



Migraine and Homoeopathic Management

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Abstract

Migraine is a common condition which affects about 20% of females and 6% of males at some point in their life. Migraine usually occurs before the age of 40 and it has been estimated that 90% of migraine sufferers have their first attack by this time. This condition is a challenge for homoeopathic management, many studies signify the effectiveness of homoeopathic medicines in migraine. This article is an attempt to overview about migraine and its homoeopathic therapeutic approach.

Key Word- Migraine, Homoeopathic medicines, Headache etc.

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INTRODUCTION

Migraine is benign and recurring syndrome of headache, nausea, vomiting, and other symptoms of neurologic dysfunction in varying admixture. Recurrent attacks of headache, varied in intensity, frequency and duration; commonly unilateral in onset².

Etiology^{1, 2}

➤ **Age-** The onset may be in childhood with cyclical vomiting; typical migraine appears in adolescence and continues at intervals until the sixth decade.

- **Sex-** More common in women.
- **Hereditary Influence-** The transmitted factor being an abnormal response of cranial and other vasculature to certain external or endogenous stimuli.
- **Precipitating Causes-** Prolonged fasting cause's low blood sugar, prolonged exposure to bright light, particular foods specially cheese,

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chocolates, citrus fruits, coffee. Mild associated head injury. Changes in the degree of stress, Lack or excess of sleep, oral contraceptives, alcohol, overwork.

- **Conditions associated with migraine-** Tension headache, periodic syndrome, epilepsy, and allergy.

Pathogenesis

Migraine is disturbance of the carotid and vertebrobasilar system together with neurotransmitter system. Both intra and extracranial vessels participate in the process. Initially there is vasoconstriction which leads to cortical and brain stem ischaemia resulting in “aura”. This is soon followed by vasodilatation of the extracranial blood vessels which causes irritation of the nerve endings in the arterial wall which causes headache. This may be followed by muscular contraction which maintains and prolongs headache².

Clinical Features^{1,2}

Prodromal Symptoms: Weakness, lassitude, depression, etc may be complained of for few days.

Aura: the actual attack starts usually after waking from sleep. At first this aura may take the form of some visual disturbances, e.g, coloured lights, hemianopia, ocular pain, lacrimation and photophobia. Sometimes tingling and numbness in the face and upper

extremities may be seen. This state of aura lasts for about 15 minutes to half an hour.

Headache: After the aura passes off, headache starts. This may be unilateral or bilateral or may even be generalized. Often there may be localized spot on the head from where it starts. This pain is usually very severe, gradually increases in intensity having a throbbing in nature. Aphasia, numbness, tingling, weakness, etc. patient prefers to lie in a dark room and refuses all foods. The headache may last for 12-14 hours.

After attack is over sometimes there may be increased urine flow. At times patient becomes very sleepy.

Types of Migraine²

- Migraine with aura (classic type)
- Migraine without aura (common type).
- Migraine variants (unilateral motor on sensory features simulating stroke.)
- Other types are:

- **Hemiplegic Migraine:**

Sometimes the cerebral changes may persist for sometimes even if the headache is over.

- **Basilar Migraine:** When there is spasm of the basilar artery there may be visual disturbances, occipital headache, vertigo, ataxia, syncope, tinnitus,

confusion, headache, nausea, vomiting.

- **Facioplegic Migraine:** Recurrent facial palsy is associated with migraine.
- **Ophthalmologic Migraine:** Migraine is accompanied by oculomotor palsies which may become permanent.
- **Retinal Migraine:** Migraine with occlusion of the retinal artery.
- **Post-traumatic Migraine:** Migraine may be seen in some cases of head injury.
- **Migrainous Neuralgia** (cluster headache): The eyes may be red and nostrils may be blocked due to congestion, rhinorrhoea, lacrymation may develop.

Diagnostic Criteria for Migraine:

Repeated attacks of headache lasting 4–72 h in patients with a normal physical examination, no other reasonable cause for the headache, and:

At least 2 of the following features:

Unilateral pain, Throbbing pain, Aggravation by movement, Moderate or severe intensity.

At least 1 of the following features:

Nausea/vomiting, Photophobia and phonophobia.[3]

General Treatment²

- Patients should regulate their life so as to avoid both physical and mental fatigue.
- Decrease use of over the counter medication.

Homoeopathic Management

Homoeopathic medicines are prescribed on the basis of individualization and symptom similarity by using holistic approach. Several remedies are available to treat migraine on the basis of cause, sensation and modalities of the complaints. Therapeutic indications of migraine are as follows:

1. **Aconitum Napellus:** Burning in forehead, as if everything could be pushed out; pulsation in left side of forehead, < motion, drinking, talking, sunlight; > lying with head high⁴.
2. **Arsenic Album:** Throbbing headache over left eye with irritability < by cold water on head > from wrapping up head warm⁴.
3. **Belladonna:** Violent hyperemia, with throbbing carotids, red face, intolerance of least jar, noise or light > in dark room^{4, 5}.
4. **Colocynthis:** Hemicrania from anger with indignation after suppression of menses, pain extending towards forehead and left side of head with

- nausea, vomiting or diarrhea, especially in evening⁵.
5. **Conium:** Sick headache with inability to urinate < lying in bed, when everything in room seems to go round⁵.
 6. **Cimicifuga:** Headaches are often associated with the menstrual period or come on after long-term study or worrying. The muscles of the neck are feeling very stiff and painful. The person feels mentally dull and gloomy, or even fearful during a migraine. Pain is worse from motion and sometimes improved by eating⁴.
 7. **Coffea Cruda:** This remedy relieves headaches and sleeplessness with agitation and overactive thoughts⁴.
 8. **Cyclamen:** Irregular menses with migraine < at night at rest > when moving⁵.
 9. **Gelsemium:** Hemicrania with dim sight or double vision, great sensitive to noise, coming on suddenly with vertigo > when sitting, head high on pillow < by exertion⁴.
 10. **Glonoinum:** Violent headache from excessive use of wine with nausea > by vomiting⁴.
 11. **Ipecacuanha:** Sick-headache, brain feels bruised, nausea vomiting⁵.
 12. **Iris Vers.:** Headache with neuralgia of infraorbital or dental nerves, nausea and watery vomiting < towards evening from cold air > from motion^{4,5}.
 13. **Lac Caninum:** Pain specially over left eye < noise and talking > rest and cold water; Neuralgic pain in left side of head with empty feeling in pit of stomach.⁵
 14. **Lac Defloratom:** Frontal migraine in anaemic women with nausea, vomiting and obstinate constipation < during menses.⁵
 15. **Natrum Muriaticum:** Attack begins in morning in bed, diminishes after rising and moderate exercise, worse from rapid motion accompanied by nausea and vomiting. Headache before, during and after menses; pain as if head would burst < coughing^{4, 5}
 16. **Nux Vomica:** Gouty and haemorrhoidal patients attack sets in the morning when awaking, getting worse during the day; nausea and vomiting during attack. Aching feeling as of a nail driven into the head, or as if the brain were dashed into pieces; < from mental exercise, by motion and rest, from stimulants⁴.
 17. **Pulsatilla:** General chilliness; scanty menses; bursting, throbbing or stitching pain on one side of head, white tongue, nausea and vomiting; Shifting pain < evenings > cold air⁵.

18. **Sanguinaria Canadensis:** Excessive pain with bilious vomiting, electric stitches through head, toothache, earache; Attack begin in morning and get worse during the day; Pains are more right sided; Attack every seventh day⁵.
19. **Spia:** Pains over one eye throbbing character, shooting upward or from within outward; Hysterical headaches in women with uterine malpositions, leucorrhoea and menstrual disturbances⁵.
20. **Spigelia:** Stitching pain in forehead, temples, vertex or occiput, especially in left side; Dull stitches from within outward, on top of head, < from touch or after washing⁴.
21. **Theridion:** Flickering before eyes; nausea<by closing eyes and by noise; throbbing over left eye and across forehead, sick stomach,<on rising from lying; desire for stimulants⁵.

CONCLUSION

Migraine is a treatable medical condition but it is vital to make a diagnosis and ensure about that not any concomitant

medical or psychological conditions are not present in particular case. With the help of homoeopathic medicines we can provide a good care to the patients with minimum quantity of medicine.

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