

Symposium | Psychopharmacology : [Symposium 89] Traditional Medicine and Mental Health Care

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Room 6 (Conference Room B)

## [Symposium 89] Traditional Medicine and Mental Health Care

Moderator: Fumiya Miyano (Department of Psychiatry, Hokkaido University Graduate School of Medicine)

### [SY-89-02] onsen and psychiatry

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Japan has numerous hot springs(onsen) since ancient times. Hot spring therapy, in its narrow sense, encompasses the following effects: 1.thermal effects, 2.physical effects such as buoyancy, water pressure, and viscous resistance, 3.chemical and pharmacological effects due to contained substances, and 4. indirect effects such as the direct effects of drinking hot spring water and the body's physiological responses to stimuli. Additionally, environmental factors such as marine, forest, and terrain conditions, as well as activities like exercise, diet, and physical therapy conducted in hospitals or facilities, combine to form broad-spectrum hot spring therapy. Traditionally, hot springs have been said to offer the “three benefits of hot springs”: rest (recreation), health maintenance (convalescence), and disease treatment (therapeutic care). While there are reports that hot springs are effective in treating muscle pain and skin diseases, recent studies have also suggested their potential impact on mental health improvement. For example, a survey examining the relationship between hot spring bathing and depression among elderly Japanese individuals found a correlation between regular daily hot spring bathing and lower rates of depression history. In this presentation, we will discuss the intersection of hot springs and psychiatry while touching on the differences between hot spring cultures in Japan and overseas.