

Clinical Report 2

Chronic Headache

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Case: Female of 37 years old

Chief complaints: Headache and stiff shoulders

History of present illness: The patient had suffered from stiff shoulders which were always accompanied by a feeling of heaviness of the head since several years before. She also had temporal pain and pains in from back of head to back muscles. Fatigue, bad weather, and cold/frigidity worsened these symptoms. If headache became severe, it became throbbing or pulsating with the frequency of two to three times a month.

Present condition: Medium height, on the slim side, and a light eater.

Pulse: Slightly thin. Tongue: Enlarged with white furs

Sho: Qi deficiency-phlegm and rheum (fluid), sensitive to wind-cold, and inhibited/disturbed transport points

Method of treatment: Tonify qi, resolve phlegm-rheum, dispel wind and disperse cold, relax muscles and resolve pain

Prescriptions 1: *hangebyakujutsutemmato* 9g/3+
Extract of *kakkonto* 7.5g/3

Course: With a one-week administration, headache, stiff shoulders, and pain in back muscles disappeared. After this,

Prescriptions 2: Extract of *hangebyakujutsutemmato* 7.5g/2. Extract of *kakkonto* 6g/2 was used in combination for the occurrence of stiff shoulders and back muscle pain. However, headache did not relapse and stiff shoulders and back muscle pain were markedly relieved.

Commentary

The patient was a light eater and slim, symptoms were aggravated by fatigue, and her pulsation was slightly thin. These conditions

indicate qi deficiency. As well as enlarged tongue with white furs, headaches worsened by bad weather and accompanied by a top-heavy feeling may be caused by phlegm and rheum produced due to qi deficiency. For the condition, *hangebyakujutsutemmato* was used. Aggravation of occipital-back muscle pains and stiff shoulders by bad weather and cold/frigidity was caused by being susceptible to wind-cold due to qi deficiency and thereby deteriorating circulation of blood and qi through meridian points (disturbed transport points). For the condition, *kakkonto* was administered in combination. *Hangebyakujutsutemmato* and *kakkonto* are a good match. There are many cases that had effects of the combined use of these two formulas.

And now, for headaches occurring due to bad weather, *goreisan* is frequently used. However, *hangebyakujutsutemmato* can also be used. The author has the impression that both formulas have similar effects, although it is not clear that the effectiveness is attributable to the climate (of Okinawa where the author lives) or to techniques of physicians who perform treatment based on Benshoronchi.

The author applies either “*goreisan*” or “*hangebyakujutsutemmato*” depending on whether or not the sho is simple water dampness-phlegm and rheum or spleen deficiency-phlegm and rheum. Even if one of these two formulas is ineffective, the other produces effects. Selecting an appropriate formula from these two is difficult.