

## Clinical Report 2 (Kampo Medicine)

### *A Case in Which Saikokaryukotsuboreito and Other Kampo Drugs were Effective against Night-crying in a Thirteen-month-old Girl*

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Night-crying is a symptom that tends to be taken lightly, as it is a condition with good prognosis, but it induces child-raising anxiety in some mothers, and could even lead to abuse if left unattended.

Case: 13-month-old girl in nursery school

Chief complaint: Night-crying

History of present illness: From birth, the child would wake up and cry every hour. *Kanbakudaisoto* extract was prescribed at a local hospital, but no changes were observed. Even after being weaned at age 1, she continued to cry and be fussy every two hours, thus causing the mother to become exhausted from lack of sleep. The child was quick-tempered and always restless, and would throw her head back when crying. She was what people typically called a “difficult child.”

Diagnosis and prescription: Assuming category 3 and 2 symptoms, *yokukansan* extract 1/2 packet + *shokenchuto* 1/2 packet (before sleep) were prescribed.

Course: After two weeks, the symptom abated slightly, from level 10 to 8, so *shokenchuto* was replaced with *saikokaryukotsuboreito* extract granules 1 packet (before sleep). The night-crying declined from level 8 to around 3, and the child’s mood at nursery school improved. The prescription was suspended once when she developed acute gastroenteritis, but the symptom worsened, so the prescription was resumed. As a result, the night-crying declined, but the child tended to be in a poor mood at nursery school, so the prescription was changed to *yokukansan* (in the morning) and

*saikokaryukotsuboreito* (before sleep). Her symptom subsided. The prescription is being continued.

#### Observation:

Night-crying is a behavior that is experienced by 60% of children by the time they are one-and-a-half years old. They wake up in the middle of the night and cry, seeking their parent’s attention. Normally, it is transitory, and decreases in frequency from around the age of 1. In Kampo medicine, *kanbakudaisoto* has been the drug of first choice since 300 years ago, and in the case of light to moderate symptoms, it can abate most cases of night-crying. However, as this case entailed a certain degree of severity, *kanbakudaisoto* was ineffective. Judging by other characteristics, the night-crying was also thought to be an early symptom of autism spectrum disorder. First, *yokukansankachinpihange* in category 3 and *shokenchuto* in category 2 were used in combination, but the effect was insufficient, so *Saikokaryukotsuboreito*, having the effects of C1+C2, was used, with the result that its combined usage with *yokukansankachinpihange* improved the symptom. In Kampo treatment of night-crying, it is important to administer a slightly larger dose before sleep. Doing so quickens the effect. When *kanbakudaisoto* is ineffective, use *yokukansan* or *saikokaryukotsuboreito*.

## 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: *kanbakudaisoto*, *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.