

## Foreword

### *Kampo, Acupuncture and Integrative Medicine*

Today there are three great systems of traditional medicine in the world. They are Yunani (Greco-Arab), Ayur Veda (Indian) and traditional Chinese medicine (TCM).

TCM, which originated in ancient China, has spread to surrounding countries through the ages, establishing itself as the standard system of medicine in the Chinese cultural sphere. The Acupuncture, moxibustion, and Chinese herbal medicine practiced in Japan are forms of TCM. Since this Japanese system of oriental medicine has the same origin as its counterpart in China, the two systems share many essential features. However, there are also numerous differences between them. Many of these are due to historical differences as well as differences in the ways they have been accepted within their respective healthcare systems. It is the purpose of this journal to present in the English language the most recent conditions of this medical science – possessed as it is of such a unique form – and referring to the work of researchers in other countries, to explore joint-research of the future.

In Japan acupuncture and moxibustion are practiced by acupuncturists. These acupuncturists undergo three or four years of professional training at a college or university. They are then required to pass a national examination to receive their license, after which they may begin their medical practice. In addition to the research conducted at universities and research institutes, there are a lot of interesting studies that come from acupuncturists who operate private practices.

Chinese herbal medicine, on the other hand, is practiced by medical doctors and pharmacists in Japan. Unlike China and Korea, this system of medicine is operated as part of an integrated healthcare system, similar to Europe and the United States – and its methodology can be demonstrated to the rest of the world as a model of integrative medicine. A substantial number of papers have been presented on this topic, many of which include essential elements of Western medicine. This is the reason that this journal is called “Journal of Kampo, Acupuncture and Integrative Medicine” – *Kampo* being the Japanese term for “Chinese herbal medicine”. In addition observing the distinguishing aspects of acupuncture, moxibustion, and Chinese herbal medicine as practiced in Japan, readers may also discover the role of TCM in the Japanese healthcare system.

Published quarterly, each issue of this journal will present the latest research on acupuncture and Chinese herbal medicine in Japan. Also published will be three special editions – “Current Kampo Medicine,” “Japanese Acupuncture” and “CAM in Japan.” In addition to presenting an overall view of their respective themes, these publications will assist people in understanding the connections which have led to integrative medicine.

By providing readers with a better understanding of acupuncture, moxibustion, and Chinese herbal medicine in Japan, it is our hope to contribute to the practice of this system of medicine in other countries.

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