



# **Kampo: A Clinical Guide to Theory and Practice, Second Edition**

*Keisetsu Otsuka*

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# Kampo: A Clinical Guide to Theory and Practice, Second Edition

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## **Kampo: A Clinical Guide to Theory and Practice, Second Edition** Keisetsu Otsuka

Kampo, a traditional Japanese medical system derived from Classical Chinese Medicine and comprising unique diagnostic methods, herbal formulas and therapeutic approaches, is made accessible to English-speaking practitioners through this definitive translation of Dr Keisetsu Otsuka's classic work. This clinical handbook summarizes diagnostic theory and methodology then leads onto a section including 80 principal formulas followed by a therapeutic section organised according to allopathic definitions of disease. It follows a systems approach in internal medicine beginning with respiratory and cardiovascular disorders, moving through a comprehensive analysis of all the body systems. Essential clinical information on how differential diagnosis and formula selection is achieved is outlined within the Kampo tradition. A comprehensive index of 120 major herbal formulas and 180 individual herbal ingredients is included, as is the translators' original Glossary of terms designed to clarify concepts of health and disease unique to Kampo and Japanese culture.

The translators have taken care to retain Dr Otsuka's own thoughts and opinions on how to study Kampo, as well as demonstrative case studies from his own files, making this a direct source of his wisdom and teachings. Also including an overview of Kampo in the current age and guidance on integrating it into modern practice, this is an essential resource for anyone practicing or studying in this tradition.

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