

Clinical Report 2 (Kampo Medicine)

Case Example of a Family whose Family Relations Improved by Administering Kampo Medicine to a Sister and Brother who were in a State of Rivalry

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Introduction

Families are shaped by the relationships of their members. The relationship between mother and children, in particular, tends to be mutually influenced by them both, so in cases where a child develops a mental or psychological disorder, other family members are also included within the scope of treatment at times, with a focus on mother-child and sibling relationships. Kampo therapy is suited to this type of case, since Kampo medicine can flexibly address various pathological conditions. Below is a case example of a family in which a sister and brother were the subjects of therapy.

Case 1: Sister aged 5 years and 11 months; chronic tic disorder

Chief complaint: Frequent blinking, coughing, biting nails

History of present illness: The patient was diagnosed with bronchial asthma at the age of 2, and has controlled it with a leukotriene receptor antagonist and inhaled steroid. From around the time her younger brother was born two years ago, her chief complaint appeared, and she tended to become agitated and caused temper tantrums. Such behavior has become particularly conspicuous recently. At the same time, however, the patient is a worrier and timid. She has also experienced bouts of night-crying.

Diagnosis: Liver qi stagnation turning into fire, emotional weakness

Case 2: Brother aged 1 year and 11 months, recurrent bronchitis

Chief complaint: Susceptible to colds, frequent coughing and wheezing

Present illness: Nine months ago (autumn), the patient's wheezing worsened when he came down with a fever, and was admitted to hospital. Thereafter, he became prone to coughing, and visited the hospital twice a month for his wheezing. He was receiving treatment by inhalation and drip infusion, but was coughing through half the month. Yet, no apparent abnormalities were found in an allergy test. Recently, he also began to experience night-crying. He is sensitive to heat and sweats profusely, but tires easily and tends to want to sleep.

Diagnosis: Lung defense qi deficiency, emotional weakness

Mother: She was worried about her second child's wheezing aggravating, because the hospital was far from home. Exhausted from raising the children, she and the children now live at her parents' house.

Treatment & progress

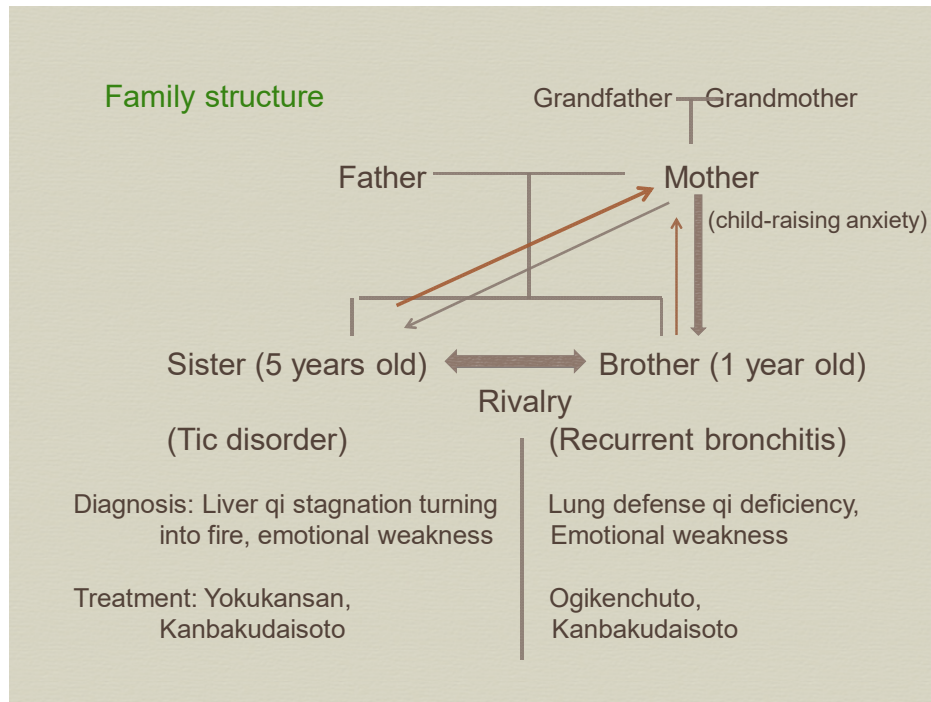
Case 1: Sister

Administered *yokukansan* (before breakfast and supper), and *kanbakudaisoto* (before supper). First of all, the patient no longer became frightened, her tic symptoms gradually improved, and in three weeks her coughing practically disappeared.

Case 2: Brother

Administered *ogikenchuto* (before breakfast and supper) and *kanbakudaisoto* (before sleep). The patient's symptoms improved dramatically (according to the mother). He began to sleep soundly without any night-crying, and in ten days, his coughing disappeared.

After 4 weeks of treatment, the mother, sister and brother returned home to their father. The treatment is planned to be continued there.



Discussion:

The problems in this family were the mother's anxiety about the brother's chronic airway inflammation and the sister-brother rivalry over their mother. The sister could not satisfy her dependency on her mother, and the anxiety and strain stemming from that developed into tic symptoms. The brother displayed lower respiratory tract symptoms and night-crying that was considered a manifestation of his anxiety. Such conditions of the sister and brother exacerbated the mother's anxiety and drove her to exhaustion, such that she was forced to return to her parents' house. The father was too busy to sufficiently intervene.

To address this negative spiral, it was necessary to include multiple family members in the scope of treatment. The sister was given *yokukansan* and *kanbakudaisoto* as psychotropic drugs. The brother was given *Kanbakudaisoto* as a psychotropic drug and *ogikenchuto* as a drug for improving his chronic inflammation. As a result, both sister and brother showed prompt improvement, and the mother's anxiety was also mitigated, such that the family's family relations improved significantly.