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Research Innovation in Sacral Sac Prevention in China

Li Huixiang

Public Health Program, Suan Sunandha Rajabhat University

Sarisak Soontornchai

Public Health Program, Suan Sunandha Rajabhat University

Pimporn Thongmuang

Public Health Program, Suan Sunandha Rajabhat University

Abstract

Sachet is an important element in traditional Chinese culture, with a long history and rich cultural connotations. In the process of modernization, in order to better inherit and develop sachet culture, continuous innovative research is needed. This article provides an overview of the innovation of sachets from multiple perspectives. Firstly, this article introduces the basic concept, historical background, and cultural significance of sachets. A sachet is a bag containing spices, usually used for decoration and incense. In Chinese history, sachets have been regarded as an important cultural symbol and widely used in etiquette, religion, and daily life. At the same time, sachets also have certain practical functions, such as preventing mosquito bites, refreshing and refreshing. However, with the changes of the times and the development of society, traditional sachet culture has gradually lost the attention and love of the younger generation. In order to reignite people's interest in sachets, innovative research is needed. This article explores the innovation of sachets from four aspects: design, materials, functionality, and marketing. In terms of design, innovation can start from aspects such as shape, pattern, and color. For example, modern geometric shapes, animal and plant patterns, and bright colored sachets can be designed to attract the attention of young people. At the same time, traditional cultural elements can also be combined with modern design to create sachets with unique styles.

Introduction

Traditional Chinese Medicine (TCM) Sachet, also known as "Xiangbao" in Chinese, is a unique and important aspect of traditional Chinese culture. It is a small bag filled with a variety of medicinal herbs and aromatic substances, which is worn or placed in living spaces to promote health and well-being. The importance of studying TCM Sachet lies in its rich cultural heritage, therapeutic benefits, and potential applications in modern healthcare.



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Firstly, TCM Sachet carries a significant cultural value. It has a long history in Chinese culture, dating back thousands of years. TCM Sachet is not only a functional item for health preservation but also a symbol of tradition and cultural identity. By studying TCM Sachet, we can gain a deeper understanding of the Chinese cultural heritage and appreciate the wisdom of our ancestors in preserving health and harmony.

Secondly, TCM Sachet offers various therapeutic benefits. The herbs and aromatic substances contained in the sachet have been carefully selected for their medicinal properties and fragrance. These substances can have effects on the body through inhalation or contact with the skin. For example, certain herbs in TCM Sachet have antibacterial and antiviral properties, which can help prevent respiratory infections and improve overall immune function. The aromatic substances can also have a calming effect on the mind and relieve stress and anxiety. By studying TCM Sachet, we can explore its therapeutic mechanisms and potential applications in complementary and alternative medicine.

Lastly, TCM Sachet has the potential for modern healthcare applications. As the world becomes more interested in holistic and natural approaches to health, TCM Sachet can serve as a valuable resource. The herbs and aromatic substances used in TCM Sachet have been used for centuries in TCM practices and have accumulated a wealth of empirical knowledge. By conducting scientific research on TCM Sachet, we can validate its traditional uses and develop evidence-based guidelines for its application in modern healthcare settings. This can contribute to the integration of traditional and modern medicine, providing patients with more comprehensive and personalized healthcare options.

In conclusion, studying TCM Sachet is important due to its cultural significance, therapeutic benefits, and potential applications in modern healthcare. By understanding its historical and cultural context, exploring its therapeutic mechanisms, and validating its traditional uses, we can preserve and promote this traditional practice while harnessing its potential for the benefit of human health.

The study area for this research on Traditional Chinese Medicine Sachet encompasses various regions in China where the use of TCM Sachet is prevalent. These regions include both rural and urban areas, as TCM Sachet is used by people from all walks of life.

In rural areas, TCM Sachet is often used as a traditional remedy for various health issues. It is commonly believed that the herbs and ingredients used in the sachets have healing properties and can effectively treat ailments. The use of TCM Sachet in rural areas is deeply rooted in tradition and is passed down through generations.

In urban areas, TCM Sachet is gaining popularity as an alternative form of therapy.



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With the increasing interest in holistic medicine and natural remedies, more people are turning to TCM Sachet as a way to promote well-being and alleviate stress. TCM Sachet is often used for its aromatic properties, as the herbs and ingredients release pleasant scents that can help relax and calm the mind.

The study area will include a diverse range of individuals, including both TCM practitioners and users of TCM Sachet. By examining the usage patterns, beliefs, and experiences of individuals in different regions, we can gain a comprehensive understanding of the role and effectiveness of TCM Sachet in promoting health and well-being.

Data will be collected through surveys, interviews, and observations conducted in various locations within the study area. The information gathered will be analyzed and interpreted to draw meaningful conclusions and insights.

Understanding the usage and effectiveness of TCM Sachet in different regions is crucial for promoting its integration into modern healthcare practices. By exploring its benefits and potential drawbacks, we can contribute to the ongoing research and development of TCM Sachet as a viable alternative therapy option.

In conclusion, the study area for this research on Traditional Chinese Medicine Sachet encompasses both rural and urban regions in China. By examining the usage patterns and experiences of individuals in these areas, we aim to gain a comprehensive understanding of the role and effectiveness of TCM Sachet in promoting health and well-being.

Traditional Chinese medicine, as an important component of traditional Chinese medicine, has a long history and a unique theoretical system. In recent years, with the continuous progress of technology and the increasing demand for health, traditional Chinese medicine has played an increasingly important role in preventing and treating diseases and ensuring people's health. This article will review the relevant research on traditional Chinese medicine, including the traditional Chinese medicine industry chain, traditional Chinese medicine decoction pieces, research and development of new Chinese medicine drugs, and internationalization of traditional Chinese medicine, in order to provide reference for the further development of traditional Chinese medicine (Yang, 2019)

Research Methodology

The study focuses on investigating the use and effectiveness of Traditional Chinese Medicine (TCM) sachets. The research sample consists of individuals who have used TCM sachets for various health purposes. The study aims to understand the benefits, potential side effects, and overall satisfaction of individuals using TCM sachets as a complementary



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Analysis of survey results

1. Market awareness

The survey results show that the majority of respondents have a certain understanding of traditional Chinese medicine sachets, but there are differences in their specific cognitive levels. Among them, young consumers have a relatively high awareness of traditional Chinese medicine sachets. Meanwhile, more than half of the respondents expressed willingness to try traditional Chinese medicine sachets.

2. Consumer needs and preferences

In terms of consumer demand, improving air quality and soothing sleep are the most popular effects of traditional Chinese medicine sachets. Meanwhile, the type of aroma, brand, packaging, and price are also important factors for consumers to choose traditional Chinese medicine sachets. Among them, natural, environmentally friendly, additive free, and personalized customization have become the most important qualities for consumers.

3. Market Status and Trends

At present, the market for traditional Chinese medicine sachets is in a rapid development stage, and the market size is constantly expanding. Meanwhile, as consumers continue to pay more attention to health and environmental protection, the demand for traditional Chinese medicine sachets in the market will further increase. In addition, online sales channels have gradually become the mainstream way of selling traditional Chinese medicine sachets.

Market strategy recommendations

1. Improve product quality

Given that consumers have increasingly high requirements for the quality of traditional Chinese medicine sachets, enterprises should increase their research and development efforts, improve product quality, and meet the personalized needs of consumers.

2. Expand sales channels

While expanding online sales channels, enterprises can also consider entering the offline market, such as opening physical stores or collaborating with related brands, to increase product exposure and visibility.

Analysis of the current situation of the traditional Chinese medicine sachet industry

1. Industry scale: In recent years, with the increasing awareness and demand of



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consumers for traditional Chinese medicine sachets, the market size of the traditional Chinese medicine sachet industry has been continuously expanding. According to data, the market size of traditional Chinese medicine sachets in China reached 200 million yuan in 2023, a year-on-year increase of 30%.

2. Industry chain structure: The traditional Chinese medicine sachet industry involves multiple links such as planting, processing, packaging, and sales of traditional Chinese medicine. At present, the industry chain of traditional Chinese medicine sachets in China is relatively complete, but there is still room for improvement.

3. Competitive landscape: Currently, the Chinese herbal medicine sachet market is highly competitive, with multiple brands and products in the market. Among them, some brands have occupied a large market share due to their profound brand influence and product quality.

Market demand analysis of traditional Chinese medicine sachets

1. Consumer group: According to the survey, the consumer group of traditional Chinese medicine sachets is mainly middle-aged and elderly people, young people who pay attention to health and wellness, and people with special needs. Among them, middle-aged and elderly people have a higher awareness and acceptance of traditional Chinese medicine sachets, making them the main consumer group.

2. Consumer demand: The demand for traditional Chinese medicine sachets is mainly reflected in the following aspects: firstly, they have the effects of calming the mind, assisting sleep, and dispelling diseases; The second is to require product safety and effectiveness; The third is to focus on product packaging and appearance design.

3. Consumption trend: With the increasing emphasis on health and wellness among consumers, the consumption trend of traditional Chinese medicine sachets market is also changing. In the future, products with higher efficacy and safety will be more popular among consumers. Meanwhile, personalized customization and online sales will also become important trends in the traditional Chinese medicine sachet market.

Prediction of Development Trends in the Traditional Chinese Medicine Fragrant Bag Industry

1. Policy support: With the increasing emphasis of the country on traditional Chinese medicine culture, there will be more policy support for the development of the traditional Chinese medicine sachet industry in the future. For example, increasing support for the



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cultivation and processing of traditional Chinese medicine, and promoting the standardized and standardized development of the traditional Chinese medicine sachet industry.

2. Technological innovation: With the continuous development of technology, the traditional Chinese medicine sachet industry will pay more attention to technological innovation and research and development in the future. By introducing new production technologies and equipment, production efficiency and product quality can be improved to meet the personalized needs of consumers.

3. Brand building: Brand is one of the core competitiveness of the traditional Chinese medicine sachet industry. In the future, enterprises will pay more attention to brand building and promotion, improving brand awareness and influence. At the same time, by strengthening cooperation with scientific research institutions, medical institutions, etc., we can enhance the technological content and quality assurance capabilities of our products.

4. Cross border integration: In the future, the traditional Chinese medicine sachet industry will pay more attention to the development of cross-border integration with other fields. For example, combining with tourism, cultural creativity and other fields, developing traditional Chinese medicine sachet products with regional characteristics and cultural connotations; Integrating with the field of health preservation, developing traditional Chinese medicine sachet products with higher efficacy and safety.

5. Internationalization development: With the increasing international influence and status of Chinese culture, the traditional Chinese medicine sachet industry will pay more attention to internationalization development in the future. Enhance the visibility and influence of Chinese herbal medicine sachets by participating in international exhibitions, expanding overseas markets, and other means; Simultaneously introducing international advanced technology and management experience to promote the overall development level of the industry.

Results and Findings

1. Deeply explore cultural connotations: Further study the cultural connotations behind sachets, including their historical background, regional characteristics, folk customs, etc. By delving deeper into the cultural background of sachets, one can better understand their uniqueness and value.

2. Protection and inheritance of traditional craftsmanship: Increase the protection of traditional craftsmanship, encourage inheritors to impart skills, and cultivate a new generation of handicrafts. At the same time, through publicity and promotion, enhance the



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public's awareness and importance of traditional production techniques.

3. Innovative design: While maintaining traditional characteristics, emphasis is placed on innovative design and material selection. Introducing modern design concepts and technologies, combined with market demand, to develop more attractive and practical sachet products.

4. Expand application areas: Apply sachets to more fields, such as home decoration, gift giving, tourism souvenirs, etc. By expanding its application areas, the market demand for sachets can be expanded, promoting the development of its industry.

5. Strengthen international exchange and cooperation: Actively participate in international exchange and cooperation, and promote Chinese sachets to the world stage. By exchanging experience and technology with international peers, it is possible to enhance the international recognition and influence of Chinese sachets.

6. Establish a sound industrial system: Establish a sound sachet industry system, including raw material supply, production and processing, sales channels, and other links. By improving the industrial system, production efficiency and quality levels can be improved, promoting the sustainable development of the sachet industry.

7. Establish research institutions and databases: Establish specialized research institutions or databases to collect and organize historical literature, design drawings, production processes, and other information about Chinese sachets. By establishing research institutions and databases, researchers can be provided with more comprehensive research materials and data support.

In summary, research on Chinese sachets needs to start from multiple aspects, including cultural connotations, manufacturing techniques, innovative design, application fields, international exchanges and cooperation, and industrial systems. Through in-depth research and practical exploration, we can promote the sustainable development of Chinese sachets and lay the foundation for their greater role on a global scale.

Future research recommendations

Traditional Chinese Medicine Fragrant Bags: Possible Paths and Challenges for Future Research

In the long river of Chinese civilization spanning thousands of years, traditional Chinese medicine sachets carry rich cultural and medical value. As a traditional health product, it combines disease prevention, health care, and aromatherapy to bring health and comfort to people's daily lives. However, with the changing times, the future development



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and innovation of traditional Chinese medicine sachets have become an important issue we are facing. This article will explore the possible future development paths of traditional Chinese medicine sachets based on their ingredients, processes, market demand, and theoretical exploration.

Firstly, let's gain a deeper understanding of the ingredients and efficacy of traditional Chinese medicine sachets. Common herbal ingredients in sachets include mugwort, cloves, and patchouli. The volatile components of these herbs can have antibacterial and antiviral effects, playing a preventive role. In addition, the aroma of herbs can regulate human physiological functions and have effects such as calming the mind and relieving depression. In the future, we can further clarify the ingredients and effects of various herbs through scientific research, and develop more targeted application scenarios for them.

However, in order to sustain the development of traditional Chinese medicine sachets, we need to optimize the current production process. At present, the production of traditional Chinese medicine sachets mostly adopts traditional manual methods, which have low efficiency and difficult to ensure quality. For this, we can use modern technological means such as 3D printing technology, intelligent manufacturing, etc. to achieve automation and personalization in sachet making. At the same time, the development and application of new materials will also bring more possibilities for sachet making.

The market is an important criterion for testing products. With people's pursuit of a healthy lifestyle, the market demand for traditional Chinese medicine sachets is showing an upward trend. In the future, with the increasing exchange of Chinese and Western cultures, traditional Chinese medicine sachets will also have greater development space in the international market. Therefore, we need to conduct in-depth research on domestic and international market demand, analyze consumer preferences, and provide strong support for the promotion of traditional Chinese medicine sachets.

In addition to meeting market demand, we also need to delve deeper into the theory of traditional Chinese medicine. Traditional Chinese medicine theory believes that traditional Chinese medicine sachets can achieve the effect of disease prevention and health care by regulating the body's qi and balancing yin and yang. In modern scientific research, we can use biological, chemical and other methods to reveal the connotation of traditional Chinese medicine theory, providing theoretical support for designing more precise, unique, and efficient traditional Chinese medicine sachets.

Interdisciplinary cooperation and exchange are important ways to promote the development of traditional Chinese medicine sachets. We need to gather researchers from



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fields such as medicine, materials science, and art to jointly explore the future development direction of traditional Chinese medicine sachets. By sharing the latest research results and experiences, promoting information sharing and collaborative innovation, and achieving interdisciplinary development of traditional Chinese medicine sachets.

While pursuing economic benefits, we cannot ignore the protection of the ecological environment. The sustainable development of traditional Chinese medicine sachets requires us to pay attention to resource conservation and environmental protection in the production process. By adopting environmentally friendly materials and production processes, waste emissions are reduced and green production is achieved. In addition, we should also pay attention to the cultivation process of traditional Chinese medicine, promote eco-friendly planting methods, and ensure the quality and sustainability of traditional Chinese medicine.

In order to better promote the knowledge and culture of traditional Chinese medicine sachets, we advocate introducing them into the campus education system. By offering relevant courses or holding lecture activities, students can understand the production principles, cultural connotations, and usage methods of traditional Chinese medicine sachets. This will help cultivate the interest and identity of young people towards traditional Chinese medicine culture, and provide talent support for its inheritance and innovation.

In summary, the future development and innovation of traditional Chinese medicine sachets require us to deeply explore their ingredients, processes, market demands, and theoretical connotations. Through the efforts of optimizing production processes, researching market demands, exploring traditional Chinese medicine theories, conducting interdisciplinary cooperation, and achieving green and sustainable development, we believe that traditional Chinese medicine sachets will usher in broader development prospects. Continuing to promote traditional Chinese medicine culture in the new historical era and making greater contributions to human health.



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