

／日本で育った！／

かんぽう と わたし

Vol. 14 Life with Japan Kampo
～ Pre-motherhood edition ～



Kitasato University, Oriental Medicine Research Center

Japan Kampo that fits women's lifestyle.

Pregnancy and childbirth are major life events for women. Not only will you be forced to change your life, but your body and mind will also change significantly. In addition, in modern society, which is extremely stress-prone, it may not be possible to maintain the "moderation"* that is good in Japan Kampo, causing physical and mental disorders, leading to a decrease in the ability to become pregnant. Let us think about pregnancy and childbirth problems from the perspective of Japan Kampo !

* Moderation: An ideal state that shows unbiased Japan Kampo medical indicators (truth or falsehood, coldness, qi/blood/colorless fluids) and is balanced.

Types of distress from a Japan Kampo viewpoint.

In Japan Kampo, it is thought that the three elements of "qi, blood, and colorless fluids" circulate well in the body to maintain mental and physical health.

Distress of the qi

"Qi" refers to "energy" and "vitality" and is an important thing to keep the body in a fulfilled state.

Qi deficiency

A state of exhaustion resulting from lack of qi.
Symptoms : fatigue, loss of appetite, and wobbliness, etc.

Qi stagnation

A state characterized by stagnated circulation of qi.
Symptoms : A feeling of clogged throat, abdominal distension, abnormal bowel movement, etc.

Qi counterflow

A state characterized by qi flowing in the opposite direction.
Symptoms : hot flashes, palpitation, irritation, etc.

Distress of the blood

The "blood cell" components of the "blood" carry necessary nutrients to each tissue.

Blood deficiency

A state characterized by a decrease in the adequate quantity of blood.
Symptoms : anemia, dry skin, alopecia, etc.

Blood stasis

A state characterized by stagnated blood flow.
Symptoms : dysmenorrhea, bloated stomach, pigmentation, etc.

Distress of colorless fluids

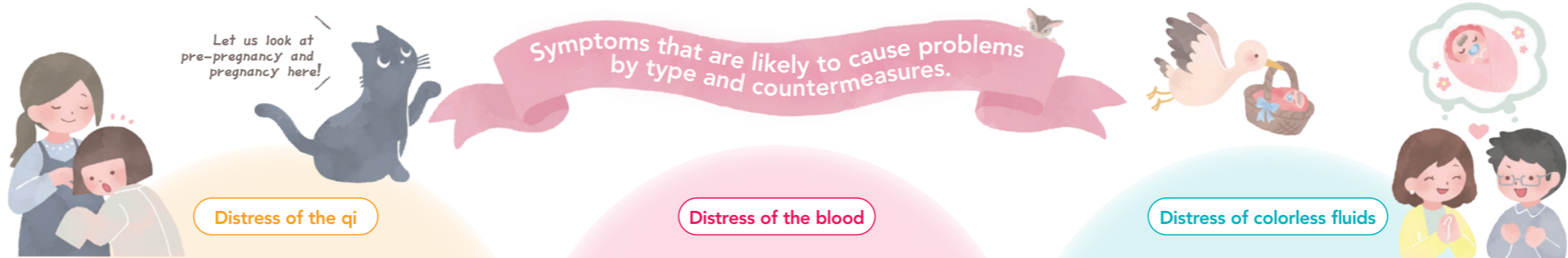
"Colorless fluids" refer to water content other than that in the blood and are essential for maintaining the mind and the body in the normal state.

Fluid retention

The flow of fluids is stagnated and there is excess water in part or all of the body.
Symptoms : dizziness, vulnerability to motion sickness, headaches, etc.

Fluid deficiency

A state characterized by a lack of fluids and dryness.
Symptoms : dry lips, a hot sensation of the extremities, dry mouth, etc.



Distress of the qi

• Pre-pregnancy •

Symptoms Anxiety, chills, underweight, obese, etc.

Countermeasures Conditions of overworking or over-exertion, such as anxiety, coldness, underweight, and obesity, consume "qi", and the accumulation of stress also worsens the circulation of "qi". Avoid overwork and incorporate light aerobic exercise!

• Pregnancy •

Symptoms Mental instability, insomnia, headaches, morning sickness, overeating, constipation, etc.

Countermeasures Excessive anxiety and worrying worsen the circulation of "qi". Try to relax calmly.

Distress of the blood

• Pre-pregnancy •

Symptoms Chills, obesity, rough skin, anemia, irregular menstruation, etc.

Countermeasures Excessive intake of greasy or sweet foods impairs the flow of "blood." Try to have a well-balanced diet. We recommend "steaming" for hot vegetables!

• Pregnancy •

Symptoms Headaches, lower back pain, itchy skin, constipation, hemorrhoids, etc.

Countermeasures Due to fetal development, it is easy to run out of "blood". Eating habits that are conscious of ingredients that supplement "blood" such as tomatoes, carrots, spinach, pork, and liver would be helpful.

Distress of colorless fluids

• Pre-pregnancy •

Symptoms Chills, edema, etc.

Countermeasures Avoid drinking excessive alcohol and cold drinks. We recommend red beans, bamboo shoots, seaweed, and mushrooms!

• Pregnancy •

Symptoms Headaches, morning sickness, overeating, edema, leg cramps, etc.

Countermeasures Actively ingest spicy ingredients such as ginger and green onions as condiments for soups and hot pots. Also, avoid cooling your body from excessive intake of cold foods.

COLUMN

How to take kampo medicines during pregnancy

Kampo medicines should be taken with caution during pregnancy, considering the effects on the fetus. Some kampo medicines have strong effects and some have mild effects. Tokishakuyakusan is a kampo medicine that combines mild crude drugs. Since it is composed of crude drugs that improve blood circulation and prevent anemia and crude drugs that improve water metabolism, it is often used as a medicine for safe delivery. Some kampo medicines are useful for colds, morning sickness, and edema. It is a time when there may be many worries, but too much worrying can harm both the mother and the baby. First, speak to your primary care physician.

Use Japan Kampo properly



Note: Although the general symptoms of each disorder type are listed, qi, blood, and fluids are closely related; thus, it is not necessarily the case that one of them is the caus.