

Effectiveness of Individualised Homoeopathic Treatment Based on Mental Symptoms in Migraine: A Case Series

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Abstract—Migraine is a common episodic neurovascular disorder characterized by recurrent unilateral or bilateral throbbing headache associated with nausea, vomiting, photophobia and phonophobia. Emotional stress and mental disturbances are well-recognized triggering factors in migraine. Homoeopathy considers migraine as a one-sided disease where prominent symptoms obscure the deeper constitutional disturbance. This article presents a case series of three patients diagnosed with migraine and treated with individualized homoeopathic medicines selected predominantly on the basis of characteristic mental symptoms. The improvement in migraine was assessed using the Migraine Disability Assessment Scale (MIDAS). All three cases showed marked reduction in MIDAS scores, indicating significant improvement in frequency, intensity and disability related to migraine.

Index Terms—Migraine; Homoeopathy; Case Series; Mental Symptoms; One Sided Disease; MIDAS Score
Article type: Case series

I. INTRODUCTION

Migraine affects nearly 15% of the population worldwide and shows a higher prevalence among females. It is characterized by episodic throbbing headache, usually unilateral, accompanied by nausea, vomiting, and sensitivity to light and sound. Migraine may occur with or without aura and is frequently precipitated by mental stress, emotional disturbances, lack of sleep, hormonal changes and environmental factors.

According to Hahnemann, migraine can be considered a one-sided disease, where a limited number of striking symptoms dominate and obscure the underlying constitutional disorder. In such conditions, mental symptoms assume great importance in understanding the individuality of the patient. Homoeopathy emphasizes individualization based on the totality of symptoms, with mental generals forming the core of remedy selection.

Migraine Disability Assessment Scale (MIDAS):

The Migraine Disability Assessment Scale (MIDAS) is a validated tool used to assess headache-related disability over a three-month period. It evaluates the number of days of missed or reduced productivity in work, household activities and social functioning due to migraine. Reduction in MIDAS score reflects improvement in migraine severity and its impact on daily life.

II. CASE SERIES

Case 1:

A 37-year-old female patient presented with throbbing headache in the frontal and temporal region for the past five years. The headache was aggravated by noise, bright light and emotional stress and ameliorated by pressure and sleep. The frequency of headache was three to four times per week.

Mental symptoms included irritability, emotional sensitivity and headache triggered by trifling matters

and anger. Associated symptoms included lachrymation during headache and general weakness. Based on the totality of symptoms, Natrum muriaticum was prescribed in 1M potency single dose. MIDAS score before treatment was 18, indicating moderate disability. After three months of treatment, the MIDAS score reduced to 6, indicating mild disability.

Case 2:

A 29-year-old male patient reported right-sided pulsating headache for the last four years. The headache was aggravated by mental exertion, work pressure and lack of sleep and was relieved by rest and sleep.

Mental symptoms included irritability, anxiety regarding work performance and intolerance to contradiction. Associated symptoms included vertigo and sensitivity to noise.

Nux vomica was prescribed in 200C potency single dose based on the mental and physical generals.

MIDAS score before treatment was 16, indicating moderate disability. After three months of treatment, the MIDAS score reduced to 4, indicating minimal disability.

Case 3:

A 41-year-old female patient presented with bilateral headache associated with emotional stress and menstrual irregularities for eight years. The headache was aggravated before menses and during emotional disturbances.

Mental symptoms included weeping tendency, desire for sympathy and emotional sensitivity. Associated symptoms included nausea and relief in open air.

Pulsatilla nigricans was prescribed in 200C potency single dose.

MIDAS score before treatment was 14, indicating moderate disability. After three months of treatment, the MIDAS score reduced to 5, indicating mild disability.

III. RESULTS

All three cases showed significant reduction in frequency, intensity and duration of migraine attacks. There was a marked reduction in MIDAS scores in all cases, demonstrating improvement in functional capacity and quality of life within a short duration of individualized homoeopathic treatment (Figure 1).

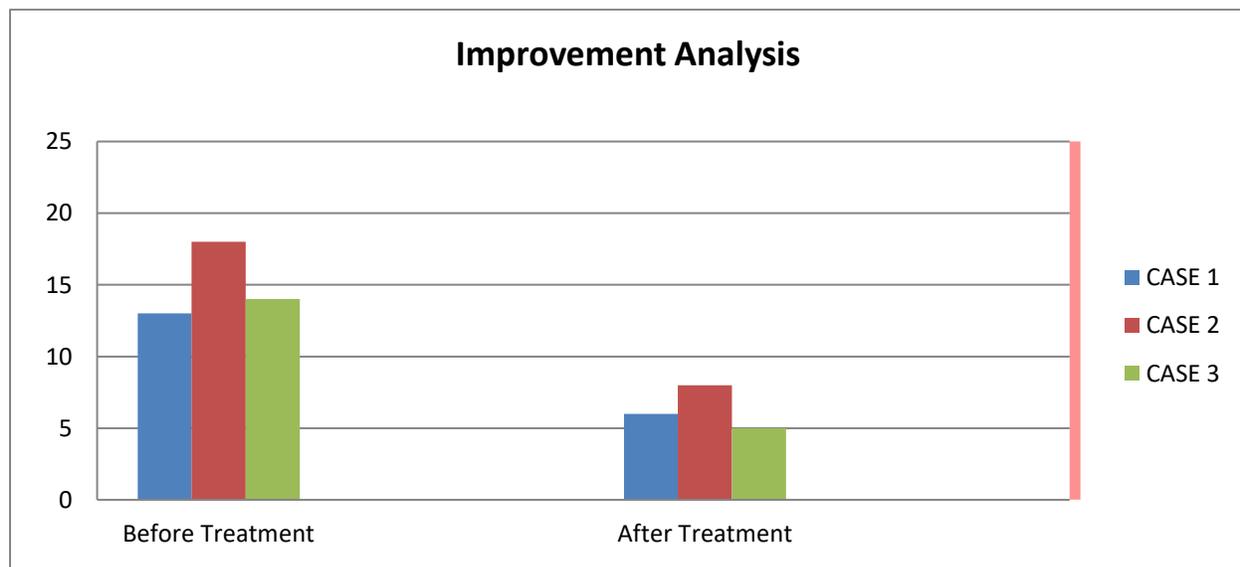


Figure 1: Improvement Analysis According to MIDAS Score

IV. DISCUSSION

Migraine is one of the most distressing neurological disorders and significantly affects the quality of life of

patients. In the present case series, three cases of migraine were studied and managed with individualized homoeopathic treatment. The

assessment of improvement was done using the Migraine Disability Assessment Scale (MIDAS).

Migraine, being a one-sided disease, often presents with limited characteristic symptoms, making remedy selection challenging. Mental symptoms play a crucial role in revealing the individuality of the patient. In all three cases, remedies selected on the basis of mental generals and totality of symptoms resulted in significant and sustained improvement. This supports the homoeopathic principle of individualization and holistic management of migraine.

All cases presented with typical migraine features such as throbbing headache, sensitivity to light and noise, nausea, and relief after sleep. Mental stress and emotional disturbances were observed as common triggering factors in all three cases.

V. CONCLUSION

This case series demonstrates that individualized homoeopathic treatment based on mental symptoms is effective in the management of migraine. The consistent reduction in MIDAS scores before and after treatment highlights the role of homoeopathy in reducing migraine-related disability and improving overall quality of life.

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