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これからのEBMと漢方

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要旨：最近になって、漢方の領域でもEBM (evidence-based medicine) が注目されるようになってきた。漢方医学のような観察や意見に基づく伝統的医療に対して、現代医療の側からは、非科学的であるという批判と、非系統的であるという批判がなされてきた。しかし、伝統的な漢方医学の診断・治療体系は西洋医学のそれとは大きく異なる。そこで、EBMの位置づけについて慎重に考えたうえで、客観的な臨床研究データ (エビデンス) と患者の個性 (証) とに基づいた漢方診療を実践する必要がある。実際のところ、これはEBMの趣旨にかなった診療なのである。

索引用語：EBMの趣旨、2種類の批判、エビデンスと証

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Future Relations between EBM and Kampo Medicine

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Abstract: Recently, attention has been paid to EBM (evidence-based medicine) even in the territory of Kampo medicine. The traditional medical treatment like Kampo medicine, which is based on observation and opinions, has been criticized as unscientific and unsystematic by the modern Western medicine. But the diagnosis and treatment systems of the traditional Kampo medicine are greatly different from those of modern Western medicine. Therefore we must carefully think about the application of EBM to Kampo medicine and need to practice the Kampo medicine based on the objective clinical research data (Evidence) and patients' individuality (Sho). As a matter of fact, this is the treatment that matches the whole idea of EBM.

Key words: whole idea of EBM, two kinds of criticism, Evidence and Sho

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