

Clinical Report 2 (Japan)

*Kamishoyosan + Goshuyuto for Migraines before
Menstruation*

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Case: Female of 45 years old

Initial visit: October 11 of year X

Chief complaint: Migraine attacks

Current medical history: The patient had been suffering from headaches with stiff shoulders for several years. Separately from the headache, a throbbing pain appeared sometimes in the temples and became exacerbated especially before the period. The pain was not associated with the weather. Analgesics hardly worked, and the use of the medicine caused her stomach troubles. Stiffness in the shoulders became worse especially in recent days. Massages had effect to some extent, but the effect lasted only for one day. Menstruation became irregular 1-2 years ago. It came earlier or late and the cycle was not stable. She had menstrual cramps. Her limbs were cold. She got hot and sweaty. She was irritable. The lips became chapped.

Appetite: Ordinary

Sleep: Good

Defecation: twice/day

Urination: 15 times/day

Present conditions: 158cm/58kg

Pulse: Deep

Tongue: Slightly red with small amounts of furs

Diagnosis: Qi stagnation and blood stasis/cold of liver and stomach

Prescription: Extract of *kamishoyosan* 6.0g + Extract of *goshuyuto* 2.5g divided into 3 equal doses

Course: The patient's re-visit was 2 weeks later. The frequency of headaches decreased and the limbs became warm. Stiff shoulders were relieved and a headache developed only once in a while. In

14 weeks, the headache disappeared completely and she often forgot to take the medicine. As a precautionary measure, however, the medication was continued. On March 4 of year X+1, the headache recurred and became worse. So the Extract of *goshuyuto* was increased to 5g, resulting in a relief of the pain. On May 30 when the patient made a hospital visit, she complained of intense stiffness in the region from the shoulders to the back, involving the exacerbation of the headache. For these symptoms, *kakkonto* 7.5g was added, which relieved stiff shoulders and the headache.

Consideration: In the patient's case, tension-type headache and migraine coexisted. Irregular menstruation, or the unstable cycle of the period coming earlier or late, and irritability prompted the author to assume liver Qi stagnation while it was assumed that menstrual cramps caused blood stasis. The conditions of cold limbs and suddenly becoming hot and sweaty were caused by the simultaneous presence of heat in the upper body and cold in the lower body. These symptoms are indications of *kamishoyosan*, which is also supported by her getting close to the age of menopause and similar signs and symptoms to those of menopausal syndrome. The headache, however, was triggered by cold, so the application of *goshuyuto* was also possible. Thus, these two formulations were administered at the same time. After qi stagnation and blood stasis were improved, the reason the headache became intense again was, I considered, because the season was changing to the cold one and thereby the conditions of cold of liver and stomach were aggravated. And so, the volume of *goshuyuto* was increased and the symptoms were resolved. Subsequently, as tension-type headaches became noticeable, *kakkonto* was used in combination. Then all problems were solved. Then all problems were solved.