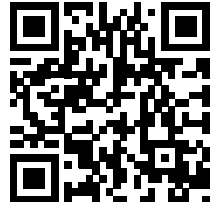


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Early Japanese Medical Practices



In ancient _____, people believed that illnesses were caused by evil spirits. They relied on _____ to communicate with the spirit world and heal the sick. These shamans performed rituals and used herbal _____ to treat various ailments. Over time, as Buddhism was introduced from _____, it significantly influenced Japanese medicine. Buddhist monks, who were also skilled in _____ medical practices, began to integrate these techniques with local traditions. They used _____ and moxibustion (a therapy that involves burning dried plant materials on or near the skin) to treat _____. Additionally, they emphasized the importance of _____ in the body's energies, a concept central to Chinese medicine. The creation of the first Japanese medical _____ in the 8th century marked a significant advancement. These texts, heavily influenced by Chinese _____, laid the foundation for future medical practice in Japan. Among the most famous works was the _____, a comprehensive medical text compiled in the 10th century. This book included a wide range of _____, from herbal remedies to surgical techniques, and became a crucial reference for Japanese _____ for centuries. Despite the influence of Chinese medicine, Japan developed its own unique medical _____. Local herbs and treatments were documented, and the practice of _____ medicine, which focuses on herbal remedies, emerged. By the _____ period (1603-1868), Japan had established a well-developed medical system, with schools for training _____ and a growing compendium of medical knowledge.

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Chinese texts balance patients medicine acupuncture remedies physicians