



Exploring Headache Symptoms Across Homeopathic Repertories: A Comprehensive Review

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ABSTRACT:

Headache is a common ailment encountered in clinical practice, presenting with diverse symptoms and patterns. This review delves into the plethora of headache rubrics found in prominent homeopathic repertories, including Kent's Repertory, Boenninghausen's Therapeutic Pocket Book, the Complete Repertory by Roger van Zandvoort, and the Synthesis Repertory by Frederik Schroyens. Understanding the wide range of headache symptoms across repertories can assist homeopaths in selecting appropriate remedies and individualized treatment strategies for patients suffering from this common complaint.

Keywords- Headache, Migraine, Homeopathy, Repertory, Kent Repertory

Introduction

Headache is the most common and highly prevalent pain disorder. Though it seems a small issue, but the consequences it can result in for those affected range from irritable moods, loss of work efficiency and productivity, affecting quality of life, drug overdose, relationship issues, to severe psychological troughs. This has deep bearing on the individuals as well as the society.

Headaches can be classified as-

1. Primary headaches – Migraines, tension headaches and cluster headaches are the most prevalent forms.
2. Headaches secondary to analgesic overuse and various brain diseases and other chronic headaches.[1]

Of these the most prevalent is migraine which rates 20 on the list of all diseases causing patients to live with years of disability, accounting for 20% of lost work days globally[2].

Migraine is a condition characterized by recurrent headaches of moderate to severe intensity, usually one sided, with or without aura. The pain may be associated with nausea, vomiting, photophobia or sensitivity to sound and can last from few hours to even few days in certain patients. The pains effect the quality of life and often compel patients to take day off from work or school. So those suffering tend to start depending on analgesic pills and later injections to relieve their distress. In the long run, excessive drug consumption affects the GI mucosa, hepatocellular functions, etc.

A patient is said to be suffering from chronic headaches if he/she has headaches occurring for more than half of all days per month.[3] This type of headaches affect 4–5% of the general population and differs from the episodic forms of headaches in the way of frequency, lack of effect of most conventional treatment modalities, more and more analgesic overuse and abuse and significantly more loss of quality of life.[4] Thus the burden of headache disorders is substantial on the economy too, estimated to cost a minimum of US\$100 million per million inhabitants per year [5]. Thus various types of headaches are quite prevalent, disabling, underdiagnosed and undertreated. So more study and research on different modalities to improve the prevention and treatment of headache disorders are of significant importance.

Homoeopathic literature provides a wide range of medicines which have been proved to be effective in various types of headaches in many human provings and clinical provings. By categorizing and analyzing these rubrics, this study provides an in-depth exploration of headache symptoms, covering aspects such as location, accompanying sensations, aggravating factors, and modalities.

Discussion

To relieve and prevent the chronic headaches and migraines, best results are obtained by the individualized Homoeopathic medicines selected according to the constitution of the patient. This portrait of the patient or the detailed mental and physical constitution is obtained by the homoeopath by detailed

case taking and observation of patients physical build up, physical generals, mental generals, etc.[6] In addition to this comprehensive assessment, an acute totality is understood giving importance to all minute details, during an acute headache episode, to identify the individualising features in each case of headache. These helps to arrive at some acute medicines help to give relief to the patient at the time of an intense episode as well as to prevent the recurring episodes of the headache. The exact symptoms of the patient are looked up in the Homeopathic repertories to obtain a group most similar medicines. This requires a good knowledge of the repertories and their rubrics. With this goal in mind, in this paper all the headache rubrics of the Kent's Repertory are listed below.

Kent's Repertory:

- Kent - Head pain; Biting(13)
- Kent - Head pain; Bursting(107)
- Kent - Head pain; Come off, pain as if top of head would(12)
- Kent - Head pain; Cramping(37)
- Kent - Head pain; General(258)
- Kent - Head pain; Burrowing(16)
- Kent - Head pain; Blows,as from(25)
- Kent - Head pain; Boring,digging,screwing(95)
- Kent - Head pain; Burning(102)
- Kent - Head pain; Crushed, as if shattered, beaten to pieces(45)
- Kent - Head pain; Foreign body, as if(3)
- Kent - Head pain; Grasping(6)
- Kent - Head pain; Drawing,tightening(33)
- Kent - Head pain; Grinding(4)
- Kent - Head pain; Gripping(4)
- Kent - Head pain; Grumbling(3)
- Kent - Head pain; Hacking(6)
- Kent - Head pain; Jerking(67)
- Kent - Head pain; Lancinating(25)
- Kent - Head pain; Nail, as if from a(24)
- Kent - Head pain; Open,as if(4)
- Kent - Head pain; Opening and shutting(5)
- Kent - Head pain; Pecking(5)
- Kent - Head pain; Pinching(12)
- Kent - Head pain; Plug, peg or wedge, as from a(19)
- Kent - Head pain; Pressing(204)
- Kent - Head pain; Pulled, sensation as if hair were(30)
- Kent - Head pain; Cutting(70)
- Kent - Head pain; Scraped feeling amel., on motion, while lying the pain shifts to side lain on(1)
- Kent - Head pain; Pulling, like(3)
- Kent - Head pain; Shooting.(67)
- Kent - Head pain; Smarting(9)
- Kent - Head pain; Sore, bruised(141)

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- Kent - Head pain; Sprained sensation, back of head(1)
 - Kent - Head pain; Stitching(160)
 - Kent - Head pain; Tearing(131)
 - Kent - Head pain; Stunning, stupefying(97)
 - Kent - Head pain; Torn, as if(48)
 - Kent - Head pain; Ulcerative(24)
 - Kent - Head pain; Twanging, as from breaking a piano string(1)
 - Kent - Head pain; Dull pain(99)
 - Kent - Head pain; Drawing(110)
 - Kent - Head pain; Gnawing(11)
 - Kent - Head pain; General; morning(156)
 - Kent - Head pain; General; daytime(31)
 - Kent - Head pain; General; night(107)
 - Kent - Head pain; General; acids, from(3)
 - Kent - Head pain; General; air, cold, from(47)
 - Kent - Head pain; General; air, open(57)
 - Kent - Head pain; General; animal fluids, from loss of(20)
 - Kent - Head pain; General; anger, from(22)
 - Kent - Head pain; General; ascending steps, on(44)
 - Kent - Head pain; General; awake, when trying to keep(1)
 - Kent - Head pain; General; attention, from too eager(4)
 - Kent - Head pain; General; ball were beating against the skull on beginning to walk, as if(1)
 - Kent - Head pain; General; back, pressing up against something hard, amel(1)
 - Kent - Head pain; General; bathing, after(11)
 - Kent - Head pain; General; beer, from(11)
 - Kent - Head pain; General; bed, on going to(10)
 - Kent - Head pain; General; binding head, from(5)
 - Kent - Head pain; General; blinding(17)
 - Kent - Head pain; General; blindness, followed by violent headache, sight returns as headache becomes worse(1)
 - Kent - Head pain; General; blowing nose agg(12)
 - Kent - Head pain; General; forenoon(55)
 - Kent - Head pain; General; noon(44)
 - Kent - Head pain; General; evening(146)
 - Kent - Head pain; General; afternoon(132)
 - Kent - Head pain; General; daytime(31)
 - Kent - Head pain; General; candy, after(1)
 - Kent - Head pain; General; catarrhal(66)
 - Kent - Head pain; General; chewing, while(5)
 - Kent - Head pain; General; choreic persons, in(1)

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- Kent - Head pain; General; chilliness, with(1)
 - Kent - Head pain; General; chronic(6)
 - Kent - Head pain; General; climaxis, during the(8)
 - Kent - Head pain; General; close eyes, compelled to(11)
 - Kent - Head pain; General; closed eyes, as if something(2)
 - Kent - Head pain; General; closing eyes, on(21)
 - Kent - Head pain; General; breathing deeply, on(2)
 - Kent - Head pain; General; clothing about the neck agg(6)
 - Kent - Head pain; General; coffee, from(25)
 - Kent - Head pain; General; cold applications amel(50)
 - Kent - Head pain; General; coition(19)
 - Kent - Head pain; General; cold, becoming, from(40)
 - Kent - Head pain; General; cold, from taking(36)
 - Kent - Head pain; General; combing the hair(13)
 - Kent - Head pain; General; company or crowd, while in(4)
 - Kent - Head pain; General; concussion, from(9)
 - Kent - Head pain; General; constant, continued(22)
 - Kent - Head pain; General; bread, from eating(2)
 - Kent - Head pain; General; confusion, mental, with(5)
 - Kent - Head pain; General; constipated, while(23)
 - Kent - Head pain; General; contradiction, after(9)
 - Kent - Head pain; General; coughing, on(101)
 - Kent - Head pain; General; boat, from riding in a(4)
 - Kent - Head pain; General; breath, holding, when(1)
 - Kent - Head pain; General; blows, from(5)
 - Kent - Head pain; General; dancing(1)
 - Kent - Head pain; General; diarrhoea, with(13)
 - Kent - Head pain; General; descending, on(5)
 - Kent - Head pain; General; dreams, after unpleasant(1)
 - Kent - Head pain; General; damp houses, living in, from(11)
 - Kent - Head pain; General; cry out, pains compel one to(15)
 - Kent - Head pain; General; drinking, from(8)
 - Kent - Head pain; General; drugs, after abuse of(1)
 - Kent - Head pain; General; epileptic attacks, after(3)
 - Kent - Head pain; General; epistaxis, after(1)
 - Kent - Head pain; General; eructations amel(5)
 - Kent - Head pain; General; excitement of the emotions, after(41)
 - Kent - Head pain; General; eyebrows, as if pressing down(1)
 - Kent - Head pain; General; fainting, after(1)

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- Kent - Head pain; General; face, on moving the(2)
 - Kent - Head pain; General; fall, after a(3)
 - Kent - Head pain; General; fasting, from(19)
 - Kent - Head pain; General; flatulency, as if from(5)
 - Kent - Head pain; General; fat food, from(10)
 - Kent - Head pain; General; flatus, emission of, amel(2)
 - Kent - Head pain; General; footsteps(3)
 - Kent - Head pain; General; fright, after(15)
 - Kent - Head pain; General; frowning, from(3)
 - Kent - Head pain; General; grief, from(6)
 - Kent - Head pain; General; hammering(40)
 - Kent - Head pain; General; hat, from pressure of(23)
 - Kent - Head pain; General; hang down, letting feet(1)
 - Kent - Head pain; General; heated, from becoming(43)
 - Kent - Head pain; General; gastric(66)
 - Kent - Head pain; General; high altitudes, in(1)
 - Kent - Head pain; General; holding head erect, while(1)
 - Kent - Head pain; General; hold head and eyes down, must(1)
 - Kent - Head pain; General; hot soup amel(1)
 - Kent - Head pain; General; hysterical headache(39)
 - Kent - Head pain; General; hot drinks agg(4)
 - Kent - Head pain; General; cutting hair, after(6)
 - Kent - Head pain; General; icecream, after(2)
 - Kent - Head pain; General; dentition, during(14)
 - Kent - Head pain; General; intermittent pains(26)
 - Kent - Head pain; General; injuries, mechanical, after(20)
 - Kent - Head pain; General; intoxication, after(14)
 - Kent - Head pain; General; ironing, from(1)
 - Kent - Head pain; General; jar, from any(55)
 - Kent - Head pain; General; iron, from abuse of(2)
 - Kent - Head pain; General; joy, from excessive(5)
 - Kent - Head pain; General; laughing, from(11)
 - Kent - Head pain; General; lemonade, from(1)
 - Kent - Head pain; General; lie down, must(49)
 - Kent - Head pain; General; delirium, with(3)
 - Kent - Head pain; General; dancing(1)
 - Kent - Head pain; General; diarrhoea, with(13)
 - Kent - Head pain; General; descending, on(5)
 - Kent - Head pain; General; dreams, after unpleasant(1)

- Kent - Head pain; General; damp houses, living in, from(11)
- Kent - Head pain; General; cry out, pains compel one to(15)
- Kent - Head pain; General; drinking, from(8)
- Kent - Head pain; General; drugs, after abuse of(1)
- Kent - Head pain; General; epileptic attacks, after(3)
- Kent - Head pain; General; epistaxis, after(1)
- Kent - Head pain; General; eructations amel(5)
- Kent - Head pain; General; excitement of the emotions, after(41)
- Kent - Head pain; General; eyebrows, as if pressing down(1)
- Kent - Head pain; General; fainting, after(1)
- Kent - Head pain; General; face, on moving the(2)
- Kent - Head pain; General; fall, after a(3)
- Kent - Head pain; General; fasting, from(19)
- Kent - Head pain; General; flatulency, as if from(5)
- Kent - Head pain; General; fat food, from(10)
- Kent - Head pain; General; flatus, emission of, amel(2)
- Kent - Head pain; General; footsteps(3)
- Kent - Head pain; General; fright, after(15)
- Kent - Head pain; General; frowning, from(3)
- Kent - Head pain; General; grief, from(6)
- Kent - Head pain; General; hammering(40)
- Kent - Head pain; General; hat, from pressure of(23)
- Kent - Head pain; General; hang down, letting feet(1)
- Kent - Head pain; General; heated, from becoming(43)
- Kent - Head pain; General; gastric(66)
- Kent - Head pain; General; high altitudes, in(1)
- Kent - Head pain; General; holding head erect, while(1)
- Kent - Head pain; General; hold head and eyes down, must(1)
- Kent - Head pain; General; hot soup amel(1)
- Kent - Head pain; General; hysterical headache(39)
- Kent - Head pain; General; hot drinks agg(4)
- Kent - Head pain; General; cutting hair, after(6)
- Kent - Head pain; General; icecream, after(2)
- Kent - Head pain; General; dentition, during(14)
- Kent - Head pain; General; intermittent pains(26)
- Kent - Head pain; General; injuries, mechanical, after(20)
- Kent - Head pain; General; intoxication, after(14)
- Kent - Head pain; General; ironing, from(1)
- Kent - Head pain; General; jar, from any(55)

- Kent - Head pain; General; iron, from abuse of(2)
- Kent - Head pain; General; joy, from excessive(5)
- Kent - Head pain; General; laughing, from(11)
- Kent - Head pain; General; lemonade, from(1)
- Kent - Head pain; General; lie down, must(49)
- Kent - Head pain; General; delirium, with(3)
- Kent - Head pain; General; suppressed eruptions(7)
- Kent - Head pain; General; thinking of pain(17)
- Kent - Head pain; General; tobacco, smoking, from(31)
- Kent - Head pain; General; touch(57)
- Kent - Head pain; General; touching the hair, from(2)
- Kent - Head pain; General; swallowing, when(3)
- Kent - Head pain; General; turning body(9)
- Kent - Head pain; General; turning head(23)
- Kent - Head pain; General; unconsciousness, with(38)
- Kent - Head pain; General; twitching(10)
- Kent - Head pain; General; uncovering body, from(1)
- Kent - Head pain; General; urination(0)
- Kent - Head pain; General; veal, from eating(1)
- Kent - Head pain; General; vertigo, after(1)
- Kent - Head pain; General; syphilitic(12)
- Kent - Head pain; General; vexation, after(19)
- Kent - Head pain; General; violent pains(66)
- Kent - Head pain; General; voice, male, affects brain(1)
- Kent - Head pain; General; vomiting(16)
- Kent - Head pain; General; wandering pains(15)
- Kent - Head pain; General; warm bed(4)
- Kent - Head pain; General; warm food, agg.(5)
- Kent - Head pain; General; water, on hearing running(1)
- Kent - Head pain; General; waves of pain(11)
- Kent - Head pain; General; weight on the shoulders, from carrying(1)
- Kent - Head pain; General; wind, from exposure to(10)
- Kent - Head pain; General; wine, from(34)
- Kent - Head pain; General; winter headaches(4)
- Kent - Head pain; General; winking(1)
- Kent - Head pain; General; worm complaints(10)
- Kent - Head pain; General; work, from(2)
- Kent - Head pain; General; wrinkling forehead agg.(1)
- Kent - Head pain; General; wrapping up head(33)

- Kent - Head pain; General; writing, from(27)
- Kent - Head pain; General; tapping on spine(1)
- Kent - Head pain; General; tea, from(6)
- Kent - Head pain; General; supper amel.(3)

The various sensations of headache are followed by the locations under each sensation. The head pain in general has all the time modalities first followed by a varied range of modalities. All these make for a very exhaustive group of remedies to choose from in each individual case of headache.[7]

Few symptoms from the Boenninghausen's Therapeutic Pocket Book, Complete repertory and Synthesis repertory have also been identified.

1. Boenninghausen's Therapeutic Pocket Book:

- HEADACHE - With vertigo
- HEADACHE - Periodical
- HEADACHE - With nausea
- HEADACHE - With vomiting
- HEADACHE - With visual disturbances
- HEADACHE - With palpitations
- HEADACHE - With heat sensation
- HEADACHE - Worse in morning[8]

2. Complete Repertory by Roger van Zandvoort:

- HEADACHE - From sun
- HEADACHE - After suppressed foot sweat
- HEADACHE - With sensation of a band around head
- HEADACHE - As if eyes were being pressed out
- HEADACHE - Worse from noise
- HEADACHE - Better from eating[9]

3. Synthesis Repertory by Frederik Schroyens:

- HEADACHE - Left-sided
- HEADACHE - Right-sided
- HEADACHE - With vertigo
- HEADACHE - From mental exertion
- HEADACHE - From overstudy
- HEADACHE - With vomiting of food
- HEADACHE - With nausea in general[10]

These are just very few symptoms from the Complete and Synthesis repertories which are huge compilations of symptoms.

Thus we observe that we have a large variety of rubrics on headache in all our repertories to choose from after identifying the exact symptoms in each and every individual case of headache. Once we take the symptoms from the patients in as much completeness as possible, we can repertories properly and come to a right remedy. When repertorising, we construct the totality of symptoms as per the schema of the repertory we are using. If the patient is giving significant general symptoms and we plan to use the Kent or Synthesis repertory, we construct totality of headache according to the CTSTME, i.e., Cause, Type, Side, Time, Modality, Extension. In cases requiring the Boenninghausen approach, the symptom totality of headache will all be constructed according to the Boenninghausen concept of totality with the complete symptom of LSMC, i.e., Location, Sensation, concomitant and Modality.

Conclusion

Thus we have seen how the headache disorders are very common and prevalent in the general population. These can cause a great amount of sickness absence and impaired working abilities in the suffering individuals. This produces a psychological, financial and social burden on the affected individuals and their families. Modern medicine has analgesics for pain relief, but little help can be offered for preventing the recurrent headaches. With the detailed homeopathic case taking and understanding of the man suffering from headache, we can effectively cure him using the diverse symptoms given in the Homeopathic repertories. The quality of life of the patients and their families may be improved by the help of the wide range of remedies for headaches in Homeopathy recognising and reaching the exact symptom totality and thus the similimum.

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