

Book Review

Dr. Otsuka's "30 Years of KAMPO"

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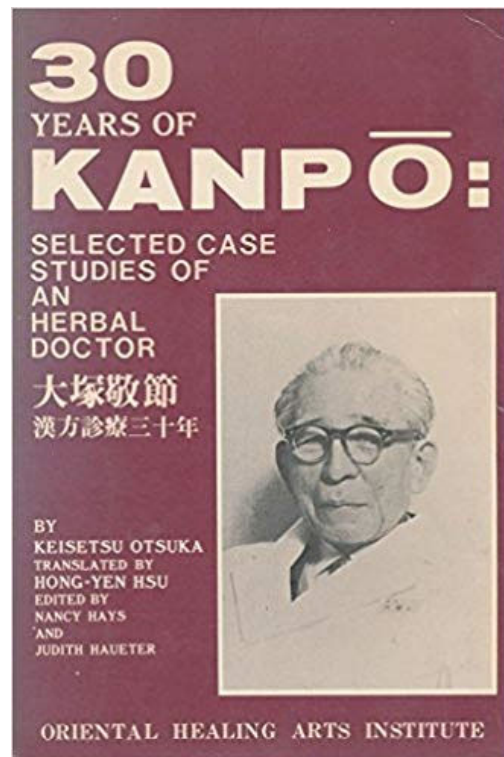
Dr. Keisetu Otsuka summarized his case reports and wrote a book entitled "Kampo Shinryo 30 Nen (30 Years of Kampo)" in 1959 following 30 years of practice in Kampo medicine treatment. There is no TCM (Traditional Chinese Medicine) theory mentioned in any case report out of a total number of 374 cases in this book. In each case, only the symptoms and signs of the patient and the prescription used are described. He did not write down anything about pathological theories or reasons for choice of the prescriptions on each case. One day, I asked him, "Why did you not write down the reasons for using the prescriptions?" Then he answered, "Such a thing will be considered by the latter person."

Such clinical style of Dr. Otsuka takes over the tradition from the Edo period. System1 with Clinical Pearls as its background is emphasized, on the other hand, System2 which needs theory such as TCM is rarely used in that book. Providing only description of facts without theory. This is fresh even from the viewpoint of modern medicine, due to its objectivity. There are also Clinical Pearls created by Dr. Otsuka himself some sections of the book, and some very interesting descriptions.

This book conveys the wonderfulness of treatment of Kampo medicine around the late 1920s to the late 1950s when Western medicine was not yet producing sufficient results. What we can get from this book is bigger than what we imagine. I sincerely thank Dr. Hong-Yen Hsu from Taiwan who translated this book into English.



“30 Years of Kampo”
Japanes original



“30 Years of Kampo”
English version