

# 普洱茶 一饮相知

美丽之饮

健康之源

云南之南

好茶之茶

王美津 著

云南出版集团公司

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云南之南，好茶之茶

South of Yunnan, tea of good teas

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之一：质

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Pertama: Kualiti

之二 形

Appearance

Kedua: Bentuk

之三 色

Color

Ketiga: Warna

之四 香

Smell

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Syair Teh Pu Erh







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Preface

The fragrance from the remotest place——  
the forgotten kingdom of the Pu'er tea

The fragrance from the remotest place  
The forgotten kingdom of the Pu'er tea  
To the south of the colorful clouds and of Yunnan  
She is rich, beautiful, and prosperous without peer.  
Because of the unspeakable past and the twisted horizon of history,

She vanished from people's sight,  
From every dainty teacup  
Of the countless tea lovers.

The fragrance is from Laos,  
A beautiful and mysterious nation,  
Once in the domain of the Pu'er tea culture.  
Now, to recover the lost world,  
Shunzhidian presents to you the long-lost  
Finest fragrance.





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·  
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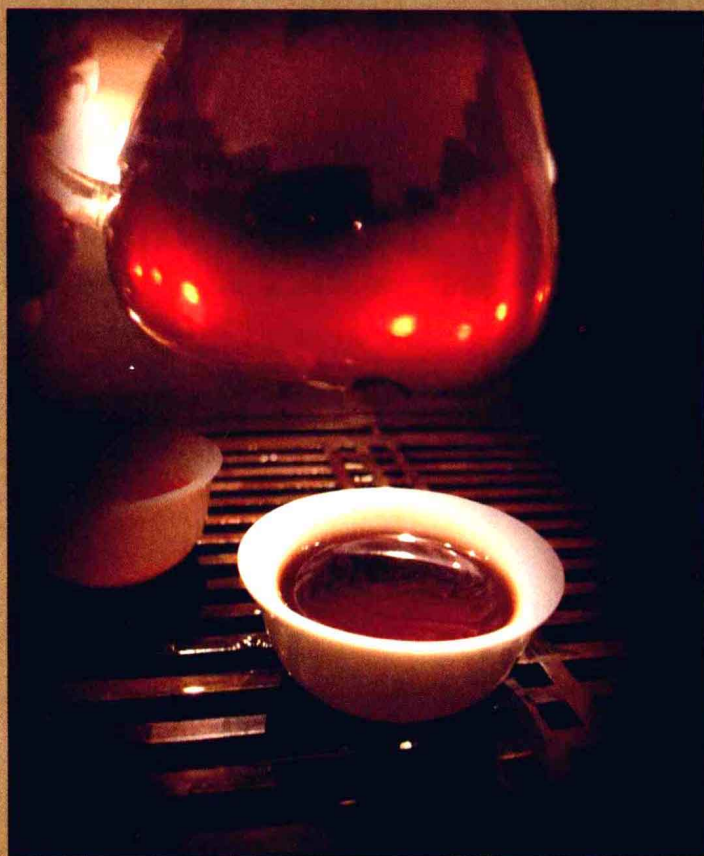


## 第一章 神奇的东方饮料——普洱茶

### Chapter One:

The Pu'er Tea——

A Magical Drink of the East





茶叶,被称作改变世界的植物,被称作神奇的东方饮料;而普洱茶,又被称作“万茶之王”、“茶中之茶”;很多有饮茶习惯的人,都喝过代表绿茶的龙井,代表青茶的铁观音;自然,一般也喝过红茶、黑茶、白茶、黄茶、花茶等;但是,他们说:五岳归来不看山,点过普洱茶不看茶。

有人把龙井比作中国古代著名的田园诗人陶渊明,却把普洱茶比作诗圣杜甫;

有人把龙井比喻为清纯美丽的少女,把铁观音比作丰韵迷人的少妇,却把普洱茶比喻为世外高僧……总之,普洱茶被越来越多的茶人认为是最高境界的茶。

Tea is known as a plant that has changed the world. Tea is also known as a marvelous drink of the east.

The Pu'er tea is praised as the "king of teas" or "tea of teas".

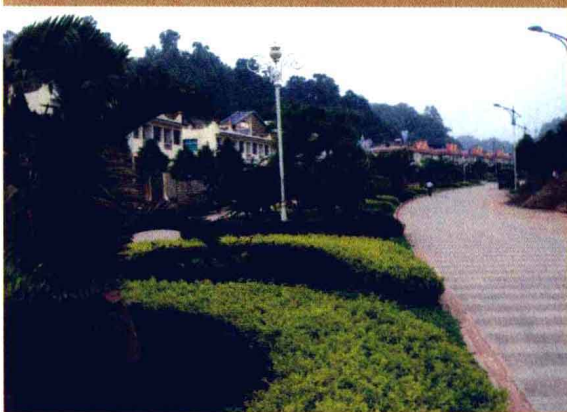
Many tea lovers have tried the Longjing tea and the Tieguanyin tea, both representatives of the green teas. They have also tasted black tea, white tea, yellow tea, scented tea, and so on.

However, they comment: "There is no mountain but the five greatest mountains. There is no tea but the Pu'er tea."

Some compare the Longjing tea to Tao Yuanming, the famous pastoral poet in ancient China, while liken the Pu'er tea to Du Fu, the so-called Sage of Poetry in the Tang Dynasty.

Some others compare the Longjing tea to a pure and beautiful girl and the Tieguanyin tea to a graceful and charming woman, while liken the Pu'er tea to an eminent monk in hermitage.

All in all, the Pu'er tea is considered the best of the best by more and more tea lovers.

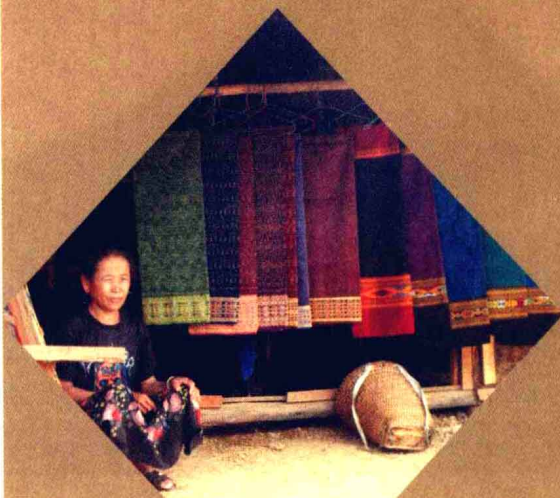


西双版纳勐腊的磨憨——

这个玲珑秀气的小镇,像一颗含烟的翡翠;从这儿抬脚出去,就踏上那天边的茶香——老挝。

Mohan, a small exquisite town of Mengla, Xishuangbanna, nestles right beside Laos and happily enjoys the tea fragrance from the remote county.

Mo Han, Meng La di Xishuang Banna  
Kampung yang kecil ini kampung mutiara, wanginya dari syurga dan tapaknya dekat dengan negara Laos——



美丽之饮

异度陈香 · 弄之典

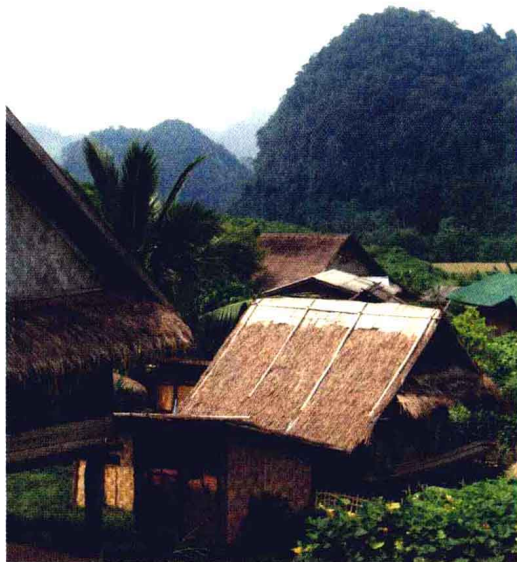
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而普洱茶的原产地,云南,近年来由于普洱茶原因,受到人们普遍的关注;但是,很多人忽略了这样一个事实,就是普洱茶的原产地不止是现在的云南的行政版图规定的区域,也包括与云南相邻的一些周边国家,尤其是老挝;在历史上,甚至在中国的清朝末年之前,一直属于普洱茶核心区域;只不过,仅仅是因为政治的原因,这一带美丽的普洱茶被人们忽视了,忘记了;历经千年风雨的古茶树依然碧绿青葱,生活在古茶园旁边的人们一直唱着古老的茶谣;只是相比起一衣带水的云南,一条在只有在纸张上存在的地图界线,割断了山与山、土与土、树与树的亲密,一样的陈香,却在承受不一样的寂寞……

As a result, Yunnan, one of the birthplaces of the Pu'er tea, has enjoyed an increasing popularity among people in recent years.

However, many people have ignored one thing. That is, the Pu'er tea is produced not only in Yunnan's present administrative territory, but also in some neighboring countries, especially Laos. In history, until just before the end of the Qing Dynasty, Laos had always been in the core of the Pu'er tea producing area. Only for political reasons had the Pu'er tea produced here been ignored and forgotten



by people. Even so, the ancient tea trees in this land are still green and lush and people here are still singing the ancient ballads of tea. However, as the mountains, soils, and trees in Laos are separated from those in Yunnan by a boundary line that exists only on paper, the tea produced here, though of equal fragrance, has to bear obscurity other than popularity ……

竹篱茅舍的干栏式民居,是云南少数民族生活的贫穷与精神的淳朴的典型建筑符号;这在老挝比比皆是,而云南已经很少见了。

Hay-hatched mud cottages with bamboo fences used to be the typical houses for Yunnan's minority ethnic groups, a symbol of their poor life and unsophisticated mindset. Now a rarity in Yunnan, they are seen everywhere in Laos.



Rumah-rumah yang berlangkan ini adalah tradisional entik Yunnan, di merata-rata tempat Laos kita dapat lihat tapi jarang sekali di Yunnan hari ini.

茶叶与咖啡、可可通常被称为三大无酒精饮料。

但在这三大饮料中,茶叶被称为“二十一世纪的健康饮料”。这是因为,茶叶比起咖啡、可可对人们的身体健康有着非常显著的作用。也是正因为如此,茶叶被人们誉为“改变世界的植物”。

茶叶的历史可以在它的起源地中国追溯到两三千年前,比咖啡、可可悠久的很多;饮茶人数也多于饮咖啡、可可以的。现在,现在,消费茶叶的国家约160个,人口20多亿,几乎遍及全世界。

茶叶、咖啡、可可具有不同程度的兴奋作用,咖啡、可可只刺激人体的局部身躯,咖啡主要刺激头部神经;可可主要刺激肾脏;茶叶则对全身器官起温和的兴奋作用。茶叶的芳香适口,给人以美的感受。医药界几乎一致公认茶叶对人体类脂化合物、胆固醇、三酸甘油酯所含比例的影响是显著的,有减肥作用。茶叶还具有多种药效功能,不断得到验证。

茶叶和咖啡在17世纪进入欧洲市场时,都曾遭到不少人的怀疑与抵制,有一些医学家、宗教界的著名人士,也竭力反对,甚至视为祸害。18世纪以后,人们对茶叶的争议不仅销声匿迹,而且赞美之词增多,茶叶被誉为“绿色黄金”、“本世纪最文明的饮料”,但对咖啡的争议却愈演愈烈。

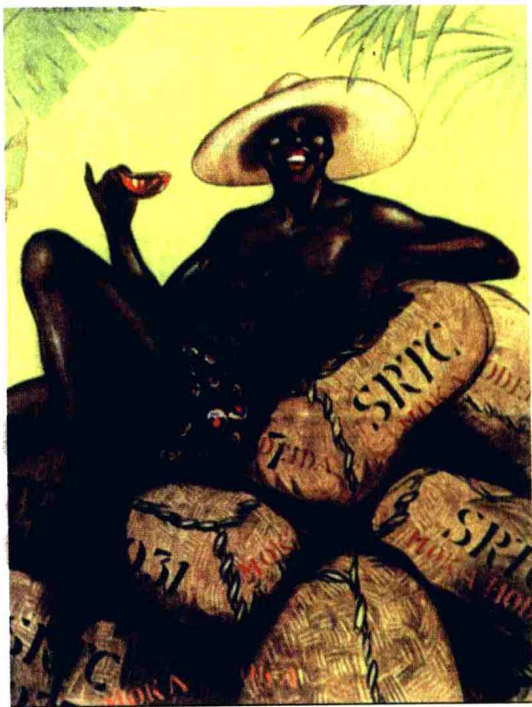
世界正因为茶叶的对人体的健康价值不断得到认识,所以世界茶叶消费量正在日益增加;以美国为例1960年美国人平均每年消费茶叶0.31公斤,而1998年人均每年消费茶叶量增加到0.35公斤,现在人均每年消费茶叶量增加到1公斤左右。

咖啡面临着上述各种争议;可可是一种极好的高能量功能(饮料),且美味可口,一直受人青睐,可是

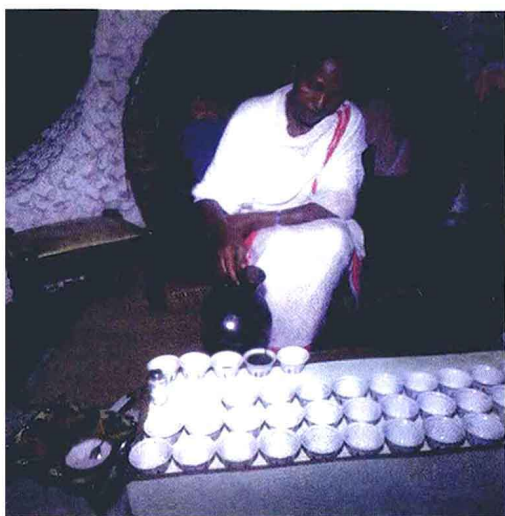
却为当代惧怕肥胖的人所忌用,而且被视为儿童某些疾病之源。据美国加州大学的伯克莱康复兴通讯所报道:二英两的朱古力所含的卡路里,相当于四茶匙的牛油或其他油脂,再加十茶匙糖所含的卡路里,表明吃朱古力会增肥。而茶叶却有减肥和抗衰老作用,是久经考验的健康饮料,其保健性是咖啡、可可所不及的。

现今食品结构的变化,“三高”(食品中的高脂肪、高胆固醇、高糖)成为人们产生肥胖病的根源,而肥胖病不仅使人失去体态美,甚至被视为仅次于癌症的第二种可怕的病症。医学上针对肥胖病的饮食疗法,主要是告诫人们尽量少喝咖啡,少喝酒,少吃巧克力(可可制品)。与此相应,茶叶却被视为减肥珍品,甚至还被列为能抗癌的六种食品之一。

综上所述,人们对咖啡因与人体利害关系的评价,是导致咖啡与茶叶消费发生大变化的主因,尽管除咖啡以外,茶叶、可可以及其他一些饮品都含有一定份量的咖啡因,但就茶叶中咖啡因的含量与咖啡相比,是很少的。







## Things you need to know about tea

Generally, people regard tea, coffee, and cocoa as three major soft drinks.

Among them, tea is called the "wholesome drink for the 21st century". The reason for this is that, compared to coffee and cocoa, tea has obvious wholesome effects on human body. No wonder people also call tea "the plant that has changed the world".

China is a land of origin of teas and Chinese people have drunk tea for about three thousand years, much longer than they have done with coffee or cocoa. In addition, more people here drink tea than the other two. In the whole world, tea is now consumed by over two billion people from about 160 countries.

Tea, coffee, and cocoa have different excitation properties. Coffee and cocoa excite only parts of human body, cephalic nerve by coffee and kidney by cocoa. Tea, however, gives mild excitation to organs all over the body. Tea is fragrant, pleasing not only to the mouth, but to the mind as well. The medical circle agrees unanimously that tea can help reduce weight and has apparent influence on proportion of lipid, cholesterol, and triglyceride in human body. Many other officinal functions of tea are still being verified.

When they entered European market in the 17th century, both tea and coffee met with great amount of doubts and boycotts. Some medical experts and celebrities in religious circle strongly opposed their consumption and even regarded them as scourges. After the 18th century, however, people not only totally withdrew their criticism against tea, but also increased their praises to it. Tea is hailed the "green gold" and the "most civilized form of drink for the century". For coffee, it was a different story. The disputes around coffee have been growing fiercer and fiercer.

Because people know more and more about tea's wholesome value, the consumption of tea is increasing with each passing day. In the United States, the annual per capita tea consumption was 0.31 kilograms in 1960, which increased to 0.35 kilograms in 1998. Now, the figure reaches about one kilogram.



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When coffee faces disputes, cocoa is in no better situation. As a delicious high-energy drink that had been popular for a long time, cocoa is now being given a wide berth by those who dread being fat. What is more, it is blamed for being the source of some child diseases. According to the Berkley Rehabilitation News Service of California University, USA, two ounces of chocolate contains as much calorie as four spoonfuls of beef tallow or other greases plus ten spoonfuls of sugar. This is why eating chocolate makes one fat. Tea, on the other hand, has long been known as a wholesome drink, helping reduce weight and resist ageing. This is the property far beyond the reach of coffee and cocoa.

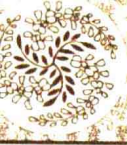
Nowadays, people realize that high quantities of three contents in food, namely fat, cholesterol, and

sugar, are the roots of obesity, which is ranked the most horrible disease second only to cancer, let alone its capability of depriving people of a graceful figure. Medical experts warn those suffering from obesity against drinking coffee and alcohol, and eating chocolate (made of cocoa). By contrast, tea is used as a prized weight-reducing agent and even as one of the six foods that resist cancers.

In a word, people's awareness of the unfavorable influence of caffeine on human body is the main cause that results in the great difference between consumptions of coffee and tea. Although tea, cocoa, and some other drinks do contain certain amount of caffeine, the actual quantity of caffeine in tea is quite insignificant compared to that in coffee.







美丽之饮

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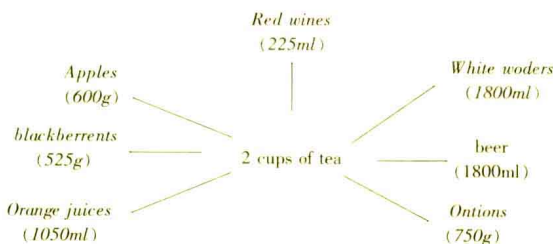


以下是英国一研究统计：两杯茶与其他7种食物相比对人体活力的作用。

日本政府鼓励国民喝茶，如是说“为了您的健康，每天请喝两杯茶。”

另：据日本京都大学教授研究，普洱茶的保健功能比一般茶叶保健功能更强。

### *Portions of beverages vegerables and fruit*



*Guzzle 12 beers of wite wine and get durnk?*

*Eat 750g of onions and have a bad breath?*

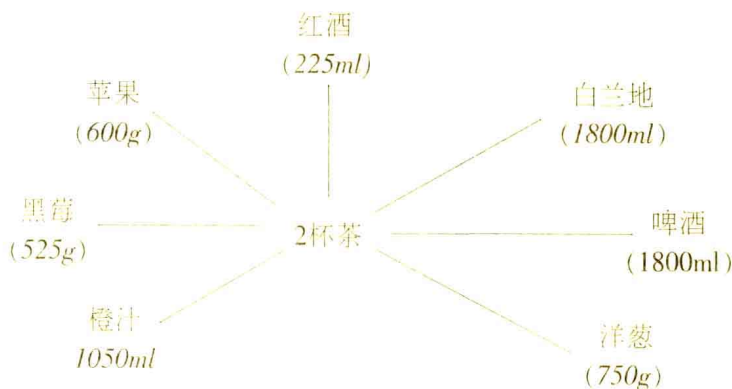
*Drink orange juice or gulp blackberrien of apple to the bri*

*Drink 1 1/2 red wines daily and empty your pocket?*

*Or drink two or more cups of tea a day and be happy.*

*Source: Tea & Coffee Tracle Journal*

两杯茶 **Vs** 多少蔬菜、饮料、水果



## 每天保持活力,你如何选择?

每天保持活力,你如何选择?

是3瓶白兰地把你灌醉?

是750克洋葱吃得一身怪味?

是喝大量果汁胀满肠胃?

或者喝半瓶红酒把口袋掏空?

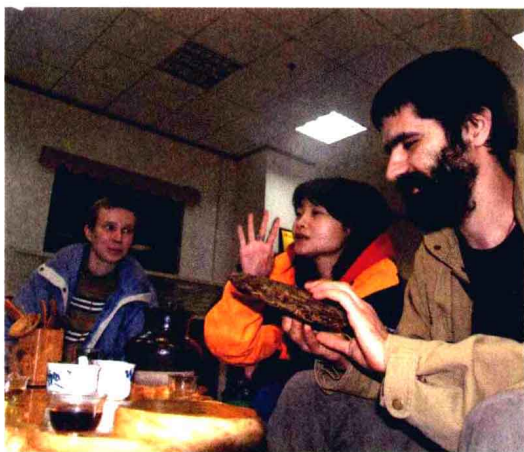
或者并不价廉的苹果、黑莓?

还是——

饮两杯茶简单又 *Happy* ?



## 茶叶小知识二



### The 21st century will be the century of tea.

Among modern foods and drinks, tea is winning favor with more and more people due to its health-care property.

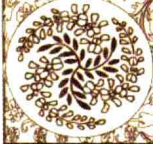
Among the top ten most competitive products, health-care product ranks the first. It is especially so with food. In a broad sense, tea falls into the food and drink category. In today's world, there are those suffering from obesity due to overnutrition, found mainly in West Europe; there are also those suffering from undernutrition due to lack of food, found in most parts of Africa. These two groups of people amount to about 400 million, accounting for only a small proportion of the world population (about 8%). Since 1950s, people's demand on their food has gradually changed from high quantity of heat to nutrition. Now, people focus on the wholesome value of their food.

## 21 世纪将是茶的世界

在当代食品饮料中,茶叶的保健优势日益深入人心。

当代最有竞争力的十种产品类型中,以保健型居首,即产品对人体具有保健功能。对于食品,尤其是这样。广义来说,茶叶属于饮食范畴,现在世界人口中,一种是营养过剩而出现肥胖现象,以西欧为典型;另一种则缺乏营养,吃不饱,以非洲大部分地区为代表,这种人约 4 亿左右,占世界人口的少数(约 8%左右)。世界食品结构及其特点,从 20 世纪 50 年代起,逐步变化,由提高总热量到考虑营养,当代食品结构的特点是注重健康。





美丽之饮

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健康之源



人类总是希望自己的生活越来越美好,改善饮食制度,便是其中的一个重要方面。当代食品饮料的要求可归纳为如下四点:

“四化”:多样化,简便化,保健化,实用化。

“三低”:低脂肪,低胆固醇,低糖。

“二高”:高蛋白,高纤维。

“一无”:没有因为人工化学物质(食品添加剂、残留农药和化学肥料中有害物质及其他污染物质)过多而造成的污染。

基于上述情况,与其他饮料尤其是与咖啡相比,茶叶是处于较为有利的地位,茶叶是世界上为数不多的几种天然饮料之一,它不含钠盐、脂肪,实际上不含任何热量物质。因此喝茶与当代人所追求的注重保健的生活方式之潮流非常吻合,而且以其香味特色给人以美的享受。

People always want a better life. To get one, it is essential that they improve their dietary. Today's food and drink are of the following characteristics:

"Four tendencies": diversified, simplified, health-care-oriented, and practical

"Three lows": low fat, low cholesterol, and low sugar

"Two highs": high protein and high fiber

"One free": free of pollution caused by excessive artificial chemicals (food additives, residual pesticides, harmful substances in chemical fertilizers, and other pollutants)

Based on the aforesaid facts, we can conclude that tea is superior to other drinks, especially coffee. Tea is one of the few natural drinks. It contains no sodium salt, fat, or any high-calorie substance. Tea drinking agrees perfectly with the health-first life style of modern people. It even entertains its drinkers with its fragrance.



茶 聖





## 第二章 美丽之饮,健康之源

### Chapter Two:

### A Drink of Beauty, the Source of Health

