

Clinical Report 3 (Kampo Medicine)

A Case in which a Recurrent Tonsillitis in a Six-year-old Girl Suspected of PFAPA Was Resolved by Ogikenchuto and Shosaikoto

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Case: Six-year-old girl with recurrent tonsillitis

The patient began to develop tonsillitis repeatedly from the age of three. It occurred at a frequency of almost once a month, accompanied by a fever that would last three to six days. It required her to be hospitalized three times. The patient had no other problems except for the tonsillitis, but she developed a fever easily and was frequently absent from school. Recurrent tonsillitis was suspected, and a tonsillectomy was considered, but the patient's family requested Kampo therapy.

Interview and observations

The patient had a small appetite from early childhood, and complained of poor physical strength and a tendency to become tired easily. Cervical lymph nodes of small-finger thickness were felt, with the result that her tonsil displayed second-degree hypertrophy. The tongue, pulse, and abdomen were normal.

Therapy and course

Heat accumulation in the liver meridian and qi deficiency in the spleen were suspected, so the combined use of *shosaikoto* extract and *ogikenchuto* extract were begun.

Episodes of fever thereafter occurred for one to two days in three months, and disappeared after six months. The prescription was terminated after a year and six months. In terms of Western medicine, this case corresponded to the definition PFAPA.

Observation

In Japan, *shosaikoto* has conventionally been used for children with recurrent tonsillitis. In this case, it was thought that the decrease in digestive

function was related to the immunoregulatory function, so *ogikenchuto* was also used.

This type of condition has been thought to symbolize an infectious disease, but in recent years, it is frequently classified as an abnormality of the innate immune system caused by PFAPA. This implies that inflammation resembling an infection occurs and abates naturally.

Reference 1: PFAPA (Syndrome of periodic fever, aphthous stomatitis, pharyngitis, and adenitis)

A medical condition which starts in young children below the age of five, in which a fever occurs regularly and is accompanied by stomatitis, adenoiditis or cervical lymphadenitis. It is not an infectious disease or autoimmune disease, however. No symptoms are evident during the interval stage, and growth and development are unaffected. It is a disease with a good prognosis, and resolves in about four to five years in most cases. It is classified as an autoinflammatory disease in the broad sense.

The fever is treated with a steroid, and prevention is achieved by tonsillectomy.

Reference 2: Autoinflammatory disease

Definition: A disease in which systemic inflammation (fever, arthritis, rash, etc.) occurs repeatedly. It is not caused by an infection or autoimmune disease, but is considered an abnormality of the innate immune process.

Classification - Genetic: Familial Mediterranean fever, TRAPS, hyper-IgD syndrome, etc.

Non-genetic: PFAPA, systemic JRA, Crohn's disease,