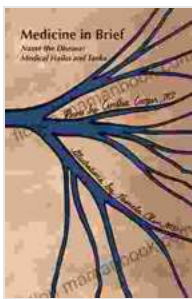


Name the Disease in Haiku, Tanka, and Art: An Exploration of Chronic Illness Through Literature and Visual Representation

Chronic illness is a complex and often invisible condition that can significantly impact an individual's life. It can cause a wide range of physical, emotional, and social challenges, which can be difficult for others to understand or empathize with.



Medicine in Brief: Name the Disease in Haiku, Tanka and Art

★★★★★ 5 out of 5

Language : English
File size : 6647 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 402 pages

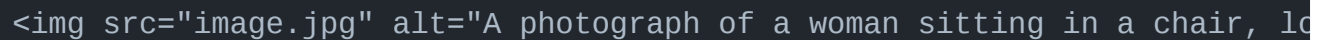


Literature and art can provide a unique and powerful means of expressing the experiences of individuals living with chronic illness. Haiku and tanka, two forms of Japanese poetry, are particularly well-suited for this purpose, as they allow poets to capture the essence of a moment or experience in a few short lines.

In her book *The Empathy Exams*, Leslie Jamison writes about her experience living with Lyme disease. She uses haiku and tanka to explore

the physical and emotional toll of the illness, as well as the challenges of living in a body that is constantly failing her.

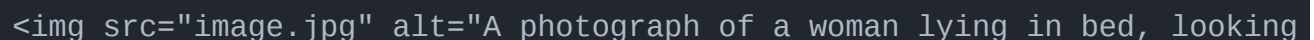
In one haiku, Jamison writes:



Tired of being tired / I want to lie down forever / In a field of daisies

This haiku captures the exhaustion and longing for rest that is common among people with chronic illness. The image of lying down in a field of daisies suggests a desire for peace and escape from the pain and suffering of the illness.

In another tanka, Jamison writes:



I wake up each day / With the weight of the world on my chest / I can't breathe / I can't move / I can't escape

This tanka captures the feeling of being trapped and suffocated by chronic illness. The image of the weight of the world on the chest suggests the physical and emotional burden of the illness, while the inability to breathe and move speaks to the sense of powerlessness and isolation that can accompany it.

Art can also be a powerful means of expressing the experiences of individuals living with chronic illness. In her book *The Art of Chronic Illness*,

Abigail Zuger uses art to explore the physical, emotional, and social challenges of living with rheumatoid arthritis.

In one painting, Zuger depicts herself as a tree with gnarled branches and twisted leaves. The tree is surrounded by a dark and stormy sky, and its roots are exposed, suggesting the fragility and vulnerability of her body.

<img src="image.jpg" alt="A painting of a tree with gnarled branches and

In another painting, Zuger depicts herself as a woman with a large, swollen hand. The hand is bandaged and taped, and it is clear that she is in pain.

<img src="image.jpg" alt="A painting of a woman with a large, swollen ha

These paintings offer a powerful and visceral representation of the physical and emotional toll of chronic illness. They capture the pain, fatigue, and isolation that can accompany these conditions, and they provide a window into the lived experiences of those affected.

Literature and art can play a vital role in raising awareness of chronic illness and in helping to create a more understanding and empathetic world for those living with these conditions. By giving voice to the experiences of individuals with chronic illness, these forms of expression can help to break down the stigma and isolation that often surrounds these conditions.

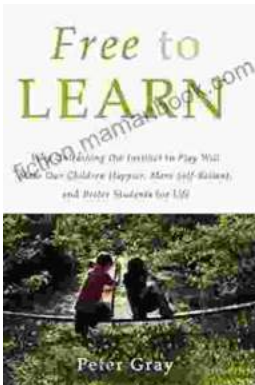
They can also help to educate the public about the challenges of living with chronic illness, and they can inspire others to be more compassionate and supportive.



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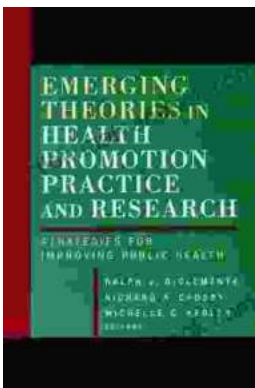
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