

スタッフ Our Team



所長

早坂 信哉

Shinya Hayasaka MD, PhD

健康づくり、特に温泉・入浴と健康の関係について研究しています。温泉利用や生活習慣としての入浴の健康づくりへの効果を検討し、心と体に良い入浴方法の提案を目指しています。



主任研究員

後藤 康彰

Yasuaki Goto

加齢を制御する行動として「日本の入浴」に着目しています。入浴が心身に与える影響やその機序を中心に研究を進め、「日本の入浴」を世界に浸透させることが当面のミッションです。

連携研究者

中村 好一 (自治医科大学教授) 大塚 吉則 (北海道大学教授)
尾島 俊之 (浜松医科大学教授) 上岡 洋晴 (東京農業大教授)
西野 精治 (スタンフォード大学教授)

Our Team

Dr Hayasaka conducts research into the promotion of health, particularly the relationship of hot springs and bathing to health. Examining the effects that hot spring usage and bathing as a lifestyle custom have on the promotion of health, he aims to propose bathing methods that are beneficial to the mind and body.

Shinya Hayasaka MD, PhD

Yasuaki Goto is focused on bathing in Japan as a lifestyle behavior that inhibits aging. Centering his research on the effects of bathing on the mind and body, and the mechanisms thereof, his immediate mission is spreading Japan's bathing throughout the world.

Senior researcher
Yasuaki Goto

Corporation Researcher

Yosikazu Nakamura (Jichi Medical University Professor)
Toshiyuki Ojima (Hamamatsu University School of Medicine Professor)
Seiji Nishino (Stanford University School of Medicine Professor)
Yoshinori Otsuka (Hokkaido University Professor)
Hiroharu Kamioka (Tokyo University of Agriculture Professor)



温泉医科学研究所

Onsen Medical Science Research Center

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温泉・入浴で笑顔のある生活を
Life will be filled with plenty of smiles through hot springs and bathing



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They've Already Known!



Makes you Smile!



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温泉医科学研究所について About Us

「温泉医科学研究所」は、一般財団法人日本健康開発財団が、「温泉・入浴を活用した健康づくり」を医学的に研究することを目的に、2012年4月に設立しました。多様な研究機関、企業、自治体等と連携して研究を進めながら、温泉等にかかわる様々な情報を発信してゆきます。

主な活動 What We Do

- (1) 研究活動
 - ・温泉・入浴等にかかわる研究の実施
 - ・研究会の開催
 - ・国内外での学会発表、学術論文のリリース
- (2) 普及・啓発活動
 - ・研究成果をもとに、「温泉・入浴等を活用した健康づくり」の提案と推進
 - ・ポータルサイトを活用したネットワークづくりと定期的な情報発信

日本の温泉・入浴 About ONSEN & Bathing in Japan

日本には世界最大規模の温泉資源があり、歴史的にも長い温泉文化があります。また、日常的に湯につかるという世界的にみて特徴的な生活習慣があります。われわれは、日本の温泉・入浴文化が、日本人の健康に寄与し、長寿に貢献しているとの仮説にたっています。

メルマガ登録：<http://www.onsen-msrc.com>

About the Onsen (Hot Springs) Medical Science Research Center

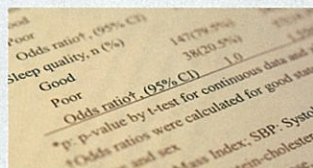
The Onsen Medical Science Research Center was founded in April 2012 by the Japan Health & Research Institute for the purpose of medically researching the promotion of health through hot springs and bathing.

As it advances research in cooperation with a variety of research institutes, corporations, government bodies, and other entities, the Center will disseminate diverse information related to hot springs.



Main activities

- (1) Research activities
 - Conduct research related to hot springs, bathing, etc.
 - Convene study groups
 - Perform presentations and publish academic papers in Japan and overseas
- (2) Popularization and awareness-building activities
 - Based upon research results, propose and advance "promotion of health through hot springs and bathing"
 - Build a network and regularly release information through a portal website



Hot springs and bathing in Japan

Japan is home to world-class hot spring resources, and its hot spring culture has a long history. Moreover, the lifestyle custom of soaking daily in hot water is a characteristic one of Japan. We are acting on the hypothesis that Japan's hot spring and bathing culture contributes to the health and longevity of the Japanese.

E-mail newsletter registration: <http://www.onsen-msrc.com>



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Director
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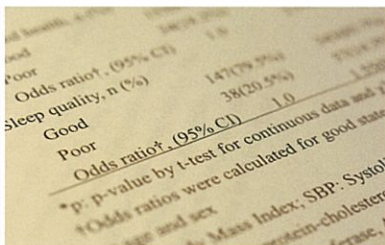
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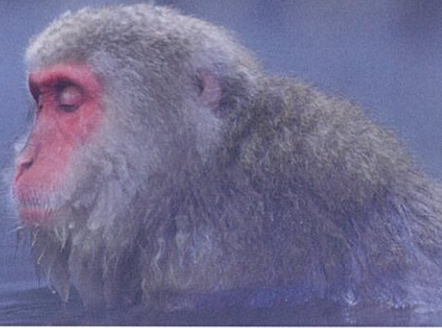
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