

日本で育った!!

かんぽう と わたし



Vol.12 Life with Japan Kampo
~ Health care by food in winter ~



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Anti-aging with diet this winter!

Are you having trouble with various symptoms as you get older? Forgetfulness, tinnitus, hearing loss, dry skin, itchy skin, edema of the legs, frequent urination, knee pain, lower back pain, numbness of limbs, brittle bones,...

These symptoms may be due to "Jinkyo".

In Japan Kampo, the kidney is considered to be an organ that stores energy for vital activities, and "Jinkyo", in which the functions of the kidneys are declining is also considered to be a sign of aging. The kidneys are weakened during winter, leading us to be less motivated and less energized.

How about taking your kidneys this winter through diet to enjoy the anti-aging effects?

These sentences have been revised for clarity and readability.

What is "Jinkyo"?

"Jinkyo" refers to a condition in which the "congenital qi" stored in the kidneys is insufficient. "Congenital qi" is the "qi" that you have by nature from birth, and the total amount is fixed at the time of birth. It decreases with age and wears out due to lifestyle-related disorders and stress. In addition to "congenital qi", we engage in vital activities using the two "acquired qis" that we take in from the natural world through breathing and eating and drinking as energy.

Symptoms of Jinkyo (examples)

Tinnitus

Forgetfulness

Deteriorating vision

Frequent need to visit the toilet

Chills

Brittle teeth

Weaker lower body

Decreased sex drive



Dietary menu to take care of your kidneys.

Pickles

Featured ingredients: Umeboshi/Takuan/Cucumber

The salty taste of pickles is called "Kanmi". It has the function of increasing appetite and adjusting the gastrointestinal tract.

Eat tasty food and live healthily every day!



Black bean rice

Featured ingredients: Black beans/black sesame/rice/sticky rice

Rice has the function of warming the body and producing energy. Combine it with black ingredients such as black beans and black sesame, which are said to supplement the kidneys.

Boiled root vegetables

Featured ingredients: Lotus root/carrot/burdock

Root vegetables that are in season in winter warm your body. They strengthen the kidneys, which have been weakened by the cold.

Boiled green vegetables

Featured ingredients: Spinach/edible chrysanthemum/Japanese mustard spinach

Spinach is said to prevent anemia, the good scent of edible chrysanthemum is said to activate the gastrointestinal function, and Japanese mustard spinach is said to stabilize the mind by the action of calcium.

Grilled fish

Featured ingredients: Salmon/yellowtail

Salmon and yellowtail which warm the gastrointestinal tract work on the kidneys to increase energy. Add grated daikon radish, a white ingredient that supplements the function of the kidney, for a refreshing taste.

Miso soup

Featured ingredients: Miso/Kelp/Seaweed/Clams/Shijimi clams

Miso soup derives from the Japanese climate. Miso soup is food for longevity that adjusts the gastrointestinal tract. It strengthens the kidneys and protects you from catching a cold.

COLUMN

Japanese wisdom, Japanese food (Washoku).

The Japanese cuisine, which is based on one soup and three vegetables, is said to be an ideal cuisine with an excellent nutritional balance. Simple saucy dishes and simmered dishes that make use of seasonal ingredients, are neither particularly elaborate dishes nor unusual dishes. This combination keeps alive the theory of medicinal cooking that makes use of the knowledge of the predecessors and effects of food.

"Washoku", which Japanese people have eaten for a long time, is a healthy food that prevents illness at the Mibyo stage. For example, Osechi dishes, which are representative of Japanese food in winter, incorporate black ingredients such as Kelp rolls, Tazukuri, simmered black beans, and burdock root seasoned with sesame. They are designed to supplement the weakened kidneys in winter.

