



Herba " " Herb 가  
가 가 가 가  
가 가 가 가  
1. 가

5000  
2800 2.

400 가  
(Chicory) (  
)

가  
(aromatherapy)  
1) Fresh herb ( )  
가

2) Dry herb ( )

가 (seasoning), , , .

1) Tannin

Tannin . ( tannin '가 tanning )  
 tannin , , , .  
 . Tannin tannin

3) Herb extract ( )

, , , .  
 , , , .

가 , , 가 (catarrh)

4) Herb powder ( )

flavor sprayer dry

tannin , , 가 .

2) Saponin

Saponin . Saponin 가 (sapogenin) steroid . Sapogenin saponin triterpenoid saponin . saponin . Saponin

5) Herb oil ( )

가 , , .

3.

3) Flavonoid

Flavonoid C<sub>6</sub>-C<sub>3</sub>-C<sub>6</sub>

flavonoid 가  
 rutin hesperidin ( P)  
 hesperidin 가 5)  
 가 flavonoid 가  
 )  
 4) (精油) . Hibiscus,  
 rosehip, sorrel, alfalfa, raspberry  
 C가  
 terpene, polyterpene, phenol  
 6)  
 가 가  
 : lavender, chamomile, mint,  
 lemon balm, valerian hop,  
 7)  
 : eucalyptus 가  
 eucalyptus가  
 : thyme, rosemary, sage, cinnamon,  
 peppermint, clove  
 confrey,  
 ( )

8)

, alkaloids,

4.

onion, oregano, gallic, cardamon,  
coriander, ginger, sage, paprika, fenugreek,  
pepper , celery, thyme,  
tarragon, marjoram 가  
savory, tarragon, chives,  
chervil, parsley , angelica, oregano,  
cresson, saffron, chives, parsley, fennel,  
peppermint

1)

:

가

3)

:

가

(安眠),

가

oregano, cresson, coriander, sweet  
cicely, savory, celery, chicory, nastertium,  
violet, parsley, salad burnet, verbena, fennel,  
peppermint, borage, marigold, lavender,  
rosemary, lovage

eyebright, agrimony, apple mint,  
alfalfa, angelica, chamomile, catnip, clove,  
coriander, coltsfoot, ginger, spearmint, sage,  
thyme, chicory, nettle, basil, passion flower,  
valerian, fennel, peppermint, bergamot,  
borage, rosehip, meadowsweet, yarrow,  
lavender, lemon verbena, lemon balm,  
rosemary

4)

:

가

1

가

가

2)

:

가

가

가

가

ginger, borage, lemon balm, rosemary  
가 ginger, burnet, hop,

marjoram, lemon balm (5)

5) :

2

coriander, savory,  
thyme, tarragon, chervil, nastertium, basil,  
fennel, peppermint, horseradish, marjoram,  
rosemary 가

가

6) caraway, thyme, turmeric,  
chives, chervil, parsley, paprika, pepper,  
mustard, marigold, lemon balm, lovage  
coriander,  
dill, mustard

가

가

7)

가

가

sweet cicely, chives, parsley,  
peppermint, mustard, marigold  
garlic, savory, chives, dill, nastertium,  
salad burnet, fennel, lemon balm  
thyme, tarragon, chervil,  
parsley, fennel, peppermint, horseradish,  
lemon verbena

가

가

가

8) : cardamon, caraway, cumin, saffron,  
savory, dill, parsley, fennel, marjoram,  
marigold, lemon verbena, rose geranium

가

9) : angelica, sweet cicely, thyme,  
peppermint, marigold, lemon verbena,  
rosemary

가

10) : anise, coriander, spearmint, sage,  
thyme, parsley, burnet, pansy, fennel,  
peppermint, mallow, yarrow

가

가

Lavender	<i>Lavandula</i> L.		, ,
Rosemary	<i>Rosemarinus officinals</i> L.		, , , , 가
Chamomile	<i>Matricaria recutita</i> L.		, ,
Thyme	<i>Thymus vulgaris</i> L.	, ,	, , 가
Peppermint	<i>Mentha piperita</i> L.		, , 가 , ,
Rose	<i>Rosa spp.</i>	, ,	, , , rosehip , 가
Sage	<i>Salvia officinalis</i> L.		, , ,
Marshmallow	<i>Althaea officinalis</i> L.	, ,	, , ,
Lady's mantle	<i>Alchemilla vulgaris</i>	, ,	, , , , , ,
Lemon grass	<i>Cymbopogon citratus</i>		citral 가 .
Lemon balm	<i>Melissa officinalis</i> L.		, , , , ,
Hyssop	<i>Hyssopus officinalis</i> L.	, ,	, , ,
St. john's wort	<i>Hypericum perforatum</i>	, ,	, , , , 가
Anice	<i>Pimpinella anisum</i>	, ,	, , , ,
Dandelion	<i>Taraxacum officinalis</i> L.	, ,	, , , , , ,
Sorrel	<i>Rumex acetosa</i> L.		가 , , , 가
Stevia	<i>Stevia rebaudiana</i>		Stevioside 200-300
Horehound	<i>Marrubium vulgare</i>		가
Artichoke	<i>Cynara scolymus</i> L.	, ,	, , A.C, , , ,
Hibiscus	<i>Hibiscus sabdariffa</i>	, ,	가 ,
Cresson	<i>Nasturtium officinale</i>		, , , , , , ,
Pot marigold	<i>Calendula officinalis</i> L.		, , , , , , ,
Coriander	<i>Coriandrum sativum</i> L.	, ,	, ,
Mallow	<i>Malva sylvestris</i> L.	, ,	, , , ,
Dill	<i>Anethum graveolens</i> L.		, , , , , ,
Fenugreek	<i>Trigonella foenumgraecum</i>	, ,	가 가 , ,

## ガ

1. The functions and use of herb, Yasuharu Takei, Fragrance journal No.196, 39-47, 1997
  2. ハーブエキスの機能と利用, Akitaka Iwami, Isao Takemura, 月刊フ-ドケミカル 1994- 12, 71-77
  3. ハーブの生理機能と新しい利用法, Kyohei Mikami, 月刊フ-ドケミカル 1992- 12, 80-91
  4. ハーブエキスに期待される 生理機能, Yasuharu Takei, 月刊フ-ドケミカル 1992- 12, 6- 101
  5. 生ハーブの利用と効果, Atsushi Hazama, 月刊フ-ドケミカル 1992- 12, 102- 104
  6. Bioactive function and application of oriental medicinal herb, Yosigawa Masayuki, 食品と開発 Vol.34, No.3, 4- 8, 1999
  7. ハーブ利用の形態と効果的利用法, Kunihiko Imagawa, 月刊フ-ドケミカル 1991-5, 66-71
  8. ハーブと食物の歴史, Yoshitaka Takahashi, 月刊フ-ドケミカル 1991-5, 77-81
  9. ハーブの薬効成分と機能性, Hideji Itokawa, 月刊フ-ドケミカル 1991-5, 92-98
  10. Pharmaceutical herbs definition, function and usage for improvement of our quality of life, Hosaka Koichi, 食品と開発 Vol.34, No.3, 9- 11, 1999
  11. Handbook of Medicinal Herbs James A. Duke, Ph.D. CRC Press, Inc.
  12. The healing herbs Michael Castleman BOOKMAN
  13. Magic and medicine of plants, Reader's Digest
  14. Next generation herbal medicine, Daniel B. Mowrey, Ph.D., Keats publishing, Inc.
  15. Encyclopedia of HERBS & THEIR USES, Deny Bown, Dorling Kindersley
  - 16 香料, 薬味, 香辛料 植物 百科,
- 
- 
-