

## Clinical Report 2

### *Functional Dyspepsia Gets Worse in Summer*

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Patient: 55 years old Female

Initial consultation: July 7, 1999

Chief complaint: Discomfort in the stomach and fatigue

Present illness: With the coming of summer the patient always had stomach problems, feeling an extreme heaviness in the region of the stomach and queasiness like going to vomiting. Year before, symptoms were intolerably bad, so the patient had gastroscopic examination in a nearby hospital with findings of no abnormalities. The patient was administered stomach medicine but the symptoms became aggravated on the contrary. This year symptoms developed in about May. Stomach conditions were as bad as those experienced previously. A heavy sensation was felt in the epigastrium. By 10 o'clock in the morning, the patient became exhausted to the extent that she was hardly able to keep herself in a standing position. After lying down and resting for 10 minutes, the patient recovered. When she became tired, for instance, during shopping, similar symptoms appeared.

#### Present status:

Appetite: The patient had some appetite but felt easily full soon after she ate. After meal, the patient felt sleepy.

Sleep: Insomnia. Difficult to fall into sleep.

Urination: 4 times/day, Nocturia - once

Bowel movement: once/day

Menstruation: Menopause at the age of 50

#### Other symptoms:

Heaviness of the head, decreased vision, sneezing, a running nose, blocked nose, unable to sense smell, dry mouth, a bitter taste in the mouth, rough lips, neck

stiffness, low back pain, excessive gas, pain in hands and feet.

Anamnesic history: Low back pain since March of last year.

Family history: Negative

Present conditions: Height 158.5cm, Weight 50kg

Pulse findings: Tense and smooth

Tongue findings: Pale but slightly dark, thin white furs, slightly dry

Abdominal findings: Tenderness in the region between the epigastrium and umbilicus, gas in the upper abdomen, and lower abdomen filled as a whole.

Diagnosis: Dampness blocking spleen

Treatment method: Dissolving dampness and strengthening the spleen

Prescription: *Koshaheisan*

*Atractylodis Lanceae* Rhizoma 4g

*Magnoliae* Cortex 3g

*Citri Unshiu* Pericarpium 3g

*Pogostemi* Herba 3g

*Amomi* Semen 2g

*Cyperi* Rhizoma 4g

*Ziziphi* Fructus 2g

*Zingiberis* Rhizoma 1g

#### Clinical Course:

##### 2<sup>nd</sup> Visit on July 14

Queasiness in the stomach mostly disappeared. Heaviness in the stomach reduced significantly. The patient was hardly bothered by fatigue. The patient began to feel fine overall. However, low back pain remained unchanged.

【Formula】 The same formula plus forbes notopterygium root 4g

##### 3<sup>rd</sup> Visit on July 21

The stomach felt good almost completely. Powerlessness in the morning almost disappeared. Low back pain began to be relieved.

【Formula】 Same as previously.

After this, mostly-relieved conditions persisted into September when medication was discontinued.

At the time of the visit to the hospital due to a cold

in November 24, the patient stated that the conditions of stomach symptoms and fatigue felt good.

**Discussion:**

This patient has extremely characteristic symptoms that in summer she has decreased appetite and heavy stomach and becomes very tired to the extent that she can't help but lie down.

It should be noted that symptoms develop during the period of end June to early July – the rainy season peculiar to Japan. During the season, temperature rises with rapidly increasing humidity. This means that the body is affected or damaged by atmospheric moisture. Subjective symptoms of sleepiness after meal and fatigue are generally observed in many cases of weakened gastrointestinal. However, for the subject patient, given the white furs on the tongue and tense and smooth pulsation, the author may consider that her stomach is not in a simple state of “deficiency of spleen” but its function was disordered by dampness.

The first principle for such pathological condition is to remove dampness, not to heal “deficiency of spleen”.

The treatment is “strengthening the spleen and dissolving damp” and a conceivable formula for this is *heisan*. Considering intense severity of the moist state of the stomach, I added to this formula *Pogostemi* Herba, *Amomi* Semen, *Cyperi* Rhizoma and administered as *koshaheisan*. Efficacy appeared in less than a week and in the third week, symptoms disappeared mostly.

There are many patients with symptoms similar to those of the subject patient in Japan. For the persons with underlying “deficiency of spleen” who develop those symptoms in the rainy season, *kosharikkunshito* is generally prescribed. For those who always has the disordered stomach at some level due to dampness, *koshaheisan* is generally prescribed.