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Scientific Approach to the Cooling Effect of Salt in Chinese Medicine

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Summary

In Chinese medicine, salt has been believed to have a cooling-effect on human. We examined the effects of refined and crude salt and bittern on human body surface temperature. Ingestion of 3 g refined salt or crude salt in 200 ml water didn't influence the change in body surface temperature, compared to the same volume of water (control). On the other hand, ingestion of 300 mg dried powder of bittern in hard capsules raised significantly the surface temperature of the forehead and neck during 70 min after ingestion, compared to the same amount of powder sugar (placebo). These results may propose a new physiological function of bittern.