

Clinical Report 2 (Japan)

Functional Dyspepsia – Case 1

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Case 1: FD epigastric pain syndrome

Patient: 28-year-old female

Chief complaint: Pain in the epigastric region,
sense of abdominal fullness

History of present illness: The patient began engaging in film developing work from August XXXX-1. Her symptoms emerged after she began to drink large amounts of cold tea to relieve herself of the hotness of working in a closed dark room. She received a gastroscopy exam in October at a different hospital, and was told she has erosive gastritis. She was administered an H2 blocker, dimethicone and mosapride citrate, but to no avail. She thus resorted to folk medicine (Ota Isan, geranium herb), but is not certain of its efficacy. In April XXXX, an aggravation of her symptoms and weight loss led her to seek medical attention at our hospital.

Past medical history: Bronchial asthma until age 11. Family history: Nothing in particular.

Present status: The patient has a poor complexion, and appears dispirited. Height 165cm, weight 49kg, blood pressure 130/78mmHg, pulse 86/min. and regular. Abdomen is flat and soft. Decreased bowel sound, tympanic sound heard in the upper left abdomen by percussion.

Symptoms: The patient slept with a hot water bottle or electric warmer on her stomach, as the weather was still cold during her first visit (April). Loss of appetite, dry mouth, heartburn, chest pain. She feels no particular emotional stress at work. Regular bowel movement, regular menstruation.

Observations from the perspective of Eastern medicine: Tongue pattern—Thin white coating, regular tongue texture, no hypertrophy. Pulse pattern—Thin, string-like, somewhat smooth. Abdominal pattern—Chest side painfulness and epigastric discomfort, abdominal muscle tension in upper abdomen, no tenderness in lower abdomen.

Progress: The patient was administered *saikokeishito*. In her visit two weeks later, she said her symptoms improved considerably. Her prescription was continued until the fourth week when her treatment was deemed completed.