

Case 11: Chronic Frontal Tension Headache

The Person and the Complaint

A 43 year old carer woman presented with chronic frontal headache for more than two years and the pain was getting more intense in the last three months. Basically, she suffered headache daily. She knew it was caused by her dedication to her business and her immense concentration and focus of daily work and stress. She refused to take painkillers and being Asian origin would use Tiger balm or Chinese herbal liniments to rub on her forehead to relieve pain when it was intolerable. Often, the headache occurred behind her eyes as well as the frontal and felt like it is inflamed.

The story and Emotions

She was impatient and complained regularly about performance and work related issues. She worried tremendously about her business and very seldom took half an hour off for herself to have a break and often would skip her breakfast and lunch. She drank less than 3-4 cups of water daily. She drained herself by concentrating too much on her work.

The Energetic system

The long hours of concentration caused the spleen channel to be blocked. Worrying about her business caused her stomach channels to be blocked. Dehydration caused her bladder channel to be contracted. Overstress and inpatient affected her kidney meridian.

Treatment

First session

The aim of the session was to reduce her pain level down from 8-9 to 2-3. Withdraw technique was used to withdraw stale qi or congested qi from her forehead. In addition, resonance was done on her forehead to on her occiput and also on her forehead to on her crown. Also resonance was done off her Ying tang to off her lower dantian at the same time moving congested qi from her forehead to her lower dantian. She felt relief immediately with pain level down to 2-3 and felt relax and calm. She was taught to do Inner smile meditation daily too.

Second session

Resonance was done to St2 for half an hour then on spleen organ to off Ying Tang for 30 minutes. Next resonance as done on Sp9 and Sp6 for 20 minutes each. She was advised to reduce stress level, drink 8-10 glasses of water and not to skip breakfast, lunch.

Third Session

Resonance was done to clear bladder meridian from Bl1 to Bl67 for half an hour. Then a chakra balance was done on her to help balance the energy centres which took an hour.

Fourth Session.

Resonance was done on Sp9 bilaterally for 20 minutes and then LI 4 for 20 minutes bilaterally too. Resonance on both her kidney organs to off her forehead was done for 20 minutes.

Result

The treatment session was done every second day with immediate relief of headache and pain level down to a scale of 2-3 . With second and third treatment, she reported significant improvement in the degree of pain and frequency of her headaches. She also look more relax and her complexion improved too. She was pleased and continued to be treated weekly for another four session repeating the same sequence of treatment .By the end of the eighth session, her headaches symptoms and recurrence was reduced to occasion manageable pain while continuing to practice her daily meditation and Yoga session three times a week.