

Clinical Report (Europe)

Case Report: Fall Lumbago u. Diabetes

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70-year old man

Acute lumbago-ischialgia since 2 weeks.

Diabetes mellitus type II since 15 years

Polyneuropathy

Senile hypertension

Findings:

Right-sided lumbago with myogelosis and inability to move, pain radiating into the right leg along the posterior aspect of the thigh down to the popliteal fossa. Numbness of both hands and feet, tingling paraesthesias of the extremities (in particular during rest).

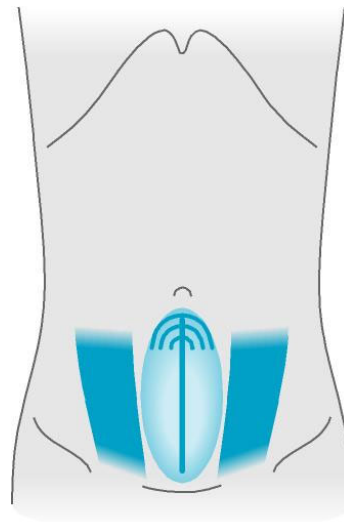
Other anamnestic information:

- For years weakness of the legs, often dull feeling of numbness of the feet
- Cold feet, that even in summer do not become warm
- Nycturia 3x, polyuria during the daytime
- Buildup of residual urine due to BPH (benign prostatic hypertrophy)
- Arterial hypertension, since several years pharmacologically adjusted (Valsartan + diuretic)
- Generalized physical weakness, fatigues easily

First examination / Shô identification:

- Sturdy statue, lean appearance
- Blood pressure 160/60 mmHg
- Relieving posture, mobility of the lumbar vertebral column painfully restricted (bending and stretching), nerve stretching pain on the right side (Lasègue sign positive at 50°), patellar tendon reflex stronger on the right side, pretibial edema of the lower legs, cold feet, warm hands.
- No coating, body of the tongue bright red
- Pulse deep, without strength

Abdominal examination:



“Kidney hollow”

Bar-like tension between navel and symphysis

periumbilical pulsation below the navel

tense Mm. rectus abdominis of the lower abdomen

Therapeutic course

Japanese acupuncture-moxibustion therapy: meridian school Keiraku Chiryô, every 2 day. Kampo: kidney qi mixture *gosha jinki gan* (with *Rad. Aconiti praep. 0.5*), initial prescription for 7 days. Reexamination after 7 days: good tolerance, following the third day treatment induced improvement of the acute symptoms.

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

This resulted in stabilization, after treatment for approximately 14 days no more back pain; resorption of crural edema; subjective reduction of the cold sensation, but the numbness and the tingling paraesthesias are still present.

Again repeated prescription of the same formulation for 28 days (with *Rad. Aconiti praep. 1.0*).

The patient is pain free after further 3 weeks of treatment with Kampo and acupuncture, there is an improvement of the circulation, a blood pressure of 140/70 mmHg is measured, the feet are warm and the tingling and restlessness of the legs have been markedly alleviated, while the numbness in the hands still remains. Apparently less marked variations in blood sugar levels (easier diabetes adjustment!).

Termination of the acupuncture-moxibustion therapy.

Continuation of the Kampo treatment for another 4 months.