

[Clinical experience]

On a 16-year long persistent depressive disorder that went into remission after fishing*.

Toshiro Takami

Abstract

We experienced a 16-year-standing depressive disorder that dramatically went into remission by engaging in fishing. For 16 years, the patient had undergone various treatments, including medication and electroshock therapy, none of which were effective.

It was thought that becoming at one with nature, with no mind, led to remission of his persistent depressive disorder.

When one is absorbed in fishing, the cares of social life tend to become trivial and no longer bother him or her. This was also thought to have greatly reduced the stress of the patients.

It is thought that the modern lifestyle, which is so far removed from the great outdoors, has led to a high incidence of depressive disorders and other mental disorders.

The "chi" of the sea was thought to have caused remission of prolonged depressive disorder.

[Key words] prolonged depressive disorders, fishing, nature

[Case] Male, 52 years old

52 years old, male

Family history: none of note

Medical history: None to be noted.

Present illness history: About 18 years ago, he developed a depressive disorder that started with difficulty in waking up in the morning and a generalized daytime malaise that became stronger in the morning. In the evening, she felt fine, and in the evening she was in great spirits and used the Internet and computer until 3:00 a.m. She had no difficulty in waking up in the morning and had a strong daytime malaise. The company pointed out that this might be the reason for his difficulty in getting up in the morning. The general malaise was almost gone by 3:00 pm. Two months after the onset of the illness, the daytime malaise, which was strongest in the morning, gradually weakened.

Since he was serious and could not miss work, he frequently stayed overnight at the office.

Eventually, due to his difficulty in getting up in the morning, he rented an apartment next door to the company and began living there alone. Because he could not get up in the morning, a friend from work came to his apartment every morning to wake him up, but he just could not get up. Therefore, he had moved out of the apartment and started staying at the office and going home only on weekends.

Since no awareness of depression at all existed in the case, he was not easily convinced when I told him that his difficulty in getting up in the morning and his intense daytime general malaise in the morning were the onset of a depressive disorder. The repeated response was, "I think it's chronic fatigue syndrome." This was strongly influenced by the fact that a close friend of the patient had a depressive disorder but also claimed to have chronic fatigue syndrome and had been visiting a psychiatric clinic.

One year after the onset of depressive disorder, he searched for a hospital that provided electroshock therapy for depressive disorder on the Internet and received it, but it was ineffective.

When milnacipran was launched, he was prescribed milnacipran, but he had a hypersensitivity reaction and developed severe dysuria. The residual urine volume was measured several times at around 35%, but benign

prostatic hyperplasia was ruled out by close examination, and neurogenic bladder was diagnosed. However, alpha 1-blocker had little effect, requiring frequent voiding and very frequent nighttime trips to the urinary bladder, which continues to be a strong problem for the patient.

His work ethic remained unchanged and he continued to stay at the office from Sunday night to Friday night. Because of his work ethic, he was heavily used by his company despite his depressive disorder. His struggle with depressive disorder continued. and long.

When he was in junior high school and high school, he went fishing with his father every weekend, from morning to evening, by boat or other means. However, when he became a college student, he stopped fishing altogether. It was assumed that he had stopped completely because he went on to an urban university and because of his serious and stubborn nature.

The case had a son in the second grade. The son had become obsessed with the video game Family Fishing, and then wanted to actually fish. The case's house was close to where he had lived when he was in junior high school and high school, and it was near the ocean. He began going fishing with his son on Sundays, as he and his son had become estranged after years of staying at the office.

At first, he could not continue fishing for more than two hours. Due to strong fatigue and dizziness, two hours was the limit. On nights when he went fishing for two hours in the evening, he would go to bed unable to eat his evening meal because he was too busy taking a bath. Until then, I could not sleep without sleeping pills, but it happened every Sunday that I slept soundly until morning without sleeping pills. Gradually, I was able to continue fishing for three or four hours. He was surprised to find that his former robust physical strength was gradually returning with each fishing trip. He no longer needed to stay overnight at the office. He was able to go home every day. He no longer needed to take sleeping pills before going to sleep or on days when he did not go fishing.

He bought a rubber boat and started going fishing with his son every weekend.

However, the patient had been a stutterer as a boy and adolescent, and was aware that his stuttering seemed to have flared up, although he thought it had lessened or gone into remission with the onset of his depressive disorder. He was aware that it had mildened or remitted with the onset of his depressive disorder, but he had noticed that his stuttering seemed to have flared up again.

He said, "I think my stuttering flared up again after I regained the robust physical strength I had when I was younger. This is because he had a depressive disorder, which made it difficult for him to put strength into his body when pronouncing words, and this made his stuttering less severe.

In today's Internet society, when I am not able to go fishing, I look at fishing blogs and websites and immerse myself in collecting information, studying, and researching fishing. I also read books.

Since I completely left fishing after graduating from high school, the amount of knowledge I have gained during that time is greatly insufficient. To compensate for this, collecting and studying information on the Internet is essential, and when I am doing this I completely forget about the hassles of the real world. I am now building my own fishing blog. People say that mountain climbing is very good, but I don't understand the advantages of mountain climbing.

When I am immersed in fishing, I start to think of the trivial things in the world as trivial, and I don't care about them anymore. And when I go fishing, my mind becomes so clear that I can see the world and how the world works. The intuition of a fisherman when he catches a fish, the intuition of a fisherman that a third party cannot understand, the intuition of a god like possession, you can't catch fish here, you can catch fish here, the fish are here, that intuition makes me able to see through the world and even the mechanisms of the world. I think that's why I fish at least once a week. That is why I have to go fishing once a week.

I may even consider fishing a religion. Maybe that's an extreme view."

His fingers were red and cracked, probably due to an allergy to the bait used when fishing.

He had stopped taking antidepressants without telling the author. Now, it is no exaggeration to say that he is in complete remission, and under his original overly serious nature, he is fishing every weekend, even on rainy days, while diligently performing his company work.

It has been a year and a half since he stopped going to the hospital as a depressive disorder and remission. There is no sign of relapse.

Consideration

Thalassotherapy is a type of marine therapy. The word "thalassotherapy" is coined from the Greek words "thalassa" (sea) and "therapeia" (treatment). The word "thalassotherapy" was coined from the Greek words

“thalassa,” meaning sea, and “therapeia,” meaning treatment. It is said to have originated in Israel along the shores of the Dead Sea 2,500 years ago and spread through the Roman Empire to many European countries.

This is a case that suggests that, among all mental disorders, familiarity with nature can be the best medicine, especially for depressive disorders.

The author has noticed that a large number of patients have developed mental disorders such as schizophrenia and anxiety disorders after they stopped fishing, which they had been passionate about, due to studying for entrance exams or becoming busy with work. The probability was too high to be considered a coincidence. In most cases, the onset of the disorder was mistakenly attributed to the stress of studying for exams, work stress, etc.

A quick search of the Internet reveals many reports of depressive disorders being cured by fishing. However, none of them have been summarized in a paper. There were no papers in Japanese, and none in foreign languages.

There are scattered references to remission of depressive disorders by fishing in personal fishing blogs. With the widespread use of the Internet, the number of such blogs is very large in Japan alone.

When you are passionate about fishing, you are single-minded about fishing. It seems to me that “being at one with nature, with one’s mind unoccupied,” is extremely good for the prevention and treatment of mental illnesses.

In the past, when people lived in harmony with nature, mental disorders, at least depressive and anxiety disorders, were rare. Once we become one with nature, these mental disorders are sure to decline rapidly.

It is a well-known fact that stress causes various diseases, but it is not easy to release stress, especially for serious people. However, it is also true that there are many anglers who are so immersed in fishing that they forget about the cares of the world in general. They are far removed from stress-related illnesses, especially mental disorders.

The Internet is rife with the phrase, “Depressive disorders can be cured by becoming serious. However, fishing is a way for even serious people to forget, if only temporarily, the cares of general society.

Many people find that gazing at the sea or a river soothes their souls. The current high incidence of depressive disorders and other mental disorders can be attributed to the fact that we have lost sight of nature.

Contact with the sea and rivers, in other words, talking with nature, is the best medicine for various stress-related diseases.

For the patient, the integration with the “energy” of the sea through fishing was extremely effective in the remission of her depressive disorder.

Literature

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** About Prolonged Depressive Disorder

* About Prolonged Depressive Disorders that Completely Remitted by Fishing

【臨床経験】

魚釣りで寛解した16年来の遷延性うつ病性障害について*

Toshiro Takami

【抄録】

魚釣りに打ち込むことにより劇的に寛解した16年来のうつ病性障害を経験した。症例は16年間、薬物療法を始めとして電撃療法など様々な治療を受けてきたが、効果があるものはなかった。

心を無にして大自然と一体になることが、遷延性うつ病性障害を寛解へ導いたと考えられた。

魚釣りに熱中すると社会生活の煩わしさが些事と成り、気にならなくなる傾向がある。これが症例のストレスを大きく減少させたとも考えられた。

大自然から乖離した現代の生活がうつ病性障害を代表とする精神障害を多発させていると考えられた。

海の“気”が遷延性うつ病性障害を寛解させたと考えられた。

【Key words】 prolonged depressive disorders, fishing, nature

【症例】

52歳、男性

家族歴：特記すべきものなし

既往歴：特記すべきものなし

現病歴：18年ほど前に朝の起床困難と午前中に強い昼間の全身倦怠感から始まるうつ病性障害を発症する。朝の起床困難と午前中に強い昼間の全身倦怠感のみで抑鬱感はなく、夕方になると元気になり、夜には絶好調となり、午前3時までインターネットやパソコンを行っていた。それ故の朝の起床困難ではないか、と会社では指摘されていた。その全身倦怠感午後3時頃にほぼ無くなっていった。発病より2ヶ月後から午前中に強い昼間の全身倦怠感次第に弱まっていった。

真面目で仕事を休む訳にいかないため会社に泊まり込むことも頻繁に起こった。

やがて、朝の起床困難のため、アパートを会社の隣に借り、そこで一人暮らしを始めた。朝、起床できないため、会社の友人が毎日、朝、アパートまで起こしに来ていたが、どうしても起きることができないでいた。そのため、アパートを引き払い、会社に泊まり込み、週末のみ家に帰ることを始めていた。

症例には全く抑鬱の自覚が存在しないため、朝の起床困難と午前中に強い昼間の全身倦怠感がうつ病性障害の発症であることを話しても、なかなか納得しなかった。「慢性疲労症候群と思う」という返答が繰り返されていた。これは症例の親しい友人にうつ病性障害ながら慢性疲労症候群と主張し、精神科クリニック通院を行っている者がいた影響が強かった。

次第に自身がうつ病性障害であることを認識してゆき、うつ病性障害罹患1年後、うつ病性障害への電撃療法を行っている病院を自らインターネットより探し出し、電撃療法を受けたが効果はなかった。

Milnacipran 発売と同時に、Milnacipran を処方したが、過敏に反応し、強い排尿障害を起こした。残尿量35%前後と数回測定されたが、前立腺肥大症が精査にて否定され、神経因性膀胱と診断された。しかし α 1-blocker がほとんど効かず、頻回の排尿を要し、夜間排尿に行く頻度が非常に多く、症例を現在も強く悩ませている。

仕事熱心さに変わりがなく、日曜の夜から金曜の夜まで会社に泊まり込みを続けていた。その仕事への情熱から、うつ病性障害であるにも拘わらず、会社で重く用いられていた。……そして長い、うつ病性障害との闘いは続いた。

症例は中学高校の頃は父親と毎週末、朝から夕方まで船などで魚釣りに行っていた。しかし、大学生になると魚釣りを完全に止めていた。都会の大学に進んだことと、真面目で頑固な性格から、完全に止めていたと推測された。

症例には小学2年生の息子が居た。その息子が、テレビゲームのファミリーフィッシングに夢中になり、そして実際に魚釣りをしたいと言い出していた。症例の家は、症例が中学高校の頃、住んでいた処に近く、海が近かった。会社に泊まり込む生活を長年続けていたことから息子と疎遠になっていたこともあり、日曜日に息子と一緒に魚釣りに行くようになった。

最初は、魚釣りは2時間以上、続けることができなかった。強い疲労感と目眩のため、2時間が限界だった。夕方2時間、魚釣りに行った夜は、風呂に入るのが精一杯で夜ご飯を食べることもできなく就寝してしまっていた。それまでは睡眠薬なしでは眠れなかったが、睡眠薬なしで朝までぐっすりとお眠ることが日曜日毎に起こった。そして次第に疲労感を覚えなくなっていった。3時間4時間と次第に魚釣りを続けることができるようになった。魚釣りに行く毎に以前の頑健すぎる程の体力が次第次第に戻ってきていることを症例自身、自覚して驚いていた。会社に泊まり込む必要性がなくなった。毎日、家に帰ることができるようになった。眠前の睡眠薬も魚釣りに行かない日も必要がなくなっていく。

凝り性の症例はゴムボートを購入し毎週末、息子と一緒に魚釣りに行くようになる。

ただ、症例は少年および青年時代、吃音症であり、それがうつ病性障害発症とともに軽症化または寛解したように自覚していたが、その吃音症が再燃したらしいことに気付いていた。そのため小学生の息子との会話の時、息子が吃音症に罹患しないように非常に気を付けざるを得なくなった。

「若い頃の頑健すぎる体力が戻ってきてから吃音症が再燃したように思う。これはうつ病性障害罹患により、発音時に身体に力が入り難くなったため吃音症が軽症化したが、魚釣りを再開して身体が元気に成り、発音時に身体に力を入れるようになったためらしい」

「インターネット社会になった現在、魚釣りに行けないときは魚釣りのブログやホームページなどを見て、それら魚釣りの情報収集、勉強、研究に没頭します。本も読みます。

高校卒業とともに魚釣りから完全に離れていたため、その間の知識量が大きく不足している。それを補う為にインターネットでの情報収集と勉強は欠かせないし、これをしているときは実社会の煩わしさは完全に忘れている。今は自分の魚釣りのブログを造っている。山登りが非常に良いといわれるが、私には山登りの良さが分からない。

魚釣りのことに没頭していると、世の中の厭なことが些事と思えるようになり、気にならなくなる。そして、私は魚釣りに行くと、世の中のこと、世の中の仕組みなどが見通せるようになるほど頭が冴えてくる。魚を釣るときの釣り師の直感、第三者には分からない釣り師の直感、神憑り的な直感、ここは釣れない、ここは釣れる、魚はここに居る……その直感が世の中のことを、世の中の仕組みまでも見透すことができるようにさせるのだと思う。だから、週に一度は魚釣りに行かなければいけない。

私は魚釣りを宗教とまで考えているのかもしれませんが。極論かもしれませんが」

指は、魚釣りのときの餌へのアレルギーと思われるが、赤くひび割れていた。

うつ病の服用は筆者には内緒に中止していた。現在では完全寛解と言って過言ではなく、元来の真面目すぎる性格の下、会社の仕事を真面目に行いながら毎週末、雨の日も魚釣りをやっている。

うつ病性障害、寛解として通院中止後、1年半を経る。再燃の気配はない。

【考察】

海洋療法（タラソセラピー）というものが。ギリシャ語の海・タラサと治療・セラペイア（therapeia）を合わせた造語である。二千五百年前、イスラエルの死海沿岸で発祥しローマ帝国を経てヨーロッパ各国に普及したと言われ、二千五百年以上前のギリシャの文献には「海は人間のあらゆる病気を治す」との記述がある。

精神障害の中でも特にうつ病性障害に於いては大自然と親しむことが最高の良薬と成り得ることを示唆する症例と考えられる。

受験勉強や仕事の多忙化などでそれまで熱中していた魚釣りを中断するとともに統合失調症や不安障害などの精神障害が発症した患者が非常に多いことに筆者は気付いていた。それは偶然の一致と考えるには余りにも高い確率と考えられた。その発症は受験勉強のストレス、仕事のストレスなどのために起こったと間違われていることが大部分であった。

インターネットで検索すると、魚釣りで、うつ病性障害が治ったという報告は多い。しかし、論文として纏まっているものはない。日本語の論文としては皆無であり、海外の論文にも見出すことはできなかった。

うつ病性障害が魚釣りで寛解した言及は個人の魚釣りのブログに散見的に見出される。インターネットが広く普及した現在、その数は日本だけでも非常に多い。

魚釣りに熱中しているとき、魚釣りのことに一心となる。「心を無にして大自然に親しむこと」が精神疾患の予防および治療に極めて良いことと思われる。

昔、自然と一体になって生活していた頃、精神障害は少なくともうつ病性障害、不安障害に於いては珍しいものであったと考えられる。大自然と一体になればそれらの精神障害は急激に減少してゆくことは間違いない。

ストレスが様々な疾患を起こすことはよく知られた事実であるが、そのストレスを解放することは容易ではなく、とくに真面目な人間には至難とさえ言える。しかし、魚釣りに没頭し、一般世間の煩わしさを忘れている釣り師が多く居ることも事実である。彼らはストレスによる疾患とくに精神障害と遠く距離を置いている。

「うつ病性障害は不真面目になれば治る」という言葉がインターネット上には蔓延しているが、真面目な人間が不真面目になることは不可能である。しかし、真面目な人間でも一般社会の煩わしさを一時的にせよ忘却できるのが魚釣りである。

海や川を見つめていると、心が癒やされることを実感する人は多い。現在のうつ病性障害など精神障害の多発は自然を見失ったためと断言できる。

海や川と接すること、すなわち大自然との語らひはストレスによる様々な疾患には最良の薬になると断言できる。

症例にとって魚釣りによる海の“気”との一体化がうつ病性障害の寛解に極めて効果的であったと考えられる。

【文献】

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* About Prolonged Depressive Disorders that Completely Remitted by Fishing

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