

# Oriental Medicine: Headache

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[www.NeedleFreeAcupuncture.net](http://www.NeedleFreeAcupuncture.net)

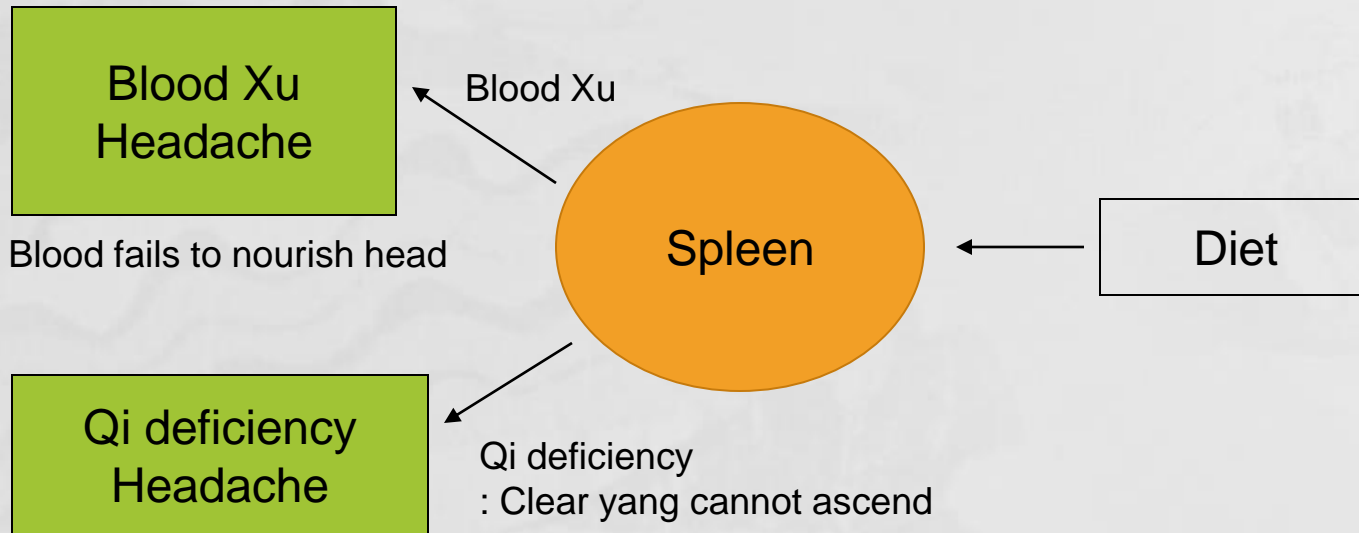


# Disease in O.M.

**Understanding diseases in Oriental Medicine:** disease is not mere surrender to attack but also a fight for health; unless there is a fight, there is no disease. Disease is not just suffering, but a fight to maintain the homeostatic balance of our tissues, despite damage. Symptoms are not disease. Symptoms accompany disease. Symptoms are evidence of disease. But **treating symptoms is like killing the messenger for bringing bad news**. In fact, treating symptoms can suppress the body's natural responses and inhibit the healing process. The many "successes" of conventional medical treatments were only temporary and often harmful, since the symptoms often returned or more threatening symptoms manifested as the body sought to reestablish its internal harmony. No matter what combination of conditions, complaints, and sufferings the patient experiences at any one time, all are manifestations of an internal physiological disorder that is unique to the individual. **No one organs of the body can be sick without affecting the person as a whole**. They are connected as shown in Five Phases theory in the aspect of generating and controlling relation. Therefore, all symptoms must be taken into account and pulse should be taken to give priority in the selection of treatment at that time. We do not treat symptoms. We treat the root causes. The symptoms and pulse guides the practitioner to the root causes that need to be taken care of with preference.

# Etiology & Pathology of HA

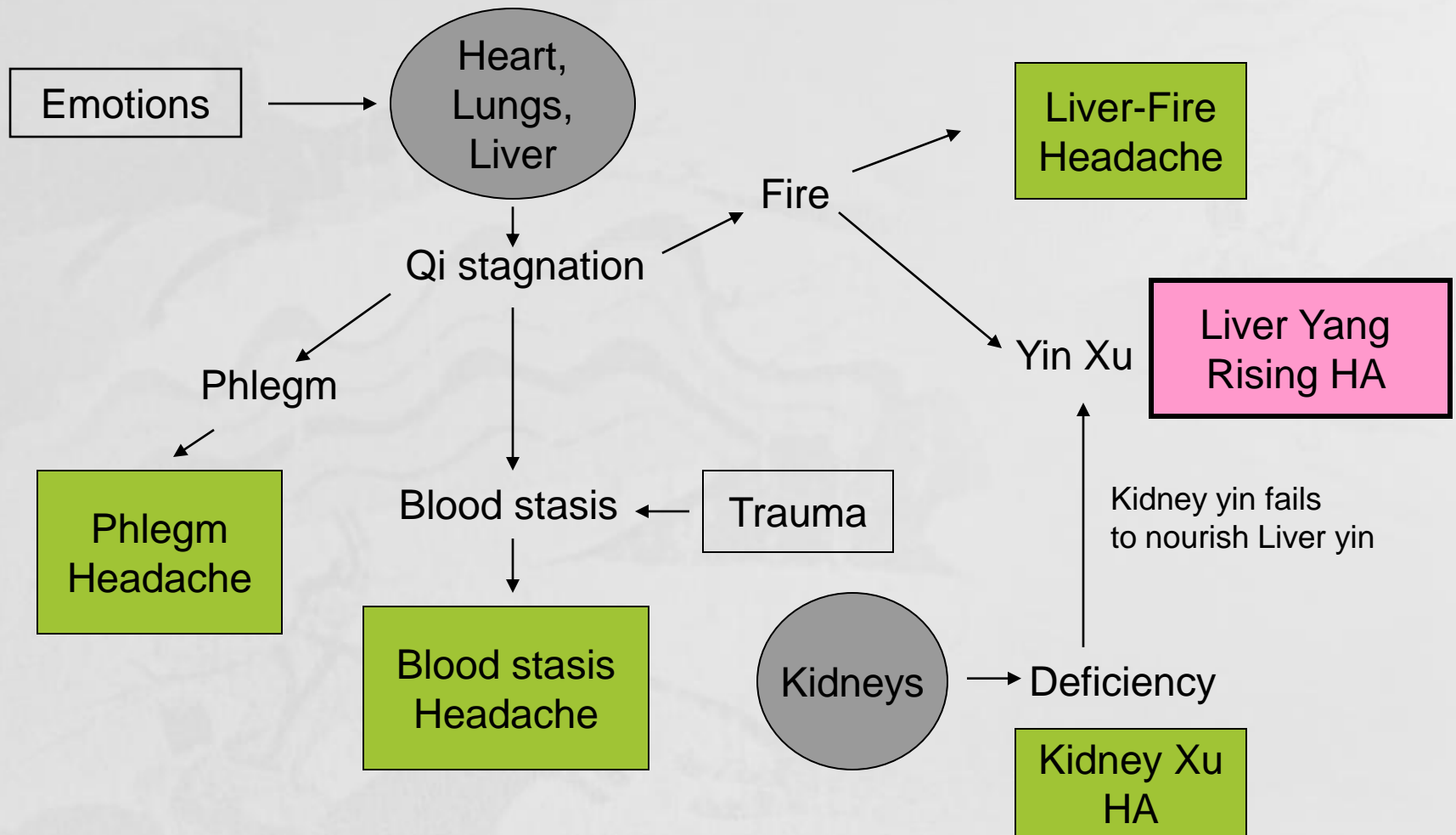
## Interior Headache



## Exterior Headache

Wind-Cold,  
Wind-Heat,  
Wind-Dampness

# Etiology & Pathology of HA



## Interior Headache

# Case

**Age:** 49 years old, female

**CC<sub>1</sub>/:** Headache(Migraine)

**CC<sub>2</sub>/:** Insomnia for 1 and ½ years

**S/:** Migraine for 25 years, on and off; lasts for 3 days, worse before period, stabbing and throbbing, cold hands and feet, occasional night sweats & hot flush, hard to stay asleep

**O/:** Tongue: pale, dry, red tip

Pulse: thready, thin, deep

# General Information

**Meds:** Allegra(for allergy), Loestrin(BCP), Frova(for HA)

## **10 questions:**

- Nose congestion with seasonal allergy
- Occasional floaters
- Breast cysts with pain before period
- Occasional palpitation
- Had been PMS before taking BCP. Periods had been getting every 2 weeks, started BCP to regulate.

# Diagnosis

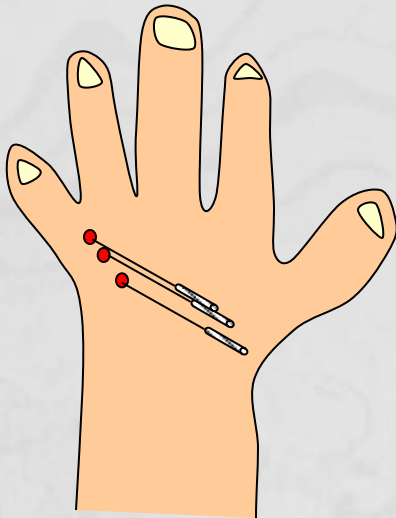
**A/:** Headache d/t liver Qi stagnation tendency to be yin deficiency.

Insomnia d/t heart yin deficiency.

**P/:** Soothe liver, Unblock GB channel, Nourish yin,  
Relieve pain

# Treatment (Acupuncture)

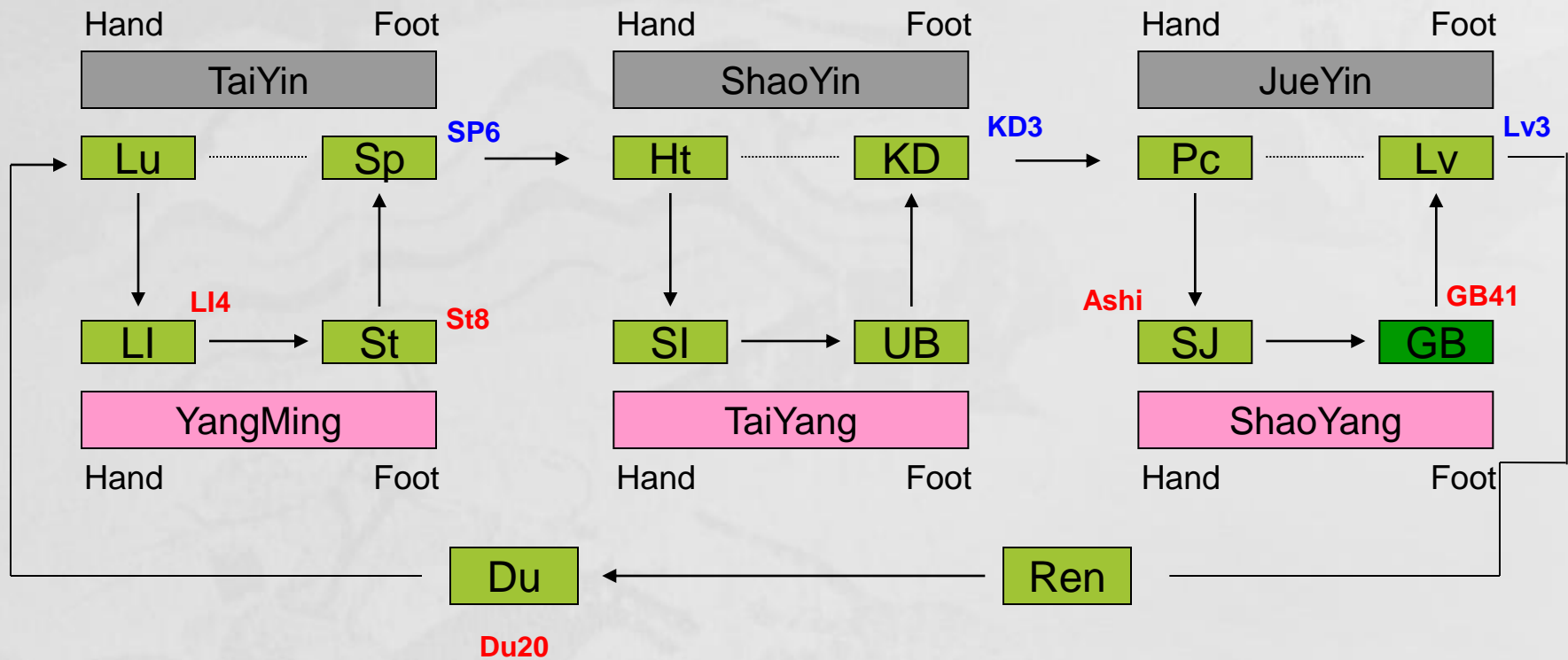
- **Pts.** LI4, Lv3, SP6, KD3, ST8, Du20, GB41, Ashi on the hand along SJ channel (**oblique insertion against channel**)



# Treatment (Acupuncture)

**Pts.** LI4, Lv3, SP6, KD3, ST8, Du20, GB41,

Ashi on the hand along SJ channel



# Point Selection

**Pts.** LI4, Lv3, SP6, KD3, ST8, Du20, GB41, Ashi along SJ channel

Points	Point-wise	Channel-wise
Du20	Pacifies wind	Meeting pts of all the yang qi
LI4 + Lv3	Move Qi and Blood (yuan source)	Open the whole channel to start moving
SP6	Nourish Yin	-
KD3	Tonify Kidney to help nourish yin(yuan)	-
St8	Clear head	-
GB41	Clear the head(wood)	Can regulate the energy flow
Ashi	Clear head	Reduce energy flow to the another shaoyang channel

# How was last treatment?

- 1 Week later
- The patient reported that **she did not have headache this week for the first time in her life of 25 years.** She had slept so well for 3 days since Tx.



# Treatment Strategy

**Pts.** LI4, Lv3, SP6, KD3, ST8, Du20, GB41, Ashi along SJ channel

- The main purpose of Tx was to reduce Qi(energy) flow to the **GB channel**, which is currently full of energy, from the another shaoyang channel based on meridian pathway.
- Since then, Pt. had been treated with the same point for 2 months without reporting onset of headache until 8<sup>th</sup> Tx.

What happened in 8<sup>th</sup> weeks?

Pt. had to skip for a week due to Christmas holiday and had periods before onset of HA, which lasted for a day.

# Long term Tx plan

- Herbs with acupuncture to maintain the balance in the system
- Tian Ma Gou Teng Yin + Liu Wei Di Huang Wan
- Patient is still enjoying her life for a year without suffering from migraine since beginning treatment in 2007.

# Acupuncture Efficacy

## NIH Consensus Conference 1997

- “Data for acupuncture are as strong as those for many accepted Western medical therapies”
- “Incidence of adverse effects substantially lower than that of many accepted medical procedures used for same conditions”
- Best evidence for relief of nausea and pain

# Acupuncture Safety

- Remarkably few complications with >120 million needles inserted/year
- Essential to use clean needle technique
- Most common reported events
  - Pain at insertion site
  - Bruising, bleeding
  - Dizziness
  - Forgotten needles
  - Burn injury
- Organ puncture is rare

## “Andy” Inki KIM



*Whenever I noticed an improvement  
in a patient's health, I felt indebted to  
Love from God and also to the  
patient's trust in His Love.*

*I believe **healing is where Love is.***

- NFA Clinic of Oriental Medicine
- Apprentice of Grand Master  
Hyunkyu Choi
- Member of Research Group of  
MyeongMun Medicine
- Bastyr University, MSAOM
- Hanyang University, Master of  
Engineering
- Seven Patents Registered
- Three Papers Published