

**Recommended Western Herbs and Treatment:**

- **Yellow Dock Syrup:** Cook 4 ounces of dried yellow dock root (or considerably more of the fresh root) in a quart of distilled water until reduced to 1 cup. Strain and add 1 cup of blackstrap molasses. Take 2 tablespoons, 3-4 times daily. The molasses is essential here; yellow dock alone is too drying to the Blood.

**Recommended Ayurvedic Herbs and Treatment:**

Anemia is treated with purified iron **bhasma**, **triphala guggul** and **shilajit**.

## 5. Nervous Disorders

### 5.1 Migraine and Vascular Headaches

Migraine headaches are associated with symptoms of nausea, vomiting, sometimes diarrhea, dizziness and loss of appetite. The nature of each attack varies from person to person, though it most often occurs on the left side of the head. The biological cause is thought to be the way the arteries leading to the brain react to the triggering factors of stress, menstruation, foods, alcohol, drugs, cheese, fatty and greasy foods, chocolate and coffee. The arteries first constrict and then swell, causing a disturbance of blood-flow. In vascular headaches, which are less severe than migraine headaches, the arteries only swell.

**Possible TCM Patterns Involved:**

- Liver Yang Rising
- Blood Stasis
- Qi Deficiency
- Blood Deficiency
- Kidney Yin Deficiency
- Kidney Yang Deficiency
- Headache with Colds and Flu (see the section on colds and flu)

**Preferred Chinese Formulas:**

- Pueraria Combination (*Ge Gen Tang*): for vascular headaches especially when associated with shoulder stiffness
- Gambir Formula (*Gou Teng San*): for headaches caused by hypertension
- Bupleurum and Peony Combination (*Jia Wei Xiao Yao San*): for headaches in women with occluded menstrual blood, flushing up, shoulder stiffness; for change of life headaches
- Evodia Combination (*Wu Zhu Yu Tang*): for recurring migraine headaches
- Poria Five Herbs Formula (*Wu Ling San*): for thirst and reduced urine; this formula is also recommended if Evodia Combination fails to give relief.

**“Flushing up”** occurs when heat suddenly rises upward in the body, causing red cheeks, face and/or eyes and a sensation of heat in the head or face. It is usually caused by Blood or Yin Deficiency, or Heat in the Blood.