

Dietary Therapy in Ancient Chinese Medical Books



Introduction

In China, it has long been thought the food and herbs were originated from the same source. When trying to get food, the ancient people found the efficacy of the food was like that of the herbs. So the ancient people used food to treat their diseases. Lots of experiences about the efficacy of the food were accumulated and recorded in the Chinese medical literature. When applied with the basic Chinese medical theory, the dietary therapy not only can treat diseases but also provide prevention for healthy people. With the improvement of the life quality, more and more people started to put focus on their healthy status. In this study, we searched and edited the related content of dietary therapy from the Chinese medical literature and arranged it into the following categories: general introduction, food properties, indication, contraindication, treatment and prevention. The results of this study provide a data bank for Chinese medical dietary therapy for researchers and general public.

Keywords: Chinese medicine, Dietary therapy