

### Clinical Report 3 (Japan)

*Goreisan + Orengedokuto for Alcohol-Induced Headache*  
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Case: Male of 49 years old

Initial Visit: June 10 of year X

Chief complaint: Occurrence of headache after drinking alcohol.

History of present illness: The patient had been suffering from migraines which started five to six years ago. Before a migraine attack, he got an aura or visual warning of flickering points of light around the right eye. The right side of the head and behind the right eye had a dull pain. The aching is localized. When the pain got worse, nausea, vomit, and the urge to defecate developed, which persisted for two to three hours. A headache occurred 1-1.5 hours after drinking alcohol.

Appetite: Ordinary.

Sleep: Good

Defecation: Once a day. Ordinary stools.

Urination: 5 times/day

Leg coldness (+).

Experienced body flushing.

Dry mouth (—)

Present conditions:

Pulse: String-like and slippery

Tongue: Pale colored with white furs. Moist.

Diagnosis: Internal stasis of water-dampness and dampness and heat in the triple energizer

Formulae: Extract of *goreisan* 6.0g + Extract of *orengedokuto* 4.0g, divided into 3 equal dosages/day

Course: The patient made a re-visit a week later. He had a headache once. The next week, he was awakened with a headache from his sleep (about 2 o'clock in the morning). The intensity was mild.

He received the administration of the foregoing medicines for 7 days. Further a week later, a headache developed when he used hot shower water on the head. He said that sudden temperature changes might have affected on the occurrence of the headache. Same medicines were administered for 7 day. Further a week later, he made a visit to us. Headache appeared only once when he drank beer. However he felt the intensity became less severe. Same medications were continued. After this, there were no incidences of headache. Even after drinking beer, no headache occurred. On September of the year, he drank alcohol but experienced no pain at all.

Subsequently, he continued the use of the medicines and discontinued in March of year X because of non-occurrence of headaches. Although it recurred after a year, it resolved with the administration of the same medicines for a while. So, he uses the medicines on occasion.

Consideration: There is a type of headache that can be provoked by alcohol (8.1.4 of ICHD-II Alcohol-induced headache). The type of headaches in the patient is migraine. For typical headaches, prescriptions vary according to the conditions. If alcohol use is strongly associated with headaches, the combination of *orengedokuto* + *goreisan* is appropriate for such headaches. If drinking alcohol is unavoidable for some reason, the use of these formulae ahead of time is beneficial. It will, however, take a little bit more time to feel the alcohol.

And, the use of *orengedokuto* before an ordinary drinking will help to prevent a hangover. *Goreisan* is also used for hangovers. This is an example of a combined medication, but it works well.