

／日本で育った！／

かんぽう と わたし



Vol.6 Mibyo



Kitasato University, Oriental Medicine Research Center

|| check! ||

Do you have these symptoms?

- Get tired easily
- Have no appetite
- Cannot sleep well
- Cannot be motivated
- Feel irritated
- Head feels heavy
- Feel chilly
- Feel dizzy

If you have these symptoms...

You may already be in a miby state.

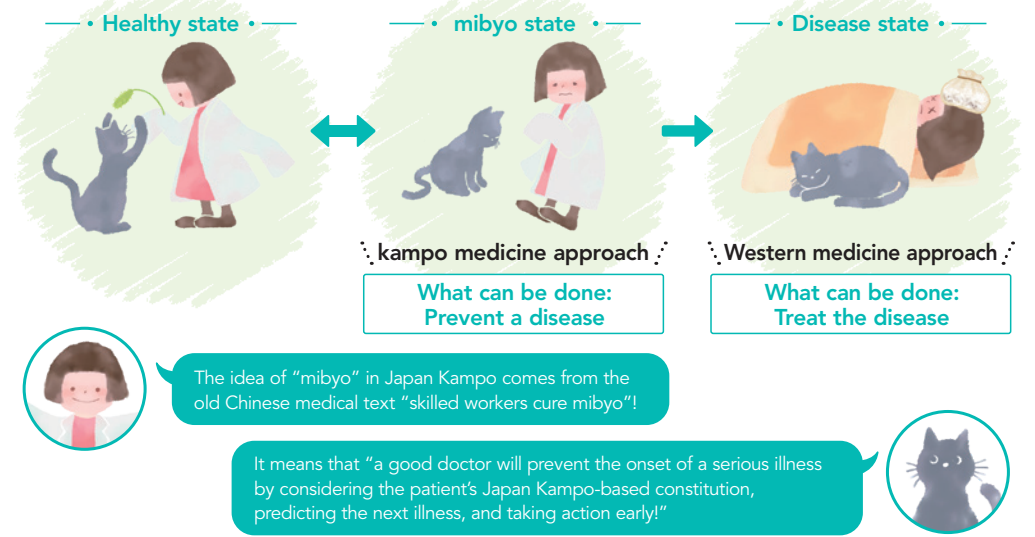
You may become sick if you leave these symptoms unattended.

What is a miby?

A condition that has not yet become an illness but can become an illness if left untreated is called a "miby". If you are diagnosed as having no abnormalities by a health checkup or a human dock, but you feel physical or mental forms of distress such as gastrointestinal problems or feeling tired easily, you may be in a miby state.

Japan Kampo approaches miby through maintenance of the mind and body.

Japan Kampo is a medical practice that detects and approaches the stage before the onset of illness while diagnosing the overall condition of the mind and body, using concepts such as "truth and falsehood", "coldness and heat", and "qi, blood, and colorless fluids". In that respect, it differs from Western medicine, which approaches the disease itself. By being aware of your miby in Japan Kampo and dealing with it, you will be able to live every day healthier.



INFORMATION

Diagnosing miby in Kampo Dock.

At the Kitasato University Oriental Medicine Research Center, we carry out the Kampo Dock to detect miby through a constitutional assessment based on the basic concepts of Kampo medicine, such as truth and falsehood, coldness, and heat, as well as qi, blood, and colorless fluids. If you feel unwell but common modern medical tests do not reveal the cause or wish to know about your bodily constitution, please visit the Kampo Dock.

[Details of examination]

- Medical interview** Carefully listening to the patient's complaints and problems.
- Tongue examination** Examination of the color and size of the tongue, the color of the moss scale adhered to the tongue, and thickness of the tongue.
- Pulse examination** Rather than counting the pulse, the arterial elasticity and pulse width are examined.
- Abdominal examination** Examination of the locations of strength, tension, and resistance in the abdomen.

[Time taken]

Approximately 60 minutes (including reporting of results)