

Sanglinz:

Ranzlaux Bouxcuengh Hab Ciengx Vunz

上林：壮族老家独具特色的养生密码

□ bonjbauq gicej Cioz Yuogj Muogz Sugij

Gingj gyaeu Yazgwz Bandauij.

5 nyied 19 hauh, aen gaihmsiz cawjhoihciengz Nanzningz ngoenzliyouz Cungguek nem cietciengxndang Sanglinz bi 2016 youq Sanglinz Yen gawjbanh. Baez hozdung 25 ngoenz neix aeu “liyouz coi hwngfat, liyouz daiq banghoj” guh cawjdaez, doenggvaq langhbaij fungsug fungcingz Bouxcuengh, langhbaij huq liyouz, guh hozdung ciengxndang daengj, hauj vunzlai roxyiuj vwnzva gyaeraez nem fungsug Bouxcuengh Sanglinz.

Sanglinz Yen ndaej vunzlai haenh baenz “gizdieg Ciz Yazgwz ceiq niemh he” “aen suenbyaek Nanzningz”, gaenh geij bi gvaq-daeuj, aen yienh neix haenqrengz ca swngghdai liyouz gensez, dajcaux gizneix baenz ranzlaux Bouxcuengh ceiq habngamj ciengx vunz he.

Sanglinz Yen diegyouq baij cungnamz Guengjsae, daengx yienh miz 50 fanh vunz, miz Cuengh, Gun, Yauz, Myauz daengj 12 aen minzcuz, ndawde bet cingz dwg Bouxcuengh. Gizneix faex ndaet mbwn seuq raemx saw, ma daengz gizneix, bouxvunz sikhaek simsangj dangqmaz.

Youq seizdaih Sinhsizgi, Sanglinz Yen Dangzhungz Yangh Sizmwnz Cunh couh miz vunz youq. 1300 bi gaxgonq, Bwzhih Cin couh baenz cwngci, ginhsw, ginghci, vwnzva cungsims, seizneix gizhaenx lij miz song gaiq sigbei

gaek miz Sawndip, dwg dangqnaj fatyienh gij saw Bouxcuengh ceiq caeux he.

Sanglinz Yen miz Mehgd vwnzva, saegoeng vwnzva, fanhsouh vwnzva, Ciz Yazgwz vwnzva daengj conzdungj vwnzva gig miz daegsaek. Cinghcauz ndawbi Ganghhih, ndaw yienh couh miz vunz Bouxcuengh eu fwen, gij fwen haenx it singbough, song singbough, sam singbough, lai singbough cungj miz, ndei dingq raixcaix. Doengzseiz, fouxgyonglingz, gyong Mbanjyauz, heiq-saegoeng daengj hix ndaej bouxhek haenh ndei, seizneix ndaw yienh dan foussaegoeng couh miz 300 cungj.

Ndaw yienh Sanglinz namh biz raemx lai, ceiq habngamj guh hongnaz caeuq dajciengx, haenx-naz, nonsei, batgak, mbawcaz, yiengzbya daengj cungj gig okmingz, ndawde haenxnaz caeuq batgak lij ndaej baenz guekgya deihleix byauhci baujhoh canjbinj dem. Dangqnaj daengx yienh 1000 lai cungj doenghgo ndaej leihyungh, hwngfat swngghdai daegsaek nungzyez caeuq ciengxndang gengangh canjnieb dangqnaj ronghsag.

Gwn ndei youq onj vunz minghyaeu, daengz bi 2011, daengx yienh couh miz 63 bouxgeq nienzgeij gvaq 100 bi, boux ceiq minghyaeu ndaej 115 bi lo. Bi 2012, Sanglinz Yen ndaej bingzguh

Mbanjranz Minghyaeu Cungguek.

Sanglinz liyouz swhyenz fungfouq, Daihlungzhuz Gingjih bya geiz raemx gyaeu, ndaw bya miz raemx, ndaw raemx miz bya, ndei yawj raixcaix; Mingzcauz bouxbaeyouz Ciz Yazgwz ceiq niemh Sanglinz lo, de youq gizneix dingz le 54 ngoenz. Lijmiz haujai diegyouz ndei dem, lumjbaenz Mbanjmingzguj, Yasuijyenz daengj, hauj bouxyouz daeuj le cungj lumz dauqma.

Gak cungj ngoenzciet Sanglinz hix gig lai, ciuq conghyah gaujcwng, Mehgd Dangzhungz Yangh Sizmwnz Cunh dwg dieggoek Cuhgyangh Liuzyiz Lungzmuj vwnzva, dwg dieggoek ngoenzciet Guengjsae “sam nyied sam” Bouxcuengh. Cietlaeujaeng Bouxcuengh, cietmehgd, cietfanhsouh, cietdadnoh daengj cungj miz gij vwnzva saenqsik lizsij, ginghci, cunghgyau, yijyenz, yisuz gak minzcuz.

Bi 2013 ndwen 7, Sanglinz ndaej baenz Guengjsae bueknduj daegsaek liyouz mingzyienh cauxguh danhvei, ndaw yienh miz song aen gingjih ndaej baenz 4 A gaep gingjih, bi 2016 ndwen 2, youh ndaej liedhaeu bueknduj “guekgya daengxrangh liyouz sifangih” cauxguh danhvei.

Gwndaen youq Sanglinz, ciengxlaux daengz Sanglinz, Sanglinz baenz gizdieg ceiq habngamj ciengx vunz he.



▲Langhbaij buhdaenj minzcuz.



▲Haidoengh yizsi.



▲Laeujget gingq bouxhek.



▲Dahsau lwgmbauq Boux-cuengh Mbanjgumjngz.

◀Gingj ndei doenghnaz.



▲Baizloh ndaw yienhsingz miz Sawcuengh.

