



## **Wormwood Enhances Physical and Mental Health: A Story about Healing and Friendship**

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**Abstract:** Based on the unique role of wormwood in friendly exchanges between China and the United States, this paper explores from an interdisciplinary perspective how this traditional Chinese medicine has evolved from a cultural symbol to a modern healing medium, and thus become a special link between China and the United States. The study first traces back to the myth of Fuxi and Nuwa, and reveals the metaphor of wormwood and the life protection of Chinese civilization. By analyzing the wisdom symbols of traditional Chinese medicine in Fuxi and Nuwa's Mating Diagram of Tang Dynasty, this paper expounds the fundamental role of such philosophical concepts as the harmony of Yin and Yang and the multiplication of life on the theoretical system of traditional Chinese medicine. On the level of medical value verification, this paper integrates the results of modern medical research, puts forward the theoretical framework of "ninth Five-Year Plan", and introduces the physical and mental healing value of wormwood for modern society. In the study of Sino-US health cooperation paradigm, this paper takes Hangzhou as the geographical coordinate to reveal the dual role of wormwood in cross-cultural communication. On the one hand, as an innovative carrier for AIDS adjuvant treatment, it has brought improved quality of life to 108 American patients; On the other hand, through the case study of Hangzhou Sino-US Friendship Folk Memorial Hall, the unique advantages of folk diplomacy in memory construction are demonstrated. The purpose of this paper is to reveal that wormwood, as an important material in traditional medical healing, is of great significance to promoting friendly exchanges between China and the United States in the 21st century.

**Key words:** Wormwood; Physical and mental healing; Sino-us exchange

### **1. Fuxi and Nuwa and Wormwood in Physical and Mental Therapy**

In the grand narrative of ancient Chinese mythology, Fuxi and Nuwa occupy an important position. They are not only the first gods of the Chinese nation, but also have left a profound mark in many fields. For a long time, people marveled at their great achievements in creating human beings and expanding territory, but often ignored the inextricable links between them and traditional Chinese medicine. Their legends have injected a steady stream of impetus into

the birth and evolution of traditional Chinese medicine.

### 1.1 Myth and legend of Fuxi and Nuwa

Fuxi and Nuwa are two very important figures in ancient Chinese mythology, carrying the deep memory of the origin and development of the Chinese nation. They are not only the stories passed down from mouth to mouth, but also the important carrier of Chinese culture inheritance, which has had an immeasurable impact on the philosophy, art, religion and many other fields of the later generations, and also left a strong mark in the development process of traditional Chinese medicine.

#### 1.1.1 Myth and Legend of Fuxi

Fuxi is an extremely important mythological figure in ancient Chinese myths and legends. He is respected as "the head of the Three Emperors" and "the ancestor of humanity". He and Nuwa are called the ancestor of the Chinese nation. According to legend, his mother, Huxley, conceived after Lazer stepped on the giant's footprints and gave birth to Fuxi, who had a human head and a snake body. Fuxi had the status of the god of creation. He looked up to the sky, looked down to the geography, and drew eight diagrams to explain the changing laws of heaven and earth. He also invented the fishing net, taught people to fish and animal husbandry, and promoted the transition from the primitive gathering life to fishing, hunting and animal husbandry. He not only had a profound impact on the creation of culture and civilization, but also made outstanding contributions in the field of medicine. According to the records in the Imperial Century, Fuxi "tasted a hundred medicines and made nine needles" and pioneered acupuncture therapy. In addition, Fuxi also accumulated rich knowledge of medicine through tasting hundreds of herbs, which provided valuable experience for the development of Chinese medicine in later generations. These legends are still widely revered today, reflecting the profound influence of Fuxi as the "ancestor of humanity" on Chinese culture.

#### 1.1.2 Myth and Legend of Nuwa

Nu Wa is the great goddess of creation in ancient Chinese mythology and is respected as one of the first gods of the Chinese nation. According to legend, she created human beings by making small clay figures out of loess and water in her own likeness, and allowed them to multiply through the marriage system. In the disaster of the collapse of heaven and earth and the flood, Nuwa made up the sky with five-colored stones, cut off the turtle and held up the four poles of the sky with four legs, killed the black dragon, and soothed the flood, saving mankind. She also created Musical Instruments such as seer and Sheng reed, which enriched the spiritual life of mankind, and was revered as the God of marriage, laying the foundation of the human marriage system. The legend of Nuwa not only reflects the ancient people's interpretation of human origin and natural phenomena, but also shows the greatness and wisdom of women in matriarchal society. In addition to her contributions to culture and social institutions, Nuwa also had a profound influence in the field of medicine. According to the records in the Century of the Emperors, Nuwa "prepared the hundred medicines of Shennong". She laid the foundation for the development of Chinese medicine in later generations by tasting hundreds of herbs and distinguishing their medicinal properties. Her wisdom and practical spirit make her one of the pioneers of traditional Chinese medicine culture. At the same time, the legend of the goddess patching the sky also symbolizes her protection of human health, and her image is still widely praised today, becoming an important symbol of Chinese culture.

## 1.2 The relationship between Fuxi and Nuwa and wormwood

Regarded as the ancestors of Chinese civilization, Fuxi and Nuwa are said to have created the basic laws of human existence and played a crucial role in warding off natural disasters and protecting human health. Although in ancient Chinese mythology, there is no direct relationship between Fuxi, Nuwa and wormwood. But delve deeper into the roots of traditional Chinese medicine culture and folk customs, and you will find that there are inextricable links between wormwood and the ancient wisdom represented by these two ancestors.

First, from the perspective of folklore, Fuxi and Nuwa were the protectionists of mankind, and they were always committed to helping mankind resist natural disasters and diseases. In traditional culture, wormwood has always been regarded as a spiritual herb with the effect of driving away evil spirits and avoiding epidemics, which is in line with the mythological theme of Fuxi and Nu Wa protecting human beings. Every Dragon Boat Festival, people have the custom of hanging wormwood, its purpose is to drive away evil to avoid the epidemic, pray for health and peace. This culture of exorcism may have been formed under the influence of the mythological subjects of Fuxi and Nuwa, because in ancient legends, their images were often associated with protecting human beings from disasters and diseases, and became the spiritual support in people's hearts to resist disasters.

Second, from the symbolic meaning of life reproduction and protection, Fuxi and Nuwa are mythological figures who create human beings and open the inheritance of life, and their bodies symbolize the continuation of life and health. Wormwood is used in traditional Chinese medicine to warm the meridian, dispel cold, regulate qi and blood, especially in gynecological diseases (such as irregular menstruation, abortion) has an important role, which coincides with the "life guardian" image of Fuxi and Nuwa. The myth of Fuxi and Nuwa, bearing the Chinese nation's original cognition of human origin, reproduction and survival wisdom, is an important source of national cultural genes.

Third, Nuwa, as the originator of medicine, is considered to be one of the discoverers of herbs. According to legend, she taught humans to use herbs to cure diseases. Although wormwood is not explicitly mentioned in the myth, wormwood, as an important medicinal plant, may be regarded as part of the knowledge of herbs taught by Nuwa, and may also be regarded as the discoverer and disseminator of the value of wormwood for medicinal use. Similarly, it is said that Fuxi invented the prototype of acupuncture, and moxibustion is an integral part of acupuncture therapy, with wormwood as the main material. This inheritance relationship may suggest that there is some indirect but profound connection between wormwood and Fuxi's contributions in the field of medicine, as if it is the continuation and echo of ancient wisdom at different levels.

## 1.3 The wisdom of traditional Chinese medicine from "Fu Xi and Nuwa Mating Diagram"

In 1965, a painting of Fuxi Nu Wa of the Tang Dynasty was unearthed in the Astana region of Turpan, Xinjiang. In the picture, Fuyi and Nuwa, human head snake body, the upper body intimate embrace, snake body intertwined, sleeves like dancing in the wind, floating. In this totem, there are also rich humanistic concepts and scientific wisdom.

### 1.3.1 Creation and reproduction

Fuxi Nuwa is regarded as the ancestor of mankind, and their mating symbolizes the creation and multiplication of mankind. This image is often found in tombs, symbolizing the wish for

the continuation of life.

### 1.3.2 Harmony between Yin and Yang

In the image of Fuxi Nuwa, the male (Fu Xi) holds the rules and the female (Nu Wa) holds the moments, and these tools symbolize the qualities and states that men and women should hold. In addition, there are hazy clouds on the heads of men and women, symbolizing the meaning of the union between men and women.

### 1.3.3 the symbol of the sun, moon and stars

Fuxi Nuwa has the sun above her head and the moon below her tail, which symbolizes that male is Yang and female is Yin, and Yin and Yang are in harmony. The combination of sun and moon also symbolizes the nourishment of sunshine, rain and dew, and promotes the growth and development of all things.

### 1.3.4 DNA double helix structure

The shape of Fuxi Nuwa's snaky-tailed lower body is similar to the double helix structure of DNA, symbolizing the inheritance and continuation of life.

### 1.3.5 Universe and Astronomy

Fuxi Nuwa is connected by stars around the map, simulating the cosmic space and astronomical layout, symbolizing the connection with the soul of the dead and the connection with the destination after death.

These meanings not only reflect the ancient Chinese people's deep understanding of the universe and life, but also reflect their reverence for life and death, reproduction, and the order of the universe.



Diagram of Fuxi Nuwa's Mating

## 1.4 The positive influence of Fuxi and Nuwa myths and legends on traditional Chinese medicine

### 1.4.1 Lay the foundation of TCM theory

#### 1.4.1.1 Enlightenment of yin-yang concept

Fuxi looked up at astronomy, looked down at geography, took things far away and bodies near, and created eight diagrams. The seemingly simple symbol combination of eight trigrams contains profound philosophical thoughts and cosmological views, which has become an important cornerstone for the construction of the theoretical system of traditional Chinese medicine. In the theory of traditional Chinese medicine, the theory of Yin-yang and five

elements occupies the core position. The opposites, dependencies, vicissitudes and transformations of Yin and Yang, and the five elements, which explain the physiological and pathological phenomena of the human body, guide the diagnosis and treatment of diseases. The Yin and Yang Yao in eight diagrams is the embryonic form of Yin and Yang theory. The dry is heaven, the kun is earth, the earthquake is thunder, the sun is wind, the kan is water, the distance is fire, the gen is mountain, and the fen is ze. Based on natural phenomena, the eight tri-graph divides all things in the world into two categories of Yin and Yang, reflecting their basic properties and mutual relations. This profound insight into the laws of nature and the universe provides a philosophical framework for TCM to understand human life activities.

According to Chinese medicine, everything in the world can be divided into Yin and Yang, and the human body is no exception. The physiological function of human body, pathological changes and the diagnosis and treatment of diseases cannot be separated from the guidance of yin-yang theory. In the human body, the upper part is Yang, the lower part is Yin; The body surface is Yang, the body is Yin; The back is Yang, the abdomen is Yin; The six fu-organs are Yang, the five viscera are Yin and so on. Only when Yin and Yang are in harmony and balance can the human body stay healthy. Once Yin and Yang are out of alignment, disease will follow. This concept of Yin and Yang is in the same line with the Yin and Yang thought in Fuxi's eight tri-gram. It reflects the profound enlightenment of myth to the theory of traditional Chinese medicine.

#### 1.4.1.2 The prototype of the overall concept

The eight basic phenomena of nature, such as heaven, earth, thunder, wind, water, fire, mountains and zeroes, correspond to the viscera, meridians, qi and blood of the human body, and build a whole model of the interrelation between man and nature. This holistic concept of "unity of nature and man" has become one of the core ideas of traditional Chinese medicine theory. Traditional Chinese medicine emphasizes that the human body is an organic whole, each internal organs, tissues and organs are interrelated and influence each other, and the human body is also closely related to the external environment. The change of seasons, the change of climate, and the difference of regions will have an impact on the physiology and pathology of the human body. Therefore, in the diagnosis and treatment of diseases, Chinese medicine pays attention to the whole, taking into account the internal and external factors of the human body, in order to achieve the purpose of treating diseases and restoring health. The myth that Nuwa kneaded the earth to create man also implies the close connection between man and nature, and that man is a part of nature and interdependent with nature, which further strengthens the holistic concept of Chinese medicine.

#### 1.4.2 Promote the practice of traditional Chinese medicine

##### 1.4.2.1 Acupuncture

Legend has it that Fuxi was inspired by sharp objects in nature to stimulate the human body to produce wonderful reactions, and invented the prototype of acupuncture. He used tools such as bone needles and stone needles to stimulate acupuncture points in the human body to treat diseases. This great invention laid the foundation for the development of TCM acupuncture therapy. With the passage of time, acupuncture therapy has been developed and improved, forming a complete theoretical and technical system. Moxibustion is an important part of acupuncture therapy, with wormwood as the main material. The warm stimulation produced by wormwood burning can penetrate into the human body through acupuncture points, and

play a role in warming meridians, harmonizing qi and blood, and fuzheng and dispelling evil. The legend of Fuxi's invention of acupuncture not only reflects the ancients' spirit of exploring human physiology and disease treatment, but also provides inspiration and enlightenment for the development of TCM acupuncture in later generations.

#### 1.4.2.2 Herbal Medicine

In mythology, Nuwa was regarded as the protector of mankind, who went to great lengths to find herbs in order to save mankind from disease. According to legend, she tasted hundreds of herbs, distinguished medicinal properties, and imparted the efficacy and use of herbs to humans, opening the way for humans to use herbs to cure diseases and save people. Although there is no clear record of the specific herbs Nuwa discovered in the myth, this legend reflects the ancient people's understanding and exploration of herbs to cure diseases. In the long history of the development of Chinese medicine, the application of herbal medicine occupies an important position. Through long-term practice and summary, Chinese medicine has accumulated rich knowledge of herbal medicine and formed a huge Chinese medicine system. The theory of sexual taste, sutra, efficacy and indications of herbal medicine is gradually improved in constant practice and exploration. The legend of Nuwa's search for herbs inspired later generations of doctors to continue to explore and study herbs and make contributions to the cause of human health.

#### 1.4.3 Shape the humanistic spirit of TCM

##### 1.4.3.1 The doctor who is compassionate has benevolence

As the ancestors of mankind, Fuxi and Nuwa showed a selfless spirit of compassion in their care and protection for mankind. In the traditional Chinese medicine culture, the doctor's benevolence is one of the core values. Traditional Chinese medicine emphasizes that doctor should be patient-centered, care for patients' physical and mental health, and do their best to relieve patients' pain. This kind of spirit of compassion is in accord with the spirit conveyed by the fairy tales of Fuxi and Nuwa. In the process of treating diseases, doctors should not only use exquisite medical skills, but also give patients humanistic care, so that patients feel warmth and hope. Just as Nuwa sought herbs in order to save mankind, doctors of traditional Chinese medicine, with the same compassion, strive to study medicine for the health of patients and save the dying and heal the wounded.

##### 1.4.3.2 Innovative spirit of exploration

Fuxi created the eight triguai, invented acupuncture, and Nuwa searched for herbs. These mythological stories all show their courage to explore the unknown and innovate. This innovative spirit has also been crucial in the development of TCM. The continuous development of TCM theory and practice is inseparable from the courageous exploration and innovation of successive generations of doctors. From the Huangdi Neijing laying the theoretical foundation of traditional Chinese medicine, to the establishment of the syndrome differentiation and treatment system in the Treatise on Febrile and Miscellaneous Diseases, to the formation and development of various medical schools in later generations, every progress is inseparable from the in-depth thinking and innovative practice of traditional medicine. They continue to sum up experience and explore new treatment methods and drugs, injecting a steady stream of vitality into the development of traditional Chinese medicine. The innovative spirit contained in the fairy tales of Fuxi and Nuwa inspired later generations of doctors to break through the tradition and promote the development of TCM.

### 1.5 Summary

The myth of Fuxi and Nuwa has exerted a profound and positive influence on Chinese medicine from many aspects, such as theoretical basis, practical origin and humanistic spirit shaping. These mythological stories are not only the treasure of Chinese culture, but also an important cultural support for the development of traditional Chinese medicine. In the modern society, we should dig deep and inherit the wisdom contained in these ancient myths, so that the ancient medical system of TCM will glow with new vitality and vitality in the new era.

## 2. The Efficacy of Wormwood and Modern Healing Practices

### 2.1 Concept

*Artemisia argyi* is a *Artemisia* plant belonging to Asteraceae family. The whole grass or leaves can be used as medicine. Its main effective components include volatile oil, flavonoids, polyphenols, terpenes and so on. As a traditional Chinese herbal medicine, wormwood has a broad application prospect in medicine, with antibacterial, antiviral, asthmatics, cough, expectorant effect, as well as hemostasis and anticoagulant effect, which can enhance the human body's ability to resist diseases.

### 2.2 Theoretical basis: Wormwood and cell self-healing mechanism

The Huangdi Neijing has a saying: "Yin and Yang, the way of heaven and earth." The way of keeping healthy in traditional Chinese medicine is not to treat diseases, but to regulate the balance of Yin and Yang. Modern medical research shows that the root cause of human diseases is the imbalance of self-healing function of cells. The global scientific community has recognized that cell dysfunction can cause 414 diseases, but traditional medicine uses wormwood as the key to balance the body, stimulate the potential of cells, and achieve self-healing. Wormwood is the homology of medicine and food, its nature is pure Yang, with the effect of fuzheng and dispelling evil, non-medicine and non-supplement, the responsibility of balance. Balance is achieved, the potential is self-evident, and all diseases can be cured.

### 2.3 Tracing the theory of traditional Chinese and Western medicine

Hippocrates, the father of Western medicine, once said: "The duty of the healer is not to cure the disease outside, but to help itself heal within." This coincides with the theory of "harmonizing Yin and Yang and balancing as the foundation" in Huangdi's Neijing. The human body has the potential to heal itself. Wormwood, with its warm power, can activate this potential, repair cell imbalance, and restore body homeostasis. This is not wormwood, but the awakening of the body's self-healing system.

### 2.4 The Ninth Five-Year Plan on Medicine: Modern interpretation of traditional wisdom

#### 2.4.1 the number of 95: the peak of the Qianyuan Henry Zhen

The first hexagrams of the Qianagram in Zhouyi are stacked with six Yang lines, shaped like a dark dragon leaping into the deep. The fifth line of the "flying dragon in the sky" 爻辞 carries the ultimate imagination of the 3,000-year Chinese civilization to the realm of perfection. This line is located in the hexagrams, such as the day in the sky, both with the flourishing of masculinity, but also to the middle of the auspicious, known as "the ninth Five-Year respect." Confucius interpreted this line and said: "The same voice is corresponding, and the same mind is seeking." The water is wet, the fire is dry. The clouds follow the dragons and the winds follow the tigers. A saint works and all things see." This saying breaks the principle of heaven and earth: a true leader should be like a flying dragon in heaven, his virtue

is worthy of heaven and earth, and his work is beneficial to all people.

"Wen Yan Chuan" further explained: "The husband, with heaven and earth to its virtue, with the sun and the moon to its Ming, with the four seasons to its order, with the ghosts and gods to its good or bad." This "adult" realm transcends the appearance of secular power and sublimates into a spiritual realm that resonates with the same frequency as the law of the universe. Just like the political ideal expressed by King Wen of Zhou when he performed the hexagrams in Youli City: a good king should be like a flying dragon in heaven, ruling the four sides with masculine virtues, and bringing people to their hearts.

#### 2.4.2 Wormwood medicine: the five core functions of life wisdom

When the philosophical wisdom of the Buddha of the ninth Five-Year Plan meets the traditional medical skills, wormwood, a seemingly ordinary herb, shows five core functions in the application of compatibility, just like the embodiment of the line of flying dragons in heaven:

##### 2.4.2.1 Promotion: Qi and blood are like dragons

The combination of wormwood can stimulate the operation of the channel qi, "Compendium of Material Medical" describes its "warm, cold, dehumidification", and vinegar can enhance the effect of promoting blood circulation. If office workers sit for a long time to cause muscle stiffness, with wormwood vinegar water fumigation, just like the dragon line sky to wake up sleeping meridians, so that Qi and blood like rivers rushing.

##### 2.4.2.2 Warm: Yang is like the sun

Wormwood is warm and compatible with ginger, cinnamon, etc., which can expel cold and dehumidify and protect Yang Qi. The same as the dragon needs sunshine in the day, the Yang of the human body needs wormwood warmth to disperse the haze. Modern studies have shown that wormwood contains volatile oil components, which can improve microcirculation, such as warm sun in winter through cold fog.

##### 2.4.2.3 Solid: Qi such as Longcangyuan

Wormwood and wolfberry match, can converge the essence stable fundamental. Wolfberry nourishing kidney Yin, moxa solid Yang, the combination of the two is like a dragon diving deep to conserve vitality. When soaking feet, the heat reaches Sanyinjiao point, just like a dragon's tail gently swinging solid foundation.

##### 2.4.2.4 Defense: Righteousness is like a tiger roaring wind

Wormwood with Astragalus, white art, etc., can enhance immunity against external evil. Its principle is in line with the way of heaven and earth that "clouds follow dragons and winds follow tigers" : positive qi memory, evil can not be done. Laboratory data show that wormwood volatile oil has a 92% inhibition rate of influenza virus, such as invisible shield to protect life.

##### 2.4.2.5 Gasification: subtle as rain and dew

The infrared and medicinal ingredients produced by burning wormwood can promote the transformation of fine substances. Moxibustion Shenque point, heat through the cell palace, just like flying dragon cloth rain to nourish the viscera. The pneumatization theory of traditional Chinese medicine is delicately interpreted here: the Yang of wormwood helps the spleen to move, like the spring rain moistens things silently.

#### 2.5 Modern health crisis and the physical and mental healing of wormwood

In today's society, due to the change of modern people's living habits, irregular work and rest



and invisible mental pressure, various diseases come one after another, and the health outlook is more and more worrying. These health problems not only reduce the quality of life, but also impose a heavy burden on society and economy.

Wormwood, with its unique efficacy, can have an important positive impact on the physical and mental healing of modern people.

#### 2.5.1 Relieve stress and improve sleep

The aroma of wormwood has a calming and calming effect, which can effectively reduce anxiety and stress, help people quickly enter a deep sleep state, and improve sleep quality.

#### 2.5.2 Promote blood circulation

Wormwood can warm the meridians, promote blood circulation, help alleviate problems such as cold hands and feet, and its warm properties can also penetrate into the muscle layer to help relieve muscle pain and stiffness.

#### 2.5.3 Antibacterial and anti-inflammatory and enhance immunity

Wormwood is rich in a variety of beneficial components to the human body, with antibacterial, antiviral effects, can enhance human immunity, prevent colds and other respiratory diseases.

#### 2.5.6 Regulate qi and blood and improve digestion

Wormwood helps to promote the movement of human qi and blood, improve the condition of poor qi and blood, and stimulate gastrointestinal peristalsis to help digestion.

In the face of modern health crises, wormwood provides effective support for physical and mental healing in its natural and gentle way. Through moxibustion, wormwood foot soaking, wearing wormwood sachets and other ways, people can make full use of the efficacy of wormwood, relieve stress, improve sleep, enhance physical fitness, and thus improve the overall health level. In the fast-paced modern life, wormwood is not only the inheritance of traditional culture, but also the precious wealth of safeguarding physical and mental health.

### 2.6 Experience

The way of wormwood is not only a gift of wisdom from nature, but also a dialogue between civilizations across time and space. From the harmony of Yin and Yang in the Huangdi Neijing to the self-healing concept of Hippocrates, from the ninety-fifth supreme authority of the Qiangua in the Book of Changes to the precise interpretation of modern cellular medicine, this green grass carries the eternal search for the essence of health in a humble manner. When the traditional medicine's "recuperation" meets the modern science's "cell self-healing power", when the ancient compatible "ninth Five-Year medicine" integrates into the health practice of contemporary life, wormwood is no longer just a burning incense, but also a bridge connecting the law of nature and the wisdom of life. Therefore, at present, it is more necessary for us to explore the healing value of wormwood and make continuous efforts to promote human health.

## 3. Wormwood Healing: Building a Bridge of Folk Friendship

As more and more medical value of wormwood has been proved, it has also played an increasingly important role in the exchanges between China and other countries, thus building a new paradigm of Folk medical exchange and health cooperation.

In the shadow of AIDS, people all over the world are looking for that ray of light that can penetrate the darkness and bring hope. In this long and arduous journey of exploration, an unexpected element - wormwood, quietly entered the world of 108 American AIDS patients,

bringing them a line of vitality and spiritual comfort.

There are 108 patients, in Buddhist culture, symbolizes the troubles and obstacles of life, but when this number is associated with AIDS patients, it becomes a symbol of perseverance and courage to fight. These 108 Americans, from different backgrounds, with their own stories, are bound together by the invisible hand of AIDS. In the face of the countdown to life, they did not choose to give up, but actively seek a variety of possible treatment ways, including the research and application of wormwood.

At first, when wormwood was proposed as a potential treatment for AIDS, it met with a lot of skepticism from the modern medical community. After all, AIDS is a complex viral disease, and its treatment often requires highly sophisticated drugs and therapies. However, with the deepening of research, scientists have gradually found that some of the active ingredients rich in wormwood, such as volatile oils, flavonoids, etc., have anti-inflammatory, antioxidant and immune function regulation, which in theory has a positive effect on alleviating the symptoms of AIDS patients and improving the quality of life.

In this context, the cooperation between Eastern and Western medical circles is particularly important. On the one hand, the American research team uses modern scientific and technological means to accurately extract and analyze the effective components of wormwood; On the other hand, Chinese TCM experts provide valuable traditional knowledge and clinical experience, and both sides work together to explore the best application of wormwood in AIDS adjuvant treatment. This cross-cultural cooperation not only promotes the progress of medical science, but also builds a bridge for the community of human destiny.

With the deepening of wormwood related research, more and more AIDS patients began to feel the warmth and power from the East. Wormwood not only improved their physical condition to a certain extent, but more importantly, it inspired people's confidence and courage to fight against the disease. The stories of these 108 Americans have become a bright light in the field of global AIDS prevention and control, reminding us that in the despair to find hope, at the intersection of ancient wisdom and modern science, human beings can always find answers to overcome difficulties.

#### **4. Hangzhou and Yiai : A witness to Culture and Medical Exchange**

##### **4.1 The China-Us Joint Communication was initialed in Hangzhou**

The initial of the communication was completed in Hangzhou, where winter is fading and spring is full of vitality, witnessed this "ice-breaking journey" that shocked the world.



Foreign Leaders visit t Hangzhou West lake



Foreign leaders met a little girl by the West Lake



Folk Memorial Hall of China-U.S. Friendship

#### 4.2 Yiai enhances physical and mental therapy

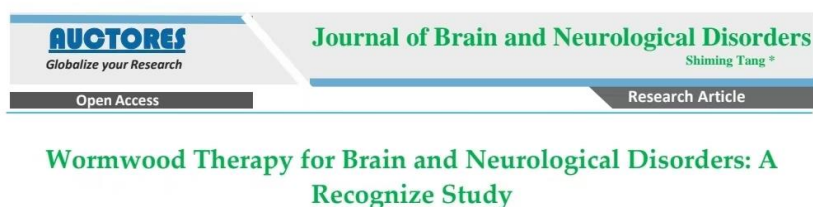
In January 2025, the China Yi Ai Group Health Development and New Product Launch Conference was held in Hangzhou. This year's, with the theme of "Mediating with Ai, Cherishing the World", witnessed the innovation of science and technology, assisted in physical and mental healing, and developed folk and medical exchanges.



The founder of Yi Ai shares the story of how mugwort water therapy cured obesity.



Yi Ai's mugwort and flower smoke becomes a therapeutic story in the Yangtze River Delta.



Yi Ai Mugwort Healing Neurological Diseases



## 5. Artemisia culture and physical and mental healing is an innovative concept.

It is carefully extracted and integrated the elements of traditional Chinese medicine culture and organ integrated with modern science of physical and mental healing. It is based on modern psychology, medicine and other related disciplines as the theoretical basis, and it is an innovative transformation and creative of modern medicine, and a special mode of comprehensive care for physical and mental health tailored for modern people.

Wormwood, a seemingly ordinary Chinese herb, plays a unique healing role in the friendly exchanges between China and the United States in the 21st century. It not only carries the profound heritage of Chinese civilization, but also becomes a special bond connecting China and the United States with its unique physical and mental healing value.

Reviewing the history of wormwood in Sino-American cultural exchanges, it is not difficult

to find its dual role as a cultural symbol and a modern healing medium. During the Dragon Boat Festival, Chinese and American youth participate in traditional customs such as making zongzi and hanging wormwood, which not only promotes cultural understanding and friendship between the two sides, but also makes wormwood a vivid footnote of people-to-people exchanges between China and the United States. This cultural exchange has not only enhanced the emotional identity between the two peoples, but also laid the foundation for the in-depth development of wormwood in Sino-US health cooperation.

The value of wormwood in physical and mental healing is the key to the story of Sino-US friendly healing. Wormwood has multiple functions such as relieving stress, improving sleep, promoting blood circulation, antibacterial and anti-inflammatory, and enhancing immunity. These effects have not only been verified by modern medicine, but also have been demonstrated in the daily lives of countless people. In the United States, wormwood has improved the quality of life of 108 patients as an adjunct to AIDS treatment. In Hangzhou, wormwood conveys the warm memory of China-US people-to-people diplomacy to the world through the display of the China-US Friendship Folk Memorial Hall.

Looking ahead, wormwood's potential for global health cooperation is limitless. With the international spread of Chinese medicine culture and the vigorous development of global health industry, wormwood is gradually becoming a "healing envoy" on the world stage. Under the framework of the "Belt and Road Initiative", the mugwort industry is gradually going to the world, bringing health and well-being to people in more countries and regions. At the same time, wormwood also plays a positive role in promoting global health industry innovation and promoting international health cooperation, contributing to the construction of a human health community.

Wormwood promotes physical and mental health, which is not only a treasure of Chinese civilization, but also a healing story of China-US friendship in the 21st century. Let us work together to make this magical herb play a more positive role in promoting Sino-US cultural exchanges and enhancing global physical and mental health, and jointly write a new chapter in human health and peace.

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