



Traditional Chinese Medicine in Modern Physiology

The 2015 Nobel Prize in Physiology or Medicine :

Tu Youyou, a Chinese pharmacologist and researcher at the Academy of Traditional Chinese Medicine (TCM), for her discovery of artemisinin, a compound derived from TCM to to treat diseases such as malaria.

The 2017 Nobel Prize in Physiology or Medicine :

Dr. Jeffrey C. Hall, Dr. Michael Rosbash, and Dr. Michael W. Young for their discovery of the genes and mechanisms that produce the circadian rhythm (biological clock). Traditional Chinese Medicine TCM has long emphasized the importance of balancing the body's internal energy (Qi) with the natural rhythms of day and night.

What is “Yakuzen”?

(Japanese Medicinal Cooking)

Rooted in the nutritional theories based on *TCM

***TCM: Traditional Chinese Medicine**

1) “Medicine and food come from the same source”

2) Purposes

- ① Maintaining mental and physical health,
- ② Preventing illnesses,
- ③ Aiding in recovery from illnesses. Note: Yakuzen can not be used for cure diseases.
- ④ Unique Effects of Ingredients

3) Unique Effects of Ingredients

→Emphasize the functions of ingredients

* Warm foods: warm the body ~promote metabolism,
replenish blood, improve circulation

eg. ginger, garlic, scallion

* Cold Foods: cool down the body

eg. watermelon, bitter melon, eggplant

4) Importance of Balancing Ingredients with the Body and Season

eg.

① For a person with weak digestion



digestive friendly ingredients : eg. cabbage, pumpkin, carrots

② Seasonal choices

Cooling ingredients

Warming ingredients

Warming Lamb with Shiitake and Peppers

Warming Lamb with Shiitake and Peppers

Lamb is one of the most heating of meats and, combined with peppers, is the basis of this warming winter dish that is ideal to help combat chills and seasonal colds.

The shiitake mushrooms (see page 128) have a sweet taste, so are very tonifying for Qi and blood, helping to invigorate the system to cope with winter's chills. Oregano is also warming, mildly antiseptic, anti-viral and stimulating for the digestive system.

Serves 4

1 tablespoon olive oil

1 onion, chopped

2 cloves garlic, crushed or finely chopped

1 small sweet red pepper, deseeded and chopped

450g/1lb stewing lamb, cut into 2.5cm/1in cubes

225g/8oz fresh shiitake mushrooms, washed and sliced

1 tablespoon plain flour

Salt and freshly ground black pepper

275ml/½ pint chicken stock

120ml/4fl oz rice wine or sherry

2 teaspoons dark soy sauce

1 teaspoon granulated sugar

1 teaspoon dried oregano or 3 teaspoons chopped fresh oregano

1 tablespoon chopped fresh basil

Preheat the oven to 190°C/375°F/gas mark 5. Heat the oil in a flameproof, ovenproof dish and sauté the onion and garlic for 2-3 minutes until soft and golden. Add the red pepper and sauté for a further 2 minutes until they are soft. Add the lamb and cook until browned all over.

Remove the meat from the pan, then add the mushrooms to the pan and sauté for 3-4 minutes until they are soft.

Add the flour and seasoning and stir well so that the mushrooms and onions are well coated. Add the stock, rice wine or sherry and soy sauce and stir well. Bring to the boil, then reduce the heat. Return the meat to the dish and add the sugar and herbs. Cover and cook in the oven for 40 minutes or until the meat is tender. Cuts of young lamb will be ready to eat after this time, although older meat may need a further 20-30 minutes.

Serve with mashed potatoes or boiled rice and steamed savoy cabbage.



Yakuzen

(Japanese medicinal cooking)

“Yakuzen is a type of cuisine based on the principles of traditional Chinese medicine, selecting ingredients according to the season and one's physical condition”

“ Food is Medicine”



Traditional Chinese medicine (TCM)



Difference between Western Medicine and TCM

Western medicine: relies on scientific evidence
focuses on diagnosing and treating
specific diseases or symptoms

TCM: holistic approach to health
focuses on treating the person as a whole