

## Clinical Report 2 (Kampo Medicine)

*A Case in which the Administration of Multiple Kampo Drugs Improved the Symptoms of ASD and ADHD in a 15-year-old Boy*

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### Introduction

Children encounter various issues and environmental changes at each stage of their growth. Most children overcome these issues and changes as they grow up, but some are unable to fully cope with them, and may fall into a state of mental disorientation. Kampo therapy is effective as a pharmacotherapy for such cases.

Case: 15-year-old boy with an autistic spectrum disorder (ASD) and attention deficit hyperactivity disorder (ADHD)  
Chief complaint: Agitation and panic about taking the entrance examination

History of present illness: At the age of six, the patient was diagnosed with Asperger's syndrome at a specialized institution. From around the age of ten, he began to exhibit marked impulsiveness and inattentiveness, so he was put on methylphenidate. Thereafter, the patient adapted to regular classes for general students, and did well. However, from around November in his third year in junior high school, before the entrance examination season, he began to become agitated and restless, and would frequently clear his throat. In December, he had episodes of panic about taking trial examinations, to the point that his daily life was disrupted. As it was unpreferable to increase the dosage of methylphenidate, Kampo therapy was attempted.

Interview and findings: The patient was agitated by worries about the entrance examination, and complained of feeling that something was caught in his throat. Tip of tongue: red. Pulse: sunken and thin. Abdomen: nothing in particular.

Treatment and course:

Category 1 (heart and liver blood deficiency), category 2 (qi accumulation and counterflow), and category 3 (upward flaming of heart fire) were thought to apply, so the following prescription was administered.

Tsumura *orengedokuto* extract 5g (twice/day)

Tsumura *hangekobokuto* extract 5g (twice/day)

Tsumura Kanbakudaisoto extract 5g (single use at times of anxiety)

The patient clearly began to calm down after taking the prescription, and his respiratory symptoms also abated. The single-use drug for times of anxiety was also effective.

In March, the patient took the entrance examination and got into his first-choice school. At his request, he continued to take the above prescription in addition to Concerta even after entering high school, but the Kampo drugs were terminated after a month.

Observation:

Children with ASD lack sufficient reality processing capacity, so their symptoms may be exacerbated by environmental changes. In this case, the patient had been nervous about the coming examination, so the most appropriate prescription was selected from among category 1, 2 and 3 drugs, to allow the patient to cope with the examination.

Reference:

Categories of states of the heart in traditional medicine and corresponding prescriptions

Category 1 (mainly weakness of the heart, heart blood deficiency, liver qi deficiency)

Anxiousness, insecurity, sadness, fear (timidity), etc.

In particular, depressive and passive feelings continue for a prolonged period.

Prescription: *kanbakutaisoto*, *kamikihito*, *keishikaryukotsuboreito*, etc.

Category 2 (mainly liver depression qi stagnation)

Depression, insecurity, anxiousness, hysterics, etc.

Physical tension is strong, and moods tend to readily change.

Prescription: *shigyakusan*, *saibokuto*, etc.

Category 3 (mainly hyperactivity of heart fire, upward flaming of liver fire, gallbladder stagnation with disturbance from phlegm)

Anxiousness, short temper, restlessness, impatience, etc.

In particular, agitated symptoms tend to continue for a prolonged period.

Prescription: *yokukansan*, *yokukansankachinpihange*, *orengedokuto*, *daisaikotokyodaio*, etc.