



STUDY THE IMPORTANCE OF HOMEOPATHIC MEDICINE IN CASE OF TENSION TYPE HEADACHE

Nidhi Singh

Post Graduate Scholar, Department Of Repertory, Bharati Vidyapeeth (Deemed To Be University) Homeopathic Medical College And Hospital, Katraj-Dhankawadi, Pune, India.

Jyoti D. Patil*

Associate. Professor, Bharati Vidyapeeth (Deemed To Be) University Homeopathic Medical College And Hospital, Katraj-dhankawadi, Pune, India. *Corresponding Author

Arun. B. Jadhav

Principal, Bharati Vidyapeeth (Deemed To Be) University Homeopathic Medical College And Hospital, Katraj- Dhankawadi, Pune, India.

ABSTRACT

BACKGROUND - Nowadays most of the peoples affected with tension type headache. The case of tension type headache are lack of sleep, work load, physical exertion and lack of secondary education and more common today modern life. Homeopathic medicine treat the cause of disease and give effective result in case of tension type headache.

METHOD – 30 cases of tension type headache were included in this randomized clinical study without control, where paired student 't' test used in it. The study was carried out for a period of one and half year.

RESULT – P value < 0.0001 that mean paired significance is effective. In 30 cases of tension type headache 21 female and 9 male are included that show females are more affected then male. In study most of the patients got the result with Natrum Muriaticum and some others remedies are Pulsatilla, Nux vomica, Belladonna, Lachesis, Sepia, Silicea, Gelsemium Sempervirens are also effective in the treatment of tension type headache.

CONCLUSION- The result shows that homeopathic medicine effective in case of tension type headache. Constitutional remedies are helpful in the treatment of tension type headache. In this study show 18 to 30 age group are more affected.

KEYWORDS : Homeopathic, Tension Type Headache, Randomized Trials.

INTRODUCTION

Headache is very common problem in our society so patient needs medical attention and this is all so related to the quality of life. Headache is classified by the international headache Society as classified into two primary and secondary.^[1] Primary headaches are mostly benign, that is clinical examination and normal investigation.^[3] Tension type headache is most common (69%) type of primary headaches.^[1] The most common case of tension type headache is physical exertion, loss of sleep, anxiety, work load etc. Homeopathic cure the patient to the root of the diseases and give the effective result to the patient.^[5]

synthesis repertory is cover all the symptoms which are related to tension type headache like tightening sensation in the head, pressing type pain etc which is very helpful to select the simillimum remedy. Tension type headache is more common in age group of 18 to 35 years. Females are more affected then male. Ratio between male and females is between 1: 1.2 to 1:3.^[6]

Definition – Tension Type headache is a chronic head pain syndrome characterized by bilateral tight, band like discomfort without any accompanying features such as nausea, vomiting, photophobia, phonophobia and aggravate with movements. In tension type headache pain is usually rise slowly and fluctuates severely and it continue for many days (> 15days/month).^[2]

Pain is usually constant and generalized but often radiates forward from the occipital region. The pain is characteristically less severe in the early part of the day and becomes more troublesome as the day goes on.^[3]

BACKGROUND AND JUSTIFICATION-

Nowadays tension type headache is more common and most of the peoples are affected with tension type headache. The cause of tension type headache are lack of sleep, work load,

physical exertion and lack of secondary education and more common today modern life.^[5] Tension type headache more in the age group 18 to 49 years. Women's are only slightly more affected than male.

I used synthesis repertory in my study. Plan and construction of synthesis repertory based on Kent repertory and Kent philosophy that is general to particular.^[7] Synthesis repertory starts with the chapter of Mind which is very important.^[7] Head chapter is well elaborated in this repertory.^[7] In head chapter lots of symptoms are covered which is related to tension type headache like tightening of head, pressing sensation etc.^[7]

69 % of peoples are affected with the tension type headache which comes in primary headache.^[1] Almost 14 to 44 per 1000 person in one year globally affected with primary headache.^[6] Moreover there is limited research on Tension Type Headache compared to other types of headache. Homoeopathy has universal concept of disease, where every case treat the internal cause of the disease.

MATERIALS AND METHODS- SELECTION OF PLACE AND PARTICIPANTS-

The study was carried out at Bharati Vidyapeeth medical Homoeopathic Hospital, Katraj, Pune, Rural and urban camp series, IPD, OPD and peripheral OPD of the hospital. Total 30 cases of tension type of headache selected by randomized clinical study. Cases were of both gender and age group 18 to 45 years. The study was carried out for a period of one and half year. Detail case taking was done to the standard homeopathic case proforma. Repertorization of each case was done.

CASE DEFINITION –

Episodic or chronic headache cases were presented which are characterized by tight, band- like bilateral pain without any accompanying symptoms which represents in severity and

may persist for 30 min to 7 days continuously in both sex and age group of 18- 45 years.

INCLUSION CRITERIA –

1. All the patients fulfilling the case definition.
2. Age group 18 to 45 years and both gender having tension type headache was include in my study.
3. Patients who were willing to participate in research and cooperate for regular follow-ups.

EXCLUSION CRITERIA –

1. Case of medical emergency like head injury etc.
2. Patient of headache with underlying disease like life threatening.
3. Cases not fulfilling the case definition.
4. Patients who does not follow instructions.

DIAGNOSTIC CRITERIA-

Diagnosis was done on the basis of ICHD- II diagnostic criteria for tension type headache-^[8]

- A) At least 10 episodes occurring on less than 1 day/ month on average (less than 12 days/ year) and fulfilling criteria B-D
- B) Headache lasting from 30 min to 7 days
- C) Headache has at least 2 of the following characteristics-
 1. Bilateral headache
 2. Pressing /tightening (non- pulsating type)
 3. Mild or moderate intensity
 4. Not aggravated by routine physical activity such as walking or climbing stairs
- D) Both of the following-
 1. No nausea or vomiting
 2. No more than one of photophobia or phonophobia
- E) Not attributed to another disorder

SELECTION OF REMEDY –

Detailed case taking was done according to standard homeopathic case proforma, physical examination, totality of the case was formed and individualization was done according to the homeopathic principle. Repertorization of each and every case was done; to find out simillimum remedy. Data collection was done according to homeopathic case proforma.

DRUG DISPENSING AND ADMINISTRATION –

This was done in globule, powder and liquid form through oral route.

Repertory and software used- synthesis repertory 9.0 and 9.1 and RADAR10 software.

DOSE AND STRENGTH OF DRUG –

drugs was obtain from standard pharmacy (SBL Uttara k hand). Potency in centesimal scale was used as per requirements of the patient on the basis of following criteria:^[9]

1. HIGH POTENCY –

- A) Greater the similarity of a remedy to the picture presented by the patient.
 - B) Cases no longer responding to lower potency.
 - C) Intercurrent remedy will be prescribed in higher potency
2. MEDIUM POTENCY – If any doubt about accuracy of the prescription or about the probability of an aggravation.
 3. LOW POTENCY – Cases in which mental and physical generals are less.

FOLLOW UP CRITERIA –

Follow up criteria based on symptomatic and clinical changes that are episode of headache, intensity of headache, duration of headache, associated complaint and new complaint. All the patients were come for follow up within 15 days.

ASSESSMENT TOOL–

for the assessment I see the mental state before and after treatment, episode of headache, intensity of pain, associated complaint and new complaint.

Good – symptoms reduce within 6weeks after treatment.

Moderate – symptoms reduce within 6weeks to 3 months after treatment.

Poor – symptoms reduced in more than 3 months after treatment.

STATISTICAL ANALYSIS AND DATA ANALYSIS –

student 'T' Test has been used to finding result in my 30 cases. All the 30 cases which are describe with the help of pie diagram, tables and graphs. Statistical analysis was done with the help of Graph Pad version 5 software. P Value < 0.0001.

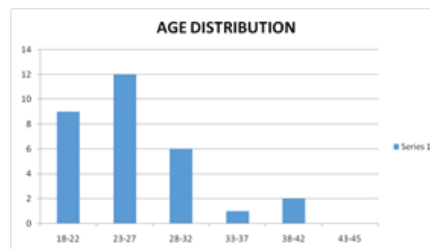
RESULTS-

I had taken 30 cases of tension type headache in the research so I used paired student 't' test and analysis show that P value is <0.0001 so I can say that pairing significant is effective in my study .In my study show significant difference between frequency of pain and intensity of the pain before and after treatment. In 30 cases of tension type headache 21 female and 9 male are included that show females are more affected then male. In my study I select 18 to 45 years age group in that 18 to 30 age group is more affected and 36 to 45 age group less affected. In study most of the patients got the result with Natrum Muriaticum and some others remedies are Pulsatilla, Nux vomica, Belladonna, Lachesis, Sepia, Silicea, Gelsemium are also effective in the treatment of tension type headache. All the 30 cases of tension type headache were studied in the period of one and half years. In the study of tension type headache homeopathic medicine show the effect before and after treatment in intensity and frequency of pain that means homeopathic medicines are effective.

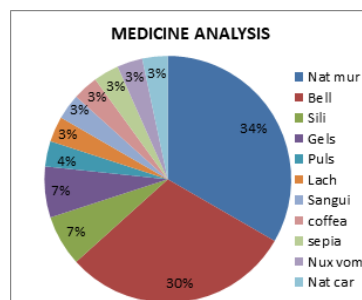
GENDER DISTRIBUTION



AGE DISTRIBUTION



MEDICINE ANALYSIS



DISCUSSION-

Important points of this study were: In the study I found that 10 out of 30 cases treated by Natrum Muriaticum and other homeopathic medicine are Lycopodium, Nux vomica, Sepia, Silicea, Belladonna, Pulsatilla are also effective in tension type headache.

It was found that 23 out of 30 cases showed good improvement in intensity of pain, 4 cases showed moderate improvement and 3 cases showed poor improvement in intensity.

I was found 29 cases out of 30 cases showed good improvement in episodes of headache in one month, and 1 cases showed no improvement in 1 month.

In study 9 out of 30 cases were fully cured with constitutional remedy, 20 cases showed the reduction in episode of headache and intensity and frequency of pain but they were not fully cured. 1 patient showed no improvement in episodes of headache.

During study I select 18 to 45 years age group and I found that 18 to 30 year age group is more affected to tension type headache.

In this study I found that homeopathic medicine is effective in case of tension type headache.

CONCLUSION-

Objectives of this study were to see the effect of homeopathic medicines on the patient of tension type headache on the basis of synthesis repertory, decrease the intensity and episode of tension type headache. Head section is well elaborated in synthesis repertory. Many symptoms were taken from head section which was related to case. Paired student 't' test was used and analysed which showed that P value is <0.0001 , which is significantly different to $P < 0.05$. Constitutional medicine was selected on the basis of symptoms similarity. Homeopathic medicine is helpful in treatment of tension type headache, reduction of intensity and episode of headache.

ACKNOWLEDGEMENT-

Author wants to thank Professor Dr. Anita S Patil, PG Coordinator, Bharati Vidyapeeth (Deemed to be) University Homoeopathic Medical College and Hospital, Katraj, Dhankawadi, Pune-43.

REFERENCES:

1. Harrison's principles of internal medicine – 19th edition vol. I; 2015 (page no. 107)
2. Harrison's principles of internal medicine – 19th edition Vol. II; 2015 (page no. 2593-2594)
3. Davidson's principles and practice of medicine .20th edition. Churchill Livingstone; 2006 (page no. 1161- 1162)
4. API Textbook of medicine – 10th edition vol. I (page no. 24)
5. Poulton – tension type headache : a life- course review, journal of headache and pain management 2015, vol I No. 1:2
6. www.medscape.com
7. Schroyens F. Synthesis Repertorium Homoeopathicum Syntheticum, 9.1th edition. B. Jain publisher; India; 2011.
8. International headache society, the international classification of headache disorder, 2nd edition. Cephalgia 2004; 24 (suppl 1): 1-160 (www.i-h-s-org)
9. Dhawale M. Principles and practice of homoeopathic 4th revised and enlarged Edition (page no.362-366).
10. N Sharma, A Amenta, S Sharma(2013) Effect of Homoeopathy on CTTH: a pragmatic, randomized controlled single blind trial, Journal of headache and pain, 2013, 14 (suppl 1): pg no. 56
11. Muscari- Tomaioli G, Allegri F, Miali E, Pomposelli R, Tubia P, Targhetta A, Castellini M, Bellavite P(2001) Observational study of quality of life in patients with headache receiving homoeopathic treatment, British Homoeopathic journal, 2001, oct, pg no. 189-190