

Role Of Fifty Millesimal Potencies in The Management of Migraine: A Prospective Clinical Study

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Abstract—Background: Migraine is a chronic neurovascular disorder characterized by recurrent episodes of headache associated with nausea, vomiting, photophobia, and phonophobia. Fifty Millesimal (LM/Q) potencies introduced by Hahnemann in the sixth edition of Organon are believed to produce gentle and rapid therapeutic effects with minimal aggravation. **Objective:** To evaluate the effectiveness of Fifty Millesimal potencies in the management of migraine. **Materials and Methods:** A prospective clinical study was conducted on 30 patients suffering from migraine. Individualized homoeopathic medicines in LM potencies were prescribed according to symptom totality and followed for six months. Assessment was based on headache frequency, intensity, duration, associated symptoms, and overall clinical improvement. **Results:** Twenty-four patients (80%) showed marked to moderate improvement. Reduction in headache frequency and severity was statistically significant. **Conclusion:** Fifty Millesimal potencies demonstrated encouraging results in the management of migraine with minimal aggravation and good patient compliance.

Index Terms—Migraine, Fifty Millesimal Potency, LM Potency, Homoeopathic Pharmacy, Individualization.

I. INTRODUCTION

Migraine is a common neurological disorder affecting approximately 15% of the population. It is characterized by recurrent attacks of unilateral throbbing headache associated with nausea, vomiting, photophobia, and phonophobia.

Samuel Hahnemann introduced Fifty Millesimal potencies in the sixth edition of Organon to achieve rapid and gentle cure. LM potencies are prepared in the ratio of 1:50,000 and are considered superior in chronic diseases because they minimize medicinal aggravation and allow frequent repetition.

The present study was undertaken to evaluate the clinical utility of LM potencies in migraine.

II. MATERIALS AND METHODS

Study Design

Prospective clinical study.

Sample Size

30 cases.

Study Duration

6 months.

Inclusion Criteria

- Age 18–60 years.
- Diagnosed migraine patients.
- Both sexes.

Exclusion Criteria

- Brain tumors.
- Epilepsy.
- Hypertension-related headache.
- Pregnancy.

Outcome Measures

1. Frequency of headache.
2. Severity of pain.
3. Duration of attacks.
4. Associated nausea and vomiting.
5. Overall clinical improvement.

III. OBSERVATION AND RESULTS

Table 1. Age Distribution

Age Group	Cases	Percentage
18–30 years	9	30
31–45 years	15	50
46–60 years	6	20

Age Distribution

Distribution of migraine patients according to age

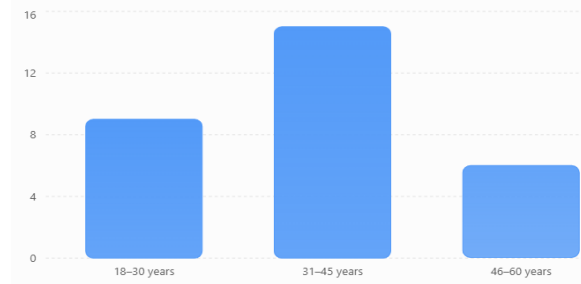


Table 2. Gender Distribution

Gender	Cases
Female	20
Male	10

Gender Distribution

Distribution according to gender



● Female ● Male

Table 3. Presenting Symptoms

Symptoms	Cases
Headache	30
Nausea	22
Photophobia	18
Vomiting	15
Vertigo	10

Presenting Symptoms

Frequency of associated symptoms

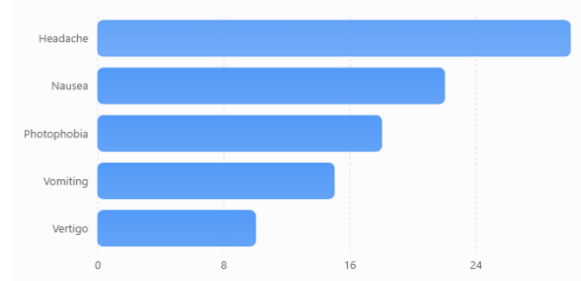


Table 4. Medicines Prescribed in LM Potencies

Medicine	Cases
Natrum muriaticum LM	8
Sanguinaria LM	6
Sepia LM	5
Belladonna LM	4
Iris versicolor LM	4
Lachesis LM	3

Medicines Prescribed in LM Potencies

Distribution of remedies prescribed

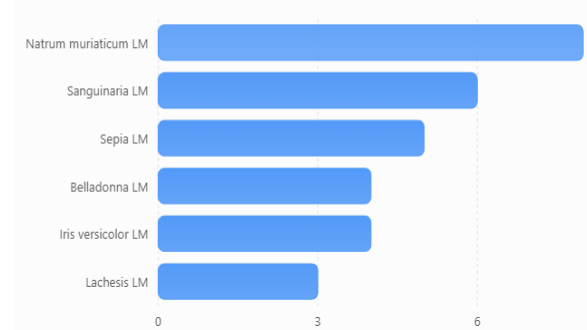


Table 5. Frequency of Headache after Treatment

Response	Cases
Marked reduction	15
Moderate reduction	9
Mild reduction	6

Reduction in Frequency of Headache

Response after treatment with LM potencies



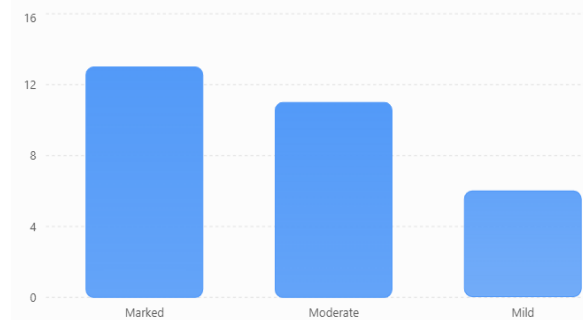
● Marked reduction ● Mild reduction ● Moderate reduction

Table 6. Overall Clinical Improvement

Improvement	Cases	Percentage
Marked	13	43.3
Moderate	11	36.7
Mild	6	20

Overall Clinical Improvement

Clinical outcome after six months of treatment



Statistical Analysis

Chi-square test revealed statistically significant improvement.

$$\chi^2 = 12.68$$

$$P\text{-value} = 0.002$$

$$(p < 0.05)$$

IV. DISCUSSION

The present study showed that migraine was more common among females and the majority of patients belonged to the age group 31–45 years. Nausea and photophobia were common associated symptoms.

Natrum muriaticum LM was the most frequently indicated medicine followed by Sanguinaria LM. Twenty-four patients (80%) demonstrated marked to moderate improvement. Reduction in frequency and severity of headache was observed with minimal aggravation, supporting Hahnemann's concept regarding the superiority of LM potencies.

Summary

- Thirty migraine cases were studied.
- Females constituted 66.7% cases.
- Age group 31–45 years was predominantly affected.
- Natrum muriaticum LM was the most frequently prescribed medicine.
- Eighty percent patients showed marked to moderate improvement.
- Statistical analysis revealed significant improvement ($p < 0.05$).

V. CONCLUSION

Fifty Millesimal potencies proved beneficial in reducing the frequency, severity, and duration of

migraine attacks. Their gentle action, minimum aggravation, and ease of repetition make them a valuable pharmaceutical preparation in chronic diseases. Larger randomized controlled studies are recommended.

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