

## Topics of Drug <19> “Nutigusui –Okinawan Popular Drug”



There is a word "nuchigusui" in the Okinawa dialect. Literally translated, it means "medicine of life." Unlike medicine that you get at a hospital or a straw bureau, it is a word that expresses something that warms your heart and heals you, such as a mother's love, delicious food, or someone's kindness. Long story short, "nuchigusuimun" means an ingredient that can be used as medicine for life (food and medicine have the same origin). The Okinawa region has the image of being a prefecture of longevity. The source of this is the beautiful sea and air that surrounds us on all sides, the fresh ingredients, the loving cooking, and the heart of the islanders who are generous and kind.



However, surprisingly, this was about 20 years ago, and in 2010, the average life expectancy in Japan fell to 30th place for men and 3rd place for women, and it was even called the Okinawa Crisis. I am. Especially for people under the age of 65, Okinawa Prefecture is the number one prefecture in terms of longevity, rather than longevity. The reason for this is said to be that the basic dietary habits have changed. In other words, we have changed from high-fiber foods such as potatoes, soybean foods such as tofu, fish, lean pork, and seaweed to white rice, fast food, high-strength loli such as beef, and high-fat foods. In other words, we have changed from high-fiber foods such as potatoes, soybean foods such as tofu, fish, lean pork, and seaweed to white rice, fast food, high-strength loli such as beef, and high-fat foods. As a result, metabolic syndrome has progressed, and the percentage of obese people now exceeds 45%, making it the most obese prefecture in Japan. Perhaps because of this, diabetes is the number one cause of death among Okinawans. By the way, average life expectancy in Shiga Prefecture is 1st and 4th in Japan for men and women respectively (2015).