



## HEADACHE OR MIGRAINE AND HOMEOPATHY MANAGEMENT

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**ABSTRACT** Headache is ordinary pain and is not always a sign of anything serious, more than 90 percent of individuals over the year have headache. Irregular severe headaches, generally restricted to one part of the head, linked with nausea and vomiting, blurred vision, and other visual trouble, intolerance to light and rarely numbness and irritation in the arms. Migraine pain is severe pulsing starting deep inside your head. This pain can last for days. The headache drastically confines your ability to take out your day to day routine. In this paper we have discussed about the headache or migraine and their homeopathy remedies.

**KEYWORDS :** Headache, migraine, homeopathy, remedies, pain treatment medicines etc...

**Introduction:**

Migraine comprises a composite collection of symptoms, disturbing the nervous system, the gastro-intestinal tract and the vascular system. Although has to a large extent to suggest and well-tolerated, it seems meaningless to advise long-lasting straight prophylactic approaches that need day by day adherence in irregular migraine attacks. The occurrence of migraine in youth rises with age; under 12 years, it is more frequent in boys. Compared with adult migraine, attacks are shorter, pain is seldom one-sided, and aura is less frequent.

Headache is a frequent pain and is not regularly a sign of anything severe. They can be a symptom of anxiety, stress, mental tension, not have proper sleep, in excess use of caffeine in tea or coffee or abruptly cutting down caffeine ingestion, food allergy, eyestrain, fever, hypoglycaemia, migraine, drug side effects, sinusitis, cervical spondylosis and other spinal trouble, premenstrual pressure, post-herpetic neuralgia following shingles, malocclusion or sepsis after dental treatment, and high blood pressure. Very general form of headache, the hangover, is primarily caused by dehydration. Temporal arthritis is caused by tenderness of the arteries which provide the scalp.

Headaches occasionally occur as a result of an allergic effect. The pain from these headaches is frequently determined in sinus area and in the front of head. Migraine headaches are generally misdiagnosed as sinus headaches. Actually up to 90 percent of "sinus headaches" are in fact migraine. People who have continual seasonal allergies or sinusitis are vulnerable to these types of headaches.

Migraine is more frequent in women, the sex difference starts at teenage years. Menstruation triggers migraine for about 20 to 30% of women with migraine. This is often hyped by the patient: true menstrual migraine can be diagnosed only after investigating a few months of the headache and menstrual diary. The oestrogen-containing contraceptive pill (OCP) may lead to an improvement, but this ameliorating outcome is then lost during the pill-free week. Tri-cycling the contraceptive pill, and using transdermal oestrogen, can be useful.

Precautionary strategies should focus on routine and diet, particularly ensuring normal and sufficient sleep, and three meals rich in fibre a. Dietary omission is less inadequate in children than adults, though this has to be carefully negotiated and foods reintroduced if migraine is unaffected. All types of primary headache, particularly migraine, may emerge or become bad after head injury, or after more embarrassed forms of trauma, such as neurosurgery.

**Factors which triggers migraine/ Headache:**

- Change in weather
- Too much fatigue
- Bright light
- Nervous tension
- Certain foods and Beverages such as alcoholic drinks, chocolates, red wine.
- Skipping meals, short of sleep, changes in sleeping pattern
- Powerful odours, perfumes
- Menstrual periods
- Sinusitis
- Allergic Rhinitis

- Constipation
- Hypertension
- Cervical Spondylitis

**Symptoms of Migraine/ Headache:**

- **Prodrome:** -One or two days before migraine there may be Constipation, Depression, Food cravings, Hyperactivity, Irritability, Neck stiffness, out of control yawning.
- **Aura:** -It occurs ahead of and during headache. These include Visual experience, Vision loss, Pins and needle sense in arms or legs, Speech or language problem.
- **Attack:** - When untreated it usually lasts from four to 72 hours. Following symptoms may occur such as Pain on both side or one side of head, Pain-pulsating or thumping type, Sensitivity to lights and sounds, Nausea and vomiting, Blurred vision.
- **Postdrome:** -Occurs subsequent to a migraine attack. Patient may sense exhausted and washed out.

**Diagnosis of Migraine/ Headache:**

Depending upon the history given by the patient, the investigations which can be done are as follows:

- CT SCAN
- MRI
- EEG
- SPINAL TAP
- MAGNETIC RESONANCE ANGIOGRAPHY

**Homeopathic management of Migraine/ Headache:**

Homeopathy is a natural and mild scheme of medicines that utilizes minute doses of well-researched remedies to improve the body's natural curing procedure.

- Homeopathy is the most proficient treatment which provides a tender approach in treating bed wetting.
- Homeopathic do not take care of just the disease, but is prescribed on the base of physical, emotional and genetic condition of a person.
- The homeopathic medicines act on both the mental and physical levels of a child.
- Regular diet habits & sleep should be sound
- Drink plenty of water
- Shavashan & Shirodhara is recommended

Since Homeopathy treatment is patient-oriented, in comparison to disease oriented allopathic, it gives significance to every feeling of the patient and annoying factors.

In our clinic at Indore we have treated following patients of different age group:

Sr. No.	Age Group	Number of Patients
1	Children's up to 15 years	83
2	Males 16 to 50 years	49
4	Females 16 to 50 years	118

As per the diagnosis of the patients following medicines were prescribed:

Sr. No.	Name of Medicine	Purpose
1	Belladonna	This relieves headaches with the feeling of head fullness, and sensitivity to noise and light. Redness of Face
2	Calc Carb	Headache in flabby fatty women's with constipation
3	Bryonia Alba	Head feels bruised, sharp, stabbing pain. Intense thirst pain increases by shaking of head
4	Gelsemium	Head feels full and swollen. Dullness dizziness drowsiness Thirst less
5	Glonoinum	Aggressive bursting headache in which every heartbeat sets up an answering thump and throb in the head. Pain increases with heat of summer
6	Ignatia	Headache described as tight band across forehead. Heart burn acidity By anger tension
7	Iris Versicolor	Blurring of vision before headache comes on.
8	Natrum Muriaticum	For Headache. Summer headache
9	Nux Vomica	Person often irritable, prone to dull, dizzy, bruising headaches. With sedentary habits
10	Phosphorus	For Headache. Weak lean thin long person some time with epistaxis
11	Sepia	Sharp, darting, severe pain over left eye. With menstrual irregularity Scanty menses
12	Allium Sepa	For neuralgic Headache. With rhinistis
13	Silicia	Pain starts at back of head.
14	Sangueria	Headache worse in the morning. With sinusitis
15	Arnica	Head feels bruised and aching.

### CONCLUSIONS:

In our study we have establish that the patients with migraine showed clear and long-standing improvements under homeopathic management. This potential observational assessment, though initial, shown shows possible treatment effect of homoeopathic medicines. If regular doses of prescribed medicines are taken Migraine/ Headache can be cured with homeopathy.

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