

**Case study**

**Chief Complaint:** Headache

**Patient's complaint:** Severe chronic pain in lateral side of the head on the left radiating from the occipital region frequency 2-3 times per week lasting 4-6 hours

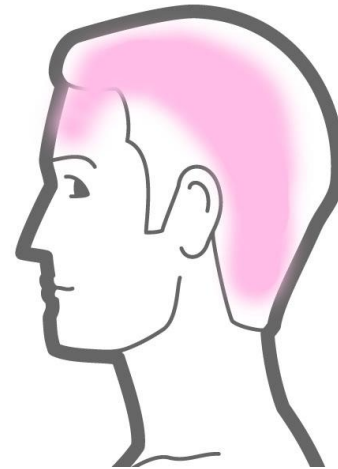
**Pain or internal affection:** Pain  Internal

**Affected meridians:** Foot Shao Yang Gall Bladder

**Affected area:** Face- Occipital and lateral left side of head

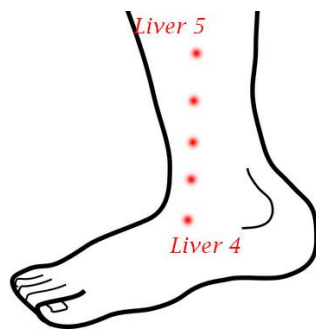
**Internal-** NA

**Abdominal palpation:** NA



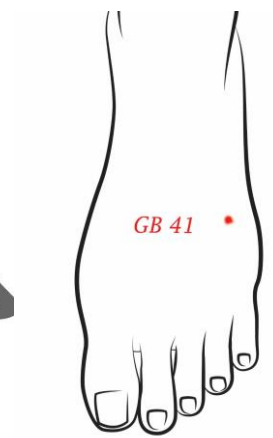
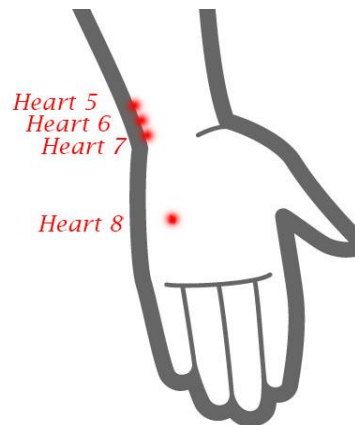
**Interacting Meridians:** Foot Jue Yin Liver, Hand Shao Yang San Jiao, Hand Jue Yin Pericardium, Hand Shao Yang Heart

**Points Selected:**



**Right side foot : LIV 4-5  
(5 needles at 1 cun distance)**

**Left side arm : HT 8,7,6,5**



**Left side foot : GB 41**

**Frequency of treatment:** 2 treatments per week first 3 weeks and then 1 treatment per week for 4 weeks

**Results:** week 1 – frequency reduced to 1 migraine over 7 days with decreased intensity and duration. Week 2- 1 migraine with decreased intensity. Week 3 – 1 headache but very mild- Week 4 no headache. Week 5 1 headache but mild. Week 6-7 no headaches. Patient has not had any recurrence

**Explications:** The Ht and Liv points both interact with the affected GB meridian. The wrist and ankle image GB 20 occipital region where headache radiates from. The forearm and lower shin images the side of the head where the headache radiates to. GB 41 is a guiding point.