

Outcome-Based Evaluation of Individualized Homoeopathic Treatment in Stress-Induced Migraine: A Case Series Using MIDAS and VAS Score

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Abstract—Migraine is a chronic neurovascular disorder frequently triggered by psychological stress, particularly in young adult females. Conventional treatment mainly provides symptomatic relief, often associated with recurrence and dependency. Homoeopathy, based on individualization and holistic principles, offers a promising alternative. This case series evaluates the effectiveness of individualized homoeopathic treatment in six female patients aged 20-35 years suffering from stress-induced migraine. Remedies were selected based on totality of symptoms including mental, physical generals, and characteristic particulars. Patients were followed for a period of 4 months. All six cases showed marked improvement in frequency, intensity, and duration of migraine attacks along with significant relief in associated symptoms such as nausea, photophobia, and irritability. The study suggests that individualized homoeopathic management is effective in stress-induced migraine. **Index Terms**—Homoeopathy, Individualization, Migraine, MIDAS score, Stress, VAS score.

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I. INTRODUCTION

Migraine is a chronic neurovascular disorder characterized by recurrent episodes of headache often accompanied by nausea, photophobia, and phonophobia. Stress is one of the most common triggering factors. According to previous studies, migraine significantly affects quality of life and

productivity. The Principle of Similia Similibus Curentur offers individualized treatment based on the patient's mental and physical constitution. This study aims to evaluate the effectiveness of homoeopathic medicines in stress-induced migraine using standard assessment tools like MIDAS and VAS score.

Aim: To evaluate the effectiveness of individualized homoeopathic medicines in stress-induced migraine in 20-35 years aged female patients.

Objectives: To assess reduction in frequency, intensity, and duration of migraine; to evaluate improvement in mental well-being and associated symptoms; to study improvement in quality of life.

II. MATERIALS AND METHODS

Study type: Prospective interventional case-series study

Sample size: 6 female patients

Study duration: 4 months

Study area: Gardi Hospital associated with L.R. Shah Homoeopathic Medical College, Rajkot

Inclusion criteria: Female patients aged 20-35 years, diagnosed with stress-induced migraine, recurrent episodes.

Exclusion criteria: Age below 20 years and above 35 years, pregnancy/lactation, systemic illness.

Intervention: Individualized homoeopathic medicines (oral globules).

Methodology: Detailed case taking, individualized remedy selection, regular follow-up, pre- and post-treatment comparison using MIDAS and VAS scores.

III. RESULTS - CASE SUMMARIES

- Case1: Natrum Muriaticum 200- complete remission by month 4.
- Case2: Gelsemium200-marked reduction in anticipatory anxiety and headache.

- Case3: Spigelia200- complete resolution of nervous headache.
- Case4: Ignatia Amara 200- emotional grief resolved, no recurrence.
- Case5: Sepia 200- improved family stress coping, no recurrence.
- Case6:NuxVomica200-reduced irritability and gastric disturbance, complete remission.

Comparative Analysis

CASE NO.	AGE (In years)	Baseline MIDAS Score	Final MIDAS Score	MIDAS Score Reduction	Baseline VAS Score	Final VAS Score	VAS Score Reduction
CASE-1	24	22	4	18	8	1	7
CASE-2	30	20	3	17	7	1	6
CASE-3	27	18	2	16	8	1	7
CASE-4	24	19	2	17	7	1	6
CASE-5	34	21	3	18	8	1	7
CASE-6	28	23	4	19	9	2	7

(MIDAS- Migraine Disability Assessment Score, VAS- Visual Analog Scale)

Paired t-test Analysis –

MIDAS Score

Mean Difference ($\bar{d}$) = 17.5

Standard Error (SE) = $SD / \sqrt{n} = 1.05 / \sqrt{6} \approx 0.43$

Standard Deviation (SD) ≈ 1.05

Degrees of Freedom (DF) = 5

Sample Size (n) = 6

Critical t value ($p < 0.05$) = 2.57

Interpretation: Calculated-t (40.7) $\gg$ Critical t (2.57)

there is highly significant reduction
in MIDAS score.

VAS Score -

Mean Difference = 6.66

Sample size(n) = 6

SD ≈ 0.52

Degree of freedom (DF) = 5

SE ≈ 0.21

Critical t = 2.57

Interpretation: Calculated-t (31.7) $\gg$ Critical t (2.57)

there is highly significant reduction in pain intensity.

IV. DISCUSSION

The results indicate noticeable improvement in both frequency and severity of migraine episodes following individualized homoeopathic treatment. Improvement in MIDAS score indicates reduced disability, while VAS score reflects pain relief.

Remedies such as Nux Vomica (stress-related irritability), Ignatia (emotional stress), and Natrum Muriaticum (suppressed emotions) showed good results. Similar findings have been reported in previous homoeopathic case studies, supporting the role of individualized treatment in stress-induced migraine.

V. CONCLUSION

Individualized homoeopathic treatment is effective in managing stress-induced migraine. It reduces pain intensity, improves quality of life, and enhances mental well-being.

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