

A case of successful treatment of Kampo medicine for olfactory disorder

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**We prefer poster presentation.

<Purpose> We suggest using Kampo medicine for recovery, even in cases of olfactory disorders that have been regarded as difficult to treat up until now. This is because Kampo medicine has a different approach from that of Western medicine. We will show you a case of an olfactory disorder that was treated effectively using Kampo medicine.

<Backgrounds> An estimated 2.7 million people suffer from olfactory disorders in the USA, which is 1.4% of the population. Although no nationwide epidemiological survey has been conducted for Japanese people, it is believed that olfactory disorders among Japanese are mostly caused by chronic sinusitis. Reports of the causes of olfactory disorders state that 54.6% result from chronic sinusitis, 25.7% from a viral infection, 5.6% from a trauma, and the rest are caused by brain tumors, cerebrovascular disorders, and neurosis, some are congenital or drug induced and others occur for unexplained reasons.

In Japan, olfaction disorders caused by chronic sinusitis are treated with endoscopic sinus surgery (ESS). In other cases, by and large, circulatory metabolism improving agents (such as ATP), vitamins, or steroid sprays are administered. In the case of chronic sinusitis, good results of ESS have already been reported.

In clinical practice, however, there are many cases in which olfactory disorders do not recover, even when the patients have been treated for rhinitis, sinusitis, and nasal allergies. However, when Kampo medicine was introduced as a new treatment process, good results were obtained. This is why we will conduct a case report of olfactory disorders treated with Kampo formulation.

<Case study> A 59-year-old woman presented with an olfactory disorder in January 2016 after having had a common cold. First, sinusitis was cured using a conservative treatment, but her subjective olfaction was only 20%. From July, she took Nichin-to and Tудо-san for 2 weeks to improve fluid retention and blood stasis, followed by Keishiburyogan and Tудо-san for 11 weeks to rectify blood flow. In October, her subjective olfaction was improved to 60% and is still being treated.

<References>

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