

Clinical Report (Europe)

Case Report: Menopausal Syndrome

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A 48-year old female patient had been referred by a gynecologist and presented climacteric symptoms (hot flashes with a feeling of uprising heat from the chest through the neck into the head, sweating, at the same time cold feet, irritability, suddenly succumbs to feelings of sadness and complains about easy fatigability). These complaints had been present for about 6 months and were associated with irregular menstruations. Occasionally spontaneous nose bleeding did develop simultaneously. Other symptoms that follow from the anamnesis are: paroxysmally occurring attacks of pruritus affecting the entire body, frequently upset stomach, in particular following rich meals.

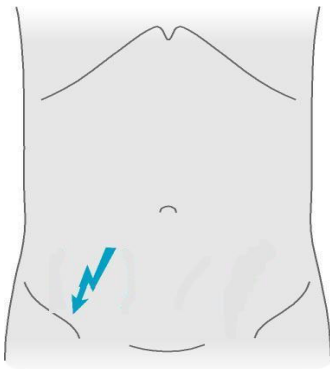
Kampo diagnosis:

Slim, sporty stature, strikingly dry skin, anemic appearance, spider nevi on the legs.

Tounge: dry, thin white coating, dental impressions

Pulse: deep and wiry

Abdomen: tenderness in the right lower abdomen



Shô identification: stage: lesser yang, status between excess and deficiency (ki-intermedio), liver qi stagnation, *oketsu**, Blood deficiency and temporary Blood heat (also „erratic Blood movements“), indications of spleen weakness.

(**oketsu* – Kampo term for a constitutional symptom complex, characterized by a stagnation of *ketsu blood*)

Kampo prescription:

unseiin

Rp.

Rad. Angelica acutilobae	4.0 g
Rad. Rehmanniae	4.0 g
Rad. Paeoniae	3.0 g
Rhiz. Cnidii	3.0 g
Rad. Scutellariae	3.0 g
Fruct. Gardeniae	2.0 g
Rhiz. Coptidis	2.0 g
Cort. Phellodendri	2.0 g
miste fiat species	(for 7 days)

Course:

The initial prescription was given for 7 days. During the second consultation the patient complained about a feeling of fullness and pressure in the pit of the stomach following ingestion of the decoction. These complaints were clearly indicative of an intolerance of this Kampo prescription, since they did not only occur during the first two days, but persisted throughout the entire treatment period. A re-examination of the abdomen revealed weak pulsation around the area of the naval. This led to the decision to change the prescription:

New Kampo prescription:

kamishoyosan

Rp.

Rad. Angelica acutilobae	3.0 g
Rad. Paeoniae	3.0 g
Rhiz. Atractylodis ovatae	3.0 g
Pachyma Hoelen	3.0 g
Rad. Bupleuri	3.0 g
Rad. Glycyrrhizae	2.0 g
Cort. Moutan	2.0 g
Fruct. Gardeniae	2.0 g
Herba Menthae	1.0 g
Rhiz. Zingiberis viridis	1.0 g
Miste fiat species	(für 7 Tage)

Further progress:

The new prescription again was prescribed only for 7 days. During the following visit the patient reported

a good tolerance of the prescription and that no gastrointestinal symptoms occurred. Subsequently, prescription of this preparation for a 14-day period. Next visit: good tolerance of the prescription, the patient felt subjectively better (less nervous). Findings: the tongue was moist, there were still signs of dental impressions, a thin white coat; the pulse was stronger, no longer wiry; abdomen: periumbilical pulsations were no longer palpable, while the tenderness in the right lower abdomen persisted. Subsequently, continued treatment with the prescription *kamishoyosan* for 28 days each. After 2 months of therapy hot flashes had been, except for some mild residual complaints, mostly alleviated and the patients reported feeling psychologically more stable and no longer so “sensible”. Similarly the condition of the pruritus had improved and regarding the gastrointestinal sensitivity, the patient reported a 100% improvement, stating she never suffered from stomach troubles again. The therapy was continued over a period of 7 months.

Remarks:

For the first prescription the focus had been on the signs of Blood-Heat (nosebleeds, pruritus) and thus the relevant prescription *unseiin* selected. Less attention had been paid to the qi deficiency of the spleen. That was a mistake. Stomach trouble developed promptly following the ingestion of the decoction. In patients with this type of constitution hypersensitive reactions of the stomach are frequently observed with prescriptions containing Rad. Rehmanniae. Thus, a change of the prescriptions was in this case was absolutely necessary and verified by the prompt improvements observed following the ingestion of *kamishoyosan*.

Incidentally, the prescription *kamishoyosan* is the **drug of first choice for menopausal syndrome**.

Reference:

Eberhard U.: Guideline Kampo Medicine, Japanese Phytotherapy, Elsevier (Urban&Fischer) 2003