

## Book Review

*“Introduction to Kampo Japanese Traditional Medicine” written by The Japan Society for Oriental Medicine*

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This is an English-written textbook for beginners of Kampo (Japanese herbal) Medicine. Thirty-five authors of the Japan Society for Oriental Medicine (JSOM) wrote this book. It consists of 6 chapters, 6 appendices, and 8 columns. Chapter I is a general introduction of Kampo. Current status and history of Kampo, difference between Kampo and traditional Chinese medicine, how to learn Kampo, and how to improve Kampo skills. This chapter is of great importance because many Japanese doctors fail to continue the learning of Kampo due to the obstacles at the beginning. The obstacles include the Kampo-specific terms such as “qi”, etc.

Chapter II includes the definition of “Sho”, pathophysiology in Kampo diagnosis and treatment, as well as physical examination in Kampo medicine. The term “Sho” is one of the most difficult terms for beginners, but “Sho” can be naturally determined when we examine patients in the way of Kampo. In this way, this chapter is also very important.

Chapter III discusses Kampo medical herbs and various formulations. Main actions and adverse reactions are described for each herb and formulation. One of the characteristics of Kampo is the harmonized combination of multiple herbs.

Understanding of the actions of each group of formulations is a key element in clinical practice.

Chapter IV consists of the description of how to use Kampo drugs in each category of disease such as digestive, cardio-vascular, respiratory, endocrine and metabolism, renal and urological, neurological, collagen and autoimmune, hematological, gynecological, surgical and orthopedic surgical, dermatological, oto-rhino-laryngological, ophthalmological, psychiatric, pediatric, and geriatric disorders. Usefulness of Kampo in coldness (of extremities), asthenic constitution, and pre-disease state (“Mibyō”) is also explained in this chapter.

Chapter V discusses acupuncture. Principles, various kinds of needles and methods (with many photos), overview of moxibustion, indications, contra-indications, and adverse effects of acupuncture are described. In the latter part of this chapter we can see how acupuncture is applied in clinical practice for various diseases. This chapter includes the WHO consensus statement in 1997 showing the disease names for which acupuncture may be effective.

Chapter VI handles complementary and alternative medicines in Japan, and various traditional medicines in the world.

In summary, this textbook covers the basic aspects of Kampo and further readings are listed at the end of each chapter. This book is suitable for beginners as well as co-medical staffs and students. It is also a guide for foreign researchers to know what Kampo is.