

Clinical Report 3 (Japan)

*One Case that had Effect of Modified Hochuekkito on Qi
Deficiency Headache*

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Case: Female of 75 years old

Initial visit: May 15, 2006

Chief complaint: Headache

Present medical history: Headache developed after the patient gave a birth in her 30s. Ever after headache had continued for long and she had regularly been using analgesic agents. She overused Norshin four years ago and optical illusions appeared. So she was psychiatrically hospitalized in a nearby general hospital. After this, she received outpatient treatment at the hospital. The diagnosis was “depressive psychosis” and “headache.” She was depressed with severe everyday headache. The pain was a dull ache type in the entire head and not a pulsating type. The onset of headache was not associated with weather changes. According to her husband, she had mild dementia and was receiving treatment.

Drugs now being taken: Depas (1.5 g), Risperdal (1), Miradol (150), Marzutene-S (1.5), Tredomin (25) 2 times/2 tablets, Gramalil (25) 1 tablet, Toledomin (25) 2 tablets, Silece (1), Artane (2), Kyorin AP2 1.0 divided into 2 doses

Past medical history: No special mention.

Present symptoms: Appetite; good. Sleep; insomnia. Urination; 5 times/day. Night urination; once. Defecation; once in 2 days. Normal stools. Dryness of the mouth. Feeling of sluggish.

Present condition: cm kg. Body temperature 35.6 degrees C. Blood pressure 112/76mmHg

She had a slightly dark expression on her face and looked helpless. She did not talk first and when answering to questions, she always asked for

her husband’s agreement. It seemed her headache was agonizing and she looked deeply pained.

Pulse condition: Deep and slippery, 60/min.

Tongue condition: Slightly dark colored with furs (-), swollen sublingual veins (-), moist.

Abdominal condition:

Course: At the initial visit, Extract of *hochuekkito* 6.0 g + Extract of *chotosan* 7.5g were given for 7 day doses. From the day after the start of administration, headache became eased, but the condition was changeable and unstable, becoming good and then bad during a day. However, her overall condition seemed good. On May 29 (2nd visit), she received the above prescription for 28 day doses. Subsequently she visited to the hospital on June 26 when headache was eased but a lassitude sensation still remained. In compliance with her complaint, the extract form was changed to decoction - *hochuekkito* + *chotosan*. A month later, headache further improved. However, the sensations of lassitude and fatigability remained unchanged. At the visit of August 21, headache (pain in the temples) was present. The pain was the type of being constricted. She complained of feeling lassitude. And a further modification to the prescription was made. With the switch to this new formulation, she mostly did not feel headache. In her subsequent visits to the examination room, she conversed with the author in a smiling tone of voice and the agonizing symptoms exhibited at the initial visit disappeared.

Diagnosis: Qi Deficiency Headache

Treatment method: Nourishing qi to activate the flow of qi

Course: Resultingly, following were decocted on August 21 (*modified hochuekkito*)

Astragali Radix 8, *Ginseng* Radix 4, *Atractylodis* Rhizoma 4, *Angelicae Acutilobae* Radix 3, *Citri Unshiu* Pericarpium 2, *Ziziphi* Fructus 2,

Bupleuri Radix 2, *Cimicifugae Rhizoma* 1, *Zingiberis Rhizoma* 1, *Glycyrrhizae Radix* 2
Angelicae Dahuricae Radix 4, *Cnidium Rhizome* 4,
Chrysanthemi Flos 2 – for 28-day doses

At the visit of September 28, she claimed that although slightly eased, headache appeared periodically. So, the same prescription was administered for further 35 days. On November 7, headache was relieved – far better than previous condition. Since then, mostly no headache has appeared.

Consideration:

The development of this headache was linked with depression. Headaches associated with depression are classified by The International Classification of Headache Disorders 2nd Edition (ICHD-II) into the subcategory of “headaches attributed to psychiatric disorders” under the category of secondary headaches. Although depression headaches are very common in our daily life, there is no necessity in Kampo medicine to specifically categorize this type of headache and the Kampo treatment methods can be patterned to some extent.

In Western medicine, psychiatric disorders presenting with depression are detailed into varieties of groups, such as depression, of course, psychoneurosis, schizophrenia, and organic mental disorders including dementia. Psychiatric disorders are usually treated with psychoactive drugs including anti-depressant drugs. Meanwhile, there are quite a number of clinical conditions that have benefits of Kampo drugs. In the treatment of psychiatric disorders with Kampo, clinical conditions are divided into a few types and the most frequently used prescription is *hochuekkito* that has the action of supplementing qi and enhancing the flow of qi. Some patients with depression-associated headaches have had relief with this prescription. Moreover, there are published data evidencing the usefulness of *senkyuchachosan*. And there is a case report in

which *chotosan* was effective.

Hochuekkito is frequently used for the treatment of depression. This prescription can also be applied to depression-associated headaches. *senkyuchachosan* is a potential candidate for depression-associated headaches. Thus, for the treatment of depression, following prescriptions should be taken into account: *hochuekkito*, or *senkyuchachosan*, or *hochuekkito* + *senkyuchachosan*, or *hochuekkito* + *chotosan*. If blood deficiency is observed, either *kihito* or *ninjinyoeito* is a good candidate. However, the first choice drug will be *hochuekkito* + *senkyuchachosan*.

In the case of this report, *hochuekkito* plus *Angelica Dahurica Radix*, *Cnidium Rhizoma*, and *Chrysanthemum Flower* were decocted and administered. The final prescription was mostly settled into this formulation. If the form of extract is to be used, the Extract of *hochuekkito* + Extract of *senkyuchachosan* will produce similar effects.

References:

Isoshima G., Isoshima T.: Seishin-shikkan ni heihatsu-suru Zutsu eno *Senkyuchachosan* no Kouka. Abstracts of 54th Gakujutu Sokai, The Japan Society for Oriental Medicine, p190 2003

Extract of *senkyuchachosan* was administered to 55 patients with the diagnosis of mood disorders (depressive disorders). The prescription was effective in 35 and headache disappeared in 20 within two weeks and the medication was discontinued. And, *senkyuchachosan* was administered to 24 patients with the diagnosis of schizophrenia; 19 patients were considered to have had effects with the disappearance of headache and the medication was completed. Most of the patients with schizophrenia mentioned that “the use of *senkyuchachosan* cleared the head,” or “the foggy head became clear with the prescription.”