

Clinical Report 2 (Japan)

A Case that Had More Effect from Less Crude Drugs

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[Background]

In Kampo treatment with crude drugs, practitioners apt to add one drug after another in response to patients' complaints. On the other hand, it has often been pointed out that the formulae that have additional crude drugs do not seem to sufficiently yield expected benefits. The author has modified the original formulation by giving no major changes to the structure and characteristics but rather adjusting the number of the crude drugs and drug amounts of the original formulation, reducing to an essential minimum structure. Following is the report about the experience of using this modified preparation:

[Case] Female of 22 years old

[Chief complaint] Pyrexia and general malaise

[Current medical history] Complications of SLE developed at the age of 17 and Sjogren's syndrome. Raynaud's symptoms, fever onset, joint inflammation, depression symptoms, hypocytosis, and core symptoms of inflamed pleura. The patient had been receiving treatment with decoctions to manage the symptoms, but she became exhausted after unusually hectic and long summer days. In early October, she began to have the onset of fever with the body temperature of 39-40 degrees Celsius with a loss of appetite, a sense of malaise, and polyarticular pains.

Prescriptions administered up until early October.

According to the text book of Bensho (syndrome/type identification) for spleen-kidney deficiency, liver qi depression, disquieted heart spirit, blood stasis, and internal heat, following had been used.

Astragali Radix 14g, *Bupleuri* Radix 14g, *Cimicifugae* Rhizoma 4g, *Ginseng* Radix 8g, *Atractylodis* Rhizoma 8g, *Poria* 8g, *Fossilia Ossis*

Mastodi 18g, *Oysteeae* Tespa 18g, thinleaf milkwort root 6g, *Zizyphi* Semen 10g, *Rehmanniae* Radix 8g, *Amomi* Semen 5g, *Processi Aconiti* Radix 2g, *Psoraleae* Semen 8g, *Cinnamomi* Cortex 8g, *Paeoniae* Radix 8g, *Angelicae Actilobae* Radix 8g, *Persicae* Semen 8g, *Moutan* Cortex 8g, *Spatholobi* Radix 8g, *Salviae Miltiorrhizae* Radix 8g, *Lycii* Fructus 8g, *Citrus Unshiu* Pericarpium 6g, *Ophiopogonis* Tuber 6g, *Schisandrae* Fructus 6g, *Phellodendri* Cortex 4g, *Zizyphi* Fructus 4g, *Zingiber* Rhizoma 4g, *Glyzorrhizae* Radix 4g.

Prescription after modification:

Astragali Radix 20g, *Bupleuri* Radix 6g, *Cimicifugae* Rhizoma 6g, *Cinnamomi* Cortex 6g, *Paeoniae* Radix 6g, *Fossilia Ossis Mastodi* 9g, *Oysteeae* Tespa 9g, platycladus orientalis seed 8g, *Salviae Miltiorrhizae* Radix 8g, *Ginseng* Radix 10g, *Atractylodis* Rhizoma 8g, *Anemarrhenae* Rhizoma 9g, *Corneri* Fructus 10g, *Eucommiae* Cortex 8g, *Amomi* Semen 4g, *Zizyphi* Fructus 6g, *Zingiber* Rhizoma 3g, *Glyzorrhizae* Radix 6g.

Only three days from switching to the new prescription, a decline of the fever was attained to the first half of 37 degrees C. The feeling of malaise also improved. Ds-DNA antibodies returned to the normal vale of 86 from 129.

[Discussion]

Both formulae of before and after the modification are similar to each other in major parts and there are no major differences between the two in the properties of the drugs contained. A marked response was obtained after making changes to form the structure having an increase in the drugs with the ability of qi tonification but with a reduction in the drugs for activating blood stasis and flowing qi downward. It may be considered that the improvements in clinical conditions could be achieved by eliminating the drugs that were considered to bring only

ineffectual effects but by matching clinical conditions with the treatment method. Even if a certain preparation is effective, We often have observed the patients who have not responded to similar ones containing the same structural components. This may be due to the same mechanisms. Although we tend to easily increase the number of crude drugs according to symptoms, it is suggested in this case that an accurate diagnostic ability and understanding of prescriptions that can enable to make simplified formulations appropriate for pathological conditions are of clinical significance.