



CASE STUDY

ROLE OF INDIVIDUALIESD HOMOEPATHIC MEDICINE IN THE TREATMENT OF CASE SERIES OF MIGRAINE

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Abstract

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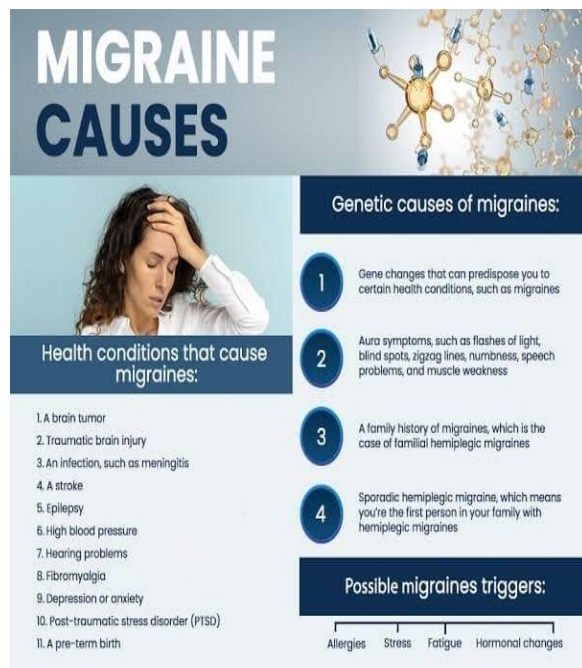
Migraine, a prevalent and disabling neurological disorder, is characterized by recurrent, throbbing headaches often accompanied by nausea, vomiting, and heightened sensitivity to light and sound. This is a case series of three patients suffering from migraine which were treated at the outpatient department of State National Homoeopathic Medical College and Hospital Uttar Pradesh, India. The patients were prescribed indicated constitutional Homoeopathic medicines.

INTRODUCTION

Migraine is a complex neurological disorder characterized by recurrent episodes of severe headache, often accompanied by symptoms such as nausea, vomiting, sensitivity to light and sound, and visual disturbances. The headache in migraines is typically throbbing and can

last for hours to days, significantly impacting the individual's daily life and functioning. Migraines are believed to result from a combination of genetic, environmental, and neurobiological factors that contribute to abnormal brain activity, particularly involving the trigeminal nerve and its interactions with blood vessels.

CAUSES



RISK FACTORS



CLINICAL FEATURES OF MIGRAINE

Migraine symptoms can vary among individuals, but common features include:

1. Headache:

- Throbbing or pulsating pain, usually on one side of the head.
- Severity ranging from moderate to severe.

2. Aura (in some cases):

- Visual disturbances such as flashing lights, zigzag lines, or blind spots.
- Sensory changes like tingling or numbness in the face or hands.

3. Sensitivity to Light (Photophobia):

- Discomfort or pain when exposed to bright lights.
- Avoidance of bright environments.

4. Sensitivity to Sound (Phonophobia):

- Increased sensitivity to loud noises.
- Preference for quiet surroundings.

5. Nausea and Vomiting:

- Feeling nauseous or actually vomiting during a migraine episode.

6. Duration:

- Migraine attacks typically last between 4 to 72 hours.

7. Triggers:

- Certain factors or triggers, such as stress, hormonal changes, lack of sleep,

specific foods, or environmental factors, can precede a migraine.

8. Affective Symptoms:

- Mood changes, including irritability or depression, may accompany a migraine.

It's important to note that not everyone with migraines experiences all of these symptoms, and the severity can vary. If you suspect you have migraines, it is advisable to consult with a healthcare professional for a proper diagnosis and management plan.^[2;3;4]

MANAGEMENT

- **Identify Triggers:** Keeping a migraine diary to identify and avoid triggers such as certain foods, stress, or lack of sleep.^[5]
- **Biofeedback and Relaxation Techniques:** These can be beneficial in managing stress and reducing the frequency and severity of migraines.^[6]

CASE SUMMARY

In this article, there are 3 cases of migraine with some different characteristics and in different age groups. These cases of migraine were treated according to their symptoms. Proper case taking is done and prescribed single constitutional remedy.

METHODS-

A detailed case taking was done in each case and migraine was diagnosed

based on clinical and physical examinations. A constitutional homeopathic remedy was prescribed in each case based on complete symptoms with the aid of repertorization.

All three cases reported here suffered from migraine summed over 15 days and were noted at baseline, at every follow-up, and at the end of treatment. Three cases of migraine were treated with homeopathic medicines selected based on individualization, considering location, sensation, modalities (i.e., aggravating and ameliorating factors), and concomitants of the symptoms in each case.

CASE REPORTS

Case 1

A 40 year old female patient came with the symptoms of frequent attacks of migraine and recurrent coryza. She has been suffering from migraine for 3 years.

Headache after waking from sleep. Pain aggravates from sun exposure and ameliorates from cold and open air.

Before the headache, she had a feeling that something going to happen and a sudden attack of headache.

She had a desire for tobacco. She had a confusion of mind, and could not remember the way in well-known street.

Thermally she was hot.

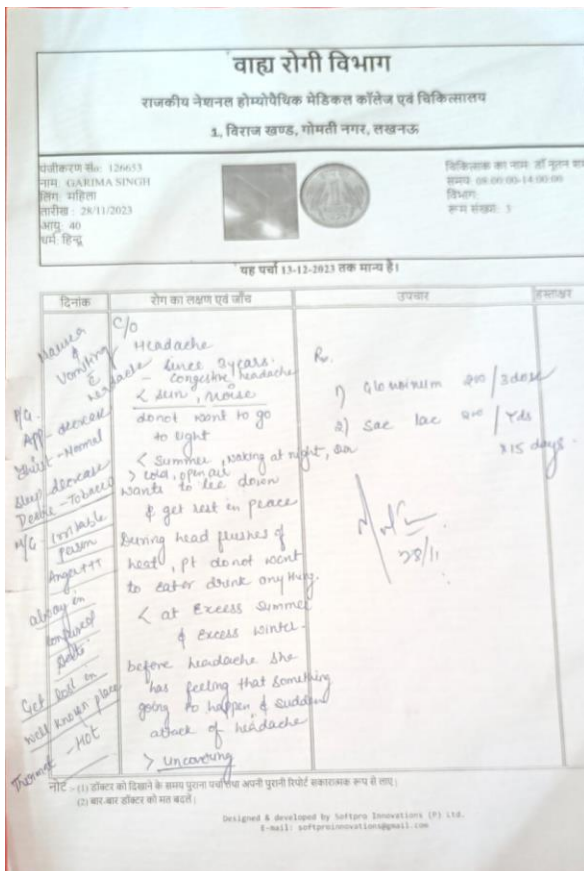
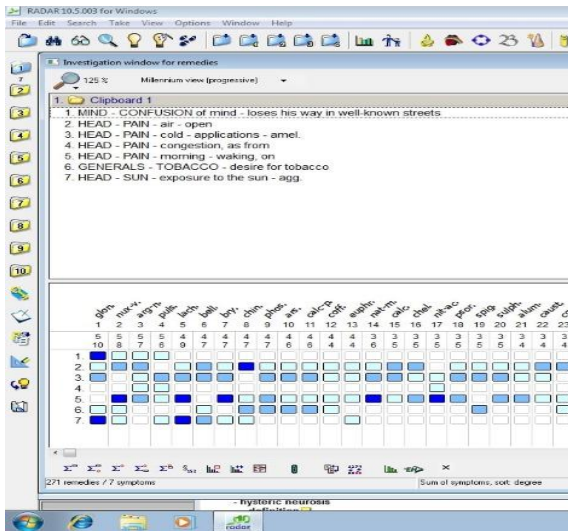
On repertorising the symptoms, Glonoine came up to be the most similar

medicine, so Glonoine was prescribed to her.

Prescription on 28 November 2023

Glonoine was prescribed in a centesimal scale in 200 potency.

REPERTORIZATION^[7]

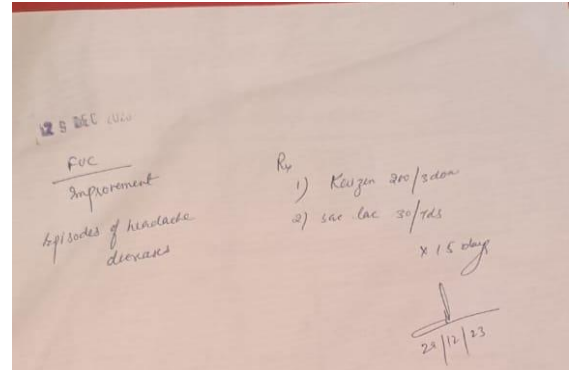


FOLLOW-UP

29/12/2023 Episodes of Headache frequency decreased

Kaizen 200/ 3 doses

Sac lac 30 / tds



Case 2

A 23-year-old male patient came with the symptoms of frequent attacks of migraine at night and recurrent coryza. He has been suffering from migraine for 2 years.

Aggravation from pressure during headache. He was sarcastic.

Along with headache he also had nausea, vomiting and lachrymation as concomitant symptoms.

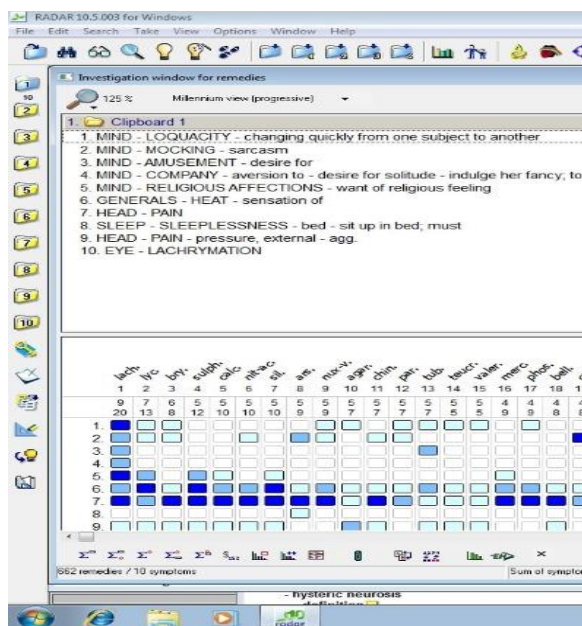
During headache he had a strong aversion to light and noise. He was extroverted and loquacious. He disliked being in the company. He had strong religious affection

He had aggravation from tight clothing around the neck.

Thermal is hot, aversion to sweets, desires amusement and adventure.

After considering the constitution and totality, LACHESIS was selected and given to him in 200 potencies.

REPERTORIZATION



Prescription on 23 DECEMBER 2023

Lachesis was prescribed in a centesimal scale in 200 potency.

FOLLOW-UP

02/01/2024

Headache frequency decreased

Intensity decreased

Kaizen 200/ 3 doses

Sac lac 30 / tds

Case 3

A 20-year-old female patient came with the symptoms of recurrent headache, mainly left side. she was suffering from migraine for 3 years. Head pain aggravates while lying on the back. Her vertex feels cold to the touch.

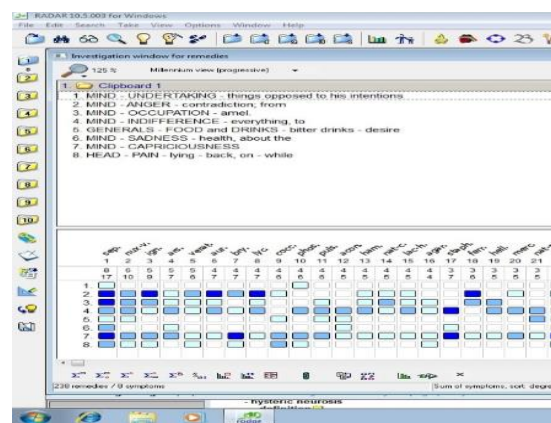
Along with headache she also had nausea and vomiting as concomitant symptoms. She was very irritable and timid. She was thermally chilly. She had a changing disposition.

Aggravation during menses, inside the room.

She was angry in disposition and contradiction from anger. She had a desire for bitter drinks. She was sad about her health. She had amelioration from her occupation (being busy). Sometimes she had indifferent from everything. Appetite was decreased.

After repertorization, sepia was found to cover the totality and so, she was prescribed sepia.

REPERTORIZATION



Prescription on 19 December 2023

sepia was prescribed in centesimal scale in 1M potency.

FOLLOW-UP

9/01/2024

Episodes of Headache frequency decreased

Kaizen 200/ 3 doses

Sac lac 30 / tds

CONCLUSION

In 1st case of 40 years old lady I have prescribed glonoine on the basis of totality. I have advised to patient avoid

stress, do meditation, avoid sun exposure. In 2nd case of 23-year-old male patient I have prescribed Lachesis on the basis of totality. I have advised to patient avoid stress, have healthy diet, practice yoga and meditation. And in 3rd case 20 year female I have prescribed Sepia and advised to her to do yoga and physical exercise, have healthy diet with plenty of salads and fruits.

Homoeopathic medicines reduce both the intensity and frequency of attacks of migraine and help improve the quality of life of patients. Individualised homoeopathic treatment is associated with significant alleviation of migraine symptoms, thus also leading to a reduction in the use of conventional painkillers.

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