

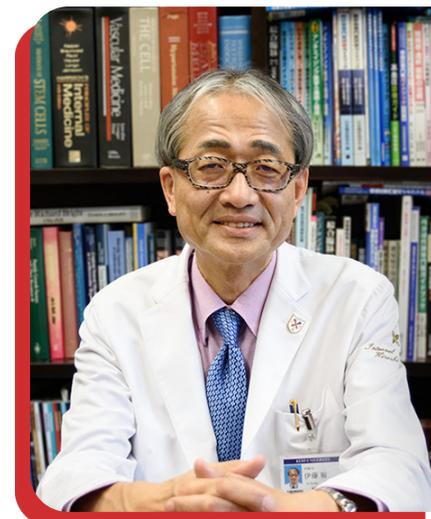
THE CURRENT COVID-19 PANDEMIC AND HYPERTENSION

Japanese folk monster “A-MA-BI-E” is re-born as the guardian to avoid COVID-19 in 2020

A new mascot of Japanese Society of Hypertension (JSH) to keep health of people with hypertension in coronavirus infection prevention

HIROSHI ITOH

Department of Endocrinology, Metabolism and Nephrology, Keio University School of Medicine, Tokyo, Japan



DOI: 10.30824/2006-14

Our Society, the Japanese Society of Hypertension (JSH) has created a new mascot character which is dedicated to keep sound health of those with hypertension coping with COVID-19 under the state of emergency and prohibition of going out (Fig 1).

The original creature has been traditionally called “A-MA-BI-E” (“A” means sea and “MA” means a woman). Old Japanese legend has it that AMABIE suddenly comes from the sea with a shining body to tell us the coming of a new plague.

It has been said that to look at the figure of AMABIE or draw it make it possible for us to escape from the plague. This monster is half-human and half-fish and has three legs and a beak. The original picture is shown in Fig.2, which was drawn in 1846, in Edo Era under Tokugawa Shogunate dynasty.

The Japanese Ministry of Health, Labor and Welfare has adopted this monster for the campaign for prevention of COVID-19 in April 2020.

I myself, tried the re-make of this monster figure and drew the picture shown in Fig.1.



Fig.1 Japanese Society of Hypertension (JSH) mascot character of re-born “AMABIE” for JSH campaign of COVID-19 and hypertension drawn by the author (HI)

Using this mascot, we, the member of JSH will do campaign to ask Japanese people with hypertension to lead the regular life with sound daily rhythm and adequate sleep, to do frequently home blood pressure monitoring, to take anti-hypertension drugs regularly, to do appropriate physical activity and lessen sedentary time, not to eat too much confined at home and watching TV, to have connection with others by smart phone or telephone, to find fun and avoid stress, and, of course, to strive for hand hygiene, in order to prevent another Pandemic of Hypertension and other non-communicable diseases, coupled with COVID-19 Pandemic.

AMABIE has another story. She not only foretells the coming of the plague, but also the coming of the great harvest. Thus, we are expecting that tough times bring opportunity, with this re-born guardian against COVID-19.



Fig.2 Original AMABIE, a Japanese folk monster shown in a wood-print newspaper in 1846 owned by Kyoto university library

Hiroshi Itoh - hiito@keio.jp