

日本で育った!!

かんぽう と わたし

Vol.7 Familiar crude drugs ~ Condiments ~



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Life with condiments, incorporating the knowledge of Japan Kampo, starting today!

“Ginger”, “Shiso”, and “Sansho” have been used as condiments in Japan for a long time. These are also some of the crude drugs that make up kampo medicine. Why don't you start a life that easily incorporates Japan Kampo into it using familiar condiments?

Crude drugs discussed here



Ginger (Shoga)

It is one of the crude drugs that make up “Kakkonto”, which is a well-known kampo medicine for colds. It has various effects such as warming the body, increasing the appetite, promoting blood circulation, and promoting metabolism, and is used in many kampo medicines.



Perilla (Shiso)

Shiso is included in herb medicines that relieve allergic symptoms, and have antipyretic and analgesic effects. Its refreshing scent has effects such as increasing the appetite and stabilizing the mind.



Sansho

It is said to be the oldest spice in Japan and has been popular since ancient times. Its mature pericarp is used in crude drugs; however, the leaves, stems, flowers, fruits, and bark are all used as spices. Sansho has the effect of warming the stomach and activating gastrointestinal function.

Here are some simple recipes that use condiments!



Spicy roasted green tea (Hojicha)

Add Sansho to Hojicha. It will soon change to a refreshing taste!



Sansho Natto

Just sprinkle Sansho on commercially sold Natto. It will be an elegant dish that differs from the usual.



Arrangement of food grilled with seaweed

Sliced cheese, green perilla, and prosciutto are layered on top of the baked mochi, and wrapped with seaweed.

Refreshing condiment onigiri (rice balls)

Mix chopped ginger and plum fruit to make rice balls.



Ginger miso dip

Mix chopped ginger, yogurt, and miso to make a dip. It goes well with steamed vegetables.



Miso soup with plenty of condiments

Add Shiso, green onion, and chopped ginger to miso soup. This is effective for chilling colds!



Ginger syrup

Combine grated ginger, honey, and water and boil down. Have it on hand and enjoy by adding it to milk and tea!



What is the difference between red perilla and green perilla?



Although the efficacy and nutritional components are almost the same, red perilla is used as a crude drug in kampo medicine because the red pigment has antibacterial effects and the effect of reducing the symptoms of allergic diseases. It would be good to actively incorporate green perilla, which is available all year round, as a condiment. Green perilla is richer in nutritional components!



COLUMN

Make every day healthy with familiar ingredients.

“Shennong Ben Cao Jing” is the oldest drug book in China, which was established about 2,000 years ago. It lists 365 kinds of drugs (kampo medicines), classifying them according to “hot, warm, normal, cool, and cold” from the viewpoint of warming or cooling the body. Ingredients in winter and the cold regions have a lot of warmth and heat, and have the property of warming the body. On the contrary, summer ingredients and tropical ingredients are often cold and cool, and have the property of cooling the body. People live in harmony with nature, and by eating seasonal foods and foods harvested in the area, they can balance their bodies and maintain a comfortable state.

In addition, the basis of medicinal food is to combine those that match the person's “physical constitution” and “physical condition”. Medicinal cooking can be incorporated into everyday dining tables without the need for special ingredients or cooking methods. From today, let us take in the wisdom of Japan Kampo, improve our natural healing power by using familiar ingredients, and get out of the “mibyo” state before getting sick.

※Condiments are effective in small amounts. Be careful, as consuming large amounts of it can hurt your stomach and gut in turn.

