KAMPO MEDICINE IN THE FIELD OF PSYCHIATRY

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ABSTRACT:
This paper introduces the use of kampo (Japanese traditional herbal medicine) in the field of psychiatry. Kampo formulas are used for the following three conditions. First, for generalized anxiety disorder and somatoform disorders, kampo formulas are used alone. Second, for major depression, schizophrenia and other mental disorders, kampo formulas are used with psychotropics, such as antidepressants and antipsychotics. Third, kampo formulas are used for the treatment of adverse events induced by psychotropics. In conclusion, kampo therapy is widely used in the field of psychiatry.

KEYWORDS: kampo (Japanese traditional herbal) medicine, psychiatry, psychotropic, adverse event

This paper introduces the use of kampo (Japanese traditional herbal) medicine in the field of psychiatry. Kampo formulas are widely used as adjunctive strategies with modern medicines in Japan. A kampo formula is made from two or more herbs, which have various pharmacological activities. Kampo prescriptions should be selected based on traditional theory and not the modern medical diagnosis. The Japanese Ministry of Health, Labor and Welfare has approved more than one hundred kampo prescriptions for use in clinical practice. Data were obtained from open studies and our reports. In the field of psychiatry, kampo formulas are used for the following three conditions. First, for generalized anxiety disorder and somatoform disorders, formerly called neurosis, kampo formulas are used alone. Some open studies have shown efficacy of kampo formulas in patients with neurotic disorder or mild major depression. We have experienced many patients with undifferentiated somatoform disorder or conversion disorder, which was treated successfully with kampo therapy based on traditional theory. 1) In this study 1), the quality of life (QOL) of patients with undifferentiated somatoform disorder or conversion disorder improved significantly after 3 months of treatment with kampo formulas. Also, we have reported outpatients with premenstrual dysphoric disorder (PMDD) who were treated successfully with Kamishoyosan. 2) 3) Nineteen of 30 patients with PMDD had more than 50% improvement in the total score of the Hamilton Depression Rating Scale, in the late luteal phase. Second, for major depression, schizophrenia and other mental disorders, kampo formulas are used with psychotropics, such as antidepressants and antipsychotics. Some open studies have shown efficacy of kampo formulas to augment modern medicines in patients with major depression. We have reported inpatients with schizophrenia treated successfully with
haloperidol and Orengedokuto. 4) 5) Also, we have experienced 20 patients with partial remitted major depressive disorder, which was treated successfully with Rokumigan or Hachimijiogan. 6) After 4 weeks of administration of Rokumigan or Hachimijiogan, loss of energy was “much improved” in 6 of 20 patients with partial remitted major depressive disorder. 6) Third, kampo formulas are used for the treatment of adverse events induced by psychotropics. Some open studies have shown efficacy of kampo formulas in patients with drug-induced hepatitis or dry mouth. We have reported patients with antipsychotic-induced hyperprolactinemia and amenorrhea treated successfully with Shakuyakuikanzoto. 7) 8) After 4 weeks of administration of Shakuyakuikanzoto, plasma prolactin level was decreased, while at 4 weeks after discontinuation of Shakuyakuikanzoto, plasma prolactin level was not significantly different from that at baseline. 7) Also, we have reported 20 outpatients with SSRI-induced nausea and dyspepsia treated successfully with Goreisan. 9) In this study 9), SSRI-induced nausea and dyspepsia disappeared completely in 9 of 20 patients treated with Goreisan, without adverse events.

**CONCLUSION**

*Kampo* (Japanese traditional herbal) therapy is widely used in the field of psychiatry.

**REFERENCES**


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