Pharmacist Ieyasu

Tokugawa Ieyasu opened a medicinal garden in Sunpu and cultivated 100 types of medicinal herbs, while at the same time keeping a medicinal chest, pharmaceutical utensils (yakken, mortar, etc.), mixing utensils (scales, etc.), and books related to medicinal herbs on hand, he himself cultivated a medicinal garden.　He was famous as a "medicine enthusiast" and "health enthusiast" who created, mixed, and took medicines such as , Yamigan, Shiyuki, Rokumito, and Sogoen. This seems to reflect his cautious nature.

It is said that he became particularly enthusiastic after he handed over the post of shogun to Hidetada at the age of 63 and became a major figure, so it seems that he was a practitioner of "self-medication" to manage his health during earthquakes.　This can be seen from the fact that they stuck to a simple diet and preferred one soup and one side dish, with a focus on barley rice and grilled miso, which were rich in minerals, vitamins, and protein, and had a good nutritional balance.

On the other hand, Ieyasu was also passionate about falconry, which can be called a sport, and while training his body, he sometimes　They probably also ate the meat of their prey. It is also said that "they preferred seasonal foods and did not eat out-of-season or cold foods," which seems to be a good habit for maintaining health.

Unlike Nobunaga and Hideyoshi, he acted cautiously and arrogantly both internally and externally, and in his later years he appointed the strategist Masanobu Honda as his successor.He later overthrew the Toyotomi family and became a ruler of Japan.   This probably led to the building of the foundation of the Tokugawa shogunate, which lasted about 300 years.

In addition, another major factor was that he acquired knowledge of medicine, took care of his health, strengthened his physical strength, favored many concubines, and as a result, left behind many children and used them for political purposes   In this way, Ieyasu lived to be 75 years old, which could be considered a long life at the time.