

## Clinical Report 2 (Japan)

### *A Case of Recurrent Folliculitis*

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### Introduction

*Jizusoippo* is a formula created in Japan. It is comprised of 9 crude drugs and indicated mainly for swellings of the epidermis (to dispel dampness) and improvement of blood flow (activate blood) and acts to improve the skin condition (clearing heat and removing toxins). It is often used as a formula specifically for skin diseases like atopic dermatitis or seborrheic dermatitis. On this occasion we would like to present a case of recurrent folliculitis refractory to western medical treatment, where diet, lifestyle guidance and treatment with *Jizusoippo* led to improvements.

The patient was a 19-year old male.

Chief complaint: recurrent folliculitis

The anamnesis of the present illness showed, that dying his hair in October during his third year in senior high school led to the development of a large swelling on his head. The lesion reached the size of a golf ball and its contents was aspirated by a local physician. This was not a malignancy, but he was nevertheless referred to a university department of dermatology. He was diagnosed with multiple folliculitis.

According to his mother, the above mentioned swelling developed by the time, the admission to a university had been settled. Later, the patient tended to stay up late, indulged in an unbalanced diet and neglected his health. Even after consulting a university department of dermatology exacerbations recurred and because the condition did not show any signs of improvement, he was referred in August of the following year to the Department of Japanese-Oriental (Kampo) Medicine, Chiba University Hospital. At the time he came for consultation there were protuberant folliculitis

lesions on the head with oozing exudate. They were particular marked at the frontal hair line, the back of the head and on the vortex (figure 1, at the first visit).

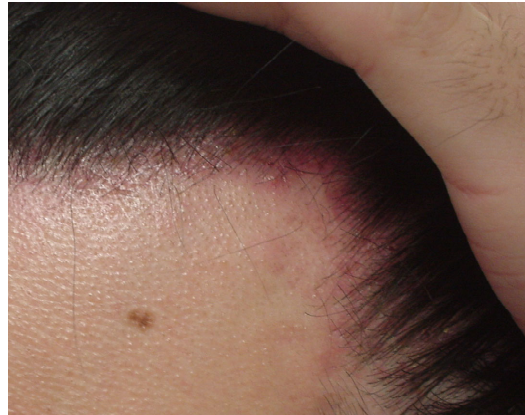


Figure 1: Before treatment, Rash on hairline



Figure 2: Before treatment, tongue

Prescription from the dermatology department: tetracycline ointment, betamethasone lotion

Symptoms and complaints

- dry mouth, marked spontaneous sweating
- meat centered diet
- constipation (once every few days, feeling of residual stools)
- dizziness: history of vagal reflexes, occurrence of syncopes
- micturition: Micturition desire triggered by tension. High urinary frequency

Complicating factor: greasy foods (he like to eat Hamburgers and ice cream), constipation, stress, at time of catching cold, lack of sleep.

Kampo medical examination

The pulse was in between the deep and superficial layer, of intermediate size and strength.

The tongue had a slightly dark red shade, was a little enlarged, showed no teeth marks and was markedly moist with a white coat; sublingual veins were slightly engorged.

Abdomen: intermediate abdominal strength, mild tension of the rectus abdominis muscle, presence of tenderness to the left and right of the umbilicus.

Based on the above findings of eczema above the neck, a condition between deficiency and excess, mild degree of blood and water retention and constipation, we used only *jizusoippo*. During the next visit 2 weeks later the flares had decreased to about half their original scope and the itching showed a decreasing tendency too.

After treatment over a period of 3 months, the forehead lesions had disappeared and a decrease in papules on the back of the head and its vortex was observed (figure 2).



Figure 3: After 3 months, Rash on hairline



Figure 4: 3 months later, tongue

According to the patients wish the treatment was continued over half a year and then terminated because of improvement.

#### Profile – *Jizusoippo* (Hodokubenkai)

The formula *jizusoippo* was created by Futei Fukui (birth 1725 – death 1792) and its contents later slightly modified by Asada Sohaku to become the formula used today. Its naming suggests, that it is a "formula to treat eczema of the skull", but today it is used for skin diseases everywhere on the body. It carries the nickname *daikyuoto*.

The formula has the following composition.

- 3 g of *Cnidii* Rhizoma
- 3 g of *Atractylodis* Lanceae Rhizoma
- 3 g of *Forsythiae* Fructus
- 2 g of *Saposhnikoviae* Radix
- 1 g of *Glycyrrhizae* Radix
- 1 g of *Schizonepetae* Spica
- 1 g of *Carthami* Flos
- 0.5 g of *Rhei* Rhizoma
- 2 g of *Lonicerae* Folium Cum Caulis

[Efficacy] Expels wind and activates blood, clears heat and remove toxins, expels dampness

[Main indication] Wind -dampness, heat toxin

[Explanation of the formula]

*Schizonepetae* Spica and *Saposhnikoviae* Radix disperse wind evil; *Atractylodis Lanceae* Rhizoma and *Ledebouriellae* radix remove dampness; *Cnidii* Rhizoma activates blood and at the same time supports the free coursing function of the liver and in conjunction with *Atractylodis Lanceae* Rhizoma dispels the wind evil from the blood. Forsythia, *Lonicera japonica* and *Glycyrrhizae* Radix clear heat and remove toxins, and together with *Rhei* Rhizoma cool and remove heat toxin from the blood. *Carthami* Flos in conjunction with *Cnidii* Rhizoma and *Rhei* Rhizoma alleviates blood stagnation and prevents evil from remaining in blood. The combination of the ascending properties of *Cnidii* Rhizoma and

descending properties of *Rhei Rhizoma* ensure a balance of the ascending and descending properties.

### Clinical Application

This formula is used specifically for skin diseases. Originally it was used for infants with eruptions on the skull, secretions, itching and eschar. While it is currently used not only for eruptions on the skull, but anywhere on the body, also in adults, its application is not surprisingly particularly high for eruptions on the skull or the face. It is particularly frequently used for cases with atopic dermatitis, so that research has been carried out regarding this indication. *Rhei Rhizoma* in this formula may not be necessary for people with daily regular bowel movements, but the addition of a small amount of *Rhubarb* probably gives better results.

#### 1. Atopic dermatitis

Otsuka Keisetsu (1900-1982) was the first person to use this formula for the treatment of atopic dermatitis. The historical record mentions that in 1970 this disease was rare and there were only few refractory cases. Like for example as follows.

The patient was a 5-year old boy. Shortly after birth eczema developed and he received various treatments, but because the condition failed to improve he was brought to consultation. Most of the lesions were located on the arms and neck, as well as on the medial side of the knees. He caught easily cold, which then led to a congested nose and his voice tended to get hoarse. Occasionally there were nose bleedings. Appetite varied extremely and was not constant. He drank plenty of water. One bowel movement per day. After 2 weeks of treatment with *jizusoippo* the skin became smooth and almost all of the eruptions had receded. After continuing the medication for another 4 weeks the eruptions had disappeared without a trace<sup>1)</sup>.

Later, physicians inspired by this case used the formula for the treatment of atopic dermatitis and thus accumulated relevant clinical experience. A

number of case reports or case series studies has been submitted.

Seki et al. reported a case of a 55-year old woman with adult atopic dermatitis. By the age of 40 erythematous patches associated with pruritus and desquamation developed in this woman on the face and were treated by a local physician with topical steroids, but because neither this resulted in complete recovery nor did similar treatments in several other clinics led to any remission and a topical steroid induced rosacea-like dermatitis developed as a complication, *Kampo* treatment was initiated. After the patient had been treated with *shosaikoto* (Xiao Chai Hu Tang) for 6 months, the condition had healed almost completely<sup>2)</sup>.

Yamamoto et al. evaluated the results after treating 36 patients with adult atopic dermatitis with *jizusoippo* (7.5-15.0 g) over a period of 4 or 8 weeks and reported marked improvements in 9 patients (25%), improvements in 8 patients (22.2%), mild improvements in 10 patients (27.8%) and no changes in 9 patients (25%)<sup>3)</sup>.

Cases where atopic dermatitis is associated with bronchial asthma often receive a combination therapy with *makyokansekito* or *shoseiryuto*. Otsuka mentioned that addition of Ephedra and gyps to *jizusoippo* improves not only the eczema but also the asthma<sup>4)</sup>.

Some cases of atopic dermatitis also respond to *Eppikajutsuto*. That is because the combination of Ephedra and gyps can dispel damp heat. Even in cases without asthma the combination of *jizusoippo* and *makyokansekito* can achieve similar results.

Ito reported the markedly effective treatment of a 1-year old girl with atopic dermatitis using a combination of *makyokansekito* and *jizusoippo*<sup>5)</sup>.

#### 2. Seborrheic eczema

*Jizusoippo* has originally been developed for the treatment of pediatric seborrheic eczema. Today

this disease can quickly be alleviated through topical application of steroid ointments, but in former times there was no really good treatment.

When Otsuka used *jizusoippo* for a 4-year old girl in whom shortly after birth erythematous lesions developed on the head and face, who complained of pruritus, formation of thick scabs from which serum oozed out if they were removed only to form new scabs, the pruritus was alleviated after about 10 days and after about 40 days the condition had completely been cured. Administration of the same formula over a period of 2 months following a recurrence again led to a complete recovery<sup>6</sup>. This was in 1953.

The number of physicians using this formula for seborrheic eczema in infants increased after the publication of this report. I will cite a case report from Yakazu.

The patient was a 4-month old girl. One and a half month after birth apparently itchy erythematous lesions developed on the head, that were associated with copious secretions and the skin started to peel off. The regions affected gradually increased in size and by the time of the first consultation had spread to the back, the entire abdomen and buttocks. At a department of dermatology the condition was diagnosed as pediatric seborrheic eczema and treated, but did not improve. Following administration of *jizusoippo* half of the erythematous lesions disappeared after about one month, 2 months later approximately 80% had healed and after 3 months the condition had healed almost completely. Since the administration of the drug appetite increased, the infant gained weight and got well<sup>7</sup>.

This formula is currently also used for adult seborrheic eczema. It is indicated for erythematous lesions developing on the head and face.

Yamamoto et al. administered this formula to 10 patients (adults) with seborrheic eczema and

reported a marked improvement in 3, improvements in 2 and no changes in 3 patients<sup>3</sup>.

### 3. Furunculosis

This formula is often effective for the treatment of erythematous lesions of the head, regardless of the diseases causing them.

A dermatologist referred a middle-aged man with furuncles continuously developing on the head non-responsive to treatment with antibiotics to Terutane Yamada, who advised the patient to take this formula. After about 1 months of administration the patient had almost completely recovered<sup>9</sup>.

## References

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