

Clinical Report 1 (Japan)

*Three Cases of Shonishin (pediatric acupuncture) for
Night Cry, Stool Abnormality and Nightmare*

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Introduction

Shonishin (pediatric acupuncture) devices differ from acupuncture needles which penetrates the skin for adults. Shonishin therapy is the techniques of providing painless stimuli involving rubbing and touching to the skin surface lightly. For details of treatment techniques, a published book should be referred to¹⁾. Shonishin grew popular mainly in the Kansai area²⁾ and especially in Osaka, it has taken root in people's daily lives. We introduce three cases of Shonishin that showed favorable results at our university clinic.

Case 1

Patient's name: K. S.

Age and gender: 10 months, male

Family structure: Father, mother and the patient

Chief complaint: Night-time crying

Present history: No symptom appeared until 5 months of age. About 7 months of age, night crying began. The frequency was 2 to 3 times during a night. The patient kept crying for the longest time of 20 to 30 minutes, sometimes it continued for 5 minutes and stopped. At shortest, crying continued for 5 minutes and then stopped.

Treatment

Initial visit

He was crying in the waiting room and at the time of changing the clothes. He disliked hospitals all the time and got scared when seeing a white uniform. Treatment was performed with the mother holding the patient in her arms. The whole body was rubbed and touched with Yoneyama Gingko Leaf Shaped Shonishin.

The 2nd treatment (6th day from the first visit)

On the night of the initial treatment, the patient fell asleep soon when the mother looked into him crying face. Although this was repeated 2 to 3 times, he did not keep crying. From the following day, he was in bed at 20:00 as usual but cried 3 to 4 times and then stopped crying in real time and fell into a sleep by 24:00 when parents went to bed. The intensity of night crying decreased as a whole. During treatment, he received acupuncture, lying alone on the bed without crying.

The 3rd treatment (on the following day of the previous treatment)

Last night, the patient easily fell asleep 19:30 earlier than usual. Although he woke up crying twice before 24:00, the mother patted her back gently and then he stopped crying any second. In the morning he woke up crying twice and it continued only for short minutes. Although the frequency did not decrease, the intensity of crying became weak and crying time was shortened. During New Year days, parents were planning to stay at his grand mother's place and worried if he would cry violently because of a change in the environment. Generally he was not good at taking the face-up position, but was not reluctant to take the position during treatment.

The 4th treatment (14th day from the previous treatment)

Family stayed at his grand mother's place on New Year days. Night crying did not occur at all. He used to dislike being in the baby stroller but now could have a daytime nap for the first time in it. After returning home, night crying occurred only twice - once by 24:00 and once 5:00 in the morning.

The 5th treatment (6th day from the previous treatment)

The family stayed at his grand mother's place

again for three days. From the night of returning home, cough appeared. Before that, the number of night crying was about twice. However, he caught a cold last night and the frequency of night crying increased due to cough and congested nose. At the time of vaccination in this morning, he cried out loudly. Cold drugs were prescribed, and he was in a bad mood. Before visiting the clinic, he cried and cried out but kept quiet at the clinic.

The 6th treatment (7th day from the previous treatment)

After the previous treatment, a fever of 38 C degrees developed. On the following day, it resolved spontaneously without antipyretics. Appetite and bowel movements were returning to normal. He was able to sleep from 20:00 at night through to 4:00 in the following morning without waking up. He sometimes woke up at 24:00 but did not scream and fell asleep.

The 7th treatment (8th day from the previous treatment)

A cold cured two days ago. Around 12:00 of 2 to 3 days ago, he became fussy but soon fell into a sleep at the mother's breast. This was repeated 5 to 6 times during an hour. After this, he slept through to the following morning without waking up. During treatment, he was in a good mood and relaxed receiving treatment. As night crying subsided, a two-week time interval was allowed before the next treatment.

The 8th treatment (14th from the previous treatment)

He woke up once before 12:00 but, after this, did not wake up until 5:00. In recent days, night crying did not occur and he was able to sleep straight to the following morning. Previously, in the daytime napping, he had woken up every 30 minutes. However, often times, he was able to nap for an hour and a half.

Treatment was completed.

Case 2

Patient's name: K. H.

Age and gender: 1 year and 5 months, female

Family structure: Father, mother and the patient

Chief complaint: Diarrhea and constipation

Complication: Iron-deficiency anemia.

Hemoglobin was in the vicinity of (Hb) 10 g/dL.

Although syrups were prescribed, she spitted out the medicine in dislike. So the medication was suspended for two months. While waiting for the medical check, Shonishin was requested.

Findings: Skin dryness, red rashes around GV15, and undereye circles.

Convulsions including nervousness and short-temperedness seldom occurred.

Treatment

At the time of the initial visit, she was scared of the acupuncture needle and cried loudly, so that she received Shonishin in her mother's arms. The dorsal region, sacral region, upper limbs, head, and posterior region of neck were lightly rubbed and touched for about seven minutes.

The frequency of treatment was once or twice a week. She became able to receive the third treatment without crying.

Results

Immediately after the treatment, the dried skin felt to be moisturized. According to the mother, on the nights of treatment and the following nights, the patient fell into a deep sleep in a short time and did not wake up till the morning. The patient received 75 times of treatment during one year and nine months from the initial visit, but the patient comes to the clinic to receive Shonishin for diarrhea or constipation. Within several hours or on the following day after treatment, the symptom of constipation or diarrhea improved. Currently, the patient not in bad condition comes to the clinic to receive Shonishin two or three times a month for the

purpose of managing the health. The blood examination at the start of treatment indicated Hb 9.7 g/dL, Fe 13 µg/dL. One year and eight months later, blood levels of hemoglobin and iron increased to Hb 13.1, Fe 74. The doctor in charge told that no more blood examination was required any longer.

Changes in the levels of Hb and Fe

	Initial visit	After 2 months	After 4.5 months	After 13.5 months
Hb (g/dL)	9.7	10.0	11.3	13.1
Fe (µg/dL)	13	18	41	74

Case 3

Patient's name: I. K.

Age and gender: 2 years and 11 months, female

Family structure: Father, mother and the patient

Chief complaints: The patient had great sensitivity and was full of fears. The patient often easily got scared and cried out.

Symptoms began to develop 11 months ago. What she scared of was anything that moved including insects. She cried by dreaming of a scary dream at nights. She was the type of person who acts based on understanding and did not have a fear of strangers and was affable.

Special notes: The mother was in the 9th month of pregnancy (their second baby was expected.)

Findings: Skin temperatures of hands and legs were high.

On the day of the initial visit, she could not enter the clinic from the door and cried refusing entering. She was scared of moving toys, decoration dolls, everything. Her bad mood became a little bit better by "Anpanman."

Treatment

As the patient refused to take off the clothes, treatment was made with the clothes on for the forearms, legs, nucha, interscapular region, back, and sacral region while distracting her mind, using the tinkling bell sounding Spoon Needle. On

the day of the third treatment, she came near the clinic but could not enter. So we met the patient there and got arm in arm to the treatment bed of the clinic.

Results

On the 4th visit of 8th day of treatment, the mother said that after the treatment of yesterday, the patient slept well without talking in sleep. When taking a bath, she usually had become fussy. However, she promptly took off the clothing and took a bath with the father. From around this time, she became able to receive treatment without crying. After that, although she had night crying, saying "ants are scary," the frequency gradually decreased. She had an interest in acupuncture treatment and prefers to have it, compared to other children. Although she lived apart from the mother who was in hospital for eight days before the delivery of her sister, there was no severe night crying during the days. She had 21 times of treatment during 7 months. After 11th treatment onwards, the symptom of the fearful emotion was relieved. Currently, she receives acupuncture treatment for the purpose of the health management including constipation.

Consideration

Case 1 describes about a mother who suffered from night crying, a symptom specific to infants and selected Shonishin. Immediately after the treatment, the patient's condition improved and responses to the treatment were distinguished. Night crying appeared intensively by the time of the parents going to bed. There was the possibility that the sleeping environment of the infant was disturbed by the sound of parents talk and other noise in life. It is interesting to note that when the mother was a child, he was taken to receive Shonishin by his parent. We felt that he had a stronger sense of trust in acupuncture treatment compared to other mothers.

In Case 2, diarrhea stools changed to a solid state on the following day without medication, which happened several times. As regarding constipation, we consider that the infant was at the stage of toilet training, during which the infant was put in the environment that easily caused constipation. Gathering information about the environment surrounding the infant, we used it to make the treatment relaxing and comfortable to the infant. As well as improvements in diarrhea and constipation of the chief complaints, improvements in the levels of iron-deficiency anemia (a complication) were obtained as shown in the blood examinations. The mother reported of these improvements to the pediatrician, who then said to continue acupuncture treatment.

In Case 3, the symptoms of the patient became worse when the mother was in 9 months of pregnancy. From this, the child was acutely aware of physical changes of the mother and this might possibly have influence on the mind of the child. It can be predicted that as her mind was in the unstable state, she was overly sensitive to any sound heard and anything that moved, which was the condition of kidney deficiency based on the theory of Oriental Medicine. It is considered that improvements were connected to the factors that autonomic nervous system were influenced by the skin stimulation of Shoninshin and the child patient became fond of visiting the clinic for treatment, leading to the relief of stress.

We believe from the three cases that children grow every day and at the same time spend each day, feeling stresses in learning how to adapt to new things, which include the change from the baby food diet to the ordinary food diet, the training of diaper withdrawal, a sister's delivery, and self-presentation to attract the parents' attention. Parents will select Shonishin that does not use drugs as a means of appeasing symptoms

peculiar to infants. In many cases many of the parents and grandparents who bring in their children to acupuncture treatment have previous experience receiving acupuncture treatment and feeling its effect. We feel that the culture of each family has its "family acupuncturist" to stay healthy and promote well-being still remains with Osaka.

References

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2. Noguchi E, Tani M. A survey of the current status and background of acupuncture for infants. *Jpn J Orient Med*. 1996; 46: 581-590.