

The Power of Similars: Homoeopathy's Dynamic Solution to Migraine

Dr Rajesh Sanja¹, Dr Romal Padsumbiya²

¹*HOD And Professor, Department of Homoeopathic Materia Medica, Rajkot Homeopathic Medical College, Parul University Gujarat, India*

²*PG Scholar MD Part 2, Department of Homoeopathic Materia Medica, Rajkot Homeopathic Medical College, Parul University Gujarat, India*

Abstract- Migraine is nowadays considered to be one of the most common conditions affecting day to day life of an individual. The appearance and the associated symptoms along with headache and the different types of presentations in different individuals. it really troublesome for the patient. The various causes leading to migraine pose a challenge in controlling the attacks of migraine in an individual.

Keywords: – Migraine, homoeopathy, homeopathic medicine, miasm, spigelia, headache.

INTRODUCTION

Headache is an extremely common symptom and collectively headache disorders are among the most common of nervous system disorders. Some headaches are extremely debilitating and have significant impact on an individual's quality of life. Primary headache disorders – migraine, tension headache and cluster headache – constitute nearly 98% of all headaches; however, secondary headaches are important to recognise as they are serious and may be life threatening.

Migraine is a class of disabling primary headache disorders, characterized by recurrent unilateral pulsatile headaches, benign and recurring syndrome of Headache, Nausea, Vomiting and/ or other functions of neurologic dysfunction in varying admixtures like:

- Nausea, vomiting, Photophobia, Scalp tenderness
- Visual disturbances, Photophobia, Fortification Spectra, Paraesthesia
- Vertigo, Alteration of Consciousness
- Syncope, Seizure, Confusional State, Diarrhoea

CAUSES

Genetic, bright lights
severe heat, or other extremes in weather, dehydration, changes in barometric pressure
hormone changes in people assigned female at birth, like estrogen and progesterone fluctuations during menstruation, pregnancy, or menopause
excess stress, loud sounds, intense physical activity, skipping meals
changes in sleep patterns, unusual smells
use of certain medications, like oral contraceptives or nitroglycerin
certain foods, smoking, alcohol use, Chocolate, Certain food allergies, traveling

PATHOPHYSIOLOGY

Migraine attack may be initiated by cortical spreading depression is the most common hypothesis. This condition is a transient disruption of neuronal activity in the brain accompanied by flux of sodium and calcium into the cell. The above mechanism result in brief burst of electrical activity followed by electrical silence, which progresses as an expanding concentric wave through the brain at the same rate as a developing migraine aura.

CLINICAL FEATURES OF MIGRAINE

PRODROME: -Patient feels irritability and depressed, fatigue, yawning, excessive sleepiness, craving for foods like chocolate, occasional hunger.

AURA: -It is comprised of focal neurological phenomenon that precedes or accompanies the attack.

They appear gradually over 5 to 20 minutes and usually subside just before the headache begins.

VISUAL AURA: Disturbance of vision consisting usually of unformed flashes of white or rarely of multi colored lights, which is known as photopsia, or formations of dazzling zigzag lines, arranged like the battlements of a castle, hence the term “fortification spectra or Teichopsia”.

SOMATOSENSORY AURA: Lingual or oral paresthesias, a feeling of pain needles experienced in the hand and arm as well as in the ipsilateral nose and mouth area. Paresthesia migrates up the arm and then extends to involve the lips and tongue.

HEADACHE: The typical migraine headache is unilateral, throbbing and moderate to severe, can be aggravated by physical activity. The pain peaks and then subsides, and usually lasts between 4 and 72 hours in adults and 1 to 48 hours in children. Pain starts above one orbit and spread over entire side of head to the occiput and neck or beginning back of head and move forward.

ACCOMPANIMENTS:

Gastrointestinal- Anorexia, nausea, vomiting, diarrhea.
Special senses- Photophobia, phonophobia, osmophobia.

Brainstem features- Vertigo, ataxia, diplopia, dysarthria.

Autonomic disturbances- Hypertension, hypotension, tachycardia, bradycardia, nasal congestion

POSTDROME:

-Drained out, exhausted and depressed feeling after headache and may have impaired concentration, scalp tenderness or mood changes.

TYPES OF MIGRAINE

1. Migraine without headache
2. Migraine without aura
3. Migraine with aura
4. Retinal / Ocular migraine
5. Chronic migraine
6. Status Migrainous
7. Menstrual migraine

MANAGEMENT

Effective management of Chronic migraine is multifactorial. Medications alone are not adequate management. Other elements of management that should be incorporated include:

- Education- Learning about disease in general
- Treating any co morbid disorders that might impact migraine.
- Identification and avoidance of precipitants or exacerbating factors may prevent attacks.

Treatment of an acute attack consists of simple analgesia with aspirin or paracetamol with an antiemetic.

HOMEOPATHIC MANAGEMENT OF MIGRAINE

Homoeopathy is mode of treatment based on the principle and universal law-“Like Cure Likes” (Similia Similibus Curenter) and a simillimum prescribed on the basis of individuality and ‘Totality of Symptoms’ that is the symptoms similarity. So homeopathic medicine not just treats the disease but it treats the patient as whole. So In case of migraine homoeopathic treatment may prove better because it is not only relieves the pain but it also decrease the sensitivity to triggering factors. It reduce the frequency of migraine attack and prevent the recurrence by eliminating its roots and help to lead a happy and pain free life.

NATRUM MURIATICUM: Great weakness and weariness. Coldness. Blinding Headache. Aches as if a thousand little hammers were knocking on the brain in the morning on awakening, after menstruation, from sunrise to sunset. Anaemic headache in school girls; nervous, discouraged, broken down. Chronic Headache, semi-lateral, congestive, from sunrise to sunset, with a pale face, nausea, vomiting; periodical; from eye strain; menstrual. Before attack, numbness and tingling in the lips, tongue and nose, relieved by sleep.

CYCLAMEN: For Migraine with Visual Disturbances. Cyclamen is mostly administered for migraine attack preceded or accompanied by visual disturbance like flickering / sparks before eyes or dim vision. These visual symptoms that precede the migraine headache are referred to as visual aura. Cyclamen is also useful

in case of migraine headaches which has an early morning onset. Shooting pain is experienced in the temporal region. Vertigo, especially while standing may accompany the headache.

GELSIMIUM: It is a remedy which has a headache commencing with blindness especially for headaches due to eye strain. Dull aching headache extending down back of neck or over on one side, generally the left; there is strained stiff sensation in the corresponding eyes. Occipital headaches, which are dull and dragging, often find their remedy in Gelsimium (Cocculus). A characteristic of Gelsimium is a sensation of a band around the head just above the ears. Its also suits “tobacco headache”. Headache relieved by copious urination; accompanied with visual troubles, such as double vision, squinting and dim sight. Headache relieved by sleep, and dizziness may accompany.

SEPIA: Migraine, which had existed for years in women with profuse leucorrhoea, is often cured by Sepia. It corresponds to the left eye and the left temple and the pain extends backward. Headache worse Fasting, worse menopause or before or during menses. Yellow or brownish saddle across the nose. Stinging pain from within outward and upwards mostly on the left side, or in the forehead, with nausea vomiting(migraine); worse indoors and when lying on painful side.

PULSATILLA: Headaches, often migraines, which occur at the last hour of the menstrual flow. Headaches worse menopause, worse heat, worse sun, worse exertion, worse after emotional stresses. Headaches better open air, cold or cold applications and pressure. Headaches often are pulsating or pressing outwards.

EPIPHEGUS – For Migraine Triggered By Mental Or Physical Exertion, To treat migraine triggered by exertion (mental or physical), medicine Epiphegus is the best. It gives great results when mental or physical exertion sets off the migraine episode. It is used where the slightest deviation from routine work brings on a migraine attack. Although, it works for both-sided migraine, comparatively better results are seen when the headache occurs on the left-side. A peculiar accompanying symptom is increased saliva with constant inclination to spit.

NUX VOMICA: Headache from the excessive use of alcohol, the morning ‘big head’, tobacco, coffee, headache from digestive troubles, constipation, and especially auto-intoxication and hepatic insufficiency. The dull, wooden, bursting feeling of the head following a debauch is most characteristic of Nux Vomica. Headache of high livers. A headache“ all over the head” is also characteristic of Nux. Pressing pain as if nail is driven in. Frontal headache, with desire to press the head against something. Headache in sunshine.

SANGUINARIA: Sick headache, the pain begins in the morning and in the occiput; it comes up over the head and settles in the right eye. The pain increases in severity until there is vomiting of blood and then the ache is relieved. Noise and light are unbearable and sleep relieves. The pain will be so intense at times that the patient will frantically bore her head into the pillow for relief. Veins in the temples are distended. Pain better lying down and sleep. Burning in eyes. Pain in the back of head “like a flash of lightning.

GLONOINUM: This effective homeopathic medicine is used for curing migraine headaches, which occur from excessive congestion in the head. The patient feels that his head has become bigger and will burst. He feels heat around his head, along with protruding eyeballs. This homeopathic medicine is commonly used for treating migraine headaches, which occur from exposure to the sun for a long time.

CONCLUSION

Migraine is a common disabling primary headache disorder. Most often, migraine diagnosis is easy and treatment straightforward but, in a small number, it can be complex and debilitating. In some, migraine can progress from being an episodic disorder to a chronic form, where it can be more difficult to manage. According to homeopathic principles and with help of similar remedy helps in decrease migraine frequency and recurrent attacks. And help the patients to live healthy and pain free life

REFERENCE

- [1] Jameson JL, Kasper DL, Fauci AS, Hauser SL, Longo DL, Loscalzo J, et al. Harrison’s principles

- of internal medicine. New York: McGraw-Hill Education; 2018.
- [2] Penman ID, Ralston S, Strachan MWJ, Hobson RP. Davidson's principles and practice of medicine. [Edinburgh]: Elsevier; 2023.
 - [3] Yash Pal Munjal, India. API textbook of medicine. Mumbai: Association Of Physicians Of India; 2012.
 - [4] Ferri F. Ferri's Clinical Advisor 2023. S.L.: Elsevier - Health Science; 2022.
 - [5] International Headache Society. Headache Classification Committee of the International Headache Society (IHS) The International Classification of Headache Disorders, 3rd edition. Cephalalgia. 2018 Jan;38(1):10211
 - [6] Miasmatic Prescribing: Its Philosophy, Diagnostic Classifications, Clinical Tips, Miasmatic Repertory, Miasmatic Weightage Of Medicines and Case Illustration by Banerjea Subrata Kumar
 - [7] Speight, Phyllis. A comparison of the Chronic miasms, foreword by Noel Puddephatt
 - [8] Boericke, William. Homoeopathic Materia Medica with Repertory. Third and augmented edition. New Delhi: B. Jain publishers; 2007.
 - [9] Clarke, John. Condensed Homoeopathic Materia Medica and Repertory. New Delhi: B. Jain Publishers;2001
 - [10] Dewey, W.A. Practical Homoeopathic Therapeutics. New Delhi: Pratap Medical Publishers; 1934.
 - [11] Phatak SR. Concise materia medica of homoeopathic medicine. New Delhi: B. Jain; 1999.
 - [12] James Tyler Kent; Lectures on Homoeopathic Materia medica together with kent's "New Remedies" incorporated and arranged in one alphabetical order, Export Edition; Reprint Edition: 2005 published by B. Jain publishers(P)Ltd India