



## **Case Report**

### Migraine

#### Patient's Details:

Female 34 years old. First visit: 23/08/2018  
Treatment : Acupuncture

#### Chief Complaint:

Migraine

#### Complaint history and Characteristics:

The client has suffered from Migraine about 2 to 3 times a month for 4 years. She also has PMS (PreMenstrual Syndromes). Migraine happens mainly after overtime work or a few days before period. She has very stressful shift work and always eat at different intervals. On some days, she needs to work up to 10 hours for night shifts. The headaches usually lasts 3-4 days each time and only in day time. Sometimes it is also accompanied with nausea and dizziness. The pain is mainly located at Top of the head and around both temples. She described the pain as dull and bursting pain and the pain lasts 3-4 days each time it happens. She doesn't smoke but drinks wine about 3 or 4 nights a week. She hasn't had any scan from hospital. Blood test is normal and blood pressure is relatively low but within normal range 100/65mmHg on the day of first visit. She always feels tired and has cold hands and feet. She has very short period only lasts 3 days and very light, no blood clot. Her menstrual cycle is 28 days to 30days. Her digestion system is generally quite good with no constipation or diarrhea. She has also been diagnosed with depression and stress since she suffered from Migraine. She is easy to get irritated and lose temper when the migraine occurs. She also feels pain around her ribs sometimes. She admits that mood swing and irritability do affect her way to speak to her children. She felt very regretted every time after shouting at her children and she said this was not fair to her children. She caught cold very easily and also got cold last week which had made headaches worse. The client reported no previous major illnesses or surgeries, no family history of illness.

#### Medical History:

Amitriptyline prescribed by GP for Depression in the last 3 years.  
Allergic to pollen and animals.

### Initial Pulse/Tongue:

Tongue: light pink color, white thin coating.

Pulse: slow and thready

### Diagnosis:

Migraine caused by Qi and blood deficiencies. Liver Qi stagnation.

Stressful shift work, irregular meals & life style factors----> Liver Qi stagnation. Liver Qi is largely responsible for the movement of Qi through the entire body and the free flow of blood which provides fluids and nourishment. A lack of blood and Qi reaching the head and nourishing the brain as the three hand yang channels, the three foot yang channels, and the liver channel all meet at the head ----> Qi and Blood deficiency headaches---->migraines, cold hand feet, shorter menstrual cycles, white thin tongue coating, weak and thin pulse.

Stress from work & diet & lifestyle factors ----> Liver Qi stagnation---> irritability, mood swings, rib pain, PMS.

### Treatment:

Two acupuncture sessions are recommended for the first 2 weeks and then once a week. The treatment principle is to nourish blood, promote liver Qi, resolve the Qi stagnation and stop pain.

#### Acupuncture:

Shuaigu (GB8), Waiguan(SJ5), Baihui(DU20), Sishencong (M-HN-1), Yintang(M-HN-3), Quchi(LI11), Zusanli(ST36), Sanyinjiao(SP6), Qihai(Ren6), Shenmen(HT7)

### Progress:

She had no migraine after 8 sessions of treatment. After 11 months, the migraine was back again but not as bad. She then had another 4 sessions weekly and now she has acupuncture once in a month time to maintain and prevent the migraine from coming back again.

### Reflection:

She is advised to reduce alcohol consumption to maximum 2 nights a week and try to eat as regularly as possible with balanced and healthy diet. Get enough sleep when she is off from her shift work. Learn to relax using deep breathing, yoga, or other techniques. Stretch neck and upper body regularly. Try to have outdoor activities like biking or walking with her children on weekends.