

## Clinical Report 4 (Japan)

### Headache - Two Unique Cases

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**Patient:** 57 years, female

**First visit:** September 28, 1999

**Chief complaint:** periodically occurring headaches

**Present history:** onset of Menière syndrome following delivery in 1970, the condition improved later but then led to the development of periodically occurring headaches. Episodes occurred generally at a frequency of once per month. During attacks the patient first felt a stabbing pain deep behind the eye. Subsequently the pain would spread throughout the entire head. Moreover, over time shoulder stiffness also developed and eventually led to vomiting. This vomiting reportedly felt like emptying out the stomach content completely and required the patient to stay in bed for 2 days because of exhaustion. During such periods, the patient had to continue using analgesics (NSAID).

The headache was more likely to occur in summer than in winter and attacks often occurred on days preceding major weather changes.

An ophthalmologic examination performed because of a suspected glaucoma, revealed no anomalies. Neither did a visit to a neurosurgical clinic and CT examinations did not reveal any anomalies.

**Present status:** height 156 cm, weight 40 kg

Diet: normal

Sleep: good

Micturition: 5-6 times/day, urinary volume is not considered to be small

Defecation: once/day, normal feces

Cooling of hand and feet (+), sleeps wearing socks

Stiffness of neck, shoulders, back (+)

Dry mouth (+), constantly thirsty and drinks a lot.  
2-3 cups of drinks during meals

Edema (-)

Blood pressure: 134/94 mmHg

Pulse pattern: deep and slightly wiry

Tongue pattern: pale, thin white fur, slightly greasy, moist

Abdominal pattern: nothing particular

**Past history:** seasonal allergic rhinitis (only in spring)

**Family history:** elder sister suffers from similar headaches

**Diagnosis:** headaches due to deficient water metabolism (water/dampness congestion)

**Therapy:** induce diuresis to alleviate edema, unblocking yang and mobilizing Qi

**Prescription:** *goreisan* extract 6.0 g in 3 portions/day. Application between meals

**Course:** following the beginning of treatment there was a headache attack on October 5. On 11/6 the weather turned bad with rain. On 11/7 the weather was fair. The attack lasted three days. After that the severity of headaches developing prior to worsening weather conditions decreased and attacks subsided within half a day. On those occasions, the patient used Loxonin. Nausea occurred infrequently. In May of the following year (2000), half a year after treatment began, headache attacks had become rare. However, when the patient forgot to take *Poria Powder with Five Herbs*, attacks recurred. After approximately one and a half years in, April 2001, headaches subsided completely as long as the patient took the medication. Episodes of allergic rhinitis were treated with Zaditen.

Treatment was discontinued when the patient moved to Osaka on August 6, 2001.

### Additional case

On October 13, 2003, the patient, a 70-year old woman, visited the clinic complaining of headaches that had been occurring since the age of 40. In this case, headaches were related to the weather and characterized by pulsating pain in the temple regions. The patient used Cafergot, Depas, Dogmatil. Administration of *Poria Powder with Five Herbs*. After two weeks of treatment, the severity of the headaches had diminished considerably. After one month, they had almost disappeared and the patient currently continues to use this medication.

This patient was the elder sister of the above mentioned patient. According to her testament, she was completely free of headaches and leads a comfortable life.

### Reference

1. Otsuka K: About *Poria Powder with Five Herbs*, *Kampo and Kampo Drugs*, Vol.4, No. 6: p.1, 1936
2. Yakazu D: *Therapeutic experiences with Poria Powder with Five Herbs and its practical application*: 100 Stories about Kampo: 328-342, 1960
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4. Haimoto H, et al.: *Clinical epidemiologic research into chronic headache and the relation to migratory highs*, *Φυτο*: 8-9, 1999