

生薬の血流増加作用に関する研究 (I)

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(受付:平成19年1月10日, 受理:平成19年4月27日)

Effect of Medicinal Baths on Blood Flow I

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Summary

Bathing is traditionally important to the Japanese, and bath additives are often used. In this study, we examined the effect of bathing in water containing extracts of *Capsicum annuum*, *Foeniculum vulgare*, and *Angelica acutiloba* on blood flow in healthy volunteers. The forearm of each volunteer was placed in water in a temperature-controlled 25L container at 38°C, then after 10 minutes, 0.25, 0.50 or 1.00 mL/25 L of the crude drug extract in 30% ethanol water was added. The forearm was removed from the container 40 minutes later, and blood flow was monitored for 30 minutes in the room.

The blood flow in the forearm tended to increase dose-dependently in the presence of the crude drug extracts. The blood flow was significantly increased both during and after bathing with warm water containing crude drug extract as compared with warm water alone. The pattern of change in blood flow was almost the same in the three crude drug extract groups. These results suggest that the crude drugs are effective as bath additives.

Key words

Crude drug extract, *Capsicum annuum*, *Foeniculum vulgare*, *Angelica acutiloba*, Bath additive, Blood flow