

日本で育った!!

# かんぽう と わたし



Vol.8 Women and Japan Kampo



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## Are you troubled by physical and mental distress specific to women?

Female hormones change during the month and throughout your life.

In particular, many women are suffering from problems before and after the menstrual cycle.



Other problems include dizziness, irritability, depression, gastrointestinal upset, diarrhea, dull pain in the lower back, edema/bloating, and tiredness.

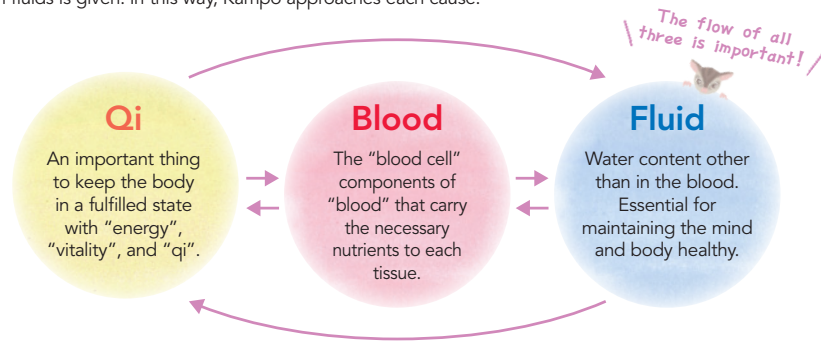
Have you given up on these problems, thinking that they are bearable and because you are reluctant to see a doctor?

**Kampo medicines** may be able to improve such discomforts and upsets!



## Coldness....a cause of menstrual troubles!

In oriental medicine, "coldness" is regarded as a problem that affects all of the qi, blood, and colorless fluids. In Kampo, treatment is not limited to using kampo medicines that warm up the body. If the qi is disrupted, kampo medicine is given to correct it. If blood flow is stagnated, kampo medicine that improves the blood flow is given. If colorless fluids stagnate, kampo medicine that improves the flow of such fluids is given. In this way, Kampo approaches each cause.



It is believed that "becoming cold" makes you feel unwell, stagnates blood, and even stagnates colorless fluids.

Will the coldness not go away without treatment with kampo medicines?

The crude drugs that make up kampo medicines and the ingredients that you eat every day are very closely related. A little ingenuity in your daily health care by food may help reduce the coldness.



## Fix irregular menstruation and dysmenorrhea with Japan Kampo!

Surely, many women cannot let go of painkillers during menstruation. Painkillers relieve pain, but they are not the ultimate solution. Why not try kampo medicine instead of painkillers? Some people may be wondering "Perhaps it does not work right away", but most women feel the effect of kampo medicine on menstruation in about two months. Its continued use can expect to improve your bodily constitution.

### Characteristics

Your menstrual cycle tends to repeat quickly, you have large amounts of menstrual blood, and often find blood clots. Your face tends to be bright, full of color, and you often experience hot flashes. You have a strong stomach and gut, and tend to have constipation around your period.

### Recommended kampo medicines

- **Tokakujokitou**  
For constipation, hot flashes, and premenstrual irritation
- **Keishibukuryogan**  
For chills, hot flashes, stiff shoulders, and bags under the eyes.



### Characteristics

Your period often is late and there is little blood. Your face tends to look pale and you often feel cold. Your stomach and gut are weak and you tend to experience recurrent constipation and diarrhea throughout your period.

### Recommended kampo medicines

- **Tokishakuyakusan**  
For coldness of the lower body, edema, stiff shoulders, dullness of the head, and dizziness
- **Tokikenchutou**  
For mild chills and stomach pain
- **Tokishigyakugashyuyushoukyouto**  
For coldness of the extremities, headaches, lower back pain, and lower abdominal pain

Even if the symptoms are the same, if the "pattern" is different, a different kampo medicine will fit better for the person. kampo medicines should be chosen according to each "pattern".

※A "pattern" is like a "type" that is determined based on unique herbal medical diagnostic methods such as interviews, tongue examination, pulse examination, and abdominal examination.



Can I take painkillers if the pain does not go away even after taking kampo medicines?

You can take kampo medicines together with painkillers! If you take them together, you might be able to reduce the number of times you take painkillers.



## INFORMATION

### Food to fight coldness!

In Japan, you can feel the changes in the four seasons of spring, summer, fall, and winter. This is because the temperature, weather, and natural scenery such as mountains, sea, and sky change according to the four seasons.

The ingredients that are harvested also change depending on the season, and the seasonal ingredients are good for helping us cope with the changes in the physical condition that occur in that season. Ingredients that are in season in winter work to warm the body, and so are suitable as measures against coldness (including radishes, Chinese cabbage, spinach, sea bream, yellowtail, oysters, and chicken). Some ingredients can be found all year round due to domestic cultivation and importation; however, knowing the "seasonal" ingredients will make your meal even more enjoyable.

