

2022 10. 30 ➤ 10. 31

Global Health 臺灣全球健康福祉論壇
and Welfare Forum in Taiwan

One Health – Advancing Health and Well-being for All

健康一體：全面的健康與福祉促進

Program Book



WEBSITE



TWITTER



衛生福利部
Ministry of Health and Welfare

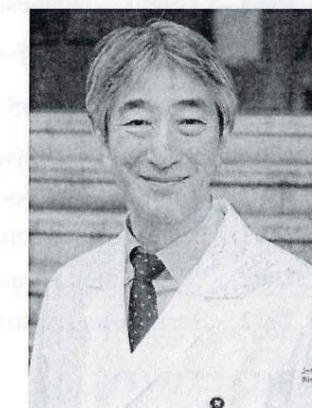


中華民國外交部
Ministry of Foreign Affairs

Historically, human crises have always been overcome by the advent of new methods rather than existing ones. We have embraced innovative methods based on scientific evidence, which are free from prejudice, arrogance, and stubbornness. It is how a crisis turns into an opportunity.

From this point of view, the current medical quarantine system centered on western medicine needs a paradigm shift toward an integrative medicine system with TEAM that emphasizes harmony between nature and the human body (天人相應) and strengthens the immune system. It might be the most important message the COVID-19 pandemic sends to our healthcare community

SPEAKER



Kenji Watanabe

- Guest Professor, Keio University School of Medicine
- Eminent Professor, Yokohama University of Pharmacy
- Director, Otsuka Kampo Clinic

EMPLOYMENT

- **1984 - 1986** Resident in Internal Medicine Keio University Hospital
- **1986 - 1988** Resident in Internal Medicine Ashikaga Red Cross Hospita
- **1990 - 1991** Research Fellow in the Department of Immunology, Tokai University School of Medicine
- **1991 - 1993** Postdoctoral Fellow in the Department of Genetics, Stanford University Medical Center, California, USA
- **1993 - 1995** Postdoctoral Fellow in Cell and Molecular Biology, Stanford Research Institute International, California, USA
- **1995 - 1996** Instructor of Japanese Phytotherapy, Oriental Medicine Research Center, Kitasato Institute
- **1996 - 2000** Physician-in-chief, Oriental Medicine Reserch Center, Kitasato Institute
- **2000 - 2013** Associate Professor Department of Oriental Medicine, Keio University School of Medicine
- **2013 - 2019** Professor, Keio University Faculty of Environments and Information Study, Graduate School of Media and Governance, School of Medicine
- **2019 - present** Director, Otsuka Kampo Clinic, Eminent Professor, Yokohama University of Pharmacy, Guest Professor, Keio University School of Medicine

EDUCATION

- **1984** M.D. Keio University School of Medicine, Tokyo Japan
- **1991** Ph.D. Keio University School of Medicine, Tokyo Japan
- **1991 - 1993** Postdoctoral Training: Department of Genetics, Stanford University, California, USA
- **2000 - 2013** Postdoctoral Training: Cell and Molecular Biology Laboratory, Life Science Division, SRI International, California, USA

BOARD CERTIFICATION

- 1987 - present Japanese Board of Internal Medicine
- 1989 - present Japanese Board of Oriental Medicine
- 2003 - present Fellow, American College of Physician

HONORS AND AWARDS

- 1991 Award for Postdoctoral Fellow, Human Science Foundation
- 1992 Award for Postdoctoral Fellow, Uehara Memorial Foundation
- 2003 Poster Award, Annual meeting of American College of Physician
- 2003 Presentation Award, Annual meeting of Traditional Medicine, Japan
- 2012 Best Poster Award. WHO FIC Network Meeting, Brasilia, Brazil

WHO ACTIVITY

- 2005 - 2008 Chair: WHO/WPRO ICTM project
- 2009 - 2018 Committee member: Revision Steering Group in WHO-FIC network
- 2009 - 2018 Co-chair: WHO TM chapter development project
- 2018 - present Committee member: Medical and Scientific Advisory Committee
- 2018 - present Co-chair: WHO TM Reference Group

PUBLICATIONS

1. Maeda-Minami A, Ihara K, Yoshino T, Horiba Y, Mimura M, **Watanabe K**. A prediction model of qi stagnation: A prospective observational study referring to two existing models. *Comput Biol Med*. 2022 May 16;146:105619.
2. Yoshino T, Horiba Y, Mimura M, **Watanabe K**. Exploring Standardized Scales and Serum Biomarkers to Evaluate Changes in Pruritus due to Eczema after Japanese Kampo Treatment: A Prospective Case Series. *Complement Med Res*. 2022 May 12. doi: 10.1159/000524778.
3. Horiba Y, Yoshino T, Yokota M, Iwata T, **Watanabe K**, Mimura M, Aoki D. Climacteric symptoms in postoperative patients among endometrial cancer, cervical cancer, and ovarian cancer: a cross-sectional study. *Support Care Cancer*. 2022 May 8. doi: 10.1007/s00520-022-07117-z.
4. Yoshino T, Horiba Y, Mimura M, **Watanabe K**. Oral Astragalus Root Supplementation for Mild to Moderate Chronic Kidney Disease: A Self-Controlled Case-Series. *Front Pharmacol*. 2022 Mar 1;13:775798.
5. Ito A, **Watanabe K**, Fukuzawa Y, Mitani K, Fujimoto S, Matsuda T, Sugiyama K, Kitamura K, Ban N. Development of Kampo (traditional Japanese medicine) e-learning program: evaluation of the flipped classroom for medical students. *Med Educ Online*. 2021 Dec;26(1):1938504.

The Role of Asian Traditional Medicine in the Pandemic

Kenji Watanabe

Keio University School of Medicine

COVID-19 is a new pandemic which spread all over the world in a very short period. As of September 2022, the number of infected cases is over 20 million and nearly 43 thousand people has died. However, when we see the history, mankind has faced a lot of pandemics, and in Asia, traditional medicine wisdom has been piled up in a long history. Traditional Japanese medicine, Kampo, values "Shanghan Lun", which is a textbook describing acute febrile infectious disease. Kampo study starts with reading and understanding Shanghan Lun.

There are several characteristics of the treatment for the infection in Shanghan Lun. First of all, the biological response to infection (pattern) is assessed and then choose the appropriate herbal formula to maximize the defense mechanism against infection. Among human defense system, fever is very important to eliminate virus and bacteria, because most of infectious body is fragile against fever. In addition, an immune system is augmented with herbal medicine.

This means that the selection of herbal formula is not decided upon the disease diagnosis. More than 100 different prescriptions are described in Shanghan Lun for different phases of one single disease. This pattern diagnosis is now included in ICD-11. This is a major difference from Western medicine, which act directly on the disease diagnosis, such as COVID-19.

Fortunately, the start of pandemic was behind other Asian countries, and we had time to learn the herbal medicine guidelines for COVID-19. We have collected the guidelines from each country and publish an article. In addition, there are several seminars online about COVID-19 and I had chances to hear from the practitioners who treated patients in Wuhan.

Because of these international collaborations, the author has been treating COVID-19 successfully from the first wave in Japan, and experienced that when appropriate herbal medicine is selected according to the pattern diagnoses, the patient is recovered in a short time. However not many Kampo doctors treated COVID-19 in the waves of alpha variant and delta variant.

After Omicron variant occurred, the risk of life-threatening complications has decreased, then practitioners started to use Kampo for COVID-19. This jeopardized the supply of Kampo medicine.

Each Asian country has used own traditional medicine and has overcome many challenges. I would like to raise the international network and share the knowledge, then prepare for the next pandemic.