

Kampo Dermatology – Clinical Studies

Treatment of Atopic Dermatitis with Kampo – Puberty and Adulthood (6)

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A major characteristic of atopic dermatitis is that varied symptoms appear during puberty and adulthood and they cover the entire body. The parts that are rubbed such as the underarms and inside elbows become lichenified (the skin become thick and hard) and intractable. Sweat accumulation in the parts that are rubbed is also a major factor.

Treatment of secondary aspects and prescriptions

The skin surface consists of a variety of structural shapes and typically often develops erythroderma. For erythroderma, medicines that clear heat and induce water drainage, and resolve blood stasis are mainly used appropriately, as well as *gorinsan*, *shofusan*, or *keishibukuryogan*. To remove intense inflammation, strong heat clearing medicines are used. In atopic dermatitis, however, there are many cases of spleen-stomach deficiency with internal cold. So, an excessive use of heat clearing medicines should be avoided. Making adequate adjustments is important. It is also important to focus on heat clearing prescriptions.

If facial redness is intense and skin irritation extends to the whole body, *shishihakuhito*, *orengedokuto*, *keishikaogito*, and *byakkokaninjinto* are used. *Byakkokaninjinto* is used to target hot flashes, sweating, and thirst. If there is erythema, papules, and lichens on the whole body, medications such as *unseiin*, *keigairengyoto*, *saikoseikanto*, and *saikokeishito* are used.

For erythema on the upper part of the upper

body, the medications such as *sammotsuogonto* and *shin'iseihaito* are used.

If there are erythema, edemas, and moistening, the medications such as *eppikajutsuto*, *choreito*, *inchinkoto*, *goreisan*, and *shofusan* are used.

These medicines should be used for a short period to manage the symptoms.

If the lower body has intense inflammation, the prescriptions such as *ryutanshakanto* and *saiseijinkigan* are used.

If there is an infection, medications such as *hainosankyuto* or *jumihaidokuto* are used.

If there is the presence of upper body sweating with a weak constitution, medications such as *keishikaogito* and *boiogito* are used.

If there is dry skin dermatitis on the whole body, medicines to enrich yin such as *bakumondoto*, *tokito*, and *jiinkokato* (even for treating a secondary aspect of the disease) are used.

Some cases may need to combine medicines inducing water draining. A typical medicine to dissipate water damp is *goreisan*, which can be applied to individuals of any generation. For Hyperhydrosis and edemas, *boiogito* is used. *choreito*, which has actions of nourishing yin and draining water is used for heat symptoms. *Inchingoreisan* is used for conditions with erythema – erythema is the symptom for this medicine. *ryokeijutsukanto* is used for conditions with moist eczema dermatitis due to the reversed flow of fluids.

Treatment of the root/primary aspects and its prescriptions

The basics to treat the root during puberty and adulthood are to improve the patient's constitution by supplementing deficiencies with the use of medications mainly for tonifying qi, and yin.

For the syndrome of gastrointestinal

weakness and acquired spleen deficiency, medications such as *rikkunshito*, *shikunshito*, *ninjinto*, and *heiisan* are used. For kidney-deficiency lacking kidney essence as a result of acquired internal weakness, medications such as *hachimijiogan*, *rokumigan*, and *shimbuto* are used. For liver depression and qi stagnation with which stresses are greatly connected, medications such as *shigyakusan*, *saikokeishito*, *saikokeishikankyoto*, *saikokaryukotsuboreito*, *yokukansan*, and *kamishoyosan* are used. For blood deficiency, *shomitsuto* is a typical formulation (Table 2).

Atopic dermatitis has great influences of characteristics of each season, which will be reported in a separate literature.

Case 1: Female of 31 years old with atopic dermatitis and neurosis.

Present conditions: 159cm, 51kg

Whole body erythema. Psychoneurosis, SDS (psychological test) 65 scores. Difficulty falling asleep, intensely irritable, worrisome, poor appetite, loss of nerve. The entire body felt cold. Stiff shoulders (+). The patient was helping with the housework.

Tongue condition: Moist with white furs.

Treatment and course:

yokukansankachimpihange 5.0g and *sammotsuogonto* 5.0g were administered for six weeks.

After a while, the skin inflammation improved and a cure was attained.

Appetite came, and the patient became able to enjoy meals, and felt refreshed. Irritability resolved. She could get a conversation with her family members to start moving. She spent every day with fun and became hopeful about the future. The overall QOL improved.



Before treatment

Before treatment



6 weeks after treatment

6 weeks after treatment

Case 2: Male of 20 years old with atopic dermatitis and whole body chronic exudative dermatitis

Present conditions: Atopic dermatitis developed at the age zero. In mid-course, it was in remission, but when he entered the university and started living alone, it became gradually worse.

Past medical history: Allergic rhinitis. His father had allergic rhinitis.

Present conditions: 172cm, 63kg

There was whole body erythema. Moist crusts and lichens co-existed with exudative dermatitis associated with a secondary infection. Constipation (+), cold legs (+), abdominal pain (+), frequency of urination 5 times, water intake 3-5 lit./day. In everyday life, the patient ate in-between snacks, mostly sweets. She did not take breakfast and mostly dined out. She ate very few vegetables and fish.

Abdominal condition: Palpitations above the umbilicus, tenderness beside the umbilicus, and

lower abdominal resistance.

Treatment and course

May 9. (1) *choreito* 7.5g, *gorinsan* 7.5g, and Roxithromycin 100mg 2 tablets were administered for 14 days.

(2) Procedures: Black light radiation. Patches of *shiunko*, Bacitracin mixed ointment, and pioctanine Salbe were applied.



Before treatment

Before treatment



After treatment

After treatment

(3) For the face wash, soap must be used. It was explained that soft cottons are the safest for the skin.

(4) Since stress was getting worse, instructions were given for training the autonomic nerves.

With the three-day visits to the hospital, the symptoms were nearly recovered and the conditions seem to become better.

May 21. The secondary infection was cured. Erythema decreased.

(a) *choreito* 7.5g and *hainosankyuto* 7.5g were administered for 28 days.

(b) Procedures were same as those of May 9.

June 13. Erythema further decreased and the pigment deposited. Itching (+), which was intense on the face, chest, neck and upper body. *shin'iseihaito* 5.0g, *keigairengyoto* 5.0g, *choreito* 5.0g, and Ebastine 10mg one tablet were administered for 14 days.

[Lifestyle guidance]

- (1) The patient was told to get up early in the morning and eat breakfast. Explanations were given about food materials and how to effectively intake them. Go to bed at 23:00. Get enough sleep.
- (2) How to apply ointments after taking a bath was explained. The effective method of taking a bath to disperse cold in the legs was also explained.