

Abstract

Title:

Taoism and health: selected aspects

Objectives:

The first objective of this thesis is to present and interpret Taoist way of thinking with a special emphasis on its teachings regarding health. The second objective is to presents selected aspects of this ‘spiritual philosophy’ and its health benefits (nutrition, fasting, breathing and physical exercises and others) and tests them against currently available scientific studies. The prolonged goal would be to point out methods which complement the techniques and processes of western health care systems. The third objective examines the legislative situation in the Czech elementary education system regarding the health education topic and beneficial effect of Taoist methods to use.

Methods:

This master thesis is purely theoretical, focusing on the analysis of primary and secondary source material with continuous and subsequent synthesis. These methods have been complemented with compilation and comparative methods.

Results:

Based on the available source material, the Taoist way of thinking has been presented including his approach to health. Furthermore, traditional Taoist health promoting practices which were also an inspiration for Traditional Chinese Medicine (TCM) were being discussed. Based on scientific articles and studies, benefits and effectiveness of Taoist health aspects have been presented. There is a noticeable effort for a holistic approach regarding health education in Czech elementary schools and the health of a given individual from a legislative standpoint, however roadblocks are being encountered as there are still controversies to be overcome in regards of this type of education with the quality and the goals of the Czech elementary educational system. And finally, we tried to identify several beneficial methods to recommend for health care education on primary schools.

Keywords:

Chinese philosophy, Taoism, the Way, health, harmony