



## HOMOEOPATHIC MANAGEMENT OF MIGRAINE

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### ABSTRACT:

Migraine is a common clinical entity that is regularly observed in clinical practice. It is known that women suffer more than men for some reason. It is estimated that lifelong migraine prevalence is about 20% in women and 6% in men. More than 90% of the migraine will have its first attack under 40 years.

The first question that asked me to choose this topic for my dissertation was the fact that migraine should have a lifelong prevalence under the lights of homeopathic medicines?

It says that the medical textbook says. The patient of migraines must live with it throughout his life so that he does not heal. However, homeopathy certainly offers a much better range of migraine compared to other schools. After administration of true homeopathic similimum, migraine can be completely cured in a patient who does not require any healing help throughout his life. This is a real treatment, while other schools offer migraines only temporary palliations.

From a homeopathic point of view, migraine is considered one diversity of one-sided disease. One party disease is an entity where the intensity of symptoms is reflected by one part or a system of a very proclaimed and localized way, where other symptoms become very negligible, they seemed to have no relationship with the original pathological result.

**KEYWORDS:** Migraine, Headache, Homeopathy and Homeopathic Medicine.

### INTRODUCTION:

Headache is headache for patients and doctors, for the first to carry it and for the second to cure it. There are about 129 types of headaches according to international society of headaches, of which they are migraine.

Five thousand years back Mesopotami doctors had a concept of migraine, such as headache, and after 1500 BC the Egyptian physician referred to "half of the head" as "disease. Later, Hippocrates (460 - 375 BC) explained that it was because of the natural forces imbalance in the body, rather than due to supernatural beings.

Aretaeus or Aretaios cappadocian, a Greek physician practicing in Asia in the first century NL, recognized 2 varieties of repeating headaches: Cephalaea - lasting for many days and cephalalgia - lasting several days.

Galen was left to provide a word that would become a diagnostic label forever attached to this entity. In the second century NL, he was called this hemicrania. Thomas Willis, a British physician in the 17th century, combined an eager clinical observation and a careful anatomical autopsy that was damaged into Latin like Hemigranea and Migranea, and the French were gradually affected by migraine.

Migraine is a familial disorder characterized by recurring headache attacks very variable in intensity, frequency and duration. Associated with nausea, twist, photophobia, phonophobia and osmophobia.

1. Migraine without aura
2. Migraine with Aura
3. The ophthalmoplegic migraine
4. Migraine retina
5. Periodic childhood syndromes that can be predecessors or association With a migraine
6. Complications of migraine
7. A migranous disorder of failure to meet the criteria

Headache is the most common clinical condition where 90% of the population experienced at least once during their lives. As far as migraine is concerned, it affects almost 25% of the population. Thanks to mortality, it is very low, morbidity is very high. Approximately 70% of people with migraine must reduce or cancel their activities, while 30% must leave their activities. In India, 35% of the population suffers from a migraine affecting all ages.

There is no known medicine for migraine disease, only treatment is only for symptoms according to conventional treatment. Later migraines may show reduced tolerance to various drugs, treatment and regiments of pain treatment.

Migraine falls under the classification of psychosomatic disorder. The term psychosomatic emphasizes a uniform causal or holistic approach to medicine, because all diseases are influenced by psychological factors, correlation used by different schools of alternative medicine.

The homeopathic system depends only on holistic and individualistic concepts. Migraine, a psychosomatic disorder that originates from psorics, can be completely treated with a homeopathic treatment that is holistic and individualistic.

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## REVIEW OF LITERATURE:

International Society of Headaches (IHS) has redefined and classified headaches for formulation of current categorization. The headache previously described as a classic migraine is now known as migraine with aura and which is described as a common migraine, is now called migraine without aura, are the most common and represent more than 80% of all migraines. Migraine - one of the worst headaches, remained as a challenge for doctors of different - specialties. It is quite common to see how patients seek advice from many experts with desperate hope of treatment. Despite the use of treatment and even after strictly adherence to the dietary regulations of neurologists, the relapse of migraines remained as an unresolved puzzle. Migraine is a physical event that can also be an emotional or symbolic event. Migraine expresses physiological and emotional needs; It is a prototype of a psychophysiological reaction. To understand this, the convergence of thinking it must be based at the same time on neurology and psychiatry finally; Migraine cannot be understood as a exclusively human reaction, but must be considered a form of biological reaction specifically adapted to human needs and human nervous systems. For this purpose, the migraine must be considered an attempt from the body to heal, achieve balance and find harmony. The "disease" prevents migraine attack, while the attack itself is a "healing" reaction. Homeopathy can validate this approach, where the whole body is perceived as the only functional unit where the psychological aspect of man is part of his physiological state and body and mind is not divorced.

### Migraine activators

- Menses
- hunger
- Lack of sleep
- slash
- perfumes
- Sun

### Deactivators

- Sleep
- pregnancy

Etiology: Etiology of migraine is largely unknown, but the following factors can be considered, are:-

- Age:- The onset usually in childhood, adolescence shows a typical migraine and continues up to 60 decades.
  - Sex:- There is a great female superiority. The ratio is 2 to 3: 1.
  - Hereditary influence:- Often there is a family history. The transmitted factor is an abnormal reaction of cranial and other vasculatures for containing external or endogenous stimuli.
  - Dietary factors:- cheese, chocolate, citrus fruit, coffee, etc.
  - Coating factor:- anything under the "sun", including the "sun", can cause an attack, but one has its own trigger factors like-
  - Contraceptive pills:- every meaning of "contraceptive pills" is difficult to determine, but deepens migraine in many patients and increases the risk of stroke in patients suffering from migraine with aura.
  - Psychological stress:- migraine attack often occurs after stress/ tension, so some patient tends to have an attack on weekends or at the beginning of the holiday. Escort
1. Gastrointestinal: -anorexia, nausea, vomiting, diarrhea
  2. Special senses:- Photobia, PHOTOBIA
  3. Brain function: -vertigo, ataxia, diplopia
  4. Autonomus interference: hypertension, hypotension, nasal overload bradycardia. Tachycardia,
  5. Psychological stir and confused state.

### Pathogenesis:-

1] Genetic cause:- Research confirms that migraine is a genetically based disease. We learn that migraine runs in families. If both your parents are migraine, it is likely that you will also suffer from a migraine. Even if only one parent has migraine, you also have a 50% chance of having it as well. All these things give us a picture of what migraine disease is about. Today, migraine is sometimes referred to as a neurological disease based on inherited genetic abnormality. Migraine is a biological disease.

2] Vascular Cause: During the attack, the modest cortical hypo perfusion, which begins in the visual cortex and spreads forward at 2 to 3 mm/min/speed and proceeds in the walls internally for 4 to 6 hours, followed by cortex cramps and does not exceed the center or lateral sulcus.

3] Neuronal Cause: Migraine is caused by some functional change in the brain, such as during the neuronal migraine aura.

4] Physiological electrical stimulation of dorsal neurons Raphe at the top of the brain stem causes migraine, such as headaches, during which the blood flow to the pony and midbrain will finally increase.

5] Dopamine: Most migraine symptoms are caused by dopaminergic stimulation.

6] Sympathetic nervous system in migraine: It is obvious that before, after, after attacking migraine, some sympathetic nervous system is perceived as nausea, vomiting photophobia, etc.

The classic migraine is divided into 4 different phases

Prodrome

Aura

Headache

Postdrome

Prodrome:- A number of migraineurs experience a number of fine systemic, mental or psychological symptoms that precede the aura and headaches for several hours or days. Usually it includes prodromal symptoms are visual scotomas and/or hallucinations at approximately 10 % PT highly characteristic syndrome occurs, ie small paracentral Scotoma, which slowly expands to "C" shape. It is usually referred to as the "fortification of the spectrum" from dr. Hubert Airy Fortifications comes from the "fortified city with Bastion all around the IT spectrum" is used in terms of revelation or spectrum.

Aura:- Usually visual flashing lights, winding capital, balls or light fibers can begin peripherally and centrally. Aura usually lasts half an hour and is followed by headache. Headache:- It may be haemicrania or soon become a generalized beginning as a vague pain and is based on the intensity of pulsating to pale, anorexia, nausea, vomiting and photophobia. It may take several hours and after vomiting, the intensity of headaches has been reduced, followed by sleep.

POST-DROME:- Most patients with migraine give the history of exhausted, depressed feeling after headaches and this is referred to as postdrome.

Vertebro-basillary migraine:- It is due to vertebral spasm. Usually it starts in the 3rd decade and differs in symptomatology from classical migraine. Aura may include ataxia bilateral paraesthesia vertigo diplopia, or even temporary loss consciousness. Headache is usually occipital. Hemiplegic migraine often family headache is followed by a contrast of lateral Hemi Paralysis or hemiplegia, which can have several attacks affecting one side of the body where. Another attack may affect the opposite side.

Post traumatic migraine less head injury or ball ball at football players (footballer) can result in migraine headache accompanied by dizziness and occasionally vomiting.

The ophthalmological migraine headache is usually around the eye and is accompanied by the weakness of the movement of one eye that can overcome the headache for several days when children are commonly affected. The loss of vision of retinal migraine was limited to one eye. The equivalents of migraines occur only prodromal symptoms without headache or vomiting.

Clinical trait

#### Symptom of migraines:-

1. 1-Aura, although only 15-20% of the migraine gets aura, it is one of the brightest features you have migraine. Before you start headaches (although the aura may emerge during headaches), you can get strange symptoms. You can see flashing lights or undulating lines, feel dizziness, or just don't feel good. There are also several other possible auras.
2. 2 - Where is the pain (and when does it leave)? The symptom of migraine is pain on one side of the head. It is a common (not universal) symptom, but it can also indicate headache or even (albeit rarely) tension. Migraine pain is usually relatively serious, but voltage headache is usually just dull pain. Pain usually takes 1-3 hours (less in children) to 3 days (albeit rarely so long). Migraines can attack 1-4 per month (although for some people 10 or more times) or only 2 or 3 times in a lifetime.
3. 3- Nausea and vomiting are among the most feared symptoms. Vomiting may be a sign that your headache is almost over or that it is just starting. Sometimes it can be so serious that it happens again and again in cycles and can cause dehydration.
4. 4- Low tolerance, odors or sounds. It is very typical of migraineurs that they will have to go and lie down in a dark, quiet room.
5. 5 - Circulation problems seem that these migraines are related to changes in blood vessels and blood flow. Sometimes it can result in strange symptoms such as skin color changes, heart rate change, or the feeling that you have a fever (if not).
6. 6- Migraine can also cause nasal overload and watery eyes, leading some doctors to think that you can have sinus headache or sinusitis in which your cavities are red and inflamed. However, sinusitis takes longer than just a few days and may take weeks or a month.
7. 7 - Behavioral changes you can be irritated not only because of your pain, but because of the way migraine affects your brain. Other changes may include: becoming a more passive, lower mental ability, restlessness, confusion. You can also have other energy and euphoria or even increased creativity! In the worst case that the suffering migraine feels losing control, they go crazy and even feel suicidal.

Nausea in migraine for some people, the worst thing about migraine is not pain - her migraine nausea. The most weakening, incapable symptom may be nausea. Some don't get it at all, but those who do it may feel almost as if they couldn't move. Nausea can intervene in different ways. About 80% of migrants are naughty, but only 30% actually vomit.

Stress and migraine, especially after a period of stress, such as the weekend. A period of hard work followed by relaxation can lead to weekend migraine headaches. Stress at work or home can also incite migraines.

Children's migraine- many parents mistakenly assume that their children are just trying to attract attention, especially if a parent or friend already suffers from a migraine. As mentioned above, it is quite possible for the child to get migraine. There is good evidence that some children can be genetically susceptible to migraine, so a child with a parent or grandparents who get headaches can also get them.

Hormonal migraines- hormonal migraines usually seem to be caused by changes in estrogen and progesterone levels. It seems that there is a connection between estrogen and serotonin, chemicals that are assumed that they are closely related to migraines. At that time in your cycle, when estrogen decreases, so serotonin. Thus, it seems that migraine most commonly occurs when estrogen levels that were just high have fallen. For this reason, a woman often gets her first migraine during adolescence. Both men and women have been getting migraines as many years ago. But after the start of menstruation, women receive 3x migraines. This does not mean that changes in estrogen levels cause migraine - we still have a way to go before we understand the cause. In some women, however, it seems to be a trigger.

**Hormonal migraine usually comes in two types:**

Menstrual migraine:- the 1-2 days before the start of the period and improves after 2-3. Menstruation day. Occasionally they may occur 1-2 days after your period. The "real menstrual migraine" is when the migraine occurs during menstruation 90% of the time.

Pre-menstrual migraine:- starts 7 to 3. The day before your period and ends when the menstrual flow begins. This does not mean that this is the only type of headache you get, or that at other times you don't get migraines.

**Migraine and homeopathic treatment**

Argentum nitric type:- distinctive neurotic (full of fear and rush; vertigo and trembling mental exertion, loss of sleep and body fluids; fear. Preferred side or location: left side: especially headache headache is boring, press, pushing, pulsating headache.

Belladonna:- acts on the brain and vascular system Plethoric (strong, fully bloody individuals with live mental faculties, but also sleepy in heavy migraine) especially important in attacks on menstrual time. Headaches specially exposed to the sun, vexation, fear. Pulzing type of headache. The pain is felt on the forehead, which is worse of noise, light, lying mostly in the afternoon. Better seating and pressure.

Climicifuga racemosa:- closely concerns female organs, their function or pathological, physiological disorders such as dysmenorrhoea. The patient is exhausted, depressed, pale faces with rings around the eyes. Headache for excitement, colds, mental exertion, loss of sleep, suppressed menstruation. The headache usually scored over the eye and the temple.

Gelsemium:- Sensation of Band around a rear with heavy lids. Pain in the temples reaching on the ears. He must want to keep his head raised over the pillow. In the congestive phase of meningitis there is pain in the back of the head with extended pupils.

Gloline:- brain overload that causes pulsating and rupture of headaches. Headaches either before, during and after or at the place of menstruation are better after sleep.

Iris versicolor:- from mental excessive superiority for teachers and students, mostly with the right side of the head, pulsating pain type pain and especially in the eye. Many eyes of symptoms before or at the beginning of the attack, worse of solar heat and better after sufficient sleep.

Nux vomica:- alcohol abuse, coffee, spices, tobacco, mental exertion, business worries, sexual surplus, sedentary habits. Headaches specially on the left side, forehead, tyc. Worse of alcohol, coffee, tobacco, mental effort. and better rest and warm.

Sanguinaria pulsating, sewing type of pain in the right eye, forehead. Rhythical headache occurs every 7 days. Worse of noise and light and better sleep, darkness, head pressure and vomiting. Muriaticum: - pain as if thousands of small hammers were knocking on the brain, worse of awakening in the morning. At sunset to sunset, before or after menstruations. Head of school girls due to anemia, the smallest movement of the eye while reading.

Pulsatilla:- The head hurts from the reworking. Suppressed sexual desire, digestion, ice cream. Better when walking in the fresh air. Pulsatilla is moody with constantly changing symptoms, location, etc.

Phosphorus:- When hunger before and during headaches, headache on the forehead, sides of the head, rupture, pressing and pulsation will be. The head feels hard. After sleep, fresh air, getting up, walking massage. It is worse when cold, cough, daylight. The most common cause of this type of headache is a storm or nervousness.

Chionanthus: - specific to periodic sick headaches. Heartless and apathetic. The zero frontal headache over the root of the nose, over the eyes, through the temples worse folds and move. The migraine caused by acidity and lengthy used for several weeks, because the parent tincture at the doses of the drop will certainly break the serious painful sick headaches.

**CONCLUSION:**

In this study 30 patients of migraine are selected from rural area. These 30 patients divided into two groups, i.e. Group A and Group B. After conducting study on these two groups it concluded that

- From the above study it can be implied that medicine prescribed on the basis of common pathological symptoms definitely helps in easy selection of similimum, which helps in management of acute intensified symptoms of patient, gives early relief from the condition, makes the patient comfortable, and results in improvement.
- Though recurrence is seen in few cases after giving prescription on the basis of common pathological symptoms, it is with relief of acute intensified symptoms of disease.
- Similimum selected on proper case taking is definitely helpful in the management of cases of migraine and give slow & steady but permanent cure in cases of migraine with very low rate of recurrence of symptoms.
- Common symptoms noticed in patients are frequent headache, nausea, vomiting, vertigo. Homoeopathic medicines selected for prescribing on basis of common symptoms are: Phos, Nat.mur, Bella, Puls, Helped maximum number of cases.
- Prevalence of migraine is more in females than males.
- Prevalence of migraine is more commonly seen in the age group of 21 – 30 years.
- Light, Noise, Sun exposure, Stress, Hormonal changes and cold drinks are commonly responsible for migraine.

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