A KAMPO BODY BOOK FROM GINZA

からだの中の五人

The Five *Inside You*

Meet the five little organ friends of Kampo, Japan's traditional herbal medicine, and learn the everyday habits they love.



Ginza Kampo Tenpudo Pharmacy

GINZA · TOKYO

BEFORE WE START

What is Kampo?

Kampo (**漢方**) is Japan's traditional herbal medicine. Its roots are in Chinese medicine, and it grew into its own tradition in Japan over many centuries.

Kampo pays close attention to the whole person: how you eat, sleep and feel, and how your body changes with the seasons.

1. **Yin & Yang** — everything has two sides, warm and cool, active and calm. Health is about balance.
2. **Qi, Blood & Water** — three ideas Kampo uses to describe energy, nourishment and body fluids. More on page 4.
3. **The Five Organs** — five organ systems that work as one team. You will meet them on the next page.
4. **Pattern (証)** — the overall picture of how you are right now. Two people with the same complaint may be seen quite differently.
5. **Yojo (養生)** — "nourishing life": small daily habits for food, sleep, movement and mind.

> In Kampo, the "organs" describe how the body works as a whole. They are not exactly the organs in an anatomy book. Our five friends are simply a fun way to picture them. Foods in this book are everyday cultural examples, not treatments; choose what suits your health, allergies and diet.

THE CAST

Meet the Five

Their roles are inspired by an old Chinese medical classic, the *Su Wen*, which describes each organ as an official at court. Each one also has a season, a feeling and a taste.



Doki-sama

ドキさま

HEART · 心

Job	**The King**
Season	**Summer**
Feeling	**Joy**
Taste	**Bitter**

"Doki!" — a heartbeat



Kankan

カンカン

LIVER · 肝

Job	**The General**
Season	**Spring**
Feeling	**Anger**
Taste	**Sour**

"Mukii!" — grrr!



Mogu

もぐ

TUMMY · 脾胃

Job	**The Cook**
Season	**Late summer**
Feeling	**Worry**
Taste	**Sweet**

"Mogu!" — munch



Suu

すぅ

LUNGS · 肺

Job	**The Minister**
Season	**Autumn**
Feeling	**Sadness**
Taste	**Pungent**

"Suu... haa..." — in, out



Ururu

うるる

KIDNEYS · 腎

Job	**The Craftsman**
Season	**Winter**
Feeling	**Fear**
Taste	**Salty**

"Uru..." — a little scared

The five help and hold each other back, like a team. **Mogu** stands for the Spleen and Stomach (**脾胃**), which in Kampo mean digestion, so we call it the tummy.

YOUR THREE METERS

Qi, Blood & Water

The five friends make, move and store three things **(気・血・水)**. Think of them as your body's three meters. Each can **run low** or **get stuck**. Qi is thought to help Blood and Water move.

A Japanese view. In the late 18th century, the Kyoto physician Yoshimasu Nangai developed a theory that looked at illness through Qi, Blood and Water. It remains one of the main frameworks of Japanese Kampo today.

Qi 気 LIFE ENERGY

Warms the body, keeps everything moving and helps protect you. **Meter: golden light.**

RUNNING LOW
Tire easily, little appetite.
Mogu is worn out and Suu breathes shallow.

STUCK
Tense, irritable, a bloated tummy.
Steam rises from Kankan's head.

Blood 血 NOURISHMENT

Feeds the skin, hair and eyes, and helps the mind settle. **Meter: red drops.**

RUNNING LOW
Pale or dry skin, light sleep.
Kankan's storehouse runs low.

STUCK
Stiff shoulders, cold hands and feet.
A traffic jam on Doki-sama's roads.

Water 水 BODY FLUIDS

Moistens the joints, skin, eyes and throat. **Meter: Ururu's water jar.**

RUNNING LOW
Dryness, thirst, a dry throat.
You can see the bottom of the jar.

STUCK
Heavy and puffy on rainy days.
Mogu's kitchen gets soggy.

Who keeps it flowing?



Mogu
makes Qi and Blood from food, and carries Water



Suu
takes in Qi with each breath and sends Water down



Kankan
keeps Qi flowing and stores Blood



Doki-sama
sends Blood around the body



Ururu
guards the Water jar and your inborn energy

These are traditional Kampo ideas, shared as a guide to daily habits. They are not a diagnosis, and many other things can cause these feelings. If something keeps bothering you, please see a doctor.

SELF-REFLECTION

How are your five today?

Tick what sounds like you lately, then notice which friend gets the most ticks. That friend's page is a good place to start reading.



KANKAN · LIVER

- ☐ I bottle up stress until it bursts out.
- ☐ I get irritated more than I'd like.
- ☐ My eyes get tired from screens.

ticks



DOKI-SAMA · HEART

- ☐ I get too excited to wind down at night.
- ☐ I often stay up late.
- ☐ Hot weather wears me out.

ticks



MOGU · TUMMY

- ☐ I often eat until I'm too full.
- ☐ I worry and think things over a lot.
- ☐ Damp, rainy days make me feel heavy.

ticks



SUU · LUNGS

- ☐ Dry air bothers me.
- ☐ My breathing gets shallow when I'm busy.
- ☐ Autumn makes me feel a little blue.

ticks



URURU · KIDNEYS

- ☐ I feel the cold easily.
- ☐ I get nervous or anxious easily.
- ☐ I'm often short on rest.

ticks

This is for fun and self-reflection. It is not a diagnosis. If you feel unwell, please see a doctor.

FRIEND 1 OF 5

Kankan

LIVER · 肝 · THE GENERAL

"Mukii!" (grrr!)

Kankan loves making plans and getting things moving. But when Kankan has to hold back too much, steam starts to rise.



SEASON	FEELING	TASTE	BODY CLOCK
Spring	Anger	Sour	1–3 AM

Kankan's yojo tips

1. **Keep things flowing**
   In Kampo, the Liver likes things to move freely. A short walk or a big stretch helps let off steam.

2. **A little sour**
   Sour taste is linked to the Liver. Try a small piece of umeboshi (salty pickled plum), a slice of yuzu or a squeeze of citrus — just a little.

3. **Spring greens**
   Fresh green vegetables match Kankan's season, spring.

4. **In bed before midnight**
   On the Kampo body clock, the small hours are the Liver's time. A classical text says Blood "returns to the Liver" when you lie down. Think of it as Kankan refilling the storehouse during a good night's rest.

WANTS
To finish everything fast.

REALLY NEEDS
To relax and let things flow.

Kankan's meters

QI · STEAM
Holding back makes Qi stuck, and steam rises.

BLOOD · STOREHOUSE
Late nights leave the store low.

Kankan's friends



Suu calms Kankan down with a long, slow breath.



When Kankan is angry, **Mogu** gets squashed. Stress can upset the tummy.

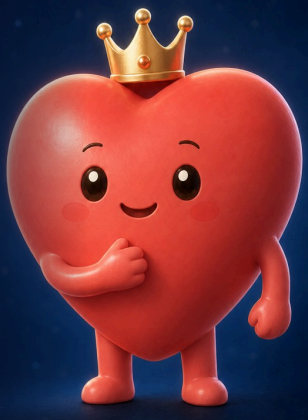


Ururu keeps Kankan from drying out, like water for a young tree.

FRIEND 2 OF 5

Doki-sama

HEART · 心 · THE KING



"Doki!" (ba-dump!)

Doki-sama leads the team and loves to have fun. But this king also loves staying up late, and once excited, finds it hard to calm down at night.

SEASON	FEELING	TASTE	BODY CLOCK
Summer	Joy	Bitter	11 AM–1 PM

Doki-sama's yojo tips

1. **Quiet evenings**
   In Kampo, the Heart is home to the mind. Soft light and a slow, screen-free hour help Doki-sama settle before bed.

2. **A little bitter**
   Bitter taste is linked to the Heart. Try green tea in the daytime or goya (bitter melon) in summer — just a little.

3. **Stay cool in summer**
   Doki-sama dislikes heat. Rest in the shade and stay hydrated. Mugicha, a caffeine-free roasted barley tea, is a summer favourite in Japan.

4. **A calm lunch**
   Noon is Doki-sama's time. Sit down for lunch instead of rushing through it.

WANTS
To keep the fun going.

REALLY NEEDS
To grow quiet at night.

Doki-sama's meters

BLOOD · ROADS
Doki-sama sends Blood around the body. When Blood runs low, sleep gets light.

WATER · COOLING
Ururu's water keeps Doki-sama's fire from burning too hot.

Doki-sama's friends



Ururu cools Doki-sama down, like water on a fire.



When **Kankan** is wound up, Doki-sama gets wound up too.



Doki-sama's warmth helps **Mogu** cook.

FRIEND 3 OF 5

Mogu

TUMMY · 脾胃 · THE COOK

"Mogu!" (munch!)

Mogu keeps the rice store and cooks energy from every meal. Always smiling and hard at work, but after a big feast Mogu can hardly move.



SEASON	FEELING	TASTE	BODY CLOCK
Late summer	Worry	Sweet	7–11 AM

Mogu's yojo tips

1. **Warm and cooked**
   Mogu likes warm meals such as miso soup, rice porridge (okayu) and cooked vegetables. Lots of cold drinks and raw food tire Mogu out.

2. **Hara hachi bu**
   An old Japanese saying: stop eating when you are 80% full. Mogu works best with a little room to spare.

3. **Gentle sweetness**
   Sweet taste is linked to the tummy. Think of the natural sweetness of rice, kabocha squash or sweet potato rather than sugary snacks.

4. **Eat slowly, worry less**
   In Kampo, too much thinking weighs on the tummy. Chew well, and take a break from work while you eat.

WANTS
To feed everyone well.

REALLY NEEDS
To stop before full, and rest.

Mogu's meters

QI & BLOOD · KITCHEN
Mogu makes Qi and Blood from food. Skipped or cold meals leave everyone short.

WATER · SOGGY
On damp days, Water piles up and Mogu feels heavy.

Mogu's friends



When **Kankan** is stressed, Mogu gets squashed.



Doki-sama's warmth keeps Mogu's stove going.



Mogu sends energy from food up to **Suu**.

FRIEND 4 OF 5

Suu

LUNGS · 肺 · THE MINISTER

"Suu... haa..." (breathe in... out...)

Suu is the team's thinker and keeps everyone in rhythm, one breath at a time. But Suu is easily moved to tears, and sadness makes Suu's breathing shallow.



SEASON	FEELING	TASTE	BODY CLOCK
Autumn	Sadness	Pungent	3–5 AM

Suu's yojo tips

1. **Breathe out slowly**
   Let the out-breath be a little longer than the in-breath, for example in for 4 and out for 6 to 8. Stop if you feel dizzy.

2. **Stay moist**
   Suu dislikes dry air. Planes and hotel rooms are dry, so keep a warm drink nearby and a damp towel by the bed.

3. **White foods**
   Kampo links pale foods with the Lungs: Japanese pear (nashi), daikon radish, lotus root and tofu.

4. **A little pungent**
   Pungent taste is linked to the Lungs. A little ginger, green onion or shiso adds warmth — just a little.

WANTS
To keep everyone in order.

REALLY NEEDS
Room to breathe and share feelings.

Suu's meters

QI · BREATH
Suu takes in Qi with each breath. Shallow breathing means less Qi to share.

WATER · MIST
Suu spreads moisture like a fine mist and sends Water down to Ururu.

Suu's friends



Suu calms **Kankan** down with a long, slow breath.



Mogu sends Suu energy from your meals.



Suu sends Water down to fill **Ururu**'s jar.

FRIEND 5 OF 5

Ururu

KIDNEYS · 腎 · THE CRAFTSMAN

"Uru..." (a little scared)

Ururu is the team's strongman, guarding the water jar and a small inner light: the energy you were born with. Yet Ururu is also the easiest to scare.



SEASON	FEELING	TASTE	BODY CLOCK
Winter	Fear	Salty	5–7 PM

Ururu's yojo tips

1. **Warm feet and lower back**
   Ururu dislikes the cold. Warm socks and a soak in a Japanese-style bath (ofuro) keep Ururu cosy.

2. **Early nights in winter**
   An old Chinese classic says to go to bed early and rise with the sun in winter. Rest is when Ururu refills the jar.

3. **Black foods**
   Kampo links dark foods with the Kidneys: black beans, black sesame and hijiki seaweed.

4. **Salty, but only a little**
   Salty taste is linked to the Kidneys. A little miso or seaweed is enough; too much salt is hard on Ururu.

WANTS
To keep the jar full.

REALLY NEEDS
To rest and refill.

Ururu's meters

WATER · JAR LEVEL
The water level shows how much moisture you have.

INNER LIGHT
Kept apart from the water: the energy you were born with. Long stretches of late nights and overwork wear it down.

Ururu's friends



Ururu keeps **Doki-sama**'s fire from burning too hot.



Ururu waters **Kankan**, like a young tree.

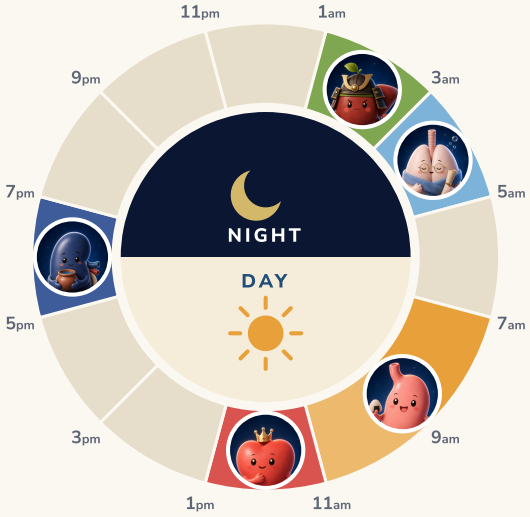


When **Mogu** is weak, damp piles up around Ururu.

A DAY WITH THE FIVE

Who's on duty?

Kampo has an old idea called the organ clock (**子午流注**). Each organ takes a two-hour shift. Here are our five friends' hours.



Grey hours belong to other organs in the traditional clock.

1–3 AM LIVER	Kankan is on duty. Be fast asleep and let the day's stress go.
3–5 AM LUNGS	Suu takes over and keeps your breathing steady while you sleep.
7–11 AM STOMACH · SPLEEN	Mogu is ready to cook. A warm breakfast, like miso soup or rice porridge, is Mogu's favourite.
11 AM–1 PM HEART	Doki-sama rules at noon. Take a calm lunch break instead of rushing.
5–7 PM KIDNEYS	Ururu fills the water jar. Slow down, keep warm and rest your legs.

Modern travel tip. Not part of the old organ clock, but useful after a long flight: morning daylight and meals at local times may help your daily rhythm adjust.

The organ clock is a traditional idea, shared here as a guide to daily rhythm.

VISIT US IN GINZA

Curious to learn more?

Talk with a Kampo pharmacist at our shop in Ginza. We talk about your daily habits and wellbeing from a Kampo point of view.

JPY 5,000 / 30-minute consultation

- You can book a consultation without buying anything.
- We explain every cost before you decide.
- We use a translation app and written English. No interpreter is provided.

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Consultations by appointment, Mon–Fri 13:00–19:00
Closed weekends and national holidays

Prices & guide in English

How a visit works

1

Book a time

Online, by email or by Instagram DM.

2

Fill in the intake form

Online, in English, before you come. Open the form →

3

Talk for 30 minutes

With a Kampo pharmacist at our shop in Ginza.

Your consultation is with a licensed pharmacist, not a medical doctor. It is not a diagnosis, and Kampo does not replace medical care. This booklet shares traditional wellness ideas; it does not promise any result. Prices include tax and are as of November 2026.