



Case Report

Severe body pain with low grade fever

Patient's Details:

Male 14 years old. First visit 05 Jun 2010.
Treatment: Herbal Medicine

Chief Complaint:

Severe body pain with constant low grade fever over a month

Complaint history and Characteristics on day of visit:

He had a fever with temperature around 38C on 06 May 2010. Since then he has been having severe body pain with constant low grade fever. He describes the pain as severe dull and heavy pain all over the body including head, fingers and toes. Sometimes, he has nausea and vomiting. He can't even hold up a glass of water as even the slightest touch makes him painful. He can't go to school at the moment. The pain is worse after 6pm in the evening.

He had tonsillitis in the last month and had a week antibiotics.

He is also very sensitive to noises since last month. He is usually a very active boy.

He sees red color as white color and white as red. He feels pain inside his eyes.

He feels thirsty all the time and drinks water constantly. He has sore throat.

He also has urination pain.

Blood test and urine test are normal.

Normal studies from CT and XR report.

GP and hospital specialist recommend alternative treatment as no abnormality found in all tests.

Medical History:

Asthma.

Eczema on both hands.

Initial Pulse/Tongue:

Tongue: purplish and prickly tongue without coating.

Pulse: Moderate pulse

Diagnosis:

Damp-Heat type of TCM Epidemic Febrile Disease¹

Treatment:

Treatment consists of three phases. First phase, the herbal prescription focuses on anti-virus function and pain relief. Next phase is to improve the immune system and the last phase is to improve the digestion system and nutritional level. There are 8 different prescriptions based on two basic Traditional Chinese Medicine Formulas "Da Yuan Yin" and "Si Ling San", during his 3 months treatment.

Da Yuan Yin Formula contains 6 herbs which are *Bing Lang*, *Hou Po*, *Cao Guo*, *Zhi Mu*, *Shao Yao*, *Huang Qin* and *Gan Cao*.

Bing Lang: Directing Qi go downwards to relieve its stagnation, promoting the flow of Qi. *Hou Po* and *Cao Guo*: Being pungent in taste and drastic in nature, eliminating turbidity, drying dampness, resolving phlegm, regulating the Qi. *Zhi Mu*: Clearing heat, purging fire and nourishing yin. *Huang Qin*: Purging the stagnated heat. *Shao Yao*: Tonifying blood. *Gan Cao*: Invigorating Qi, regulating the stomach, tempering the actions of all the other ingredients.

Si Ling San Formula includes 4 herbs which are *Ze Xie*, *Fu Ling*, *Zhu Ling*, and *Bai Zhu*.

Ze Xie: The principal herb, being sweet and insipid in flavor and cold in nature, removing dampness and promoting diuresis. *Fu Ling* and *Zhu Ling*: Removing excessive fluid by promoting diuresis. *Bai Zhu*: Strengthening the spleen to remove dampness.

Progress

He didn't feel any difference in the first week. The pain was slightly less from the second week. He started to go back to school after 2 weeks of treatment. The pain was getting easier gradually. He felt the pain was getting worse after his PE so he was recommended not to take any PE lessons during the treatment. From August 2010, he felt the pain was only on his hands, feet and some areas of back. After another month's herbal medicine, the pain completely disappeared and his vision was also back to normal.

Reflection:

Advise given during the treatment is to have plenty rest. Keep warm, eat warm food and drink plenty warm water. Eat less sweet, spicy and deep-fried food.

1, Epidemic Febrile Disease in TCM is a general term for acute diseases caused by different epidemic pathogenic factors prevalent in different seasons, which is attributed to febrile diseases. According to the nature of the disease, it can be classified as two major groups, the warm-heat syndromes and damp-heat syndromes. -- *A Practical Chinese-English Dictionary of Traditional Chinese Medicine* (Shandong Science and Technology Press)

The Science of Epidemic Febrile Disease of Traditional Chinese Medicine is a foundation subject in all TCM universities in China.

St Neots Chinese Medical Centre