

Clinical Report 3 (Kampo Medicine)

A Case in which Saireito was Effective for Irritable Bowel Syndrome

Masayuki Kashima
Department of Internal Medicine
Kumamoto Red Cross Hospital

< Summary >

[Background]

Daily clinical experience regularly shows that irritable bowel syndrome is one of the diseases for which Kampo medicine is effective. Various prescriptions are used, but there are few reports on the use of *saireito*, so that I would like to introduce this one here.

[Case and course]

Forty-six-year old female. She complained of stress induced abdominal pain and diarrhea since she was a teenager. Being very busy at work aggravates the symptoms. The results of detailed examinations in medical facilities visited in the past led to the diagnosis of irritable bowel syndrome. She had been treated over a period of about 5 years in another clinic, but visited our department because lack of improvement of the symptoms. I administered *kamishoyosan*, but switched to *saireito* because the symptoms did not improve and thereby achieved some relief.

[Discussion]

Generally, *saireito* is often used for acute diarrhea or diarrhea caused by inflammatory diseases, but depending on the pathology and considering other simultaneously used medications, it is also considered to be effective for irritable bowel syndrome.

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[Background]

Kampo medicines have also in clinical studies been shown to be effective for irritable bowel syndrome¹⁾ and this is one of the conditions, for which their effectiveness can be experienced in daily clinical practice. Frequently the correlation to the liver and spleen as well as the stomach has been discussed. The flow of spleen and stomach qi is controlled by the liver, but if liver qi flow stagnates, the flow of spleen and

stomach qi is obstructed, resulting in constipation, or else the stagnant liver qi excessively flows into spleen and stomach, causing diarrhea. When mainly the spleen is causing problems, a diarrhea type condition develops, while with problems caused mainly by the stomach, nausea and vomiting develops. Also, qi stagnation often causes the abdominal pain. Before a background of liver qi flow anomalies, the influence of stress and emotions, or a deficiency of liver blood and yin can impede a smooth movement of the liver qi. Again, if the liver problems are not particularly marked, the presence of spleen and stomach problems could appear as a relative uprising of liver qi. 2) In these conditions marked by liver qi stagnation and liver blood deficiency and associated with diarrhea *kamishoyosan* is used, while *daisaikotokyodaio* is used for constipation. If this occurs due to asthenia of spleen and stomach, formulas like *keishikashakuyakuto* are often used. *Saireito* is a combination of *shosaikoto* + *goreisan* and frequently used for acute diarrhea or inflammatory diarrheal diseases, while it is not very often given for irritable bowel syndrome. Here I report a case where *saireito* proved to be effective for the treatment of irritable bowel syndrome.

[Case] 46-year old female

[Chief complaint] chronic diarrhea, abdominal pain

[Anamnesis] migraine

[Present illness]

The patient developed diarrhea every time she was tense since she was a teenager. Being very busy at work aggravates the symptoms. She may have 6-10 bowel movements per day of which the first two are soft stools, while the remaining movements are watery diarrhea. After passing diarrheal stools the abdominal pain tends to decrease, but endurance leads to severe abdominal pain. There is a mild degree of nausea. Based on the results of detailed examinations an irritable bowel syndrome was diagnosed and the patient was treated by a local physician, but later visited our clinic, because the symptoms did not improve.

[Current condition]

Height: 155 cm; weight: 45 kg; talkative, has appetite, is easily irritated, has a dry mouth and while complains of chilly hands and feet, her face easily flushes.

Pulse diagnosis: bilateral wiry and slippery

Tongue diagnosis: thin white coat, tip was slightly red

Abdominal diagnosis: right-sided fullness in the chest and hypochondrium, epigastric stuffiness

[Course]

Initially I administered *kamishoyosan*. However, after 4 weeks of administration I still could not observe any changes in the symptoms. The patient suffered from violent diarrhea and I thought it would be difficult to achieve improvement of fluid absorption from the small intestines mediated by spleen function with *Atractylodis Lancea Rhizome* and *Paria* of *kamishoyosan* alone. Therefore I switched to *goreisan* for its powerful strengthening of fluid absorption combined with the improvement of liver qi flow provided by *shosaikoto*. After 4 weeks of administration the frequency of soft stools had decreased to 3 times per day. Yet, after 8 weeks of treatment the frequency of watery stools increased again to 4 times per day, so that I added *tokishakuyakusan*. Following the start of the combination treatment the frequency of soft stools stabilized at 3 times per day.

[Discussion]

The patient presented with stress-induced watery diarrhea I considered to be an indication for *kamishoyosan*, which was, however, ineffective. *Kamishoyosan* (*Bupleuri Radix* 3, *Paeoniae Radix* 3, *Angelicae Radix* 3, *Atractylodis Lanceae Rhizome* 3, *Poria* 3, *Gardeniae Fructus* 2, *Moutan Cortex* 2, *Menthae Herba* 1, *Zingiberis Rhizoma* 1, *Glycyrrhizae Radix* 1) is composed of the liver qi flow improving *Bupleuri Radix*, *Menthae Herba*, liver fire eliminating *Gardeniae Fructus*, *Moutan Cortex* / *Bupleuri Radix* / *Menthae Herba*, liver blood supplementing Japanese angelica root, *Paeoniae Radix*, spleen metabolism activating *Atractylodis*

Lancea Rhizome / *Poria* and spleen function improving *Zingiberis Rhizoma* and *Glycyrrhizae Radix*. This shows that the components of this formula improve the liver qi stagnation and then consequently affect the spleen. On the other hand, the combination of *shosaikoto* and *goreisan* forms the framework of *saireito* (*Bupleuri Radix* 7, *Alismatis Rhizome* 5, *Pinelliae Tuber* 5, *Scutellariae Radix* 3, *Atractylodis Lanceae Rhizome* 3, *Poliporus* 3, *Poria* 3, Ginseng 3, *Zizyphi fructus* 3, *Cinnamomi Cortex* 2, *Glycyrrhizae Radix* 2, *Zingiberis Rhizoma* 1) in which the amount of *Bupleuri radix* is increased to improve the flow of liver qi and contains the powerful liver heat dissipating *Scutellaria Radix*, *Bupleuri Radix*, the fluid metabolism of the spleen increasing *Atractylodis Lanceae Rhizome*, *Poria*, Chuling, *Alismatis Rhizome*, *Pinelliae Tuber*, spleen function improving ginseng, *Zizyphi Fructus*, ginger and *Glycyrrhizae Radix*. Compared to *kamishoyosan* it is more powerful in improving liver qi stagnation and dissipating heat and activates the fluid metabolism of the spleen. That is why I thought this formula is more effective for treating stress-induced liver qi stagnation, consequently leading to diarrhea than *kamishoyosan*. However, since *saireito* does not contain any liver blood tonifying drugs, the liver qi stagnation developing before a background of liver blood deficiency could not be improved and therefore possibly led to the recurrence of the symptoms. The addition of liver blood supplementing and spleen fluid metabolism activating *tokishakuyakusan* is considered to have led to an effective treatment.

- 1) Alan Bensoussan etc. Treatment of Irritable Bowel Syndrome With Chinese Herbal Medicine A Randomized Controlled Trial JAMA. 1998; 280:1585-158
- 2) Hiromichi Yasui: Kampo Medicine for Medical Students [Basics], Oriental Medical Publishing Chiba 2008