

## Clinical Report 2 (Kampo Medicine)

*Autistic Spectrum Disorder, 5-year-old Boy*

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### [Chief complaint]

Self-injury behavior, insomnia

### [History of present illness]

The patient was diagnosed with childhood disintegrative disorder (CDD) at two and a half years of age, and went to a preschool in a specialized facility. He visited a medical institution around once every six months. He knew only a few words and one two-word phrase, and exhibited a marked delay in language development. He appeared nervous and restless, and panicked at subtle changes on a daily basis. In a state of panic, he would hit his mother, and display self-injury behavior by hitting his own face and banging his head against the wall, while crying. He had trouble falling asleep, and suffered a sleep disorder, such as being able to sleep only lightly. On his first outpatient visit, he tended to avert his eyes, and restlessly wandered about crying and looking troubled.

### [Diagnosis/Treatment]

Heart fire and liver fire, emotional weakness

Tsumura *yokukansankachinpihange* extract granules 5g twice a day

Tsumura *kanbakutaisoto* extract granules 2.5g before sleep

(The patient proactively took the above prescription mixed in cocoa.)

### [Progress]

The prescription had an effect from the day it was taken, such that two weeks later, the patient's sleep stabilized, and his panic and self-injury behavior subsided dramatically.

Two months later, practice and preparation for a school sports day caused the patient's panic to

increase, so 5g of *kanbakutaisoto* was administered twice a day to alleviate the symptoms. According to the patient's mother, the prescription seemed to have an overall effect of alleviating the symptoms from a level of 10 to 3, and QOL in the home improved significantly.

Ten months later, the patient entered primary school (special needs class), and has adapted to his school schedule.

In recent years, emotional and psychological conditions are increasing among children. Development disorders, in particular, are transcending the bounds of medicine and are becoming a social issue. Pharmacotherapy is one means of treatment, but there are extremely few psychotropic drugs that could be used on children. Some Kampo drugs have a psychotropic effect, and have been used mainly on adults. They may not be strongly effective, but they are considered more suitable to children than psychotropic drugs, as they have little side effects. However, emotional and psychological conditions among children are modern phenomena, so the application of such drugs to children has yet to be established. I have thus referred to Chinese traditional medicine and categorized Kampo drugs that could be used to treat the mind-state of children as follows.

Categorization of state of mind based on traditional medicine, and applicable prescriptions

Category 1 (mainly emotional weakness, heart blood deficiency, lack of courage)

Characterized by a worrying temperament, fear, lack of confidence, insecurity, sense of pathos, etc.

Negative emotions such as depression, insecurity and fear mainly persist.

Prescription: *kanbakutaisoto*, *kamikihito*, *keishikaryukotsuboreito*, etc.

Category 2 (mainly liver depression qi stagnation)

Characterized by a sense of melancholy, insecurity, anxiety, hysteria, etc.

Physical stress is strong, and mood swings tend to occur readily.

Prescription: *shigyakusan*, *saikokaryukotsuboreito*, *saibokuto*, etc.

Category 3 (mainly excessive heart fire, flaring of liver fire, gallbladder stagnation with disturbance from phlegm)

Characterized by anxiety, short temper, restlessness, irritation, etc.

Excitatory symptoms mainly persist.

Prescription: *yokukansan*, *yokukansankachinpihange*, *daisaikotokyodaio*, *orengedokuto*, etc.

In this case, panic symptoms of autism stand out, but strong anxiety related to low feelings of self-esteem was thought to be behind those symptoms, so *kanbakutaisoto* for Category 1 and *yokukansankachinpihange* for Category 3 were prescribed simultaneously. As a result, the patient's symptoms were alleviated, and QOL of his family also improved significantly.