

Repertorial Approach to Migraine A Kentian Perspective in Homoeopathic Therapeutics

Dr. Noopur Bhutak¹, Dr. Tejas Ratneshwar²

¹Department of Homoeopathic Repertory and Case Taking, L. R. Shah Homoeopathy College Rajkot,
Gujarat

²MD (Homoeopathy) L. R. Shah Homoeopathy College

Abstract—Migraine is a prevalent neurological disorder characterized by recurrent episodes of severe headache, often associated with nausea, vomiting, and sensory disturbances. Homoeopathy offers an individualized approach to its management, emphasizing totality of symptoms. This article explores the utility of Kent's Repertory in analyzing migraine cases and selecting an appropriate remedy based on repertorial totality. The Kentian method provides a systematic framework for converting subjective symptoms into objective rubrics, facilitating accurate prescription.

Index Terms—Migraine, Homoeopathy, Kent's Repertory, Totality of Symptoms, Repertorial Analysis

I. INTRODUCTION

Migraine is a chronic neurovascular disorder affecting a significant portion of the population. It presents as episodic headaches, typically unilateral, pulsating, and aggravated by physical activity. Conventional treatment focuses on symptomatic relief, whereas homoeopathy aims at holistic cure by addressing the individual constitution.

Kent's Repertory, developed by Dr. James Tyler Kent, is one of the most widely used tools in homoeopathic practice. It organizes symptoms into a structured hierarchy, enabling physicians to analyze and repertorize cases effectively.

II. ETIOLOGY AND PATHOPHYSIOLOGY

Migraine is believed to result from:

- Genetic predisposition
- Neurovascular dysregulation
- Hormonal influences

- Environmental triggers (stress, diet, sleep disturbances)

Pathophysiologically, it involves cortical spreading depression and activation of trigeminovascular pathways.

III. CLINICAL FEATURES

- Throbbing or pulsating headache
- Unilateral localization
- Nausea and vomiting
- Photophobia and phonophobia
- Aura (visual or sensory disturbances in some cases)

IV. HOMOEOPATHIC APPROACH TO MIGRAINE

Homoeopathy emphasizes

- Individualization
- Totality of symptoms
- Mental and physical generals
- Modalities (aggravation and amelioration)

The goal is not merely palliation but restoration of health by stimulating the vital force.

Repertory of Homoeopathic Materia Medica By J. T. Kent (6th Edition)

Repertory is a systematically and logically arranged index to the homoeopathic material medica, which is full of information collected from toxicology, drug proving and clinical experience.

The process of repertorization is essentially a logical elimination of apparently similar medicines. It starts with a broad choice and gradually narrows down the field, which provides us an adequate and a small group of similar medicines, so that the final selection of the simillimum is made easier with the help of further reference to the material medica, if required.

After the publication of boeninghausen's repertory, several repertories were published by various authors. Dr. James Tyler Kent then published 'Repertory of homoeopathic material medica' in 1897. His repertory was constructed on the base of Lippe's repertory.

There are many editions which got published during this time. Sixth American edition was published in 1957 and Indian edition came out in 1961. Kent's repertory is based on the philosophy of deductive logic, that is, from generals to particulars.

His repertory contains only 648 drugs.

Kent's concept of totality:

Kent gave importance to study of all symptoms, disorders which take place from center to periphery, from inward to outward.

Pathological changes are product of disease and local expressions are result of some cause, and nothing can exist without any cause.

Kent has classified symptoms into general, particular and common to understand the person, part and disease respectivel

Kent's totality contains

Mind:

1. Will – anger, irritability, love, hate, fear, grief, anxiety, sadness, indifference, loquacity, etc.

2. Perversion of understanding – hallucination, illusion, absorbed, clairvoyance, confusion, dullness, comprehension, imbecility, mental activity, ailments from mental exertion, etc.

3. Perversion of memory – absentminded, forgetful, mistakes in writing, speech, disorders of speech, etc.

Physical:

1. Perversion of sexual sphere including menstrual symptoms, general aggravation before, during and after menses, effects of coition, etc.

2. Symptoms pertaining to appetite, food desires and aversions and thirst.

3. Things affecting the entire body like – weather and temperature, food poisons, motions.

4. Symptoms of special senses

Particulars:

1. Symptoms that cannot be explained.

2. Symptoms with clear modalities.

There are three varieties of typography used in Kent's repertory:

o Bold letter – 3 marks – first grade symptom – felt strongly by all the provers or majority of provers.

o Italics letter – 2 marks – second grade symptom – brought out by a few provers which are not confirmed but occasionally verified.

o Roman letter – 1mark – third grade symptom – not confirmed by reproving.

V. UTILITY OF KENT'S REPERTORY IN MIGRAINE

Kent's Repertory is divided into sections such as Mind, Head, Generals, etc., which are crucial in migraine case analysis.

1. Selection of Rubrics

Common rubrics for migraine include:

Mind:

- Mind – Irritability
- Mind – Sensitivity to noise

Head:

- Head – Pain – Migraine
- Head – Pain – Pulsating
- Head – Pain – One-sided
- Head – Pain – Forehead / Temples

Modalities:

- Head – Pain – Light aggravates
- Head – Pain – Noise aggravates
- Head – Pain – Motion aggravates
- Head – Pain – Rest ameliorates

General Symptoms:

- Generalities – Sun – aggravation

- Generalities – Food – after eating aggravation

2. Repertorial Analysis

After selecting rubrics:

- Each rubric is analyzed
- Remedies common to multiple rubrics are identified
- Grading of remedies is considered

Totality is formed

3. Formation of Totality

Example totality:

- Throbbing unilateral headache
- Worse from light and noise
- Better by rest
- Associated nausea
- Irrability

4. Remedy Selection

Based on repertorial totality, commonly indicated remedies include:

- Belladonna – Sudden onset, throbbing pain, worse light/noise
- Sanguinaria canadensis – Right-sided migraine, periodic
- Natrum muriaticum – Headache from sun exposure, emotional causes
- Iris versicolor – Migraine with gastric disturbances
- Nux vomica – Headache from stress, sedentary lifestyle

Final remedy selection is confirmed through Materia Medica comparison.

Advantages of Kent's Repertory in Migraine

- Systematic case analysis
- Converts subjective symptoms into objective data
- Helps in individualization
- Reduces bias in remedy selection
- Useful for acute and chronic cases

Limitations

- Requires proper understanding of rubric selection
- Time-consuming in complex cases
- Depends on physician's skill and interpretation

VI. DISCUSSION

Kent's Repertory remains a cornerstone in homoeopathic practice. In migraine, where symptom variability is high, repertorial analysis ensures precision. By emphasizing mental and general symptoms along with particulars, it aligns with the holistic philosophy of homoeopathy.

Conclusion

Migraine can be effectively managed through homoeopathy using Kent's Repertory as a guiding tool. Accurate rubric selection, proper repertorial analysis, and Materia Medica confirmation are essential steps in achieving successful outcomes. The Kentian method enhances the scientific approach of homoeopathy while preserving its individualized nature.

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