

## KAIM Clinical Report: Evidence Data & Case Studies - (4)

### ***Middle-Reinforcing and Qi-Benefiting Decoction for State of Depression***

In the mentally stressful society of today, many people have mental health problems in any form or other. Depression is a typical problem, and various remedies have been developed. In the area of modern medicine, antidepressant agents, such as SSI are commonly administered from an early stage, and it is considered that as long as the symptom remains, antidepressant drugs need to be given continually. In contrast, in the world of Chinese medicine, depression is taken from a different perspective with a several formulations available. *Middle-Reinforcing and Qi-Benefiting Decoction* (MRQB) is representative of these.

**Evidence Data 1:** Ohara K., Nishimoto M., Miyasato K., et al.: Effectiveness of MRQB for Loss of Appetite with Depression, *Prog. Med.*, 14 (6): 1705-1712, 1994

The 53 patients diagnosed as having depression (male 30, female 23, age 19-85 years old, average 46.3 years old) were given MRQB for more than 4 weeks and assessed changes of symptoms before and after the administration as to mind (7 items), digestive system (4 items), and others for making judgments. Final overall improvement rates were comprised of 1 case of prominently improved (1.9%), 14 cases of improved (26.4%), 20 cases of slightly improved (37.7%), 17 cases of remained unchanged (32.1%), 1 case of worsened (1.9%) and 35 cases of more than slightly improved (66.0%). Regarding improvement of symptoms, anorexia was greatly improved with 6 cases of remarkably improved (11.5%), 9 cases of improved (17.3%), and 32 cases of slightly improved (61.5%)

**Case Report 1:** MRQB for State of Depression (Somatoform disorder)

Terasawa K.: Chapter 4 Disorder and Pathologic Condition [State of Depression] often Seen in Elderly People, *Diagnosis and Therapy of Japanese and Chinese Medicine*, Tokyo, Igakushoin 2005.46-51

The patient: age 69 year-old, female. Her brother died six years ago, and this shock triggered to develop sense of anxiety and dampened enthusiasm. The use of MRQB controlled these symptoms. However, the onsets relapsed repeatedly. Whenever the onset occurred, the patient visited a different clinic to get therapy without any improvement and paroxysmal onsets of the sense of anxiety, sense of loneliness, loss of appetite and sense of constriction in the chest developed conversely. Thus the patient visited the clinic. Having a severe dry mouth that was assumed to be a side effect of the psychotropic agent administered by the previous physician, the patient received reduced dosages of the same drug with *Modified Merry Life Powder*, resulting in lessened dry mouth, disappearance of the sense of constriction in the chest, and in return the complaints of stomach irritation and headache. After a while, the sense of constriction in the chest as well as loss of appetite was complained with the weight loss by 2 kg. In order to stimulate appetite and improve the depressive state, MRQB was administered and improvement was observed in appetite and enthusiasm, leading to the gradual recovery of the life the patient used to have when being healthy. The patient's medical condition is stable now.