

Origin and Common Application of Mongolian Diet Therapy

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Abstract This paper mainly introduces the origin of Mongolian medicine diet therapy, classic works of Mongolian medicine diet therapy and clinical conventional diet therapy through literature research, to provide a certain reference for giving reasonable diet therapy for clinical patients and improving treatment and prognosis research.

Key words Literature research, Mongolian diet therapy, Koumiss

1 Introduction

Traditional Mongolian medicine therapy is mainly based on diet, medicine, daily life, therapy and other methods, and the principle of diet therapy is the first treatment method, which shows that Mongolian medicine pays full attention to diet and nutrition. Mongolian medicine diet therapy has been gradually used in people's daily life and it has formed a Mongolian medicine diet therapy with Mongolian characteristics, such as drinking tea, koumiss, milk and meat for health maintenance^[1]. Mongolian diet therapy refers to a traditional Mongolian medicine therapy that prevents or treats diseases by taking proper diet. According to the taste, nature and efficacy of food, food is divided into six flavors, eight natures and seventeen effects. Various nutrients have different functions, but they must help each other and cooperate, which is the treatment principle of Mongolian medicine^[2]. It can be said that diet is the primary cause of disease, and it is also the first of the four major therapies for disease treatment. It is generally believed that excessive intake of food, or intake of more indigestible food, usually leads to the occurrence of related diseases. Therefore, diet plays an important role in treating diseases and causing diseases.

2 Origin of Mongolian diet therapy

The application of diet therapy has a long history. According to historical records, as early as more than 2 000 years ago, *History of the Three Kingdoms: Records of Wei* mentioned that Xianbei people in the north know the use of moxibustion and hot compress", which records the fire moxibustion therapy of early Mongolian medicine, and the Mongolian medicine diet therapy was gradually formed in this process^[3]. Mongolian people regard food as the means for health preservation and disease treatment long before advocating nutrition. There is a folk proverb circulating among Mongolian people: "The illness begins with indigestion, and the medicine originates from the decoction." Take milk, meat and bone soup for example, as long as they are eaten properly, they can nourish, strengthen the body, prevent and cure diseases. This is the predecessor of diet therapy summed up by ancient Mongolians from their long-term life practice.

In the *Secret History of Mongolia*, it is recorded that koumiss

wine is used to treat patients with massive hemorrhage and fainting. This book is also the first book to mention Mongolian medicine diet therapy. It also describes the history of the formation, development and growth of Mongolian nation for more than 500 years. It can be said that Mongolian medicine diagnosis and treatment develops with the continuous accumulation and summary of Mongolian medicine clinical experience and the gradual formation and development of theoretical system. It is recorded in the book to "drink mutton soup" and eat "roast mutton". The lean meat of adult wether is fried into a bowl of old soup, and 2–3 g of butter and brown sugar are added, and a little of the best white wine is mixed into Siwei Buyi Decoction. Drinking it in the morning and evening when Heyi is at its worst can nourish, strengthen the body, prevent and cure diseases, and can treat various diseases of Heyi^[4]. Therefore, drinking Siwei Buyi Decoction in clinic is helpful in treating patients with chronic lung diseases.

3 Representative works of Mongolian diet therapy—*Yinshan Zhengyao*

During the Yuan Dynasty in China, people constantly summed up experience and improved technology in practice, and diet therapy developed into a part of ancient Mongolian medicine, and a monograph on diet and nutrition came out. This is the book *Yinshan Zhengyao* written by Yuan imperial physician Hu Sihui in Chinese in the 14th century (AD 1330), and it is also the earliest complete nutrition monograph in China^[5].

In the book, the author divides Mongolian daily diet into seven categories: poultry, livestock, fish, grains, fruits and vegetables, and non-staple foods, with more than 170 drawings, and makes a detailed explanation and analysis of the characteristics and functions of these seven categories of foods. It also combines nutrition and pharmacology of food well, leaving precious wealth for future generations and laying a solid foundation for future research on Mongolian diet therapy and medicated diet^[6]. The first nutrition monograph *Yinshan Zhengyao* written by Hu Sihui according to the experience of court health preservation is also the first monograph of Mongolian medicine diet therapy. It is written in the book that the maintenance method should be based on "keeping the middle" without bias, and combine the diet mode of "meat for nutrition, milk for supplementation and alcohol for helping" with the diet culture of all ethnic groups. At the same time, it pays attention to health-preserving food taboos, and provides af-

tercare guidance for the diet and daily life of pregnant people, drinkers and medicators. According to the dietary characteristics of the Central Plains and the characteristics of Chinese and foreign medicines combined with their own needs, the nomadic rulers form unique drinking characteristics and historical horizon. There are 91 tonifying diet therapy prescriptions, which can be divided into 4 categories, including 50 prescriptions for tonifying spleen and stomach, 20 prescriptions for tonifying kidney, 10 prescriptions for tonifying spleen and kidney, 8 prescriptions for tonifying lung and moistening lung, and 3 prescriptions for nourishing heart. Tonifying and moistening lung can be divided into two categories: tonifying lung and lowering adverse effects, moistening lung and benefiting qi. 8 diet therapy prescriptions for tonifying and moistening lung use four types, which are decoction, powder, ointment and pill. There are 6 diet therapy prescriptions for nourishing yin and promoting fluid production in summer, so decoction is often used to quench thirst, and is convenient for regular use. There are two diet therapy prescriptions for tonifying lung and moistening lung using powder, and the powder has the characteristics of simple preparation, quick absorption and quick effect^[7]. Li Dai said, "The powder is used for acute diseases." Because the two diet therapy prescriptions can treat cough and asthma with lung qi going up, the powder is chosen in order to exert its efficacy quickly. The decoction for treating chronic lung diseases is Xingshuang Decoction, which can regulate lung qi, benefit chest and diaphragm, and treat cough. Corn (3.75 kg, stir-fried into powder), almonds (1.5 kg, peeled, stir-fried with bran, ground) and salt (150 g, stir-fried) are mixed well. The water is added every day. It is better to add a little butter. Yam Decoction can tonify deficiency and qi, warm the middle and moisten the lung. Yam (1 kg, cooked), corn (0.375 kg, fried into powder), almond (2 kg, fried, overcooked, peeled, cut), the water is added every day, and a little butter and yam are added.

This is a monograph focusing on health care from diet, which plays an important role in the history of health care in China and has influenced the diet and health care after Yuan Dynasty and even today. In the middle of Yuan Dynasty, with the urgent need of Mongolian court and aristocracy and the continuous development of medical treatment and health preservation, it is based on Chinese traditional concept of keeping in good health, combined with Mongolian eating habits, and draws lessons from many achievements of Chinese and foreign diet therapy. It is mainly compiled by Hu Sihui, a great doctor in Yuan dynasty^[8].

4 The most widely used Mongolian medicine diet therapy in clinic—koumiss therapy

In Mongolian medicine diet therapy, koumiss therapy is worth mentioning and has national characteristics. There are seven medical monographs recording koumiss, including *Four Medical Codes*, *Ganlu Sibü*, *Essentials of Medical Science*, *Blue Glass (I)*, *Huhe Bideliya (I)*, *Concise Mongolian Medicine* and *Golden Light Annotation Collection*. The research books of koumiss therapy include *Brief History of Mongolian Medicine*, *Research on Mongolian Medicine History*, *Research on Mongolian Medicine Health Preservation*, *Summary of Dedu Mongolian Traditional Medicine Research and*

Therapy, *Healthy Zone*, *Koumiss Therapy*, *Longevity Mystery*, *Yi Jingge Medical Record*, *Outline of Mongolian Traditional Medicine History*, *Summary of Mongolian Medicine*, *Treatments*, *Laxidongribu Medical Record* and *500 Cases of Mongolian Folk Traditional Prescriptions*.

Koumiss is also called Humisi, Airige and Yisuge. According to literature records, koumiss has a long history, which is the crystallization of the long-term practical experience of nomadic people living in Mongolian prairie. It is a kind of health drink that Mongolian people drink for a long time after fermentation with mare's milk, and it is also the earliest diet therapy treasure used by Mongolian medicine^[9]. In addition, there are sour camel milk, sour goat milk, etc. Their properties, tastes and functions are roughly similar to those of koumiss, but their curative effect is not as good as that of koumiss. Koumiss is moderate and warm, sweet, sour and astringent. It has the functions of nourishing and strengthening body, nourishing lung, tonifying heart, enriching blood, promoting blood circulation and removing blood stasis, helping digestion, enhancing stomach fire, helping digestion, stimulating appetite, reducing swelling, relieving fever, quenching thirst, regulating body function, promoting decomposition of essence and dross, softening skin, promoting blood circulation and removing blood stasis, improving sleep, detoxifying and enriching blood. It has remarkable curative effect on physical deficiency, phthisis, lung disease, heart pain, anemia, white pulse disease, gastrointestinal disease, indigestion, irregular menstruation, poisoning, edema, polydipsia, etc.^[10]. Usage and dosage: The dosage depends on the condition, physical strength and digestive ability of the patient. 500–1 000 mL of koumiss is taken, three times a day, and 21 d is a course of treatment. During taking, it is not advisable to use enema, catharsis, puncture, fire moxibustion and bloodletting for treatment.

According to the analysis of modern scientific experiments, it is confirmed that there are many effective components beneficial to human body in koumiss. There are sugars, proteins, fats, vitamins, especially vitamin C, as well as amino acids, lactase minerals, aromatic substances and trace alcohol. Tests have proved that it has antibacterial and antifungal effects^[11].

Judging from the historical materials available now, its application dates back to the period before the Yuan Dynasty. For example, in the Secret History of Mongolia, there are also records before Yuan Dynasty that people who were injured, bleeding and fainting were treated by drinking koumiss. Mongolian people's technology of making koumiss and treating diseases with koumiss were well-known abroad in Yuan Dynasty. For example, some foreign historical documents describe: "Koumiss is a drink used by Mongolian nomads."

5 Conclusions and prospects

Mongolian medicine diet therapy is an important component of Mongolian medicine. In the ancient books of the past dynasties, there are a large number of diet therapy and medicated diet contents, and it is deeply studied by applying modern high-tech, so as to develop characteristic Mongolian medicine diet therapy and medicated diet and make it more scientific. Advocating Mongolian

medicine characteristic diet therapy and medicated diet culture and carrying forward traditional advantages have broad prospects. Mongolian medicine diet therapy is the first of the four clinical treatments of Mongolian medicine, which holds that diet can cure diseases and cause diseases^[12]. The diet therapy in Mongolian medicine is usually a diet therapy with Mongolian characteristics gradually formed by gradually accumulating experience in daily life and constantly groping for diet therapy. Malnutrition is very common in patients, and malnutrition will directly threaten the life safety of patients. Ancient Mongolian people invented a simple method to treat some diseases with diet. For example, they mastered the fermentation technology during milking, and used koumiss as a nourishing drink to preserve health and cure diseases. As a precious cultural heritage of Mongolian nationality, diet therapy in Mongolian medicine has distinct national characteristics^[13]. This method of treating diseases was gradually explored and formed in the nomadic hunting life of Mongolian people. Standardizing the implementation of nutritional support therapy is beneficial to the improvement of patients' clinical outcomes.

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