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REVIEW ARTICLE

EFFICACY OF HOMOEOPATHIC TREATMENT IN HEADACHE

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Abstract

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Headache, also known as cephalalgia. It is one of the most common complaints encountered in medicine and neurology.

The evaluation of this condition may be straightforward or challenging, and, though often benign, headache may prove to be an ominous symptom.

INTRODUCTION

Headache consists of pain or discomfort arising from pain-sensitive structures in the head.

Classification according to ICHD-3¹

Part -1 Primary Headache

- Migraine
- Tension type Headache

- Trigeminal autonomic cephalgia
- Other primary headache disorders

Part -2 The Secondary Headache

- Headache attributed to Trauma or Injury to the head and/or Neck.

- Headache attributed to cranial or cervical or cervical vascular disorder.
- Headache attributed to Non vascular intracranial disorder.
- Headache attributed to a substance or is withdrawal.
- Headache attributed o infection.
- Headache attributed to disorder of homoeostasis.
- Headache or facial pain attributed to disorder of cranium, Neck, Eyes, Ears, Nose, Sinuses, teeth, mouth or other facial or cranial structure.
- Headache attributed to psychiatric disorder.

Part-3 Painful cranial Neuropathies, other facial pain, other Headache

- Painful cranial Neuropathies and other facial pains.
- Other Headache disorders.

Headache consists of pain or discomfort arising from pain-sensitive structures in the head. These include extracranial structures such as the skin, muscles, and blood vessels in the head and neck; mucosa of the sinuses and dental structures; and intracranial structures including the regions of the large arteries near the circle of Willis, the great intracranial venous sinuses, parts of the dura and Dural arteries, and cranial nerves. The cranium, brain parenchyma,

ependymal lining of the ventricles, and choroid plexus are all pain insensitive²

INVESTIGATIONS^{3,4}

Headache diagnosis is done clinically. In recurrent headaches without neurological findings, current literature does not support performing routine laboratory studies, lumbar puncture, or EEG as part of the diagnostic evaluation.

TREATMENT

Allopathic Treatment - Pain relievers are typically the first drugs recommended by doctors for migraine and headaches. Many of these medications are over-the-counter, or available without a doctor's prescription. Overuse of symptomatic medications can actually cause more frequent headaches or worsen headache symptoms.

Non – Pharmacological Management^{5,6}

1. Physical therapy
2. Psychologic therapy
3. Counselling
4. Stress management/relaxation training
5. Cognitive behaviour therapy

APPROCH TO HOMOEOPATHIC TREATMENT^{7, 8,9,10}

ANACARDIUM ORIENTALE:

- Pressing pain, as from a plug.
- Headache: relieved entirely when eating.

- Occurs when lying down in bed at night, and when about falling asleep
- Worse during motion and work.
- Gastric and nervous headaches of sedentary persons.

GELSEMIUM SEMPERVIRENS:

- Headache commences in the nape of the neck and passes over the head, settling in the eye.
- Worse in the morning and consists of a dull heavy ache with heavy eyelids and general languor.
- Sensation of band around the head above eyes; scalp sore to touch.
- Bruised sensation; better by pressure and lying with head high.
- Pain worse by emotions or excitement, bad news, tobacco and smoking.

CARBOLICUM ACIDUM:

- Dull, heavy, frontal headache, as if a rubber band were stretched tightly over the forehead, from temple to temple.
- Produces mental and bodily languor, disinclination to study, with headache.
- Pains are terrible; come and go suddenly.
- Headache better by green tea; while smoking.

LYCOPODIUM CLAVATUM:

- Pressing headache on vertex
- worse from 4 to 8 pm, and from lying down or stooping, if not eating regularly.
- Throbbing headache after every paroxysm of coughing.
- Pain in temples, as if they were screwed toward each other.
- Tearing pain in occiput; better, fresh air.

MAGNESIUM PHOSPHORICUM:

- Neuralgic headache with sharp, jerking, intermittent pains that are relieved by warmth or pressure.
- Headache: of school girls begins in occiput and extends over head
- From mental emotion, exertion or hard study.
- Worse 10 to 11 a. m. or 4 to 5 p. m.
- Relieved by pressure and external heat.

NATRIUM CARBONICUM:

- Headache from slightest mental exertion, from sun or working under gaslight.
- Inability to think or perform any mental labour, causes headache.
- Head feels too large as if it would burst.
- Head feels too large as if it would burst.

- Face pale, with blue rings around eyes.
- Worse sitting, from music, summer heat, mental exertion, thunderstorm.
- Better by moving.

NATRIUM MURIATICUM:

- Headache from sunrise to sunset.
- Chronic congestive headache.
- Headache of school girls.
- Heaviness of head with great weakness and weariness.
- Pain worse by noise, music, mental exertion and consolation.
- Better by open air and cold bathing.

NUX VOMICA:

- Headache occurs for most part in the morning and is of congestive character.
- Worse after eating and in the open air.
- The headaches of children who use coffee and who eat highly seasoned foods are often relieved by this remedy.
- Pressing pain on vertex, as if a nail driven in.
- Scalp is sensitive.
- Frontal headache, with desire to press the head against something.

PHOSPHOROUS:

- Headache with coldness of occiput.
- Internal pressive headache, mostly on the right side.
- As if the head were too heavy, with some dullness of the head, and tension in both cheeks, as from too much blood.
- Headache worse by touch, physical or mental exertion.
- Better in dark and cold in general.

PHOSPHORICUM ACIDUM:

- It is indicated in headache from occiput forward that is relieved by lying down and that is followed by a moderate flow of urine of foul odour.
- Headache: crushing weight on vertex, from long lasting grief or exhausted nerves in occiput and nape; usually from behind forward.
- Worse by least motion, noise, especially music
- Better by lying.
- Headache of school girls from eye-strain or overuse of eyes; of students who are growing too fast.

TUBERCULINUM:

- Headache: chronic, tubercular, pain intense as of an iron band around head.

- Sharp, cutting pain from above right eye to occiput.
- Pain as of an iron hoop round the head. When the best selected remedy only palliates.
- School-girl's headache
- Worse by studying or even slight mental exertion.
- Pain when using eyes in close work and glasses fail to relieve in patients having a tubercular history.

ZINCUM METALLICUM:

- Headache every morning; pressing in right frontal eminence.
- Pressure with dullness, makes thought difficult
- A Sharp pressure in morning on waking, afterward becomes a simple pressure in temples
- Sensation as if air forced itself into frontal sinuses
- Extreme sensitiveness; tension and pressure
- Pressing headache with dullness in head.

GENERAL MANAGEMENT OF HEADACHE PATIENTS

- Drinking sufficient water.
- Regular physical activity.
- Keeping regular and healthy eating habits.

- Maintaining adequate and regular sleep¹¹
- Advising the patient bed rest and complete relaxation.
- Precipitating factors should be sought and reassurance should be provided for the patient.

CONCLUSION

Over the counter (OTC) pain relievers and triptans are the mainstay of treatment in conventional system of medicine which offer only temporary relief and patient runs the risk of habituation. If the patient is on such medication, it is to be stopped because of risk of developing medication overuse headache as a result of frequent and excessive use of analgesics used in acute therapy.

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