

Kampo medicine

Kampo medicine, also known as Kanpo or Kanpo-Yaku, is a traditional system of herbal medicine that originated in China and was later adopted and developed in Japan. The term “Kampo” translates to “Han methods” or “Han medicine,” referring to the influence of traditional Chinese medicine (TCM) on the practice.

Kampo medicine is based on the principles and theories of TCM but has been adapted to suit the Japanese culture and environment. It combines traditional herbal remedies with diagnostic methods such as pulse examination, abdominal palpation, and observation of the tongue and skin to assess the patient's condition.

In Kampo medicine, practitioners use specific herbal formulas, known as Kampo formulas, which are a combination of various herbs. These formulas are carefully composed to address the underlying imbalances or patterns of disharmony in the body. Each formula consists of several herbs, and the selection and combination of herbs are based on their therapeutic properties and interactions.

Kampo medicine is commonly used in Japan as a complementary and alternative approach to healthcare. It is often employed to treat a wide range of conditions, including digestive disorders, respiratory ailments, musculoskeletal problems, gynecological issues, and skin disorders. Kampo formulas are available in various forms, such as granules, pills, or decoctions, and are prescribed based on an individual's specific needs.

It's important to note that if you are interested in exploring Kampo medicine or considering using Kampo formulas, it is recommended to consult with a qualified Kampo practitioner or a healthcare professional experienced in Kampo medicine. They can provide a thorough assessment, diagnosis, and appropriate treatment plan tailored to your condition.

Goreisan, Goshuyuto, Tokishakuyakusan, and Keishibukuryogan are frequently used to treat migraines. [Goreisan](#) is also used to treat a [chronic subdural hematoma](#). Yokukansan and Keishikaryukotsuboreito are useful for alleviating the behavioral and psychological symptoms of dementia. Keishikajyutsubuto and Shinbuto are used to treat numbness and pain associated with peripheral neuropathy. Hangeshashinto has successfully attempted to treat intractable hiccoughs. It is advisable to use an extract of stable quality in accordance with the rule of thumb described in the classics. However, awareness of side effects, such as pseudo-aldosteronism caused by licorice, is important ¹⁾

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Muramatsu SI. [Kampo Medicine for Neurological Diseases]. Brain Nerve. 2023 May;75(5):637-640. Japanese. doi: 10.11477/mf.1416202390. PMID: 37194543.

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