



Original Way of Yokukansan, the Traditional Chinese Medicine

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ABSTRACT

Now yokukansan is widely applied to Behavioral and Psychological Symptoms in Dementia and other psychological symptoms. But the original way of use was a sedative for children. This case suggests that the original usage of yokukansan is very effective.

Key words: Yokukansan pediatrics children, Traditional Chinese medicine

DESCRIPTION

Traditional Chinese Medicine (TCM) yokukansan (Yigan Powder), is now widely applied for many aspects in modern medicine in Japan. Since we reported that YKS was effective for Behavioral and Psychological Symptoms in Dementia, many new indications of YKS were reported and clinically applied, i.e., for hospitalization delirium 2, delirium after the operation 3 and so on. But we recently applied YKS in its original way successfully. The original maker of YKS was Xue Jia and he described this TCM that this recipe was effective for irritability, delirium (especially delirium in night), and fever with mental reasons in infants and children. In his textbook, he commented that YKS should be prescribed for both the Children and their mothers. This comment is one of clinical pearls in TCM [1].

The difficult-to-manage behavioral and psychological symptoms of dementia (BPSD) result in caregiver overload and frequently the need to move patients to a mental hospital or nursing home for dementia treatment. 1, 2 After we reported in 2005 that Yigan San (Suppress liver function), a traditional Chinese medicine (TCM) treatment, benefited BPSD, more than 400 studies on the benefits and workings of TCM have been published in English. Yigan San is today a commonly utilized treatment for BPSD [2].

Furthermore, a large number of antipsychotics have been created since 2005. These medications reduce BPSD, but there is no evidence that they reduce pleasant feelings that are good for the exchange of polite welcomes, facial expressions of interest or

delight, or continuing on a discussion. Additionally, the United States of America food and drug administration released a public health advisory in April 2005 to inform patients, caregivers for patients, and healthcare professionals about new safety information regarding the unapproved use of atypical antipsychotic medications.

Some weeks ago, a mother with 35 years visited my clinic. Patient told that here daughter with 5 years often woke up in midnight. The daughter woke up many times in every night, and fear and panic. So, the mother could not sleep at all every night. Patient prescribed YKS for both the mother and her daughter. Sure, patient prescribed half the amount for 5 years daughter. After one week later, the mother visited my clinic again and admired, and your recipe was of remarkable efficacy for us. My daughter sleep well every night and there sleeps so well and is so wonderful. Patient explained that Doctor Xue Jia was wonderful, and used YKS only according to his suggestion [3].

CONCLUSION

In the history of TCM, Xue Jia and his son Xue qi are famous as pediatricians. The book in which YKS was described was named the way to treat infants and children (Summary of baby care). As excellent pediatricians, they understood that children' mental symptoms should be treated both with their mothers. This case suggested that their original way to use is very effective even now, and their clinical pearl "YKS should be prescribed for both the Children and their mothers" is really important.

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