



Salvia: headache + myalgia



Patient: signs and symptoms

Type of headache

The patient has **recurring** headache, with **occipital** and temporal pain, and ache and stiffness in the muscles of the neck and **shoulders**.



Patient: signs and symptoms, cont.

Associated signs and symptoms

This pattern is associated with aversion to **wind** and **cold**, and with increased **nervous** tension.

- The patient is often **depressed** and **irritable**, and is usually **tired** and yellow-pale.

Pulse and tongue

The pulse is **thin**, **choppy** and **wiry**, and lacks strength at the superficial level.

- The tongue is **pale**.



Main Chinese syndromes

We can say there are **4 groups** of syndromes:

| | |
|-------------------------|---|
| 1. Disturbance | ● Liver Hyperactive Yang |
| 2. Stagnation | ● Stagnant Qi in muscle channels ● Liver Stagnant Qi |
| 3. External Wind | ● Wind Cold |
| 4. Deficiency | ● Deficient Blood ● Deficient Nutritive Qi and ● Defensive Qi |

The relative **importance** of these syndromes **varies** from time to time.



Salvia: headache + myalgia combination

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- (Liver Hyperactive Yang + Wind Cold)

| Herb | Dose | Temperature | Taste |
|------------------|----------|--------------|-----------------|
| Salvia off. | 4 g | warm-cool | aromatic, acrid |
| Achillea | 4 g | warm-cool | acrid, bitter |
| Mentha pul. | 4 g | warm | aromatic |
| Zingiber (fresh) | 3 slices | hot | aromatic, acrid |
| Ziziphus | 3 pcs | neutral | sweet |
| Glycyrrhiza | 1.5 g | neutral-cool | sweet |



Salvia: headache + myalgia combination, cont.

Working units of the combination

This combination is made up of the
3 main working units that **treat**:

1. myalgia

- Wind Cold+ Stagnant Qi in Muscle channels

2. headache

- Liver Hyperactive Yang

3. lowered resistance

- Spleen Deficient Qi + Cold + Damp



Salvia: headache + myalgia combination, cont.

| Condition / Syndrome | Herbs |
|---|--|
| 1. Myalgia <ul style="list-style-type: none">● Wind Cold + Stagnant Qi in Muscle channels | Salvia off. Achillea Zingiber (fresh) |
| 2. Headache <ul style="list-style-type: none">● Liver Hyperactive Yang | Salvia off. Mentha pul. |
| 3. Lowered resistance <ul style="list-style-type: none">● Deficient Defensive and Nutritive Qi● Deficient Blood | Salvia off. Ziziphus Glycyrrhiza Zingiber (fresh) |



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1. Myalgia

The herb trio *Salvia* + *Achillea* + *Zingiber* is the leading unit in this combination, making it **specific** for clearing **Wind Cold** from the surface of the body.

Together, these three acrid herbs:

- **strengthen** the circulation of Defensive Qi
- **promote** perspiration
- **clear** Wind Cold and Qi Stagnation from the muscle channels and the head.