

日本で育った!!

かんぽう と わたし



Vol.4 Familiar crude drugs ~ Winter ~



Kitasato University, Oriental Medicine Research Center

Do you know about the crude drugs that can be found around you?

Many of the crude drugs used for Kampo medicines are closely related to the food that you eat regularly. Please take a look at some of the crude drugs familiar to you.

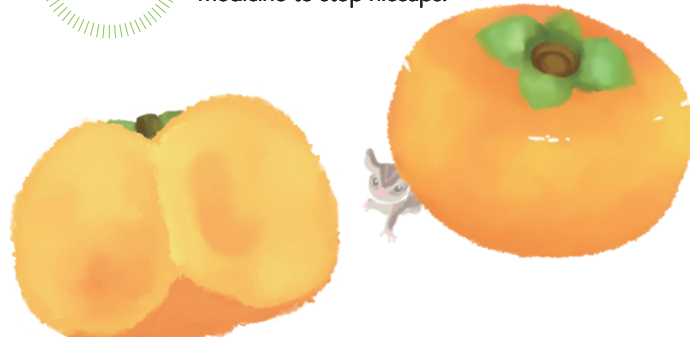


Yamaimo
(Yam)

Dried yam is called "Sanyaku". It is used in Kampo medicine prescribed for people with a weak gastrointestinal tract or weak physical strength.

Kaki
(Persimmon)

The persimmon calyx is called "Shitei". It is used as a specific medicine to stop hiccups.



Sansho
(Japanese pepper)

The peel of the fruit of the Japanese pepper is a crude drug called "Sansho". It is used as Kampo medicine that warms the digestive tract (mainly the intestines).



Gobo
(Burdock)

Burdock seeds are referred to as "Goboshi" in Kampo medicine. It is used in Kampo medicines prescribed for colds and skin diseases.



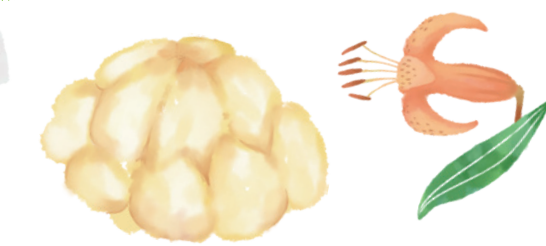
Mikan
(Mandarin orange)

The skin of ripe mandarin oranges is called "Chinpi". It is used for Kampo medicines prescribed for indigestion and loss of appetite.



Yurine
(Lily bulb)

"Yurine" is the bulb of the lily and is an ingredient used in New Year dishes. As a crude drug, it is called "Byakugo". It is prescribed as a Kampo medicine for anxiety and bronchitis.



COLUMN

Wishing for one year of health with Kitasato's original Toso.

Toso began in the Heian period as a New Year's Day palace event among aristocrats. During the Edo period, it spread to the general public, and it became a custom for families to drink Toso in the hope of having good health for the year ahead. Toso is made by soaking Toso powder in sake or mirin on New Year's Eve. On New Year's Day, the younger people start drinking this, followed by older people, all the way up to the oldest person. In the old days, people used to drink it while saying "Drunk by one, a disease-free family, drunk by a family, a disease-free village". The Kitasato Original Toso Powder, which contains nine familiar crude drugs such as Sansho, Keihi, and Chinpi, will be distributed to patients at the Kitasato University Oriental Medicine Research Center at the end of the year. Let us protect the traditional events that have been preserved since the old days.

