



A Clinical Study on Role of Homeopathic Medicine Natrum Muriaticum in Case of Migraine.

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ABSTRACT:

This case study illustrates how Natrum mur can be used to treat migraines. In this instance, the patient's migraine was treated, their altered mental state was improved, and a potential worsening of their condition was avoided thanks to the use of the Kentian reportorial approach, which identified Natrum Mur as the similimum based on the entirety of their symptoms.

Keywords: *Natrum Muriaticum, Migraine, Similimum, Homeopathy, Reportorial approach.*

Introduction:

The Global Burden of Disease Study indicates that migraine is the second most common neurological disorder globally and causes more disability than all other neurological disorders combined in terms of functional impairment, including physical and psychological components.[1] It is generally accepted that peripheral and central activation of the trigeminovascular system plays a role in the pathogenesis of migraine, although there is no one specific cause; emotional disturbance is the most common trigger mechanism and the primary cause of frequent and severe attacks.(2) Because certain personality reactions and behavioral patterns, such as a propensity for anxiety reactions, sensitivity to stress, and trouble managing hostile and aggressive drives, recur in migraine subjects, migraine is similar to many other "psychosomatic diseases," which are conditions without obvious pathology but characterized by disorders of homeostasis.[2] Using the concept of ambivalence, Fromm-Reichmann created a more conventional psychoanalytic theory.[3] According to her, there is an unresolved equivocation in migraineurs. Being mindful of their animosity against knowingly loved ones is intolerable to them. Thus, migraine is the expression of repressed wrath. The manifestation of migraine is a persistent, powerful, and vindictive attack on those the sufferer has a deep emotional connection to. Anger, hatred, and impatience are just a few of the negative feelings that a migraine sufferer can display. [4] In his study, Appel describes his migraine headaches as an unconscious psychosomatic response to suppressed feelings toward other people. In his additional research, he noted that migraines frequently result from upsetting social situations; as a result, they can occur in any circumstance that makes one angry.[5] Psychoanalytic thinkers have conceptualized the "migraine personality" as encompassing traits like over-reactivity, rigidity, and the repression of anger, rage, and/or resentment.[6] The significance of personality traits in migraine has been discussed extensively, based on more recent research. Patients with migraines tend to be more sensitive to stress, which is correlated with personal stress levels. Neuroticism's anxious characteristics are frequently observed, particularly in women.[7] Therefore, while examining individuals with migraine, factors such as stress susceptibility, life events, and concurrent psychosomatic illnesses should be taken into account.

Traditional treatments, such as analgesics, provide only short-term respite, frequently produce mediocre results, and are poorly tolerated.[8,9] Alternative methods of acute and preventive care are desperately needed. In addition to treating migraines, homoeopathy aims to rectify individual susceptibilities, which is the fundamental cause of the condition. Similia Similibus Curentur is the fundamental idea of homoeopathy; similarities found in the disease's characteristic signs and symptoms as well as the disease's portrait allow the doctor to comprehend the essence of the issue in terms of the patient's picture and the medication picture.[10] Here, we report a case of migraine treated with Natrum Mur, a homoeopathic constitutional medicine chosen based on the patient's whole set of symptoms.

CASE STUDY:

Date of definition of case: March 27, 2022

The following concerns were brought to the attention of Shringi Homeopathic Clinic by a 40-year-old married woman who lives in Bhilwara, Rajasthan.

Location	Sensation	Modalities	Concomitant
Head at vertex region mainly. Occiput to vertex to the forehead. Left Sided.	Pain ++ Throbbing type of pain. Pain as if Hammering in head.	A/F: Grief and Vexation.	Sadness before menses. Anger and irritability.
For 5 years. O: Gradual I: Moderate – Severe			
Frequencies: 7-8 episodes/ month Duration:4-5 hours			

Associated Complaints:-

Location	Sensation	Modalities	Concomitant
Pain in Eyes	Feeling like eyes are drawing outside from eye socket. sleep unrefreshing	A/F: Silent grief, Anger, vexation ++	Nausea ++

Patients as a person:-

- Physical characteristics: Fair and slender physique;
 - Face perspiration
 - Hunger: < ++ is intolerant, agitated, and in need of food.
 - Hungry for warm, salty meal.
- Regular menstruation is the history. 28–30 days Repeat.
- Before menstruation: Occasionally thin white leucorrhea that itches at the genitalia.
 - Dysmenorrhea since menarche during the menstrual cycle.
 - Traveling by bus: ++ nausea vomiting
 - Headache from the sun
 - Dreams: of the ordinary day.
 - Thermal- Hot. Covering: reveals soles and covers neck.

Life space:

The patient is a 40-year-old woman who talked about her problems in great detail and seemed nervous. She is a member of the Rajput community and was raised in Bhilwara, Rajasthan, alongside her mother, father, and younger brother. She recalled her early years as being rather chaotic; the family was quite traditional, and she frequently got into arguments with her parents, particularly her irascible and reclusive mother. Her father was the district chairman of a Rajput Karani Sena unit, a bank manager, and an outgoing individual. He was extremely disciplined, moral, and polite. Because of organizing work, a lot of people would come visit them at home; the mother did not enjoy this. Parents quarrelled frequently as a result. The family dynamic and their behavior deeply unsettled the patient. Although she insisted on being unable to recall her childhood experiences, she undoubtedly went through a lot of painful incidents. She was beaten by her mother till she was fourteen. After disagreements with either parent, she used to cry. Although her father disapproved of Western culture and forbade her from dressing in jeans and t-shirts, she disobeyed his advice. She used to deliberately and frequently protest by dressing in the forbidden clothing. She used to dispute with her father since she didn't agree with certain traditional cultural values. She was an easygoing individual who wasn't overly serious about her education or profession in school and college. The younger brother, who was gentle but a bit frivolous and had no limitations because he was a boy, and she got along well with him. As a result, he was untouched by environmental factors and familial strife. She enjoyed having fun in college and was kind to everyone. Her mother and daughter got into a fight over bangles she had bought against her mother's wishes, which totaled Rs. 100, during the wedding preparations. She was crying as she described the experience, even though it deeply disappointed her. She had not discussed it with anyone before. In 2010, she consented to an arranged union with a graduate who was his parents'

sole son. She currently resides with her husband, eight-year-old son, mother-in-law (MIL), and father-in-law (FIL). She said her husband was really helpful, but she couldn't comprehend what her MIL and FIL expected of her because they were so rigid, private, and self-centered. She was unable to convey her anger and did not feel like conversing due to the actions of her mother-in-law and her father-in-law. She believed she was not receiving the consideration and care she expected. Because of her mother-in-law's actions, she has been more upset for the last two years. After three years of marriage, she became enraged with her mother-in-law's cooking habits and let go her pent-up rage when she requested them to prepare the meal again because it didn't suit her MIL's tastes. She also shattered bottles and yelled at her spouse. She became much more enraged when her husband attempted to comfort her. From that point on, she became distant, depressed, and suffered from migraines; first, these symptoms had little effect on her day-to-day activities, but eventually, they did. Her spouse is in the clothing company, and the patient supports him. She intended to continue her education after getting married, but she put it off since she didn't feel confident. The husband said she anticipated her in-laws to be kind and considerate, but because they had always been quiet, unobtrusive, and rigid by nature, she thought they didn't like her. He also admitted that her condition was caused by a communication breakdown on both sides.

Physical Examination: Every system was operating normally.

Medical history: Malaria at the age of 20.

Family background: Mother: High blood pressure.

Clinical presentation:

- Chronic unilateral headache that flares up and goes away.
- Severe to moderate in intensity
- Duration of headache: 4-5 hours; recurrence: 7-8 episodes/month; related symptoms: nausea, erectile dysfunction, and ocular pain. Light, midday, and sun exposure all exacerbate headaches. Anger aggravates it as well. Headaches that pound.
- Female gender

Diagnosis: Migraine without aura: Given that the patient's symptoms correspond to the migraine illness, migraine without aura is the most likely diagnosis.

Totality of Symptoms:

MIND – AILMENTS FROM –grief +++

MIND – AILMENTS FROM – anger – suppressed ++

MIND – CONTRADICTION – intolerant of contradiction ++

MIND – CONSOLATION agg ++

MIND – SADNESS – menses – before ++

MIND – IRRITABILITY – menses – before ++

MIND – WEEPING – tearful mood

MIND – Company aversion to, presence of others agg ++

HEAD – PAIN – anger; after ++

HEAD – PAIN – Occiput – extending to – Forehead ++

HEAD – PAIN – sun – exposure to sun; from ++

HEAD – PAIN – hammering.

GENERALS – HUNGER – changeable. ++

GENERALS – FOOD and DRINKS –salt desire ++

GENERALS – RIDING – streetcar; on a – agg. ++

Remedy differentiation:

[10] [Figures 1] following repertorisation and the application of the potential differential field filter The suggested medicines included Natrum mur, Ignatia, Pulsatilla, Belladonna, Calcarea carb and Lachesis. We now need to use synthesis to review the whole impression.[10] It is considered that morbid (fragile) sensitivity and irritability form the core of this individual. The core of the case and the expression are the feelings of disappointment about the mother and in-laws, as well as bodily and mental manifestations of annoyance and frustration. From the perspective of irritation and hypersensitivity,

Natrum mur, Sepia, and Ignatia are similar, but Natrum mur hides the unusual morbid sensitivity and lingering disappointment. Ignatia is typically seen in situations where there has been a recent letdown and, despite being severely insulted, the person is not inclined toward aggressive retaliation or wrath.[11] Pulsatilla is amiable, compassionate, and seeks understanding—not resentment in this instance. Sepia is an emotional person who gets upset quickly but is emotionally dead and devoid of love; their love is shown via their duties and roles as a good wife, mother, and daughter.[11,12] When individuals experience intense emotional outbursts, Nat mur suppresses the feelings of melancholy or rage.[11,12] In addition to the long-standing unresolved dissatisfaction, we observe in this patient the typical expressions of repression, hostility, suppression, and violence—shattering the bottles while suffering from a headache. The ultimate cure was Natrum muriaticum due to the core symptoms of morbid sensitivity and irritation with physical characteristics like sun aggravation and desire to uncover feet.

Repertorisation:- In this case mental symptoms are marked so Kentian reportorial approach was used. This case was repertorised with the help of RADAR 10.0 version.

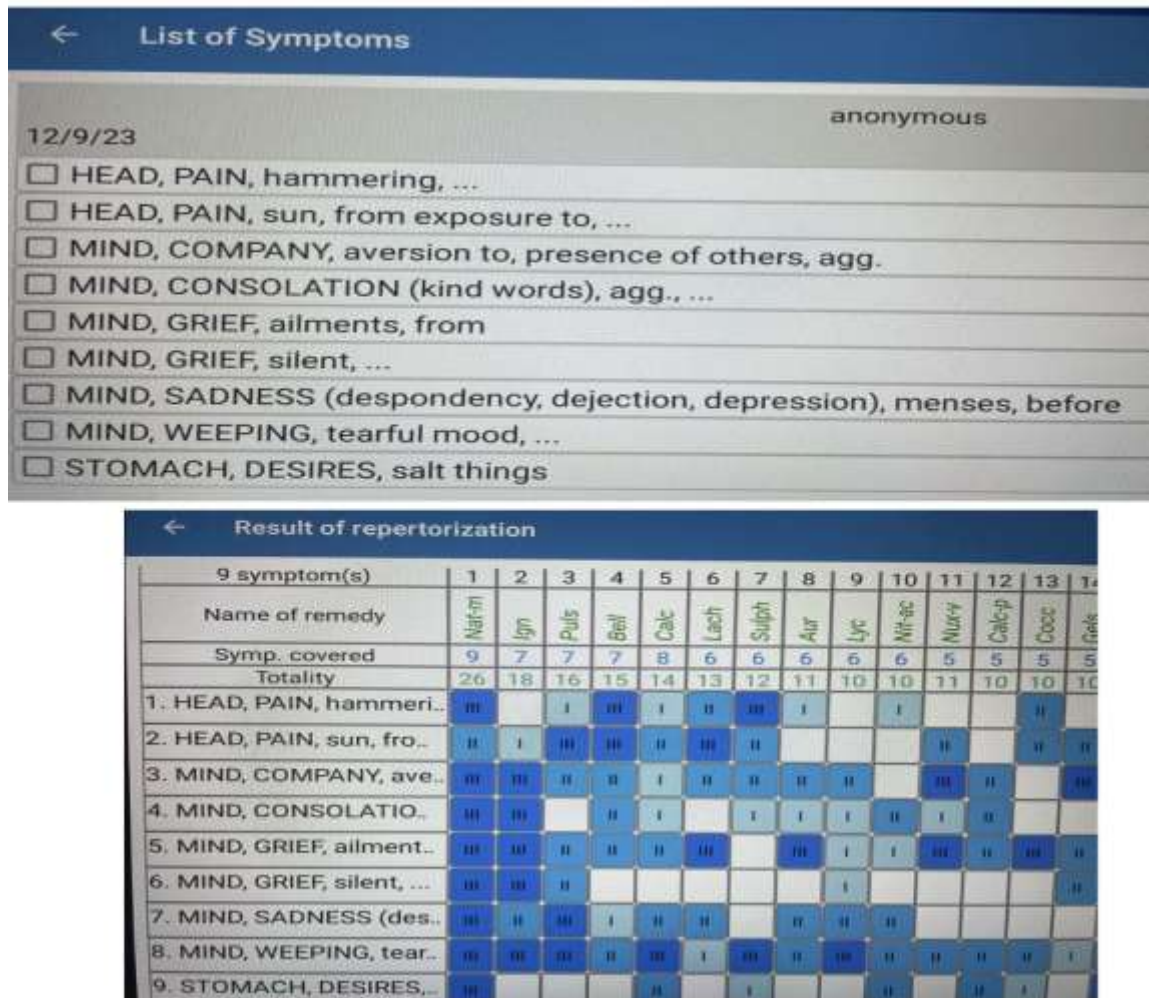


Figure 1: Repertorisation sheet

Natrum mur:

The core of Natrum's disease, emotional suffering, begins early in life when a kid does not receive the unconditional love they require. The main attribute of natrum mur is its extreme susceptibility to injury. Because of his high emotional sensitivity, Natrum Mur is easily agitated, impatient, gets upset over small things, and holds on to painful memories. They revolt against authority because of their very high levels of sensitivity and reaction.[12] The repression of Natrum's emotions extends far beyond his incapacity to articulate his feelings. It entails a deliberate erasure of unpleasant feelings, many of which the ordinary Natrum is no longer conscious of, such as the negative consequences of sadness, fury, and especially in chronic illnesses. In her analysis of Natrum mur, Catherine Coulter noted that retention occurs in the mental realm; he displays the effects of a bad relationship with one or both parents, which creates resentment and/or guilt, so the pathology arises through lamenting the past; time is not the "Great Healer" for these people.[12]

Natrum muriaticum is the chosen remedy.

Follow-up:-

Date	Loss of interest	Sadness	Irritability	Sleep	Head- Ache	Nausea	New Symp- tom	Prescription
06/04/2022	Improved	Improved	Reduced	Improved	Reduced	Absent	N/S	Natrum mur 200 BD x 15 days.
22/04/2022	Improved ++	Improved++	Reduced++	Improved	No episode	Absent	N/S	Natrum mur 200 BD x 15 days
08/05/2022	Improved +++	Improved++	Reduced+++	Improved	No episode	Absent	N/S	Natrum mur 200 BD x 15 days
24/05/2022	Improved +++	Improved+++	Reduced+++	Improved	No episode	Absent	N/S	Natrum mur 200 BD x 15 days
09/06/2022	0	0	Occasionally present	Good	No episode	Absent	N/S	Natrum mur 200 BD x 20 days
29/06/2022	0	0	0	Good	No episode	Absent	N/S	Natrum mur 200 BD x 15 days
15/07/2022	0	0	0	Good	No episode	Absent	N/S	Natrum mur 200 BD x 15 days
22/07/2022	0	0	0	Good	No episode	Absent	N/S	Placebo 200 BD x 20 days
11/08/2022	0	0	0	Good	No episode	Absent	N/S	Placebo 200 BD x 20 days
01/09/2022	0	0	0	Good	No episode	Absent	N/S	Placebo 200 BD x 20 days
22/09/2022	0	0	0	Good	No episode	Absent	N/S	Placebo 200 BD x 15 days. (After that no medicine was given.)

Patient Informed on phone. No Migraine episode since last 1 year.

DISCUSSION:

In this instance, the psychodynamic study's exploration of problem definition was crucial in understanding the underlying emotional processes or forces that sustain sickness. This was achieved by tying the childhood experience to conscious emotional and behavioral manifestation. According to a poll, about half of migraine sufferers express great dissatisfaction with their present level of disease control. As a result, they report feeling a variety of emotions, such as fatigue (29%), tension (19%), annoyance (39%), and anxiety (15%).[13] Even with the wide range of treatments and preventative measures currently available, the majority of migraine sufferers still struggle to fully manage their condition.[13] Research has demonstrated the efficacy of homoeopathy as a therapeutic approach. In light of psychodynamic research, this case examines the individual's development, temperament, psychosocial stressors, and coping strategies in order to comprehend the unconscious factors that cause and sustain migraines. With the aid of Kent's approach, this enabled us to outline the therapeutic problem definition and problem resolution through constitutional medicine. In this instance, a thorough history and observation were available, which enabled the doctor to identify the main issue and create a diagnosis. The most recommended similimum was natrum mur; it not only totally relieved her migraine but also helped her disturbed mental state and stopped the issue from possibly getting worse.

Conclusion:

The purpose of this case study is to illustrate the effectiveness of the homeopathic remedy Natrum Mur for migraines. In this instance, both mental and physical symptoms are taken into account while prescribing and recertifying medications. Dr. Kent claims that symptoms that are similar to mental problems are best treated with homeopathy. As a result, Natrum Mur was recommended based on the patient's symptoms, and they significantly improved.

This is only one case report, though, and more well planned research is needed to gather more information that might be useful for clinical practice.

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Declaration of patient consent:

Patient's consent not required as patients identity is not disclosed or compromised.

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Conflicts of interest:

There are no conflicts of interest.

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