

## 《論語·鄉黨》中孔子飲食觀之探析 —以現代預防醫學為論述依據

劉書安

華梵大學中國文學研究所  
22301 台北縣石碇鄉華梵路 1 號

### 摘 要

死亡，是人類最終的結局，為求得壽命的延續，人類企圖透過各種方式以達長生不老，而其中最為普遍運用便是「養生」。養生文化雖並非孔子思想之主流，但在《論語·鄉黨》中仍不乏有精闢且具開創性的養生見解。因此，在當時醫術不發達的條件下，孔子能得如此的高壽，其養生思想便有研究意義。然民以食為天，若論養生則當以「飲食」為先，因此唯有吃對食物、吃對方法，建立良好飲食生活習慣，才能擁有寶貴的健康。故本文主要以探析《論語·鄉黨》中孔子的飲食觀點，並替其「不食原則」與「飲食有節」作一分析歸納，且輔以現代預防醫學作相關論證之依述。

**關鍵詞：**孔子，飲食觀，預防醫學，現代醫學

## An Analysis of Confucius' Views on Diet in "The Analects, 10.7 ('Xiangdang')" and a Comparison with Modern Preventive Medicine

SHU-AN LIU

*Department of Chinese Literature, Huafan University  
No. 1, Huafan Rd., Shiding Township, Taipei Country 223, Taiwan, R.O.C.*

### ABSTRACT

In view of the inevitability of death, human beings typically reach toward immortality by "keeping in good health." Although the culture of maintaining health is not the main thought in "The Confucian Analects," several pertinent points appear in 10.7 ('Xiangdang'). It is noteworthy that Kong Zi [Confucius] lived a long life without the type of medical care considered minimum by modern standards. Since good health begins with good nutrition, a discussion of dietary habits (i.e., eating the right foods in the right way) is quite appropriate. The aim of this study was to analyze Kong Zi's dietary perspective, as detailed in 10.7, and seek verification of his principles in modern preventive medicine.

**Key Words:** Kong Zi, dietary perspective, modern preventive medicine