



Management Of Cluster Headache with Individualized Homoeopathic Treatment : A case report

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ABSTRACT :

Cluster Headache, also known as cephalalgia, is the symptom of pain in the facial parts, head . It can occur as a migraine type headache or tension cluster headache . There is an increased risk of depression in those with severe headaches. Cluster headaches are a debilitating type of primary headache characterized by cyclical patterns of acute, one-sided pain, often centered around the eye. The exact cause remains unknown, but the hypothalamus, genetic predispositions, neurotransmitter fluctuations, and circadian rhythm irregularities may be involved. The pathogenic mechanism is thought to involve the activation of the trigeminal nerve, causing inflammation and blood vessel dilation. Cluster headache symptoms include excruciating pain, lacrimation, ocular redness or swelling, nasal congestion, facial erythema, and agitation. Potential interventions include biofeedback, aromatherapy, hydration, exercise, rest, dietary modifications, herbal and vitamin supplementation, and stress management techniques. Homeopathic remedies are very effective in the management of this type of headache.

Introduction :

Causes of headaches may include dehydration; fatigue; sleep deprivation; stress; the effects of medications (overuse) and recreational drugs, including withdrawal; viral infections; loud noises; head injury; rapid ingestion of a very cold food or beverage; and dental or sinus issues (such as sinusitis).

Types Of Headache

Headaches are broadly classified as "primary" or "secondary".

Primary headaches are benign, recurrent headaches not caused by underlying disease or structural problems. For example, migraine is a type of primary headache. While primary headaches may cause significant daily pain and disability, they are not dangerous from a physiological point of view.

Secondary headaches are caused by an underlying disease, like an infection, head injury, vascular disorders, brain bleed, stomach irritation, or tumors. Secondary headaches can be dangerous. Certain "red flags" or warning signs indicate a secondary headache may be dangerous.

Case Presentation :

Preliminary Data

A 28 yrs old Female patient with occupation as a teacher in primary school with c/o

- -Headache since 3-4 months.
- Pain On & OFF
- -Worse right side Periodical headache, Headache after coming home from school in the afternoon.
- Pain begins in occipital region, spreads upwards, and settles over eyes, especially right eyebrow. < sunlight. > By lying down.
- Now increased since 3 days

Past History

- Frequent attacks of headache. Treated with allopathic pain killers.

Family History

- Mother : Diabetes Melitus

Personal History

- Built : Average
- Diet & food habit : Vegetarian
- Gynaecological history :

- Menarche : At the age of 13 years. Detail of Menstrual cycle : Regular, offensive & Profuse.
- Habits & Hobby : Reading Books, Teaching, singing.
- Physical General Symptoms
- Appearance : Fair Complexion, Moderatey Build
- Appetite : Good Desire : For fried & spicy food.
- Aversion : Spicy food
- Thirst : Average
- Stool : Bowels regular
- Urine : Clear
- Sleep : Restless, anxious, along with headache.'
- Dreams : Related To Regular Daily Life Activities
- Thermal reaction : Hot patient

Mental Generals

- Anxiety. Anger - easily gets angry.
- Crying, weeping when alone.
- Feels better in Darkness.

Clinical examination:

- Height -5'10
- Weight-55 kg
- Sclera -normal • Conjunctiva-normal • Oedema -absent • Cyanosis-absent • Temperature-normal
- Blood pressure-130/90mm hg • Respiratory rate:-18/min • Pallor-absent

Systemic Examination:

- Upper Respiratory Tract - No abnormality detected
- Cardio Vascular System - No abnormality detected
- Nervous System: Higher function (orientation, sensorium) - No abnormality detected
- Gastrointestinal Tract- No abnormality detected

Provisional Diagnosis

- Cluster Headache
- Migraine

Miasmatic Diagnosis

Psora

Totality of Symptoms

- Anxiety.
- Anger - easily gets angry.
- Crying, weeping when alone.
- Feels better in Darkness Headache since 3 days.
- Worse right side • Periodical headache, Headache after coming home from school in the afternoon. • Pain begins in occipital region, spreads upwards, and settles over eyes, especially right eyebrow.
- < sunlight.
 - By lying down.

Final Diagnosis

Cluster Headache

Repertorization using Boericke's Homeopathic Repertory:

1. ****Anxiety**** - Acon., Ars., Arg-n., Aur., Calc., Caust., Ign., Lyc., Nat m., Phos., Puls., Sep., Sil., Sulph. 2. ****Anger - easily gets angry**** - Cham., Coloc., Nux-v., Staph.
3. ****Crying, weeping when alone**** - Puls., Sep., Nat-m.
4. ****Feels better in Darkness; Headache since 3 days**** - Bell., Nat-m., Sil.
5. ****Worse right side**** - Bell., Lyc., Sulph., Sanguinaria, Sil.
6. ****Periodical headache, Headache after coming home from school in the afternoon**** - Bell., Nat-m., Sep., Sil., Sanguinaria
7. ****Pain begins in occipital region, spreads upwards, and settles over eyes, especially right eyebrow**** - Gels., Sanguinaria, Sil., Spig.
8. ****< Sunlight**** - Bell., Glon., Nat-m., Lyc.
9. ****> By lying down**** - Bell., Bry., Gels., Nat-m., Sil

Final Selection Of Remedy

By matching the remedies that appear most frequently across the selected rubrics, from the above list, remedies such as Sanguinaria (Sang.), Belladonna (Bell.), Natrum Muriaticum (Nat-m.), and Silicea (Sil.) appear multiple times and may be considered prominent remedies.

Final Indicated Remedy

Sanguinaria

Prescription

On the basis of totality of symptoms,

Sanguinaria 200/3 doses /3 days

Placebo-30/BD × 15 days

General Management including auxiliary measures.

Advice Healthy and balanced diet. Sound sleep of 8 hours. Yoga, Jal Neti and Meditation.

Patient was advised to f/u after 7 days.

Follow Up

After 7 Days - Headache was reduced.

Placebo 30 prescribed.

After 10 Days

No headache. Anxiety reduced.

Placebo 30 was prescribed.

After next 7 days

Patient much better and cheerful. No headache. Placebo 30 was prescribed.

Last F/u after next 5 days

No anxiety, sleep sound . No dreams.

Placebo 30 was prescribed.

Conclusion :

The case was analyzed and on the basis of totality of symptoms Sanguinaria 200 was prescribed. Patient responded very well and improved gradually.