

／日本で育った！／



かんぽう と わたし

Vol.15 Life with Japan Kampo
～ Post-childbirth-motherhood edition ～



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Restoring the mind and body after childbirth with Japan Kampo.

After childbirth, women are physically and mentally exhausted, prone to illness, and prone to mental instability. In addition, caring for the baby, such as breastfeeding, changing diapers, and bathing, begins without the mother sufficiently recovering after childbirth. Mothers would want to alleviate physical and mental disorders as much as possible while living with the baby.

Japan Kampo is also a domain of medicine that detects and prevents various symptoms that are likely to cause problems while considering the bodily constitution from the viewpoint of Japan Kampo. Why not use the wisdom of Japan Kampo to prevent postpartum upsets and distress?

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.

Distress of the blood

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

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.

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

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

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.

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

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

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



Symptoms that are likely to cause problems by type and countermeasures.

Distress of the qi

Symptoms Depression, insomnia, malaise, headaches, breastfeeding problems, etc.

Countermeasures Both your mind and body would be exhausted after childbirth. Try to rest adequately.

— A diet that works well for distress of qi —

Let us circulate your "qi" with the refreshing scent of citrus fruits and juices. Sourness of mandarin oranges, lemons, and citrons promotes digestion and absorption. It is a good idea to use squeezed juice for sauces in hot pots and sauces for grilled and fried foods.



Distress of the blood

Symptoms Malaise, headaches, breastfeeding troubles, prolonged lochia, hemorrhoids, etc.

Countermeasures Due to childbirth, there is a shortage of "blood" and its flow has deteriorated. In addition, there is a shortage of "blood" due to breastfeeding. We recommend a well-balanced diet that is conscious of supplementing "blood" and engaging in moderate stretching and walking.

— A diet that works well for distress of blood —

We recommend edible chrysanthemum, Japanese mustard spinach, spinach, and Jew's mallow as food ingredients to supplement the "blood". Boil them quickly and mix them with soy sauce/ginger juice and vinegar, etc. and eat it with rice.



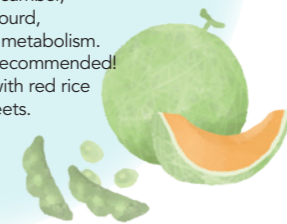
Distress of colorless fluids

Symptoms Headaches, chills, edema, etc.

Countermeasures Engage in walking and light strength training. Be careful not to consume too much water or salt.

— A diet that works well for distress of colorless fluids —

Beans such as red beans, black beans, green soybeans, and broad beans, and gourds such as cucumber, watermelon, wax gourd, and melon promote water metabolism. Azuki beans are particularly recommended! You can easily eat them with red rice and Japanese sweets.



Introducing diets recommended after childbirth!

COLUMN

Japan Kampo for postpartum breastfeeding problems!

Breastfeeding problems are experienced by many mothers who breastfeed their babies. Clogged breast milk leads to breast swelling and tenderness, causing mastitis, and poor or excessive outflow of breast milk. Japan Kampo can help these troubles related to breast milk as well.

For example, there is Kakkonto, which is useful when you have a cold. Kakkonto has the effect of promoting the secretion of breast milk and improving the stasis of breast milk (the milk stays in the mammary glands), and it is recommended that Kakkonto is taken early when mastitis is about to occur.

Basically, even if you take kampo medicine while breastfeeding, if you follow the normal dosage, it will have little impact on your baby. However, rather than taking it at your own discretion, please consult a doctor, pharmacist, or midwife.



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.