

〈特別講演〉

# 健やかに生きる

——くすりと食と健康——

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## Natural and Healthy Life

——Medicines, Foods and Health——

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### Abstract

In the oriental food culture there is a thought that medicines and foods have the same origins. Nowadays a natural and healthy life has been a subject of interest for Japanese people living in a society of increasing elderly population. A well-balanced diet with appropriate physical activities and rest are necessary for a natural and healthy life. A correct diet must provide good health and this means to be in a good condition of both body and mind. "To build up one's physical strength and prevent diseases through the daily food intake, and moreover, to enhance one's emotional well-being" is the thought of nutrition in Chinese medicine to prevent the manifestation of diseases, a practice developed in the wisdom of ancient Chinese people. Wishing people's health on the basis of the thought that medicines and foods have the same origins and following the theories of Chinese medicine, "Yakuzen," a therapeutic cooking was accomplished by combination of Chinese traditional medicines and culinary ingredients giving harmonious color, aroma, taste and shape. "Yakuzen" has not been studied sufficiently in modern sciences. There are two types of "Yakuzen" that are "Yakuzen" in therapy and in nutrition. The former is in the beginning of scientific study and the knowledge about the latter remains in experiences of ancient people only. Therefore there are no scientific evidences about "Yakuzen." This aims to present "Yakuzen" as one of the basic point of view for a scientific research that may be conducted on food and health for the coming 21st century, on the basis of the thought of Chinese traditional medicine to prevent diseases and provide a healthy life.

**Key words:** Chinese traditional medicine, materia medica, foods, healthy life, Yakuzen.