

Scope Of Homoeopathy In Migraine: A Case Report

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ABSTRACT

Migraine: Headache is one of the most common and difficult clinical problems in medicine. Migraine is a episodic headache disorder associated with various combinations of neurological, gastro intestinal and autonomic changes with certain peculiarities like sensitivity to light, sound and movement; nausea and vomiting. Migraine headaches are usually characterized by severe pain on one or both sides of the head. We were influenced by this information & we wanted to find out scope of Homoeopathic medicines in treating migraine with the help of synthesis repertory. The case reported here is that of a migraine in 22 years female who was treated successfully with homoeopathic medicine.

KEYWORDS- Migraine, Synthesis Repertory, Homoeopathy.

INTRODUCTION-

Migraine is a benign rearing syndrome of headache, nausea, vomiting and neurological dysfunction in which psychological state of patient become change like comma in many patient, chronic daily pain cycle associated with depression. The cause of migraine is yet to be unknown, and the condition may result from a series of reactions in the central nervous system due to changes in the body or in the environment. There is often family history of the disorder suggesting that the migraine suffers in headache may have sensitivity to triggers like alcohol, hunger, lack of sleep, stress, food that contains caffeine, monosodium glutamate and nitrates and hormonal changes in the women that produces inflammation in the blood vessels and nerves around the brain causing pain. Migraine headaches also occur about twice as frequently in women than in men. . It is seen in approximate 15% women and 6% men. [Harrison]

CASE-

Ms. XYZ age 22 yrs female come to the OPD along with her mother on 12/06/23,Monday with complaint of pain in the head since 6months A/F the death of her father 6months ago. There is Headache on and off frontal with more in left sided and both the temple Duration 1-2 hrs/2-3 times in week . There is bursting type of pain in the head with burning in eyes. Headache is associated with the crampy pain in the abdomen with nausea and vomiting sometimes. There is a bitter taste in the mouth. Pain worse when sweating (in the head) and better by pressure and sleep & head cover with pillow .

PAST HISTORY:-

History of: Having Dengue 5 years ago .Taken allopathic treatment

FAMILY HISTORY:-

Father - – Died in accident

Mother –Healthy

PERSONAL HISTORY:

Appetite: Feels hungry

Desire:- Spicy

Thirst: 4-5 Glass /day

Aversion:-Sweet

Sleep:-Sound sleep

Dreams:- Of her father who has passed away

Allergy:- Nothing specific

Addiction:-No

Urine:-4-5times/day

Bowel habit:- Once / day, Regular

Perspiration:-More in head no odour no Strain.

Menses: Regular 4-5 days of flow, 28days cycle, pain in lower abdomen

Thermal: Hot

LIFE SPACE-

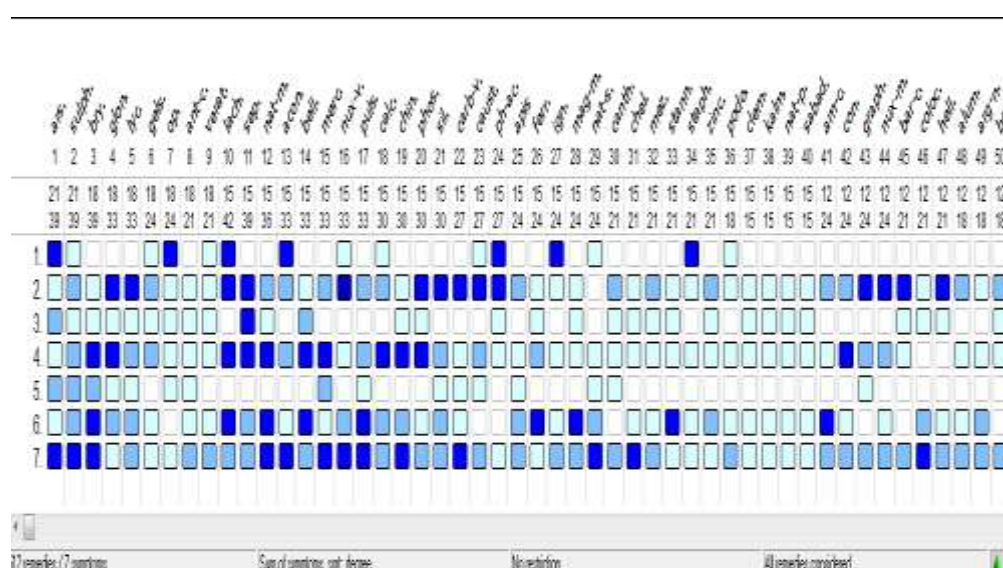
She is the youngest child of her family and has one elder sister. She use to be attentive and smart at school. But the things changes after her father's death in an accident. She loses her interest in studies and no longer remain attentive in class and feels so difficult to concentrate in her class & studies. She said due to her headache she had the concentration problem and cried, she said then I have to fulfill my father's dream she tried a lot but she feel helpless. she feels lonely as her friends in school didn't talk much from her, she cried how much her father loved her. She feels that if her father was alive the things are being not getting difficult . She used to be bold but now feels very insecure. She shares everything with her mother and feels better when her mother understand her and endeavor to persuade her.

EVALUATION OF SYMPTOMS-

- Ailment from father's death
- Difficult to concentrate
- Headache frontal and both the temple
- Bursting type of pain
- Bitter taste in the mouth
- Pain worse when sweating
- Better by pressure

REPERTORIAL TOTALITY-

Investigation window for remedies	
Clipboard 1	
1. MIND - AILMENTS FROM - death of loved ones	(21) 3
2. MIND - CONCENTRATION - difficult	(371) 3
3. HEAD - PAIN - Temples and Forehead	(90) 3
4. HEAD - PAIN - bursting	(165) 3
5. HEAD - PAIN - perspiration - with	(32) 3
6. HEAD - PAIN - pressure, external - amel.	(119) 3
7. MOUTH - TASTE - bitter	(276) 3



REPERTORIAL ANALYSIS-

1. Arsenicum Album
2. Sulphur
3. Bryonia Alba
4. Glonoinum
5. Lycopodium Clavatum

SELECTION OF REMEDY-

Sulphur

SELECTION OF POTENCY-

200 potency to start the treatment as per the susceptibility of patient

PRESCRIPTION-

Rx Sulphur 200 1 dose stat
Nehilium 30 tds x 15 days

FLLOW UP-

DATE	SYMPTOMS	PRESCRIPTION
27/06/23	Headache feels better than before No bitter taste in mouth Nausea present Sleep disturb	Rx Nehilium 30 tds x15 days
14/07/23	Pain in the head is reduced than before. Burning in the eyes is reduced. Nausea & Vomiting absent. Sleep improved	Rx Nehilium 30 tds x15 days
28/07/23	Head Pain is the reduced No Burning in the eyes is reduced. GC- Good	Rx Nehilium 30 tds x15 days
12/08/23	Head pain reduced No new complaints.	Rx Nehilium 30 tds x15 days
28/08/23	Patients feels better.& Confident No recurrent of the complaint No new complaints.	Rx Nehilium 30 tds x15 days

DISCUSSION

Sulphur is given as it covers the maximum symptoms and also justifies the symptoms of PDF like Sulphur is left sided remedy, burning is its prominent symptom & it is a hot medicine. While the other medicines do not cover all these symptoms.

CONCLUSION

Homoeopathy offers a natural and holistic approach to managing , preventing and treating, be it a migraine or any other disease. Intervention from the level of etiology, pathogenesis, aggravating and relieving factors, and disease-specific management along with diet and lifestyle is vital in Homeopathy. Homoeopathic system of medicine by addressing the root causes, balancing and adopting lifestyle modifications, individuals can find relief and regain control over their health. Individualization plays a major role in Homoeopathic prescription. And thus the case is beautifully cured by sulphur without any recurrence of symptom.

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