

Headache Massage

I) Acute EPF Headaches

- Come along with common cold
- Wind pushes Cold/Damp/Heat into sinew meridians, causing a blockage of Qi, resulting in aches and pains
 - Headache if it's around the head

<u>WIND COLD</u>	<u>WIND HEAT</u>	<u>WIND DAMP</u>
Slow response by Wei-Qi to EPF	Fast response by Wei-Qi to EPF	Alternating or sluggish response by Wei-Qi to EPF
Chills > Fever	Fever > Chills	Mild fever and chills
Little/no sweat	Sweating	Oily/sticky sweat
Serious constriction that drives Yang inward	Moves up and out causing movement	Settles into body, often infusing downwards
Tight, stiff head, neck and shoulders; difficult movement	Causes dry, red and itchy eyes; thirst; inflammation causing body aches; spasms; hacking cough; yellow phlegm; general heat signs	Heaviness in head, back and joints; achy joints; no appetite
<u>Tongue</u>		
Thin white coat	Yellow coat; white if just beginning	Slimy/greasy coating
<u>Pulse</u>		
- Floating and Slow - Tight also if chronic - Slow if acute	Floating and Rapid	Floating and Slippery
<u>Headache</u>		
Tight/constricted "cluster" headache ...Makes you want to close your eyes	Throbbing and expansive headache ...Movement aggravates headache	Head heavy; feeling of sluggishness ...Makes you want to close your eyes and sleep

II) Treatment Principles

1) Wind

- Expel Wind; release exterior

Method:

- Na – opens up zone and releases Wind
- Nie – draws out Wind
- Tui – disperses and regulates Wind

Protocol:

- a) Na then Nie: GB-20, Du-16 and Du-14
 - Keep head forward to prevent Wind from moving into Lungs and chest
 - b) Tui: center of neck outward
- **IMPORTANT:** always do this protocol first, then continue according to the offending EPF

2) Cold

- Warm Cold

Method:

- Na – open shu points for constriction
- Nie – move Cold to surface
- Tui – warm and invigorate

Protocol:

- a) Na –
 - b) Nie –
 - c) Walk (roll flesh bet. thumb and fingers in a continuous motion) –
 - d) Tui or gua-sha –
- } Bl-17 to Bl-11

- e) Na, then Nie GB-21 (command point of Qi that moves to Hands and jing-well points

- All of the above can be accomplished with just gua-sha along Bl-17 → Bl-11

- f) Dim local points (ex.: LI-20 for nasal congestion)

- g) Dim Lu-7 (tonify so you can disperse pathogen)

- h) Scrape Lu-7 and LI-4

- i) Tui from Lu-7 to LI-4

3) Heat

- Diffuse Heat
- Heat moves from Tai-Yang → Shao-Yang → Yang-Ming

Method:

- Tui – disperse Heat out
- Nie – drain Heat out
- Chai – move Heat out

Protocol:

- a) Tui heat out – move from medial to lateral sides of the head
 - b) Nie with a twist Bl-1, GB-1, and Tai-Yang (extra point)
 - c) Rapid Nie or Scrape LI-11 and SJ-5 towards wrist
 - Both are major points to release Heat
 - d) Tui and Chai (Scrub) LI-11 to SJ-5
- 4) **Damp**
- Transform Damp

Method:

- Na – pull out Damp
- Traction, rotate and shake out Damp
- Nie – distal points

Protocol:

- a) Na and Walk Bl-15 to Bl-12 and Du-14
- b) Rotate, shake and traction arms
- c) Nie Yang He-sea points (LI-11, SJ-10; SI-8; St-36 – all Earth points)

III) **Headache Areas**

- *First Nie Master Meeting point of 3 Leg-Yang Sinew Meridians (SI-18)*
 - *Nie – hold to tonify; do rapidly to release*
- Vertex: Tai-Yang channel
 - Located around Du-20
 - Type of headache happens a lot during menses b/c the pituitary gland swells
 - Nie local points, SI-1 and SI-3
- Occipital: Tai-Yang channel
 - Located around GB-20, Bl-10, Du-15 and Du-16
 - Nie local points and SI-1
- Temporal: Shao-Yang channel
 - Located around temples and ears
 - Nie local points and SJ-1

- Frontal: Yang-Ming channel
 - Located around forehead
 - Nie local points on Stomach meridian and LI-1

IV) Liver-Yang Rising Headache

- Due to Qi and/or Heat rising to the head
 - An Excess condition

1) **Primary Signs and Symptoms**

- Violent headache (person under a lot of stress, really pissed off, or grumpy) with:
 - Hypertension
 - Can also include:
 - Seizures
 - Epilepsy
 - Seizures
 - Convulsions
 - Rising Heat causes:
 - Restlessness
 - Irritation
 - Dizziness
 - Red face and eyes
 - High-pitched tinnitus

2) **Secondary Signs and Symptoms**

- Gall Bladder/Liver signs
 - Rib pain
 - Dry mouth
 - Bitter taste
 - Red tongue; redder at sides; red tip
 - Heart signs like insomnia
- Tongue: thin yellow coat
- Pulse: Wiry and Rapid (especially at the Cun and Guan positions on the left)

3) **Strategy**

- Calm Liver
- Clear Fire
- Descend Yang from head
- Bring excess Yang out via Lr-1/Lr-2

4) **Protocol**

- Disperse Heat
- a) Nie Du-14, Du-15, Du-16 and Du-20

- b) Tui this area
- c) Nie apex of ears up quickly (to disperse)
- d) Nie lobes downward slowly (anchors Qi – Kidney reflex)
- e) Tui (carressingly) back and top of head while patient is in a prone position
 - Have them flip and do the same, including the entire face
- f) Open chest by using Tui following ribcage
 - This is done after the removal of the blockages in the head since release of the diaphragm first can cause more Yang to ascend into the head
- g) An (Press with movement) Du-20 to quell fire
- h) An Lr-2 and Lr-1
 - An on the patient’s exhalation, release with their inhalation
- i) An Ki-1 to anchor Qi

V) **Deficiency Headaches**

<u>Deficient Qi Headaches</u>	<u>Deficient Blood Headaches</u>
Aggravated by movement	Dry face causing wrinkles
Facial edema	Dry nose and eyes
Tired when moving	Tired but can’t rest
Fall asleep easily; wake up easily	Insomnia; once asleep, excessive dreaming/nightmares
Dizzy	Dizzy
Heart and Shen affected	Heart and Shen affected
Palpitations	Palpitations
Depression may also present	Anemia may also present
Pale swollen tongue	Pale tongue and lips

1) **Strategy**

- Tonify Qi and/or Blood
- Ascend Qi and Blood to head

2) **Protocol for Deficient Qi Headache**

- a) Pak rapidly at face and head
- b) Na (like kneading bread dough) Bl-1 and Bl-2 – *i.e.*, bridge of nose
- c) Close off ears and rock and rotate (Zhuang) head (in all angles and direction, in no particular order so that the patient doesn’t try to help you) to seal in Yang

d) Have patient “beat the heavenly drum” – *i.e.*, rest their middle fingers on either side of the occipital protuberance, and snap their index fingers against GB-20 and Bl-10, using the middle finger as the fulcrum

e) An Ren-4 and Ren-6 to stimulate Qi

3) Deficient Blood Headache

– This is more difficult to treat, so more time should be spent doing the protocol

a) Knock head slowly (patient sitting up)

b) Tui deep and slow along Bladder shu-points

– Start with open palms, then move to fists, using the heel of the hand

c) Roll (bunch up skin with your four fingers as you move forward, pressing it with your thumb) Bl-17 to Du-14

– You can also dig in with your knuckle at these shu-points

d) Dim (acupressure) Sp-6, then Sp-10

– You can moxa these points

4) Kidney Deficiency Headache

– Do both protocols in the order presented

– Usually affects the elderly

– Indicates deficient Jing

– Memory loss may be a symptom