

日本で育った!!

かんぽう と わたし

Vol.9 Life with Japan Kampo
~ Snacks ~



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How about having a healthy snack time that incorporates the lessons from Kampo?

Snacking is something that we cannot help but do. However, the typical ingredients used in snacks, wheat flour and sugar, have the effect of cooling the body. "Coldness" is the cause of all illnesses. Let us carefully devise the snacks we usually eat and protect our bodies from "coldness"!

Choose

Choose a snack that uses rice flour instead of wheat flour!

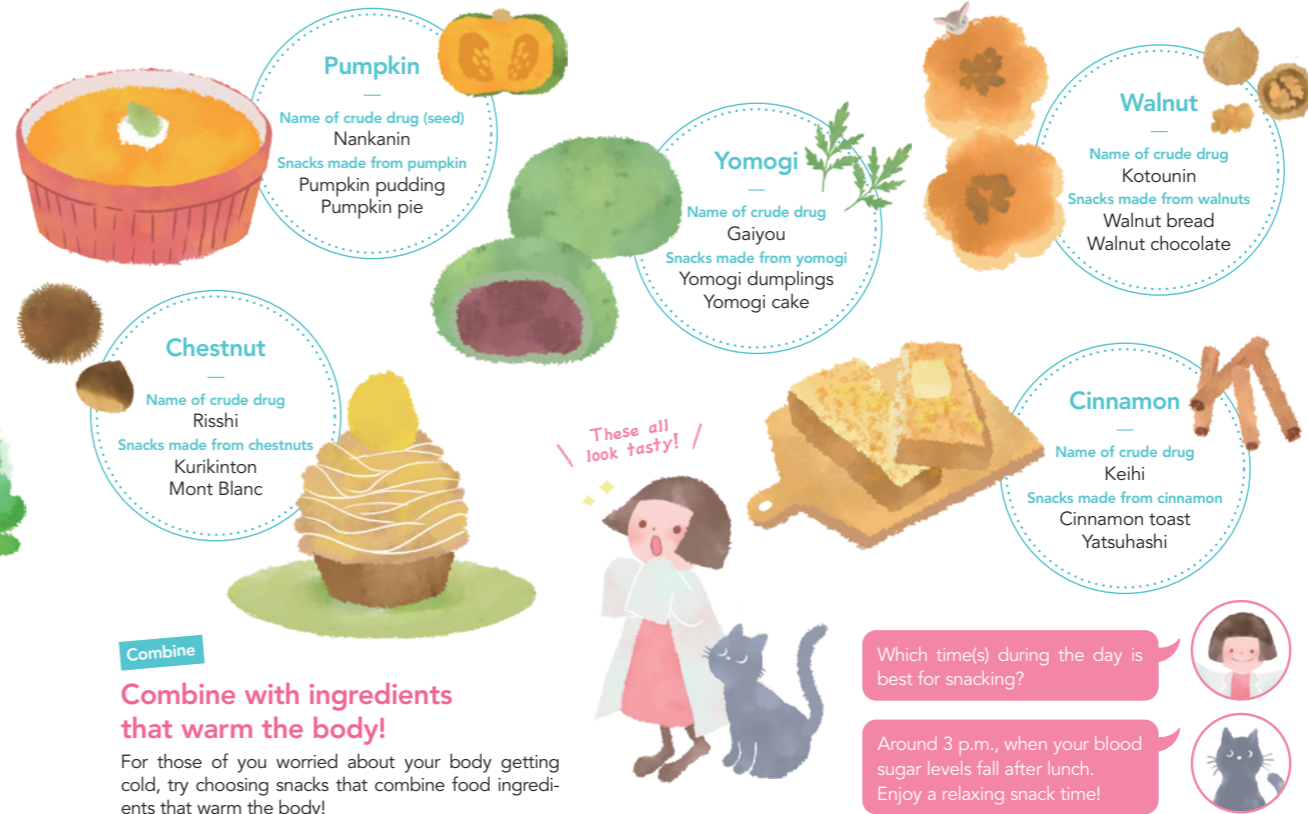
You can avoid the consumption of wheat flour by choosing rice flour, made from rice (name of crude drug: Komai).



Choose

Choose beet sugar in place of white sugar!

In oriental medicine, it is said that foods made in warm areas have the effect of cooling the body, and foods made in cold areas warm the body. Since sugar beet is not refined, it contains more nutrients such as vitamins and minerals than white sugar, and it also contains oligosaccharides, which help improve the intestinal environment.



COLUMN

Eat "Azuki" and become healthy!

Did you know that "Azuki", which is an essential part of Japanese sweets, is a crude drug? The name of the crude drug is "Sekishozu". In Japan Kampo, it is mainly used to treat edema, constipation, and hangover. It is rich in iron and polyphenols and is said to have a skin-beautifying effect.

Azuki is indispensable for annual events such as New Year's oshiruko soup, zenmai, red bean porridge, peach festival cherry blossom mochi, dawn festival kashiwa mochi, equinoctial week botamochi, and ohagi. By the way, during the Edo period, it was customary to cook rice with adzuki beans on the 1st and 15th of every month, because every two weeks when fatigue accumulated, excess water in the body was discharged by the diuretic action of adzuki beans, which was useful for maintaining health.

