



# 7<sup>th</sup> WHO Collaborating Center for Aging International Meeting on Complementary and Alternative Medicine

—Beyond regional variation toward consensus—

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in Sendai JAPAN

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**II PRESENT ACADEMIC RANK AND POSITION**

**Current Position Title:**

2001-present Associate Professor  
Department of Kampo Medicine,  
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**III EDUCATION**

**Degrees:**

1984 M.D.  
Keio University School of Medicine, Tokyo Japan  
1991 Ph.D.in immunology  
Keio University School of Medicine, Tokyo Japan

**Residency:**

1984-1986 Internal Medicine, Keio University Hospital, Tokyo Japan

**Fellowship:**

1986-1988 Internal Medicine, Ashikaga Red Cross Hospital, Tochigi Japan  
1988-1991 Endocrinology, Keio University Hospital, Tokyo Japan

**Postdoctoral Training:**

1991-1993 Department of Genetics, Stanford University,  
California, USA  
1993-1995 Cell and Molecular Biology Laboratory, Life Science Division,  
SRI International, California, USA

**IV BOARD CERTIFICATION**

1987 Japanese Board of Internal Medicine  
1989 Japanese Board of Occupational Medicine  
1989 Japanese Board of Oriental Medicine  
2003 Fellow of American College of Physician

Harmonization of Traditional Medicine in East Asia

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Although traditional Chinese medicine (TCM) is visible all over the world, each country in East Asia has its own traditional medicine. Like TCM, Korean and Japanese traditional medicines originated from ancient China (Han dynasty). Today, however, each country's traditional medicine is unique in many respects. For example, Korean traditional medicine (Han Medicine) values 4 types of body constitutions (Sasang diagnosis). In Japan, Kampo medicine developed uniquely in the Edo period (1603-1867) and has been both taught to, and used by, conventional physicians for the last 30 years. Thus, Kampo is an integrative medicine.

Worldwide, current health care systems spotlight other modalities that incorporate ancient wisdom. For this reason, it is time to open traditional medicines to the world. There are many challenges for the globalization of such traditional medicines. First, medicine is deeply connected with culture. There are large differences between western and oriental cultural backgrounds. For example, facts are absolute in the West and relative in the Orient. Objective measurement and subjective observation are valuable in the West and the Orient respectively. Second, traditional and conventional medical systems are totally different. It is not so easy to understand East Asian traditional medicines from the viewpoint of western medicine. This is partially true because translations are so difficult across languages, cultures and histories.

Worldwide, there is great interest in traditional East Asian medicine. It is possible to make an effort to globalize each country's traditional medicine on its own. However, it is more efficient to harmonize the traditional medicines of East Asia region and then introduce them to the world. I will present about the possibility of this strategy.