



原著

7種漢方成分含有健康飲料の安全性と作用の医薬学検査

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Evaluation of safety and beneficial effects of healthy drink composed of seven chinese herb extract essences

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Summary

The beneficial and toxic effects of a polyherbal drink (Meirusenju ; MRSJ) containing extracts from Lycii fructus, Crataegi fructus, Phyllanthi fructus, Chrysanthemi flos, Ganoderma lucidum, Semen coisus, and Zizyphi fructus were examined.

To evaluate the toxic effects, 17 healthy volunteers consumed four bottles of MRSJ a day for three months. No side effects were observed in terms of liver, pancreas, kidney, lipid metabolism, and blood cell count parameters. In terms of the beneficial effects of MRSJ, an increase in the basal metabolism rate and an anti-fatigue effect was observed in mice. There was a significant increase in the level of HSP 72, GSH, and INF- γ . In addition, NK cell activity in 14 aged volunteers and the number of CD 8 + T cells in six patients with hepatitis C or cancer was also statistically increased with MRSJ treatment.

These data suggest that the administration of MRSJ does not produce significant side effects (at least acutely) and that it may act as a supplementary immunological activator.

キーワード

健康飲料 漢方 安全性 食品薬学的作用 医薬学検査

【要約】

7種漢方成分(枸杞子、山楂子、余甘子、菊花、鹿角霊芝、大棗、ヨクイニン)を含有する健康飲料(美露仙寿=メイルセンジュ)の安全性と作用を検討した。

安全性の検討は、17人の健常ボランティアが1日当たり4本の美露仙寿を3ヶ月間飲用したが、肝、膵、腎、脂質代謝に副作用は認められず、血液学検査も2ヶ月間の飲用で副作用は認めなかった。

有益な作用として、マウスにおける基礎代謝の亢進と抗疲労効果に加え、マウス臓器または培養細胞におけるHSP72、GSH、INF- γ の上昇も観察された。さらに、健常ボランティアにおけるNK細胞活性亢進と、加療中の患者のCD8発現T細胞数の有意な増加も認められた。

以上から、美露仙寿の飲用は、副作用が無く、免疫活性亢進など広範囲な作用が期待された。