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## “Lesser Yang disease” in patients with chronic fatigue syndrome/myalgic encephalomyelitis can be treated with traditional herbal (Kampo) medicine: A case series

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**Introduction:** Chronic fatigue syndrome/myalgic encephalomyelitis (CFS/ME) is characterized by chronic unexplained fatigue. The pathogenesis of CFS/ME remains unclear and there are no known effective medicinal therapies. Since we recognized that the pathophysiology of CFS/ME in some patients was consistent with “Lesser Yang disease (LYD)”, a traditional Chinese medical concept described in the Shanghan Lun, we prescribed a “Sho-saiko-to (SST)”-based extract. SST was more effective than some antidepressants (e.g. selective serotonin reuptake inhibitors) that are widely used for CFS/ME. We had five female patients with similar clinical courses. We summarize the clinical course of a case.

**Case 1:** A 14-year old girl presented with the chief complaint of recurrent fatigue and a slight fever. Her medical history included a high fever that occurred 20 months ago. After being treated for a common cold, she was only able to attend school once a week due to recurrent fatigue and mild fever. The necessary examinations resulted in no abnormalities. Antibiotics, antidepressants, and a replenishing Kampo formula were prescribed based on her various provisional diagnoses. They were ineffective and her condition progressively worsened. Our department was consulted and we determined that she fit the criteria for a diagnosis of CFS/ME. SST was started and after two weeks, she reported an improvement of her symptoms. Cases 2-5 will be shown in the presentation. Some studies reported inflammation in the brain in cases of severe CFS/ME. SST has an anti-inflammatory effect and we have recognized that it is a good choice of treatment for CFS/ME.

### Biography

Takehiro Numata has graduated from Tohoku University Graduate School of Medicine in 2014. He specialized in Kampo (Traditional Japanese herbal) Medicine and Tai-chi. He has been licensed to be International TCM Doctor of A-grade (sponsored by the World Federation of Chinese Medicine Societies in 2005). Currently, he works for the Department of Kampo and Integrative Medicine, Tohoku University Graduate School of Medicine as Assistant Professor. He won the 28th encouragement prize at the Japan Society for Oriental Medicine.

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