

[Jpn. Medical. J., **3707**, 31-34 (1995)]

[Lab. of Health and Physical Education]

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

HARUO SUGIURA*, RYOICHI INABA, HIROTOSHI IWATA

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.

[J. Traditional Med., **12**, 61-65 (1995)]

[Lab. of Health and Physical Education]

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

HARUO SUGIURA*, HIROYUKI NISHIDA, HIROSHI MORI,

HIROKO MAENO, RYOICHI INABA, HIROTOSHI IWATA

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.

[Jpn. J. Hyg., **50**, 901-905 (1995)]

[Lab. of Health and Physical Education]

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

RYOICHI INABA, HARUO SUGIURA*, HIROTOSHI IWATA

To evaluate the immunomodulatory effects of two kinds of Ayurvedic food supplements (M-4 and M-5), O₂ production of peritoneal M ϕ 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. O₂ production of peritoneal M ϕ 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 ϕ function. It is also suggested in this study that M-4 and M-5 have mitogenic effects on lymphocytes.