

Korean Medicated Diet Has Lee Jema's Traditional Sasang Medicines by High Absorbency and Natural Healing-Power Targets

– Review –

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Abstract

Korean medicated diet (KMD) is not a simple combination of food and Chinese drugs, but a special carefully constructed diet made from Sasang constitutional medicines, food and condiments under the theoretical guidance of diet preparation based on differentiation of symptoms and signs of traditional Sasang medicine (TSM). It combines the functional efficacy of medicine with the delicacy of food, and can be used to prevent and cure diseases, build up one's health and prolong one's life. Korean traditional medicated diet has a long history of development. Although influenced by Chinese medicine, Korean traditional medicine has been developed into a unique system of traditional medicine that has surpassed the continental medical practice, sublimating itself into a native medical practice suitable to Korean lifestyles and physical constitutions. In the 19th century, Lee Jema's Sasang medicine (medicine of four types of energy determining the physical constitution) was introduced. It is an integration of mind and body according to the individual's physical constitution that is categorized allowing a customized method of treatment ideal for each category-making the content of Korean traditional medicated diet even richer. The characteristics of Korean medicated diet are as follows: (1) Laying stress on the whole, selecting medicated diet on the basis of differential diagnosis. (2) Suitable for prevention and treatment, outstanding in effect. (3) Good in taste, convenient for taking. KMD refers to drink and food according to certain prescriptions, by processing and cooking that can be used either for prevention and cure of diseases, or for health care and recovery. The purpose of this review is to introduce TSM and KMD based on Sasang constitutional medicines.

Key words: Korean medicated diet, traditional Sasang medicine, cure diseases, Lee Jema, physical constitution, high absorbency, bio natural-food, nature healing power

INTRODUCTION

Oriental medicine, based on thousand of years of experience, has gained academic and scientific recognition and its public acceptance has flourished in East Asia. Oriental medicine is also gaining acceptance in the scientific and medial communities of the U.S. and Europe. In keeping with this trend, the National Institute of Health (NIH) in the U.S. has made it a policy to include Oriental Medicine in Complementary and Alternative medicine (1). The foundation of the Office of Alternative Medicine within the NIH shows the country's strong interest in supporting Oriental Medicine. The human desire to live a long and healthy life has caused people to turn to oriental medical cuisine, including herbal diets derived from traditional oriental food culture (2,3). According to oriental medicine theory, traditional nutritious food prepared using combinations of carefully selected herbal medicines and foods with potent

medicinal value are highly efficacious. Food-based remedies are regarded to be considered equally important as pharmaceutical interventions, and so medicated diets are highly regarded in oriental medicine. Korean medicated diets (KMD) are not a simple combination of food and oriental herbs, but a special highly systematic diet made from oriental herbs, food and condiments under the theoretical guidance of diet preparation based on symptoms and signs of traditional Korean medicine and Sasang constitutions (4,5). It has not only the efficiency of the medicines, but also the delicacy of food that enable the combinations to be effectively used to prevent and cure diseases, build up one's health and prolong one's life. KMD can include both beverages and solid foods prepared according to certain prescriptions, by processing and cooking that can be used either for prevention and cure of diseases, or for health care and recovery. These food types include cereals, fruits, nuts, vegetables, seasonings, birds and animals, aquatic products etc. In light

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of its form and process, medicated diet can be divided into eleven kinds: Fresh juice, medicated tea, drink, medicated wine, decoction, medicated gruel, honey extract, medicated cake, medicated pancake, soups, and fried food.

Korean traditional medicated food has a long history of development (6). Although influenced by Chinese traditional medicine, Korean traditional medicated food has developed into a unique system of traditional medicine such as Sasang medicine that has surpassed the continental medical practice, sublimating itself into a native medical practice suitable to Korean lifestyles and physical constitutions. In the 19th century when this sort of medical practice was popular, Lee Jema's Sasang medicine (medicine of four types of energy determining the physical constitution) was introduced. Lee Jema's Sasang medicine categorized the human individual, which is an integration of mind and body by physical constitution and suggested a method of treatment ideal for each category-making the content of Korean traditional medicine even richer (7).

BASIC PRINCIPLES

What is a Sasang constitution?

No two people in the world have identical physical appearances. Similarly each person is unique in physiological characteristics and functions. The manifestations of those functions (emptiness and fullness) are different for everyone even for people with similar physical structures (such as internal organs and bowels) (7). In oriental medicine this is called (physical) constitution, and through each person's unique physical characteristics are reflected in their personalities, taste in food, physique, and even susceptibility to illnesses (8). Research on preventive medicine such as rules for maintaining good health and methods of treatment, that takes each individual's constitutional character into consideration is called constitutional medicine or Sasang medicine (medicine of four types of energy determining the physical constitution). Its origin lies with the Confucian scholar Lee Jema. In Sasang medicine a person's nature (in other words an individual's inherent characteristics) determines the weakness and firmness of each of the internal organs and bowels, which is expressed as unique disorders for different constitutions. Even the actual treatment of various illnesses such as respiratory ailments, liver disorders, kidney and gastrointestinal diseases, people are roughly classified into 4 groups of Taeum (Um major), Soeum (Um minor), Taeyang (Yang major), and Soyang (Yang minor). Sasang refers to the 4 constitutional types of Taeum (Um major), Soeum (Um mi-

nor), Taeyang (Yang major), and Soyang (Yang minor).

The differentiation and distribution of Sasang people

The most difficult problem in the application of Sasang medicine is the apparent differences between constitutions. Currently, many methods are being tried out and scientific investigations are being conducted to find definitive ways to classify people according to their different constitutions (9). However, an objective accurate method of differentiation has not yet been developed. That is why even well experienced experts relying on their own experience and opinions are often misled into making wrong diagnosis. However, no matter how different each person looks, people have some common characteristics within the same constitution. Synthesizing general characteristics such as the common nature, physique, looks, skin, voice, posture and taste that appear in each of the constitutions, along with common symptoms and pulse conditions, allow a certain degree of differentiation by means of long experience and medical knowledge, (10) but ultimately herbal drugs need to be administered to identify a person's exact constitution (11). All the constitutions in Sasang are different in their population distribution according to race, region and nation, and contain a genetic element. Lee Jema said that a child with parents of the same constitution will have the same constitution as their parents, but a child with parents of different constitutions will have either one of the parent's constitutions. Until now, there have been no mutations -a child with a different constitution from both of the parents. The population distribution of Sasang constitutions has been described. Taeum people constitute approximately 50% of the population, Soyang 30%, Soeum 20% and there can be as little as 2~3% or as much as 10% Taeyang people in a geographic region. The number of Taeyang people in some places is so small that they would account for less than 10 people out of 10,000. Also, the constitution distribution is different depending on the various regions, Northern regions have more Taeum people, and Southern regions more Soeum people. The study on the worldwide racial and regional Sasang distribution will likely be very interesting (4). However, today, a century from the old times when Sasang was first developed, there are an increased number of combined constitutions and considerable change in the constitutional distribution. Therefore many modern scholars say that about 50% of the population are Soeum people, 30% Taeum, 20% Soyang, and the percentage of Taeyang people are still very scarce.

Sasang constitutional characteristics

Taeyang people: Confucian scholar Lee Jema in Dong Ui Su Se Bo Won (The foremost scholar on the maintenance long life in Oriental medicine; Treatise of 4 Constitutional Medicine) said that “the ear of a Taeyang person can distinguish the times appointed by Heaven”. In other words, Taeyang people have ears that hear the heaven-appointed times, which means their powers of intuition, insight, clairvoyance and spirits which are inherently developed. Taeyang people, only constituting 5% of the entire population, all have outstanding abilities to foresee the future, excellent powers of intuition and have personality of spotless integrity. They do not compromise with injustice and they have abundant sympathy and humane love towards their poor neighbors (4,12). Lee Jema has pointed out that a Taeyang person’s talent lies in making friends. They have a social tendency to be easily acquainted with strangers, and can easily get along with those who share the same vision regardless of their age. They also exhibit a charismatic leadership that seizes the audience during a lecture. But this could lead to dictatorship when wrongfully used. At times, their characteristics may place others in a difficult situation or pinch out a person’s weakness, or appear as cruel towards others. Therefore, it is necessary to bring out their affinity and humanity. Lee Jema also pointed out that the merit of a Taeyang people’s temperament lies in communication. By ‘communication’ we mean an open personality that is not constricted. Because they are progressive and innovative, it can be said that they are very creative. They pay no attention to the social mores of their society and live as they please, and because their lives are like that of a kaleidoscope. Taeyang people have many flashes of ideas, but they often lack the ability maintain interest in older ideas and quickly become interested in new projects; although they have many ideas, they lack the discipline to materialize them. Many times, when a new and interesting subject appears before them, they are unable to finish the current issue, since they tend to devote themselves to the new issue and thus aren’t able to settle an affair properly due to superabundant desires.

Soyang people: The upper part of the body is more developed than the lower part, the fingers are thin, and in general they have white skin, and they make up 35% of the whole population (13). They have a rational ability to think and an analytical ability to reason, and are very logical. They are more interested in the concrete, experiential reality rather than vague, abstract thinking. They have a quick brain and well developed reflexes, and because of their quickness they have nicknames like clever or witty boy, and once they start something, they

finish as quickly possible. During crises, they make quick circumstantial judgments and adaptations. But due to their quickness, they lack caution and prudence and are apt to make mistakes. Because they possess a lot of curiosity, they tend to start many affairs at the same time and push forward without any precise plans, thus easily making mistakes. Nevertheless, they possess a strong will that allows them to rise again, and pay no attention to their past failures. Soyang people are extroverts and possess a positive temperament, along with instantaneous wit; and people consider them to have a sense of humor. They are also passionate people who possess a progressive, combative and unconventional personality. According to Lee Jema, “The merit of a Soyang people’s temperament lies in the practice of marshal arts, and talent in business affairs.” By the ‘practice of marshal arts’, it means a possessor of blood boiling passion who can’t stand injustice and with a bold personality who highly value loyalty. So they tend to take care of other’s affairs as their own out of having too much public spirit. Soyang people are also proficient in business affairs, meaning they take care of work with preciseness. But their passions overflow like fire and they easily get agitated. Also Soyang people are clear on their likes and dislikes, and their dislikes immediately appears on their facial expressions. Soyang people are curious in all matters, and have inherent talent in designing clothes, interiors and pictures due to their developed sense of fashion and quick eye for learning things. Even in laying out their outfits, they exhibit a forefront, bold and individual sense. When young, on their way to kindergarten or elementary school, if they discover an interesting thing, they tend to stand and watch and end up being late. But they have a great tendency to self-display, shift and changes in what they like and easily lose interest; and often their impulsive character results in impulsive buying. Because they possess a great sense of humor, they make others happy but their lack of care in leading easily gives others a light and frivolous impression.

Taeum people: Taeum people constitute about 40% of the total population, mostly men, and have a large skeletal structure, many are obese and often have large hands and feet. Their lower bodies are stronger than the upper parts and have large facial features, many possessing thick lips. They are subservient to the clear-headed Taeyang people and aren’t able to distinguish themselves in their school years. However, their inherent volume and endurance, tenacity of purpose, perseverance, combative spirit and competitive spirit enable them to achieve success. Lee Jema said “The merit of a Taeum people’s temperament lies in accomplishment and talent

in their whereabouts". In other words, such accomplishment implies the indomitable devotion and combative spirit that carry out actions once they are planned. Furthermore, the nature of Taeum people who know how to confidently guard their place in any gathering. Taeum people are a bit slow in carrying out their work but are precise and thorough and make few mistakes, so are trustworthy. But instead of embracing new ideas they tend to follow customs, and are prone to become conservatives in pursuit of consistency and universality. At the slightest provocation they may give a stupid and inadaptable impression. When you teach them one thing, they would learn nothing beyond, and soon forget what they have just learned as well after a short while. They are also guileless and don't know of adapting to circumstances, which gives them the nicknames 'slow-minded' and 'easy target'. With their inborn sense of reality they are great at expanding their personal relationships that is why Lee Jema commented that Taeum people are "Well acquainted with moral laws". They have outstanding leadership and know how to get along with the world, their being well mannered also helps them to adapt to reality. But they don't talk much nor express their feelings very much and may appear to be stately but a person can never know their deep thoughts because of their prudent character of reconsidering everything over and over. But they are not sensitive to changes and have a naturally rigid uncompromising nature, which makes them liable to become conservative and authoritative. That is why even when they may be on a track of success, they aren't able to adjust to sudden changes and unexpectedly come upon failure.

Soeum people: Soeum people make up about 25% of the whole population, mostly women, where they are generally on the short side and their lower bodies are more developed than their upper parts. However there are well balanced in general and there are many beauties with well defined features. They are very susceptible and understand other's thoughts, and with their thoughtfulness they know how be considerate of others, and their wits and intuitions are well developed. They are deep in thought and warm, usually become counselors for those in poor situations. They are overly careful and may appear to be indecisive. They may be excessively thoughtful of others and seem to be opportunists. They also lack cool-headed discretion and easily fall into sentimentalism. Lee Jema commented "The merit of a Taeum people's temperament lies in composure, and talent in grouping". Composure refers to the decent and composed character, grouping refers to the characteristic of not being able to break away from conservative acquaintances focused on kinship, regionalism and school re-

lationships as a friend of a Soeum people. They take part in many associations but don't insist on their opinions, letting their existence pass unnoticed, since they demonstrate the virtue of concession rather than quarrel. They are conservative and passive but also modest and kind-hearted. These are simple hearted people who can live without laws. Because they have quick wits, they are able to grasp situations with precise judgments and read other's mind, but are apt to fall into pessimism. Also with an overly kind nature, they may easily be weak-kneed. Because they are timid and introspective, they easily lose their wills and allow failures to cause them to give up. Soeum people are commonly compared to shapeless water, and this is because they don't have a fixed self-image and never insist upon their views. They adapt themselves to destiny and their environment. They don't like adventures and like to pursue only the safe paths.

Sasang constitutional working characteristics

Work characteristics of Taeyang people: Suitable for jobs requiring brains and originality. Their lungs and subordinate organs of the lungs such as hearing ability and the tongue are constitutionally developed; research shows that they are suitable for work related to music. They aren't fit for jobs that require sociability or development of personal relationships, nor for those that ask for impartiality or intellectual narrative skills. Especially because of their weak lower parts, they aren't suited for jobs that require standing for a long time. Taeyang people have a strong sense of superiority and self pride, easily get angry and lack companionship, also tend to frequently rebel against orders from their superiors, but are competent in their ability to carry out the given job, and have a strong concentration on their work. Therefore, it is advantageous if they work in planning, research, or departments such as performance based works (14).

Work characteristics of Soyang people: Because Soyang people are impatient and of an active nature, they are unsuitable for jobs that need to be done sitting down with careful attention to detail. Active work with lots of human contacts are better than office work for these types, suitable in business, news coverage, public relations, dispatches and field services. Soyang people have a tendency to take 'responsibility within freedom' importantly, meddle in other's affairs a great deal and undergo lots of changes in plans. That is why for Soyang people, it is better to continuously exchange opinions while carrying out a job. Upon working, they tend to leave the responsibility to their superiors. Soyang people possess good companionship and tend to volunteer for

jobs that others dislike, making themselves a very attractive type in a humane way. But they make lots of mistakes in working. Soyang people are at a disadvantage in jobs that require delicacy and precision. Instead they are great at jobs that require lots of sudden wit, shrewdness, and sociability.

Work characteristics of Taeum people: Taeum people are very devoted and willing, with perseverance and tenacity of purpose, suitable for any kind of job. They are especially active and have good personal relations, possess the ability to command, and are suited for jobs that require research and investigations for a long period of time but not in jobs that require sudden wit, humor, bravery nor the ability of complicated calculations. They are sincere in their work with devotion, will and responsibility. They are obedient to orders but lack confidence. When orders are wrong, they tend to go along at first, then slowly convince their superior of the error. Taeum people generally obey others' orders; they are devoted and adjust well even to difficult jobs, but tend to show slow reactions. They aren't well suited for jobs that require sudden wit and rapid judgments.

Work characteristics of Soeum people: Suitable for jobs that require much precision and abilities of calculation and judgement, which make them well suited for jobs that demand delicacy and accuracy. They endure well in consistent environments with hardly any changes as well as monotonous jobs, strong in those done standing up. They are handy with a well-developed sense of taste, making them ideal work in the culinary arts. Soeum people move along as planned in all duties and tend to expect their subordinates to work as ordered. Sufficient reasons need to be presented with logical persuasion to change a plan. Soeum people who have a strong sense of pride and dignity are very obedient to orders and don't insist upon an opposing or personal opinion. They perform their work with preciseness and are well mannered. It is better to avoid words that may hurt a Soeum people's pride, and is better to avoid jobs that require a lot of personal relations.

Susceptibilities to illness of each of the Sasang constitutions

Taeyang people are said to have large lungs and a small liver, meaning that their constitutional trait is to have strong lungs and a weak liver. The parts of the body related with the lungs are the cavity of the stomach, tongue, ears, brain, skin and hair, while those related to the liver are the spine, muscles, small intestine, navel, nose, gall bladder and the waist. Because there is much heat in the lungs, it goes up to the brain causing illnesses such as the Parkinson's disease, fatty liver, hepatitis,

hepatocirrhosis, lung cancer, ruptured neck and waist disk, and knee arthritis (14).

Soyang people are said to have an enlarged spleen and small kidneys, meaning that their constitutional trait is to have strong spleens and weak kidneys. Body parts related to the spleen include the pancreas, stomach, breasts, muscle covers and eyes, whereas those in related to the kidneys are the large intestine, reproductive organs, mouth, bladder and bones. There are many illness caused by the heat in the stomach such as pancreatitis, enlargement of the spleen, glycosuria, cancer of the pancreas, halitosis, gastritis, gastric ulcer, stomach cancer, nephritis, lumbago, arthritis, osteoporosis, inflammation of the middle ear, nasal inflammation, ozena, sterility and paralysis.

Taeum people are said to have a large liver and small lungs, meaning that they have a strong liver but weak lungs. Body parts related to the liver are the spine, muscles, small intestine, navel, nose, gall bladder and waist, whereas those related to the lungs are the cavity of the stomach, tongue, ears, brain, skin and hair. Therefore, these groups are also affected by the strength and weakness of the viscera and entrails (internal organs). Because there is a lot of heat in the liver and the lungs are weak, a waist disk rupture, neck disk rupture, skin disease, hepatitis, hepatocirrhosis, liver cancer, nose inflammation, glycosuria, and asthma, they are at risk for illness in the trachea and lung cancer.

Soeum people are said to have large kidneys and a small spleen, meaning that they have strong kidneys but a weak spleen. Body parts related to the kidneys are the large intestine, reproductive organs, mouth, bladder and bones; whereas those in relation to the spleen are the pancreas, stomach, breasts and eyes. There are many diseases resulting from the heat in the kidneys and the fullness of the gastrointestinal, such as nephritis, illness in the thyroid gland, tonsillitis, asthma, cancer of the larynx, gastritis, nasal inflammation as an allergic reaction, debilitated stomach, arthritis, ozena, irregular menstruation cycles, and neurosis.

Sasang constitutional foods

Stress can cause us to eat excessive amounts of food which can then result in obesity. Although exercise and fasting can help us lose weight, most people gain even more weight after they go off their diet. Therefore, it is crucial to eat a sufficient amount of food regularly to shed that extra fat. Since Sasang constitutional foods consists of vegetables and grains suitable for all body types, it will help start to burn off those extra calories. Sasang constitutional foods will also make our body healthy, if we eat it for breakfast and dinner every day

(15,16).

Good and bad foods for Taeyang people: To harmony of the sun and the moon for Taeyang people whose hot energy is strongest, Taeyang foods contain aged pumpkin, chinese date, buckwheat, wizard plant, barley etc., that energy of cool is strong for total 18 kinds of food of Taeyang (food of cool nature) (Table 1).

Good and bad foods for Soyang people: To harmony of the sun and the moon for Soyang people whose warm energy is strongest, Soyang foods contain green gram, sea tangle, barley, seaweed, cabbage, pyogo mushroom, jukyeom etc., that energy of cold is the strongest for total 18 kinds of food of Soyang (food of cold nature) (Table 2).

Good and bad foods for Taeum people: To harmony of the sun and the moon for Taeum people who cold

energy is most strongest, Taeum foods contain mok-e mushroom, a leek, rice, uncleaned [unhulled, unpolished] rice, onion, pyogo mushroom, Jukyeom etc., that energy of warm is strong for total 18 kinds of food of Taeum (food of warm nature) (Table 3).

Good and bad foods for Soeum: To harmony of the sun and the moon of Soeum people who cool energy is strong, Soeum foods contain potato, carrot, job's tears, glutinous rice etc., that energy of hot is the strongest for total 17 kinds of food of Soeum (food of hot nature) (Table 4).

The characteristics of KMD from Sasang constitutional foods are as follows

Laying stress on the whole, selecting medicated diet on the basis of differential diagnosis: By "laying stress

Table 1. Good and bad foods for Taeyang people (15,16)

Taeyang people	Foods with high absorbency (Good)	Foods with low absorbency (Bad)
Cereals	Rice, wheat flour, barley, black adzuki bean, black bean, colored beans, rye, black sesame, perilla, buckwheat, nonglutinous millet	Glutinous rice, glutinous millet, African millet, white flour, white beans
Vegetables	Chinese cabbage, cabbage, kale, green lettuce, green vegetables, herbs, eggplant, cucumber, tomato	Radish, carrot, Chinese bellflower, yam, young radish, dropwort, celery, colored lettuce
Fruits	Pear, persimmon, dried persimmon, grapes, mandarin, orange, pine nuts, apricot, strawberry, banana, pineapple	Melon, apple, chestnut, jujube, walnut, ginkgo nut, watermelon
Meats (Fish)	Fishes and shellfishes of the sea, shrimp, clam, oyster, squid, herring, mackerel	All kinds of meat
Algae	Laver, brown seaweed, tangle weed, other ascidiaceas	
Etc.	Brown sugar, bay salt	White sugar, milk, yogurt, eggs, greasy foods, white salt, honey, royal jelly, farina, ginseng, young deer antlers, bracket fungus of the genus fumes, black tea, coffee

Table 2. Good and bad foods for Soyang people

Soyang people	Foods with high absorbency (Good)	Foods with low absorbency (Bad)
Cereals	Rice, mung beans, barley, black adzuki beans, wheat flour, colored beans, buckwheat, black sesame, perilla	Glutinous rice, glutinous millet, African millet, white flour, red adzuki beans, white beans, tear-grass, sesame
Vegetables	Chinese cabbage, green lettuce, green vegetables, spinach, young radish, dropwort, celery, kale, herbs, cucumber, garlic, radish, lotus root, taro, burdock, eggplant, pumpkin	Potato, sweet potato, green onion, onion, carrot, Chinese bellflower, yam, ginger, curry, pepper, mustard, colored lettuce
Fruits	Persimmon, dried persimmon, pear, grape, melon, watermelon, strawberry, banana, pineapple	Apple, mandarin, orange, lemon, chestnut, jujube, walnut
Meats (Fish)	Duck meat, pork, cow meat, eggs, most fishes and shellfishes	Chicken, dog meat, deer meat, lamb meat, croaker
Algae		Brown seaweed, laver, tangle weed
Etc.	Brown sugar, bay salt, bracket fungus of the genus fumes	White sugar, white salt, ginseng, young deer antlers, honey, farina

Table 3. Good and bad foods for Taeum people

Taeum people	Foods with high absorbency (Good)	Foods with low absorbency (Bad)
Cereals	Rice, wheat flour, glutinous rice, glutinous millet, African millet, white beans, red beans, colored beans, tear-grass	Barley, buckwheat, white flour, black beans, black adzuki beans, mung beans, black sesame, perilla
Vegetables	Potato, sweet potato, radish, carrot, Chinese bellflower, du-duk, lotus root, yam, burdock, spinach, cabbage, green lettuce, herbs, garlic, green onion, onion, ginger, bean sprouts, eggplant, pumpkin	Chinese cabbage, kale, colored lettuce, dropwort, shin sun herbs, celery, green bean sprouts
Fruits	Apple, mandarin, watermelon, chestnut, walnut, pine nuts, ginkgo nuts	Persimmon, dried persimmon, grape, jujube, melon, fruits of a Chinese quince
Meats (Fish)	Duck meat, cow meat, dog meat, chicken, many kinds of fish (croaker, walleye pollack, anchovy, sea bream, sea eels)	Shellfishes, crabs, shrimp, oyster, squid, small octopus, scabbard fish, mackerel, herring, saury, tuna
Algae	Brown seaweed, laver, tangle weed	
Etc.	Brown sugar, bay salt, ginseng, young deer antlers	White sugar, chocolate, white salt, bracket fungus of the genus fumes

Table 4. Good and bad foods for Soeum people

Soeum people	Foods with high absorbency (Good)	Foods with low absorbency (Bad)
Cereals	Rice, glutinous rice, glutinous millet, wheat flour, white beans, colored beans, corn, potato, sweet potato	Barley, adzuki beans, white flour, buckwheat, African millet, black beans, mung beans, tear-grass, black sesame, perilla
Vegetables	Green lettuce, cabbage, spinach, green onion, onion, ginger, garlic, red pepper, herbs, radish, lotus root, burdock, eggplant, pumpkin	Chinese cabbage, kale, shin sun herbs, colored lettuce, dropwort, celery, Chinese bellflower, du-duk, carrot, cucumber
Fruits	Apple, mandarin, orange, tomato, peach, jujube	Melon, watermelon, persimmon, dried persimmon, grape, chestnut, pine nuts, pear, banana
Meats (Fish)	Duck meat, chicken, cow meat, lamb meat, goat meat, fishes in general (croaker, walleye pollack, anchovy, sea bream, sea eels)	Pork, shellfish, shrimp, crab, oyster, squid, small octopus, scabbard fish, mackerel, herring
Algae	Brown seaweed, laver, tangle weed, green laver	
Etc.	Brown sugar, bay salt, pepper, curry, sesame oil, ginseng, young deer antlers, honey	White sugar, white salt, bracket fungus of the genus fumes, cold foods, ice, beer

on the whole, selecting medicated diet on the basis of differential diagnosis”, we mean that when prescribing medicated diet, we should first make an overall analysis of the patient’s physical and health condition (9) from the nature of his illness, the season in which he became ill, the geographical region, etc, and from that information form a judgment on the type of syndrome, and only then decide on corresponding principles for dietetic therapy and select a suitable medicated diet.

Suitable for prevention and treatment, outstanding in effect: KMD can be used either to treat diseases or to help healthy people to build up their health and prevent diseases. This is one of the unique features which separate medicated diet from allopathic medicine. Although medicated diet is gentle, it has a powerful effect

on the prevention and cure of diseases, health building and health preservation (2).

Good in taste, convenient for taking: There is a Korean adage “Good medicine tastes bitter”, because most of the decoctions of Korean traditional drugs are bitter. Some people, especially children, have an aversion to the bitterness of Korea traditional drugs and refuse to take them. Most of the drugs used in medicated diet are both edible and medicinal (5), and retain the properties of food: color, sweet smelling, flavor, and so on. Even if part of them are Korean medicated herbs, their nature and flavor are taken into consideration and made into pleasant tasting medicated foods by mixing them with food and careful cooking. So it can be said that KMD is good in taste and convenient for taking (17-20).

CONCLUSIONS

The need for functional foods with proven health benefits is dramatically increasing with the increased interest in health and diet, as can be clearly seen from by the development of medicated food, Korean Medicated Diet (KMD). There are still many people believing that although food is a must for living, only pharmaceuticals should be used for the treatment of disease. However, the current trends reveal a shift in such beliefs toward the acceptance of preventative or alternative medicine in both Western functional foods and Korean medicated food (KMD), as used in Oriental medicine.

The first record of KMD can be found in "The Heritage of the Three States," which describes the myth of Tangun's birth in B.C. 2333 as "take a handful of mugwort and 20 pieces of garlic". The term of KMD was very popular during the Chosun dynasty, but, only a few KMD items continued to be used as folk remedies until 1988, the year of Seoul Olympic, which was very good opportunity for KMD to be rediscovered through the numerous publications and information distributed through the mass media on Korean culture including KMD such as "Food Thesaurus", "Food Oriental Medicine Thesaurus", "Oriental Medicine Dish", "KMD for the Prevention of Chronic Diseases", etc. Research on Korean food culture was highlighted at a festival called "Korean Food Culture 5,000 years". Currently, the revival and development of KMD is a subject of great historical interest, but also holds great promise for the development of efficacious treatments of human afflictions.

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