

The Role of Homoeopathic Medicine as A Constitutional-Phos 1m Act as A Benediction for Migraine

Dr. Parekh Palak Hetankumar¹, Dr. Hitarth Mehta², Dr. Urmila Bhalgariya³

¹*P.G Scholar, Practice of Medicine, Rajkot Homoeopathic Medical College, Parul University*

²*Principal, Hod of Practice of Medicine, Rajkot Homoeopathic Medical College, Parul University*

³*Assistant Professor, Practice of Medicine, Rajkot Homoeopathic Medical College, Parul University*

Abstract—Migraine is very much common, episodic and critically pain of headache in today's generation and the allopathic medicine only gives temporary relief for the permanent cure removed the disease from the root cause homoeopathic medicine is very much useful to cure the chronic disease. Phos1M is indicated as Constitution remedy in Migraine with the symptoms of pulsating pain in forehead and temporal part with nausea, vertigo, vomiting on the basis of fundamental law of Homoeopathy-Law of similar. With the higher susceptibility and sensitivity of the patient, fundamental and dominant miasm of Psora- indicated Phos1M relieved the migraine.

Index Terms—Anxious, Benediction, Constitution remedy, fearful patient, Migraine, Phos1M, pulsating pain, vertigo

Article Type- Case report

I. INTRODUCTION

Migraine is a very critical and common type of headache affected worldwide, mostly female are more affect in comparison to male. Episodic headache usually triggers by so many factors such as light, noise, stress, physical exertion, hunger, lack or excess of sleep.^[1] Migraine occurs with or without aura, other symptoms like visual disturbance, nausea, vomiting, mood changes, fatigue, etc.^[2]

Phosphorus as a homoeopathic medicine- tall, slender person of sanguine temperament, Insidious onset, gradually increasing, easily anger, anxious, congestion of head^[6], Fearful, excitable, restless, oversensitive to external impressions, vertigo^[4], headache with hunger^[6], vertigo when seated, vertigo with nausea, pressive sensation in head, nocturnal headache, burning, pulsations in head, red face, aggravating in morning when sitting, ameliorate by eating^[7], Periodical headaches, headache occurs due to mental

exertion, Irritability of mind and body and great prostration of mind, history of Pneumonia^[5], Longing for acids and spicy things, Dreams -anxious, distressing; lascivious; frightful and horrible; or vivid and uneasy^[7].

A. Case report-

A male patient age about 21 yrs student in engineering field with thin built up, came into clinic on 12/10/24.

He complained about pulsating pain⁺³ in the forehead and both the temporal region involved, nausea⁺¹, occasionally vomiting, vertigo while rising from the bed occurs since 10th std and increase from the 3 yrs in intensity, the frequency of pain is 5- 6times/ week and duration of pain is 6-7 hours, gradually increases in the pain, pulsating pain in forehead and both temporal region, aggravates during night time (2-3a.m), slightest light⁺², noise⁺², due to anxiety⁺² occurs before exam, fasting⁺², sun⁺², ameliorated by tight bandage, applying pressure⁺², after vomiting pain relieved.

He is lean, tall, wheatish complexion with black hair, pink nails, and tongue pink.

He craves for chicken⁺², sweets⁺², fast food⁺², sour⁺², aversion to Bitter gourd, stool and urine is normal, His sleep is disturbed by slightest noise, dreams of fall down.

On further going details about mental state – anxiety about the exam⁺², irritable⁺² when contradict, very much sensitive and attachment with pets, fear of snake, lizard, memory - moderate with thermal status–Hot patient

Past history of Pneumonia when he was in 8th std and family history of hypertension

On General examination- nutrition is good, weight is 51kg, pulse -76/min, BP- 122/76 mmHg, with systemic examination-RS, GIT, CVS- Normal, nothing abnormalities seen.

With the totality of the symptoms and repertorisation, on the basis of symptoms similarity the most appropriate remedy - Phos also with consideration of the miasm - Psora which is main cause of all chronic diseases.

II. REPERTORIAL TOTALITY

1. Mind- Anxiety- Head
2. Mind- Fear- Insects; of
3. Mind- Fear- Snakes, of
4. Mind- Irritability
5. Mind- Sensitive
6. Head- Migraine
7. Head- Pain- Night- Pulsating Pain
8. Head- Pain – Fasting Agg.
9. Head- Pain Light; From- Agg.
10. Head- Pain- Noise- Agg. - Pulsating
11. Head- Pain- Pressure- Ame. – Pulsating
12. Head- Pain- Vomiting- Amel.
13. Head- Pain- Temples and Forehead
14. Sleep- Disturbed- Noise; By the Slightest
15. Dreams- Falling- Height, From A
16. Generals- Food and Drinks- Chicken- Desire
17. Generals- Food and Drinks- Sour Food, Acids- Desire
18. Generals- Food and Drinks- Sweets- Desire
19. Generals- Lean People
20. Generals- Tall People

III. REPERTORIAL RESULTS WITH SYMPTOMS COVERED/ DEGREE

Sulph- 13/27
 Phos- 13/24
 Sep- 12/20
 Ars- 11/17
 Calc- 10/18
 Nat.m- 10/17
 LYCO- 9/19
 ARG-N 9/15
 CHIN- 9/15
 LACH- 9/13
 NAT-P- 9/10
 BELL- 8/16
 SIL- 8/15

Remedies	ΣSym	ΣDeg	Symptom
sulph.	13	27	2, 3, 4, 5, 8, 9, 13, 14, 15, 16, 17, 18, 19
phos.	13	24	2, 4, 5, 8, 9, 13, 14, 15, 16, 17, 18, 19, 20
sep.	12	20	3, 4, 5, 8, 9, 12, 13, 14, 15, 17, 18, 19
ars.	11	17	2, 3, 4, 5, 8, 9, 13, 14, 17, 18, 19
calc.	10	18	2, 3, 4, 5, 8, 9, 12, 17, 18, 19
nat-m.	10	17	2, 3, 4, 5, 9, 13, 16, 17, 18, 19
lyc.	9	19	2, 4, 5, 8, 9, 13, 17, 18, 19
arg-n.	9	15	2, 3, 4, 5, 9, 12, 17, 18, 19
chin.	9	15	4, 5, 9, 13, 14, 15, 17, 18, 19
lach.	9	13	3, 4, 5, 8, 12, 14, 17, 18, 19
nat-p.	9	10	2, 4, 5, 9, 13, 14, 16, 18, 19
bell.	8	16	3, 4, 5, 9, 13, 14, 17, 18
sil.	8	15	4, 5, 8, 9, 12, 18, 19, 20
puls.	8	14	2, 3, 4, 5, 16, 17, 18, 19
bry.	8	13	4, 5, 9, 12, 13, 17, 18, 19
ign.	8	13	3, 4, 5, 9,

The potency to be selected on the basis of age, occupation, pace of disease, stage of disease, characteristics, immunity, reactivity, sensitivity and

miasm, the potency - 1M

1wk, SAC LAC 3Pills TDS/ 1wk.

The final remedy to be given – PHOS 1M 1P HS/

Follow Ups:

Date	Complain	Remedy given
19/10/24	50% better in headache, frequency of headache Decrease - 3-4times/ week Intensity- STATUS QUO	PHOS 1M 1P HS, SL 3PILLS TDS/1WK
26/10/24	Much better in complain, No episodes in this week	SAC LAC 3PILLS TDS, SL 1P HS/1WK
2/11/24	No new complain	SL 1P HS, SL 3 PILLS TDS/1WK
16/11/24	No new complain but mild Headache 2days before due to travelling at night	PHOS 1M 1P HS, SAC LAC 3PILLS TDS /15 DAYS
30/11/24	Headache complain relieved	SL 3 PILLS TDS, SAC LAC 1P HS/ 1 MONTH
30/12/24	No new complain	SL 1P HS, SAC LAC 3 PILLS TDS/ 1 MONTH

IV. CONCLUSION

In case of migraine especially in young generation with tall, thin Constitution, on the basis of similarity of the symptoms, his attributes, his mental with the medicine Phos – matches.

And given as a constitutional medicine, patient relief from the long sufferings from migraine.

Financial Support and Sponsorship-NIL

Conflicts Of Interest- None Declared

REFERENCES

- [1] Joseph Loscalzo, Anthony Fauci, Dennis Kasper, Stephen Hauser, Dan Longo, J. Larry Jameson, Harrison's Principles of Internal Medicine, 21ST EDITION.
- [2] National Institute of Neurological Disorder and Stroke, <https://www.ninds.nih.gov>.
- [3] Stuart H. Ralston, Ian D. Penman, Mark W.J. Strachan, Richard P. Hobson, Davidson's Principles and Practice of Medicine, 23rd Edition, 2018.
- [4] William Boricke, Pocket Manual of Homoeopathic Materia Medica and Repertory, 14th Impression, 2016.
- [5] J.T Kent, Lectures on Homoeopathic Material

Medica, 1911

- [6] S.R. Pathak, Materia Medica of Homoeopathic Medicine, 1977
- [7] J.H Clarke, A Dictionary of Practical Material Medica, <https://www.homeoint.org>, 2000.
- [8] B. K. Sarkar, Hahnemann's Organon of Medicine, 6th Edition, 2007.