

## Study on the Efficacy of Traditional Chinese Medicine Health Food

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**Abstract:** Traditional Chinese medicine has its own unique medical theory, perfect medical system and thousands of years of long-standing medical essence. With the development and progress of the social economy, in the context of the development of the new era, China's traditional Chinese medicine needs to continue to innovate and develop in accordance with the development needs of the times. And it is necessary to link the original foundation and theory of traditional Chinese medicine with the fast-paced social life style of the people, and constantly study the products of traditional Chinese medicine which are needed by the people in the contemporary era. Diet therapy is an important part of China's medical theory for thousands of years. Especially in the context of the rapid development of China's social economy, people have higher requirements for material life and pay more and more attention to their own health. The research and development of traditional Chinese medicine health food has gradually formed a scale. Chinese medicine health foods provide a convenient diet for people who are living fast-paced at present. Therefore, the discussion and research on the efficacy of traditional Chinese medicine health foods is a very meaningful project. This article mainly introduces the meaning of traditional Chinese medicine health food, discusses the efficacy of some Chinese medicine health food, and makes a certain discussion on the development market and development prospects of Chinese medicine health food.

### 1. Introduction

Since the reform and opening up, China's national economic level has been continuously improved, and people's demand for food has gradually increased. Most people have begun to pay attention to the promotion of food to their own health. In order to meet the impact of food on health promotion, the health food industry is gradually rising. The earliest health food production in China began in the late 1980s, and with the continuous development of health food industry, China established the "China Health Food Association". Health food abroad is mainly synthesized by chemical substances. Although it has a strong promoting effect on one body's function, it has no optimistic effect on the promotion of human body's comprehensive conditioning and health status. Chinese health food is mainly Chinese medicine health food, because Chinese health food is mainly influenced by traditional Chinese medicine. In TCM, Yin and Yang and the Five Elements are used as the methods of understanding and explaining the world. Gold, wood, water, fire and soil are used to correspond to the lungs, liver, kidney, heart and gland of the human body respectively, and there is a perfect dialectical theory system of the five elements interacting with each other. Traditional Chinese medicine emphasizes on the overall system regulation, so Chinese medicine health foods are often supplemented with Chinese herbal medicines such as animals and plants that regulate human functions. The main purpose is not to increase the physiological function of the human body in a short time, but to make the human body achieve the balance of Yin and Yang in a long time. With the continuous development of modern food science, how to combine traditional Chinese medicine with food science is related to the future development scenario of traditional Chinese medicine health food.

### 2. Definition of Traditional Chinese Medicine Health Food

Traditional Chinese medicine health food can be summarized as a combination of traditional

Chinese medicine theory and food science. It can be added to the natural food which is edible and has medicinal value prescribed by the Ministry of Health, so that it will produce food that can promote a certain physiological function of the human body and has no harmful effect on the whole human body system. Since the late 1980s, the development of Chinese traditional medicine health food in China has mainly gone through three important stages. The first stage is primary Chinese medicine health food stage. The frequency of the use of Chinese traditional medicine health food in this stage is not high. It mainly emphasizes the role of some common food in daily life which has a certain medical effect, and produces and processes into health foods, such as honey and ointment that are often eaten in our daily life. In the second stage of the development of traditional Chinese medicine health food, the medical function emphasized in health food has certain scientific experimental basis, and the utilization rate of traditional Chinese medicine has also been improved. For some uncommon Chinese medicine, it has also begun to integrate into food to produce health food with more medical efficacy on the basis of scientific experimental sites. The third stage is the development stage of Chinese traditional medicine health food. With the continuous development of science and technology, the experiment of Chinese traditional medicine health food can also reach the conditions that could not be reached before. Therefore, the produced Chinese traditional Medicine Health Food Has More Reliable and Obvious Medical Effect.

### **3. Discussion on the Efficacy of Traditional Chinese Medicine Health Food**

The efficacy of traditional Chinese medicine health food is the main research and consideration in each type of Chinese medicine health food research and development and production process. Traditional Chinese medicine health foods must have a clear and promoted role in a certain mechanism of the human body, otherwise there will be no conviction of the masses in the health food industry, nor can we get good and sustained development. The traditional Chinese medicine in our country mainly studies the medicinal effects of animals and plants that can help the human body. The effect of each type of Chinese medicine is constantly tried and summarized by the Chinese medicine practitioners of each era. Traditional Chinese medicine is important in practice. Since the human body is a balanced and evolving biological mechanism, when a certain function or pathological condition occurs in the human body, we should consider not only the control effect of the drugs used on the condition itself, but also the influence of the condition on other functions of the body in the course of development. Therefore, the traditional Chinese medicine is mostly a slow-acting overall conditioning drug appearing in the medical treatment process. The efficacy of traditional Chinese medicine health food also naturally has this important feature of traditional Chinese medicine. In the research and experimental process of traditional Chinese medicine health food, the effect of the fusion of medicine and food should not only take into account the promotion of a certain function of the human body, but also consider whether there are adverse effects on other functions of human body.

### **4. Development Prospects of Traditional Chinese Medicine Health Food**

China has put forward a series of planning and designated laws and regulations for the market development of health food. The “Regulations on the Registration of Health Foods (Trial)” issued in 2005 has made a strict definition of the efficacy of health foods. It is pointed out that health food refers to a kind of food which has specific health function or can supplement trace elements and minerals needed by human body. Moreover, this kind of food not only has the therapeutic effect of medicine, but also does not treat diseases as the main purpose. It focuses on regulating human health and enhancing human body function, and can not cause any acute, sub-acute or chronic harm to human body. Since the definition of health food is very clear, the development of health food, especially traditional Chinese medicine health food, should follow the national definition of health food for research and development and production. In the process of research and development, we should pay attention to the coordination between drugs and food. We must not over-emphasize the efficacy of drugs and weaken its characteristics as foods. We should pay more attention to the effect

of medicinal materials on human body in the process of research, and never develop health food of traditional Chinese medicine to promote a specific function at the cost of inhibiting a certain function of human body. In addition to the research and development stage, in the production stage of traditional Chinese medicine health food, the efficacy of the traditional Chinese medicine health food production should also be described in detail, marked clearly applicable to the population and the use of taboos, better for consumers to consider. Only if every link is clear, and there is scientific basis, the development of Chinese medicine health food will be better and better, and people's understanding of Chinese medicine health food will be deeper and deeper.

## 5. Conclusion

The efficacy of traditional Chinese medicine health food is the most important basis for people to use, so the study of the efficacy of traditional Chinese medicine health food has a very positive significance for the development of traditional Chinese medicine health food. Although traditional Chinese medicine health foods do not aim at treating diseases, they do not agree with ordinary foods. Therefore, in the research and development and production of Chinese medicine health foods, they should be carried out in strict accordance with relevant laws and regulations formulated by the state. Combining traditional Chinese medicine with modern food science and technology, we gradually study and improve the production process and equipment in production. In the process of research and development, we should make clear the efficacy of products, and pay attention to the comfort degree of products, so as to produce and package Chinese medicine health food from the perspective of consumers. The research on the efficacy of traditional Chinese medicine health food should be based on a large number of scientific experiments, so the relevant staff should have an indomitable spirit in the research and development of Chinese medicine health food. In the face of each experiment, we should pursue the true results and constantly study and improve the proportion of traditional Chinese medicine and food.

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