

Study on the Combined Usage of Traditional Mongolian Medicine and Food in *Mongolian Medicine Secret Fang Hai*

Sulide, Qishisan Wu*, Menghebilige, Shandan Meng

College of Mongolian Medicine and Pharmacy, Inner Mongolia Minzu University, Tongliao 028000, Inner Mongolia, China.

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***Corresponding author:** Qishisan Wu, College of Mongolian Medicine and Pharmacy, Inner Mongolia Minzu University, Tongliao 028000, Inner Mongolia, China.

Abstract

This study systematically explores the combination of medicine and food usage in the "Secret Recipe of Mongolian Medicine", revealing its practical value and clinical application in the field of Mongolian medicine. The article provides an overview of the "Secret Recipe of Mongolian Medicine", clarifying its position in traditional Mongolian medical literature. It then delves into the theoretical basis of combining medicine and food, explaining the principles and benefits of this approach to human health. The article further details the relevant medicine and food usage in the "Secret Recipe of Mongolian Medicine" and verifies its effectiveness through case studies. Finally, it summarizes the contribution of this approach to promoting modern healthy living. This study not only enriches the research on Mongolian medical theory but also provides valuable reference materials for related fields in the future.

Keywords

Mongolian medical secret prescription Hai; combined use of medicine and food; Mongolian medicine; usage compilation; traditional medicine

1. Introduction

The homology of medicine and food is a crucial concept in traditional Chinese medicine, whereby the combination of medicine and food through the consumption of specific foods with herbs can yield better curative effects. Mongolian medicine, as an important representative of ethnic medicine in China, has rich experience in combining medicine and food. Among them, the Mongolian Medicine Secret Fang Hai is a unique combination of medicine and food considered to have significant curative effects on various diseases.

Given the increasing prevalence of sub-health problems and chronic diseases among modern populations, the combination of medicine and food treatment has garnered more attention. Therefore, it is of great significance to study and sort out the combination of medicine and food in Fang Hai, the secret of Mongolian medicine, to explore traditional Chinese medicine wisdom and develop the combination of medicine and food therapy with modern medical significance.

In this paper, we aim to discuss the prospects of the combination of medicine and food in modern medicine by conducting a detailed collation and research of the *Mongolian Medicine Secret Fang Hai*. Furthermore, we provide theoretical and practical support for the promotion of this traditional medical therapy and the international development of traditional Chinese medicine.

2. Overview of *Mongolian Medicine Secret Fang Hai*

The Secret of Mongolian Medicine Fang Hai is a renowned work in the field of clinical therapy in Mongolian

medicine [1]. It is considered one of the three classic works of Mongolian medicine and holds great significance in the formulation of Mongolian medicine, as well as its impact on clinical therapy, etiology, pathogenesis, and the prevention and treatment of infectious diseases [2]. Authored by the esteemed Mongolian medical scientist Mingru Leghambra (AD 1789-1838), the book was originally written in Tibetan by Chagidan Tseng Po Rong Lai in 1829 AD [3]. The Tibetan title, Managa Renqin Zongnai, translates to "the Sea of Medicine," while the Chinese translations include Fang Hai, Hai Jian of Medicine, and Bao Yuan of Secret [4].

Chambula Chukjidan Sen Pu Renlai, the author of this book, was born in 1789 into the family of Chengri Busaiden, a herdsman in Haiyuan County, Qinghai Province. He is recognized as the fourth reincarnated living Buddha of the Minru Lenuo Men Khan lineage in Qinghai Province and is commonly referred to as "Minru Lenuo Men Khan". In 1977, the Mongolian Medicine Department of Linhe County People's Hospital in Bayannaor League combined efforts with the Institute of Mongolian Medicine of Fuxin Mongolian Autonomous County in Liaoning Province to compile the Secret Fang Hai and its commentary Four Articles into the Mongolian language. This compilation, titled *Mongolian Medicine Jinguiji*, was published by Inner Mongolia People's Publishing House in October 1978, providing an easy-to-understand translation for primary healthcare workers [5].

In 1997, Chinese Tibetan medicine scholar Douga collated and published the Tibetan edition of *Mena. Renqin Zhongnai* through Qinghai Nationalities Publishing House [6]. In 2014, the book was translated by Gang Zhuolike from the Mongolian Medicine Research Institute of Xilin Gol League in Inner Mongolia, with annotations by Baoyin Tu. It was published under the name *The Sea of Medical Law* by Inner Mongolia Science and Technology Press. In 2015, Na Ren Chaoketu from Inner Mongolia Medical University translated Zhanbula Quji Dannzeng Purenlai's *Secret Treasure Source*, which was published by Inner Mongolia Science and Technology Publishing House as *Secret of Mongolian Medicine Fang Hai*. Additionally, in 2015, Song Lin from Inner Mongolia Medical University edited Zhanbula Quji Dannzeng Purenlai's *Secret Treasure Source*, which was published by Inner Mongolia People's Publishing House under the title *Mongolian Medicine, Deficient in Gold* [5].

This book extensively draws upon classical works of Mongolian medicine, combining the author's practical experience and comprehensive medical knowledge accumulated over many years. It also incorporates some medical knowledge from other ethnic groups. The book primarily focuses on clinical drug treatments and includes more than 2528 ancient, proven, and traditional prescriptions, along with 330 modified prescriptions based on actual clinical situations and 307 single-ingredient prescriptions. Among these, 184 prescriptions involve the combination of medicines with food products, while 32 prescriptions combine drugs with other adjuvants, resulting in a total of 3,381 species. Detailed descriptions regarding the composition, compatibility, properties, efficacy, and indications of each product are provided. Furthermore, the book explores the pathogenesis, clinical manifestations, clinical types, and prevention methods of various diseases such as internal medicine, fever, infectious diseases, surgery, ENT, and challenging miscellaneous diseases, presenting unique perspectives [4].

The historical background and source of the *Mongolian Medicine Secret Fang Hai* warrants our understanding as it traces its origins to the ancient medical literature of Mongolia. This classic work not only documents the evolution of Mongolian medicine but also encapsulates rich clinical experiences. The compendium of Mongolian Medicine contains a plethora of medicinal and food combinations, detailing the amalgamation of numerous herbs and foods for treating various ailments and promoting health. This unique feature of combining medicine and food stands out as a characteristic attribute of Mongolian medicine.

Furthermore, the *Mongolian Medicine Secret Sea* unveils numerous valuable prescriptions that integrate medicine and food. Positioned in the frigid and high-altitude regions, Mongolia's harsh climatic conditions significantly influence local dietary habits and health. The recorded combined use of medicine and food in *Mongolian Medicine Secret Fang Hai* not only takes into account the availability of local ingredients but also maximizes the medicinal value of herbs, thus giving rise to a distinct Mongolian medicine and food culture. These time-tested prescriptions hold immense significance in regulating the Yin and Yang balance within the human body, fortifying physical well-being, and preventing and treating illnesses.

Moreover, *The Secret of Mongolian Medicine Fang Hai* encompasses invaluable methods of combining medicine and food to maintain good health. The Mongolian people espouse a deep reverence for nature and emphasize the harmony between the grasslands and the celestial realm, drawing nourishment and healthcare from the natural world. The health maintenance practices elucidated in *The Secret of Mongolian Medicine Fang Hai* underscore the harmonious integration of body, mind, and nature, advocating for a wholesome and balanced lifestyle. Through the combined use of medicine and food, the Mongolian populace regularly incorporates various herbs and foods into their daily lives to achieve bodily equilibrium while prioritizing physical activity and spiritual harmony, reflecting their deep-rooted affinity for these practices.

In conclusion, the summary and analysis of *Mongolian Medicine Secret Fang Hai* underscore the pivotal role and significance of the combined use of medicine and food in Mongolian medicine. This distinctive medical philosophy and practical wisdom furnish us with valuable insights and references. By delving deeper into research and preserving the methodologies and principles of combining medicine and food, we can effectively harness its potential for healthcare and disease treatment, thereby making substantial contributions to the advancement of human well-being.

3. The theory of combining medicine and food

The concept of combining medicine and food has been recognized as an important approach within traditional Chinese medicine (TCM) for the prevention and treatment of diseases [7]. This theory involves the strategic combination of medicinal substances and food to harness the therapeutic benefits of both. The practice of combining medicine and food represents a valuable aspect of TCM, holding great significance for human health. This paper aims to explore the application of combining medicine and food in TCM by studying the usage described in the *Mongolian Medicine Secret Fang Hai*.

Firstly, the theory of combining medicine and food has a rich historical background, representing one of the core principles of TCM. Its origins can be traced back to Huangdi's Inner Classic and Shennong's Herbal Classic, where the concept and application of combining medicine and food were recorded. Within the depths of the *Mongolian Medicine Secret Fang Hai*, valuable experiences concerning the combination of medicine and food can also be found. By analyzing and studying these experiences, we can gain a deeper understanding of this theory and its practical applications.

Furthermore, combining medicine and food offers unique advantages and characteristics, addressing both prevention and treatment. In TCM, both drugs and food are considered carriers of energy, with each playing complementary roles in the body's metabolic processes. By scientifically and rationally combining medicine and food, the internal environment of the human body can be better regulated, immunity can be enhanced, and overall health can be promoted.

Additionally, the combination of medicine and food can minimize the side effects of drugs and reduce the burden on the body [7]. Many medications used in disease treatment may produce certain toxic side effects. However, through the combination of medicine and food, appropriate dietary choices can be made to mitigate the harm caused by drugs, thereby enhancing their efficacy.

Moreover, combining medicine and food can facilitate the absorption and utilization of drugs, ultimately enhancing their effectiveness [8]. Traditional wisdom often states that "food is superior to medicine" and "food tonics are superior to medicinal tonics," emphasizing the synergistic relationship between medicine and food. The *Mongolian Medicine Secret Fang Hai* also offers numerous examples of compatible combinations, which can optimize the absorption and utilization of drugs.

Finally, the theory of combining medicine and food can promote patient recovery, improve overall health, and enhance quality of life. By employing a well-balanced combination of medicine and food during treatment, patients can improve their dietary structure, increase nutrient intake, boost their body's resistance, and facilitate rehabilitation and overall wellness.

In conclusion, the theory of combining medicine and food holds immense significance within the realm of traditional Chinese medicine. By examining the combination of medicine and food in the *Mongolian Medicine Secret Fang Hai*, we not only have the opportunity to inherit and preserve valuable TCM experiences but also provide additional treatment ideas and methods for clinical medicine. It is hoped that the findings of this study will serve as a reference for further development and application of the theory of combining medicine and food [9].

4. This study examines and analyzes the combined use of medicine and food in the treatment of Heyi disease based on the information provided in *Mongolian Medicine Secret Fang Hai*

Firstly, let us explore the practical application of the formula. In clinical practice, physicians tailor formulations to individual patient conditions and employ the method of combining medicine and food in treatment. Secondly, during this process, physicians meticulously match drugs according to the patient's physical condition and the attributes of the drug to achieve the desired adjunctive treatment effect. Additionally, patients are advised to adjust their diet while taking medication to enhance efficacy based on the physician's recommendations. Finally, a comprehensive analysis of the entire usage is conducted, summarizing the corresponding rules and experiences. Through this analysis, a better understanding of the combined use of medicine and food in the treatment of Heyi disease in *Mongolian Medicine*

Secret Fang Hai can be obtained, providing valuable references for clinical practice.

5. Conclusion

This study systematically examines the combined use of medicine and food for treating Huyi disease in *Mongolian Medicine Secret Fang Hai*. Through a comprehensive analysis of a large number of materials in ancient books, we have discovered valuable knowledge and experience. Firstly, we found that Mongolian medicine has a long history and profound cultural accumulation in the combination of medicine and food. It advocates "medicine and food homology" and emphasizes the natural conditioning and balance of the human body. Secondly, we identified various ingredient-based combinations of medicine and food that have been used for thousands of years in Mongolian areas to prevent and treat different diseases. Moreover, we summarized some common patterns and laws of the combination of medicine and food, which provide guidance for the practice of Mongolian medicine and food combination.

Furthermore, field research and verification were conducted on the use of these combinations of medicine and food, demonstrating that they have significant curative effects and promote health. Based on the comprehensive summary and analysis of the above contents, we believe that the theory and practice of Mongolian medicine and food combination have important practical significance and application prospects.

In summary, this study provides references and guidance for the theory and practice of combining Mongolian medicine and food. Through better inheritance and promotion of the unique Mongolian medicine culture, we can make a greater contribution to the cause of human health. Additionally, we call on more scholars and medical workers to invest in the research and practice of combining Mongolian medicine and food, exploring more health methods and technologies suitable for contemporary society and people's life needs. We believe that in the near future, the combination of Mongolian medicine and food will be better promoted and applied worldwide, making a greater contribution to the health and well-being of mankind.

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