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## ABSTRACT

Application of *Dohsa-hou* to suffering from atopic dermatitis and resulting changes in skin condition

KATO, Nahomi

*Kohno Clinic of Psychology and Education*

TAGAI, Keiko

*Shiseido Research Center*

*Dohsa-hou* was applied to a woman suffering from atopic dermatitis. As a result of *Dohsa-hou*, her main complaints including redness, itchiness, and hot flashes on the face soon improved. Moreover, excessive systemic muscle tone and general malaise were also relieved, and she became mentally and physically stable. Physiological assessment of the skin during treatment confirmed that redness of the face had disappeared, and the skin had become bright just after the first *Dohsa-hou* session. Moreover, symptoms of atopic dermatitis steadily improved during seven months of *Dohsa-hou*; water evaporation from facial skin decreased; and barrier functions of stratum corneum recovered. In the process of learning self-relaxation, it seems that the patient noticed the chronic tone of her body and developed the ability to control her muscle tone, which might have had a positive effect on skin condition. Improvements in her atopic dermatitis could have been facilitated by developing the ability to differentiate somatic sensations and improving self-management of stress and health, reconsidering the relationship between atopic dermatitis and fatigue, and a changing of lifestyle.

**Key Words:** atopic dermatitis, *Dohsa-hou*, physiological skin measurement

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