



TO UNDERSTAND ROLE OF HOMOEOPATHIC CONSTITUTIONAL REMEDIES IN CASES OF MIGRAINE USING MIGSEV SCALE “A PROSPECTIVE INTERVENTIONAL STUDY.”

Homeopathy

Dr Ishita. S. Vyas

PhD Scholar Tantia University, Associate Professor Department of FMT Merchant Homoeopathic Medcial College, Mehsana, Gujarat, India.

Dr. Sat Paul Madaan

PhD Guide, Emeritus Professor, Faculty of Homoeopathy, Tantia University, Sri Ganganagar, Rajasthan, India.

ABSTRACT

BACKGROUND: The word migraine is of French origin and drive from the Greek 'hemicrania' like the old English term 'megrim' although hemicranias literally means only half the head. **OBJECTIVES:** To assess the effectiveness of Constitutional Medicine in Pain management and recurrence of attacks of migraine by using MIGSEV scale. To Know the importance of Constitutional remedies indicating symptoms of Migraine. To determine the etiological factors. **METHODOLOGY:** To understand role of homoeopathic constitutional remedies in cases of migraine using migsev scale “a prospective interventional study.” study was conducted at Merchant Homoeopathic Medical College, Hospital–IPD and OPD and Peripheral OPDS. 100 cases were found eligible as per the inclusion and exclusion criteria. The outcome measures were assessed by comparing the (Questionnaire method will be applied to collect the necessary information from the patient and the standardized Proforma that is MIGSEV Scale authored by AEI Hasnaoui.) score after 3 months of treatment. **RESULTS:** Different 100 cases having clinical conditions migraine were selected from different O.P.D. centers. Males and females of different age groups were taken for the study. In my study of total 100 cases, I found that 81% of the cases got good results Cured Cases. This proves I got total numbers of 13 Constitutional Homoeopathic remedies, Which gave best result and helpful in Clinical Cases of Migraine. **CONCLUSION:** It is evident that Constitutional Homoeopathic Medicine are more effective in the treatment of Migraine patient.

KEYWORDS

Migraine, Homoeopathy

INTRODUCTION

The word migraine is of French origin and drive from the Greek 'hemicrania' like the old English term 'megrim' although hemicranias literally means only half the head. Migraine involves both sides of head from its onset in about 40% of patients another 40% experience strictly unilateral headache and approximately 20% start on one side and later become generalized.

MATERIALS & METHODS

A) Study Design: A Prospective Interventional Study.

B) STUDY SETTING: Patients suffering from Migraine in adult age group attending in Merchant Homoeopathic Medical College, Hospital–IPD and OPD and Peripheral OPDS.

C) SAMPLES SIZE: 100 patients both Males and Females suffering from Migraine in age group 20—50yrs by random Sampling.

Inclusion Criteria

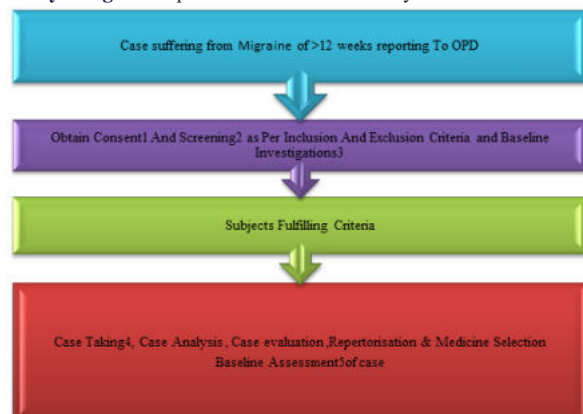
1. Diagnosed Migraine according to MIGSEV Scale.
2. Age group-20-50years.
3. Both the sexes i.e. Male and Female.
4. Not associated with life threatening diseases.

Exclusion Criteria:

Migraine associated with life threatening diseases.

Intervention- Homoeopathic Intervention.

Study Design– Prospective Interventional Study.



METHOD OF DATA COLLECTION:

Brief of Procedure

- 1) Identifying the cases diagnosed with Migraine.
- 2) Selection of 100 cases randomly.
- 3) Formation of Totality of Symptoms.
- 4) Differentiating the symptoms as Constitutional or only useful for Prescribing totality.

F) OUTCOME ASSESSMENT:

MIGSEV Scale before and after score.

G) DATA COLLECTION: By primary method i.e. Questionnaire method will be applied to collect the necessary information from the patient and the standardized Proforma that is MIGSEV Scale authored by AEI Hasnaoui.

QVM Questionnaire

Over the last 3 months, how much has your life been affected.

- 1 Because your migraine attacks have been painful?
- 2 Because your migraine attacks have lasted for a longtime?
- 3 Because your.....
- 4 Because you have been troubled by other aspects of your migraine attacks (bothered by light or noise, nausea, vomiting)?
- 5 Because you have had to consult a doctor about your migraines?
- 6 Because you have had to avoid certain things or activities because of your migraines (e.g. drinking alcohol, smoking or being in a smoky environment, eating certain foods, going to bed or getting up late, travelling, sport)?
- 7 By the treatment of your migraines?
- 8 By worry about having a migraine attack?
- 9 By feeling different to other people because of your migraines?
- 10 By feeling mis understood because of your migraines?
- 11 By feelings bad because of your migraines?
- 12 By feeling annoyed because of your migraines?
- 13 By a loss of energy or tiredness because of your migraines?
- 14 Your work?
- 15 Your daily activities?
- 16 Your relationship with your family entourage and friends?
- 17 Your sex life?
- 18 Your sleep?
- 19 Your diet?
- 20 Your leisure activities?

Possible replies were:

- 1 Not at all
- 2 A little
- 3 Moderately
- 4 A lot

5 Hugely.

MIGSEV Questionnaire

Subjects are asked to rate the following items according to the possible reply modes.

Intensity Of Pain

- 1 Mild
- 2 Moderate
- 3 Intense
- 4 Very intense

Nausea

- 1 None
- 2 Mild
- 3 Intense
- 4 Vomiting.

Disability in daily activity

- 1 No
- 2 Mild
- 3 Marked
- 4 Conformed to bed.

Tolerability

- 1 Tolerable
- 2 Barely tolerable
- 3 In tolerable.

H) Data Management And Analysis Procedure:

- a. Age and related type of Migraine.
- b. Most common associated diseases with Migraine.
- c. Totality for Prescription Homoeopathic Constitutional Remedies.
- d. Improvements at different levels of body and mind of Patient

D) Sample Size-100

G) Methods Of Collection Of Data:

- The study shall be performed in following way
- 1. Case taking shall be done according to guideline given by Dr. Hahnemann in aphorism 83 to 104 and specially designed format for the study.
- 2. The remedy shall be selected on the basis of totality of the symptoms and Repertorization by Murphy's repertory in some cases and Synthesis repertory in some cases, Homoeopathic software Radar10 used.
- 3. The medicine shall be used in various potencies as per the requirement.
- 4. Different Responses shall be analyzed in to four criteria
 - A) Good result (81%).
 - b) Mild improvement (10%).
 - C) Moderate improvement (2%).
 - D) No improvement (7%).

Table N-1 Distribution Of Cases According To The Age.

SR.N.	Age of Patient.	Total.N0.	Percentage (%)
1.	20-30	43.	43%
2.	30-40	38.	38%
3.	40-50	19.	19%

Age Distribution:

Out of 100 Cases Maximum Numbers of observation were seen in Age group of 20-30(43%),Minimum cases were seen in age group of 40-50(19%).

Distribution of Cases According to the Age.

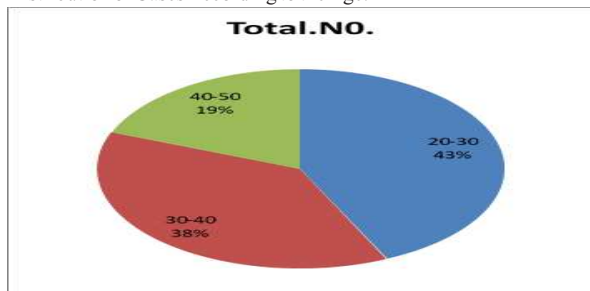
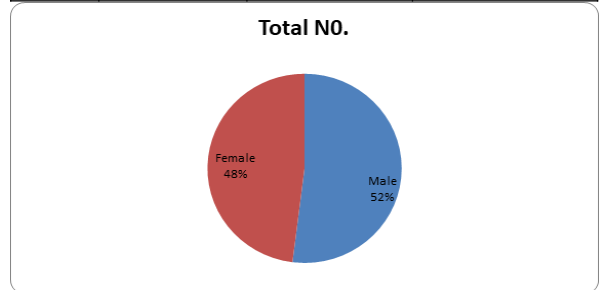


Table-2 Distribution of cases according to Sex.

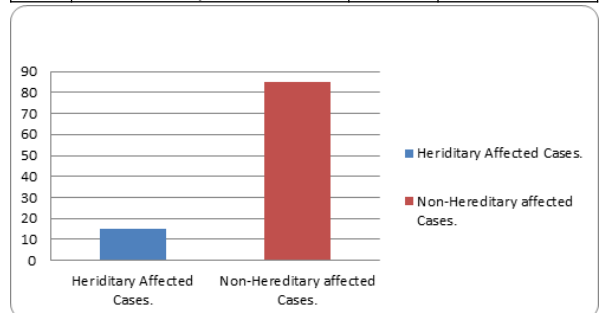
SR.N.	Sex	Total NO.	Percentage (%)
1.	Male	52.	52%
2.	Female	48.	48%



SEX DISTRIBUTION: Out of 100 cases observation seen that Maximum Numbers of Cases were Seen in Male Sex 52(52%), Minimum Cases were Seen in Female 48(48%).

Table N-3 Hereditary Affected Migraine.

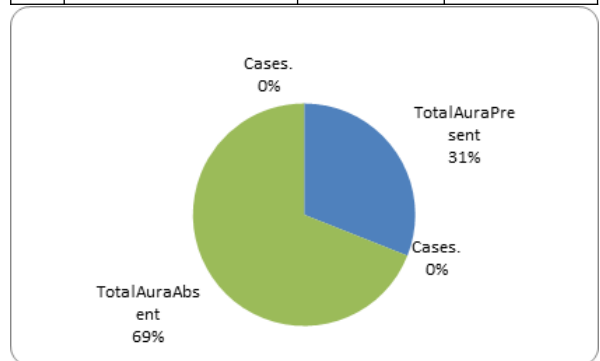
SR.N.	Cases	Total	Percentage(%).
1.	Hereditary affected Cases.	15	15%
2.	Non-Hereditary affected Cases.	85	85%



Out of 100 Cases Family History of Migraine affected Cases were 15(15%).Non-family History of Migraine were 85(85%).

Table N-4.Distribution Of Aura Affected In Cases Of Migraine.

SR.N	Aura.	NO. Cases.	Percentage (%)
1.	Total Aura Present Cases.	31.	31%
2.	Total Aura Absent Cases.	69.	69%

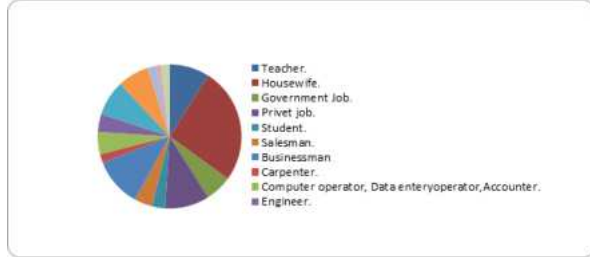


Out of 100 cases-Maximum numbers of People had Migraine without Aura 69(69%) And Minimum Numbers of People had Migraine with Aura 31(31%).

Table-5 Distribution Of Occupation Affected In Cases Of Migraine.

S.N.	Occupation	Total Numbers of Cases.	Percentage(%).
1.	Teacher.	9.	9%
2.	Housewife.	26.	26%
3.	GovernmentJob.	6.	6%
4.	Privetjob.	10.	10%
5.	Student.	3.	3%
6.	Salesman.	4.	4%
7.	Businessman	11.	11%

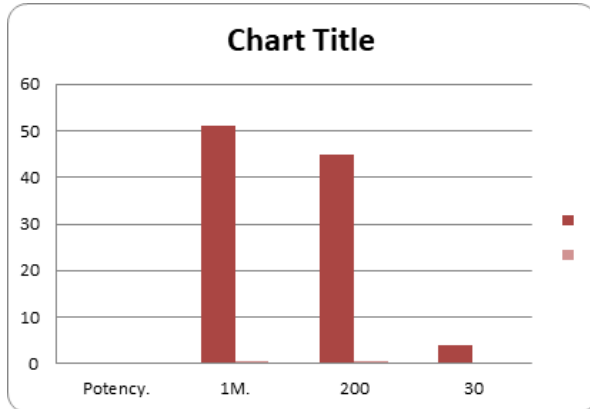
8.	Carpenter.	2.	2%
9.	Computer-operator, Data-Operator, Accountant.	5.	5%
10.	Engineer.	4.	4%
11.	Driver.	8.	8%
12.	Farmer.	7.	7%
13.	Nurse.	2.	2%
14.	Doctor.	1.	1%
15.	Loyer.	2.	2%



In the Study Maximum numbers of people of Housewife (female) 21(21%) had migraine occupation vise, Business man-11(11%), Teacher - 9(9%), Private Job-11(11%).

Table-6 Distribution Of Potency In Cases Of Migraine.

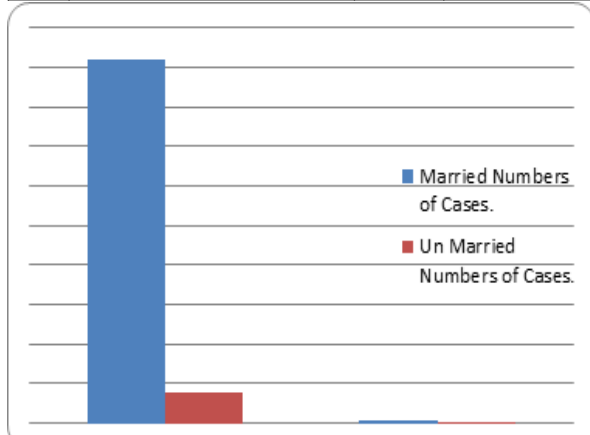
SR.N.	Potency.	No.Cases.	Percentage (%).
1.	1M.	51.	51%
2.	200.	45.	45%
3.	30	4.	4%



Out of 100 Cases Maximum numbers of Potency was 1M used 51(51%),In some cases 200 Potency was used in 45(45%) Cases.Minimum numbers of Potency was 30 4 (4%) used.

Table-7 Distribution Of Cases According To Married Or Single.

SR.N.		Total No.	Percentage(%).
1	Married Numbers of Cases.	92.	92%
2	Un Married Numbers of Cases.	8.	8%

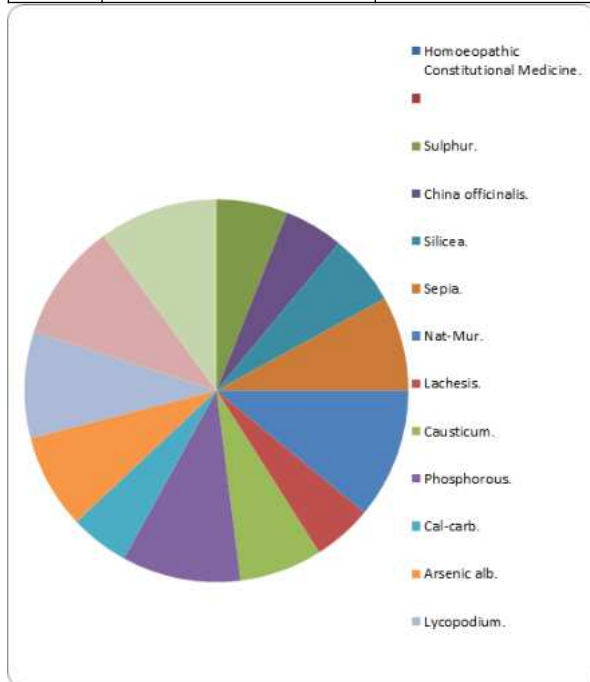


Out of 100 Cases observation seen that maximum numbers of Cases were seen in Married People 92(92%), and minimum Cases were seen in Unmarried People 8.(8%).

Table-8 Distribution of Score of MIGSEV Scale.

Case N0	Before Treatment Score	After Treatment Score
1	13	5
2	6	4
3	7	4
4	11	5
5	5	4
6	11	4
7	11	5
8	10	6
9	7	4
10	13	6
11	10	5
12	9	4
13	15	4
14	10	4
15	10	4
16	7	4
17	11	4
18	5	4
19	13	4
20	11	4
21	12	12
22	8	4
23	11	5
24	11	4
25	7	5
26	8	4
27	6	4
28	11	5
29	10	4
30	12	5
31	14	5
32	8	5
33	8	4
34	13	4
35	7	4
36	12	5
37	9	4
38	7	4
39	14	5
40	10	4
41	6	4
42	5	4
43	6	4
44	8	4
45	14	4
46	13	4
47	8	4
48	13	4
49	10	4
50	10	4
51	9	4
52	4	4
53	5	4
54	10	10
55	7	4
56	14	4
57	11	5
58	11	4
59	12	4
60	11	5
61	13	4
62	11	4
63	12	5
64	6	4
65	9	7
66	7	4
67	8	4
68	11	5
69	12	4
70	11	4

71	9	6
72	10	4
73	10	6
74	9	9
75	14	11
76	11	6
77	13	9
78	8	8
79	11	6
80	7	4
81	13	5
82	12	4
83	13	5
84	7	4
85	9	4
86	8	4
87	9	4
88	6	4
89	12	6
90	6	6
91	9	4
92	8	4
93	8	4
94	11	6
95	7	4
96	7	6
97	5	4
98	13	7
99	6	4
100	12	12



Out of 100 Cases Maximum numbers of Homoeopathic Medicine were used-

Nat-Mur-11(11%), Phosphorous 10(10%), Thuja 10(10%), Lycopodium 9(9%), Belladonna 10(10%), Sepia 8(8%), Arsenic alb 8(8%), Causticum 7(7%), Silicea 6(6%), Sulphur 6(6%), Cal-Carb 5(5%), Lachesis 5(5%).

Table-9. Distribution Of Homoeopathic Medicine Prescribed In Cases.

SR.N.	Homoeopathic Constitutional Medicine.	Total No. Used in Cases.	Percentage (%)
1.	Sulphur.	6.	6%
2.	China officinalis.	5.	5%
3.	Silicea.	6.	6%
4.	Sepia.	8.	8%

5.	Nat-Mur.	11.	11%
6.	Lachesis.	5.	5%
7.	Causticum.	7.	7%
8.	Phosphorous.	10.	10%
9.	Cal-carb.	5.	5%
10.	Arsenic alb.	8.	8%
11.	Lycopodium.	9.	9%
12.	Thuja occidentalis.	10.	10%
13.	Belladonna.	10.	10%

Table-10. Distribution Of Aetiological Factors Of Migraine.

S.N	Aetiological Factors.	Total Numbers of Cases.	Percentage(%)
1.	Food stuffs.	3	3%
2.	Visual Stimuli.	6	6%
3.	Alcohol.	2	2%
4.	Hunger.	10	10%
5.	Weather changes.	10	10%
6.	Sleep.	10	10%
7.	Physical Exertion.	8.	8%
8.	Hormonal Changes.	6.	6%
9.	Stress.	15	15%
10.	Auditory Stimuli.	5	5%
11.	Genetics.	15.	15%
12.	Magnesium deficiency.	10	10%

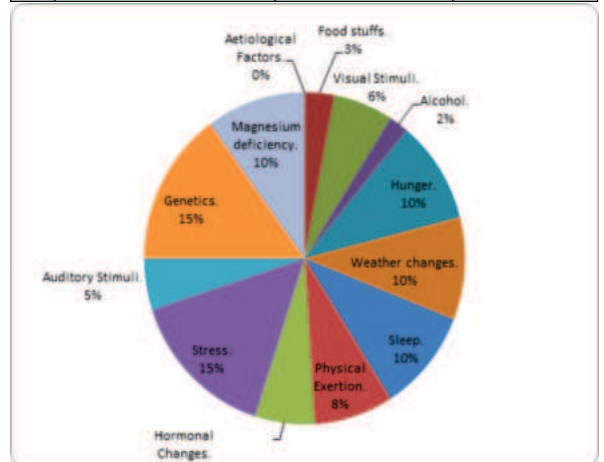
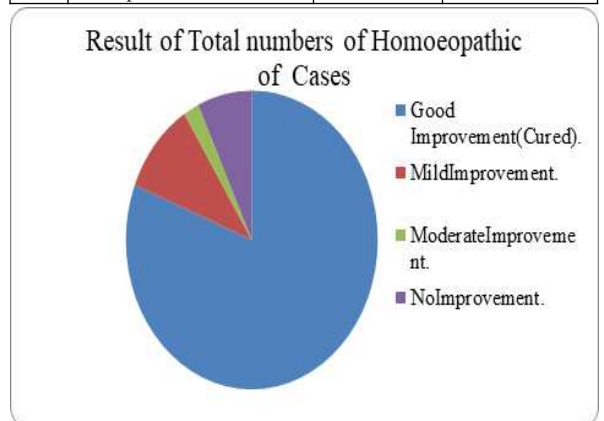


Table 10 shows that Aetiological factors affecting out of 100 Cases show Maximum numbers of Cases were due to Stress 15(15%), and Genetics 15(15%). Minimum Cases were due to Sleep 10(10%), Weather changes 10(10%), Hunger 10(10%), Magnesium deficiency 10(10%), Physical exertion 8(8%), Auditory stimuli 5(5%), Visual stimuli 6(6%), food stuff 3(3%), Alcohol 2(2%).

Table-11. The Following Tables Show The Result Of Homoeopathic Constitutional Medicine.

SR.N.	Improvement.	No. of Cases.	Percentage (%)
1.	Good Improvement(Cured).	81.	81%
2.	Mild Improvement.	10.	10%
3.	Moderate Improvement.	2.	2%
4.	No Improvement.	7.	7%



Out of 100 Cases Maximum Numbers cases got Good result-81(81%), Mild-10(10%), Moderate-2(2%), No improvement-7(7%).

Group	Before	After
Mean	9.63	4.87
SD	2.65	1.68
SEM	0.26	0.17
N	100	100

DISCUSSION

The scope of homoeopathic medicine in treatment of Migraine with the help of Murphy repertory and Synthesis repertory were carried out on 100 patients on duration of 2 years.

The selection of cases for the study of material was based on certain protocol mentioned in material and methodology. The selection of medicine was based on concept of totality and repertorial result.

AGE DISTRIBUTION – After through clinical study of 100 cases of migraine highest number of cases of i.e. 43(43%) were found between age group of 20 to 30 After that maximum incidence between ages group of 30 to 40 i.e. 38(38%) ,3 And minimum no of cases i.e. 19(19%)were found above the age group of 40-50.

This shows that Migraine is more prevalent in the age between 20 to 40.

SEX VARIATION- In the study of 100 cases 48(48%) cases were female and 52(52%) cases were male.

FAMILY HISTORY- In the study out of 100 cases maximum no of patients i.e. 85(85%) had no family history of migraine, The minimum no patients i.e. 15(15%) had family history of Migraine.

RESPONSE OF TREATMENT- in present study of 100 cases it was observed that after giving homoeopathic medicine 81 (81%) cases had good improvement and cured, 10(10%) patients had mild improvement, 2(2%) cases had moderate improvement, 7(7%) cases had no improvement.

MIGRAINE WITH AURA- In above study of 100 cases 31(31%) cases were with the migraine with aura, 69(69%) cases were migraine without aura.

OCCUPATION AFFECTED MIGRAINE

In present study Maximum numbers of people of Housewife(female), 21(21%), Businessman 11(11%), Privet job 10(10%), Driver 8(8%), Minimum numbers of Cases were, Farmer 7(7%), Teacher 9(9%), Government job 6(6%), Computer operator 5(5%), Student 3(3%), Nurse 2(2%), Loyer 2(2%), Carpenter 2(2%) Doctor 1(1%).

HOMOEOPATHIC CONSTITUTIONAL MEDICINE USED

Nat-Mur- 11(11), Phosphorous 10(10%), Thuja 10(10%), Belladonna 10(10%), Lycopodium 9(9%) Sepia 8(8%), Arsenic alb 8(8%), Causticum 7(7%) Silicea 6(6%), Sulphur 6(6%), Cal-Carb 5(5%), Lachesis 5(5%).

DISTRIBUTION OF AETIOLOGICAL FACTORS OF MIGRAINE

Maximum numbers of Cases were due to Stress 15(15%), and Genetics 15(15%), Minimum Cases were due to Sleep 10(10%), Weather changes 10(10%), Hunger 10(10%), Magnesium deficiency 10(10%), Physical exertion 8(8%) Auditory stimuli 5(5%), Visual stimuli 6(6%), food stuff 3(3%), Alcohol 2(2%).

DISTRIBUTION OF CASES IN MARRIED OR SINGLE.

Out of 100 Cases observation seen that maximum numbers of Cases were seen in Married People 92(92%), and minimum Cases were seen in Unmarried People 8(8%).

DISTRIBUTION OF DIFFERENT POTENCY USE IN MIGRAINE

CASE- Out of 100 Cases Maximum numbers in cases Potency was 1M used 51(51%), In some cases 200 Potency was used in 45(45%). Minimum numbers of Potency was 30 4(4%) used.

CONCLUSION

Different 100 cases having clinical conditions migraine were selected from different O.P.D. centers. Males and females of different age

groups were taken for the study. In my study of total 100 cases, I found that 81% of the cases got good results Cured Cases. This proves I got total numbers of 13 Constitutional Homoeopathic remedies, Which gave best result and helpful in Clinical Cases of Migraine. In the practical work of the homoeopathic physician in constructing the symptomatic totality and selection of remedy is based on the individualization. It applies three equal parts in the case. In the first part the examination of the Patient. This must be conducted in such a manner as to bring out all the facts of the case. In the three elements of locality, sensation and modality must be described completely as far possible in each symptom. In the second part the examination of the symptom record of the Patient. This must be made in such a manner as to determine what symptoms represent that what is curable by medication, under the law of similars.

In the third part of the examination of the materia medica and Repertories for the purpose of discovering the remedy. Its symptomatology is most similar to the symptoms of the individual patient at a particular time.

REFERENCES

1. James w. Lance- Mechanism and Management of Headache, Fifth edition Butter Worth - Hahnemann Ltd.
2. Harrison - Principles of Internal Medicine - 15 Edition- Mc Graw Hill publication
3. AEI Hasnaoui, M Vray, P.Blin, FNachit-Ouineki & F Boureau' and the HEMISHERE study group.
4. Kumar Praveen, Clark Micheal, Neurological disease. Kumar And Clarke Clinical Medicine. Elsevier publishers. 7th edition; p:1136-1137.
5. Golwala AspiF, Golwala SharukhA. Neurology. Golwala's Medicine. 23rd edition: 2011; p: 438 - 439.
6. Hahnemann Samuel. Organon of medicine. 5th & 6th edition. New Delhi: B. Jain Publishers(P) Ltd.; 2015; p.54-55, 101.
7. Hughes Richard. The Principle and Practice of Homoeopathy. Diseases of nervous system.
8. New Delhi : B. Jain publishers(P) Ltd.; p. 405-406.
9. Homoeo Times; Volume 3 April 2006; Migraine clinical features: P:6-9.
10. Jay. A. Van Gerpen, MD, Stephen Hickey, MD and David J. Capobianco, MD Migraine: Diagnosis, prevention and treatment; www.dcmsonline, Org/jax medicine/2000, journals/.../migraine.html