



Homeopathy in Migraine - A Case Report

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Abstract

Depression, anxiety, excitement and shock can be a predisposing factor for migraine. Tiredness and insufficient sleep, shoulder or neck tension, poor posture and physical over exertion can trigger migraine. Women may experience migraine symptoms during menstruation due to changing hormone levels. According to WHO report globally it has been estimated that prevalence among adults of current headache disorder symptomatic at least once within the last year is about 50% Half to quarter of adults age. 18-65 in the world have headache in the last year and among those individuals 30% or more have reported migraine in India more than 10 million cases are seen per years. Migraine headache can cause throbbing in one particular area that can vary in intensity along with nausea and sensitivity to light and sound. Present case study is undertaken to study the efficacy of homeopathic medicine in case of migraine visited at Sanjeevani Homoeopathic medical clinic, Sadar Bazar, Mathura. The case was analyzed with the help of Kent's reportory. Reportorial result suggested Natrum Mur. The medicine was prescribed to the patient in low potency and patient gradually improved.

Key word- WHO, Migraine, Headache, Homoeopathy etc.

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INTRODUCTION

Migraine is a psycho neurological disorder with extremely incapacitating neurological symptoms. It is typically a severe throbbing recurring pain usually on

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one side of the head. But in about 1/3 of attacks both sides are affected.

Attacks are often accompanied by one or more of the following disability symptoms like visual disturbances, nausea, vomiting, dizziness, extreme sensitivity to sound, light, touch and smell, tingling or numbness in the extremities or face.

Migraine is the 3rd most prevalent illness in the world affecting 12% of the population including children. It is most common between the age of 18 to 44 yrs. Migraine tends to run in families about 90% of migraine sufferers have a family history of migraine. Migraine is 3 times more common in women.

Homoeopathic medicine works more efficiently on the dynamic plane and thus helps to reduce the chronic, psychological suffering of migraine.

CASE PROFILE

Name : ABC
 Age : 28
 Sex : F
 Religion : Hindu
 Nationality : Indian
 Marital Status : Married
 Occupation : Housewife
 Address : Sadar Bazar,
 Mathura U.P.
 Date : 05.07.2020

Present History: Headache since 3 days < noise < anxiety throbbing pain frontal.

History of delayed menstrual cycles.

Past History of illness with treatment:

History of grief. Patient lost her mother whom she was much attached.

Frequent attacks of headache delayed cycles M/s 6 yrs.

Treated with allopathic pain killers.

Family History:

Mother : H/o Migraine

Father : HT

Mother : Diabetes Melitus

Grand Parents : WNL

Personal History:

Accommodation : Better

Diet & food habit : Vegetarian

Sexual history : Satisfactory

Gynecological history :

Menarche : At the age of 13 years.

LMP : 04.07.2020

Detail of Menstrual cycle : Regular adequate painful.

Obstetric History : G₁ P₁ A₀ L₁

Details of delivery : Normal Delivery

Habits & Hobby : Reading Books

Physical General Symptoms:

Appearance : Fair Complexion,
 Moderate Build

Appetite : Good

Desire : For fried & spicy food.

Aversion : Nothing Significant

Thirst : Average

Stool : Bowels regular

Urine : Clear

Sleep : Restless, anxious, along with headache.

Dreams : of water

Thermal reaction : Hot patient

Mental Generals:

1. Headache frontal < by anxiety, travelling, heat
2. Anger - easily gets angry.
3. Crying, weeping when alone.
4. Better by consolation.
5. H/O of grief lost her mother last year.
6. Fear of darkness
7. Dreams of death.

Physical Examination:

Mild build Normal gait,

Tongue - Moist red

General Examination:

Upper Respiratory Tract - No abnormality detected

Cardio Vascular System - No abnormality detected

Nervous System: Higher function (orientation, sensorium) - No abnormality detected

Skin - Pimples on face.

Provisional Diagnosis:-Migraine

Miasmatic Diagnosis:- Psora

Totality of Symptoms:-

- 1) Headache frontal
- 2) Anxiety
- 3) Desire to be alone.
- 4) Fear of darkness

5) Dreams of death

6) Desire for salt

7) Menses delayed

8) Menses Scanty

9) Face pimples.

Prescription: On the basis of totality of symptoms

Natrum Mur 30/3 doses /3 days

Placebo-30/BD × 15 days

General Management including auxiliary measures.

Advice:

Healthy and balanced diet.

Sound sleep of 8 hours.

Yoga and Meditation of 1 hour daily.

Patient was advised to report after 15 days.

Follow Up: On the basis of totality of symptoms medicine was prescribed.

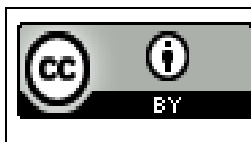
Date	Change in/s	Further advice
5.7.20	No changes was noticed.	Natrum Mur 30
11.7.20	Pain in head was reduced.	Placebo 30 was prescribed
27.7.20	No headache anxiety reduced cheerful.	Placebo 30 was prescribed
2.8.20	Patient much better and cheerful. No headache.	Placebo 30 was prescribed
8.8.20	No anxiety, sleep sound . No dreams	Placebo 30 was prescribed

CONCLUSION-

Sign & symptoms are the reflection of the inner deranged vital energy. Patient was very much attached to her mother. She was very sad, anxious and worried for the future leading to episodes of headache. The case was analyzed and on the basis of totality of symptoms Natrum Mur 30 was prescribed. Patient responded very well and improves gradually.

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