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A Study on the Korean alimentotherapy ‘Sikchi’ and health attributes of Korean traditional food

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Korean people has developed alimentotherapy (food therapy) to assist and improve healthcare. Korean food culture is based on the alimentotherapy ‘Sikchi’ philosophy from integrated perspectives linked with traditional Korean medicine and food, the belief that food can maintain the health and treat the disease. This research aims to promote health for individuals in the world by investigating the health-scientific attributes of Samgyetang, the representative alimentotherapy in Korea, so that they could understand alimentotherapy culture and make it their own dietary habit for better life. Samgyetang as a health summer food with a long history, it is a food that boils ginseng and chicken in water until bone becomes tender. The main ingredients of Samgyetang are chicken and ginseng and as supplement jujube, glutinous rice, garlic etc., are added. In regard to each ingredients’ nutritional and bioactive substances, chicken is good protein source that helps to boost main biological functions for body and ginseng with ginsenoside is effective in restoring fatigue and improving blood circulation. Also, chicken and ginseng have both warm characteristics to promote the energy of body. Jujube has rich fibers and minerals for anti-aging and preventing constipation and glutinous rice is rich in amylopectin and vitamins, so it is effective for digestion and skin improvement. Both glutinous rice and jujube have sweetness and strengthen the spleen. Garlic with allicin and scordinin is very effective for antibacterial, anti-cancer and boosting body energy. In summary, Samgyetang is a nutritionally and medically balanced food that combines excellent ingredients.

Biography

Yu-Jin Kim has completed her Master’s degree in Food Nutrition, 2016, from Yonsei University. Now, she is a Researcher of Research Division of Food Functionality in Korea Food Research Institute. Her major research areas are organizing on Korean traditional food recipes literatures and proving excellence by analyzing the ingredients of foods through experiments. In addition, she studies materials that can be used in the fields of Food and Medicine through combining food and Korean medicine.

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