

Editorial

The Possibility of Exist of "Halo Effect" on Clinical Pearls

Dr. Keisetu Otsuka (1900-1980) had begun researching Kampo medicine since the 1920s and Japanese traditional medicine has greatly developed due to his accomplishment. He put great emphasis on "kuketsu", the clinical pearls, which have been made and inherited by many past Kampo doctors for more than 300 years long.

Dr. Otsuka himself is also well known for making and diffusing many own clinical pearls. Let's see one of them.

The proportion of target patients of *boiogito* are higher in females than in males, more often in "a lady of leisure" with the so-called "a flabby body". They are increasingly obese because they do not move their bodies, although they want to lose more weight.

They are fine to skip a meal, take a lot of tea and are hyperhidrosis. Their menstruation is irregular and menstrual blood volume is low. These kinds of females may complain of pain in the knee joint if they became over 50 years old. Also, in the evening, edema occurs on their foot and the socks become tight-fitting. Abdominal examination reveals the abdomen to be a whole fat belly without resistance or tenderness and it may be soft.

Other doctors who have referred to this clinical pearl prescribed *boiogito* for elderly women suffering from osteoarthritis of knee. This usage has been widely spread and several clinical studies have also supported the contents of this clinical pearl. Many doctors might think that it was enough to believe because the clinical pearl was made by the Kampo authority Dr. Otsuka and it could be important.

However, there is a possibility of "halo effect". The contents of this clinical pearl did not apply to all patients and clinical studies with different conclusions also existed. Regarding this fact, Dr. Otsuka himself was aware of it, and for the sake of later researchers he left the following words; The explanation of *boiogito* in medical book "Fukushokiranyoku" written about 200 years ago says "The characteristic of *boiogito*'s indication is noble females who are very rich, eat delicious things with a sedentary lifestyle. Their menstruation often stops and they are always tired." I got a hint from this description and made that clinical pearl. However, when others read this original text, another interpretation may come out. I hope future researchers will do so.

In clinical reasoning, clinical pearls which form the background of System1 are very important but we must not forget the possibility of bias. And we have to always pay attention to "halo effect". This is one of the important lessons from Dr. Otsuka.

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