

This bachelor thesis deals with the traditional Vietnamese diet with emphasis on its preventive or curative functions. The first part discusses the Vietnamese diet in general, describing its basic parts. It briefly presents the development of Vietnamese traditional medicine and focuses on the most important personalities in this area. It also focuses on the healing aspects of individual raw materials and their use in domestic medicine. Through cultural and anthropological perspective it tries to give a convincing explanation why and in what situations are specific foods used as drugs. The second part of the thesis describes the use of individual medicaments in healing the most common diseases. The final part includes the glossary and attached images.