

Education for Kampo Medicine

Oriental medicine was a traditional form of medicine which supported Japanese health since the 5th century A.D. After the Meiji Restoration in 1868, however, Western medicine became the field of medicine that was taught at schools, and the entire medical affairs system was established and operated based on Western medicine. Accordingly, for more than 100 years Oriental medicine was hardly ever taught at medical schools. Oriental medicine was only practiced by a small number of physicians who studied medicine on their own after graduating from medical school, and by pharmacists who handled herbal medicine which remained in use. Pharmacologists who specialized in the study of herbal medicine and pharmacology helped them from the sidelines. But with very few educational opportunities available, they were supported only by a small number of private research groups. In many instances, education was provided from teacher to student, or that is to say, from one individual to another.

1. Undergraduate Education at Medical Schools

Now that Chinese herbal medicine used for medicinal purposes is covered by public healthcare insurance, the situation has changed – and many medical schools have started to teach Kampo Medicine. The first medical school to offer courses in Kampo Medicine was Toyama Medical and Pharmaceutical University, followed by Tokyo Women's Medical College. With other medical schools subsequently considering the need to teach Kampo Medicine, these schools now teach it to their students through a variety of different programs.

In April 2003, the Ministry of Health, Labor and Welfare made it a requirement for medical schools to include Kampo Medicine in their core curriculum. Professor Katsutoshi Terasawa, who has been involved in this matter since the beginning and who has worked hard for the establishment of this requirement, has instituted the study of Kampo Medicine in the core curriculum as follows.

E.	Basics of Clinical Practice
2.	Knowledge of Basic Medical Treatment
(1)	Treatment with Japanese Kampo Medicine
	General Goals
1.	Study of the basics required for an application of Japanese Kampo medicine within clinical practice (basic concepts of Kampo medicine, diagnostics, use of individual prescriptions).
2.	Development of a holistic perspective, acquisition of the ability to select the optimal therapy for any given patient, including the use of Japanese Kampo medicine.
	Achievement Goals
1.	Acquisition of the ability to explain characteristics and basic concepts of Kampo medicine (functions of qi, blood, water; comprehension of the conceptual pairs deficiency - excess, superficial - deep, hot - cold)
2.	Ability to explain the basic differences between Kampo and Western medicine.
3.	Ability to explain Kampo medical diagnostics (comprehension of the four diagnosis methods: observation, listening and smelling, patient questioning and palpation).
4.	Ability to explain the Kampo concept of "Sho (pattern)" (comprehension of pattern orientated therapy).
5.	Ability to explain the composition of Kampo preparations, pharmacologic actions and their indications.
6.	Ability to explain representative side effects of Kampo preparations and relevant precautions.
7.	Ability to explain EBM in relation to Kampo medicine and integration with western medicine.

Table 1: Proposed Model Core Curriculum at Toyama Medical and Pharmaceutical University

According to a survey conducted by Nikkei Medical magazine in February 2004, 79 of the 80 medical schools in Japan now teach Kampo Medicine. Those schools offer lectures on the subject, specially arranged to meet their individual needs.

An example of this is the enhanced educational program at Toyama Medical and Pharmaceutical University, as follows:

2nd Year	Introduction of Japanese Kampo Medicine History Medical and Pharmaceutical Science	30 hours 30 hours
4th Year	Medical Treatment and Japanese Kampo Medicine	30 hours
5th Year	Japanese Kampo Medicine, Coursework of Clinical Applications	5 hours
5th and 6th Year	Clinical Training of Japanese Kampo Medicine	31 hours (5 days)

Table 2: Syllabus of "Medical Treatment and Japanese Kampo Medicine" at Toyama Medical and Pharmaceutical University

No.	Subject of Study	Content of Learning
1	The role of Kampo Medicine in modern western medical care - Five viscera concept	Comprehension of the characteristics of western and Kampo Medicine as well as the five viscera concept.
2	Qi -Blood-Fluid concept, Qi deficiency, Qi stagnation, Qi reversal	Regarding preparations for the main symptoms of Qi deficiency, Qi stagnation, Qi reversal conditions according to the Qi -Blood-Fluid concept
3	Qi deficiency, Oketsu, Fluid stagnation	Comprehension of preparations for the main symptoms of Qi deficiency, Oketsu, Fluid stagnation.
4	Yin-yang, deficiency-excess, cold-heat and exterior-interior concept	Recognition and comprehension of the individual yin-yang, deficiency-excess, cold-heat and exterior-interior disease states.
5	Six-channel diseases (greater yang, brighter yang, lesser yang, greater yin, lesser yin or reverting yin)	Comprehension of the concept and the disease stages of and preparations for the main symptoms of six-channel diseases.
6	Composition of preparations	Comprehension of the composition of Kampo medicines
7	Reconciliation of oriental and western medicine - side effects of Kampo medicines	Gain an understanding regarding the reconciliation of oriental and western medicine as well as side effects of Kampo medicines through practical examples.

Table 3: Main Theme of “Medical Treatment and Japanese Kampo Medicine” Lesson at Toyama Medical and Pharmaceutical University

Based on this educational program, the other medical schools have devised and offer curricula that are best geared to their individual needs.

A number of universities and research institutes have devised special curricula by which they hold lectures in Kampo Medicine. For instance, the Japan Institute of TCM has with favorable results been holding a 6-day camp-style seminar for medical students throughout Japan (who feel that the course offered at their own university is not enough).

Mon	8:00 ~ 8:30 Reading Circle	8:30 ~ Orientation	10:00 ~ Clinical Clerkship (stationary care)	17:30 ~ Clinical Conference
Tue	8:00 ~ 8:30 Reading Circle	9:00 ~ Clinical Clerkship (ambulatory practice)	Clinical Clerkship (stationary care)	
Wed	8:00 ~ 8:30 Reading Circle	9:00 ~ Clinical Clerkship (ambulatory practice)	Clinical Clerkship (stationary care)	
Thu	8:00 ~ 8:30 Reading Circle	9:00 ~ Clinical Clerkship (ambulatory practice)	13:30 ~ 15:30 Professor's Round	16:30 ~ Abstract Reading
Fri	8:00 ~ 8:30 Reading Circle	9:00 ~ Clinical Clerkship (ambulatory practice)	Clinical Clerkship (stationary care)	16:00 ~ 17:00 Wrap-up

Table 4: Clinical Training in Japanese Kampo Medical Treatment at Toyama Medical and Pharmaceutical University

	1st Day	2nd Day	3rd Day	4th Day	5th Day	6th Day
9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
		Kampo pathology ^②	Kampo dosimetry ^①	Kampo therapy	Workshop ^①	Special lecture ^⑨
10:30		Kampo diagnostics	Kampo dosimetry ^②	Special lecture ^④	Workshop ^②	Special lecture ^⑩
12:00						Special lecture ^⑪
13:00		Lunch	Lunch	Lunch	Lunch	Special lecture ^⑫
14:00	Assembly (14:00)					Lunch
	Kampo Medicine around the World	Kampo pharmacology	Special lecture ^②	Excursion	Special lecture ^④	Breakup
15:30	Kampo physiology	Special lecture ^①	Special lecture ^③		Clinical conference	
17:00	Dinner	Dinner	Dinner	Dinner	Dinner	
19:00	Kampo pathology ^①	Clinical lectures	Drug practice	Special lecture ^⑤	Special lecture ^⑤	
20:00	Kampo pathology ^②					
21:00						

Table 5: Japan Institute of TCM's Curriculum for “Kampo Medicine Seminar for Medical Students”



Diagram 1: Texts Used in “Kampo Medicine Seminar for Medical Students”

These texts include an outline of Kampo Medicine, the history of Kampo Medicine, its physiology, etiology and pathology, as well as the study of its diagnosis, drugs, prescriptions and therapeutics.

2. Postgraduate Education and System of Specialized Medicine

Kampo Medicine is taught in a variety of formats at the postgraduate level. This education is conducted in many different forms. There are many independent study groups around Japan, including courses sponsored by the Japan Society for Oriental Medicine, research groups sponsored by pharmaceutical companies, and research groups sponsored by local physician associations around Japan.

The Japan Society for Oriental Medicine, which holds lectures at its various chapters, endeavors to contribute to the continuing education of medical specialists, while local physician associations around Japan periodically hold seminars suited to clinical and everyday purposes. Pharmaceutical companies offer lectures delivered by top speakers in the field, to further improve the use of their products in their endeavors to spread correct and accurate knowledge.

In 1989 the Japan Society for Oriental Medicine introduced a system of specialized medicine. With the emergence of this system, the membership of the Japan Society for Oriental Medicine has doubled. This has resulted in a variety of different studies being conducted at the same time, so that in addition to traditional medical research methods used thus far, there have emerged methods employing Chinese herbal medicine based on Western medical methodology. As a result, Kampo Medicine has entered a new phase, including the development of new medicines to treat specific diseases. And education programs have developed accordingly.

Among the problems in education at the present time are how to teach academic systems of Kampo Medicine which are not necessarily simple, and how to position traditional medicine of Japan from an international perspective.

In order to breathe life into Kampo Medicine on both clinical and everyday levels amid the rapidly progressing field of Western medicine, Chinese herbal medicine must not merely exist as a substitute for Western medicine but rather Kampo Medicine must be understood as a system in its own right. The basis of education exists here. Education in Kampo Medicine in Japan is still in a period of transition.