

ABSTRACT

[Problem] To provide: a pharmaceutical composition containing, as an active ingredient, exosomes containing a large amount of miR-140; and a method for producing the same.

[Solution] A pharmaceutical composition containing exosomes derived from auricular chondrocytes, the exosomes containing miR-140; and a method for producing a pharmaceutical composition, the method including an exosome acquisition step for obtaining exosomes from auricular chondrocytes. The exosome acquisition step includes an auricular chondrocyte culture step for culturing auricular chondrocytes to obtain cultured chondrocytes, and an exosome collection step for collecting exosomes from the cultured chondrocytes cultured at the auricular chondrocyte culture step. At the auricular chondrocyte culture step, the medium in which the auricular chondrocytes are cultured contains estrogen.