

コ ラ ム

漢方薬の即効性についての考察
—甘草湯の鎮痛作用からの推察—佐藤 泰昌^{*1,*2}

要旨：漢方薬には即効性を期待できるものもあるが、その機序は、解明されていないため、甘草湯の鎮痛作用から動物行動学的に文献的考察および推察を試みた。その結果、口腔内に甘味が入ると、センサーとしての受容体（味蕾など）が「甘味」を認知し、脳が「甘味」＝「食物（エネルギー源）」と本能的に認識し、モルヒネ様作用を示す脳内麻薬であるエンドルフィンが分泌され、多幸感や鎮痛作用を発現させると推察された。漢方薬の“味”に注目することは、漢方を有効に、そして、すぐに効かせるための道しるべになると思われた。

索引用語：漢方薬、即効性、甘味、味蕾、エンドルフィン

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Immediate effects of Kampo medicines
— Discussion from analgesia of kanzoto —
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Abstract: A part of Kampo medicines are expected to have immediate effects, although no mechanisms are detected. Discussion was tried from both the literature and ethology with kanzoto as an example. When the sweetness enters the oral cavity, the receptor as a sensor recognizes sweetness, and as a result brain recognizes sweetness as a food (energy source) instinctively. And endorphin which is an intracerebral drug indicating morphine pattern action was secreted. It was speculated that euphoria and analgesia are developed by endorphine. It was suggested that the efficacy and the immediate effects of Kampo medicines should be able to judge by paying the attention to the taste of Kampo medicines.

Key words: kampo medicines, immediate effect, sweetness, endorphin

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