



Yokukansan's role in Treating Behavioral and Psychological Symptoms

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DESCRIPTION

Traditional Chinese Medicine (TCM) has a profound and storied history, and one of its notable contributions to modern medicine is the widespread application of Yokukansan (YKS) in Japan. Initially recognized for its efficacy in addressing behavioral and psychological symptoms in dementia in 2005, the scope of YKS applications has expanded significantly over the years. From the management of hospitalization delirium to addressing postoperative delirium, YKS has found its place in various clinical settings, showcasing its versatility and effectiveness. However, a recent application of YKS in its original form has brought to light the enduring wisdom of its creator.

Original maker of YKS, laid down the foundational principles of this traditional Chinese medicine. He highlighted its efficacy in addressing irritability, delirium (particularly nocturnal delirium), and fever with mental causes in infants and children. In his comprehensive textbook titled "the way to treat infants and children not only provided insights into the medicinal properties of YKS but also emphasized a unique aspect of its administration the simultaneous treatment of both children and their mothers. This approach, described as a clinical pearl in TCM, underscores the interconnectedness of the well-being of children and their mothers in the context of therapeutic interventions.

A compelling case serves as a vivid illustration of the successful application of YKS in its original manner. A 35-year-old mother visited a clinic seeking help for her 5-year-old daughter, who was grappling with frequent awakenings in the middle of the night, accompanied by fear and panic. The daughter's disrupted sleep pattern had a cascading effect, leading to the mother's own sleep deprivation. In response, the practitioner prescribed YKS for both the mother and the daughter, tailoring the dosage to suit the younger patient. Astonishingly, after just one week, the

mother returned with heartfelt gratitude, expressing amazement at the remarkable efficacy of the prescription. The daughter's sleep had improved significantly, allowing the mother to enjoy restful nights as well.

The success of this case not only underscores the effectiveness of YKS but also reaffirms the wisdom and his son Xue Qi, both renowned pediatricians in the history of TCM. Their insights, meticulously documented in the aforementioned book, "the way to treat infants and children," emphasized the importance of addressing children's mental symptoms in conjunction with their mothers. In the context of the recent case, this original approach proved highly effective, highlighting the enduring relevance of teachings in the contemporary practice of traditional Chinese medicine.

The original way of using yokukansan is not only historically significant but also applicable and effective in pediatric care. This reaffirms the enduring value of traditional approaches in treating health issues, especially when considering the holistic well-being of both children and their caregivers. The case serves as a testament to the timeless efficacy of traditional Chinese medicine in addressing contemporary health challenges. The successful application of yokukansan in treating sleep disturbances in a child, following the original guidance of Xue Jia, exemplifies the enduring efficacy of traditional Chinese medicine in addressing contemporary health challenges. The case serves as a testament to the enduring wisdom encapsulated in the clinical pearls of TCM practitioners and emphasizes the interconnectedness of health within familial relationships. As YKS continues to find new applications, it serves as a bridge between ancient wisdom and modern medical practices, showcasing the enduring relevance of traditional approaches in addressing the complex and evolving landscape of health and well-being.

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