



JAPAN'S CULTURAL HERITAGE AND TRADITIONAL HEALTH SYMBIOSIS

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ABSTRACT:

The dimensional dysphonia of the Japanese health network and the expulsive response to transferable and non-transferable disease results from the ever-changing policies and periods the continent had condemned over decades from colonial redemption and the nepotism phase of time. Japanese expectancy over health administration has become a worldwide standard for efficient health care with low rates and expenditures. It is notably justified that Japanese citizens have a higher age factor and high active life resilience for accommodated and energetic life acceptancy. According to the international birth rate control league, Japanese female life expectancy is ranked number one globally since 1980. Also, over twenty years, the life expectancy of Japanese citizens has increased by 5.5 percent from 81.9 years in 1990 to 86.4 years in 2010 for females and from 75.9 years in 1990 to 79.6 years in 2010 having a life expectancy of 84.79 years in 2021. Japan is a cultural and sub-cultural state having a pre-dominated claim over its health and remedial supremacy from the 19th century. However, modernized western supremacy has prompted traditional Japanese living standards with the diverse art



of food and healthy life. Society-based values, traditions, and cultural remedies prompt Japanese policies. The article will prognosticate the pre-dominated history of Japanese health care and the past chain of dangerous diseases and mortality rates within Japanese cities and townships. The study of terms and policies of the Japanese healthy sector with the western health dominance with the brief analysis of medical expenditures between the two traditional and scientific regions.

KEYWORDS

Japanese Health, Disease, Cultural Heritage, Civilization, Herbal Treatments.

INTRODUCTION

The ancestral clause of Japanese health and medical leverage underwent a drastic change after the ravage of the Second World War to a status quo competitive with its rivals and foes in the past. Japanese health symbiosis follows a rigid discipline and strict ordinance with fifty articles and delegations that serve the networking of 1000 health quarters with hundred to six hundred thousand residential and non-residential citizens. Apart from these ideal measures, Japan's exclusive health education and nursing education serve as an adequate response for handling venereal diseases and maternal diseases (infant, morbidity). (NCIB)

Japan is one of the ancient civilizations and nation-state systems existing in modern times and has been residing along the eastern coast of Asia for decades. And is ironically identified as a state having diverse social health and political problems. The existence of Japan starts from the rise of the Paleolithic people with the attachment of bio-macron diseases and health hazards which originated from the breeding of domestic folks within the hunter-gathering societies and tribes. The diseases that were predominant in the Paleolithic era were the origin of Tuberculosis, Malaria, and Pertussis immigrated by cultivating animals and environments.

Moreover, in the 8th century, Japan was manifested by primal diseases which were notably cured by the belief in God and Buddha worshipping, however, modern diseases like typhoid, and dysentery cholera changed the course of Japanese culture from foreign countries.

In a more specific traditional way, Japan is known for the treatment of diseases through herbal remedies (KAMPO). The term "Kampo" was used to designate a variety of herbal methods also imitated by the Chinese Hans period (206BC. To 220AD.), this was done by the principle of the Therapeutic Booklet named "Shang



Han Lun” the traditional methods of Kampo were practical from the Edo-period till present. The interaction of globalization of Japan from the outside world led to the knowledge of Chinese medicine and cultural remedies.

During the Edo period, the Chinese were known for using crude drugs which were an efficient remedies and prescriptions. From a pessimistic view, the Japanese were against the adequate use of drugs and claimed that it was against their physical discipline and order. The Japanese meaning of a healthy life comes from their physical yet spiritual action and nature. Japan is a center of mystic temples and shrines where belief in spiritual balance leads to physical well-being. Japanese secrets to an active and happy life came from their indigenous diet. Clinically Yoshimasu Todo believed in the internal examination of a patient to cure physical fatigue. For him “gaining information about a sound body was to examine the abdomen of the patient for which he developed a Palpation technique. The results of the abdominal palpation should give additional clinical information to select the most appropriate herbal prescription for the patient. Yoshimasu Todo's pragmatic attitude and his abdominal palpation as a diagnostic provider increased a strong influence on Kampo therapy right up until the present day. Japanese uses the Kampo treatment for curing cancer, nausea, abdominal pain, and constipation, because of its extensive effectiveness and herbal usage, culturally Kampo is an ideal Japanese secret and choice of therapy.

SCOPE OF THE STUDY

The article will prognosticate the pre-dominated history of Japanese health care and the past chain of dangerous diseases and mortality rates within Japanese cities and townships. With the study of terms and policies of the Japanese healthy sector with the Western health dominance with the brief analysis of medical expenditures between the two traditional and scientific regions.

LITERATURE REVIEW

JAPANESE CULTURE OF REMEDIAL HEALTHY LIVING

Traditional morphologies and customs of health care in Japan are more diverse than that of the West. The concept of simplicity of life and happiness is associated with the concept of pride and body purification. This stratification is linked to high and low family expectancy with the harness of economic and financial strain, resulting in a good or poor health life standard among family, business, and education. In a social constrain Japanese privileges to family or individual health reside from the



ethic a family lives an active life if the family is not stratified under those terms there are termed as “Shikata Ga Nai” which means that they can't be helped for their flaws to maintain a healthy living.

SHINTOISM, BUDDHISM & QI

Shintoism, Buddhism, and QI believe in the development of a sound and healthy body by mind and psychological, and spiritual thinking. The cultural adversary of Japan is connected with Chinese methodology and the age of the discovery of medicine. The cultural and architectural style of both of the ancient states is identical in terms of similar medication and religious practices. Japan is greatly influenced by Buddhism's art of maintaining a healthy life and sound body although its main manifested religion is Shintoism. Shintoism is an ethnic and spiritual religion practiced in Japan, Shinto represents the QI of Kami (spirit of nature and sacred realm). Known as the Torii gates or Japanese gates.

Shintoism, Buddhism, and QI, which advocate the unity of mind and body, have contributed to the Japanese philosophy of life. The practice of psychosomatic medicine emphasizes the connection between mind and body and combines psychotherapies (directed at the mind) and relaxation techniques (directed at the body), to achieve stress management. Participation in religious activities such as preaching, praying, meditating, and practicing Zen can also elicit relaxation responses.

CONFUCIANISM AND FILIAL PIETY

Confucianism is defined as the ethical code that follows the concept of Filial Piety. The notion of this concept revolves around the responsibility of a son or daughter to take responsibility for their elderly parents when they are reaching the end of their living. If parents are taken to a facility instead it's considered a shameful act. The ideology of Filial piety and Confucianism is a Chinese tradition based on their norms and traditional codes. Japan is a consistent state having a large count of elderly population. The concept was arranged legally in Japan by the “Meiji Civil Code act of 1898 which designated the eldest son to be the guardian of their elderly parents upon the neglect of pledging Confucianism the eldest son by traditional law was sent to “obasuteyama” a mystic mountain where the neglecter is sent left aged, self-help and left in starvation to seize death.

***MIND-BODY CONNECTION & HEART TRANSPLANTATION***

Traditional Japanese & remedial practices believe in integral mind & body connection. The concept of declaring death for a patient having his neuron receptors shut off is rare and considered a pitiful act by the health professional in Japan. By nomadic pragmatics, the spirit of an individual resides in the thorax. As heart transplant procedures were practiced in the west Japanese rejected the ideal until the 1990s when it was legalized in Japan.

Japanese medical literature believes in the youthfulness of the body and a healthy mind or simply (men's sane in corpore Sano) in Japanese which means a sound mind in a sound body. "Having a youthful mind also drives toward a healthy lifestyle that will slow the aging process" and provide relief to mind strains and depression. (Solomon Breznitz)

In the contrast to medical sciences associated with the west, the connection of mind and body if un-stabilized leads to mental disorders and cardiovascular diseases. Diseases like hypertension, diabetes mellitus, and obesity can generate a negative impact on the heart, increasing cardiovascular failure. One of the most endangered intuitions of stress is the "Takotsubo" or "stress induce" in which intense psychological distress generates irregular heartbeat and ventricular dysfunction. In the aftermath of the January 1994 Northridge earthquake, the Los Angeles cardiovascular rate increased by two-sixty percent compared to other months of that year. A 2.5 to 4.9 percent increase in anxiety causes cardiac dysfunction like coronary artery disease and myocardial fractures in patients with depression.

HERBAL AND TRADITIONAL TREATMENTS

Japan is known for treating diseases through herbal remedies (KAMPO). The term "Kampo" was used to designate a variety of herbal methods also imitated by the Chinese Hans period (206BC. To 220AD.), this was done by the principle of the Therapeutic Booklet named "Shang Han Lun" the traditional methods of Kampo were practical from the Edo-period till present. The interaction of globalization of japan from the outside world led to the knowledge of Chinese medicine and cultural remedies. Kampo was an herbal spiritual method used to intercept the flow of QI to cure disease. Japanese Kampo is made from natural ingredients—mainly plants, sometimes with minerals and animal products included. Some of the core plant ingredients include Ginger, Cinnamon, Licorice, Medicinal mushrooms (no, not *those* ones) Ginseng, and Pinellia (*you may not be able to import Kampo containing this into the USA), Perilla & Magnolia bark. The method extensively focuses on diseases ranging from colds to stomach aches and anxiety.



RELIGIOUS AND CULTURAL HEALTH MEDICATION IN JAPAN

In Japanese literature, religion is considered the core element of healing an individual from his or her illness whether its psychological or physically integrated relationship between religions plays a significant role in healing minds and sound bodies. In relationship with soteriology, Buddhism is an ideal practice in medicine in Japan & India. In Buddhist religious practice, there is a much closer connection between “salvation” and “healing” than is suggested by doctrinal texts. (Winfield 2005: 108). From the beginning of time, a Buddha was considered a healer or doctor to cure diseases on the basis of spiritual consent. The practices followed by Buddhists were known as the “Four Noble Truths” which included: identifying the symptoms of suffering, revealing the causes of suffering, stating the way to heal the disease, and prescribing therapy. Which resembles the medical interpretation of diagnosis, etiology, recovery, and therapeutics.

According to a well-established theory formulated by the German sociologist Niklas Luhmann (1927–1998) and others, the major function of religion lies in its capacity to enable people to cope with contingency (“Kontingenzbewältigung”). (Luhmann 1982: 154).

Religion has a stronghold on curing hazardous diseases. According to the statistical survey among 388 religious corporations including one hundred and forty-three Shinto temples, one hundred and fifty-seven Buddhist, fifty-eight Christian, and thirty other diverse religions. The participants were asked to answer questions based on religious beliefs and living practices. The results showed the diversity that Japanese religion believed in the faith of living will and natural cure.

A Buddhist once suffered from a severe stroke in 1800. And refused to take any modern medicine for its prevalent cure. Because he faithfully believed in the healing power of Dharma. Also, he wasn't convinced about receiving, modern protocols of medical assistance and showed the response of dying in the monastery naturally without any medical or technological assistance, after a few days the man was put on a ventilator by his companion monks who began to protest against the decision of doctors but the doctor's efforts were futile against the monk's persuasion. The patient died on July 8, 1993.

Apart from having a religious belief for a cure, a handful of psychological disease is treated naturally by meditations and physical and locomotive exercises to ease the mind. Japanese culturally believe that physical disorientation of the body, laziness, aging fast, primary feeling exhausted, or having a lost thought begins due to a week of a distressed mind. Which can be cured by a balanced diet and



prolonged exercise or meditation. But under non-disclosed medical forensic reports, psychiatric illness is common in Japan. Under the condition of schizophrenia, the seventh percent of doctors request the report of the patient about its diagnosis.

One of the remedial ways in Japanese methodology to cure stress and emotional resilience caused by schizophrenia is through practicing Buddhism and stoicism ideologies. In accordance with the religious mentioning, diseases having a neurological setback can be cured by recycling negative energy into positive or balancing ying yang. Buddhism and stoicism focus on the notion of gentle movement and long life.

Japanese are also found practicing Zeno Buddhism, which synchronizes with the art of meditating to cure stress because stress is legitimate it can be caused by a variety of reasoning which tends to create a negative void in the human body culturally you feel emotionally less with no will of survival but under medical terms your heartbeat races, and your body becomes heavy, your pituitary glands produce hormones that release corticotrophin which circulates inside the body through the nervous system making you worried in the situation you're in. Siddharta Gautama was a prince of Kapilavastu, Nepal. He was married at the age of 16. And not satisfied with his family fortune he decided to live a different life as an ascetic. But it didn't work out he was in stress from feeling and living a disappointing life after letting go of his family fortune. And realize the things gifted to them were his, overdoing it or overwhelming it may lead to a destructive mind.

THE ART OF USING MEDITATION TO RELIEVE STRESS

Zeno Buddhism is famous for following the practice of Zen meditation which was introduced in the Tang Dynasty in the 7th century. The mainland of the practice is China from China it spread to Japan. In Japanese literature, the term Zen solely means concentration of mind and body in one dimension.

Zen meditation is a traditional Buddhist discipline that can be practiced by new and seasoned meditators alike, Zen practice can benefit people in myriad ways, including providing tools to help cope with depression and anxiety issues. The deepest purpose is spiritual, as the practice of Zen meditation uncovers the innate clarity and workability of the mind. In Zen, experiencing this original nature of the mind is experiencing an awakening.

Having stress is common in your practical life. To a report published by the APA (American Psychological Association), the USA is on the verge of having a stressful mind and body among people which has increased drastically over the age



of 10 years. This chronic stress is dangerous for causing health issues, such as high blood pressure and heart disease.

Meditation is a simple phenomenon leading to spiritual and physical recovery of the mind and body of an ill-mate person trying to cope with society's pressure and living. Meditation is clinically diagnosed with extreme health benefits as it copes with anxiety, relieves stress & reduces chronic pain. Zen Buddhism is famous for using the Zazen meditation technique. Zazen meditation tends to make an individual realize their deep-rooted thoughts and contemplation.

John Hopkins, a professor at the University of Baltimore studied the phenomena of meditation under the division of 19000 meditation studies and 47 well-planned strategies to conclude a gesture in the JAMA international journal of medicine that "mindfulness is a dimension that is achieved by meditation which in term reduces psychological stress and consent pain."

In order to justify the factual response of Johns Hopkins theoretical analysis Dry Elizabeth Huge, a psychiatrist at the "center for anxiety and traumatic stress disorder (Massachusetts general hospital) jotted that "mindfulness makes it easy to focus on deep concentrated thoughts with perfection, ultimately treating anxiety. Because people with any sort of anxiety disorder cannot channel back-and-forth thoughts in a straight line. They can't recognize the difference between a realistic equation of problems from an intuitional unrealistic moral of thoughts and fear in their mind.

According to Huge analysis, an individual going under a certain circumstance or event that he fears would end in disaster alternatively channels a series of unproductive but stress full feelings of fear and inferiority and capabilities which can be avoided if the person experiencing these thoughts generate a strong sense of resilience. The inferiority complex of the mind generates false thoughts that you might lose your job or you're not doing things efficiently as they should have been done or a task may run into a disaster! But if that person trains the mind to be what is real and thinks okay, I have been there before but it's not the real me, power of positivity arises in the mind which increases the neuro receptors of the mind and body to react more rigidly and realistically.

Meditation to create a dimension of mindfulness follows techniques like Yoga or Tai-chi, yoga is popular both in japan and the Western domain. It's an easy yet productive method for relieving stress and anxiety and making the body produce. The original symbiosis of yoga comes from India, termed Yoke means (crosspiece that binds the draft animal to one another and the cart there pulling). Yoga in Japan strives to symbolize the binding of a human embodiment with nature, with the



purification of the soul as it brings humans closer to nature and the divine process. The most famous form of yoga is the mantras and hatha yoga, which tend to relieve stress and chronic pain and provide a constant state of relaxation.

However, Tai-chi is a martial art technique known as (taijiquan), which is a traditional technique of Buddhism and Confucianism. Which is popular in Japan and was up-rooted by Taoist masters Zhang Sanfeng and Yang Luchan in the 19th century. Tai-chi is a Japanese art that symbolizes the betterment of health and inner peace. Provided it also symbolizes the act of self-defense that controls the body's rhythm and stillness and controls your anger to channel it to productivity.

JAPANESE CONNECTION TO PSYCHOSOMATIC ILLNESS

Furthermore, although depression itself has not been tested for psychiatric illness, somatic symptoms are common to depression (Nakao et al., in some cases, including the so-called concealed or depressed depression, the signs of mild depression and the perception behind the variability of somatic disorders. From a risk management perspective, early detection of depression is important in terms of clinical and economic aspects because early diagnosis reduces the direct costs of persistent depression, as well as the costs of family and hospital care in addition to community services; studies, the occurrence of major depression was significantly associated with the total number of somatic symptoms, and the area under the receiver-operator discrimination curve (ROC) was 0.92 for men and 0.81 for women, mimicking the sensitivity and specificity of the total number of symptoms to distinguish major depression (Nakao and Yano 2003). Nausea symptoms such as low back pain, dizziness, and abdominal pain are significant risk factors. An increase in major depression in the coming year (Nakao and Yano 2006). The results of these studies have documented complaints of somatic symptoms as a simple and useful predictor of major depression. Drug therapies such as antidepressants and anxiolytics are usually at the forefront of safety in treating psychosomatic disorders (Nakao et al.). Function; they learned to recognize automatic beliefs and cognitive bias associated with stress-related physical and psychological symptoms (Nakao et al.). Participation in various recreational psycho-education programs and physiologic training has led to improved stress management skills and mental deterioration. Patient's physical symptoms.

The United Nations universal declaration of human Rights adopted a firm policy exposure to the mental health symbiotic freedom of individual mental health conditions and psycho-social disabilities on June 2016. Which is a grounded statement legalized the practices of technical assistance. Upon the status of ensuring



a sustainable mental and physical health diagnosis and cure to practice other fundamental human rights. Universally it was declared by the United Nation Human Right Council that “The right to the highest attainable standard of physical and mental health is a fundamental human right indispensable for the exercise of other human rights. Health describes a state of “complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Mental health may, in its turn, be defined as “a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.” In the case of children and adolescents, mental health refers to “the capacity to achieve and maintain optimal psychological functioning and well-being.”

HEALTH CARE & HEALTH ILLNESS TREATMENT IN JAPAN

William Steslicke, in a study of the Japanese health system, what he calls a "health miracle" (a dramatic improvement in life expectancy and infant mortality) is medical costs (increased pollution and heart incidence). In contrast to the illness caused by). Illness and cancer, among many other problems). Steslicke points out that the Japanese, like people in other developed countries, have become "healthy consumers" who expect and demand the availability of high-tech specialized medical services. The local GPs, acupuncturists, and massage therapists have ample staff, but the demand for large central hospitals is high.

The characteristic of Japan's medical system that causes “Chronic Policy” problems is a combination of a privately paid doctor-centered medical system and a compulsory medical insurance system. Although the health insurance system is universal, many people do not use it and instead are covered by private insurance such as pension funds as well as illness. These privacy policies offered to employees of large corporations are far superior to the state plans normally received by small business owners and employees, as well as the poor in society, such as the elderly and the unemployed. The same system contributes to poor coordination and continuity of services from primary to specialized health care, low interest in rehabilitation and prevention, and poor community health planning. Many permanent and well-known projects have been undertaken to remedy some of the shortcomings of the closed personnel system.

Traditional medicine has entered the world of big business, a change that has enormous implications for both modern and traditional medicinal practices. The Stelicke chapter describes the health system's efforts today, the roles of the various



government agencies in this process, and the complex report of these agencies to the medical profession and the "health sector" mainly composed of the drug. Japan under wages in the "Universal Health Insurance System" policy, which enacts a freelance stability module for the people's desirable living and health subsidies on traditional and non-traditional medication prompts. This means they can get an examination checkup for their indispensable disease at an affordable lineage cost and trait. Without worrying about the deduction of the per capita length of Japanese health insurance.

The per capita health insurance rate over the edge of Japanese health insurance is based on the constructive policy of "Community-Based Health Insurance," which enacts the government to subsidize beneficiary capital and a municipality ordinance to subsequent drug and retail expansionism by 10 percent from the 1950s-60s till today. The subsequent act has been revised and mounted a threshold effect in the year 1955 which enacted the increase of the subsidizing policy of the Japanese government by up to 20 percent. That proclaimed the status quo of pro-active urban and rural health referrals by contributing a financial hold and promoting health facilities and remote hospital boots with accessible tier manifesto implementation. However, the Ministry of Health and Welfare (MHW) did not acquaint itself with these recommendations. Universal health insurance exposure emerged as a political urgency around 1955 contrary to the following experiences. Initially, while achieving rapid economic recovery after the war, Japan faced a persistent social difficulty: poverty among those not concealed by any health insurance and had to shield their medical expenses. In 1955, health insurance did not conceal 30 percent of the population. In addition, there was accumulative criticism from the people over discrimination of prospects for medical insurance against municipalities

JAPANESE DIET AND LIFE EXPECTANCY AS COMPARED TO WEST & SOUTH

Japan is considered a populace state having the highest life expectancy rate among other Western and Eastern states, according to the WHO analysis the average age gap between consecutive gender is six years in which, while women have a life expectancy of eight-six years. While men The average life expectancy ratio in the west and south is eighty years in Italy, eight-three years in Switzerland 81.2 years in Iceland, and 80.9 years in Australia. But overall demographic birth rate inoculates that Okinawa has the highest life expectancy in Japan.

Okinawa is signified among those cities which were largely affected by World War II. As a result, malnutrition and lack of resources were high in the 1940s and the



1950s. Apart from this Okinawa's food and cultural heritage manifested and practiced in Ryukyu Island deems a long relative life expectancy and lower disability rates. Okinawa's food heritage comes from the South-East Asian culture and Chinese food décor and principles. Consuming food in Okinawa is like medicine and traditional healing practice to ignite positivity and constantly oppress negativity. Okinawa culture believes in good food and health parameters and has a low expectancy rate over the spread of diseases.

The mortality rate in Okinawa is low regarding cardiovascular diseases, mainly achieved by a moderated diet. According to "the Okinawa program" proverb by Makoto Suzuki, a cardiologist at the University of Ryukyu.

Okinawa citizens eat a variety of vegetarian food in order to maintain the spectrum of a healthy diet. Almost 206 kinds of spices are used to make the vegetarian diet. In a day eighteen different nutrients are consumed in the process, which is a striking consent to the cultural food chain.

Okinawa citizens are quite skeptical when it comes to consuming fruit and vegetable, they have to look at the rainbow pattern in the table, which features carrots, spinach, cauliflower, red pepper, and eggplants. More than 30% of the calories are consumed daily by these nutrients.

Japanese people are fond of eating rice and rarely consume white sugar, brown sugar is used as a food delicacy, and chocolate or sugary treat is less part of their diet.

Whereas if we look at the western part of the world modern ready-to-eat food or supper is used for consumption which leads to obesity and high cholesterol rate. The increase of high cholesterol levels due to fast food consumption has increased dramatically worldwide. Typically fast foods are defined as "Enriched saturated fats and artificial flavoring offered by the restaurants over a pre-heated procedure and served to a variety of classes worldwide and in Pakistan." According to the national health survey, it is profoundly testimonial to say that the high hydration level of sweet beverages elevates the risk of cardio-vascular disorientation due to bad cholesterol levels and obesity in the human body. The USA alone contributes about sixty-eight percent of the annual obesity and high cholesterol rates yearly. Obesity is a global epidemic that affects school-going students with an estimated 10% of small-aged children being overweight and a quarter of them being obese worldwide.

Moreover, according to the WHO reports on Coronary death, published in 2018, it was cited that about 20.28 percent of cases of death are recorded in Pakistan. It is the eighteen-populace state in the world with a heart pandemic.



According to MacDonald "McDonald's Happy meals and fries consist of about 475 calories of fat invested in it with the addition of 1 percent of low-fat milk, sugar. Consuming regularly leads to stomach aches and increased fat in the epidermal section of children's bodies.

Okinawa is astonished about its calorie restriction habit which tends to create a healthy body with increased longevity. Calorie restriction practice in Okinawa reduces the level of IGF-1 in the body, which plays a significant role in aging. And protects the body from hypertension cardiovascular disorders and metabolic risk factors leading to cancer.

DISCUSSION

The dimensional discomfort of the Japanese medical network and the epidemic response to infectious and non-communicable diseases have blamed the continent for decades from the stage of colonial redemption and epidemic. Due to the ever-changing policies and duration. Demand for Japanese medical administration has become the global standard for low-cost and efficient medical care. In particular, the Japanese have a high age factor, are highly resilient to an active life, and are justified in accepting a coordinated and energetic life. According to the International League's birth rate management, the average life expectancy of Japanese women has been the highest in the world since 1980. Furthermore, the life expectancy of Japanese people over the age of 20 increased by 5.5% from 81.9 in 1990 to 86.4 in 2010, and from 75.9 in 1990 to 79.6 in 2010, with a life expectancy of 84. I am 79 years old. 2021.

Japan is a cultural and subcultural nation, claiming the superiority of health and medicine since the 19th century. Modern Western supremacy is an invitation to the diverse arts of food, healthy living, and traditional Japanese living standards. Japanese politics encourage socially-based values, traditions, and cultural relief.

Japanese health symbiosis follows a rigid discipline and strict ordinance with fifty articles and delegations that serve the networking of 1000 health quarters with hundred to six hundred thousand residential and non-residential citizens. Apart from these ideal measures, Japan's exclusive health education and nursing education serve as an adequate response for handling venereal diseases and maternal diseases.

METHODOLOGY

This article is based on a collection of secondary resources such as books, essays, wiki books, e-books, and articles and works. With relevant references, a standard



analysis method is used to report and analyze secondary data to study Japanese courses of traditional and modern health similarities.

CONCLUSION

Japanese medical literature believes in youth and a healthy mind, or simply (Sano's male sanity), that is, a healthy body and a healthy mind. Also, when talking about Japanese medical care, there is a national free schedule and the type of system is universal. The fee structure helps Japanese people to receive appropriate and cost-effective medical care. The Government of Japan is also paying attention to the availability of medical care for each individual. Health care in Japan does not mean that people living in poverty are excluded from health care or have difficulty accessing health care, but like everyone else, go to health care. This can be seen from history to today. Knowledge completely slows down from ancestors to young people and is passed on to the next generation of Japan. Undoubtedly Japan's ironic art of traditional values, Japan is one of the richest countries in the world heritage and traditional values. Not only that. Many archaeological and historical places in Japan represent culture and activities. B. Tea and Flower Festival (Ikebana Festival) Kimono wearing traditional costumes and Yukata. Japanese medical literature believes in youth and a healthy mind, or simply (Sano's male sanity), that is, a healthy body and a healthy mind.

"Youthful spirit also leads to a healthy lifestyle that slows aging" and relieves psychological stress and depression. Also, when talking about Japanese medical care, there is a national free schedule and the type of system is universal. The fee structure helps Japanese people to receive appropriate and cost-effective medical care. In other words, there is no compromise on the health of the Japanese. The Government of Japan is also paying attention to the availability of medical care for each individual. Also, because of the constant flat rate, the overall tax withholding of medical expenses is the lowest. Health care in Japan does not mean that people living in poverty are excluded from health care or have difficulty accessing health care, but like everyone else, go to health care. It stipulates that you will enjoy equal access to.

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