

Clinical Report 3 (Japan)

Menstrual Cramps

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Case: Female of 36 years old

Chief complaints: Headache and menstrual cramps

Current medical history: The patient had been suffering from headaches, menstrual pains, and daily sleeplessness. Stretching-like pains appeared 2-3 times a week from the occipital region to the temporal regions and the pain lasted for tens of minutes to several hours. On the first day of each period, stab-like intense pains developed in the lower abdomen. Blood clots were heavy and when they were shed, the pain disappeared.

Present conditions: Medium built

Headaches, menstrual pains, and sleeplessness brought intense frustrations or irritability.

Pulse: Deep and string-like pulse. Tongue: Deep red with small amounts of white furs

Sho: Liver depression and qi stagnation/blood stasis

Treatment method: To sooth the liver and regulate qi, and to activate blood and resolve stasis

Prescriptions: Extract of *kamishoyosan* 9g/3 +
Extract of keishibukuryogan 7.5g/3

Course: In 4 weeks, headache and menstrual pain markedly improved. During the period of 2 months, headache occurred twice, no menstrual pains were experienced, and difficulty falling asleep improved. Subsequently, the doses were adjusted to Extract of *kamishoyosan* 7.5g/2 + Extract of *keishibukuryogan* 6g/2. Then, the symptoms did not recur.

Commentary

The swollen-like pain in the temporal regions, intense frustrations/irritability, and string-like pulse were the conditions of liver depression and qi stagnation. I consider that sleeplessness was also caused by liver depression. The stab-like pain in the lower abdomen that went away after blood clots were shed was menstrual cramps caused by blood stasis. Liver depression and qi stagnation in women are often associated with blood sticks. For menstrual cramps caused by liver depression and qi stagnation, *kamishoyosan* is usually used. As blood stasis coexisted in the patient case, *keishibukuryogan* was used in combination.