

## Clinical Report 2 (Kampo Medicine)

*A Case of Bad Health Condition from her First Delivery  
Comprehensively Treated with Kampo Medicine, which Led  
to the Next Pregnancy*

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### Abstract

I report I treated a case who got bad condition after her first delivery comprehensively with Kampo medicines. Subsequently she got pregnant with Kampo medicine contains *Rhubarb* (*Rhei* Rhizoma) which is generally avoided for woman who intend to be pregnant because of its purgative effect. Restoring her condition was most important for the pregnancy even with *Rhubarb*. Interestingly, once she got pregnant, she couldn't take the medicines because of diarrhea, which means the pregnancy made a dynamic change in her body and her body demonstrated she didn't need them any more.

### Introduction

Pregnancy, delivery and taking care of baby bring about not a few damages of woman's body. Especially in the late childbearing women often get extremely tired not only physically but mentally, which may induce various bad conditions later. But it is often settled just a fatigue or not serious matter or not "disease". In the Kampo therapy "disease" is not the only target to treat. The coordination of the body as a whole by Kampo medicines cure bad conditions and "disease" as well. Therefore Kampo therapy is the optimum treatment for women's problems connected with menstruation and pregnancy.

### Case History

38-year-old woman visited to my clinic suffering from the premenstrual syndrome and the allergic rhinitis that both became much worse after the delivery of her first child one and half years ago. She often has headache and dizziness for one week before the menstruation which has restarted recently.

Physical examination) 161cm 52kg

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There is no abnormalities.

### Oriental medical Observation

Pulses; profoundly palpable,

Tongue; faint red covered with mild white furring

Abdomen; moderate abdominal tension (3/5) There are mild tenderness in both subcostal region (KYOKYOKUMAN) and mild tenderness in bilateral lower para-umbilical region (the tender point of OKETSU)

### Clinical course

I prescribed shoseiryuto (Tsumura & Co., Ltd., Tokyo, Japan) 5g with kikyosekko (Kotaro pharmaceutical Co., Ltd.) 6g and kamishoyosan (Tsumura & Co., Ltd., Tokyo, Japan) 5g twice a day separately for four weeks. Her rhinitis has improved but premenstrual syndrome remained. I changed the prescription to *shosaikoto* (Tsumura & Co., Ltd., Tokyo, Japan) 5g and *keishibukuryogan* (Tsumura & Co., Ltd., Tokyo, Japan) 5g twice a day. These relieved headache and dizziness before the menstruation. She caught a cold regularly once a month and I noticed it happened during her ovulatory phase. Her susceptibility to infection has disappeared with *shosaikoto* (Tsumura & Co., Ltd., Tokyo, Japan) 5g and *unkeito* (Tsumura & Co., Ltd., Tokyo, Japan) 5g, which gave her regular menstruations without any trouble. Accordingly she had expectation of her second pregnancy a few times in a year. After one year and three months she started feeling irritable or depressed before the menstruation because of not getting pregnant contrary to her expectation. There were the resistance with tenderness in her lower bilateral umbilical regions. And she had strain in defecation. I prescribed *saikokaryukotsuboreito* (Tsumura & Co., Ltd., Tokyo, Japan) 5g and *tokakujokito* (Tsumura & Co., Ltd., Tokyo, Japan) 5g twice a day. Her irritable or depressed mood before the menstruation was relieved. After two months with these medicines, finally she got pregnant. She said she stopped taking these because of a sudden diarrhea as soon as she got pregnant.

## Discussion

There are great differences between Kampo medicine and Western one. In the Kampo therapy, the assessment of the patient's physical and mental condition as a whole human body is essential for the diagnosis and the determination of the medicine. Symptoms which patients complain are considered as just the expressive form of their condition as a result of losing the balance of the constituent elements of the body, such as Yin and Yang or Ki (kind of the spiritual energy), blood and bodily fluids. Therefore one or a few Kampo medicine can cure many symptoms of the patient by correcting the unbalanced condition.

During the pregnancy, delivery and feeding babies on mother's milk, there are drastic changes of the women's body of not only bodyweight but circulation or hormones. Indeed these changes are not pathological, but can easily disturb the balance of the constituent elements of the body and consequently bring some bad conditions especially for the women who gave birth of the first child later.

Kamishoyosan is often used for the premenstrual syndrome which is considered to be mainly caused by the stagnation of Ki and blood. But this case didn't respond it. To strengthen the force to drive the circulation of Ki and blood I changed the medicine to *shosaikoto* and *keishibukuryogan*. With these she was relieved of the headache and dizziness before the menstruation. According to the text of "Shanghan-lun", *shosaikoto* applies to infection just before or during the menstruation, but she was still vulnerable to infection before the menstruation. I considered this was because her body struggled to prepare the menstruation and couldn't spare from infection.

Then I changed *keishibukuryogan* to *unkeito* which is originally applied for the women on the brink of menopause to support their body, chiefly reproductive parts. *Shosaikoto* and *unkeito* has brought her regular menstruations without any trouble for a year, since when she expected her

second pregnancy. This indicates her unbalanced condition was corrected by these two medicines. But after a while she started feeling irritable or depressed before the menstruation because of disappointed hopes of second pregnancy. This time the stagnation and confusion or disorder of Ki made another unbalanced condition with bad circulation of blood, which I speculated from the tenderness in her lower bilateral umbilical regions and her light constipation.

Therefore I changed the medicines to *saikokaryukotsuboreito* and *tokakujokito* to drive and assist the circulation of Ki and blood. Finally she got pregnant after two months taking with these medicines. *tokakujokito* contains *rhubarb* which is generally avoided for woman who intend to be pregnant because of its purgative effect. Moreover *tokakujokito* itself is often denied to woman who intend to be pregnant, because its strong efficacy of driving of blood circulation could prevent the implantation.

As a result restoring her condition was most important for the pregnancy even with *tokakujokito*. Interestingly, once she got pregnant, she couldn't take the Kampo medicines because of sudden diarrhea, which means the pregnancy made a dynamic change in her body and her body demonstrated she didn't need them anymore. In the Kampo therapy, it is indispensable to assess the patient's physical and mental state as a whole human body, and more important, the physical and mental state changes in a short period even by the therapy.