

Clinical Report 3

Goshuyuto was Effective in One Case of Headache

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Case: Female of 54 years old

Initial visit: May 7 of year X

Chief complaint: Spasmodic headache

History of present illness: Had suffered migraine onset since 12 years old. The frequency had been about once a month for nearly 20 years. The onset was accompanied by dazzled eyes and a corner of an object shape becoming invisible, and then a throbbing pain developed on a part of the head with nausea and vomiting.

At the same time, the shoulders became stiff and a heat sensation appeared in the neck and forehead. Hands became cold. Although the body in general felt very cold, the face became red and felt hot. There was a stuffy sensation in the stomach. If the pain was left unattended, it became intolerably severe and lasted one to two days. At every moment, commercially available bufferin was used. However, once a pain developed, the medicine did not work. Sumatriptan, which was prescribed about a year ago, was discontinued soon after it was found ineffective. A headache tended to occur at a relaxed state after stress or with constipation. Headaches are not linked to weather conditions. In the middle of April, such onset as described above occurred. Lying down did not help relieving the headache. The patient was in a crisis.

The patient had mouth dryness, a sensation of cold hands and feet, stiffness in the neck and shoulders and swollen lower extremities.

Present condition: 162cm, 57kg, 132/80mmHg

Pulse condition: Sunken, thin and slightly slippery

Tongue condition: Pale red with thin white furs.

Sublingual veins.

Abdominal condition: Resilience (+), stuffiness and rigidity below the heart, and the accumulation of gas in the left abdomen.

Splashing sound (—)

Diagnosis: Headache due to phlegm-dampness or headache due to cold of liver and stomach

Formulation and course: Initially the Extract of *goreisan* 6.0g/day was administered. After the administration, a headache did not occur. On some days, the occurrence was feared, but actually it did not occur. In the morning after three weeks, a headache aura was seen: stiff shoulders, nausea and vomiting, and an invisible corner of an object. Lying down once brought a relief but the conditions recurred. The patient thought it would progress to an attack and visited us. The patient still experienced squeezing headaches, although not very serious, stiff shoulders, and a heat sensation from the shoulders to the sides of the neck. The forehead also felt a heat sensation. She still had nausea and cold hands and legs.

The Extract of *goshuyuto* 2.5g was used as needed.

Thirty minutes after the use, stiff shoulders became lightened and nausea disappeared. So instructions were given to the patient to take three doses of the formulation 2.5g during the day. Then she returned home. On the following day, she told on the telephone that the headache did not disappear completely, but did not develop into the attack. The patient also told that stiff shoulders were resolved and was able to have an easy time. On the following morning, the headache still lingered slightly and same formulation 2.5g was used, which completely dispelled the pain. And the volume of urine increased. Then *goshuyuto* was continued. And a migraine headache did not recur at all and the formulation was discontinued on October 1 of year X. In march of the following year when she visited us for other illness, migraine headaches remained subsided.

Discussion

This patient had mouth dryness and a decrease in the urine volume and the possibility of water-dampness being eccentrically located. Generally this type of patient often develops a headache with a decrease in atmospheric pressure. However, in this patient, there is no relationship between headaches and weather changes.

I had a point about headache triggers as mentioned above that I wanted to confirm and upon a consultation with the patient, the Extract of *goreisan* was administered. Although headaches seemed to be contained by the use of *goreisan*, an aura preceding a headache attack occurred. This attack was of a typical migraine classified as “migraine with aura” under the International Classification of Headache Disorders (ICHD-II). Distinctive symptoms of cold of liver and stomach + upward gush of the stomach Qi, such as cold hands and legs, sudden stiffness of the shoulders accompanied by nausea and vomiting. For this type of headache, *goshuyuto* that has the action of warming the liver and stomach + lowering adverse flow and arresting vomiting is used.

In fact, 30 minutes after the administration, the headache became resolved and the aura did not progress to an attack.

Goshuyuto often has effects on migraine attacks. Although dependent on the timing of administration, efficacy appears within 30 minutes to 2 hours to relieve the headache. It is a matter of course that it is not the case for every headache sufferer.

Generally migraines often began to develop during a period of 20s to 30s and last for decades and types of migraine often gradually change with time. The patient relatively kept the condition of the first migraine attack.

The form of attack in the patient is typical conditions or sho of *goshuyuto*. However, as mouth dryness and urination disorder were presented, *goreisan* was administered with an agreement

with the patient to verify whether the patient’s headaches were caused by phlegm-dampness. At the beginning, it seemed the formulation was effective but mouth dryness and urination disorder remained unchanged. In the third week, an aura occurred and *goshuyuto* was administered with the result of quick effects. Urination disorder remaining unchanged with the administration of *goreisan* improved with *goshuyuto* and the urination volume rapidly increased. These might have resulted from the recovery of yang qi of liver and its free coursing.