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### Japanese traditional Kampo medicine

Kampo Medicine is the traditional herbal medicine of Japan with a history of more than 1500 years. Originating in China, the administration of herbal prescriptions had been the established medicine in Japan for centuries until it lost its predominance to Western medicine towards the end of the 19th century. During Edo-period the specific features of Japanese Kampo Medicine were shaped. The highly theoretical and speculative nature of Chinese medicine was replaced by a more pragmatic attitude putting the bodily examination, especial the abdominal palpation (*fukushin*), into the centre of every day practice. The results of the abdominal palpation should give additional hints to select the adequate herbal prescription for the patient. The problem of expensive crude drug imports from China led to a pragmatic reduction of the numbers of drugs and the selection of the most efficacious remedies. In order to become independent from imports, medicinal herb gardens were established all over the country to cultivate the herbs in Japan. At the end of the 18<sup>th</sup> c even the cultivation of the expensive ginseng root was successful. First pharmacies opened up indicating that Kampo drug therapy was now available for the normal citizen and not any more restricted to the nobility like in the centuries before.

The revival of Kampo Medicine in recent decades took place within the context of modern Western medicine. Main indications today are disease patterns caused by modern industrial society, such as chronic and degenerative diseases, functional and psycho-somatic disorders and the multiple diseases of the elderly. Nevertheless, Kampo has preserved its traditional individual and holistic therapeutic approach with regard to clinical practice. The traditional multicomponent herbal prescription on the one side and the complaints of the patient and his subjective symptoms on the other side are central. Kampo is today considered as a complementary therapeutic option to enhance the quality of modern health care in defined areas. Only examined physicians are allowed in Japan to prescribe traditional medication which stands in contrast to other Asian countries. Extensive research has been conducted in the fields of basic and clinical research and a standard regarding quality of crude drugs and extract products has been developed. Respecting tradition is not necessarily a contradiction to modernization. The ongoing modernization of Kampo medicine paves the way for the internationalization of this form of therapy on a rational basis.

### CV

University education at the Universities of Erlangen and Bonn and at Keio-University Tokyo in Medicine (MD, PhD) and in Japanese Studies (M.A.); Ph.D. in Japanese Medical and Pharmaceutical History; Medical Board specialist in Internal medicine and in Gastroenterology

1994-1997 JSPS-Humboldt Postdoctoral Fellow at the Oriental Medicine Research Center, Kitasato University, Tokyo

1997-2010 Head of the Research Unit for Japanese Phytotherapy (Kampo) at the LMU University of Munich and Senior Physician at the Department and Hospital of Internal Medicine, Division of Gastroenterology, LMU University of Munich

Since 2011 Private clinic for Japanese Medicine at Gräfelfing/Munich and Associate Lecturer at the Competence Centre for Complementary Medicine and Naturopathy (CoCoNat), Technical University of Munich. Teaching of Kampo courses at the German Medical Doctors` Association for Acupuncture (DÄGfA). Since 2011 President of the International Society for Japanese Kampo Medicine (ISJKM)