

## Kampo Dermatology – Clinical Studies

### *Treatment of Alopecia (hair loss) with Kampo (1)*

Fumino Ninomiya

Aoki Clinic

Alopecia or excessive loss of hair is a dermatological disease mostly caused by a damaged flow of qi. With involvement of qi, stress is strongly related to alopecia. It may develop due to depression or feeling down. Or it may be involved with sweating caused by a response of the autonomic nervous system.

The state of hair loss varies from partial to complete loss of scalp hair (alopecia totalis) involving loss in the frontal region or loss in the temple regions, or loss in the occipital head region. Alopecia totalis is largely related to kidney failure. Frontal hair loss is observed in many cases with weak spleen and stomach. Temple hair loss, which is often the indications for prescription including *Bupleuri Radix*, is mostly related to liver and gallbladder problems while occipital hair loss is mostly related to lung problems.

Alopecia or hair loss is broadly divided into three subgroups of senile alopecia (hair falls out spontaneously as people age), premature alopecia (the hair line recedes progressively) and alopecia areata.

In case of water toxin or blood stasis, the scalp becomes weak to tighten the hair roots, which easily induce alopecia. It is easy to know whether water toxin exists or not by taking and holding the hairless area between fingers. If it exists, the area wrinkles.

In terms of the general condition, qi deficiency, cold and blood deficiency in hair roots exist in many cases with hair loss. In case of kidney problems, *hachimijiougan* is used. In case of liver and gallbladder problems, formulas containing *Bupuleri Radix* are used. If qi is involved with these problems and there are palpitations, formulas such as *shigyakusan* are used. In order to reduce qi, decoctions containing *Cinnamomi Cortex* such as *keishikaryukotsuboreito* is used with *kamishoyosan*

or *yokukansankachimpihange*. In case of blood deficiency, *shimotsuto* is used. In case of blood stasis, formulas to expel blood stasis such as *keishibukuryogan* are used. And if water toxin co-exists with these problems, *goreisan* is added.

It is important to look to the circulatory relation between qi circulation - blood and qi circulation - water, while giving consideration to the areas of alopecia occurrence.

Case: Multiple alopecia

Female of 13 years old

Present illness: Multiple alopecia exacerbated since a year ago

Present condition: Multiple alopecia started from the top of the head, progressing to the temple regions, frontal region, and to almost total head.

The first menstrual onset was one year ago and since then regular. Lots of dreams. Cold feet (++), constipation (-), frequent urination, blood pressure 98/60. Height 152cm, weight 46kg.

Abdominal sho: Tense rectus muscles on both sides (easily become ticklish)

Tongue sho: White fur, sublingual veins (+).

Family background: Father divorced three times. Her biological mother was his third wife but soon got divorced and then married to other man. The patient has a half blood brother.

Patient's psychological course: In depressed state and reticent. As cold was dissipating and the hair began to grow, the patient began to talk and paint pictures. Paintings in the initial period and recent days are shown below for comparison. The patient and her separated mother seem to keep in touch with one another in a sort of way.

Treatment and course:

*hachimijiougan* and *kamishoyosan*

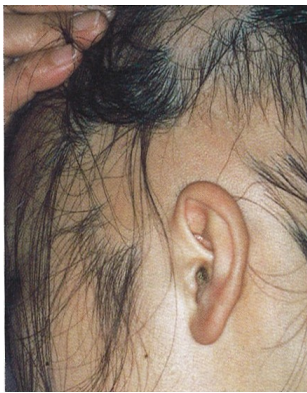
Hair loss stopped within five weeks of the administration. Tension type. With relief of tension, the strained skin became soft.

*keishibukuryogan* 5.0g, *kamishoyosan* 5.0 g

In 8 months, sweating was improved; the amount of growing hair increased and hair growth became faster. In her dreams the patient played with a cartoon character, claiming that she felt better.

Due to excessively cold feet, sufficient local treatment of the head skin was administered.

The above treatment continued for about 12 months and cure was attained.



Before treatment  
– right ear



Before treatment  
– top of head



Before treatment  
– left ear



Eight months later  
– left side



Eight months later  
– top of head



Eight months later  
– front side and forehead

Paintings by the patient before treatment (left) and after treatment (right). The painting before treatment is monotone whereas the painting after the treatment is colored and rounded out, giving a soft impression.

