

家庭实用养生食疗

A Family's Practical Guide to Health-Preserving and Dietotherapy

主 编 吴国忠 薛文隽

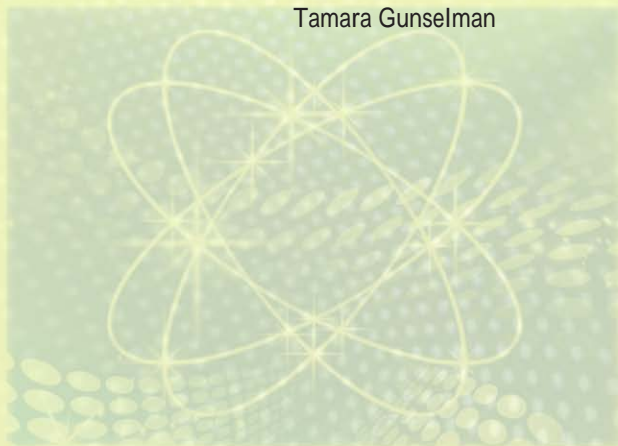
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复旦大学出版社

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前言

健康地生活，是人类的共同愿望，也是当代人的追求目标。以中国古代哲学和中医基本理论为深厚底蕴的中国养生理论与实践，是中国博大精深的传统文化的精髓之一。她绵延数千年而经久不衰，并日益显示出其独特的灿烂光彩。

自1998年以来，上海医药高等专科学校在短期学习的留学生中开设了传统中药和食疗，受到了外籍师生的一致好评。近年来，有关中国养生理论与实践方面的知识日益受到海内外学子的关注和欢迎，师生双方都迫切需要有一部内容简单明了、操作更为实用的教材。因此，我们在十多年教学经验的基础上，将所用的中国传统食疗讲义材料进行整理充实，编撰了本书。

本书主要介绍常见病的食疗方法，并按心血管系统、内分泌系统、呼吸系统、消化系统等疾病的养生、康复顺序进行排列。每一食疗方法详细介绍了食物组成、制作方法和用途；所选食物或天然药物均以使用方便、容易获得为原则；制作方法力求简单明了。所有天然药物组成均配以图片，构图细节仔细斟酌，风格力求典雅清新，食材组方交代清晰。本书既适用于教学，又适合普通读者使用，可供学习中医药知识的中、外籍学生使用，也可供广大喜好传统中医食疗方法的中、外籍读者参考。

在本书的编撰过程中，我们得到了上海医药高等专科学校校长巫向前教授、芬兰北中部应用科学大学校长Marja-Liisa Tenhunen 博士、芬兰上维耶斯卡技术与社会服务学院院长Tuula Taskinen 女士的鼓励与支持，图片摄制工作得到了吴国荣先生的指导，在此一并表示感谢。

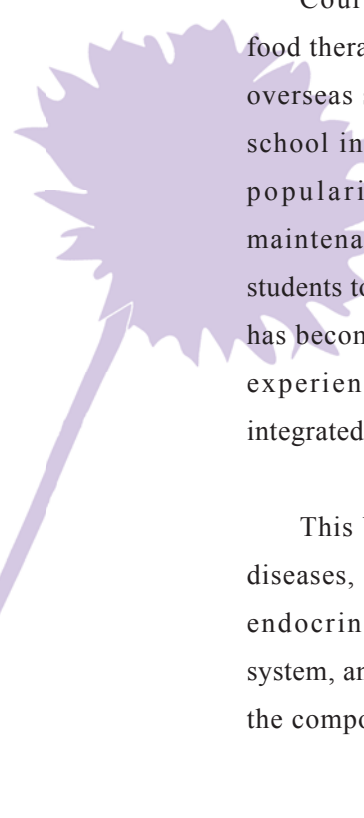
编 者

2012年5月

于上海医药高等专科学校

Preface

A healthy life is the common aspiration and pursuit of all human beings. The Chinese theory and practice of healthy living, which is based on ancient Chinese philosophy and traditional Chinese medicine, is the essence of Chinese culture, handed on from one generation to another and suffusing throughout each one its unique brightness.



Courses in traditional Chinese medicine and food therapy, which have been warmly welcomed by overseas students and teachers, were started in our school in 1998. With the increasingly widespread popularity of the Chinese theories of health maintenance, the need for exchange teachers and students to have a clearer and more practical textbook has become obvious. Based on 10 years of teaching experience, this book focuses on food therapy, integrated lecture notes, and extended knowledge.

This book introduces food therapy for common diseases, such as diseases of cardiovascular system, endocrine system, respiratory system, digestive system, and so on. Each food therapy unit introduces the composition of the therapy, the cooking method,

and the application. All the food and herbs are easy to obtain. The cooking method is easy to learn. All the herbs listed in this book are illustrated with pictures for easy identification, and the containers in the book have been carefully selected to stimulate the student's interest. This book is suitable for both Chinese and overseas students who are interested in traditional medicine, which makes it a convenient reference for Chinese food therapy for both Chinese and overseas readers.

The creation of this book has been supported by Professor Wu Xiangqian, president of Shanghai Institute of Health Sciences, Marja-Liisa Tenhunen, president of Ostrobothnia University of Applied Sciences, and Professor Tuula Taskinen, Principal of Ylivieska Institute of Technology and Social Services. The photography was under the direction of Mr. Wu Guorong.

Editor

May 2012

Shanghai Institute of Health Sciences

Shanghai, China

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当归桃仁粥 (Dang Gui Tao Ren Zhou)

鹿角胶牛奶 (Lu Jiao Jiao Niu Nai)

巴戟天炖羊肉 (Ba Ji Tian Dun Yang Rou)

1

概 述

Introduction



“食疗”又称“食养”、“食治”，在我国有着十分悠久的历史并积累了丰富的经验。我国传统食疗学是在中医药理论指导下，研究食物的性能、配伍、制作和服法，以及食物与健康的关系，并利用食物来维护健康、防治疾病的一门学科。它和药物疗法、针灸、推拿、气功等学科一样，都是中医学的重要组成部分。

中医认为“医食同源”、“药食同源”。早在1400多年前，《千金要方》一书就有“食治篇”，之后又有《食疗本草》等饮食疗法专著相继问世。“食疗”与“食养”含义并非完全等同，“食养”是应用食物于健康人群以达到养生之目的，而“食疗”是应用食物于病人或用食忌以治疗疾病的方法。

中医食疗的作用和传统药物疗法基本一致，主要表现在扶正与驱邪两方面。由于传统食疗学是以中医药理论为基础的，以“养”、“疗”、“防”结合为主要内容的学科，因此具有以下几个显著特点。

1.1 中医药理论为指导

传统食疗学是中医药学体系中的一个组成部分，它完全建立在中医药理论的基础上，其实施也是按中医药理论作为指导原则而进行。如整体观念、辨证论治、食物的性味、食物的宜忌等。

1.2 独特的食养卫生学说

我国古代在食养方面的主要学说为“食饮有节”。《内经》中“法于阴阳，和于术数，食饮有节”的观点是后世养生长寿公认的准则，它包括节制与调节两方面的意义。其内容涉及四时饮食的调节，食量的节制，食品温度的适中，食品性味的调配以及节制某些生冷有害不洁饮食物等内容。这种“食饮有节”的养生学说，对我国民族的健康起到了积极的作用。

“Food Therapy”, also known as “Dietary Regimen” or “Diet Therapy”, has a very long history and is frequently used in China. Chinese traditional food therapy is a subject dealing with the function, compatibility, production, proper use and the relationship between food and health, under the guidance of Chinese medical theories, in addition to maintaining health and preventing diseases through food. Like pharmacotherapy, Chinese Acupuncture, Moxibustion and Chinese Tuina, food therapy is also one of the important part of Traditional Chinese Medicine (TCM).

Medical care, drugs and food are derived from the same roots in TCM. More than 1400 years ago, there was first “Diet Therapy” in *Qianjin Yaofang* (Valuable Prescriptions for Ready Reference), an ancient book written in Song Dynasty. Then, many literatures on dietetics were published one after the other. “Food Therapy” is used to preserve people’s health, while “Dietary Regimen” is used to cure diseases by diet or food prohibition.

The function of food therapy, like the pharmacotherapy, is strengthening vital and eliminate pathogenic factor. Food therapy is a subject based on the theory of TCM, combining with “Regimen”, “Treatment” and “Prevention”. So there are several distinguishing features below.

1.1 Derivation from the Theory of TCM

“Food Therapy”, one of the parts of TCM system, is absolutely based on the theory of TCM; its guiding principle is TCM, too, such as the Whole Person, the theories of therapeutic principles based on syndrome differentiation, the property and flavor of food, and compatibility and incompatibility of food.

1.2 Unique Theory of “Dietary Regimen”

In ancient China, the major theory of “Dietary Regimen” is “Feed by Measure”. The option of “Based on the theory of Yin-Yang, reflected by specialized skill, and be harmonious in diet arrangement.” in Jin Dynasty is the guide line of living long, which includes two significances: controlling and adjusting. This theory has positive rules for Chinese people’s health.

1.3 防治并重，以防为主

中医食疗学在理论体系上和预防医学、养生学都有着密切的联系。“上工治未病”，传统中医学说的预防思想，无病防病、有病防变的原则，始终贯穿于饮食疗法的整个过程之中。

1.4 辨证施食

辨证论治是中医治疗学上的主要特征，也是中医食疗学遵循的原则之一。在防病治病的过程中，食物的选配应在辩证施食的指导思想下进行。如虚证宜用补益之品，实证宜用祛邪之品，表证宜用发散之品，里证宜用通泄之品。辩证施食能调节机体的脏腑功能，促进机体内环境趋向平衡稳定。

1.3 The Emphasis on Prevention

“Food Therapy” is closely connected with preventive medicine and the science of preservation. “Using preventive treatment of disease”, this principle, “preventing when health and avoiding infection when sick”, runs through the whole process of food therapy.

1.4 Determination of Treatment Based on Pathogenesis Differentiation

Determination of treatment based on pathogenesis differentiation is the main feature of treating diseases in TCM, and also one of the principles of “Food Therapy”. The choice of food is based on pathogenesis differentiation. For example, tonics are used for deficiency syndromes; this theory can coordinate organ action and promote the balance and stability of people’s internal environment.

2

中国食疗学的理论基础

Fundamental Principles of Food Therapy

