

／日本で育った！／

かんぽう と わたし



Vol.5 Familiar crude drugs ~ Spring ~



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Shiso Juice, a measure against the summer heat!

Do you not want to try making Shiso Juice this summer? Prepare red perilla. It is sold at greengrocers and supermarkets but is only available from June to July. Red perilla (Shiso) is said to have anti-allergic effects, aids in anemia prevention, hangover recovery, and fatigue recovery, as well as cosmetological effects. In Kampo medicine, Shisoyo, a crude drug made by drying red perilla, is used.

[Materials]

- Red perilla 400g
- Water 1ℓ
- Sugar 500~800g
- Citric acid 25g

[Mode of preparation]

- 1 Boil 1 L of water, put 400g of well-washed red perilla into it, and boil for 15 minutes
- 2 Remove the perilla leaves
- 3 Add and dissolve 500 to 800g of sugar
- 4 Add and dissolve 25g of Citric acid

[How to drink]

Please drink by diluting the juice 6 to 8 times in water or carbonated water. The juice can be stored for about 2 months in a refrigerator.



A collection of crude drugs that blossom into beautiful flowers!

Crude drugs involve the use of various parts of plants such as roots and stems, bark, leaves, flowers, fruits, and seeds. This is because only the parts of the plant that can be expected to have more medicinal properties are used as crude drugs.

1 Gentian

Name of crude drug
Ryutan
Pharmacological part
Roots and rhizomes
Indications
Anti-allergic effect
Gastric juice secretion effect

2 Chinese peony

Name of crude drug
Shakuyaku
Pharmacological part
Roots
Indications
Anti-inflammatory effect
Anti-spasmodic / analgesic effect

3 Magnolia

Name of crude drug
Koboku
Pharmacological part
Bark
Indications
Analgesic effect
Anti-inflammatory effect

4 Kiku

Name of crude drug
Kikuka
Pharmacological part
Flower
Indications
Antipyretic effect
Vision-improving effect

5 Safflower

Name of crude drug
Kouka
Pharmacological part
Flower
Indications
Blood pressure lowering effect
Blood flow-improving effect

6 Balloon flower

Name of crude drug
Kikyo
Pharmacological part
Roots
Indications
Expectorant effect / Analgesic effect
Antipyretic effect

7 Peony

Name of crude drug
Botanpi
Pharmacological part
Root bark
Indications
Anti-inflammatory effect
Blood flow-enhancement effect

