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MIGRAINE: A HOMOEOPATHIC VIEW

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Abstract:

Migraine is a typical variety of headache causing severe pain in head. The clinical picture varies from patient to patient which incorporates the person & decreases the quality of life. No investigation is contributory to the diagnosis of migraine. So it is diagnosis of clinical entity only.

Homoeopathic management is expected to be more effective when one should have thorough knowledge of its clinical presentation, triggering factors & knowledge of material medica.

This article discusses the homoeopathic view on Migraine as a clinical entity with homoeopathic management in view of Materia Medica.

Key Words: Migraine, Materia Medica

Introduction:

Migraine is most common cause of headache affects approximates 15% Female & 6% Male. It is second most common cause of headache.¹Migraine can be defined as benign & recurring syndromes of headache, nausea, vomiting & or other symptoms of neurological

dysfunction. It is triad of paroxysmal headache, nausea or vomiting or aura of focal neurological events².

The pain of migraine might be so severe that can lead to disruption of work, school, relationship & social activities. Exact etiology of migraine is not known mostly. But some researchers believe neuronal mechanism/ blood vessels play a critical role. Several Triggering factors are responsible for attack of migraine³ as hormonal changes in women, certain food habits, drinks, stress which is an important factor, sensory stimuli & certain physical factors may provoke the attack of migraine.

Homoeopathic medicines have been selected on the basis of concept of totality & concept of miasm. Homoeopathy does not treat the migraine, but the patient of migraine.

Homoeopathic View:

Homoeopathy is system of medicine which is based on the principle that the substance that causes disease in healthy person, can cure the same disease in sick person. To understand the homoeopathic concept of migraine, the classification of disease should be known as laid down by Dr Hahnemann in 6th edition of organon of medicine⁴. By going through homoeopathic literature, many terminologies were found to describe the migraine such as, "Megrim", "American sick Headache" or "Sick Headache" or "Chronic Sick Headache". Description of migraine are mentioned as symptoms in Materia Medica & Repertory^{5,6}.

Homoeopathy with its individualistic approach may be useful in decreasing intensity of headache with frequency of attack of migraine, & subsequent disabilities. Homoeopathic medicines not only remove complaints but the chronic tendency of migraine, with the help of some life style modification.

Miasmatic view of migraine:⁷

Psora- Patient complains about morning headache. The headache goes worse as sun rises & decreases as sun sets. Headache better by hot application.

Sycosis: Patient's Headache is relieved by motion. Though in migraine patient wants to keep quiet here patient wants to move.

Syphilis: Patient is having dull heavy headache < at night,> in morning. Basilar type of migraine where there is congestion of blood vessels.

List of commonly used Homoeopathic remedies for Migraine^{5,6}:

1. Actea Racemosa- Frontal, occipital or vertical headache with great pain in eyeball, better by pressure & stupefying pain in the forehead. Character of the pains are pressing inwards & outwards, they are increased on slightest touch.

2. Alumina- Headache is worse before and during the menses, during binding hair, biting teeth together, stepping heavily, better by moving the head, walking, cold air & cold application

3. Belladonna- Headache in healthy & plethoric people. The cause is disturbance of circulatory system. Eyes become reddish. Face flushing. The pain appears & disappears suddenly. Bursting & throbbing headache in temples with fiery red and hot face.

4. Bryonia Alba- Headache appears when stooping as if brain would burst through forehead. Worse on motion. Pain in the head brought on by playing or watching the play from ironing.

5. Calcarea phosphorica- The headache of school girls & boys who involve themselves too closely to books, those children are growing rapidly & whose mental development is out of proportion to their physical strength.

6. Glonine- Headache appears due to working under the gas light, in the sun when heat falls on the head. Head feels as if enormously large, sunstroke & sun headache without unconsciousness.

7. Iris V- Frontal headache with nausea. Scalp feels constricted, right temple is affected specially < rest,> vomiting

8. Natrum Muriaticum- Headache increases during the rise of sun & decreases during the sunset. Headache with sweat. Greater the pain, greater the sweat. The headache of the school girls or boys, worse on eye straining.

9.Onosmodium-Occipeto frontal pain in morning specially left side, due to strain or using eyes

10.Sanguinarira Canadensis-Bilious headache when going without food. Headache once in every seventh day, begins in the morning in occiput & travels to the right eye & temple, the patient is driven into the dark room & has to lie down. Starts vomiting bile which relieves his headache.

11.Silicea-Headache is relieved by covering & wrapping. Increased in dark & better in light. Nervous headache caused by excessive study at school.

12.Spigelia-Nervous headache beginning in the morning at the base of the brain spreading over the head & locating in eye orbit & temple of the left side, intolerable pressive pain in eye balls, pain disappears in evening.

Various studies were conducted to find the role of homoeopathic medicine in treatment of migraine & was published in various journals.

Studies conducted about Migraine in homoeopathy:

1. HOMEOPATHIC TREATMENT OF PATIENTS WITH MIGRAINE: A PROSPECTIVE OBSERVATIONAL STUDY WITH A 2-YEAR FOLLOW-UP PERIOD. (8)

Summary: In this observational study, patients seeking homeopathic treatment for migraine showed relevant improvements that persisted for the observed 24 month period. Due to the design of this study, however, it does not answer the question as to whether the effects are treatment specific or not.

2. DOUBLE-BLIND RANDOMIZED PLACEBO-CONTROLLED STUDY OF HOMOEOPATHIC PROPHYLAXIS OF MIGRAINE. (9)

Summary: On the evidence we cannot recommended Homoeopathic medicine in prophylaxis in migraine, but cannot conclude it is without effect.

3. HOMOEOPATHIC TREATMENT OF MIGRAINES: A RANDOMIZED DOUBLE-BLIND STUDY OF SIXTY CASES

(HOMOEOPATHIC REMEDY VERSUS PLACEBO).⁽¹⁰⁾

Summary: An analysis of the homeopathically-treated patients demonstrates a significant reduction in the periodicity, frequency, and duration of migraine attacks. This study shows the real efficacy of homeopathy in comparison to classical experimental study

models which can be adapted to the specific character of Homeopathy. In this randomized, placebo controlled double blind study, 60 people suffering from migraine were treated using constitutional homoeopathy over a period of 4 months. Those patients in the control group experienced a reduction in migraine frequency from 9.9 attacks per month to 7.9 per month, while those in the treatment group reduced their monthly attack rate from 10 to between 1.8 and 3 per month.

4. Homoeopathic Remedies for Successfully Curing the Migraine. ⁽¹¹⁾

Summary: In this study, patient is undergoing with treatment and cured by Natrium Mur within 3 months.

5. Homoeopathic Treatment of Headaches & Migraine: A Meta-analysis of the Randomized control Trials⁽¹²⁾

Summary: A total of four randomized placebo-controlled trials involving 390 patients were considered for the analysis. showing positive trend, but no statistically significant difference in favour of homeopathy.

6. Efficacy of Homeopathic medicine in the treatment of Migraine: A Literature Review ⁽¹³⁾

It is estimated that 5% population suffers from migraine. In most people it attacks recur again and again as frequently which disrupt the normal activity and produce anxiety and other suffering. As we know that it will be provoked by different exciting factors and hidden maintaining cause. So, our duty is to removing that cause and effect will be removed automatically. Homoeopathy plays the important role for this type of affection. Large number of medicines which was verified frequently in healthy proves by which we can rely on that drug and it also clinically verified. The selection of medicine is strictly on the basic principle SIMILIA SIMILIBUS CURENTUR, the efficacy of the drug helps to gain confident as well as helps in future study. By the only medicine its not possible to control any disease but we must follow proper diet and regimen as well as mental exertion.

7. “Homoeopathic Management of Migraine in School Going Children Based On Disease Intensity Using Constitutional Remedies ⁽¹⁴⁾

Summary: The effectiveness of homoeopathic constitutional treatment for Migraine in school going children was thus proved in this study by showing marked improvement like reduction in intensity, frequency and recurrence of attacks

Conclusion:

Available information in homoeopathic literature related to migraine shows that homoeopathy may come with relief the complaints regarding migraine in the sense of intensity of attack, recurrence, disabilities thereby improving the quality-of-life style of patients.

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