

Abstract

This Bachelor thesis deals with the advancement of the medical tradition on the Korean peninsula from ancient times to the present with regard to the curative and negative aspects of nutrition. The theoretical part is followed by examples of specific plants and foods used for healing purposes. The next part is about male fertility and pregnancy where again nutrition plays an important part. Mentioned are also cures related to poisoning and various types of illnesses brought upon by wrongly prepared food. The section about fermentation and fermented produce is then followed by a final thematic circle of book references and proverbs that authentically reflect the times and the role of food within society.