

# The Role of Simillimum Natrium Muriaticum 1M in a Case of Migraine

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**Abstract:** Migraine is very common, episodic type of headache worldwide. It is mostly affected in female in comparison to male. It is a severe headache that causes throbbing, pulsating pain in one side of your body. It is triggered by stress, physical activity, hormonal changes, exposure to bright lights and loud noises. Alongside the pain some symptoms like nausea, vomiting, dizziness, vertigo and nasal congestion. Nat mur 1M is indicated as constitutional as well as simillimum remedy on the basis of la of similar. With the higher susceptibility of the patient and miasm of psora indicated Nat mur 1M cured the migraine.

**Keywords:** Migraine, Simillimum remedy, Susceptibility, Nat mur 1M, Pulsating pain, Stress

**Article type:** Case report

## I. INTRODUCTION

Migraine is a complex neurological condition that often involves a severe headache. It is generally characterized by moderate to severe throbbing and pulsating pain in one side of head. It is mostly occurs in episodes. It is caused by genetically either triggered by environmental factors. Migraine commonly triggered by stress, physical activity, hormonal changes, exposure to bright lights and loud noises. Symptoms of migraine are occurs in four phases: (1) Prodrome phase one or two days before a migraine

symptoms like constipation, food craving, increased urination, etc. (2) Aura occur before or during migraines. Like vision loss, difficulty in speaking, needle sensations, etc. (3) Attack usually lasts from 4 to 72 hours varies from person to person like throbbing or pulsating pain, sensitive to light, nausea and vomiting, etc. (4) Post-drome phase, after a attack person might feel confused, drained, etc.

Natrium muriaticum as a constitution-anaemic, emaciated, losing flesh while eating well. Sanguine temperament, Insidious onset, Gradually increasing, Depressed in chronic disease, irritable, ill effects of grief, fright, anger, etc. consolation aggravates, Throbbing headache as if a thousand little hammers were knocking on brain, headache after menstruation, semi lateral headache, periodical headache, congestive headaches from sunrise to sunset, from eyestrain, nervous, broken down headache, Vertigo with nausea, pale face, aggravation from loud noise, amelioration from sleep, lachrymation burning, numbness, tingling of tongue, tongue mapped, hungry yet loose flesh, aversion to fat, headache relieved by pressure, worse from mental exertion.

A. Case Report:

NAME:- abc, AGE:-37, GENDER:- Female, OCCUPATION:- Housewife

Patient came into clinic on 17-02-2025.

She complained about bursting, throbbing type of pain in frontal region and both temporal region from last 5 years. The frequency of pain occurs 3-4 times a week, the duration of pain is 2-3 hours, Pain increases gradually, lachrymation during episodes of pain, aggravation from bright light, from noise (+++), amelioration from applying pressure (++), from sleep, Associated complaints are burning pain in abdomen, eructations, general weakness after pregnancy.

Patient is lean, thin, emaciated

She has desire for ice-cream (+), aversion to fatty food (++), profuse perspiration, urine and stool is normal, sleep regular.

Thermal: Towards Hot

Mental state:- Patient is irritable, Depressed about headache. Gets Headache after trifle matters. Sensitive to external impressions.

Past history:- Renal stone before 7 years (Not operated)

Physical examinations:- Nutrition good

BP:-128/82mmHg, Pulse:-85/min, Spo2:-98%, Weight:-51kg

Systemic examination:- CVS: S1S2+, CNS: Conscious & Oriented, RS: BLAE+, GIT: Soft, No any abnormality seen.

## II.TOTALITY OF SYMPTOMS

- Irritability
- Headache after anger
- Sensitive to external impressions
- Desire for ice cream(+)
- Aversion to fatty food(++)
- Profuse perspiration
- Headache aggravated by noise(+++)
- Headache aggravated by bright light
- Headache ameliorated by applying pressure
- Lachrymation during Headache

-Generalised weakness

## III.REPERTORIAL TOTALITY

1. Mind-Irritability
2. Mind-Sensitive-External impressions, to all
3. Generals-Food and Drinks-Fatty food-Aversion
4. Generals-Food and Drinks-ice cream-Desire
5. Generals-Weakness
6. Head-Pain-Anger; after
7. Head-Pain-Forehead
8. Head-Pain-Forehead-Bursting pain
9. Head-Pain-Noise-Agg.
10. Head-Pain-Light; from-Agg.
11. Head-Pain-Pressure-Amel.
12. Eye-Lachrymation-Headache: during
13. Perspiration-Profuse

## IV.REPERTORIAL RESULTS WITH SYMPTOMS COVERED/DEGREE

Nat.m- 13/28

Lyc.- 12/21

Phos.- 11/25

Bell.- 11/24

Sil.- 11/24

Nux.v- 11/22

Lac.c.- 11/17

Calc.- 10/24

Bry .- 10/24

Phos.- 11/25

Ars.- 10/22

Chin.- 10/21

Sulph.- 10/21

On the basis of repertotisation medicines with higher gradation are differentiated and most similar medicine NAT MUR selected and given in 1M potency according to susceptibility of the patient.

# REPERTORIAL SHEET

Remedies	Authors	Analysis	Delete	More
Chapters	Repertory	Bookmar...	Search	Clipp. list
Rem. list	Auth. list		Email	
Clipboard 1				
Back				
MIND				
1 MIND - IRRITABILITY				X
2 MIND - SENSITIVE - external impressions, to all				X
HEAD				
3 HEAD - PAIN - anger; after				X
4 HEAD - PAIN - light; from - agg.				X
5 HEAD - PAIN - noise - agg.				X
6 HEAD - PAIN - pressure - amel.				X
7 HEAD - PAIN - Forehead				X
8 HEAD - PAIN - Forehead - bursting pain				X
EYE				
9 EYE - LACHRYMATION - headache; during				X
PERSPIRATION				
10 PERSPIRATION - PROFUSE				X
GENERALS				
11 GENERALS - FOOD and DRINKS - aversion				X
12 GENERALS - FOOD and DRINKS - desire				X
13 GENERALS - WEAKNESS				X
Remedies	ΣSym	ΣDeg	Symptoms	
nat-m.	13	28	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13	
lyc.	12	21	1, 2, 3, 4, 5, 6, 7, 8, 10, 11, 12, 13	
phos.	11	25	1, 2, 3, 4, 5, 6, 7, 10, 11, 12, 13	
bell.	11	24	1, 2, 4, 5, 6, 7, 8, 9, 10, 11, 13	
sil.	11	24	1, 2, 4, 5, 6, 7, 8, 10, 11, 12, 13	
nux-v.	11	22	1, 2, 3, 4, 5, 6, 7, 8, 10, 11, 13	
lac-c.	11	17	1, 2, 4, 5, 6, 7, 8, 9, 10, 11, 13	
arg-n.	11	15	1, 3, 4, 5, 6, 7, 9, 10, 11, 12, 13	
dulc.	11	14	1, 3, 4, 6, 7, 8, 9, 10, 11, 12, 13	
bry.	10	24	1, 3, 4, 5, 6, 7, 8, 10, 11, 13	
calc.	10	24	1, 4, 5, 6, 7, 8, 10, 11, 12, 13	
ars.	10	22	1, 2, 4, 5, 6, 7, 8, 10, 11, 13	
chin.	10	21	1, 2, 3, 4, 5, 6, 7, 10, 11, 13	
sulph.	10	21	1, 4, 6, 7, 8, 9, 10, 11, 12, 13	

## FOLLOW UPS

Date	Complain	Remedy given
24/02/2025	25% better in headache, Intensity decreased, Frequency of headache; 3-4 time/week as it is	NAT MUR 1M 4 GLOBULES ONCE A WEEK, SL 4 PILLS TDS FOR 1 WEEK
03/03/2025	40% better in headache, Frequency reduced; 1-2 time/week, Intensity reduced	NAT MUR 1M 4 GLOBULES ONCE A WEEK, SL 4 PILLS TDS FOR 1 WEEK
10/03/2025	70% better in headache, Frequency reduced; 1time mild headache in last week	SL 4 PILLS TDS FOR 10 DAYS, RUBRUM 4 PILLS BD FOR 5 DAYS
20/03/2025	1 episode of mild headache due to disturbed sleep, Feels better mentally, No fresh complain	SL 4 PILLS TDS FOR 15 DAYS, RUBRUM 4 PILLS HS FOR 15 DAYS

## CONCLUSION

In case of migraine especially in housewife with lean, thin, emaciated constitution, on the basis of symptoms similarity and mental state medicine Nat Mur matched and given as a constitutional remedy, patient gets drastical relief in long standing migraine.

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Conflicts of Interest- None Declared