

Scientifically Demonstrating the Anti-Fatigue Effect of Japanese Food



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Researchers
in Focus



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What is fatigue? Director Watanabe, who directly challenges the things often forgotten by medicine and elucidated the mechanism of fatigue at the molecular and neurological levels, started conducting this study because he was overworked. He became a leader of a research project for brain science in his mid-forties. After maintaining an exhausting schedule for about a year, he finally collapsed. He was astonished that there were no sections on disease-causing fatigue in medical books at the time and decided his pursuit in life would be the desire to eliminate the fatigue he had experienced.



A research group of Director Yasuyoshi Watanabe of the Center for Health Science Innovation conducted a study elucidating the improvement of stress and brain function through intake of Japanese food*1 to scientifically demonstrate why Japanese food is good for health and successfully demonstrated the anti-fatigue effect of Japanese food in terms of subjective fatigue and autonomic nerve functions.

Since Japanese food has been named to the UNESCO list of intangible cultural heritage, the research group developed a Japanese food menu that used many anti-fatigue ingredients in conjunction with Suisan Iwakawa, a kappo restaurant in Kitashinchi, Osaka as one of the attempts to evaluate the effect of Japanese food on health.

The results of the intervention study on the anti-fatigue effect of the developed Japanese food showed that the intake of anti-fatigue Japanese food leads to a fatigue-relieving effect and improvement of autonomic nerve functions at rest and some components in the blood.

The results of this study revealed that, from an anti-fatigue viewpoint, the improvement of diet reduces feelings of tiredness and fatigue or fatigue itself, prevents falling into a state of chronic fatigue and is expected to lead to improvements in efficiency of daily work and study.

*1 Hokkaido University is the principal research institute for this study.



The study results published as an anti-fatigue recipe book