Kampo therapy for behavioral and psychological symptoms of dementia

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ABSTRACT:
Behavioral and Psychological Symptoms of Dementia (BPSD) include behavior (e.g., agitation, aggression, wandering, screaming) and psychiatric disturbances (e.g., hallucination, delusion, depression, anxiety). It is well known that BPSD was observed in 80% of patients with dementia, and BPSD often could have a negative impact on patients’ activities of daily living (ADL) and especially on caregivers’ quality of life. Recently, an increased mortality was reported in elderly patients with dementia using atypical antipsychotics as well as conventional antipsychotic medications. Thus, there is an urgent need to develop a safer treatment for BPSD. Alternative pharmacotherapy ameliorating BPSD is a potential method to resolve such difficult situations. Kampo medicines are one of candidate medicine for alternative pharmacotherapy.

Recently, efficacy and safety of some herbal medicines for BPSD have been reported. In my presentation, some studies regarding Kampo medicines for BPSD. Especially, there are growing evidences for the effects of Yokukansan on BPSD. We conducted a 8-week multi-center, randomized, crossover controlled trial of Yokukansan, and will show the results of this study. In this study, although 7 of 103 patients had mild adverse effects, BPSD were significantly improved during taking Yokukansan both for the outpatients and the inpatients. Interestingly, the effects of Yokukansan were observed 4 weeks after completion of the treatment. The levels of cognitive function and ADL of the participants were not affected with the treatment of Yokukansan.

Our study together with other studies suggests that Kampo medicines for BPSD is a promising therapy which maintains QOL for patients and caregivers at home.

KEYWORDS: BPSD, Kampo medicines, Yokukansan
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CONCLUSION

Our study together with other studies suggests that Kampo medicines for BPSD is a promising therapy which maintains QOL for patients and caregivers at home.

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