

Clinical Report 2 (Japan)

Case Studies from Ehime Prefectural Central Hospital (3)

– *From the Rural Bedside to the Global Podium* –

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Type 3 Cases

The side effects of Western medical treatment is alleviated when combined with Kampo treatment

[Case 9 (Dr. Shimizu's case)]

Effective administration of Bofutsushosan for medication overuse headache (MOH) and premenstrual edema in a 28-year-old woman

[Chief complaint]

Headache, edema

[History of present illness]

The patient began to take loxoprofen sodium hydrate for menstrual pain from around the age of 20. About two years ago, she began to develop a headache when the weather was poor. In the beginning, her condition improved with loxoprofen sodium hydrate, but the frequency of her headache gradually increased, such that she began to experience daily headaches. Loxoprofen sodium hydrate no longer worked, so she began to take diclofenac sodium when the pain was intense. Since a year ago, the patient has been experiencing a condition in which her eyes become swollen, she cannot wear her ring, and she feels fatigue due to edema in her legs during the period from ovulation to the third day of menstruation. A local doctor prescribed Goreisan extract and Tokishakuyakusan extract, but neither had any effect. The patient was also prescribed furosemide at times when her edema flared up. Furosemide was effective in the beginning, but because it gradually lost its effectiveness, she was prescribed increased amounts. Still, no satisfactory progress was seen, so the patient visited our department.

[Life history]

Occupation: Care worker; Smoking: 15 × 13 years;

Drinking: Around twice a week

[Oral medicine]

Diclofenac sodium, furosemide, brotizolam

[Physical health]

The patient has a tendency for her hands and lower body below her hip to become cold. She has difficulty starting urination. As she experiences no bowel movement for two, three days, she takes a laxative. She does not have a weak stomach. Her legs swell from the date of ovulation to the first day of menstruation.

[Present symptoms]

Height 162cm; weight 53kg; BMI 20.2

Dark red around the eyes. Tongue: slight white coating, some teeth marks. No varicosis.

Pulse: Between floating and sunken, rather rapid.

Abdominal symptoms: No chest side painfulness. No epigastric discomfort or resistance. Pulsation of abdominal aorta. Splashing sound in epigastric region.

Resistance and sharp tenderness in left iliac region. Lower abdominal resistance and fullness.

[Progress]

The patient was prescribed 7.5g of Bofutsushosan extract. By her return visit two weeks later, her headache had completely disappeared. She still had some edema before and after ovulation, but it had mitigated compared to before. She was able to open her eyes, and her sleep improved. She noted that her urine had become yellow.

[Observations]

This was a case in which a tendency to develop edema and headaches occurred as a side effect of the prolonged use of medicine as standard treatment, but a diuretic was not effective.

Bofutsushosan comprises 18 different drugs. Its crude drug ingredients reveal a combination of such acrid-warm herbs relieving superficialities as Mao (ephedra), Shoga (ginger), Bofu (Saposhnikovia divaricate), and Keigai (schizonepeta); the cold-pungent diaphoresis

Hakkai (peppermint); Rengyo (forsythia fruit); the heat dissipating drug Sekko (gypsum); in addition to Sanshishi (gardenia fruit), Ogon (Baikal skullcap), Daio (rhubarb), Bosho (mirabilite), and Kasseki (talc). It can be said to be a front-rear double solution medicine for exterior cold and interior heat and for exterior heat. From a different perspective, it can also be said to be a medicine for edema caused by heat pattern, as Mao, Sekko, Kasseki, Byakujutsu, Hakka and Bofu induce diuresis to alleviate edema. Furthermore, the addition of laxatives such as Daio and Bosho helps remove interior heat, and is thus suited to people who tend to develop indigestion.

In the above case, the problem involved headaches and premenstrual edema caused by the overuse of NSAIDs. The patient was not obese, but she had constipation and poor urination, and reacted poorly to medicine. These symptoms suggested a decline in metabolic and excretory functions caused by indigestion. Therefore, instead of prescribing simple ingredient drugs such as Goreisan and Tokishakuyakusan, the patient was successfully prescribed Bofutsushosan, which has the effect of dissipating heat, inducing diuresis, purging the bowel, and providing front-rear double solution.