

# ホメオパシーと温泉

温泉と健康フォーラム  
2013年5月24日

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  - まとめ
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- 
- 1時間
- 15分
- 1時間
- 15分

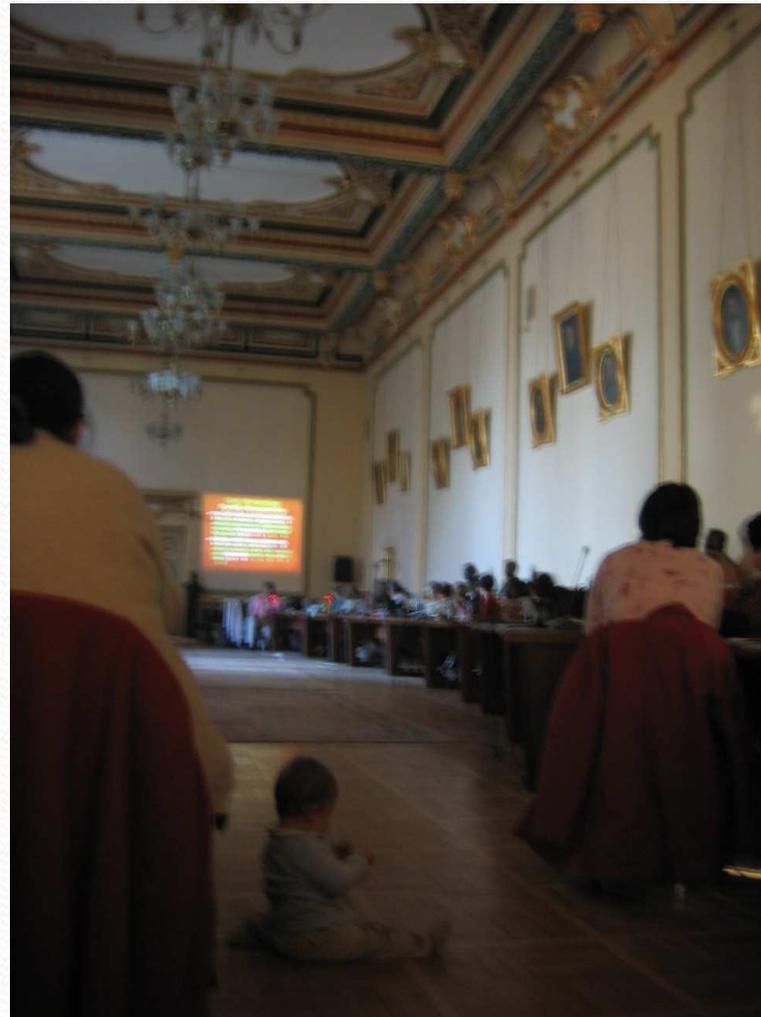
# 自己紹介

- La medicine douce (優しい医療)
- Homeopathy in Austria
- 最先端治療・研究(分子病態;がんの転移)
- WHO:生活習慣病・予防
- ギャップ:生命倫理
- 伝統医療・代替補完医療

# ブカレストのドイツ人学校



# ブカレスト大学医学部



# Baden bei Wien



# 名古屋大学病院

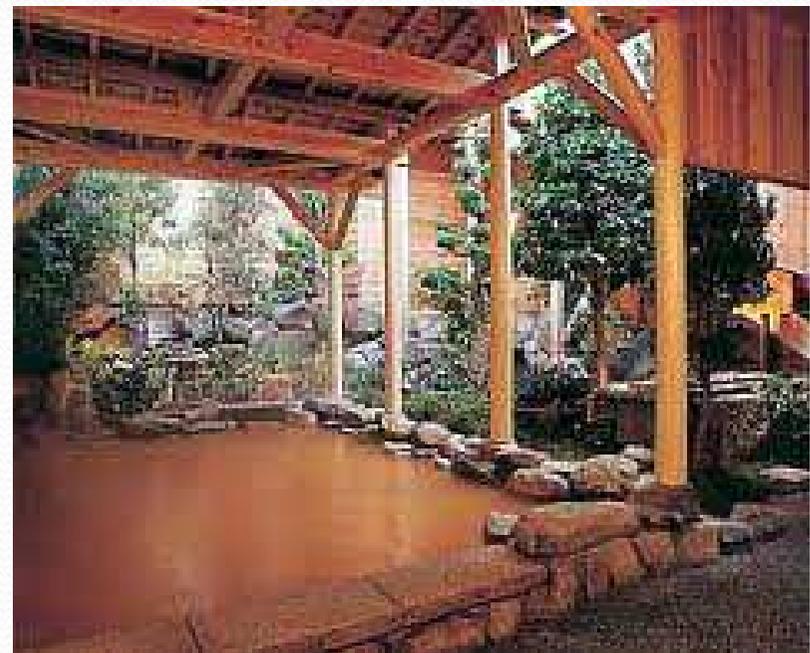


勇気ある知識人

# WHO神戸センター



- 有馬温泉

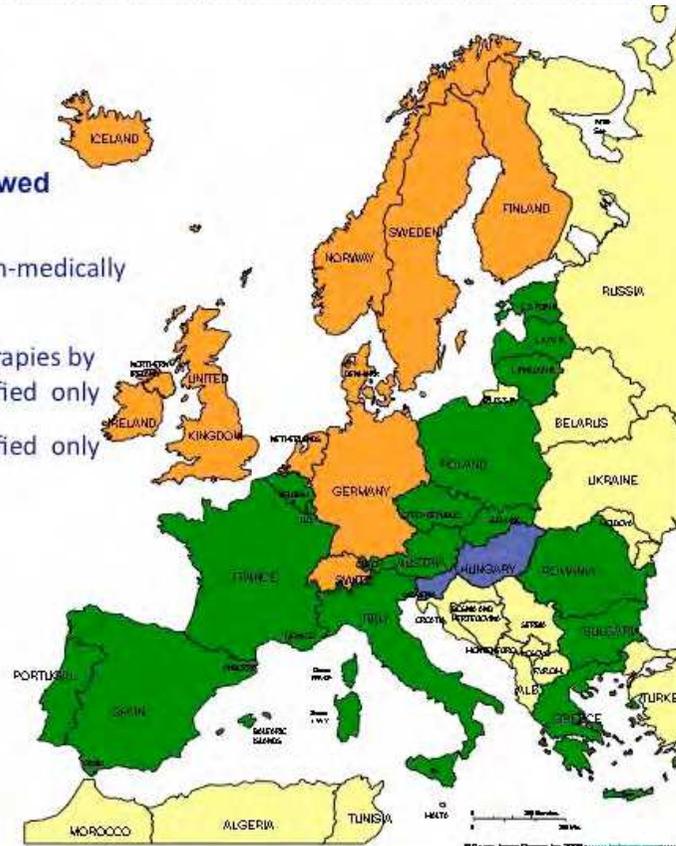


# CAM 補完代替医療



### Professionals allowed to practise CAM

-  medically & non-medically qualified
-  some CAM therapies by medically qualified only
-  medically qualified only





フランス

1200以上の温泉地

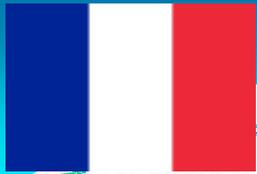
Académie de Médecine

(医学国立学術団体)が**治癒力**を認める



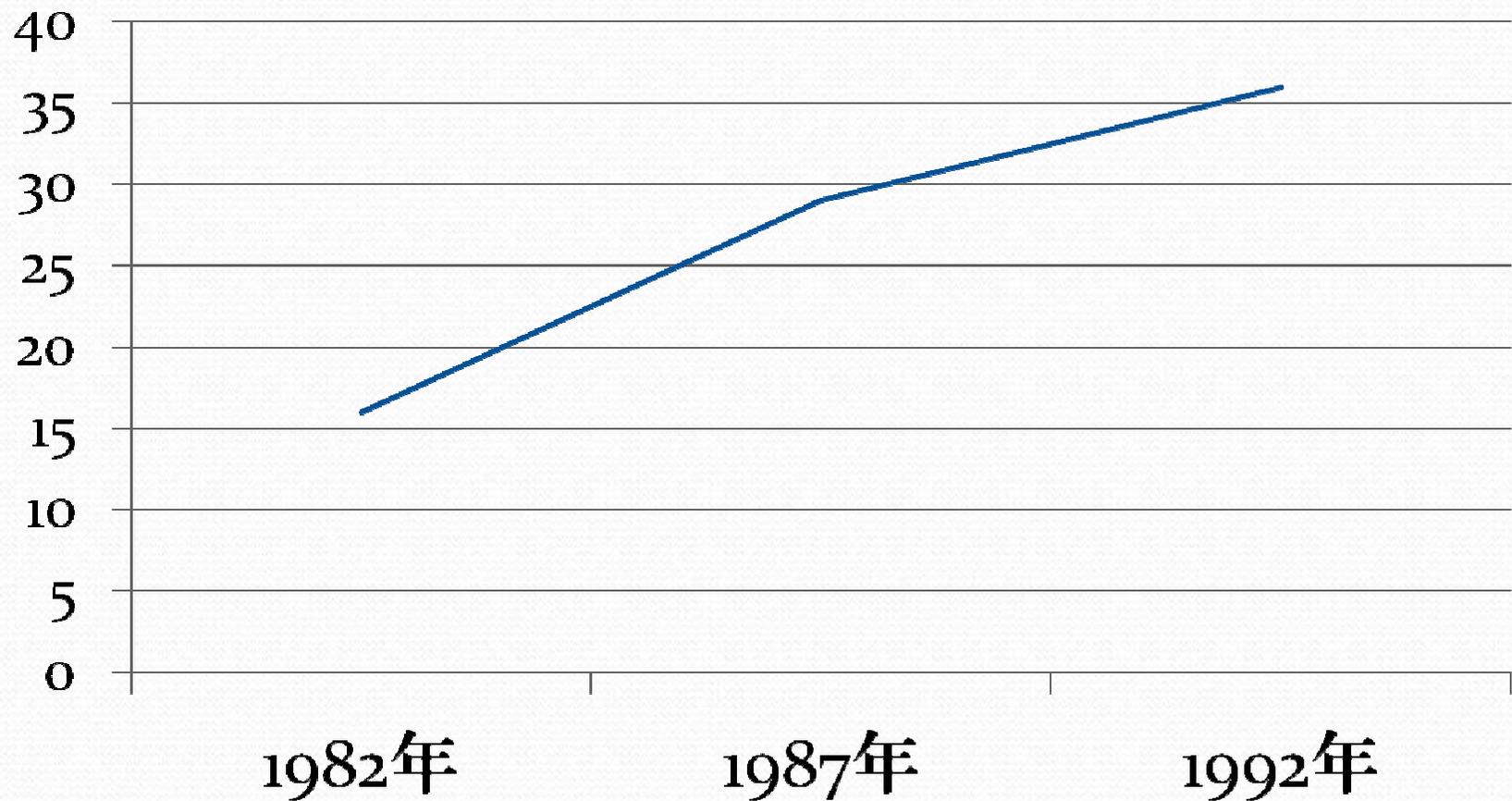
**義務が生じる:**

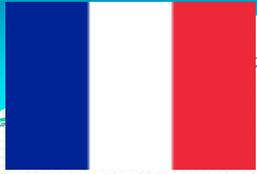
泉元の純度で安定した状態を保つ



# フランスでホメオパシーの使用率

人口の%





# フランスでのホメオパシ

- 2004: 62 % 母親ホメオパシーを利用していた (2)
- 2004: 94.5% 薬剤師が妊婦にホメオパシー医療を勧めた (3)
- 現在:70% 医師がホメオパシーを有効に思っている
- 25,000人以上の医師がホメオパシーレメディを処方する
- 7つの医科大学で教えられている (Besancon, Bordeaux, Lille, Limoges, Marseille, Paris-Nord, Poitiers)
- 大学院レベルではもっとたくさんあります
- 24薬学部 の21か所でホメオパシーが教えられている
- 歯科大学:2
- 獣医学:2
- 助産師学校:3
- Boiron (1932 年創設, 60 カ国)

# Bains-les-Bains



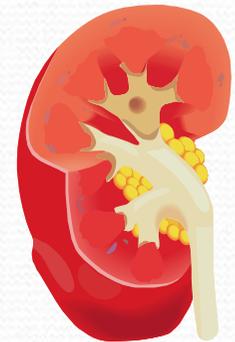
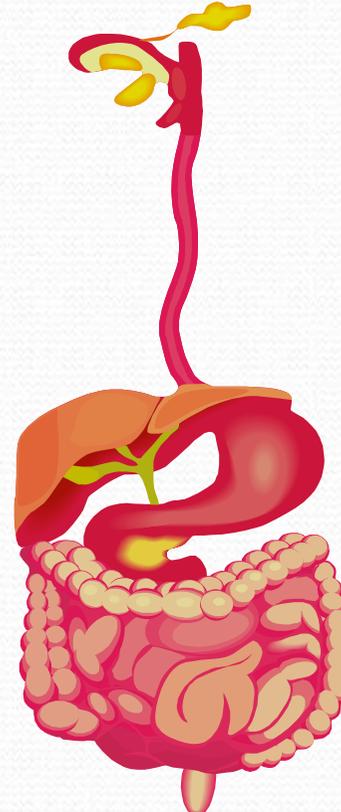


- 10%位のドイツ医師がホメオパシーを専攻にする
- それ以外の10%の医師が時にホメオパシーレメディを処方する
- 1993:1,993 医師がホメオパシートレーニングを卒業して
- 2006: 6,073 (1) (人口8200万人)
- Heilpraktiker: 9,000 人(1993); 20,000人以上(2007).
- 20-30%のHeilpraktier がホメオパシーを専攻にする
- 2005 の調査によって:26%医師がとても代替医療を支援し、25%支援する;38%医師ホメオパシーレメディを処方する
- **96%の産科医院ではホメオパシー療法が行われている(2)**
- 2003-2006 German Health Interview and Examination Survey for Children and Adolescents (KiGGS) 予想以上のホメオパシー使用

# ドイツ



- 350以上の温泉地
- 呼吸器系
- 運動系
- 炎症性リウマチ
- 児童疾患
- 婦人疾患
- 皮膚
- 循環器系
- 胃腸消化器系
- 身体代謝
- 神経系
- 腎臓、など



# 温泉療法医



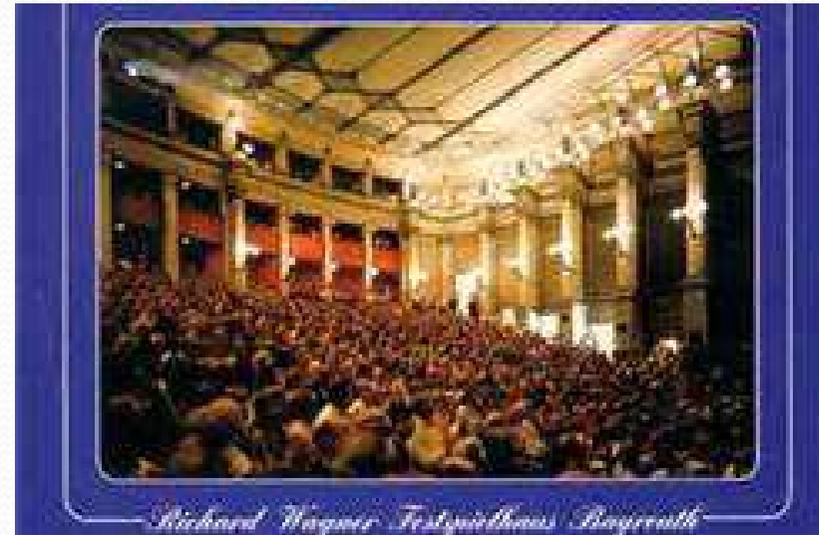
- 飲むべき量
- 期間
- 温度



ドイツ



# Bayreuth – Wagner (1813 – 1883)



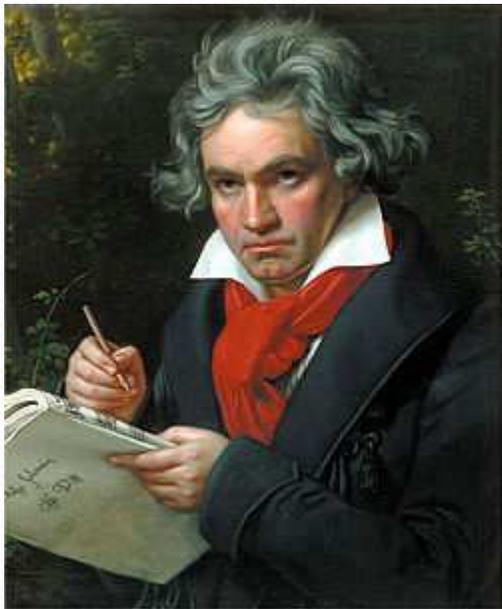


# オーストリア

- Austrian Medical Council (医師会) issues the Complementary Medicine Homeopathy diploma (350時間+試験)
- OeGHM: 850会員+ (人口: 850万人)
- 約75温泉地



# Baden bei Wien – Beethoven (1770 – 1827)



**1820 -1823**



# 英国



- 3 homeopathic hospitals within the **National Health Service** (London, Glasgow, Bristol)
- The British **Pharmaceutical** Association: debate (1992) to decide whether pharmacists should promote homeopathic medicines.



Yes!

- Scotland: 12 % of GPs use homeopathic medicines and 49 % of all GP practices prescribe them (at least one medical doctor in a group practice)

# 英国

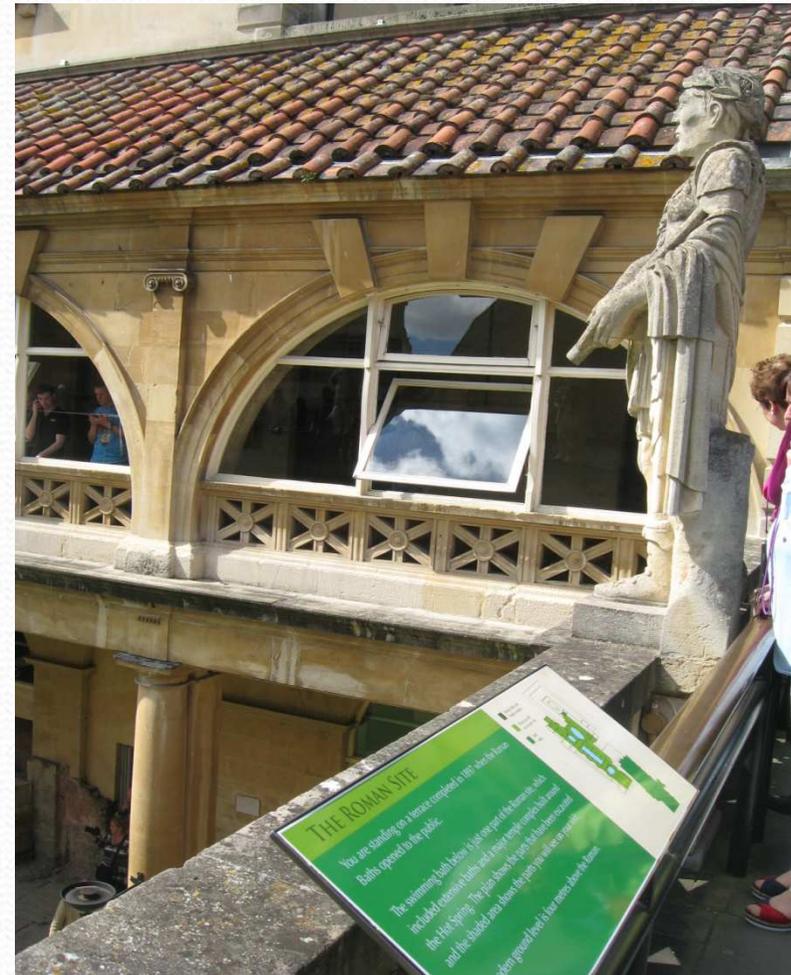


- House of Lords report (2000): 17 % of the British population use homeopathic medicines
- 1986 survey in the British Medical Journal: 42 % of physicians referred patients to homeopathic doctors
- 1990 survey of British pharmacists: 55 % considered homeopathic medicines "useful," while only 14 % considered them "useless"

# Royal London HOMEOPATHIC Hospital

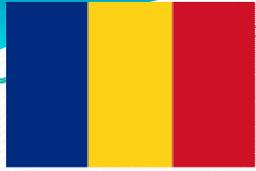


# バース現在



# Royal National Hospital for Rheumatic Diseases Royal Mineral Water Hospital (1739 )





# ルーマニア

- 160 温泉気候リゾート地
- 25 世界的で知られている
- 古代ローマ時代から:
  - Baile Felix
  - Baile Herculane
  - Geoagiu-Bai (Germisara)
- 15 - 19世紀から知られている:
  - Vatra Dornei,
  - Govora,
  - Slanic Moldova
  - Buzias
  - Sangeorz -Bai



**Baile Herculane**

# ホメオパシー



- 1980年から厚生省の下で卒後の2年コース
- 1980 から2007年まで 2038 人がコースを受けた( 1908 医師、130 薬剤師)



**Bruckenthal Museum  
Sibiu**  
ルーマニアで一番古い博物館  
1817

# 薬事博物館



**Samuel Hahnemann**  
**1777 – 1797**

**Sibiu:**  
ルーマニア初の病院(1292)  
ルーマニア初の薬局(1494)

# Sibiu: 世界初のホメオパシー薬局



# 医療 Vs レジヤ-



# 温泉療法



## Onsen (hot springs) in Japan—Transforming terrain into healing landscapes

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Onsen therapy  
Traditional, alternative and complementary medicine  
Japan

### ABSTRACT

Japan is situated on the Pacific fire rim and has a large number of hot springs (onsens). There are over 27,000 sources of such springs and the country has a well-regulated system of onsen. Within this geographical and cultural peculiarities certain unique traditional health practices have evolved, prominent among which is Tojui or onsen therapy. The article highlights various healing practices surrounding onsen, institutionalization of these practices, current policy regulations, standards and their contemporary challenges. This research used publicly available information from literature sources and data through expert interviews. It draws attention to the fact that Tojui has been marginalized in the recent health policies. The study highlights that onsen as a therapeutic landscape has an important role in maintaining health and wellbeing in the country and holds immense value in building social cohesion in local communities. The study points to the need for appropriate studies on the social and symbolic healing elements related to onsen landscapes, as well as the need for developing a comprehensive strategy for strengthening their culturally specific health management role.

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### 1. Introduction

Over the last two decades a considerable body of knowledge has been generated on the health benefits associated with specific geographical locations or regions, better described as therapeutic landscapes (Gesler, 1982, 1993, 1998, 2003, 2005; Geores, 1998; Williams, 1999b; Wilson, 2003; Williams, 2007; Kearns and Geater, 1998; Condonson, 2005). Besides highlighting the medical benefits of particular physical environments, these studies have also drawn attention to their impacts on broader emotional, mental and spiritual health and the role of such landscapes in rehabilitation, community integration and building social cohesion. Hot springs and water-related healing landscapes form a major sub-theme within such studies (Agahi and Ohtsuka, 1998; Geater, 1998; Geores, 1998; Masayuki, 1998; Yasuda, 1998; Foley, 2010). However there are limited studies on non-western approaches to healing through such landscapes as well as their culturally specific roles in health and well-being (Wilson, 2003).

Japan is a country with many active volcanoes and has the highest number of hot springs in the world. Estimations suggest that there are over 27,000 sources of mineral waters in 3070 locations of the country (Ministry of Environment, 2010) (Fig. 1). As the Japanese are a bath loving people, this geographical advantage has given rise to certain unique cultural health practices

such as Tojui. Tojui (literally 'bath cures') means the amelioration of symptoms through hot water. Another popular term 'onsen therapy' (onsen ryohou), denotes a detailed approach to health management through the use of specific onsen waters.

This article describes policies and practices related to onsen; health and wider benefits of hot springs; and their status in Japanese health care. The article highlights the need for better policy support for this existing traditional healing method called Tojui or onsen ryohou. The article starts with a section on the history of Tojui, followed by sections on Health benefits and popularity of the method; Policies, regulations and quality and safety standards; and Initiatives related to research and training. The article also compares the European practice of balneology with Tojui. This is followed by a section on modernization, which highlights the transformation of health related cultural traditions in the Japanese society. The article ends by a discussion on key challenges and the policy measures needed to strengthen such practices.

### 2. History

Hot spring bathing has a history of over 2000 years in Japan (see Table 1). During the Kamakura period, after the political center was moved from Kyoto to Kamakura, (which started in 1192 and represented the beginning of the Middle Ages in Japan), many hot spring areas were well known in the Kanto, Tohoku and Kouchinetsu regions. During the war period (1450–1601) hot springs became popular for their healing properties for

Serbulea M, Unnikrishnan P.  
Onsen (Hot Springs) in Japan —  
Transforming Terrain into Healing  
Landscapes.  
Health and Place 18 (2012); 1366 - 73

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http://dx.doi.org/10.1016/j.healthplace.2012.06.000

# 主なアイデア

- 日本は世界一温泉の数
- 文化的な財産の一つは：**湯治**



絶大なポテンシャル



# しかし。。。

- Health specialty marginalized
- Closing hospitals
- Decrease interest in population
- Inadequate awareness
- Mere recreation
- Lack of good quality obligatory education
- Insufficient research
- Decreased government support
- Overexploitation of resources

# Good News!

**39th World Congress of ISMH**  
*- Response of the human*

*body to nature-*

**MAY 11-14, 2014**

**KYOTO, JAPAN**

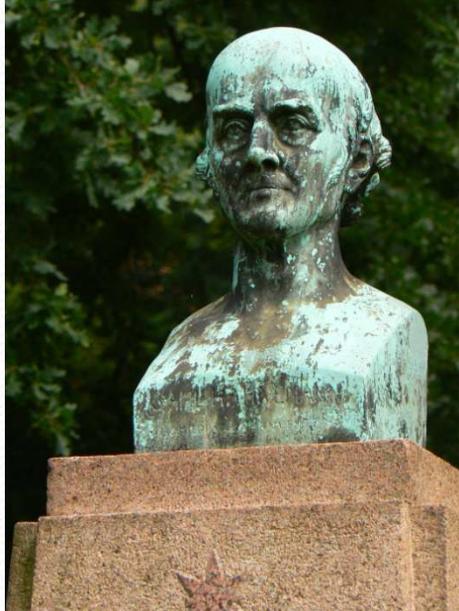


# ホメオパシー入門



**Christian  
Friedrich Samuel  
Hahnemann**  
10.04.1755-02.07.1843





## キノ皮事件(実験)(1790)

# Famous homeopaths

- Constantin Hering (1800 – 1880)
- **James Tyler Kent** (1849 – 1916)
- George Vithoulkas (1932 - )
- Jan Scholten (1951 - )
- Rajan Sankaran (1960 - )

# ホメオパシー原則ーその1

「健康な人にある症状をもたらす物質は、  
その症状が出ている病人を治す」

似たものが似たものを治す  
(*Similia similibus curantur*)  
語源 (Homeo + pathos)



## その2: 症状の全体像

- 治療対象は「**病気**」ではなく、「**患者**」である
- オーダーメイド・メディシン
- ボディ
- マインド
- スピリット

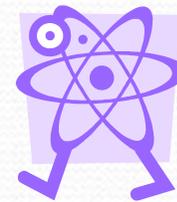
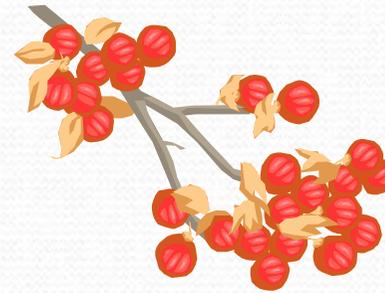
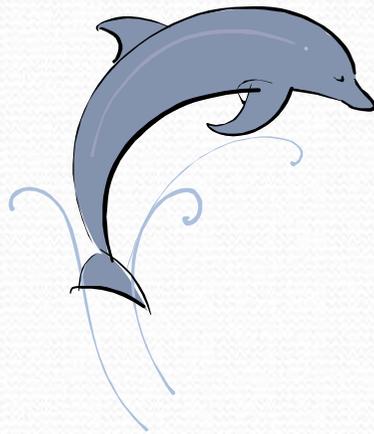


# ホリスティック・メディスンとは？



# レメディ

- 自然界のもの全て
  - 植物
  - 鉱物
  - 動物
  - 海水
  - 月光
  - X-線
  - ノソード、等



# その3:ポテンシー

## 超希釈度

X (D)ポテンシー ( $10^{-1}$ )

C (センチ)ポテンシー ( $10^{-2}$ )

薄めて+激しく振盪

C<sub>12</sub>以上の場合にアヴォガドロ数が超える



# 効きますか？

- Memory of unique water structure
- Potentization alters water structure
- Sucussion induces supramolecular organisation of water
- Nanoparticles
- Prof Montagnier:
  - electromagnetic (EM) properties of highly-diluted biological samples
  - some bacterial DNA sequences induce electromagnetic waves at high aqueous dilutions
  - It appears to be a resonance phenomenon triggered by the ambient electromagnetic background of very low frequency waves.
  - *"Electromagnetic waves alter DNA and DNA emits electromagnetic waves; I believe in holistic medicine. (NCH 2012 Reston, Va)*

# 1980年-2010年

- 302 ヒト試験
- 118 医学雑誌 (94 統合, 11 ホメオパシー、13 CAM)
- 35 植物 試験 (2003 - 2010)
- 275 動物試験(1980 - 2012)
- 225 プラシーボ・コントロールによる二重盲検法 (DBRPCT)
- 94:ポジティブ

# ホメオパシーVs 近代西洋医学 Vs プラセボ

Homeopathy	No. of Studies	No. of Journals	Type of Journal
Superior to ConMed (1997-2009)	5	4	Integrative
	6	2	Homeopathy
	5	3	CAM
	16	9	
Cost-effective than ConMed (2001-2009)	2	2	Homeopathy
	1	1	CAM
	3	3	
Equals ConMed (1998-2010)	8	7	Integrative
	1	1	Homeopathy
	4	2	CAM
	13	10	
Superior to Placebo (1980-2010)	106 (13+93 DBRPCT)		

<http://drnancymalik.wordpress.com/article/research-database-in-homeopathy-2/>

## General Statistics from 1874 to 1877 in U.S:

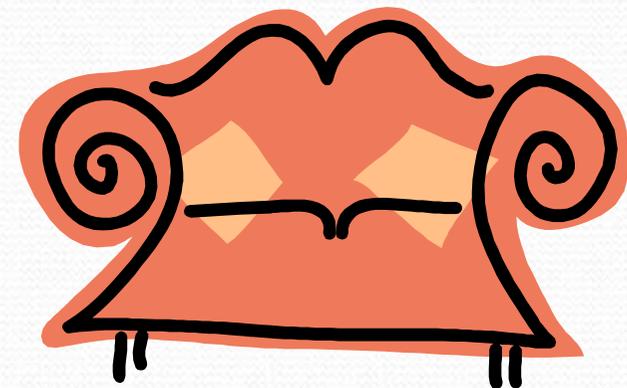
Disease type in hospitals	Mortality under Allopathic Treatment	Mortality under Homeopathic Treatment
General diseases	10%	5%
Cholera	54%	27%
Pneumonia	14%	6%
Typhus fever	21%	10%

# EPIDEMICS IN CUBA 2004 - 2010

- 2009年12月から2010年1月の間 キューバ人口の90%がホメオパシー予防薬を服用した。(Homeoprophylaxis)  
呼吸疾患、インフルエンザを含む
- 2004-2007:A 型肝炎 (140万人)
- 2006-2009:デング熱 (15万人),
- 2007-2008 : Leptospirosis (230万人)
- 2008-2009: 結膜炎 (18万人)

# 症状は

- 自己回復反応のあらわれである
- 急性症状・慢性症状
- 身体的症状
- メンタル症状
- 全般身体的症状
- 病的に意味のある症状



# 治癒の法則（Heringの法則）

- 上から下へ
- 内側から外側へ
- メンタル症状から身体的症状へ
- 現れた順番の逆に消える



SAPERE AVDE.

# ホメオパシーと放射能

- 目に見えない
- 高いエネルギー
- 低レベルでは活性化、高レベルでは毒
- 粒子と波動

# ラドンとは

- ラジウム【天然】元素より放出される、ほとんど化合物をつくらない安定希活性の気体であります。ラドンの人体におよぼす特性
- ラドンは自然界に存在する物質中で、もっとも強力なイオン化作用〈物質につきあ  
たると、その物質にイオンを与える作用、別名電離作用〉を有するものであります。  
ラドンの適当量が温浴中に人体の呼吸により肺り直接血液中に、  
また皮膚を通して組織内に吸収されると、  
その強力なイオン化作用が人体の血液および組織内に働いて血液内の老廃物質、  
血管を早く老化させる中性脂肪、コレステロール、過剰な糖分等の生理的代謝作用  
が促進されるため、  
血液が浄化されると同時に組織内に停滞している凝りや、痛みの原因となっている  
老廃物の化学反応が促進されてすみやかに消退してゆく  
血液や組織内に熱エネルギーが発生しますので体温上昇の生理調整が行なわれる  
結果として、  
入浴開始後十分位で急激な発汗作用が起こり、快い温感を覚えます。

# 硫黄 (Sulphur)

- 温泉
- ワイン
- ホメオパシーレメディ



# Slanic Moldova

## Caracterizare chimică

Apă sulfuroasă, sodică, clorurată carbo-gazoasă, bicarbonată iodurată și hipotonă

## Indicații terapeutice

CURĂ INTERNĂ

**Afecțiuni gastrice:** gastroduodenite cronice, ulcer, tratament de repaus funcțional al ficatului

**Afecțiuni hepatobiliare:** colecistită cronică simplă sau litiază, diskinezie biliară, pancreatită cronică,

**Boli metabolice:** gută, obezitate, dislipidemii

**Acțiune antialergică:** urticarii, alergii alimentare

IZVORUL  
1



- 
- **Second Congress Homeopathy in Mental Health  
2013  
March 8-10, 2013 in Bad Krozingen, Germany  
with Jan Scholten, Rajan Sankaran, Louis Klein,  
Jonathan Hardy, Farokh Master and Mahesh  
Gandhi**



# まとめ

- 統合医療
  - いつまでも好まれる
  - 制度による人気度？
  - 医療(ホメオパシー)
  - 森林浴
  - 温泉療法
  - 音楽療法
  - 食事
  - ワイン
  - 等



# 統合医療

漢方

音楽

鍼灸

食事

森林

温泉

ホメオパシー



ご静聴ありがとうございました