

3RD GLOBAL SUMMIT ON

HERBALS & TRADITIONAL MEDICINE

OCTOBER 18-20, 2017 OSAKA, JAPAN

Our experience to use Kampo in the child psychiatric outpatient and for long stay disabled inpatients**Akihito Lino**

Shimada Kyoiku Center, Japan

Shimada Kyoiku Center is the child rehabilitation hospital, established in 1963, 1st private hospital for child rehabilitation in Japan. We daily use Kampo for lots of inpatients and outpatients. At out-patient department, we have 190 patients every day, 46000 patients every year. 49% patients receive drugs, 63% execute rehabilitation of PT, ST, OT and counseling. 36% go to pediatrician, 47% go to child psychiatrist. Child psychiatrists in our hospital use Yokukansan, Yokukansan-Katinpihange and Syokentyutou. Target symptoms are irritation, insomnia and child infirmity. Kampo contains *Uncaria* Thorn (Tyoutoukou), this component shows anti-anxiety effect through 5-HT_{2A}. All contains licorice (Kanzou), which reduce tension. Japanese Kampo combinations almost warm up the body of clients. The biggest barrier to use Kampo for children is its bitter taste, poor drug management by parents and taking time for beneficial effect. But they are cheap, their price is about 10% from nerve-stimulants, Kampo doesn't give a financial burden for the family and the government. Under Japanese national healthcare insurance system, outpatient children need 2USD for medical exam and drug.

Next, 232 inpatients stay in our hospital now. They are disabled, have a number of congenital disease, they are accommodated for average of 33 years, because of family problem, abandoned, financial problem etc. 20% inpatients received Kampo, but there are very few side effect.

Dr.Obitu surgical and homeopathy doctor said {CAM is a gentle, moderate medicine}. Few medical evidence (DBRPC), very few side effect, very few money (cheap), Kampo is of great use for children.

Biography

Akihito Lino has completed his Integrative Medicine Fellowship in 2014. He is a Medical Doctor, Child Psychiatrist of Shimada Ryoiku Center. Additionally, he translated one book of CAM medicine for psychiatric clients, published two medical papers written in Japanese.

a.iino@shimada-ryoiku.or.jp

Notes: