

Case: 7: Muscular cramps at night

The Person and complaint

A 77 year old lady complained of frequent muscular cramps of her legs. The cramps were on the shin and calf of her lower legs. She would wake up at night with spasm which affected her sleep pattern. She experienced stiffness and pain from this condition which led her to taking high doses of magnesium 400mg to 600mg daily and tissue salts, Magphos recommended by a close friend. These did not improve her cramps. She desperately saw her doctor who could only suggest Quinine tablet which she refused to take. She also suffered numbness to the same areas of the legs.

The story and Emotions

She was a dedicated housewife who spent a lot of time in her garden growing self-sufficient vegetables in her vegetable patch. She cooked daily for her husband. Her daughter-in-law refused to stay with them and she felt neglected. She got upset easily and worried for her son who listened to his wife. Her husband at 82 years did not help her at all and she criticized him and got angry at him regularly. She did not establish good relationships with all her daughters. She dictated the way she wanted things to be done.

The Energetic System

Leg cramps are muscle and tendon problems which have both external and internal origins. Since the liver stores blood and governs tendons and ligaments, the spleen dominates limbs and governs muscles. When these organs or meridian systems are congested, nourishment to the muscles and tendons is depleted thus inducing muscle cramps. In addition, external factors like coldness and dampness can reduce qi flow and reduce circulation leading to stiffness and cramps too.

She was blocked in her spleen and stomach due to her worry over her son and daughter-in-law. She also had issues with liver and gallbladder. Her gallbladder meridian was blocked due to her controlling attitude and anger. These channels being already contracted due to her emotions were further intensified by her standing long hours in the kitchen and gardens which caused stagnation of qi in the liver resulting in impaired peripheral circulation.

First Session

Treatment was based mainly on opening the channels. Resonance on St45 to St36 for 20 minutes bilaterally. Resonance on Sp6 to free up blood and qi flow in the area. Then resonance was done to her stomach muscle meridian below her second and third toe to help improve chi flow too. Her spasm on the shin of both her legs eased and she felt relaxed after the session. She was recommended to take electrolyte drinks following the treatment.

Second Session

Resonance was done on Bl40, B57 and Bl60 respectively clearing congestion in the channels. Massaging the tight muscles helped open up the congestion faster before resonance therapy. She was advised not to worry and be angry. Instead to cultivate calmness and relaxation. Everyday, she was advised to keep her legs warm at night to

help improve circulation with knee high stockings. Her frequency of cramps reduced from daily to once or twice a week.

Third Session

Resonance was done on GB34 (sea Point) to free up the Gall bladder meridians for 20minutes as it is the point where the meridian qi gathers together.. It also resolved tendons problems. During this remission period, resonance was again done on Bl 57, Bl 40 and st36 for ten to fifteen minutes each. Then finally radiance was done on the cramp areas of the muscles. The lady was also advised to do some leg stretched exercises to reduce cramps, keep her leg muscle warm and keep her hydration up as an ongoing preventive measure.

Result of treatment.

Her leg cramp improved by more than 90% although occasionally she might feel one coming on and she follow our advice.