

# Effects of Nanpao®<sup>1</sup>, a Kampo Medicine, on Peripheral Blood Flow and Surface Skin Temperature in Aged Female Rats

Masaru ICHIHASHI<sup>1</sup>), Hiromi TAKATANI<sup>1</sup>), Yoshikatsu HASHIMOTO<sup>2</sup>), Kouji YANO<sup>1</sup>), Atsuyuki NISHIDA<sup>1</sup>) and Kazuyuki KITAMURA<sup>1</sup>)

1) Safety Research Laboratory, Research Division, Mitsubishi Tanabe Pharma Corporation 2) Department of Pharmacology and Toxicology, Tanabe R&D Service Co., Ltd.

### Abstract :

The effects of long-term treatment with Nanpao, a kampo medicine, on cold constitution were evaluated in aged female rats. Five-month-old rats were administered Nanpao orally at doses of 0, 30, or 100 mg/kg/day. The peripheral blood flow and surface skin temperature in the hind paws were measured using a laser Doppler blood flow meter and infrared thermography, respectively. In animals treated with Nanpao, the peripheral blood flow increased dose-dependently compared to that in the control group. Moreover, the surface skin temperature after immersion in ice-cold water was higher in the Nanpao-treated groups than in the control group at all measurement times. These results suggest that Nanpao has the potential to improve cold constitution associated with decreased peripheral blood flow in women.

### Key Word :

cold constitution, kampo medicine, Nanpao

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