

## KAIM Clinical Report: Evidence Data & Case Studies - (1)

### **Wu-Ling-San (*Poria Powder with Five Herbs*) for headache associated with barometric depression**

There are various types of headaches with various triggers. Herb medicines are efficacious for headaches and used under the classification of TCM, instead of the western medical classification. Japanese herb medication is similarly classified and sometimes applies completely different theories and prescriptions, one of which is manifested as below. In fact, *Poria Powder with five herbs* (PPFH) is not described as a medication for chronic headaches in the TCM textbook. This study conducted only in Japan was epoch making to open up a new world for treating headaches with PPFH. There are many reports of the cases treated with PPFH.

**Evidence Data 1:** PPFH is effective for headaches triggered by barometric depression.

Haimoto M., Takada M, Hayashi Y, Matsuhisa E, Wakai K., Discussion about Study of Clinical Epidemiology and Migratory Lows (Case-Control Investigation of PPFH effective group vs. PPFH ineffective group) *Φυτο* 1(3)4-9, 1998.

Among all types of headaches, PPFH is especially effective for headaches triggered by barometric depression. Haimoto, et al. had the patients with headaches record on their diary the date of episode and the weather on the prior and post days of the episode to keep track of the relationship between the weather and headaches. When PPFH was administered one day before the attack, a 90% efficacy ratio was obtained with the odds ratio of 16.3 in comparison to headaches not related to rain. Patient records indicated that headaches tended to begin when the atmospheric pressure lowered from 1013 hPa to 1000-995 hPa. The headaches caused by the atmospheric depression are often tension-type headaches and less likely pulsatile headaches (migraine). A mixed type of headaches was observed in a few cases.

**Case Report 1:** Sisters that developed headaches on the day before it rained.

Yakazu Y., Yasui H.: Headache - Two Unique Cases, *The Journal of KAIM* 1(1) 23, 2006

The patient is a female of 57-year old. Since giving birth about 30 years ago, she had been having headaches every other month (one attack). The headache first arrived as pricking pains with the sense of being drilled at the back of the eyes, then became a pain in the head overall. Then with time, shoulders began to stiffen and vomiting occurred. Vomiting completely emptied all in the stomach and led her stay in bed for about two days. During these two days, the patient kept taking analgesics. Headaches often developed one day before the weather was taking a turn for the worse. She received 6.0g/day of PPFH and experienced relief from the headache with almost no occurrence of vomiting. About six months after the commencement of the treatment, headaches occurred very infrequently. One and a half years later, completely no headaches appeared as long as PPFH was being taken.

The patient had a sister, older by nine years, who had similar headaches. PPFH was also administered to her, resulting in no occurrence of headaches after following a similar clinical course as the patient's.

**Case Report 2:** A female who developed a headache with the approach of barometric depression.  
Arai S.: PPFH on one day before it rained. Three cases of evidence based herb treatment. *Clinical Practice by Herb Medication* 47 (12) pp59-66, 2000

The patient was a female of 79-year old. About one and a half years ago, a headache/top-heavy feeling first developed when barometric depression or a typhoon was approaching. Since then, several analgesics had been tried. However, the gastrointestinal was disordered, and as a result, analgesic agents were too strong to continue. One week after daily dose of 7.5g PPFH was administered, the headache was relieved to 6/10. Then one month later, the severe headache confining the patient to bed was completely disappeared with the well recovery of the gastrointestinal.