

Kampo Medicine - Current Research

Clinical Applications of Kakkonto – Part 3

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Kakkonto is a prescription that first appeared in the great Chinese classic *Shokanron* (treatise on cold damage) and came to be widely used in Japan from the latter half of the 19th century. Particularly since Yodo Odai (1799-1870) introduced various indications for the prescription, it came to be used widely for a variety of diseases. In Japan, it is known as a representative Kampo drug and a popular prescription that also appears in the traditional Rakugo comic story of “*Kakkonto* Doctor.”

Clinical applications (continued)

In *Shokanron*, indications for *kakkonto* are acute infectious diseases. However, from Japan’s more than 150 years of experience, *kakkonto* is known to have an extremely wide range of indications and is today applied to many diseases. These are introduced below, in continuation from the previous issue.

11. Stiff shoulders

Shokanron paragraph 31 contains the passage, “In greater yang disease with a stretched stiff nape and back, absence of sweating, and aversion to wind, *kakkonto* governs...” Based on a broad interpretation of this passage, *kakkonto* is also applied to stiff shoulders that are not caused by an invasion of external pathogens.

Needless to say, there are various causes of stiff shoulders, and only some of them are indications for *kakkonto*.

However, *kakkonto* is frequently used for stiff shoulders in daily practice. Its effect may appear in several hours or may not appear for several days.

Kitanami et al. have presented many cases in which *kakkonto* was used on an as-needed basis for stiffness in the neck, with good results.^{1) 2)}

Case 1: Stiff shoulders

Patient: 53-year-old male teacher

Chief complaint: Stiff shoulders, dizziness

Past medical history: None in particular

History of present illness: From about a month ago, the patient developed a stiffness from his shoulders to the scapular region. He also felt as though his body were floating at times, and experienced dizziness and a ringing in his ears.

Condition at the time of hospitalization: Height 160cm, weight 58kg. Medium build and muscular, good complexion. Recently, his stomach has felt heavy after eating due to poor gastrointestinal condition, but he showed no tendency of hot flashes, chills or sweating.

His cervical spine had good mobility, and there were no objective findings other than the tenderness in his shoulders and scapular region. X-ray images showed a narrowing and osteophyte formation in the intervertebral space between the C5-C6 spinal segment.

His pulse was floating and excessive, and his tongue was covered with a rather moist white coating. His abdominal muscles were moderately tense, and while there was no chest side painfulness, paraumbilical resistance or tenderness, there was a slight splashing sound in the epigastric region. *Kakkonto plus bukuryo (Poria) and byakujutsu (Atractylodis Rhizoma)* was administered in this case, and good progress was observed over six weeks without applying cervical traction.

Yoshihiro Fukuda, *The Journal of Traditional Sino-Japanese Medicine*, Vol. 3, No. 4, p. 16, 1982

Case 2: Stiff shoulders accompanied by obesity and allergic rhinitis

Patient: 49-year-old female

Chief complaint: Stiffness in left shoulder

As a child, the patient was pale, thin and tall. Her family feared tuberculosis and had her receive chest X-ray and a blood sedimentation test once every year, but she has never suffered a severe illness. She gave

birth to two children at the ages of 29 and 31. From around the age of 40, her weight began to increase. At the time of her first visit, she weighed 54kg and was 154cm tall. She found it troublesome to sit down deeply or to climb up and down the stairs. She had a darkish complexion with spots that stood out. She tended to get hot easily and sometimes slept with her arms and legs sticking out from the blanket. She also experienced spontaneous sweating. She had thirst, and frequently quenched her thirst with small sips of green tea. She passed urine 4 to 5 times a day and had regular bowel movement every day. She had a normal appetite, but liked sweets and ate a cake during the day and a daifuku rice cake at night.

The stiffness in her shoulder began after childbirth and persisted for 20 years. The outer shoulder point of her left shoulder was stiff and caused pain throughout the year. When it got bad, the pain traveled up from the attached branch of the inner upper margin of the left scapula and the “gyokuchin(BL9)” of the left occipital lobe and developed into a headache on the left side. Further aggravation caused pain at the back of the left eye and eventually caused her to throw up gastric juices. When this happened, she could neither eat nor drink anything. If she were to receive an intravenous drip for fear of dehydration, her vomiting would have begun again perhaps due to gastric juices collecting in her stomach, so she could not receive an intravenous drip. All she could do was to burrow her head in the pillow and remain quietly still. After about two days of neither eating nor drinking, the nausea would subside, and she would suck on a small piece of ice. If this went down well, she would gradually try something else to eat, but if not, she would continue “fasting” and let her body dry up. When this happened, she did not even pass urine. Such terrible spells occurred four to five times a year, all triggered by fatigue.

An X-ray showed a narrowing in the intervertebral space between a spinal segment and osteophyte formation toward the nerve root. Cervical traction

was thus first attempted, but it was not all that effective against the pain in the outer shoulder point.

From November of this year, I began administering *kakkonto* extract in the place of cervical traction. The patient took the preparation for 16 days during the year and a total of 132 days during the following year. In the beginning, the effect was not readily apparent, but she gradually began to stop experiencing any severe stiffness in the shoulder, and unexpectedly, she gradually lost weight and became 44kg by the end of the following year after shedding 10kg. Furthermore, before she realized it, the fits of allergic rhinitis that she suffered since she was young had stopped.

Heartened by the effect of Kampo, she took the preparation for 126 days during the following year and another 182 days during yet the year after that. By winter of the year, any stiffness in her shoulder was almost negligible, but a tenderness still remained in her outer shoulder point. Her weight increased slightly thereafter but was basically maintained at the 46kg level. Her fits of allergic rhinitis also disappeared.

Kensuke Nakamura, Kampo gyuhoroku (23) (detailed accounts of Kampo), *Journal of Kampo Medicine*, Vol. 30, No. 2, p. 24, 1983

12. Cervical spondylosis and cervicobrachial syndrome

In *Kampo shinryo iten*, it is written as follows regarding cervicobrachial syndrome: “Use [*kakkonto*] for patients who have pain and numbness from their shoulder to arm. Aim to improve the tension in the pulse and muscles in the initial stage of development. *yokuinin* (*Coicis Semen*) may also be added in some cases.”³⁾

Fumio Nishina administered *kakkonto* to a total of 78 patients, including 41 patients with cervical spondylosis, 31 patients with cervicobrachial syndrome, 3 patients with trauma, and 3 patients of other disorders and reports that it was effective in two-thirds of the patients based on two

criteria—(1) they have an moderate or higher level of physical strength and have pain in the neck in the acute stage or the exacerbation stage of symptoms, and (2) they have a pulse that is floating and strong. It was similarly effective in patients who tested positive (weak pulse) when pressure was applied to the nerves and blood vessels in their neck and upper chest, but the rate of efficacy was a low 50% among young and middle-aged women and particularly among patients who also had abnormal tendon and periosteum reflexes in their upper extremity.⁴⁾

The following are cases that have been reported to date. Cases 1 and 2 show the effect of *kakkonto* alone, but most cases require a blending of *sojutsu* (*Atractylodis Lancea* Rhizome) and *hobushi* (*Aconiti Radix Processa*).

Case 1: A case in which *kakkonto* had a marked effect on neck pain that had not improved for a long time

Patient: 82-year-old female

Eight years ago, the patient visited a nearby internal medicine clinic chiefly complaining of posterior neck pain and difficulty in walking due to the pain. She was told to take NSAIDs, but this had no effect, so in April 2000 she was introduced to our clinic.

The patient complained of pain that felt as though she had slats pasted on the area from the back of her head to her right shoulder. A simple X-ray image showed cervical spondylosis mainly in the lower cervical vertebrae, but no neurological abnormalities were found, so she was prescribed NSAIDs in the same manner as before. Physical therapy was also begun, including traction of the neck. However, the patient continued her visit without her symptoms improving whatsoever.

In February 2004, I examined the patient, and because she hardly perspired due to a medium pattern of deficiency and excess and complained of strong pain and stiffness from the back of her neck

to her right shoulder, I prescribed 5g/day of *kakkonto* in addition to NSAIDs. After commencing Kampo therapy, the neck pain abated from the second week, and because an improvement was seen where previously she could not walk to go shopping in her neighborhood because her neck would hurt and make her feel nauseous, NSAIDs was reduced to two to three times a week on an as-needed basis. From the fourth week, she no longer felt pain when she was at home, and her objective symptoms improved to approximately one-tenth, with a headache occurring only once in a while after making an outing. Her symptoms subsided four months after commencing *kakkonto* treatment, and the prescription was terminated. (Observations omitted)

Kosuke Tajima, *Science of Kampo Medicine*, Vol. 29, No. 1, p. 39, 2005

Case 2: Cervical spondylosis

Patient: 52-year-old male

Chief complaint: Numbness and pain in the right hand

First visit / Present illness: The patient visited our clinic on June 19, 1995. He said that when he was swinging a golf club, his nape began to hurt, and his right hand became so numb that he could not even hold his chopsticks properly. Judging from the findings of a neck X-ray, he was diagnosed with brachial neuralgia caused by cervical spondylosis. He was prescribed an anti-inflammatory analgesic and vitamins B1 and B12, and physical therapy was also begun.

A week later, the pain showed signs of abating and good progress was thus expected, but the patient still complained of numbness in his right thumb and began to say that it had exacerbated such that he could not even hold a pencil. When his sensations were examined, areas of hypersensitivity and hypoesthesia were found from said thumb to the back of his hand. No eruption was observed, but pain caused by herpes zoster was suspected. Treatment mainly by Western drugs was continued until July

26, but because no improvement was seen, the Western drugs were switched to *kakkonto* extract (Tsumura 7.5g/day). A week later on August 1, the patient said the pain subsided for the first time. After taking the prescription for two weeks or so, the pain decreased to 40%, and after a little more than three weeks, it was down to 20%. The patient took the prescription for a total of 33 days and stopped coming to the clinic on September 5.

Kensuke Nakamura, Kampo gyuhoroku (138) Shushitsu no yonrei (detailed accounts of Kampo (138) Four cases of finger and hand pains), *Journal of Kampo Medicine*, Vol. 42, No. 11, p. 44, 1995

13. Shoulder periarthritis

In *Kampo shinryo iten*, it is written as follows regarding the indications for *kakkonto* in shoulder periarthritis: "Use [*kakkonto*] in the relatively early stage of development of the disease, for patients who exhibit a strong pulse, good tension in the muscles and a strong digestive system."⁵⁾ *Byomei Kampo chiryo no jissai* recommends *Kakkonkajutsubuto* for stiff shoulders and shoulder periarthritis. In these diseases, the pain in the shoulder joint and surrounding organization is frequently accompanied by edema, so it notes that *sojutsu* (*Atractylodis Lanceae* Rhizome) and *hobushi* (*Aconiti Radix Processa*) that have the effect of removing edema should be added to *kakkonto*, which has an analgesic effect, and used as *kakkonkajutsubuto*. In extract form, the preparation blends *kakkonto*, extract + *ryokeijutsukanto* + powder of *Aconiti Radix Processa*.⁶⁾

The following are cases that have been reported to date. They contain *sojutsu* and *hobushi*.

Case 1: Shoulder periarthritis

Patient: 57-year-old female

History of present illness: The patient began complaining of pain in her right shoulder joint on exertion since the beginning of March.

Present illness: Medium build. Easily tired. Adequate sleep. Stiffness in nape and shoulder. Cold-sensitive legs and hip. Bowel movement: once a day (smooth defecation). Urination: wakes up once during the night. Menstruation: menopause at age 53. Predilection for fruits.

Tongue was covered with light-brown coating and was moist. Pulse was sunken and weak. Abdominal region was weak. Moderate degree of subcutaneous fat. Umbilical pain.

Treatment / Progress: *Kakkonkajutsubuto* was administered. After taking the prescription for 14 days, the patient's pain significantly abated. She was cured after taking it for another 18 days.

Genpo Ogata, Kampo shinryo oboegaki (126) (Memorandum of Kampo therapy), *Journal of Kampo Medicine*, Vol. 37, No. 12, p. 32, 1990

Case 2: *Kakkontokasojutsuyokuinin* for shoulder periarthritis of the left shoulder

Patient: 27-year-old female; pianist

First visit: November 18, 1976

History of present illness: From November 15, 1986, the patient felt pain in her left shoulder joint whenever she raised her left arm. She received a doctor's treatment, but she saw no improvement. However, she strongly desired to perform at a concert that was scheduled in four days' time.

Present condition: Medium build, but slightly thin. Adequate sleep, good complexion. Red eyes. Stiffness in nape and shoulder. Bowel movement once a day, regular stool, smooth defecation. Predilection for fruits and sweets.

Her tongue was covered with a thin white coating, slightly dry. Pulse appeared sunken and strong but disappeared when pressure was applied. Soft and weak abdomen.

Local findings: When engaging in exercise to raise the left shoulder joint, the patient complained strongly of pain when pressure was applied to the upper one-fourth region of the humerus. The arm-raising exercise itself also caused her pain.

Treatment / Progress: Because the patient had just developed the disease, *kakkonto+sojutsu+yokuinin* was administered for three days with the thought that it should be sufficient to cure the disease. When the patient made a visit three days later, her pain had disappeared as expected, but she was given seven more days of the preparation, to be certain.

Genpo Ogata, *Kampo chiryo shorei senshu 1* (Collection of selected cases of Kampo therapy 1), p. 248, Gendai Shuppan Planning, 1988

14. Lumbago and sciatica

Kakkonto has been reported to cure not only neck and shoulder pains, but also lumbago, as shown in the cases below. There has also been a report in which lumbago was coincidentally cured when *kakkonto* was taken for a different reason.

Case 1: A strong man with lumbago

The patient was a heavyset 38-year-old male. He had lumbago for several months and received an injection among other treatment, but no improvement was seen.

His first visit was on June 5, 1933. He had a floating and strong pulse and tense muscles. The lumbago was not exacerbated by pressure, but he experienced a pain that felt like something was pulling at his lower back when he bent and stretched his back. No abnormality was observed in his spine.

In *Shokanron*, *kakkonto* is used for tension in the nape and back. As the lower back is part of the back, I regarded the lumbago as a symptom of nape and back tension, and thus administered *kakkonto*. Within a few days, the pain disappeared completely, and I was highly appreciated by the patient. *kakkonto* worked well with this patient because he had good tension in his muscles and his pulse was floating and strong. For patients whose pulse is weak and muscles are relaxed, *kakkonto* would not only be non-effective, but it could even exacerbate the symptoms.

Keisetsu Otsuka, *30 Years of Kanpo*, p. 118, Sogensha, 1959

Case 2: Lumbago

This is about my own recent experience. My lower back began to hurt, even though I had no conscious awareness of having done anything to become tired. I ignored it at first, thinking it would go away in two to three days, but the pain gradually increased to the point that it became difficult to stand or sit. I therefore blended and drank Hachimigan. I drank this for two to three days, but to no avail. It seems I did not have the pattern for Hachimigan. Not only did my lower back hurt, but my whole body also felt heavy, and my shoulders were stiff. I thought maybe I had a cold. When I felt my pulse, it was floating and strong. Therefore, I thought that *kakkonto* might work. I took a dose and my body became light, and after taking *kakkonto* for a day, the pain in my lower back subsided.

Keisetsu Otsuka, *30 Years of Kanpo*, p. 119, Sogensha, 1959

Case 3: Sciatica

Patient: 60-year-old housewife

Past medical history: The patient developed goiter 7 years ago. She was prescribed Shakanzoto at my clinic, and the swelling subsided considerably. Her minimal blood pressure was high, but she was not taking any medication for it.

History of present illness: The patient began to feel pain in the area from her left hip to the foot. She was told she has sciatica at a local clinic and took a medication, but because it was not effective, she visited our clinic.

There was extreme pain from the left hip to the foot. It worsened in the early evening and caused extreme pain. The patient was sensitive to cold, especially in her feet and hips. Normal bowel movement. Passed urine twice during the night.

Present condition: Height 156cm, weight 46kg. Blood pressure 144/94.

She had a pale complexion and her pulse was scrambled. Her tongue showed no abnormality.

An abdominal examination found nothing in particular.

Progress: She was first given Hointo. She took this for a month, but to no avail. She began to complain that even her back has begun to hurt, and she felt a stiffness in her nape.

Around this time, the patient came down with a cold, so I gave her *kakkonto*. During the time she was taking *kakkonto*, she said her hip and feet did not hurt so much.

I therefore changed her prescription to 5.0g each *kakkonto+sojutsu* (*Atractylodis Lanceae* Rhizoma) and *toki* (*Angelicae Acutilobae* Radix), and her sciatica began to improve quickly. By a month later, her pain mostly disappeared. After a month of taking the prescription, it was terminated, with the patient saying that she was surprised that the pain that was so intense disappeared without taking any other medication.

Kunio Matsuda, *Shorei ni yoru Kampo chiryo no jissai* (practical Kampo therapy by disease name), p. 213, Sogensha, 1992

15. Joint pain and muscle pain

Kakkonto has the effect of curing pain related to muscle tension in the nape and back, but there have been reports of cases where *kakkonto* cured the pain in joints and muscles other than in the nape, back and shoulders.

Case 1: Arthralgia in all four extremities

Patient: 51-year-old housewife

History of present illness: About a year ago, the patient began to complain of joint pain and muscle pain in all four extremities. She had been receiving treatment from a doctor but saw no improvement.

Present condition: Medium build. Stiffness in the back and nape. Frequent bowel movement and urination. Menopause (end of 1979). Good appetite, likes warm foods. Favorite foods: fruits, meat, fish, coffee, Japanese sake.

Her tongue was covered with a thick, light-yellow coating and was dry. Pulse was sunken and tense. The abdominal region displayed a light-brownish skin color and was generally weak. Umbilical pain. Treatment / Progress: The patient had a deficiency pattern, but because she also had umbilical pain, she was given *kakkonkajutsubuto*. By the time she took the prescription for approximately 30 days, most of the pain disappeared. However, she said her symptoms worsened when she ate the fig from the tree in her yard. Before commencing Kampo therapy, she was instructed not to eat raw vegetables and fruits because they bring dampness inside the body. When she came in for a visit on October 4, 1980, her joint pain and muscle pain had disappeared.

Genpo Ogata, *Kampo chiryo shorei senshu 1* (Collection of selected cases of Kampo therapy 1), p. 269, Gendai Shuppan Planning, 1988

Case 2: Muscle pain of unknown cause and name 11-year-old boy. The patient had the tendency of autointoxication when he was small, but he did not know of any other ailment. From around six months ago, he began complaining of pain in his back and thigh and could not go to school. Even at home, the pain bothered him, and he could not study at all.

Three months ago, his right arm also began to hurt. Various treatments were applied, but to no avail. Recently, his doctor said the pain was a matter of nerves, and that it was not a problem.

He had an ordinary build and good nutrition. His pulse was floating, large and rapid, and had palpitations. This was perhaps because the patient was slightly nervous about his first visit to our clinic. The pain was in the muscles on the right side of the interscapular region, the right forearm, and the inner side of his left and right thighs. An abdominal examination found slight tension in the abdominal rectus muscle in his left abdomen but no other significant findings. I used *kakkontokayokuinin* for this. After taking the prescription for two weeks, the patient was able to go to school without giving any

thought to his disease, and was completely cured thereafter.

Keisetsu Otsuka, Shukindo chickenroku (3) (Records of clinical trials at Shukindo (3)), *Journal of Kampo Medicine*, Vol. 11, No. 4, p. 16, 1964

16. Rheumatoid arthritis (RA)

Kakkonto is rarely used for rheumatoid arthritis. However, in *Kampo shinryo iten*, it is written as follows: “Use [*kakkonto*] in the initial stage of RA when symptoms are light. It works well for chronic RA at the level where several joints of the finger are swollen and hurt in the morning when waking up, but the pain is mitigated after a while.”⁷⁾ The following is a case reported by Keisetsu Otsuka.

Case 1: Rheumatoid arthritis

18-year-old male. Around two weeks ago, he began to feel pain in his back and joints of his hands and feet when waking up in the morning, but the pain would lighten when he began working. The affected parts showed hardly any conspicuous swelling. He had a regular appetite. He sometimes felt a chill, and his body temperature would increase to up to 37.7-37.8°C. The pain was strongest in his nape and back. I gave him *kakkonto*, three days' dose three times. After a total of nine days of taking *kakkonto*, the patient was fully cured. After about two months, he had a recurrence of the previous symptom, but this was fully cured by taking *kakkonto* again for three days. *Kakkonto* was used for this patient because the pain was strongest in his back.

Keisetsu Otsuka, *30 Years of Kanpo*, p.120, Sogensha, 1959

17. Urticaria, eczema and other skin diseases

There are several causes of urticaria, including those that are indications for *kakkonto*. For symptoms that include insomnia, edginess and restlessness, *Gypsum Fibrosum* needs to be added for *kakkonto* to have an effect. This is because by adding *Gypsum Fibrosum*, the combination of

Ephedrae Herba and *Gypsum Fibrosum* releases the heat accumulated in the triple energizer to outside the body.

In *Kampo shinryo iten*, it is written as follows: “[*kakkonto*] is generally used in the initial stage, when the patient feels cold or has a temperature and the skin is red, hard, widely swollen and itchy. In case of a high temperature, add 5.0g *Gypsum Fibrosum*. In cases where the patient tends to be constipated, add 1.0g *Rhei Radix*. As it is a sudorific, the symptoms may temporarily worsen after taking the preparation, but this is not a concern.”⁸⁾

Case 1: *Kakkonto* extract for urticaria

Patient: 39-year-old female, skinny

Past medical history: Nothing in particular

History of present illness: About three months ago, the patient began to develop urticaria in the late afternoons.

Progress: The patient's child had atopic dermatitis when she was little, but the symptoms improved by taking *jumihaidokuto* and had not recurred. Therefore, I prescribed *jumihaidokuto* to the patient, thinking that she has the same physical constitution as her child. However, three days of taking the prescription did not improve the patient's condition. Next, I prescribed Kososan, but also to no avail. Thus, I prescribed *kakkonto* extract. When the patient took *kakkonto* at the first sign of urticaria, the rash disappeared. However, it reappeared after the effect of *kakkonto* wore off in several hours. Therefore, the patient needed to take the prescription three to four times a day, but the frequency of the rash gradually decreased, and her frequency of taking the prescription also decreased.

Hiroki Mizobe, *Journal of Kampo Medicine*, Vol. 49, No. 6, p. 25, 2002

Case 2: Urticaria in a child

Just after the previous experience, I was consulted by a certain person. According to that person, a child of one of his employees living in the same

neighborhood had urticaria that kept the child from sleeping even at night because of the severe itchiness. A local doctor gave the child a shot about ten days ago, but the itchiness did not subside, so he asked me if there was something I could do.

The patient was a five-year-old boy whom I had examined once before when he had the common cold. In *Ruijuhokogi* (interpretations of the classified assemblage of prescriptions), it is written that *kakkonto* “cures pediatric erysipelas” and that *kakkonkajutsubuto* “cures rubella, pyemid and severe pruritus.” Therefore, I regarded the patient’s symptoms as a pattern for *kakkonto*, and also thought to add gypsum, thinking that the itchy sensation that kept the patient awake at night was a sign of dysphoria, and prescribed *kakkontokasekko* for three days.

I received a message after a while. It said the child showed a strong dislike for the preparation and refused to take it, but he somehow took a day’s dose in two days. By the time he finished taking the dose, the itching that was so severe suddenly stopped, and he became able to sleep well at night. It seemed enough, but to make sure there was no recurrence, the child was somehow coaxed to take two more days’ dose in five days and was fully cured during this period.

Terutane Yamada, Clinical trials of urticaria and athlete’s food using *Kakkonto*, *Journal of Kampo Medicine*, Vol. 6, No. 11, p. 16, 1959

Case 3: Urticaria

47-year-old male. Every summer, the skin of his entire body became itchy, and the itchiness worsened when he perspired. This year, the itchiness was particularly severe, and he sought medical attention. However, nothing changed, and he had left it at that.

He was of medium build and relatively well-fleshed and solid. No abnormality was seen in his skin, but rubbing the inside of his forearm caused a reddening. This was a sign of dermatographism. It might also have been urticaria. His pulse was rather

floating and quick. His tongue was normal, his abdomen was well-fleshed, and his upper abdomen was swollen but not an indication of chest side painfulness. No other abnormalities were found. I therefore prescribed *jumihaidokuto* for a week as a means of detoxification. However, when the patient made a visit again in a week, he said his symptom had not improved. I thought again. The patient had a strong itching sensation on his skin but showed no rash whatsoever. This resembled a previous case where *jumihaidokuto* was noneffective. I therefore interpreted his rather floating pulse as an exterior pattern of the disease, and according to precedent, prescribed *kakkonto+sekko* (*GypsinFibrosus*) for a week.

After about ten days, I received a phone call from the patient. “This time, the itching stopped when I took the prescription. When I ran out, I became itchy again, so please send me more,” he said. I thus send him ten more days’ dose. I have not heard from the patient thereafter, so I assume he has recovered.

Terutane Yamada, Clinical trials of urticaria and athlete’s food using *Kakkonto*, *Journal of Kampo Medicine*, Vol. 6, No. 11, p. 17, 1959

Case 4: Urticaria

I administered *kakkon+kabokusoku* (*Quercus Cortex*) and *yokuinin* (Coicis Semen) to a 44-year-old male who complained of urticaria every winter for the past 25 years ago, with good results. *kakkonto* alone may have sufficed for this patient, but I added *bokusoku*, mostly for my own reassurance. I am not certain whether or not *bokusoku* had an effect, but I made this decision because the patient complained of nose congestion at night, which resembled a case where a patient with empyema and urticaria was cured by using *kakkonto+bokusoku*. *Bokusoku* (*Quercus Cortex*) is a different name for *kunugi* (*Quercus acutissima*). I also added *yokuinin* (Coicis Semen) because the patient had a wart near the *hyakue* (GV20) point on his head.

The patient developed urticaria in the winter, but the rash disappeared in about 5 minutes after drinking water. The rash did not appear when he had a fever. However, three years ago, he began to feel a discomfort in his throat as though fish scales were attached. He was told it was neurosis, or other times that it was nasopharyngitis. He visited a nose and ear doctor for a year but did not get better.

When I administered *kakkonto+bokusoku* (*Quercus* Cortex) and *yokuinin* (*Coisis* Semen), the urticaria decreased and appeared only at times when it was especially cold. From around the twentieth day, the dry sensation in the patient's nose became negligible, and around the thirtieth day, the wart disappeared.

Keisetsu Otsuka, *Shoko ni yoru Kampo chiryo no jissai* (practical Kampo therapy by symptom), p. 553, Nanzando, 1963

18. Herpes zoster

Kampo shinryo iten notes the following about the indications for *kakkonto* in patients with herpes zoster: “[*kakkonto*] may be used at the prodromal stage, when the patient has a fever and shows early signs of blistera vesicles.”⁹⁾ Generally, *kakkonto* does not have an effect past the initial stage, in most cases.

Case 1: Herpes zoster

72-year-old male. The day before, he noticed an unpleasant tingling sensation whenever he touched his hair on the right temporo-frontal area. In the morning, several painful discrete eruptions appeared on his right forehead. There was a sense of photophobia in his right eye. His pulse was excessive, and he had a slight stiffness at the back of his head. He had no tendency of natural sweating. I prescribed *kakkonto*, judging it to be herpes zoster in the early yang phase. In around 30 minutes of taking the prescription, the pain from the rash decreased by half, and after three days, the sense of photophobia in the patient's eye and rash both disappeared. The patient was administered for more days of

prescription to be certain, before terminating it. The diagnosis was confirmed by comparing the herpes virus antibody titer on the day of the patient's first visit and two weeks later.

Katsutoshi Terasawa, *Wakan shinryogaku* (Japanese oriental medicine), p. 120, Igakushoin, 1990

Case 3: Ramsay Hunt's syndrome

The patient is a 35-year-old female.

Last year, the patient sought medical attention for stomach pain, and received a surgery after a large ovarian cyst was found in an ultrasound examination. This time, she said she began to feel an unpleasant tingling sensation on her skin on the left side of her face and forehead two days ago. There was a rash accompanied by minor blistera vesicles from the left external auditory canal to the auricle. The left parotid lymph node was also swollen. There was no apparent facial paralysis yet, but the patient said the left half of her face felt heavy. She also felt her ears ringing and a cold sensation in her ear. These were symptoms of Ramsay Hunt's syndrome.

The patient was well-built and weighed some 80kg. She was dark-skinned and had a paunch. Because she was overweight, her pulse was sunken yet strong, and not rapid. She had a slightly cold sensation and tension in her nape and back. Blood pressure 110-70. Bowel movement (+). Fever (-). Sweating (-). Considering her build, she appeared to be sensitive to cold. Prone to developing ovarian cyst, she had water poisoning and coldness, so Sanwa *kakkonkajutsubuto* extract 9g (regular dose 4.5g) was used. She said drinking this preparation warmed and relaxed her body and lightened her stiff shoulders. Three days later, the cold sensation in her ear and ear ache also disappeared. The blistera vesicles in the external auditory canal also began to dry up. This disease sometimes causes facial palsy about two to three later, so she was prescribed the preparation for another two weeks. Naturally, there were no aftereffects thereafter.

Isao Iwasaki, Rinshorei (clinical trials), *Journal of Kampo Medicine*, Vol. 32, No. 10, p. 19, 1985

Case 3: Aftereffects of herpes zoster

A man born in 1904. Herpes between his right ribs had been causing him pain for a year and a half, but said he had no other symptoms. At a glance, he appeared to be solidly built. He had a reddish face, had regular bowel movement, was not choosy about what he eats, and liked tea. His pulse was sunken, rapid, and very intermittent possibly because he has a bad heart. An abdominal examination revealed tension in both the left and right hypochondrium. Therefore, he was given *kakkonkajutsubuto*, and his progress was decided to be monitored. Two weeks later, the patient himself said he has become extremely comfortable.

Kazuo Matsumoto, *Toyodo keikenroku, daiisshu* (Toyodo records of experience, Series 1), p. 568, Taniguchi Shoten, 1993

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To be continued in the next issue