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[Lab. of Health and Physical Education]

**Survey on the Attitude of Medical Students to Oriental Medicine and Medical Hydrology.**

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In order to evaluate the possibility of utilizing oriental medicine and medical hydrology in the educational program in medical school from now on, a questionnaire survey was performed on the attitude of the 1st year (N=81) and the 3rd year (N=77) medical students who have not got any concrete medical education yet, and the 6th year medical students (N=75). 50.6% of the 1st year students, 76.6% of 3rd year students and 84.0% of the 6th year students knew the term of "oriental medicine" while only 11.1% of the 1st year students, 24.7% of the 3rd year students and 45.3% of the 6th year students knew the term of "medical hydrology". 80.5% of the 1st year students and 86.4% of the 3rd year students hoped to attend lectures on oriental medicine.

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[Lab. of Health and Physical Education]

**Effects of *Eleutherococcus Senticosus* on the Oxidative Enzyme Activity in Mouse Skeletal Muscle.**

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In the present study, we examined the effect of long and short term administrations of aqueous extract from the root of *Eleutherococcus senticosus* (AERES) on oxidative enzyme activities in skeletal muscles of mice. In the experiment of the long term administration, ICR mice were given AERES p.o. at 170 mg/kg per day (6 days/week) for 9 weeks starting at 5 weeks of age. In the experiment of the short term administration, AERES was given to ddY mice p.o. at 170 mg/kg per day for 10 consecutive days starting at 13 weeks of age. As a results, AERES enhances aerobic metabolism through increase of the succinate dehydrogenase activity of skeletal muscles.

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[Lab. of Health and Physical Education]

**Immunomodulatory Effects of Maharishi Amrit Kalash 4 and 5 in mice.**

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To evaluate the immunomodulatory effects of two kinds of Ayurvedic food supplements (M-4 and M-5), O<sub>2</sub> production of peritoneal M $\phi$  and the response of spleen cells to Con A were examined in mice given an aqueous emulsion of M-4 and M-5 p.o. at doses of 50 and 100 mg/kg for 10 consecutive days. O<sub>2</sub> production of peritoneal M $\phi$  in the M-5 (50 mg/kg)-treated group was significantly higher than that in the control group. The indices of stimulation of spleen cells by Con A were significantly (3 to 4 times) higher in groups treated with M-4 and M-5 at all doses than in the control group. These results indicate that M-4 enhances lymphocyte responsiveness and M-5 enhances not only lymphocyte responsiveness but also M $\phi$  function. It is also suggested in this study that M-4 and M-5 have mitogenic effects on lymphocytes.