Dietotherapy for Hyperlipidemia

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Hyperlipidemia is a pathological condition in which one or more than one ingredients of plasma lipoprotein is higher than normal in quantity. The primary hyperlipidemia is due to the congenital defect of lipid and lipoprotein metabolism and some environmental factors with unknown causes. And the secondary hyperlipidemia is caused by some diseases, such as diabetes, liver, kidney, and thyroid problems, as well as alcohol drinking, obesity, diet and life style. But no matter in primary or secondary cases, the incidence of hyperlipidemia in senile people is always higher than in people of other ages. In the early stage, there is no obvious symptoms. With the development of pathological condition, the patient will have dizziness, fullness in chest, shortness of breath, and tiredness, and become fat.

Hyperlipidemia falls into the category of phlegm damp and dizziness in TCM. The cause is thought to be the deficiency and feebleness of zang-qi, improper food-intake, and emotional damage. Its root-deficiency is spleen and kidney yang deficiency with liver and kidney yin deficiency, whilst the symptom-excess is phlegm damp.

The corresponding treatment is given according to how serious increase of blood-fat, how strong the constitution is, food-intake, and complications. The emphasis is to regulate the liver, spleen and kidney. For those who are with deficiency syndromes, the treating principle is to warm and reinforce spleen and kidney yang and replenish liver and kidney yin.

Prevention

Hyperlipidemia is closely related with diet. The diet materials are very important for prevention and treatment. Hawthorn, seaweed, maize, banana, garlic (cook porridge together with rice), white radish, fresh lotus leave (cook porridge), soybean, auricularia, celery, apple, etc. have the functions to lower blood-fat to soften blood vessels.

Dietotherapy Based on Syndrome Differentiation

1. Phlegm damp retention: increased blood-fat, overweight, tiredness, poor appetite, abdominal distention, loose stools, white sticky tongue coating, rolling pulse. The treatment principle is to strengthen the spleen and dissolve phlegm damp.

1) White radish and white gourd peel decoction (萝卜冬瓜皮汤): white radish 60g, white gourd peel 10g, lettuce peel 15g. Decoct and drink the decoction, once or twice a day.
2) Cucumber salad (凉拌黄瓜) : cucumber 2 pieces (cut into slices), garlic 1 piece (smashed). Make salad. Eat once or twice a day.
3) Lowering blood-fat tea (降脂茶): fresh hawthorn 250g, chrysanthemum 50g, banana peel 100g, tangerine peel 50g. Air dried and mixed. Use 30g each time, decoct and drink the decoction.

2. Blood stasis obstruction: increased blood-fat, fullness and pain in chest, overweight, purple dark tongue with stasis spots, string-taut and hesitant pulse. The treatment principle is to activate blood circulation and remove blood stasis.

1) White radish and white gourd peel decoction (萝卜冬瓜皮汤): white radish 60g, white gourd peel 10g, lettuce peel 15g. Decoct and drink the decoction, once or twice a day.
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1) **Chinese chive, hawthorn and peach kernel decoction** (韭菜楂仁汤): Chinese chive 30g, hawthorn 20g, peach kernel 15g. Decoct and drink the decoction, once or twice a day.

2) **Auricularia auricular and soybean curd dish** (木耳烧豆腐): Auricularia auricular 10g, Soybean curd 60g. Cook and add condiment to taste, twice a day.

3) **Kelp and lean porridge** (海带瘦肉粥): kelp 15g, rice 100g, lean pork 50g. Cook porridge and add condiment to taste.

3. Spleen and kidney deficiency: commonly seen in senile people with weak constitution. Increased blood-fat, soreness and weakness in lumbar and knees, tiredness, abdominal distention, poor appetite, tinnitus, blurred vision, red tongue, thin coating, deep and thready pulse. The treatment principle is to strengthen the spleen and reinforce the kidney.

1) **Peanut decoction** (花生汤): peanut 30g, oriental sesame pericarp 30g, fresh ginger 3 slices. Decoct and drink the decoction and eat the peanut, once or twice a day.

2) **Black soybean and maize decoction** (黑豆玉米粥): black soybean 30g, maize 30g, fistular onion fibrous root 10g. Decoct and drink the decoction, twice a day.

3) **Sesame and mulberry fruit porridge** (芝麻桑葚粥): black sesame 60g, mulberry fruit 60g, rice 50g. Cook porridge and add condiment to taste.

**Precaution**

Keep on the low fat diet, control calorie, and restrict the staple food. Advocate light diet and abstain from eating meat too much. The diet should be in low salt, low fat, low cholesterol, and low carbohydrate.

Do exercises and control body weight.

Pure carbohydrate foods and dessert should be limited. Eat as less as possible the food cooked with animal liver and other internal organs in it.

(Translated by WANG Hui-zhu 王惠珠)