

Clinical Report 3

One Case of Dizziness that was Benefited by Hochuekkito

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Case: Male of 61 years old

Initial visit: December 9 of year X

Chief complaint: Light headedness

Current medical history: In early May of year X, the patient had a sudden attack of dizziness when he was continuously being engaged in a delicate job and was admitted to a city-run hospital. The diagnosis was viral “vestibular neuronitis.” The acute dizziness was resolved by medical treatment, but lightheadedness remained unchanged. Although Kampo medicines (*ryokeijutukanto* and *saikokaryukotsuboreito*) were prescribed by a clinic two months before his initial visit to us or in October, the symptom did not improve. When he made the first visit, there was no cure for the lightheadedness. When he was walking with a heavy object held in one hand, the body did not move straight forward but involuntarily advanced rightward or leftward depending on the hand that held the heavy object. When riding a bicycle, he could not keep the body position and almost fell off to either right or left hand side. He felt dizzy when turning around suddenly.

Appetite: Ordinary, became sleepy after eating.

Dry mouth (+)

Sleep: Dreamed a lot.

Defecation: Twice/day, ordinary stools, and hemorrhoid.

Predisposition: Fatigable and caught a cold easily. The patient had painful shoulders, stiff shoulders with stiffness of the back, lowback pain, and a feeling of listless lower part of the body.

Present condition: 180cm 85kg, blood pressure: 164/96mmHg

Pulse condition: Deep/sunken, weak and slightly slippery

Tongue: Pale, small amount of white furs

Abdomen: Fullness in the chest and hypochondrium (+). Abdominal palpitation (-).

Diagnosis: Failure to rise of the clear Yang due to descent of spleen Qi

Treatment strategy: Tonifying the Qi and elevating the Yang

Formula:

Astragali Radix 8g

Ginseng Radix 4g

Atractylodis Rhizoma 4g

Angelicae Acutilobae Radix 3g

Citri Unshiu Pericarpium 2g

Ziziphi Fructus 2g

Poria 4g

Glycyrrhizae Radix 2g

Bupleuri Radix 2g

Zingiberis Rhizoma 1g

Cimicifugae Rhizoma 1g

Puerariae Radix 8g

Course: With the administration for two weeks, almost no obvious changes appeared in effect. Rather, the patient felt the back of the head heavy, so with an addition of *Uncaria rhynchophylla* 10g, the medication was maintained. In the 4th week of administration, the condition improved substantially. However, walking a long distance made the patient still feel his head light. He strongly claimed of stiff shoulders, for which the Extract of *kakkonto* was started in parallel (on January 5 of year X). As this Extract had effects on stiff shoulders from a three-day administration, it was continuously administered. In the middle of February, lightheadedness mostly disappeared and the medication was discontinued. However, as he still slightly felt the head light, a two weeks supply of the medication was resumed, and then the patient's

condition recovered to normal completely. The treatment was completed.

Consideration: Traditional Chinese medicine classifies the clinical conditions of dizziness into four types. This patient complained of always feeling languid and became sleepy after eating – these are typical conditions of deficiency of the spleen. He also exhibited other conditions caused by deficiency of Qi: When he walked with holding a heavy object in one hand, his forward movement was involuntarily lopsided either rightward or leftward depending on the hand that carried the object; when riding a bicycle, he could not maintain the body balance and almost failed off to either right or left hand side; and a long distance walk made the symptom worse. This means that dizziness occurred by “deficiency of the spleen Qi” caused by “failure to rise of the clear Yang.”

Hochuekkito used in the case is the formula that appears in “Nei-wai-shang Bian-huo-lun (Clarifying Doubts about Injury from Internal and External Causes)” written by Dong-Yuen Li, an excellent physician in the 13th century. He devised this formula originally for serious epidemic treatment. In present days, however, this *hochuekkito* is used as one of representative formulae for deficiency of the spleen Qi and descent of spleen Qi. Japanese physicians use this formula for many chronic disorders with successful results.