

Clinical Report 3 (Japan)

Functional Dyspepsia – Case 2

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Case 2: FD postprandial distress syndrome

Patient: 56-year-old female

Chief complaint: Heavy stomach, loss of appetite, feeling of fullness, coughing with phlegm

History of present illness: The patient's stomach began to feel poorly from XXXX-4, and gradually worsened. She received a gastroscopy exam at a different hospital and was diagnosed with superficial gastritis. She was administered an H2 blocker, a proton pump inhibitor, and mosapride citrate, to no avail. Her weight declined from 38kg to 36kg, so sought medical attention again in XXXX.

Past medical history: Ovarian cyst at age 17, ischemic enteritis at age 52.

Present status: Height 146cm, weight 36kg, blood pressure 156/91mmHg, pulse 96/min. and regular.

Symptoms: Sense of abdominal fullness, belching, loss of appetite, early satiety after eating, a splashing sound of gastric juice in the stomach, no heartburn or reflux symptoms. In the past, she was prescribed *shoseiryuto* for coughing and phlegm, but it aggravated her gastrointestinal symptoms.

Observations from the perspective of Eastern medicine: Pulse pattern—Sunken, thin, string-like, somewhat deficient. Tongue pattern—Tongue texture with teeth marks and cracks, thin white coating, overswelling of sublingual vein. Abdominal pattern—Somewhat

weak abdominal strength, thin subcutaneous fat, dry skin, minor chest side painfulness on right side, marked splashing sound made by succussion, brisk pulsation in supra- and infra-umbilical regions, weakness of the infra-umbilical region.

Progress: First visit (Jan.)—Administered *rikkunshito*. February—The patient became able to eat a significant amount of rice, but the splashing sound still remained. March—The patient had coldness, so 1.0g powdered processed aconite root was added to her prescription. April—Sputum and respiratory distress were observed, so *hangekobokuto* was added. May—The patient began to be able to eat. Food tastes good. The phlegm decreased. Thereafter, *rikkunshito* and *hangekobokuto* were gradually decreased, and the patient's treatment was deemed complete in October.