

Headache

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Patient: Doctor, I seem to have a lot of headaches recently.

Doctor: how long has this been going on? Can you describe the pattern for me?

Patient: Well, it began in March. It wasn't too bad at the beginning, but this month, it's been getting steadily worse.

Doctor: Does your whole head hurt?

Patient: No, it's mainly the forehead.

Doctor: Only the forehead? Does it hurt anywhere else?

Patient: No. the rest is OK.

Doctor: Apart from the headaches, is there anything else going on?

Patient: When I've the headache, it feels like a sort of sore swollen feeling, and I get dizzy. Also my gums are always sore, red and swollen.

Doctor: Do you get a bitter taste in your mouth?

Patient: Yes, I do, bitter and dry too, especially in the mornings when I wake up.

Doctor: Have you noticed your bowel movements are dry at all?

Patient: Ummmm. Yes, dry and hard. I only go once every two or three days.

Doctor: Does your face feel really hot and flushed?

Patient: Yes, sometimes my eyes are bloodshot, too.

Doctor: Let me just take your blood pressure. Could you roll your sleeves up please?

All right.

Patient: How is it?

Doctor: It's 20.8kPa over 12.5kPa. That's a little high. Has it been high before?

Patient: Well, I had it taken two years ago, and it was normal then. If it's high now, it's likely my headache is caused by the high blood pressure, isn't it?

Doctor: Yes, I think it's fairly likely. However, from the point of TCM, it's caused by qi and fire rising from both the liver and the stomach.

Patient: So, That causes both the high blood pressure and the headache?

Doctor: Yes. According to the theory of TCM, liver governs dredging and regulating qi and it has close relation with emotions. So you need to watch your diet and your emotions. Try to stay calm and relaxed, and limit your intake of fatty and spicy food, stick to light things.

Patient: All right, I' ll do that.

Doctor: And also the liver yang is hyperactivity, thus the liver yin is in deficiency, consequently you feel dizzy. Now, if you' ll just put your hand up here, I' d like to take your pulse.

Patient: Is my pulse OK?

Doctor: Yes, it' s OK. It' s fairly strong but a bit taut. Now, I' d like to look at your tongue. Good, thank you. it' s a bit red with a thin yellowish coat. Both your tongue and your pulse show failure of yin to control yang and hyperactivity of liver yang. So I' ll treat you by nourishing yin and reduce fire. I' m going to give you a prescription for some Chinese herbs.

Patient: All right, thank you.

Doctor: Also, I' m going to show you a way to massage yourself, so you can treat yourself at home. Ummmm, You can press and knead Bai Hui, Tai Yang, Feng Chi, He Gu and Tai Chong. There' s also a point on the bottom of your foot called Yong Quan. It' s good for high blood pressure. Press and knead these points thirty times each, once or twice a day. If you keep it up you' ll see an improvement.

Patient: I' ll definitely try and keep doing it.

Doctor: All right. You' d better go and get your prescription filled now.

Patient: Ok. I' ll go right now. thank you.