

# シンポジウム I

## 「Alternative medicine and Epimedicine」

---

### Complementary and Alternative Medicine in Japan

Nobutaka Suzuki (Kanazawa University Graduate School of medical Science)

Recently, the need for complementary and alternative medicine (CAM) is increasing among patients in Japan. However, there have been few lectures on CAM to meet the growing demands for precise information.

In Japan, a small research group for alternative medical treatment was born in 1990, and this group established the Japanese Society for Alternative Medicine (JAM) in 1998. JAM consists of doctors, nurses, dentists, veterinarians, pharmacists, nutritionists, acupuncturists etc. The first congress of JAM was held in November, 1998, after that, various societies, such as JACT (Japanese Association for Alternative, Complementary and Traditional Medicine), JIM (Japanese Society for Integrative Medicine) were made. Moreover, the Japanese Society of Aromatherapy has also been established. JAM was renamed the Japanese Society for Complementary and Alternative Medicine (JCAM) in 2000, and JCAM contributed to gathering researchers from various scientific fields.

Out of the necessity for lecture on CAM and scientific research, a Department of CAM was established in March, 2002 at the Graduate School of Medical Science of Kanazawa National University. This is the first department of its kind in Japan.

The characteristic feature of this department is that researchers in the fields of agriculture, nutrition, pharmaceutical science, engineering, natural science and technology meet together to conduct several types of studies.

The main contents of research are as follows:

- 1) Accumulation and analysis of the evidences of CAM
- 2) Investigation of CAM in hospitals
- 3) Research for reactive oxygen species and anti-oxidants to develop anti-oxidant foods and remedies
- 4) Identification and clinical application of natural products, such as coix seeds, mushrooms etc.
- 5) Clinical trials of dietary supplements
- 6) Cancer chemoprevention
- 7) Forehead exposure to red photodiode light and NK activity
- 8) Development of equipment for blood rheology

In Japan, JCAM and this newly established department must play a vital role in the expected structural reform of the existing medical system.