

ABSTRACT

The present invention characterizes in that an oral composition contains scutellaria root and platycodon root. It is preferred that the oral composition further contains rehmannia root. In the oral composition, when a content ratio of the scutellaria root is defined as X_A [mass%] and a content ratio of the platycodon root is defined as X_B [mass%], it is preferred that the following relation is satisfied: $0.00005 \leq X_B/X_A \leq 20000$.