

Clinical Report 3 (Japan)

A Case of Eating Disorder Accompanied by Anxiety

(Yokukansan for Paroxysmal Vomiting)

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Case: K.H. female of 46 years old

Initial visit: June 16, 200X

Chief complaints:

1. Eating disorder
2. Anxiety/sleeplessness
3. Feeling of fatigue

Past medical history:

Bilateral sinusitis (since childhood), irritable bowel syndrome (enteritis), and anxiety neurosis

Occupation: Running a jewelry store. As the volume of business negotiations abroad increased to expand the business, stress increased.

Family environment: Her husband was an artist to design jewelry. (He likes Kampo.)

Their first son was 21 years old (at age 5, he had brain tumor).

Their second son was 19 years old.

Origin and course:

- 1) The patient often had regurgitated the soup dishes or noodles eaten from the stomach since around three years of age. Vomiting after meals began at the age of 24 when she was pregnant with the first child. She said that with more than half of the normal food intake, (1) food was involuntarily spewed out, or (2) she had a stuffy sensation in the stomach and voluntarily vomited. The symptom got worse at night compared to day time, and especially it became severe during the business meeting over a meal.
- 2) Sleeplessness caused by anxiety, difficulty falling asleep, and woke in the middle of the night.

- a) As she worried about her husband's snoring and apnea, she could not sleep continuously.
- b) She had a fear of being separated from her husband.
- c) She was worried about the disease of their first son.

- 3) Felt fatigue due to frequent overseas business trips.

She had a detailed checking by other hospital and was told these are symptoms of neurogenic origin.

Findings at the initial visit:

- a) 152cm, 50kg. No big changes in the BW.
- b) Blood pressure 120/60, pulse count 72/min.
- c) Irritation (+)
- d) Defecation 1-2 times/day, thin stools, a sense of incomplete evacuation (+)
- e) Urine – no abnormality
- f) Menstruation – no problem.

Pulse: Sunken, thin, string-like, and weak wrist-pulse

Tongue: Slightly dark red (partially purple colored), moist with pale white furs.

Abdomen: Contracture of the abdominal skin, rumbling of intestine by the intake of cold drinks/splashing sound (+)

Bensho (pattern identification): Spleen deficiency / liver-spleen-stomach disharmony / liver qi depression

Prescription: One day dose of *shokenchuto*

One day dose of *yokukansankachimpihange*.

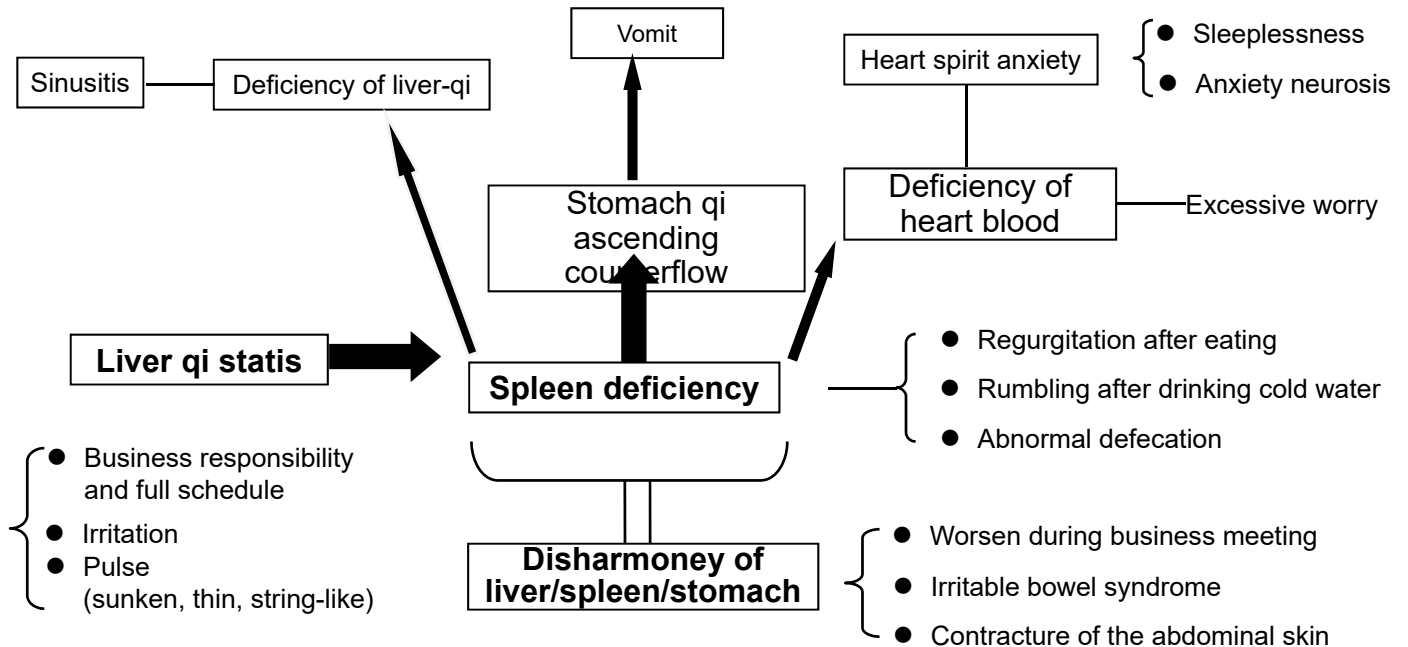
These two prescriptions were divided into 3 doses and taken 3 times/day between meals.

Course

Two weeks later, the chief complaints subsided. Although the patient subsequently made overseas business trips, the symptoms did not recur. She did not have vomiting during the negotiations.

The prescriptions were continuously administered.
Now she feels fine.

Analysis of clinical conditions:



Yokukansan [Hoeisatuyou]

“cures deficiency heat in the liver meridian, development of convulsions, or heat and clenching of teeth, or fright palpitations / cold-heat or vomit/thinner saliva / feeling of swollen abdomen by spleen-deficiency activate liver-qi, small appetite, cannot have a good sleep. *Bupleuri Radix* / *Glyzorrhizae Radix* / *Cnidii Rhizoma* / *Angelicae Actilobae Radix* / *Atractylodis Rhizoma* / *Poria* / *Uncariae Uncis cum Ramulus*”