EL1

Psychosomatic Dermatology for Female Patients
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Skin can often be an extremely sensitive and suggestive "organ of emotion", and the "input of emotion" which correlates with the "output of somatic symptoms" induce, in part, the generation of blushing from shame or anger; of turning pale with fear, or of getting goose-bumps from unexpected emotion. Since skin can easily be watched and touched by oneself, only a little skin trouble can make one very anxious or depressed, and sometimes one’s mind may be heavily impaired by this. Due to exposed localization, skin diseases have more specific characteristics, than other diseases, which can cause not only individual but social negative consequences such as social withdrawal. And as female patients in particular have a higher consciousness of their body image, therefore, the impact of emotional stress is strong and significant; nervousness from being stared at or being too concerned about relationships with male mates. Clinical and epidemiological studies have so far demonstrated that psychosocial stress is often involved in the clinical course of atopic dermatitis, which can be characterized by dry and itchy skin with frequent relapses of inflammation and extreme pruritus. In this lecture, we report on a psychosomatic approach to the patients suffering from skin diseases including AD.

EL2

The Concept of “Aging” in Kampo Medicine (Traditional Chinese Medicine in Japan)
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Aging is a phenomenon common to all organisms. The term “aging” encompasses not only degeneration but also maturation. Aging causes various changes to the living body. Diseases associated with aging involve not only the physiological changes due to aging but also pathological changes. Not just a single organ or tissue, but rather many organs and tissues are probably altered simultaneously when an aging-related disease develops. Therefore, diseases associated with aging are complex in structure. In KAMPO Medicine, the term “treatment based on Sho” is used. This means that the method of treatment is selected on the basis of the judgment on the type of treatment. When dealing with the patient, it is also advisable to assess possible mental problems and the environment surrounding the patient, in addition to the person’s physical condition. A therapy thus selected is tailored to alleviate disorders of individual organs. It is essential to have a complete overview of the given patient’s condition. The basic view of KAMPO Medicine as pertains to aging is found in a dialogue between Emperor Ko and Gibaku in the monograph called “KOTEI-DAIKEI SOMON”. I will discuss the prevention of aging while presenting basic views of KAMPO Medicine.