

# Advantages and Development Direction of Traditional Chinese Medicine Health Food

Hang Chu

Beijing City University China Beijing 100094

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**Abstract:** Traditional Chinese medicine is the traditional medical hygiene and health culture. It is an important theoretical basis and effective material source for the development of health food. The development of health food with Chinese characteristics can promote the continuous development of national industry and modernization of traditional Chinese medicine. Traditional Chinese medicine is the treasure of the Chinese nation. It has thousands of years of application history in our country. The development of traditional Chinese medicine health products has great potential and space in our country.

In today's society, people's living and social and economic level have been greatly improved. People's requirements for food have also been higher, and health foods have also emerged. Different from the West, China has a long history of diet therapy and nourishment. As a traditional medicine and health culture, Chinese medicine is an important theoretical basis and effective material source for the development of health food in China. At the same time, the development of health food with Chinese characteristics in line with China's national conditions has promoted the continuous development of national industry and modernization of traditional Chinese medicine.

## 1. Advantages of Traditional Chinese Medicine Health Food

Characteristics of Traditional Chinese Medicine.

(1) The understanding of life activities by Chinese medicine provides an effective way for humans to understand and grasp the complex system of the human body. The overall concept of traditional Chinese medicine believes that the life activity of the human body is a dynamic relative equilibrium process maintained by the interaction of various factors under the influence of the internal and external environment. Health is the state in which the Yin and Yang of the human body maintain a relative balance, i.e. "Yin Ping Yang Mi". Balance disorders can lead to organic and functional diseases. Traditional Chinese medicine does not treat the "disease" of human beings in isolation, but treats "patients" as a whole, and regards "diseases" as an unbalanced state of the human body under certain internal and external factors for a certain period of time. In terms of treatment, it is necessary to both eliminate evil spirits and strengthen righteousness, and emphasize the role of the body's righteousness, to achieve the purpose of treating diseases by adjusting the functional state of the body. This concept of health is now widely accepted.

(2) The cognitive methods of the study of human life activities in Chinese medicine and its individualized diagnosis and treatment system reflect the characteristics of holistic medicine. Chinese medicine holds the idea that human beings and nature are the relationship between "Heaven and Man". The human body itself is a unified whole of the gods. The functional state of the human body is the comprehensive reaction of the body's internal and external environmental effects. Mastering the functional state of the human body can effectively grasp the changing laws of human life activities. Therefore, the traditional Chinese medicine is summarized as a syndrome through "the four methods of diagnosis of TCM" which is a basis for clinical diagnosis and treatment, and constitutes the individualized diagnosis and treatment system of TCM according to people, events and places. This is a major feature and advantage of traditional Chinese medicine, which is in line with the trend of the development of modern clinical medicine.

(3) There are abundant therapeutic methods and flexible methods of traditional Chinese medicine, which conform to the characteristics of human physiological and pathological diversity. Traditional Chinese medicine mainly uses drug and non-drug therapies for the treatment of diseases, and uses internal and external therapies to regulate and treat the disease as a whole. Traditional Chinese medicine prescriptions are one of the most commonly used drug therapies in traditional Chinese medicine. Many effective components of prescriptions can adapt to the characteristics of human diversity and disease complexity through the integration and regulation of multi-link, multi-level and multi-target. Acupuncture and massage are the main non-drug therapies. Acupuncture and moxibustion therapy is a great invention and pioneering work in ancient China. Through stimulating the acupoints on the body surface, it can regulate the whole body. The effect is remarkable and the scope of application is wide. At present, acupuncture and moxibustion have been used in more than 100 countries in the world. The theory of health preservation and health care with the combination of “heaven and man, body and spirit, movement and quiet” as the main body of traditional Chinese medicine has shown good prospects in improving people's health quality and quality of life.

## **2. Advantage of Chinese Medicine Health Food Resources**

China has complex natural conditions, and it is rich in topography, soil, climate and plant. There are more than 30,000 species of higher plants. Many of these rich plants have important economic uses, and their roles are constantly being discovered with the development of production and the deepening of scientific research.

Characteristics of traditional Chinese medicine resources: (1) Traditional Chinese medicine resources have obvious regional characteristics. (2) Renewable resources are the main body of traditional Chinese medicine resources. (3) Traditional Chinese medicine resources coexist with multiple resources. (4) Traditional Chinese medicine resources are versatile. (5) Traditional Chinese medicine resources can be disintegrated. (6) Chinese medicine resources are international.

At present, there are 20,000 kinds of medicinal plants officially determined by the World Health Organization, and more than 200 kinds of medicinal plants have been studied in detail. There are more than 6,000 kinds of Chinese herbal medicines, 350 kinds of spice plants, 800 kinds of oil and fat plants, and about 300 kinds of winemaking and edible plants. The Ministry of Health has approved a total of 87 lists of Chinese herbal medicines for both medicine and food, which are important raw materials for traditional Chinese medicine health foods. Among them, common Chinese medicine health food raw materials are polysaccharides, saponins, flavonoids, oligosaccharide konjac and fatty acid vegetable oil.

Traditional Chinese medicine is also an economic resource with great potential. The contribution of Chinese medicine to GDP is not small. Of course, medical treatment is also a resource consumption. Therefore, it is not good for the medical and health industry to account for too much. In the US, the health industry accounts for 16.9% of GDP, while China is 5.0%. Internationally, developed countries are 8.1%, and less developed countries are 6.2%, so there is huge room for development. Of course, the Chinese medicine industry has a high investment density and a long recycling cycle, so it is impossible to return immediately. In particular, the Chinese medicine industry is highly dependent on high-quality talents. These talents have a long training cycle, and talent competition is the core competitiveness.

According to the survey, there are 13807 kinds of traditional Chinese medicines in China, including 80 pieces of minerals, 1581 pieces of animals, 11146 species of plants. And 3468 species in Fujian Province, accounting for 19.7%, while 6000 in Yunnan Province and Sichuan Province. Fujian Province is preparing to build a base of traditional Chinese medicine to produce authentic traditional Chinese medicines such as *Clematis roxburghii*, *Dendrobium officinalis* and other "nine-flavor agriculture". The problem of traditional Chinese medicine processing is serious. The decline of traditional Chinese medicine is the processing of traditional Chinese medicine, because it had taken the road of modernization of traditional Chinese medicine in the past. The authentic Chinese medicines are not authentic. In the past, it was stipulated that the cultivation of Chinese

medicines in different places would take three generations to consider. In the past, the processing process of loquat leaves was extremely complex. Pharmacists needed loquat leaves to be old and yellow last year. It took three years for loquat trees to be clean and 80% dry. Now they are rotten leaves. In the past, there was a saying that *artemisia annua* can be used as food and medicine in March and April, but it can be cut down as firewood in May. But now it is out of season. The effects of the head, tail and body of *Angelica sinensis* are also different. Processing of traditional Chinese medicine is a process of reducing toxicity and increasing efficiency, which can change the meridian tropism. Traditional Chinese medicine may die in Chinese herbal medicines. It is not alarmist. If it is not processed properly, it will reduce the effect and injure the lives. Mao Zedong used to order and praise Chinese food and herbal medicine, which is China's greatest contribution to the world. Chinese herbal medicines account for 2% of the world, Japan is 90%, and Taiwan and Korea possess 8%. It is sad that China has begun to learn Chinese medicine from Japan. There used to be a Gang of Jiangxi (in Jiangxi Province) and Jianchang (at the border of Jiangxi Province and Fujian Province), which were processed Chinese medicinal materials. After the war, the Gang of Jianchang basically went to Fujian Province, especially Guangze County. In the 13th Five-Year Plan, Fujian Province needed to do a good job in the processing of Chinese medicinal materials and make use of talents from these provinces.

### **3. Development Direction of Traditional Chinese Medicine Health Food**

Although traditional Chinese medicine health food has many advantages and characteristics, there are some problems in the research and development of traditional Chinese medicine health food, which are mainly manifested in the lack of forward-looking, strategic and innovative research. At present, the research and development of the third generation health food in China is still in its infancy.

(1) In terms of the research and development of health products of traditional Chinese medicine, the technical route and experimental model technology are relatively backward, leading to inaccurate positioning of efficacy components, the relationship between structure-activity and dose-effect, the relationship between bioactive components and efficacy, and the unclear pharmacological mechanism.

(2) In the aspect of production, traditional Chinese medicine health products are characterized by simple and backward technology, low content of effective ingredients, and difficulty in digestion and absorption. In the aspect of safety, there are many raw materials and complex sources of traditional Chinese medicine health foods, and the elements, such as their harvesting, processing, transportation and different climatic conditions, can lead to potential safety hazards.

In addition, due to problems such as random cultivation and soil pollution, the pollution caused by pesticide residues in traditional Chinese medicine health food raw materials cannot be ignored.

In the future, the core of health food competition will be the content of science and technology. Only by taking science as the guide, giving full play to traditional advantages and satisfying consumer demand, can Chinese medicine health food enterprises be able to enter the health food market. The traditional Chinese medicine health products enterprises should constantly update the technology and improve the technical content, so that the products will come out of the low-level price war and advertising war and turn to the high-level technology war and service war. In order to give full play to the advantages of traditional Chinese medicine in the production of products guided by high-tech, the Chinese medicine health food industry should pay attention to the following aspects.

(1) It should have Chinese characteristics, reasonable formula, and have a very obvious overall coordination role, and carry forward the traditional theory of diet therapy.

(2) It is necessary to focus on the development of new technologies such as bioengineering technology, membrane separation technology, supercritical carbon dioxide extraction technology, microcapsule technology, low temperature technology, organization and recombination technology. The application of these new technologies will greatly enhance the technical content of the products and effectively promote the rapid development of Chinese medicine health food industry.

(3) It is necessary to solve the problem of technical equipment and production process lag of small and medium-sized enterprises, and improve equipment and technology according to China's national conditions and international standards. At the same time, it is important to actively cultivate technical talents, set up health food specialty in colleges and universities to promote the transformation of scientific research results.

#### **4. Conclusion**

In short, with the progress and development of our society, Chinese medicine health products with many advantages will become more and more influential, and people will pay more attention to its role and will use it. Through the research and development of our scientific researchers, there will be more and better Chinese medicine health food in our lives.

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