help students to better understand and understand traditional Chinese culture, but also promote international cultural exchanges and mutual learning, and promote the building of a community with a shared future for mankind.

3. The Enlightenment of Traditional Chinese Medicine Culture to the International Chinese Teaching Reform

3.1. Educational Concepts and Teaching Methods in Traditional Chinese Medicine Culture

The profound heritage and unique connotation of traditional Chinese medicine culture have undoubtedly brought valuable enlightenment to the reform and innovation of international Chinese teaching. The holistic concept, syndrome differentiation and individualized treatment advocated by traditional Chinese medicine culture also show its unique value in the practice of Chinese teaching.

In terms of the overall concept, TCM culture emphasizes the close connection and overall balance between all parts of the human body, which coincides with the teaching concept that pays attention to the integration of language knowledge and cultural background in Chinese teaching. By integrating into the overall concept of TCM culture, we can guide students to deeply explore the rich cultural connotations behind the Chinese language, so as to broaden the depth and breadth of language learning.

In terms of teaching methods, the principle of syndrome differentiation and treatment of TCM culture provides a new idea of personalized teaching for Chinese teaching. Traditional Chinese medicine makes treatment plans according to individual differences. In the international Chinese teaching, we can also learn from this principle, according to the students' language level, learning style and cultural background and other factors, tailored personalized teaching plan. For beginners, we can focus on the teaching of basic vocabulary and grammar; for middle and senior learners, we can introduce more reading materials related to TCM culture to help them have a deeper understanding of Chinese culture.

In addition, the practical spirit of TCM culture also provides a valuable reference for international Chinese teaching. TCM culture emphasizes the close combination of theory and practice, and tests and consolidates theoretical knowledge through practice. In international Chinese teaching, we should also pay attention to the setting of practical links, such as organizing students to conduct practical activities such as Chinese speech, writing and translation, so that they can improve their language use ability in practice. At the same time, combined with the practical activities of Chinese medicine culture, such as Chinese medicine health lectures, Chinese medicine production experience, etc., students can feel the charm of Chinese medicine culture in personal experience, and then enhance their interest and motivation in Chinese learning.

To sum up, the educational concepts and teaching methods in TCM culture provide useful enlightenment for the reform and development of international Chinese teaching. By drawing on the overall concept of traditional Chinese medicine culture, the principle of syndrome differentiation and the spirit of practice, we can promote the international Chinese teaching to the direction of more personalized, practical and cultural integration, so as to improve the quality and effect of Chinese teaching.

3.2. Influence of Traditional Chinese Medicine Culture on International Chinese Teaching Content

The role of TCM culture in international Chinese teaching is undoubtedly important and diversified. It is like an inexhaustible and inexhaustible treasure house, injecting a steady stream of materials and vivid cases for international Chinese teaching, making the teaching content more colorful. For example, the profound philosophical thoughts and unique way of keeping healthy contained in the classic TCM Neijing of Huangdi can not only enable learners to deeply understand the core connotation of TCM culture, but also lead them to feel the profound and infinite charm of Chinese culture in a more comprehensive way. At the same time,

the unique diagnostic methods and exquisite therapeutic techniques in TCM culture also add practical elements to the international Chinese teaching, so that learners can personally experience the unique charm and practical value of TCM culture.

According to authoritative statistics, the influence of TCM culture in the field of international Chinese teaching is expanding. More and more international Chinese teaching institutions begin to integrate TCM culture into their teaching content. These institutions enable learners to deeply explore the historical context, theoretical system and application of TCM culture in modern society through carefully planned TCM culture courses, rich contents and various forms of TCM culture lectures. This international Chinese teaching mode, which integrates traditional Chinese medicine culture, not only greatly stimulates learners' interest and enthusiasm in learning, but also significantly enhances their sense of identity and belonging to Chinese culture.

The influence of TCM culture on the international Chinese teaching content is also reflected in the innovation of teaching methods. The overall concept and the thinking mode of syndrome differentiation and treatment emphasized by traditional Chinese medicine culture complement with the comprehensive and practical teaching methods advocated in international Chinese teaching. Therefore, in the international Chinese teaching into Chinese medicine culture elements, can use such as Chinese characters and the interpretation of TCM terms, case analysis, role play, diversified teaching methods, make learners in the real situation of simulated TCM culture knowledge and skills, so as to improve their comprehensive quality and cross-cultural communication ability.

In general, the influence of TCM culture on the international Chinese teaching content is multi-dimensional and deep-level. By deeply exploring the intrinsic value of traditional Chinese medicine culture and closely combining it with the international Chinese teaching, we can not only enrich the teaching content and improve the teaching effect, but also further promote the international communication and communication of Chinese culture, so that more people can appreciate the unique charm of Chinese culture. This is of great significance for promoting the international dissemination and promotion of TCM culture, as well as improving the overall quality of international Chinese teaching.

4. International Chinese Teaching Reform Strategy based on Traditional Chinese Medicine Culture

4.1. Innovation in Curriculum Setting and Textbook Compilation

On the international Chinese language teaching innovation road with traditional Chinese medicine culture as the core concept, it is particularly critical to the innovation of curriculum system and educational materials. In view of the current lack of sufficient coverage and depth in terms of TCM cultural content of international Chinese language education, we have carefully planned a series of innovative teaching course design. First of all, in the framework of building basic Chinese education, we skillfully integrate the elements of Chinese medicine culture, such as the basic concept of Chinese medicine and the basic knowledge of Chinese medicine, so that students can feel the depth and breadth of Chinese medicine culture in the initial contact stage. Then, we specially set up special courses focusing on traditional Chinese medicine culture, such as the regimen of traditional Chinese medicine and the acupuncture art of traditional Chinese medicine, so as to make students deeply explore the unique charm and value of traditional Chinese medicine culture.

In addition, we have also creatively added practical teaching links and developed a series of experience courses themed on TCM culture, so that students can appreciate the unique charm and value of TCM culture through personal experience. In the compilation of educational materials, we are committed to the deep combination of traditional Chinese medicine culture

and international Chinese language teaching. On the one hand, we select the most representative works from the classic works of traditional Chinese medicine culture, such as Huangdi Neijing and Compendium of Materia Medica, for accurate translation and detailed annotation, and make them an important part of teaching materials. On the other hand, according to the characteristics of international Chinese teaching, we have compiled textbooks focusing on traditional Chinese medicine culture. We pay attention to the combination of theory and practice, in order to enable students to continuously improve their ability to understand and apply TCM culture in the process of learning.

In addition, we also actively explore and use of modern scientific and technological means, such as multimedia technology, network technology, etc., to enrich the form and content of educational materials, in order to improve the effect of teaching. Through the above course design and the compilation of educational materials, we have successfully integrated the traditional Chinese medicine culture into the international Chinese language teaching, which not only enriched the teaching content, but also greatly improved the students' enthusiasm and enthusiasm for learning. According to our statistics, after the implementation of these innovative programs, the students' awareness and satisfaction with the TCM culture have been significantly improved. At the same time, we have also noticed that through the study of TCM culture, the students' ability in cross-cultural communication has also been effectively improved, which lays a solid foundation for them to better spread Chinese culture on the international stage in the future.

4.2. Improvement of Classroom Teaching

Mr.Zhao Jinming pointed out, " We must realize that Chinese characters are one of the biggest differences between Chinese teaching as a second language and other languages. Only by breaking through the bottleneck of Chinese character teaching and creating the teaching method of characteristic Chinese as a second language, can we comprehensively improve the comprehensive use of Chinese ability." [7] In terms of the improvement of teaching methods and means, TCM culture provides rich enlightenment for international Chinese teaching. First of all, we can learn from the four-diagnosis method of "looking, hearing, asking and cutting" in traditional Chinese medicine culture and apply it to international Chinese teaching. Observe students' expressions and movements to understand their learning status by "looking"; "smell" refers to listening to students' speeches and discussions, and to master their thinking mode and language habits; "ask" means to actively ask questions and guide students to think deeply; and "cutting" means to develop personalized teaching plans according to students' actual situation. This teaching method not only helps teachers to better understand students' learning situation, but also stimulates students' interest and initiative in learning.

In terms of teaching means, we can use modern scientific and technological means, AI, VR and other technologies to integrate human body meridian pictures, traditional Chinese medicine pictures, online tour of traditional Chinese medicine culture museum, and integrate the connotation of traditional Chinese medicine culture into Chinese teaching. For example, multimedia courseware on TCM culture theme can be made to show the unique charm of TCM culture through pictures and videos. Meanwhile, online teaching platform can also be used to carry out online teaching activities on TCM culture theme, so that students can have access to the knowledge of TCM culture anytime and anywhere. The application of these teaching means can not only improve the teaching effect, but also enhance the students' learning experience.

In addition, we can also learn from the idea of "syndrome differentiation and treatment" in traditional Chinese medicine culture, and formulate targeted teaching plans according to students' individual differences and learning needs. For example, for students with weak language foundation, the teaching of basic grammar and vocabulary can be strengthened; for students with strong expression ability, attention can be paid to cultivate their oral expression

and writing ability. This teaching method of teaching students according to their aptitude can better meet the personalized needs of students and improve the teaching effect.

To sum up, TCM culture provides valuable teaching methods and teaching methods for international Chinese teaching. By drawing lessons from the educational concepts and methods of TCM culture, we can constantly innovate and improve the ways and means of Chinese teaching, improve the teaching effect and quality, and make contributions to the training of more talents with TCM cultural literacy and international vision.

5. The Practice Case of TCM Culture in International Chinese Teaching

5.1. Case Analysis: The Application of TCM Culture in the International Chinese Classroom

In the vast world of international Chinese education, the integration of traditional Chinese medicine culture not only greatly enriches the connotation and extension of teaching, but also plays an important role in enhancing students' enthusiasm for learning and promoting cross-cultural communication. Take an influential international Chinese school as an example, the school makes bold innovations in its teaching practice and integrates the long-established traditional Chinese medicine culture into its daily Chinese teaching. By explaining the basic theory of TCM, unique diagnostic methods and rich knowledge of TCM in simple terms, students not only appreciate the charm of TCM culture, but also significantly improve their understanding and application ability of Chinese language.

According to relevant statistics, their enthusiasm and enthusiasm for Chinese learning have been significantly improved after participating in courses related to traditional Chinese medicine culture, and they are more confident and calm in cross-cultural communication. The reform and innovation of this teaching method has undoubtedly brought new vitality and enlightenment to the field of international Chinese education.

In the specific teaching practice, teachers adopt a variety of teaching methods and means, such as vivid and interesting case analysis, realistic role playing, simple group discussion, etc., so that students can deeply understand the essence of TCM culture through active participation and interactive communication. In a well-known universities of international Chinese teaching, for example, through the 2019 to 2022 four research analysis of students teaching effect, we found that the traditional Chinese medicine culture related ideological elements into basic Chinese and medical Chinese courses, for international students comprehensive understanding of relevant cultural knowledge and medical knowledge has played a positive role in promoting.

Since 2019, the school has implemented large-scale teaching reform, gradually revised and improved the teaching syllabus of all Chinese courses, constructed a perfect teaching system of pre-subject-Chinese-medical Chinese, and made reasonable adjustments to the enrollment requirements and the number of course hours of international students. With the continuous improvement of international students' Chinese proficiency, they have a deeper understanding and interest of the TCM cultural elements integrated in teaching, so that they can learn Chinese more actively, and make language and culture integration better. The two complement each other and jointly promote international students to know and friendship.

According to the feedback of the teaching reform, the effective integration of TCM culture and its connotation has made the passing rate of HSK 4 increase year by year, and has reached more than 85%. At present, and the time of students passing HSK 4 has been advanced from the second year to the end of the first semester. The average score of medical Chinese courses has also increased from 70 points to 78 points, and more international students are more willing to take higher-level Chinese proficiency tests, in order to achieve better development in their future study and work in China.

From the perspective of the improvement of international students, through the in-depth study of traditional Chinese medicine culture and connotation, students have a deeper understanding of Chinese culture and the living customs of Chinese people, and their cross-cultural adaptability has been significantly improved. This makes them more willing to actively participate in all kinds of Chinese projects, and in the competitions at all levels of repeated success.

To sum up, the application of TCM culture in the international Chinese classroom shows its remarkable effect and far-reaching significance. By integrating TCM cultural elements, it not only enriches the teaching content and form, improves students' learning interest and enthusiasm, but also cultivates students' cross-cultural communication ability and comprehensive quality. Therefore, in the future international Chinese teaching, we should pay more attention to and inherit and carry forward the Chinese medicine culture, so that more students can understand and feel the unique charm of Chinese medicine culture.

5.2. Summary and Enlightenment of Practical Experience

In the process of international Chinese teaching reform under the guidance of Chinese medicine culture, we deeply realize that the educational concepts and teaching methods contained in Chinese medicine culture play a significant role in improving the teaching quality and effect. For example, in an international Chinese teaching project, we try to integrate the "overall concept" and "syndrome differentiation" in traditional Chinese medicine culture into teaching, guide students to understand language and culture from an overall perspective, and carry out targeted teaching according to individual differences. Through comparative experiments, we found that this teaching method can significantly improve students' interest in learning and performance.

In addition, the thoughts of "balance of Yin and Yang" and "harmony to China" in traditional Chinese medicine culture also provide important inspiration for the selection and arrangement of international Chinese teaching content. According to these ideas, we select the teaching content that not only reflects the essence of Chinese medicine culture but also meets the actual needs of international students, such as Chinese medicine health preservation, Chinese medicine philosophy, etc. Through vivid and interesting teaching cases and practical activities, students can feel the charm of Chinese medicine culture in a relaxed and happy atmosphere.

At the same time, we also borrowed the four-diagnosis method of "looking, hearing, asking, and cutting" in traditional Chinese medicine culture, and applied it to the evaluation and feedback of international Chinese teaching. By observing the students' classroom performance and after-class feedback, ask the needs of students and the students' homework and test detailed analysis, we can more accurately understand the students' learning status and demand, to adjust the teaching strategies and methods, select the most for students accept the core of traditional Chinese medicine culture, improve the teaching effect.

To sum up, the practical experience of TCM culture in the international Chinese teaching reform shows that the integration of TCM culture into the international Chinese teaching can not only improve the teaching quality and effect, but also enhance students' cultural identity and cross-cultural communication ability. In the future, we will continue to explore the application path and mode of TCM culture in international Chinese teaching, so as to contribute to the cultivation of more international talents with global vision and cross-cultural literacy.

6. Conclusion and Outlook: Traditional Chinese Medicine Culture Leads a New Chapter of International Chinese Teaching

6.1. Study Conclusion and Results Summary

Through in-depth academic research and extensive practical exploration, we have achieved a series of important research achievements, which are focused on the field of international Chinese teaching reform under the guidance of traditional Chinese medicine culture. First of all, in the important link of curriculum development and teaching material arrangement, we have realized the organic combination of TCM cultural elements and international Chinese teaching. Specifically, we have innovatively developed a series of characteristic courses, such as the basic theory of TCM, TCM health care, etc., which introduce the core concepts and practical skills of TCM in a simple way. We have also compiled exclusive textbooks for such courses, which are not only faithful to the original flavor of traditional Chinese medicine in content, but also close to the learning habits of international students in language, which greatly enriches the connotation of international Chinese teaching and greatly stimulates students' enthusiasm and participation in learning.

Secondly, in the application of teaching strategies and teaching tools, we have deeply explored the educational wisdom contained in TCM culture, such as the overall concept, syndrome differentiation and treatment, etc., and flexibly applied these ideas to the international Chinese teaching practice. We have introduced interactive teaching methods such as case analysis and group discussion, enabling students to more actively participate in learning, and more deeply understand and master the knowledge of TCM culture. At the same time, we also do not forget to use modern educational technologies, such as multimedia teaching, online teaching platform, the application of these technologies to further improve the effectiveness of teaching and students' learning experience.

Moreover, by collecting and analyzing a series of successful cases, we further confirm the unique value and excellent effect of TCM culture in international Chinese teaching. Taking a specific international Chinese teaching project as an example, we have carefully designed courses and activities related to Chinese medicine culture, such as Chinese medicine culture lectures and TCM experience activities, so that students can personally appreciate the charm of Chinese medicine culture. The implementation results of the project are very encouraging: the students' Chinese level has been significantly improved, and their interest and identity of TCM culture have also achieved a leap, which not only reflects the strong attraction of TCM culture in international Chinese teaching, but also provides strong empirical support for our teaching reform.

6.2. Future Development Trend and Outlook

When we look forward to the future, it can be predicted that the international Chinese teaching reform under the guidance of traditional Chinese medicine culture will show a more diversified and in-depth development trend. In the wave of globalization, the international communication value of traditional Chinese medicine culture will be further highlighted, and its status and role in the international Chinese teaching will also be significantly improved. According to relevant forecasts, in the next five years, the proportion of traditional Chinese medicine culture related courses in international Chinese teaching is expected to increase by 30%, which will undoubtedly become a highlight of international Chinese education, eye-catching.

At the same time, with the deepening of TCM culture research, the application of TCM culture in the international Chinese teaching content, teaching methods and other aspects will be more extensive and in-depth. For example, some international Chinese education institutions have begun to try to integrate TCM cultural elements into the textbooks, and let students have a more intuitive understanding of the connotation and value of TCM culture through case analysis and

practical operation. Such an attempt not only enriches the teaching content, but also enables students to feel the charm of TCM culture more intuitively.

In addition, with the rapid development of science and technology, the communication mode of TCM culture in international Chinese teaching will be more diversified and convenient. For example, virtual reality technology is used to simulate the TCM diagnosis and treatment process, so that students can feel the charm of TCM culture in an immersive experience. The application of this technology undoubtedly provides new possibilities and opportunities for the dissemination of traditional Chinese medicine culture.

However, looking into the future, the international Chinese teaching reform under the guidance of TCM culture will also face many challenges and opportunities. On the one hand, how to better combine traditional Chinese medicine culture with international Chinese teaching and realize the organic integration of the two will be an important direction of future reform. On the other hand, with the continuous expansion of the international Chinese education market and the intensification of competition, how to enhance the influence and competitiveness of traditional Chinese medicine culture in the international Chinese teaching will also become an important topic of reform.

Therefore, we need to constantly explore and innovate, strengthen the research and dissemination of traditional Chinese medicine culture, and promote the reform and development of international Chinese teaching. We should devote ourselves to cultivating more talents with TCM cultural literacy and international vision, so as to make positive contributions to the dissemination of TCM culture and the development of international Chinese education.

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