

Homoeopathic Management of Migraine Based On Boenninghausen's Therapeutic Pocket Book

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ABSTRACT

The study is prospective multicenter observational study. In this study 100 cases of migraine were treated according to the different criteria mentioned in methodology and collect the statistics and after analysis draw the conclusion. Migraine **OBJECTIVE-** Migraine is the third most prevalent disabling functional neurological illness. It has high prevalence among high socioeconomic and young women. Migraine is the most common disease in developing countries due to change in lifestyle irregular and faulty dietary habits. At present there is no complete cure for migraine in modern medicine. Modern medicine made this disease more complicated by applying different type of analgesic and sedative drugs. That at last becomes less effective after prolonged use. Severe episode of migraine disturbs the quality of life and may lead to other systemic complications. Migraine is one-sided disease where lack of symptoms presented by the patients at that time required those medicines which have special affinity to the case of migraine. This study was undertaken with aim to prove the efficacy of homoeopathic medicine in cases of migraine using BTPB and medicines were prescribed on the totality of symptom which proved beneficial for maximum number of cases and thus the efficacy of homoeopathic medicine was proved in treatment of migraine.

Material and Method- History of illness was elicited in an elaborated manner as per the direction given by Dr. Samuel Hahnemann in the aphorism 83-104 of the 6th edition of Organon of Medicine. Case history was recorded in detail as per the proforma designed for the study the data is collected under MIDAS scale as before and after treatment. After making the totality of symptom and evaluation of symptom the similimum was selected using BTPB repertory. Patients were prescribed homoeopathic medicine as per individualized homoeopathic approach. Potency and doses are selected on homeopathic principals eg. Nature of disease, nature of individual and nature of remedy.

The potential research limitation is time limit and lifestyle. The frequency of migraine is more when the person is in a stress condition but it decreases when there is no stress.

Observation and result

The statistical analysis of the study is based upon the data obtained from the 100 patients of migraine who completed the treatment. The collected data was analyzed and presented in the form of tables and charts under the following headings

GROUP WISE DISTRIBUTION OF REGISTERED PATIENT FOR STUDY

STATUS	MALE	FEMALE	TOTAL
REGISTERED	40	73	113
COMPLETED	37	63	100
DROPPED OUT	03	10	13

Total 113 patients were registered under two categories. Out of them 100 have completed the study and 13 are dropped out. (37 male patients were registered and 63 female patients were registered)

DISTRIBUTION OF AGE INCIDENCE

AGE GROUP IN YEAR	MALE	FEMALE	TOTAL NO. OF CASES	TOTAL PERCENTAGE
10-20	06	06	12	12%
21-30	20	30	50	50%
31-40	08	20	28	28%
41-50	03	07	10	10%
Above 50	00	00	0	00
TOTAL	37	63	100	100%

In the above table maximum, no of patients i.e. 50 (56%) were in the age group of 21-30, in which 20 were male and 30 were female, whereas no(0%) patients were registered in 50 above age group.

DISTRIBUTION OF SEX

SEX	NO OF CASES	TOTAL
MALE	37	37%
FEMALE	63	63%
TOTAL	100	100%

Out of 100 cases 37% male and 63% were female the female and male ratio is 1:2(approx.)

FAMILY HISTORY

FAMILY HISTORY	MALE	FEMALE	TOTAL	TOTAL%
MIGRAINE	17	25	42	42%
NONMIGRAINE	20	38	58	58%
TOTAL	37	63	100	100%

In above study in 100 cases 42% has no family history of migraine, in which 20 are male and 38 are female. Remaining 42 (42%) cases has family history of migraine

DISTRIBUTION OF AURA

AURA	MALE	FEMALE	TOTAL	TOTAL%
PRESENT	17	28	45	45%
ABSENT	20	35	55	55%
TOTAL	37	63	100	100%

In above study of 100 cases 45 (45%) cases were with the migraine with aura in which 17 were male and 28 were female, cases were migraine without aura 20 male and 35 female total 55(55%).

SOCIOECONOMIC STATUS

SOCIOECONOMIC STATUS	NO OF CASES	PERCENTAGE
LOWER MIDDLE CLASS	20	20%
MIDDLE CLASS	47	47%
UPPER MIDDLE CLASS	33	33%
TOTAL	100	100%

The study revealed that the maximum number of patients of migraine i.e 47 (47%) belong to middle class family whereas 33% cases belong to upper middle class and 20% belong to lower middle class

DISTRIBUTION OF AREA

AREA	NO OF CASES	TOTAL PERCENTAGE
RURAL	17	17%
URBAN	83	83%
TOTAL	100	100%

Out of 100 cases maximum number of cases were related to urban area i.e 83% and 17% are related to rural area.

OCCUPATION WISE DISTRIBUTION

OCCUPATION	NO OF CASES	PERCENTAGE
HOUSEWIFE	17	17%
GOVT EMPLOYEE	23	23%
BUSINESS	08	08%
PRIVATE JOB	09	09%
STUDENT	53	53%
TOTAL	100	100%

Considering the nature of occupation, it was found that 17% of patients were housewife 23% of patients were Govt employee 08%were businessman 09% were private job and 53% were student,

MIASMATIC DOMINANCE

MIASM	NO OF PATIENTS	PERCENTAGE
PSORA	44	44%
SYCOSIS	0	0
SYPHILIS	0	0
PSORA-SYCOTIC	15	15%
PSORA-SYPHILIS	25	25%
PSORA-SYCOSIS-SYPHILITIC	16	16%
TOTAL	100	100%

Above table shows that the miasmatic dominance of the psora was found in maximum number of patients that is 44%, psora-sycotic in 15% of cases and psora-syphilis in 25% of cases and psora-sycosis- syphilis in 16% of cases

DISTRIBUTION OF TREATMENT RESPONSE

RESPONSE	MALE	FEMALE	TOTAL	PERCENTAGE
MARKED IMPROVEMENT	10	33	43	43%
MODERATE IMPROVEMENT	10	16	26	26%
MILD IMPROVEMENT	10	10	20	20%
NOIMPROVEMENT	07	04	11	11%
TOTAL	37	63	100	100%

In present study of 100 cases it was observed that after applying homoeopathic medicine 43 cases (43%) improved markedly in which 10 patients were male and 33 were female, while 10 cases of male and 16 cases of female have moderate improvement and 10 cases of male and 10 cases of female has shown mild improvement. Only 07 cases of male and 04 cases of female there was no improvement.

MEDICINE USED FOR TREATMENT

S.NO	NAME OF MEDICINE	NO. OF CASES	PERCENTAGE
1	ARG-N	3	3%
2	CIMICIFUGA	3	3%
3	FER-M	3	3%
4	GELSEMIUM	7	7%
5	LACHESIS	7	7%
6	LYCOPodium	7	7%
7	NAT-MUR	15	15%
8	NUX-V	7	7%
9	PHOSPHORUS	10	10%
10	SANGUNARIA	10	10%
11	SEPIA	3	3%
12	SILICEA	10	10%
13	SPIGELIA	6	6%
14	STRAMONIUM	2	2%
15	SULPHUR	7	7%
	TOTAL	100	100%

From above table it is observed that the maximum number of patients were given Nat-Mur (10%), Phosphorus 10% and Silicea 10% and rest of different medicine were prescribed on the basis of totality extracted from Repertorization by BTPB

Conclusion- The constitutional homoeopathic treatment had a great role in migraine patient in study population. It became evident that the BTPB repertory is easy to explore the symptom of the patient and their clinical condition which are very well represented in it. It is easy to explore and repertorize the case.

The following conclusion in various cases of migraine are drawn from the study

- The BTPB repertory is very useful in common clinical condition like migraine
- Migraine can be effectively treated by homoeopathic medicine
- Psora and psoro-syphilitic are the predominant miasm of migraine
- Lifestyle plays an important role in management of migraine

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