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## Editorial

### *Yodo Odai and his Clinical Pearls*

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Yodo Odai (1799-1870) a Japanese Kampo doctor who was active in the middle of the 19th century applied the formulas from Shokanron (Shang han lun) and Kinkiyōryaku (Jin gui yao lue) to his clinical practice at will. In his book "Hogizasshi", he wrote as follows; "Since I have been using only prescriptions of Cho Chukey (Zhang Chong-jing) for 50 years, these have become like everyday meals and tea. Then I can adopt these prescriptions to even any sick people without insufficiency or deadlock". He was familiar with the effects of over 130 prescriptions for those two classics. That is what he learned using only these prescriptions for fifty years since he started his practice. It seems that appropriate prescriptions would come up automatically in his head every time he saw the patient using Kampo four examination methods.

Here, he was using mostly system1. Even if we investigate his case reports, it is unclear what his system2 was like. However, among the books he wrote down we can see that he had been reading a huge number of medical books. In other words, it is certain that his decision-making reasoning was not just "intuition". Discussion on this matter is important, so let's argue at another opportunity, not now.

The good point of Odai was trying to verbalize the contents of his system1. He wrote down carefully and finely his "Clinical Pearls" on how to use each prescription listed in "Ruijuho" compiled by Todo Yoshimasu in actual clinical practice. These "Clinical Pearls" were applied in practice soon after by subsequent physicians, they were also emphasized and used during the revival period of this traditional medicine in the 1930's. The Japanese Kampo doctors who had already studied contemporary medicine added Western medicine findings to Odai's Clinical Pearls and established the foundation of modern Kampo medicine. Though these "Clinical Pearls" were enormous, they turned out to be extremely practical and easy to learn then widely spread among doctors. And now it became a material of many doctor's system1. Kampo Medicine in Japan is different from TCM in China in using the Clinical Pearls mentioned here as System1.

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