Application and Characteristics of Zhongjing Dietary Therapy

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Abstracts. Zhongjing inheritance of Yi Yin dietotherapy thoughts and according to their own research and clinical experience and compiled the "treatise on Febrik and Miscellaneous Diseases". The prescription is rigorous and has significant curative effect and practical significance. Therefore, this article summarizes the characteristics of dietetic therapy from these aspects of the application of Zhongjing diet therapy in diseases, the application law of Zhongjing diet, the combination characteristics of food and medicine, and the characteristics of dietary therapy. Including the application in interior heat syndrome, mental restlessness syndrome and other aspects; The application law such as preventing of disease, early treatment to prevent deterioration, discontinues use immediately when effective; the combination characteristics of food and medicine such as Coexistence of Chinese medicine and food, Single or multi-flavored food group; function characteristics of diet therapy such as adjusting ying-wei and exterior and interior, protect the spleen and stomach and protect vital-qi . Finally, the analysis and discussion of the modern development of diet and its problems, and put forward their own views.

1. Introduction
Zhang Zhongjing also called ZhangJi, a famous physician in the Eastern Han Dynasty. He is one of the most important figures in the history of medicine Chinese, his book " treatise on Febrik and Miscellaneous Diseases ", was compiled as "Treatise on febrile diseases " and " Synopsis of golden chamber " two books. "Treatise on febrile diseases" scattered record of many about the food therapy theory and specific methods, "Synopsis of golden chamber" is a summary of his experience in treatment of various diseases, which uses a large number of effective therapeutic side such as pig skin soup, and a special chapter about diet taboo, food hygiene and other issues, have great influence in the history of medicine Chinese.

2. Zhongjing Diet in the Application of the Disease

2.1 Interior Heat Syndrome
Interior heat syndrome is divided into syndrome of heat in the blood system, and viscera heat, the patient is sick with symptoms such as upset, body heat and thirst. Zhongjing uses heat clearing method to treat interior heat syndrome, such as the treatment of Yangming heat syndrome of white tiger soup, rice of the prescription can nourishing the stomach to improve the production of body fluid, restrict the cold of rhizoma anemarrhenae and gypsum; Licorice can reconcile the drug properties, all drugs together to clear the effect of clearing away heat. The baihe radices rehmanniae decoction can treating Yin deficiency and interior heat , remove the interior heat and inducing diuresis, lead heat downwards, nourishing yin to clean away heat. Shaoyang biliary thermal diarrhea can treat by Scutellaria Decoction. The Scutellaria in the recipe can clean heat, peony, Fructus ziziphi jujubae,liquorice can be
used to reinforcing deficiency. Full – square clean biliary thermal. Modern clinical can be used for the Defecate and urination is not good, anal heat and other diseases.

2.2 Mental Restlessness Syndrome
Evil disturbance, deficiency of vial Qi can lead to anxiety; most of the patients are suffering from insomnia, insomnia and dreaminess. Zhongjing in the treatment of heart and kidney yin deficiency caused by insomnia Wild Jujube Seed Decoction, This prescription of Suanzaoren can nourishing the soul, Poria can be healthy and spleen, amemarrhena can clean heat and supplementing relieving restlessness, tonifying qi and regulating the middle warmer. In clinical practice commonly used in the treatment of insomnia, dryness in the eyes, depression and so on. The deficiency-heat of heart kidney caused by the deficiency of the endogenous heat and the deficiency of the heart kidney, often with the treatment of huangLian-Ejiao decoction. The firelight handed down in the kidney of Coptis chinensis, donkey-hide gelatin, egg yolks nourishing yin and enriching blood, while donkey-hide gelatin can eliminate the oleaginous taste of egg yolks and dryness of Coptis chinensis, to bitter cold diarrhea medicine compatibility Sweet medicine, Treatment deficiency syndrome and empirical study, tonification and purgation in combination, the whole prescription Clearing away heat to nourish yin, communicating heart and kidney. In modern clinical used in the treatment of sweating, dizziness, tinnitus, dreaminess, backache and so on.

2.3 Other Certificates
Other such as the treatment of syndrome of endogenous dryness Maimendong Decoction, the reuse of drugs for nourishing yin Maimendong Compatibility of Qi supplementing medicine can produce the effect of Qi generating Yin and Yin generating Qi. Rice, jujube can benefit the spleen and metabolism body fluid, reinforcing earth to generate metal. The prescription down under the gas, nourish the lung and stomach, treatment of cold phlegm syndrome of the Belamcanda and Ephedra Decoction, dispersing lung medicine and reducing lung qi can reconcile lung qi dispersive and descending; with the drug of convergence drug, it can be used to reduce the discharge without injuring the lungs. It is commonly used in clinical treatment of bronchial asthma, pulmonary heart disease and other cold syndrome with Cold Rheum stagnating in the lung. Zhongjing diet therapy is widely used in many other kinds of diseases, don't go into details here.

3. The Application Law of Zhongjing Diet

3.1. Preventing of Disease
From the first article discusses in Zhang Zhongjing's "Synopsis of golden chamber" such as "take the bitter cold suanxin Gan --- disease is not in its cousin shows, Zhongjing attaches great importance to the use of food regulation to prevent disease, that" Superior Treat before Sick". In the treatise on Treatise on febrile diseases, there is a saying: "when winter is cold, there are many kinds of hide, gentleman gumi, it is not hurt in the cold" It is considered that the enrichment of healthy qi is the primary factor to prevent disease. Reasonable diet, food intake is beneficial to the body; avoid eating food harmful to the body, such as sunflower heart, crab without frost, and reasonable collocation of food. Proper combination of food, food and other measures are very important in helping to prevent diseases. The food cold and heat is appropriate, the five taste unbiasing can make the body positive gas full, Yin and Yang coordinate, prevent foreign evil to invade the body.

3.2. Early Treatment to Prevent Deterioration
Zhang Zhongjing in the "treatise on Febrile and Miscellaneous Diseases " from the perspective of treatment based on syndrome differentiation, combined with their own clinical experience of the disease in the generation, development, outcome and treatment of the law. Therefore, Zhongjing addition to focus on the treatment of disease, more from the disease to start, discuss how to "treat the disease with diet", and pointed out that diseases of the five zang organs are different from each other because of their different nature. Such as lung disease, should avoid eating "do not like" food, and
choose the appropriate food nursed back to health, showing Zhongjing's ideas food can prevent the development of the disease change diet health.

3.3. Discontinue use Immediately When Effective
When using prescription, zhang zhongjing attaches great importance to the disease and stops the drug, so as to avoid excessive damage to the body. As the comment after prescription in diaphoresis guizhi decoction” If you take one after sweating, remission, stop after the service, do not have to do anything”, if you added, may damage healthy tendency, variant ills. Anyone who uses the decoction with vomiting effect, discontinue use immediately when effective, do not have to do anything, and treat the Shao yin disease of Pink Decoction”, Treatment of Lily disease Baihedihuang decoction soup, after the note "effective, not to take more.” There are a lot of bitter cold drugs in the prescriptions, excessive stomach injury; therefore Zhongjing has repeatedly stressed the importance of the disease lasts.

4. The Combination Characteristics of Food and Medicine
Zhang Zhongjing is widely used an edible drug to make a prescription in the " treatise on Febrik and Miscellaneous Diseases ", fully embodies the idea of combining the method of treatment of food, the combination of food and medicine is diverse [1], But nothing more than food and medicine appear together, complement each other, and play a synergistic role in the treatment of disease, or by a single taste of food, two or more kinds of food constitute prescriptions to treat the corresponding diseases

4.1. Chinese Medicine Coexists with Food
In this prescription, the angelica Gwen, regulate the menstrual function analgesic. Angelica and mutton are used to increase the effect of mutton on cold and warm stomachs. In addition it can dispel the smell [2], delicious and nourishing. Another example of inula flower soup in Inula, onions, Xinjiang soup meal by oral administration. Xinjiang can cooling blood and promoting circulation of blood, good governance of liver, collaterals, Qi and blood stasis pain; Onion, slightly warm, Xin Gan, Tong Yang Xuan scattered. The three drugs are used together to achieve the effect of "harmony main and collateral channels and the liver", remove stasis and relieve pain, reduce phlegm and clear the liver to stop bleeding. [3].

4.2. Ingredients of Single Food
The lily Baptist was soaked overnight and washed. Because Lily into the lung, spleen, In the body with the skin, its brilliance in the hair, like to moisten and do not dry. Wash the body with lily wash, it can clear away heat nourish yin and moisturizing dryness syndrome. Such as li wen wide note on synopsis of golden chamber, puts it: "The heat is hidden in the pulse, and the time is long enough to get rid of the fluid, so people will be thirsty and boil the lilies to wash the body, and the blood and fluid will flow and quench the thirst."

4.3. Ingredients of Two or More Kinds of Food
There are more than 10 kinds of food therapy prescriptions in this form, the lily in the yellow soup of lily is clear lung heat, soothe the nerves, the chicken huang Nourish the spleen and stomach. The combination of the two can be nourishing the spleen and stomach, vomiting after treatment of the spleen and stomach injuries Yin syndrome [4]. Oysters scattered in Trichosanthes Trichosanthes cough Runzao; oyster have astringing the lung moistening thirst can, and easing the combination of the two, and with rice soup delivery service, peace of mind of God, thirst, can be a long time does not heal treatment of Lily disease, injury of body fluid dry syndrome. Orange soup consists only of orange peel and gingers two herbs, two are like ordinary diet, but the efficacy in the treatment of hiccup and retching is excellent. Tangerine skin Warm, spicy, bitter, to the stomach lung [5], can reduce stomach qi: ginger nourish the cold, warming middle energizer to arrest vomiting ,The two are combined to reduce stomach qi, disperse cold evil, spread the Yang qi, dry vomiting, the symptoms of the reverse will automatically disappear.
5. Zhongjing Characteristics of Diet Therapy
The combination of food and medicine used by zhongjing is varied, so the role of the combination of the two is also varied. But in general, the combination of the two is either the advantage or the shortcoming of the two, so as to improve the curative effect and treat the disease.

5.1. Adjusting Ying-wei and Exterior and Interior
The main origin of Ying and Wei two gas are cereal essence, Ying Qi on veins, moisten the meridian viscera, Qi in the veins, warm and nourish the muscle, fur, guard muscle, defense of external evils, two is the equilibrium state in the body. It will lead to exopathy, articulargia, edema, insomnia, swelling If Ying Qi and Wei Qi disharmony [6]. Most of the use of ginger and jujube treatment of the disharmony between ying and wei. Qing dynasty zhang lu said: "using the ginger jujube to reconcile the ying-qi, the wei-qi, reconcile exterior and interior is a certain method." Although the two can play many roles in the compound, the main function is to reconcile the Ying and Wei and reconcile the exterior and interior. Ginger di spelling cold and relieving exterior, fructus Ziziphi Jujubae invigorating spleen and replenishing qi, the pungent taste having dispersing effect of ginger can be abirritant by the sweet of Fructus Ziziphi Jujubae, not overly unobstructed; Jujube sweet red, with the ginger compatibility can alleviate the bias of gas [7]. Such as eRamuli Cinnamomi Decoction, the two can be used in the surface to reconcile the camp guards, in the medium can be filled in coke. Other prescriptions, such as Daqinglong Decoction, aconiti and cassia twig decoction, xiaojiangzhong decoction, guizhi plus gui Tang, xiaochai hu soup, pueraria soup and other prescriptions, have the effect of adding ginger and dates to the guard and the table. The Ming dynasty miao xiyong said: "all evil in the ying-wei, xin gan to solve, so guizhi tang uses ginger jujube adjusting ying-wei, thelp spleen and stomach.

5.2. Protect the Spleen and Stomach and Protect Vital-qi
Zhang zhongjing thinks that it is very important to raise the spleen and stomach, and puts forward the principle of "four seasons spleen and not be evil" in the Synopsis of golden chamber. If the spleen and stomach is not adjusted, it can lead to the deficiency of qi and blood and disordered fluctuation, and then cause all kinds of diseases, such as abdominal distension, dizziness, diarrhea, wasting, and thirst. Because the efficacy of the main medicine is severe or toxic to the human body, taking it will damage the healthy qi, so in prescription compatibility some food used to protect the spleen and stomach, eliminate pathogenic doesn't hurt healthy atmosphere. The food that is commonly used for healthy stomach, and replenishes the vital qi is japonica rice, millet porridge, cold porridge, jujube, ginger, little wheat juice, etc. For example, bamboo leaf gypsum soup, bamboo leaves gan cold, gypsum is especially cold, in order to avoid two kinds of medicine too cold and damage spleen stomach, so in the prescription compatibility of licorice, and rice to the stomach, helps digestion, so as to achieve the purpose of strengthening the body resistance to eliminate pathogenic factors. Clearing heat and stomach. Another example is the treatment of "sick hanging drink" of the jujube soup, Euphorbia pay more attention to clearing morbid fluid of the viscera, Euphorbia kansui inclined to clearing morbid fluid of the passages through which vital energy circulates, and lilac daphne flower bud clearing morbid fluid of the chest and abdomen[8]. The three drugs fierce poisonous, loss of vital qi. So the jujube compatibility Euphorbia, Gan Sui, lilac daphne flower bud, use the sweet of jujube to protect the stomach. In addition, like white tiger soup, peach blossom soup is also congee with japonica rice, prevent medicine to suffer from bitter cold, protect spleen and stomach, and protect Vital-qi.

5.3. Slow Acting Poison, Contribute to Medicinal Effectiveness
Most of the medicine used in "treatise on Febrik and Miscellaneous Diseases " have certain toxicity or bias. Such as the aconite in the decoction of the large aconite, and the aconite in wutou guizhi soup, it has a great toxicity, the toxicity is broken, the safety coefficient is small, and the amount of poisoning and the safe amount are very close to [9]. Nausea, vomiting and dyspnea can occur after poisoning. In Zhongjing prescription, compatibility of Aconitum and white honey is common, and compatibility of Aconitum with honey is one of the major characteristics of relax Aconitum toxicity, "treatise on
Febrik and Miscellaneous Diseases” the first volume described: " honey, taste gan, ping·acessodyne and detoxify, except the disease" The use of the honey and aconite in the soup of ramuli cinnamomi decoction is very much the same as that of Aconitum Decoction. It is used to reduce the toxicity of aconite and prolong the effect of honey. Modern animal experiments show that honey can alleviate the toxicity of aconite and reduce the symptoms of aconite [10]. Other such as the jiutong pills, maziren pills, yuyulian pills, etc. is mixed with honey to reduce the toxicity of the drug. Another example is baisan fang, the croton oil in the prescription has a strong toxicity, the active ingredient of bean oil after taking the croton stimulates the stomach and produces vomiting and diarrhea. Most of it is to soak the croton in a sticky broth or noodle soup. After a strong sun exposure, the seeds can be removed and then the toxicity can be reduced. When taking the white powder, zhong jing emphasizes "the use of rice soup" to reduce the toxicity of the drug. In addition, the "hot porridge with no diarrhea, the cold porridge with diarrhea" is tempered by the cold and heat of porridge, the purpose of which is to reduce the toxicity of doudou by the two-way mediation of porridge [11].It can also play a role in the Bu Wei Jianzhong. In the sweat agent Ramuli Cinnamomi Decoction, the combination of ginger and jujube can be used to increase the function of cassia twig and peony. After the prescription, zhong jing said: "drink hot porridge to help the effect, if no change, drink again". After taking this medicine, the porridge is used to nourish the grain, cultivate the sweat essence derived from food, help the medicine of the broth, and makes the patient sweat and get the solution.In addition; the rhubarb in Didangfang and Da chengqi soup is soaked with yellow wine to help the effect. Take hou's black powder should always eat cold food, "cold food can help the medicine”.

5.4. Make up the Five Organs, to Promote Rehabilitation
Food is used to adjust the body's Yin and Yang in much dietotherapy prescription, the food we often use is chicken yellow, mutton, dates, ginger, lily, bread, rice porridge, caramel, etc. For example, the jujube decoction, which purgating excessive fluid. The main drug of jujube, with Euphorbia kansui, setose thistle and flos genkwa, to achieve the purpose of protecting the stomach and not damaging the vital-qi. Treatment of spleen deficiency of aconite and rice soup, spleen and stomach with liquorice, jujube, rice to the spleen dampness and yiqi. In the jujube soup, which is used to treat the zangzao of the woman, the wheat can mediate the liver Yin and nourish the heart; wheat compatibility of dates, liquorice may be tonifying spleen, gan runsheng Yin. Dajianzhong Decoction., use the caramel in gan wen to match the other xin fever medicine, so as to make the Yin and Yang harmonize, and the syndrome of cold heart pain. In the treatment of wind temperature and restlessness, huang lian colla corii asini decoction, the prescription of the chicken yellow and the gelatin, the medicine of the two drugs, so as to achieve the purpose of tonifying kidney yin, Nourishing the blood, Anyang mind. The liquorice cream soup used to treat ascariasis can alleviate pain by mixing rice flour and honey with liquorice, so as to recover food and promote recovery.

6. Prospects
Diet culture has a long history, rooted in the blood and life of the Chinese nation, becoming more prosperous after thousands of years of development. With the progress of society, people are home or travel is very attention to health care, and more believe that food therapy can nourish the people's body. Believe in they can achieve the purpose of disease prevention and treatment at the same enjoyment of food. Diet has become a new discipline in contemporary, a number of books on the emergence of diet so that diet has been further developed [12].

But there are many people, who are concerned about food therapy, and few people actually use it, the economic base determines the superstructure also determines the people's consumption, so food therapy development is still limited at the current. In addition, the paper on the publication of traditional Chinese dietary therapy does not have a high influence, the study found that the past three years in the ISTIC and PKU such high impact journals published in the medical papers insufficient to retrieve the total number of papers One-fifth [13]. Chinese medicine diet researcher level uneven, the first author in the literature that can be retrieved is a nursing worker with low scientific research level, fewer than 5% of graduate students and teaching staff. In the practical application of diet, diet mostly
combined with other therapies, such as traditional Chinese medicine decoction, combined with Western medicine therapy, which does not highlight the efficacy of Chinese medicine diet.

In order to the healthy development of Dietotherapy and the safety of life and property, should be based on different parts of China's food ingredients characteristics, give adequate support for the Fund, and actively carry out the relevant research with Chinese medicine diet, encourage researchers to publish a higher impact factor Works in order to enrich the content of the study, reduce the cost of diet, so that diet can really go into all the families in need. The quality evaluation standard of Chinese medicine is formulated, and the quality, processing method and technical standard of the medicine are determined to make the food therapy market more standard.

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