

甘酒

肝硬変の方を対象に就寝前の夜食療法として甘酒を用いて臨床試験をおこないました。甘酒200kcalを12週間摂取すると、全員の白血球数が増加しました。また全ての方の自覚症状（腹部膨満感・むくみ・倦怠感・こむら返り・食欲不振・味覚異常・便秘・下痢・嘔吐・睡眠障害）が改善しました（論文名： Nagao Y, Sata M J Nutr Food Sci 3 223, 2013）。この臨床試験に用いた甘酒は、喜多屋株式会社の甘酒です。



論文発表

Nagao Y, Sata M. Effect of a late evening snack of amazake in patients with liver cirrhosis: a pilot study. J Nutr Food Sci 3 223, 2013

Abstract

Background: Liver Cirrhosis (LC) is a state of accelerated starvation. A late evening snack improves proteinenergy malnutrition, caused by overnight starvation and the catabolic state of patients with LC. This study was designed to evaluate the effects of amazake, a traditional sweet Japanese beverage, as a late evening snack for cirrhotic patients.

Methods: Serum biochemical parameters and the visual analogue scale (VAS) were examined at 0, 4, 8, and 12 weeks. Each patient drank 200 kcal of amazake at bedtime every night for 12 weeks. Trial registration: UMIN-CTR UMIN000010550

Results: Four patients (mean age 67.3 ± 5.7 years) with viral LC were recruited and their VAS score determined, along with a biochemical examination of the blood. White blood cell counts (WBC), especially neutrophil counts, were elevated following a period of amazake intake. Each VAS score was reduced following amazake intake. Amazake intake improved the Quality of Life (QOL) in all terms of sense of abdomen distension, edema, fatigue, muscle cramps, loss of appetite, taste disorder, constipation, diarrhea, vomiting, and sleep disorder. Any sense of abdominal distension, constipation and vomiting had disappeared after 8 weeks of amazake intake and taste disorder and sleep disorder had disappeared after 12 weeks of amazake intake. No major clinical events or virological rebounds occurred in the subjects.

Conclusions: Amazake, which is rich in vitamins and amino acids, could be effective in reducing the subjective symptoms and improving the QOL of patients with LC.

学会発表

長尾由実子, 佐田通夫. 甘酒摂取が、肝硬変患者のQOL改善に及ぼす影響: Pilot study. 第100回日本消化器病学会総会. 2014.4.23-26 東京