

## Clinical Report 2 (Kampo Medicine)

### *A Case of Irritable Bowel Syndrome*

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Case : Constipational type IBS

Patient: 19-year-old male

Chief complaint: abdominal pain

History of present illness: The patient had abdominal pain in the winter since he was in third grade of middle school. His abdominal pain has been present even from October X-1 and he was prescribed *hangeshashinto* by gastroenterology internal medicine clinic, but because of no effect he visited to my clinic in February X .

Past medical history: He took pranlukast hydrate for bronchial asthma and inhaled Fluticasone.

Family history : His mother is getting treatment to psychiatry because of bipolar disorder.

Present status: Blood Pressure:110/59mmHg, pulse 96/min

Symptoms: He go to the toilet for abdominal pain and sensation of defecation, with or without bowel movements. The stool is diarrhea or ordinary. The abdominal pain is relieved by defecation, but there is a feeling of remaining stool after defecation and it is not comfortable. He had previously taken *trimebutine maleate*, *polycarbophil*, and *butylscopolamine*, but none had any effect.

Observations from the perspective of Eastern medicine:

Tongue pattern - white coating, thorn-like protrusions

Pulse pattern - sunken pulse

Abdominal pattern - a little bit strong power, stuck feeling in pit of stomach, Kyokyo-kuman, excessive strain of abdominal muscles, and tickle feeling by touching

Progress: I prescribed 6 packages of *shokenchuto*, 3 times a day.

February; the abdominal pain has improved. He went to school without a break during the exam.

March; He had felt abdomen better and stool was normal. He did not fail at that grade.

April; good condition.

November: He did not visit for a while because he was in good condition. However, when the medicine ran out, his symptoms of the abdomen became the worst. He felt embarrassing to take medicine at school. He did not eat breakfast because of abdominal pain, and after a lunch he ate not much because he would get tired. I prescribed him 6 packages of *shokenchuto* to take after morning and dinner.

December; Not very good. It was hard to drink because of the large amount of Kampo medicines for him . There was also a lot of mental stress from the mother. I changed the prescription from *shokenchuto* to *keishikashakuyakudaioto* every 3 times after meals.

January X+1; somewhat constipated, but in good condition. I instructed for 2 packages in the morning and 1 package in the evening for *shokenchuto*, and 1 package in the evening for *keishikashakuyakudaioto*.

March; all right. There is also a good bowel movement and he could attend school.

May; new semester no problem. *shokenchuto* 2 packets morning and evening, *keishikashakuyakudaioto* 1 packet when constipated.

August; He had taken medicine not so often, and was in good condition, so that finished taking medication.