

药膳趣画

世界中医药学会联合会
上海市卫计委中医药发展办公室

推荐科普读物

药膳趣画

「画说中医药文化」丛书编委会 编著

罗希贤 绘



Medicated Diet
Told in Pictures

药膳趣画

*Medicated Diet
Told in Pictures*

图书在版编目(CIP)数据

药膳趣画 / “画说中医药文化”丛书编委会编著;
罗希贤绘. — 北京:中国轻工业出版社, 2018.1
(“画说中医药文化”丛书)
ISBN 978-7-5184-1673-8

I. ①药… II. ①画… ②罗… III. ①食物疗法—图
解 IV. ①R247.1-64

中国版本图书馆CIP数据核字(2017)第311622号

责任编辑:王巧丽 朱启铭 舒秀明

责任终审:劳国强

封面设计:今亮后声

HOPESOUND
pankongyige@163.com

版式设计:今亮后声

HOPESOUND
pankongyige@163.com

责任监印:张京华

出版发行:中国轻工业出版社(北京东长安街6号,邮编:100740)

印 刷:艺堂印刷(天津)有限公司

经 销:各地新华书店

版 次:2018年1月第1版第1次印刷

开 本:710×1000 1/16 印张:9

字 数:120千字

书 号:ISBN 978-7-5184-1673-8 定价:58.00元

邮购电话:010-65241695

发行电话:010-85119835 传真:85113293

网 址: <http://www.chlip.com.cn>

Email: club@chlip.com.cn

如发现图书残缺请直接与我社邮购联系调换

171271S2X101HBW



药膳源流

Origin and Development of Medicinal Diet

- 014 药食同源——药膳起源
Medicine and food share the same source

- 016 宰相伊尹——药膳鼻祖
Father of the Food Therapy · Yi Yin

- 018 专著丛生——药膳发展
Numerous books on Medicated Diet

- 020 归类点册——渐成规模
Breakthrough of Medicated Diet in Categorization of Classic Document

- 022 食疗专著——药膳大成
Great achievement in Medicated Diet and Food Therapy

- 024 食疗食补——全面发展
All-round Development of Medicated Diet

- 026 鼎盛时期——走向养生
Flourishing of Medicated Diet and Food Therapy

- 028 继续完善——推广普及
Ongoing Improvement and Development in Modern Times

- 030 药膳的整体观
A Holistic View in Medicated Diet

- 032 药膳的辨证论治
Medicated diet and treatment based on pattern identification

四季药膳

Seasonal Medicinal Diet

春季养生

Health-cultivation Medicated Diet in Spring

038 芹菜粥

Celery Porridge

040 蛤蚧粥

Ge Jie Porridge

042 桃花粥

Peach Blossom Porridge

044 桂枝汤

Gui Zhi Decoction

046 赤小豆鲤鱼汤

Chi Xiao Dou Carp Soup

048 乌鸡白凤汤

Wu Ji Bai Feng Soup

050 三子养亲汤

San Zi Yang Qin Tang

052 叫花鸡

Beggar's Chicken

054 天麻童子鸡

Tian Ma Spring Chicken

056 益母草煮鸡蛋

Yi Mu Cao prepared Egg



058 夏季养生

Health-cultivation Medicated Diet in Summer

060 桂圆莲子粥

Longan and Lotus-seed Porridge

062 山药鸡子黄粥

Yam and Egg Yolk Porridge

064 沙参山楂粥

Sha Shen and Hawthorn Porridge

066 人参茯苓汤

Ginseng and Poria Soup

068 羊肉汤

Mutton Soup

070 泥鳅钻豆腐

Loach Drilled Tofu

072 石菖蒲拌猪心

Shi Chang Pu Prepared Pork Heart

074 山楂麦芽茶

Hawthorn and Malt Tea

076 五汁饮

Five-Juice Drink

078 茯苓饼

Fu Ling Cake

080 益脾饼

Spleen-benefiting Cake

082 六味牛肉脯

Six-ingredient Preserved Beef





- 084 秋季养生
Health-cultivation Medicated Diet in Autumn
- 086 百合粥
Lily Porridge
- 088 燕窝粥
Cubilose Porridge
- 090 百合鸡子汤
Lily and Egg Yolk Soup
- 092 花生大枣炖猪蹄
Peanut and Jujube Stewed Pig Feet
- 094 葛根枳椇子饮
Ge Gen Zhi Ju Zi Yin
- 096 甘麦大枣汤
Gan Mai Da Zao Tang
- 098 洋参雪耳炖燕窝
American Ginseng and Tremella Stewed Cubilose
- 100 川贝雪梨膏
Chuan Bei and Pear Syrup
- 102 桂花糕
Osmanthus Cake
- 104 冬季养生
Health-cultivation Medicated Diet in winter
- 106 饺子
Dumpling
- 108 八宝饭
Eight-treasure Rice Pudding

- 110 羊肾韭菜粥
Lamb Kidney and Leek Porridge
- 112 十全大补汤
Shi Quan Da Bu Tang
- 114 白果乌鸡汤
Ginkgo and Black Chicken Soup
- 116 虫草炖老鸭
Caterpillar fungus stewed Duck
- 118 杜仲腰花
Du Zhong and Pork Kidney
- 120 沙苑甲鱼
Sha Yuan Zi and Turtle Soup
- 122 八仙糕
Eight Immortal Cake
- 124 怀药芝麻糊
Huai Yam and Sesame Paste
- 126 五加皮酒
Wu Jia Pi Wine
- 128 枸杞子酒
Chinese Wolfberry Wine
- 130 龙眼酒
Longan Wine
- 132 蟠桃果
Flat Peach Fruit
- 134 七宝美髯丹
Seven Treasures Beard-Blackening Elixir

后记

Afterword



药膳趣画

*Medicated Diet
Told in Pictures*

“画说中医药文化”丛书编委会

指导委员会

主 任

李振吉

世界中医药学会联合会 创会副会长兼秘书长

副主任

桑滨生

世界中医药学会联合会 副会长兼秘书长

严世芸

上海中医药大学 教授

曹洪欣

中国中医科学院 首席研究员

张其成

北京中医药大学 国学院院长

范慧敏

同济大学附属东方医院 教授

审定委员会

主 任

(按姓名拼音字母顺序排列)

陈可冀 中国科学院院士、国医大师

陈灏珠 中国工程院院士

陈凯先 中国科学院院士

葛均波 中国科学院院士

吕仁和 国医大师

刘嘉湘 国医大师

石学敏 中国工程院院士、国医大师

夏照帆 中国工程院院士

朱南孙 国医大师

副主任

(按姓名拼音字母顺序排列)

李照国 上海师范大学 世界中联翻译专业委员会

沈远东 上海中医药大学 ISO/TC 249 秘书处

桑 珍 上海中医药大学 ISO/TC 249 秘书处

王银泉 南京农业大学 教授

编辑委员会

总顾问

曹洪欣

总 编

严世芸 范慧敏

编 委 (按姓名拼音字母顺序排列)

陈 佳 陈少丽 范慧敏 顾沈兵 胡冬裴

兰 琴 李其忠 李卫东 李 婧 李路广

刘步平 彭 浪 王 晶 王丽丽 王 蕊

王尔亮 文小平 严世芸 杨丽雯 叶 进

《中医史画》 主 编 | 范慧敏

《养生新画》 主 编 | 李其忠

《药膳趣画》 主 编 | 文小平

副主编 | 李卫东 刘步平

特 约 翻 译 韩丑萍 段英帅

中医药根植于中国传统文化，与传统文化思想密切相关。中医天人相应的整体观念，五行相贯的藏象学说，阴阳互根的治疗原则无不打上了中国古代哲学的烙印，这是中医药的一大特色，在世界文化史上独树一帜。

中医药不单纯是一门医学，而且博大精深，广涉旁通，可谓是中国传统文化的一个缩影，正如明代张介宾所谓“上极天文，下穷地纪，中悉人事，大而阴阳变化，小而草木昆虫、音律象数之肇端，脏腑经络之曲折”（《类经·序》）。

在科技尚不发达的古代，我们的前辈无法把握微观世界，但对宏观世界的把握是准确到位的，这种把握甚至超出了肉眼范围，囊括了整个宇宙世界。在古代的认知论中，微观即宏观，认知方式是一致的，正所谓“一花一菩提，一叶一世界”，中医药就是以这种朴素的思维方式，观表象来知内疾，形成自己独特的医学体系。

几千年来，中医药不仅承载着维护中华民族健康的责任和使命，也不断传承着中华优秀传统文化，并作为中华智慧的杰出成果，为中华儿女与疾病作斗争，以及维护健康作出了巨大贡献。至今中医药依然是我国医药卫生的重要组成部分，在为老百姓预防疾病、治疗疾病和养生康复等方面发挥着重要和独特的作用。在现代科技飞速发展的今天，中医药文化已经传播到世界一百八十多个国家，并成为世界医学不可或缺的重要组成部分。

习总书记指出“中医学是中国古代科学的瑰宝，也是打开中华文明宝库的钥匙”，党和国家领导人一贯重视中医药的发展，中医药振兴发展迎来天时、地利、人和的大好时机。

中医药之所以受到重视，是在于中医注重整体调节，讲究辨证施治，力求机体达到阴平阳秘的动态平衡；诊治时对患者更对人，审证再求因，同病异治，异病同治；用药讲求君臣佐使，升降有度，出入有序。因此，在当今医疗将以疾病治疗为主，转到以人们健康维护为主的认知过程中，中医药更有其独到的优势，并可以发挥更大的作用。

中医药的经典著作都是智慧之书，而不是知识之书，中医学是中国传统智慧中最高学问之一，因为只有医学能让我们了解到人体与自然是否和谐。人体与自然的和谐程度越高，就越接近“至善”，这是天人合一的意义，也是中医所追求的最高目标。

中国的古代大家为了说清楚其中的道理，采取了“打比方”的方法，比如强调“以医入道”，在求道的过程中以“近取诸身，远取诸物”为原则。他们认为，认识生命本身与认识宇宙同样宝贵，甚至是更为重要、更为基础。所以学习中医一定要懂得传统文化，一定要参悟中华之“道”的根本所在。

在今天科技飞速发展的时代，我们的教育已经完全融入现代文化、知识、科学和技术，对于已经习惯于用现代知识来对事物、现象进行认知的人们，要用中国传统文化和古代哲学思想的思维方式来解释、对待生命乃至宇宙无疑是困难的。中医药要继续发展，就必须让世界各国不同文化背景，以及中国的年轻一代来了解中医药所蕴含的文化和思想，让人们走近、走进中医。

“画说中医药文化”丛书就是一部这样的书，它有着形象生动的图画、浅显易懂的文字，并采用中英双语的形式，能让读者从中了解中医药的基本面貌和发展脉络。更难得的是，它采用中国传统连环画这一绘画形式，将中医药文化与连环画这两种中国文化瑰宝结合在一起，是一件难得的艺术品。

文化是一个民族的魂和永恒的精神力量，弘扬中华优秀传统文化是我们时代的要求，中医作为中华民族智慧的代表将担当起应有的责任。“画说中医药文化”丛书即将付梓，编著者嘱我撰写前言，本人虽才学疏浅，但仍欣然受命，为弘扬中医药、传播中国传统优秀文化尽自己的一份力。

张怀琼

Chinese medicine is deeply rooted in traditional Chinese culture. It is particularly associated with ancient Chinese philosophy. Its distinctive features, such as the holistic concept of “unity between man and nature”, the zang-fu theory based on five elements and treatment strategy based on interdependence between yin and yang, are full of ancient Chinese philosophical ideas. These features make Chinese medical culture totally unique in the world.

Chinese medicine is more than a medical system. It is broad, profound, all-encompassing and therefore often considered as a miniature version of traditional Chinese culture. Zhang Jiebin (1563-1640), a well-known physician in the Ming Dynasty (1368-1644) mentioned in Lei Jing (Preface to the Classified Classic), “(Chinese medicine) encompasses understandings in astronomy, geography, and interpersonal relationships. It covers a multitude of knowledge from yin-yang changes to living grasses or insects and from musical rhymes, trigrams and numbers to the zang-fu organs and meridian pathways”.

In ancient times, our ancestors had a very limited understanding of the microscopic world; however, they had an accurate, in-depth understanding of the macroscopic world and whole universe. In ancient epistemology, micro and macro share the same cognitive pattern, just like “seeing a world in a wild flower and a Bodhi tree in a leaf”. This is exactly how Chinese medicine understands the internal problems through external manifestations.

Chinese medicine has evolved over thousands of years and made an outstanding contribution to the health and well-being of the Chinese nation. It represents a combination of Chinese medicine, culture and wisdom. Today, it remains to be a mainstay of national health system and plays a significant role in disease treatment and prevention. Chinese medicine is now practiced in more than 180 countries as an essential part of traditional medicine across the world.

Chinese President Xi Jinping said, “Chinese medicine is the gem of ancient Chinese science, and it is also a key to open the treasure of Chinese civilization”. With the strong support from Chinese government, Chinese medicine embraces a great opportunity for further development.

Chinese medicine is now attracting more attention because of its distinctive advantages in overall regulation, yin-yang harmonization, syndrome differentiation, focus on the person rather than the disease itself and hierarchy of formula ingredients (Jun, Chen, Zuo, Shi, literally means Monarch, Minister, Assistant and Guide).

All Chinese medical classics are full of knowledge and wisdom. These classics help us to better understand the harmony between man and nature, which signifies the highest good as well as the ultimate goal in Chinese medicine.

Masters of ancient Chinese wisdom often use analogies to explain things, for example, “to understand the Dao from medicine” and to “observe changes in the human body and universe” in the pursuit of Dao. They believed that it’s important to understand the universe; however, it’s equally or even more important to understand life itself. Likewise, it’s essential to learn traditional culture while learning Chinese medicine.

Thanks to the rapid advances in science and technology, today’s education has become an integral part of modern culture, knowledge and technology. It is undoubtedly difficult to explain Chinese medicine from the perspective of ancient culture and philosophical ideas. The further development of Chinese medicine relies on how well people from different cultural backgrounds as well as the younger generation in China understand its cultural connotations and philosophical wisdom.

With vivid pictures and easy-to-understand words, the series of Chinese Medicine and Culture Told in Pictures enable the readers to understand the development history of Chinese medicine. What’s more, these books are unique in explaining Chinese medical culture with traditional comics.

Culture is the soul of a nation and provides eternal spirit to its people. Chinese medicine represents the fine culture and wisdom of Chinese nation. I was honored to be asked to write the foreword for the series of Chinese Medicine and Culture Told in Pictures. I read, loved, and highly recommend these books.

Zhang Huaqiong



药膳源流

Origin and Development of Medicinal Diet

- | | |
|-----|---|
| 014 | 药食同源——药膳起源
<i>Medicine and food share the same source</i> |
| 016 | 宰相伊尹——药膳鼻祖
<i>Father of the Food Therapy - Yi Yin</i> |
| 018 | 专著从生——药膳发展
<i>Numerous books on Medicated Diet</i> |
| 020 | 归类点册——渐成规模
<i>Breakthrough of Medicated Diet in Categorization of Classic Document</i> |
| 022 | 食疗专著——药膳大成
<i>Great achievement in Medicated Diet and Food Therapy</i> |
| 024 | 食治食补——全面发展
<i>All-round Development of Medicated Diet</i> |
| 026 | 鼎盛时期——走向养生
<i>Flourishing of Medicated Diet and Food Therapy</i> |
| 028 | 继续完善——推广普及
<i>Ongoing Improvement and Development in Modern Times</i> |
| 030 | 药膳的整体观
<i>A Holistic View in Medicated Diet</i> |
| 032 | 药膳的辨证论治
<i>Medicated diet and treatment based on pattern identification</i> |



四季药膳

Seasonal Medicated Diet

036 春季养生
Health-cultivation Medicated Diet in Spring

038 芹菜粥
Celery Porridge

040 蛤蚧粥
Ge Jie Porridge

042 桃花粥
Peach Blossom Porridge

044 桂枝汤
Gui Zhi Decoction

046 赤小豆鲤鱼汤
Chi Xiao Dou Carp Soup

048 乌鸡白凤汤
Wu Ji Bai Feng Soup

050 三子养亲汤
San Zi Yang Qin Tang

052 叫花鸡
Beggar's Chicken

054 天麻童子鸡
Tian Ma Spring Chicken

056 益母草煮鸡蛋
Yi Mu Cao prepared Egg

058 夏季养生
Health-cultivation Medicated Diet in Summer

060 桂圆莲子粥
Longan and Lotus-seed Porridge

062 山药鸡子黄粥
Yam and Egg Yolk Porridge

064 沙参山楂粥
Sha Shen and Hawthorn Porridge

066 人参茯苓汤
Ginseng and Poria Soup

068 羊肉汤
Mutton Soup

070 泥鳅钻豆腐
Loach Drilled Tofu

072 石菖蒲拌猪心
Shi Chang Pu Prepared Pork Heart

074 山楂麦芽茶
Hawthorn and Malt Tea

076 五汁饮
Five-juice Drink

078 茯苓饼
Fu Ling Cake

080 益脾饼
Spleen-benefiting Cake

082 六味牛肉脯
Six-ingredient Preserved Beef

