



CLINICAL VERIFICATION OF INDIVIDUALIZED HOMOEOPATHIC MEDICINE BELLADONNA IN MIGRAINE: A CASE STUDY

Physiology

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ABSTRACT

Migraine is the second most common cause of headache and has a significant impact on a person's quality of life. The majority of available treatment focuses on managing discomfort. For migraine sufferers, homeopathy provides a holistic approach that not only relieves pain but also lessens the frequency and severity of attacks and gives them hope for a migraine-free future. This case report presents the utility of Homoeopathic medicine Belladonna in reducing pain and episodes of migraine.

KEYWORDS

Migraine, homoeopathy, Belladonna

INTRODUCTION

Headache being one of the commonest complaints is highly underreported unless its continuous. A migraine is a recurrent headache that can persist for hours or days and is accompanied by light sensitivity, nausea, and vomiting. It is a complex neurological disorder, usually an episodic headache associated with certain features such as nausea, vomiting, photophobia or phonophobia. It can often be recognised by activators, referred to as triggers, for example food items, food additives, alcohol, hormonal changes, visual stimuli, olfactory stimuli, auditory stimuli, sleep, weather changes etc. Migraine, the second most common cause of headache, afflicts approximately 15% of women and 6% of men over a one-year period. It is more common in women than in men (2 to 3:1) more among those from rural areas than urban. Prevalence was found to have increased with age and more around age 40-44 years, followed by gradual decrease in both women and men. Most people start having migraine headaches between ages 10 and 40, many women find that their migraines get better or go away after age 50.

CASE STUDY-

A 33-year-old male presented in OPD with complaints of headache episodes since 2 years.

Pain; fullness, *especially in forehead*,

Location - *forehead*.

Sensation - throbbing pain.

Concomitant - nausea with headache.

Modalities:- *worse lying down and in afternoon*; better by pressure

PAST HISTORY-N/S.

Physical generals:-

- Appetite – Loss, 1 chapatti at a time twice a day.
- Thirst - normal, 2 liter/day.
- Desire – sweets.
- Aversion- milk
- Bowel Habits- D-1, Constipation with hard stool much strain to expel.
- Urine- D₄N₁
- Sweat- normal, non offensive, non staining.
- Sleep- normal
- Thermal Reaction- chilly.

Mental Generals - anger violent, desire company.

GENERAL EXAMINATION

- Height- 169 cm
- Weight- 59 kg
- Pallor- Absent
- Icterus- Absent
- Cyanosis- Absent
- Clubbing- Absent

— Lymphadenopathy- lymph nodes not palpable

— Edema- Absent

— Tongue- clean

— Nails- Normal and healthy

— Gait- normal

VITALS

Blood Pressure- 118/76 mm of Hg

Temperature- A febrile 97.4F (auxiliary)

Pulse- 76/minute

Respiration Rate- 26/minute

ANALYSIS OF THE CASE :-

Mental generals:- anger violent, desire company.

Physical generals:-

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Particular - Skin A 33-year-old male presented in OPD with complaints of headache episodes since 2 years.

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REPERTORISATION:-

The following rubrics were selected from RADAR 10.0:

Mind – anger-violent

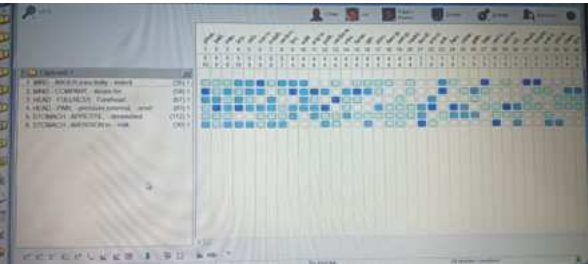
Mind- company- desire for

HEAD - FULLNESS – Forehead

HEAD - PAIN, - pressure, external, - amel.

STOMACH - APPETITE, - diminished

STOMACH - AVERSION to - milk



Selection Of Remedy And Its Potency With Justification –

Belladonna was selected as first prescription because: First maximum marks with maximum rubrics after repertorisation. After comparison of symptoms from various books of materia medica, Belladonna appears to be most similar remedy to the totality of symptoms of the patient.

PRESCRIPTION –

Rx – Belladonna 30/1dose
Phytum 30/Tds 7 days

FOLLOW-UP

Date	Changes in Symptoms	prescription
1/6/2024	Pain; fullness, <i>especially in forehead</i> , Location - <i>forehead</i> . Sensation - throbbing pain. Concomitant - nausea with headache. Modalities:- <i>worse lying down and in afternoon</i> ; better by pressure	Belladonna 30/1dose Phytum 30/Tds 7 days
8/6/2024	Pain; fullness, <i>especially in forehead</i> , Location - <i>forehead</i> . Sensation - throbbing pain.	Belladonna 30/Tds 7 days
15/6/2024	Better-. Pain; fullness, <i>especially in forehead</i> , Location - <i>forehead</i> . Sensation - throbbing pain.	Phytum 30/tds 7days
22/6/2024	Better-. Pain; fullness, <i>especially in forehead</i> , Location - <i>forehead</i> . Sensation - throbbing pain.	Phytum 30/tds 7days

CONCLUSION:

Homoeopathic medicines have a positive effect on the Migraine status of the patients

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