

Clinical Report (Europe)

Case Report: Chronic Recurrent Diarrhea

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The subject in this report was a 69-year old retired teacher with chronic recurrent diarrhea that continued since an acute gastrointestinal infection two years earlier.

Findings:

Recurrent diarrhea (at least 1x/week) continuing for 1-2 days, always starting with colicky pain, mostly following the intake of food. Followed by adynamic defecation of liquid stools (3-4 x daily), occasionally defecation is associated with flatulence.

Previous diagnostics and therapy:

Repeated examination by gastrointestinal specialists without findings, fecal examinations for pathogenic microorganisms repeatedly negative, colon endoscopy revealed no pathologic findings. If required, treatment with Perenterol forte (*Saccharomyces boulardii*) or Loperamid.

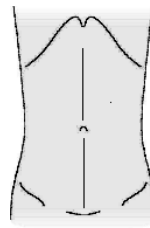
Other anamnestic information:

Weakness and exhaustion
Fatigue and marked need for sleep
Desire for warm beverages
In case of cold beverages or foodstuff, immediate onset of diarrhea
Frequently abdominal pain that improves with the application of heat.

First examination / Shô identification:

Sick appearance, weakness, underweight (46), pallor, withered face
Cold extremities, cold sensitivity
Bloodpressure 120/85 mmHg
Tongue: thin, wet, little fur
Pulse: weak, deep

Abdominal finding: "central core" extending above and below the navel



Course:

Acupuncture and moxibustion: Japanese meridian school (Keiraku Chiryô 1-2 sessions/week).

Kampo prescription: *North Water God Decoction* (Zhen-Wu-Tang, 真武湯 *shimbuto*) 9.86 (with Rad. Aconiti praep 0.5).

First prescription for 7 days, well tolerated, no marked changes, since diarrhea recurred on the third day (as usual).

Subsequent prescription of the same formula for 14 days (with Rad. Aconiti praep. 1.0).

No diarrhea during the second and third week of the treatment, frequency of bowel movements: once daily, normally shaped, no colicky pain.

Subsequent prescription of the same formula for 21 days (with Rad. Aconiti praep. 1.0).

During the further course, occasional unformed stools (1x per day), yet no more diarrhea. Further improvement of the general condition (less fatigue, gaining strength, increase in body weight). Acupuncture and moxibustion therapy was discontinued.

Subsequent prescription of the same formula for 28 days (with Rad. Aconiti praep. 1.0). Treatment led to further stabilization and shift towards longer intervals between individual doses of the extract or application only if required. Over an observation period of approximately 12 months the patient remained free from symptoms, only occasionally unformed stools that normalized immediately after application of *shimbuto*.