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INDIVIDUALIZED HOMOEOPATHIC MANAGEMENT OF CHRONIC MIGRAINE AT DR BATRA'S

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Abstract

Background

Migraine is a chronic neurovascular disorder characterized by recurrent unilateral headaches, often associated with aura, photophobia, nausea and sensory hypersensitivity. Long-standing migraine significantly affects productivity and quality of life, especially in individuals exposed to chronic stress and occupational strain. Constitutional homoeopathy aims to reduce susceptibility, decrease attack frequency and improve overall well-being.

Case Presentation

A middle-aged male presented with recurrent left-sided migraine for 15–20 years. Headache originated in the left temporal region, beginning around the left eye and radiating to the occiput. Attacks were preceded by aura and accompanied by burning sensation, stabbing pain and severe disability. Headaches were aggravated by strong smells, sunlight, dehydration, work pressure, stress and eye strain, while temporary relief was obtained from pressure, hot water and analgesics. Associated complaints included chronic gastritis, heartburn, constipation, sinusitis and recurrent skin eruptions. Constitutional assessment revealed an introverted, reserved, fastidious individual with suppressed emotions, desire to be alone and excessive anxiety regarding his daughter's health. Individualized homoeopathic treatment was prescribed with *Natrum muriaticum* as the constitutional remedy, *Spigelia* during acute migraine attacks and *Sulphur* as the intercurrent remedy.

Results

During long-term follow-up, migraine frequency progressively reduced from twice weekly to occasional mild attacks. The patient gradually discontinued routine analgesic dependence, experienced reduced intensity of headaches, improvement in gastritis and constipation, better sleep and improved emotional stability, leading to a marked improvement in quality of life.

Keywords

Migraine with Aura, Chronic Headache, Natrum muriaticum, Spigelia, Homoeopathy, Case Report

Introduction

Migraine is one of the most disabling neurological disorders worldwide. It commonly presents as unilateral throbbing headache associated with photophobia, phonophobia, nausea and aura. Various triggers including emotional stress, dehydration, sunlight, strong odours and sleep disturbances contribute to recurrent attacks. Constitutional homoeopathy attempts to individualize the patient based on characteristic mental and physical generals while reducing the underlying susceptibility to migraine recurrence.

Patient Information

Parameter	Details
Age	Adult Male
Diagnosis	Chronic Migraine with Aura

Chief Complaints

- Left-sided temporal headache since 15–20 years
- Weekly two attacks
- Aura before headache
- Burning sensation during headache
- Stabbing pain
- Radiation from left eye to occipital region
- Severe intensity

Aggravating Factors

- Strong smells (especially shampoo)
- Jasmine flowers
- Sun exposure
- Dehydration
- Work pressure
- Mental stress
- Eye strain

Ameliorating Factors

- Pressure
- Hot water
- Analgesics
- Rest

Associated Complaints

- Chronic heartburn
- Burning sensation in stomach
- Constipation
- Bloating abdomen
- Sinusitis
- Back pain
- Skin eruptions over fingers
- Disturbed sleep

Past History

- Typhoid
- Chronic sinusitis

Family History

- Mother – Migraine, Hypertension
- Father – Migraine, Hypertension, Diabetes Mellitus

Physical Generals

Parameter	Findings
Appetite	Normal
Thirst	Normal (2–3 L/day)
Desire	Spicy food
Thermals	Hot patient
Perspiration	Profuse
Sleep	Disturbed
Bowels	Constipation with unsatisfactory stool

Mental Generals

- Introverted
- Reserved
- Desire to remain alone
- Fastidious
- Suppressed emotions
- Irritable
- Silent during anger
- Fear regarding daughter's health
- Anxiety without obvious reason
- Oversensitive

Clinical Diagnosis

- Migraine with Aura

Differential Diagnosis

- Tension-Type Headache
- Cluster Headache
- Chronic Sinus Headache

Case Analysis

The chronicity, left-sided localization, aura, characteristic modalities, suppressed emotions, desire for solitude and constitutional mental picture strongly indicated Natrum muriaticum. The acute symptomatology of left-sided neuralgic headache extending from the eye to occiput supported Spigelia during acute episodes.

Totality of Symptoms

Mental Generals

- Introverted
- Reserved
- Suppressed emotions
- Desire to be alone
- Fear regarding daughter's health
- Fastidious
- Silent anger
- Irritable
- Anxiety without reason

Physical Generals

- Desire spicy food
- Hot patient
- Profuse perspiration
- Constipation
- Heartburn
- Burning stomach
- Disturbed sleep

Particular Symptoms

- Left temporal headache
- Pain extending from eye to occiput
- Aura before headache
- Burning sensation
- Stabbing pain

- Worse sun exposure
- Worse strong smells
- Worse dehydration
- Worse work stress
- Better pressure
- Better hot water

Miasmatic Analysis

Predominantly Psoric with Sycotic Background

Psoric Features

- Migraine
- Functional gastric complaints
- Constipation
- Hypersensitivity

Sycotic Features

- Chronicity
- Family history
- Recurrent skin eruptions
- Long-standing disease

Susceptibility

Moderate susceptibility with good vitality and favourable response to constitutional treatment.

Repertorial Rubrics

- Head – Pain – Temporal – Left
- Head – Pain – Extending to occiput
- Head – Migraine with aura
- Head – Pain – Sun aggravates
- Head – Pain – Odours aggravate
- Head – Pain – Pressure ameliorates
- Mind – Introversion
- Mind – Company – Aversion
- Mind – Anxiety about family
- Mind – Suppressed emotions
- Stomach – Heartburn
- Rectum – Constipation

Remedy Selection

Constitutional Remedy

Natrum muriaticum

Selection Basis

- Introverted personality
- Reserved nature
- Suppressed emotions
- Desire to remain alone
- Left-sided migraine
- Aggravation from sun exposure
- Desire for spicy food
- Silent grief and anxiety

Acute Remedy

Spigelia

Prescribed during acute migraine attacks because of:

- Left-sided headache
- Pain radiating from eye to occiput
- Aura before headache
- Neuralgic stabbing pain
- Severe migraine episodes

Intercurrent Remedy

Sulphur

Selected because of:

- Chronic migraine tendency
- Irritability
- Disturbed sleep
- Burning complaints
- Family history of migraine, diabetes and hypertension

Remedies	Chin.	Cocq.	Fel-p.	Albu.	Thu.	Nux.	Ing. med.	Lip.	Merc.	Alu-ac.	Alb.	Asp.	Alse.	Atm.	Alu-m-p.	Calc.	Chast.	Con.	dluc.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Intensity	7	6	6	6	6	6	5	5	5	5	5	5	4	4	4	4	4	4	4
Result	3/7	3/6	3/6	3/6	3/6	3/6	3/5	3/5	3/5	3/5	3/5	3/5	3/4	3/4	3/4	3/4	3/4	3/4	3/4
Clipboard 3																			
MIND -																			
INTROSPECTION	2	3	1	1	1	1	1	3	2	2	1	2	1	1	2	1	1	1	1
MIND - ALONE																			
being - desire to be alone																			
GENERALS -																			
FOOD and DRINKS	2	1	4	4	2	4	1	1	1	1	2	1	2	2	1	2	2	3	1
eat - desire																			
HEAD - PAIN -	3	2	1	1	3	1	3	1	2	2	2	1	1	1	1	1	1	1	2
Torques																			

Figure 1.

Medicine Given

- Natrum muriaticum
- Spigelia
- Sulphur
- Sac Lac (placebo during observation periods)

Potency Selection

200C potency

Chosen considering:

- Moderate susceptibility
- Chronic disease duration
- Well-defined constitutional picture
- Recurrent migraine attacks

Follow-up Summary

The patient demonstrated steady improvement throughout follow-up. Initially, headache attacks reduced from twice weekly to approximately three episodes monthly. Subsequently, attacks became infrequent, analgesic dependence gradually decreased and associated nausea resolved. Trigger tolerance improved, with headaches occurring mainly after prolonged fasting, dehydration, intense eye strain or excessive sunlight exposure. Gastric complaints, constipation and burning sensations also showed progressive improvement. Emotional stability improved, and work-related stress became more manageable. During the later follow-ups, headaches occurred only occasionally and were milder in intensity, with significantly reduced interference in daily activities. Clinical records documented progressive reduction in headache frequency, analgesic use and improvement in associated gastrointestinal symptoms over the course of treatment.

Outcome Assessment

Parameter	Before Treatment	Final Follow-up
Migraine Frequency	Twice weekly	Once occasionally
Pain Intensity	Severe	Mild

Parameter	Before Treatment	Final Follow-up
Aura	Frequent	Rare
Analgesic Use	Frequent	Rare
Gastritis	Persistent	Markedly improved
Constipation	Chronic	Improved
Sleep	Disturbed	Better
Emotional State	Anxious	Stable

Diagnosis

Primary Diagnosis

Migraine with Aura

Differential Diagnosis

- Tension-Type Headache
- Cluster Headache
- Chronic Sinus Headache

Duration of Treatment

Approximately 24 Months

Duration of Remission

Sustained clinical remission during long-term follow-up with only occasional mild attacks.

Brief Case Summary

A male patient suffered from chronic left-sided migraine with aura for nearly two decades. Headaches originated around the left eye and temporal region, extending to the occiput with severe burning and stabbing pain. Symptoms were aggravated by sunlight, strong odours, dehydration, work pressure and stress. Constitutional homoeopathic management using *Natrum muriaticum*, supported by *Spigelia* during acute attacks and *Sulphur* as an intercurrent remedy, resulted in marked reduction in headache frequency, decreased dependence on analgesics and improvement in associated gastrointestinal and emotional symptoms.

Learning from the Case

- Constitutional homoeopathy can substantially reduce the frequency and severity of chronic migraine.
- Identification and avoidance of individual triggers such as dehydration, fasting, sunlight and strong odours contributed to sustained improvement.
- Addressing the patient's emotional background and constitutional characteristics played an important role in long-term remission.
- Regular lifestyle measures, hydration and stress management complemented the therapeutic outcome.

Prognosis

Curable / Good Prognosis

Favourable due to:

- Positive constitutional response
- Progressive reduction in attack frequency
- Reduced analgesic dependence
- Sustained improvement over long-term follow-up

Reason for Prescribing

Core Constitutional Prescription

Prescription was based on:

- Complete constitutional totality
- Characteristic mental generals
- Characteristic physical generals
- Peculiar modalities
- Individual migraine pattern

Differential Remedies Considered

- Iris versicolor
- Sanguinaria canadensis
- Glonoine
- Belladonna

Health-Related Quality of Life (HRQL)

Following individualized treatment, the patient reported:

- Significant reduction in migraine attacks.
- Marked reduction in analgesic consumption.
- Improved work efficiency and concentration.
- Better sleep quality.
- Reduced gastritis and constipation.
- Improved tolerance to routine activities.
- Greater emotional stability and confidence in managing migraine episodes.