

Clinical Report 2 (Kampo Medicine)

A Case in Which Psychogenic Abdominal Pain in a 6-year-old Girl was Improved by Shokenchuto

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Case: 6-year-old girl with psychogenic abdominal pain

Chief complaint: Abdominal pain

Past medical history: The patient exhibited normal growth and development, but suffered night terrors at the age of 3. She developed a fever easily and had a small appetite.

History of present illness: In preschool, she was accustomed to having a bowel movement after returning home, but from after entering primary school, she could not reach home by that time, and had to suppress her urge to have a bowel movement. She tried to have a bowel movement in the morning, but from around mid-May, she began to complain of stomach aches in the morning and went to the bathroom 2 to 4 times. The stomach ache caused her to miss school only on around 3 occasions, but perhaps due to a feeling of anxiety, she had to be accompanied by her mother when going to school. Night terrors also appeared around this time. Therefore, the patient visited our department on June 15.

Diagnosis: Psychogenic abdominal pain (pathological condition resembling irritable bowel syndrome)

In terms of Kampo, “liver qi attacking the stomach” (digestive function decline caused by stress-induced tension)

Treatment policy: To relieve tension and improve the digestive function

Prescription: *Shokenchuto* extract 3 times/day

Progress: After a week of taking the prescription, the patient’s abdominal pain, frequent bowel movement and night terror practically

disappeared, and after 2 weeks, she no longer needed to be accompanied to school. Thereafter, there was no abdominal pain, and the patient was able to commute to school regularly. The prescription was terminated in 4 months.

(Shared impression by the mother and homeroom teacher: It worried them that the patient was excessively quiet since entering primary school, but she suddenly perked up after commencing treatment.)

Observation: It is thought that the patient had congenital dormant spleen qi deficiency (digestive function decline). Her environment changed after entering school, and combined with the issue of her bowel movement time, she entered a state of mental strain, which reflected on her digestive tract and developed into a pathological condition resembling irritable bowel syndrome. Because *shokenchuto* has the effect of relieving excessive tension in the digestive tract, the patient’s abdominal pain disappeared and she came to have smooth bowel movement after its use. It is thought that her anxiety also declined at the same time. Furthermore, as her innate spleen qi deficiency gradually improved, it is thought that she became more active thereafter.