

日本で育った!!

かんぽう と わたし

Vol.1 Questions about Japan Kampo



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Question1

“Kampo medicine” is Chinese, right?

Kampo is Japanese medicine!

Japan Kampo is based on ancient Chinese medicine; however, it is a traditional Japanese medicine that has been independently developed to suit the Japanese people. Until the early Meiji era, Japan Kampo was the mainstream of Japanese medicine.

Traditional Japanese medicine >>> Japan Kampo
Traditional Chinese medicine >>> Chinese medicine

● Differences between Japan Kampo and Chinese medicine.

	How crude drugs are combined	Method of examination
Japan Kampo (Traditional Japanese medicine)	Use of “a combination of crude drugs” developed empirically.	Emphasis on abdominal examination.
Chinese medicine (Traditional Chinese medicine)	Crude drugs are combined based on their individual effects to address the symptoms.	Emphasis on pulse examination.

Question2

Is “Kampo medicine” chosen based on knowledge of the name of the disease?

Japan Kampo is chosen once the “pattern” is known!

In Japan Kampo, even if the name of the disease is the same, if the patient’s “pattern” is different, different medicines are prescribed. On the contrary, even if the disease has a different name, the same medicine is prescribed if the patient’s “pattern” is the same. A “pattern” is like a “type” that is determined based on unique Japan Kampo diagnostic methods such as interviews, tongue examination, pulse examination, and abdominal examination.



Question3

“Kampo medicines” have no side effects, right?

Kampo medicines are also drugs, and therefore have side effects!

Some of the crude drugs used to prepare Kampo medicines require caution.

Crude drug	Symptoms
Ephedra Herb	Excitement, increased blood pressure, palpitation, tachycardia, dysuria, etc.
Rehmannia Root	Loss of appetite, diarrhea, etc.
Rhubarb	Abdominal pain, diarrhea, loss of appetite, etc.
Processed Aconite Root	Palpitation, hot flashes, numbness of the tongue, nausea, etc.
Glycyrrhiza	Increased blood pressure, edema, hot flashes, dizziness, etc.

Side effects of Kampo medicines can be dealt with by reducing the number of crude drugs used or discontinuing the use of Kampo medicine. It is important to take Kampo medicines while being careful of side effects!

Question4

A crude drug is a “Kampo medicine”, right?

A combination of crude drugs makes an Kampo medicine!

Kampo medicine is a combination of multiple crude drugs based on the experiences of our predecessors. A combination of crude drugs without a basis in Kampo medicine is called a “crude drug formulation” and is different from “Kampo medicine”.

Kampo medicine

A combination of multiple crude drugs in a predetermined blend ratio.

Crude drug

A natural product with pharmacological effects (not limited to plants, and can be found in animals and minerals as well).

Crude drug formulation

The mixture may contain some Western medicine in addition to crude drugs.

There are many crude drugs!

Question5

“Kampo medicine” are granules, right?

The basic form of Kampo medicine is an decoction!

The blend is weighed out and decocted for 40 to 50 minutes.

Granules are formulations of the extract.

For example...

Decoction >>> Drip coffee
Granule >>> Instant coffee

We see some people taking Kampo medicine granules like powders, which is the same as drinking instant coffee in powder form. The proper way to take it is by dissolving it in about 100 mL of hot water.