

Kampo Treatment *for* Climacteric Disorders

A Handbook for Practitioners

Yoshiharu Shibata, M.D.
Jean Wu

Paradigm Publications † Brookline, Massachusetts † 1997

KAMPO TREATMENT FOR CLIMACTERIC DISORDERS

Kampo Treatment for Climacteric Disorders

A Handbook for Practitioners

Yoshiharu Shibata, M.D.

Jean Wu

Copyright © Paradigm Publications
44 Linden Street
Brookline, Massachusetts 02146 USA

Library of Congress Cataloging-in-Publication Data

Shibata, Yoshiharu, 1920-1993.

Kampo treatment for climacteric disorders: a handbook for practitioners / Yoshiharu Shibata, Jean Wu

p. cm./

Includes bibliographical references and index.

ISBN 0-912111-51-8

1. Menopause--Complications--Alternative treatment. 2. Herbs--Therapeutic use--Japan. I. Wu, Jean, 1961-. II. Title.

RG 186.S6655 1996

618.1775--dc21

97-4784

CIP

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the Publisher.

Library of Congress Number: 97-4784

International Standard Book Number (ISBN): 0-912111-51-8

Printed in the United States of America

Table of Contents

Acknowledgements	v
Designation	vi
User's Guide	1
Part I: Sketches From the Past and Present	3
<i>Chapter 1.</i> Introduction	5
<i>Chapter 2.</i> History	11
I. Early period	11
II. 10th to 15th centuries	11
III. 16th to mid-19th century	12
IV. Second half of 19th century to 1950	13
V. Modern period (1950 to date)	14
<i>Chapter 3.</i> Divergence from biomedicine	18
I. Health and disease	18
II. Diagnosis and treatment	18
III. Therapeutic aims	19
IV. Preventive medicine	19
V. Characteristics of Kampo pharmacology	19
<i>Chapter 4.</i> Kampo as a complement to biomedicine	26
I. Fields of applications	27
II. Cooperation	29
Part II: Introduction to Kampo Practice	31
<i>Chapter 5.</i> Basic concepts	33
I. Formula pattern	33
II. Selected concepts of pathology	35
<i>Chapter 6.</i> The Four Examinations	50
I. Inspection	50
II. Audio-olfactive examination	51
III. Inquiry	51
IV. Palpation	54
<i>Chapter 7.</i> Abdominal examination	56
I. Preliminary considerations	56
II. Terminology	57
III. Abdominal signs	59
IV. Procedure	70
V. Summary	73
V. Medical assessment of the abdomen	74
VI. Postscript	74

KAMPO TREATMENT FOR CLIMACTERIC DISORDERS

<i>Chapter 8.</i> Pattern identification	75
<i>Chapter 9.</i> Extract therapy	78
<i>Chapter 10.</i> Technical points of therapy	81
I. Complementary use of modern drugs	81
II. Fine-tuning of Kampo therapy	81
III. Acute conditions	82
IV. Dosage	83
V. Prevention of GI disturbances	85
VI. Healing crisis	85
VII. Evaluation	86
VIII. Patient cooperation	87
<i>Chapter 11.</i> Adverse effects	89
<i>Chapter 12.</i> Road to mastery	92
Part III: Kampo Treatment for Common Disorders Related to the Climacteric	95
Introduction and general considerations	97
I. How to use the treatment guidelines	97
II. Quick reference tables	99
III. Other considerations	99
<i>Chapter 13.</i> Hot flushes and other vasomotor manifestations	101
<i>Chapter 14.</i> Sleep disturbances	104
<i>Chapter 15.</i> Emotional distress	108
<i>Chapter 16.</i> Chronic Headaches	113
<i>Chapter 17.</i> Abnormal bleeding, vaginal symptoms	116
I. Dysfunctional uterine bleeding	116
II. Postmenopausal bleeding	117
III. Vaginal symptoms	117
IV. A note on premenstrual syndrome	119
<i>Chapter 18.</i> Urinary disorders	121
<i>Chapter 19.</i> Body aches and pains	126
<i>Chapter 20.</i> Osteoporosis	133
<i>Chapter 21.</i> Atherosclerosis	138
Part IV: Formulas and Patterns	145
Preliminary Considerations	147
Appendix A: Caution List	243
Appendix B: Directory of U.S. Distributors of Extract Preparations	248
Selected Glossary of Technical Terms	249
Bibliography	252
Index	254