

## Clinical Report 2 (Kampo Medicine)

*A Case in Which Shokenchuto was Effective for a 10-year-old Girl who was Easily Tired, Sensitive to Cold, and had a Weak*

*Digestive Function*

Hideaki Yamaguchi  
Tosei General Hospital

Case: 10-year-old girl

Chief complaint: Easily tired, easily chilled

History of present illness: The patient tended to eat very little and was sensitive to cold since infancy. She became easily tired after entering primary school, and had many days of absence (more than 40 days in a year). It also bothered her that she could not swim in the pool because she felt cold even in the summer. For this reason, she visited us in mid-July (summertime), desiring Kampo therapy.

In a medical interview, she noted that she is extremely sensitive to cold, her lips turned purple when she was cold, she tired easily, suffered frequent stomach aches, had no appetite, disliked cold foods, was prone to coughing, and had a nervous temperament. Appearance-wise, she had fair skin, was quiet, and had cold hands and feet.

Diagnosis: Spleen yang deficiency (unable to produce sufficient heat due to weak digestive function)

Treatment/Progress:

To warm the body and improve the digestive function, *shokenchuto* extract was administered 3 times/day.

1 month later (August): Slight improvements were seen in the patient's tendency to tire easily and cold sensation, but she still could not swim in the pool.

2 months later (September): An improvement was seen in the patient's appetite. She became able to keep up with the school schedule.

6 months later (January): The patient tended to feel some coldness, but was otherwise well, and had no absence during the second term.

12 months later (July): The patient was very well, and became able to swim in the pool. Her fatigue also disappeared.

The treatment was completed after 18 months. The patient was able to live an ordinary life thereafter.

Observation: In this case, the patient had spleen yang deficiency since infancy, which was aggravated by the burden of primary school life such that it might have even affected the kidney. *Shokenchuto* does not have a strong effect in invigorating the yang (warming), but it is excellent as a spleen invigorating drug (prokinetic agent) for children. By improving the digestive function, it induced an improvement of other symptoms and conditions. *Shokenchuto* is also said to have the effect of invigorating the kidney, and is used frequently in the field of pediatric Kampo in Japan.

Reference:

*Shokenchuto*

Warms the body and mitigates excessive tension in the digestive tract.

Improves digestive symptoms such as small appetite, recurrent abdominal pain and soft stool, and whole-body symptoms such as secondary chilliness and lack of vitality.

*Hochuekkito*

Warms the body somewhat and improves the general state of low tension.

Used in cases where the patient feels a strong sense of general malaise, such that he/she tires easily and tends to want to lie down, or feels a heaviness in the arms and legs.

*Rikkunshito*

Warms the body somewhat and improves the state of low tension particularly in the digestive tract.

Improves stagnant intestinal movement symptoms such as poor appetite and feeling of fullness, and the sense of heaviness, etc.

Crude drug components and efficacy of *Shokenchuto*

- Keishi (cinnamon): Warms the body, induces light sweating
- Shakuyaku (peony): Relieves muscular tension, improves microcirculation
- Taiso (jujube): Improves the digestive function, promotes emotional stability
- Shoga (ginger): Warms the body, improves the digestive function
- Shakanzo (honey-fried licorice): Improves the digestive function, relieves tension, provides medicinal relief
- Kouji (malt sugar): Nutritional support, cough suppressant

*Shokenchuto* thus warms the body, improves the digestive function, relieves muscular tension, and promotes emotional stability. For children, in particular, it is used to warm the body, mitigate excessive tension in the digestive tract, and improve the digestive function. It is used in a wide range of applications.