

Clinical Report 2

Four Cases of Irritable Bowel Syndrome (IBS)

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Irritable bowel syndrome (IBS) occurs when the Liver, Spleen, and Kidney causes pathological conditions. Typical conditions or symptoms of IBS as well as extract preparations for IBS are shown below:

Irritable Bowel Syndrome			
Sho (disease pattern)		Symptoms/Findings	Formulations
Transverse invasion of liver Qi	Liver Qi invading the spleen	Depression, diarrhea due to stress. Pulse: string-like	“ <i>shigyakusan</i> ”+ “ <i>keishikashakuyakuto</i> ”
	Liver Qi invading the stomach	Depression, exacerbated by stress, stomach pain, the stomach feeling heavy, gastric stuffiness, diarrhea	“ <i>shigyakusan</i> ”+ “ <i>hangekobokuto</i> ”
	Transverse invasion of liver Qi/Spleen deficiency with phlegm-retained fluid	Depression, exacerbated by stress, poor appetite, the stomach feeling heavy, gastric stuffiness, diarrhea	“ <i>shigyakusan</i> ”+ “ <i>rikkunshito</i> ”
Spleen deficiency	Spleen yang deficiency	Sensitive to cold, diarrhea, exacerbated by cold, become less severe by warming the abdomen	“ <i>ninjinto</i> ” “ <i>bushininjinto</i> ”
		Sensitive to cold, abdominal pain, exacerbated by cold, become less severe by warming the abdomen.	“ <i>daikenchuto</i> ” “ <i>daikenchuto</i> ”+ “ <i>keishikashakuyakuto</i> ”
	Spleen-kidney yang deficiency	Sensitive to cold, diarrhea, abdominal pain, weak knees, lowback pain, fifth-watch diarrhea	“ <i>shimbuto</i> ”
	Spleen deficiency- liver blood deficiency	Diarrhea, abdominal pain, exacerbated by stress, no depression	“ <i>keishikashakuyakuto</i> ” “ <i>shokenchuto</i> ”
Spleen-Stomach disharmony		Gastric stuffiness, belch, nausea, vomiting, rumbling noise, diarrhea	“ <i>hangeshashinto</i> ”
Large intestinal dampness-heat		Sticky slimy foul-smelling stools, ineffectual and painful straining at stool, scorching heat sensation of the anus	“ <i>ogonto</i> ”

Case 1: Female of 23 years old

Chief complaints: Cold sensitivity and diarrhea

Current medical history: The patient began to feel cold in the abdomen and extremities several years ago and was using a belly-warmer even in summer while sleeping. She had seldom used an air-conditioner even in mid summer, but the sensitivity became exacerbated by air-cooling in the office when she started to work.

Since childhood, she had been a light eater and tended to get diarrhea easily. Especially when the belly became cold, or when she ate something cold, she had the onset of diarrhea. Diarrhea became less severe by warming the abdomen.

Present condition: Medium height, on the slim side, and pale complexion.

Pulse condition: Slightly weak. Tongue: Pale white

Sho: Spleen yang deficiency

Method of treatment: Tonifying the spleen yang

Formulation: Extract of *bushirichuto* 9g/3 (before eating)

Course: The col sensitivity to cold became less severe soon after the start of the administration and diarrhea did not occur.

Commentary

A feeling of cold in the extremities and abdomen, eat so little and easily have diarrhea, get diarrhea when the abdomen becomes cold by eating something cold, diarrhea becomes relieved by warming the abdomen – these are all the typical symptoms of spleen yang deficiency. Due to a feeling of intense cold, just not *ninjinto* but *bushirichuto*(*bushininjinto*) was used. For treating gastrointestinal symptoms, this formulation must be taken before each meal.

Case2: Male of 17 years old

Chief complaints: Abdominal pain and diarrhea

Current medical history: From about junior high school days, the patient began to become irritable. Since then, squeezing abdominal pain and diarrhea had repeatedly occurred. They tended to occur before the patient was leaving for school. During school holidays, these symptoms did not appear.

Present condition: Medium height, well-muscled, and normal appetite

Pulse condition: String-like. Tongue: Pale red

Sho: Liver Qi depression and transverse invasion of liver Qi

Method of treatment: Soothe liver Qi to remove depression/harmonize the liver and spleen

Formulation: Extract of *shigyakusan* 7.5g/2 (before eating)

Course: With the administration, diarrhea and abdominal pain has not occurred.

Commentary

Irritation, easily getting angry, and string-like pulsation are the symptoms of liver Qi depression. An exacerbation of abdominal pain by stress and its non-occurrence on the days of school breaks are considered to have occurred due to transverse invasion of liver Qi. *Shigyakusan* was used. As it was difficult for a high school student to take medicines before lunch, the daily dose was divided into two servings to be taken before breakfast and dinner.

Case3: Female of 36 years old

Chief complaint: Diarrhea

Current medical history: The patient was having watery-muddy stools five times a day for five to six years. And abdominal pain occurred twice to three times a month. Diarrhea got worse by cold, cold

meals, and stress. The patient went into a hospital to receive a detailed physical examination, including colonofiberscopy. However, no abnormalities were found and a diagnosis of irritable bowel syndrome was made.

Present condition: Small build on the slim side

Pulse condition: Slippery. Tongue: Pale red

Sho: Spleen yang deficiency and Spleen deficiency-liver blood deficiency

Method of treatment: Tonifying spleen yang/soften (emolliate) liver

Formulation: Extract of *ninjinto* 7.5g/3 + Extract of *keishikashakuyakuto* 9g/3

Course: With the several-days administration, diarrhea disappeared. Subsequently, when the formulations were discontinued, diarrhea relapsed, so that the medication was resumed. Then diarrhea completely resolved.

Commentary

Diarrhea that worsens by cold, fatigue, and cold meals are regarded as the pattern of spleen yang deficiency. Squeezing abdominal pain and exacerbations by stress without irritation indicate that Spleen deficiency-liver blood deficiency is present. *ninjinto* was used for spleen yang deficiency and *keishikashakuyakuto* was used for Spleen deficiency-liver blood deficiency.

Case4: Female of 34 years old

Chief Complaints: Rumbling of the intestine and abdominal pain

Current medical history: The patient had often had flatulence and rumbling of the intestine since elementary schoolchild. However, daily rumbling of the intestine began to occur a year ago. Once it occurred, it continued all day, often inducing pain accompanied by discomfort. Her appetite was

normal, but she felt a stuffiness sensation in the epigastric region. Three months ago, she visited a Department of Internal Medicine and had treatment. However, the symptoms did not improve at all.

Present condition: Medium build

Pulse condition: Thin and string-like. Tongue: Pale red with white furs and teeth scars.

Abdomen: Stuffiness and rigidity in the epigastric region

Sho: Spleen-stomach disharmony

Method of treatment: Harmonize the spleen and stomach/dissipate sore and relax tension

Formulation: Extract of *hangeshashinto* 6g/3 + Extract of *kanzoto* 3g/3

Course: After three days of the administration, abdominal pain, rambling of the intestine, and epigastric pain disappeared.

Commentary

Generally, *hangeshashinto* is used for spleen-stomach disharmony. For abdominal pain accompanied by discomfort, *kanzoshashinto* is used. Since preparations of *kanzoshashinto* are unavailable in the extract form, *hangeshashinto* and a small amount of *kanzoto* were used in combination. The combination dosing yielded marked effects.