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Prevalence and impact of primary headaches on students and the efficacy of individualised homeopathic remedies

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Abstract

Headache is a common complaint among students, with various factors contributing to its prevalence in this population. This abstract aims to provide an overview of the prevalence, etiology, and impact of headaches in students seeking homeopathic management.

The prevalence of headache in individuals seeking homeopathic treatment is significant, with stress, hormonal imbalances and environmental factors being significant contributing.

Keywords: Headache, primary headaches, migraine, tension headache, homeopathic efficacy

Introduction

Primary headaches such as tension type headache and migraines are common among students with high prevalence and significant impact on their academic performance and overall well-being.

The prevalence of primary headaches in students is higher compared to general population with stress, irregular sleep patterns and long hours of study being significant.

Any disease will not occur without any definite cause. Nature of the cause and the effect will make an individual sick.

Primary headaches are basically the effects of the cause, when a similitum is obtained by individualization^[1] it can make the result of affection better.

The headache disorders are characterized by recurrent pain associated with personal and social burdens, damaged quality life and financial implications^[2].

The Global burden of disease study ranks headache disorders as second leading cause of years lived with disability worldwide^[3].

Epidemiology

Studies conducted in southern part of India showed that prevalence of primary headache as 62% and of migraine as 25.2%^[4].

Another study in Srinagar district of Kashmir valley shows the prevalence of tension type of headache 50.99% and migraine 26.98%. In this study the cause of headaches were stress and disturbed sleep cycle 18%, excess phone or screen time 12%, skipping meal 8%^[5].

Types of headaches: Headache classified into primary and secondary

Primary headaches are:

1. Tension type headache.
2. Migraine.
3. Cluster type headache.
4. Trigeminal neuralgia.
5. Medication overuse headache.

Secondary headache may be due to structural, infective, inflammatory or vascular conditions. Primary headache mainly has migraine and tension type headache. Migraine is defined as unilateral headache characterized by a throbbing pain that lasts anywhere between 7 and 72 hrs. Tension headache is a dull, tight pressure and there is sensation of band around the head faced by students before exams, class presentations etc.^[6].

Only these 2 headaches are common among students and have a significant impact on their academic performance and overall well-being

Probable Causes of affection of students with primary headaches

- Exam stress.
- Anxiety.
- High performance-Demanding nature of their studies and pressure to perform well.
- Lack of sleep, long study hours, clinical rotations and on call duties.
- Poor posture, poor diet.
- Caffeine and dehydration.
- Eyes strain, over exertion.
- Hormonal changes.
- Mental health issue.
- Many years of education [7].

Incidence

Females are 3 times more commonly affected than males [8].

Impact

Unpredictable nature of disease leads to frequent absenteeism, decreased productivity at college, academic failures, avoiding extracurricular activities with family [9].

Clinical features

Tension type headache

- Constant dull non- throbbing pain that affects both sides of the head
- Mild - moderate intensity and does not worsen with physical activity last up to 30min - several days
- Sensation of tightness across forehead

Migraine type headache

- Throbbing or pulsating unilateral headache.
- Moderate to severe intensity.
- Aggravation by physical activity.
- Nausea / vomiting [6].

Medical evaluation

- Medical history regarding symptoms, family history, potential triggers.
- Physical examination to check for any neurological abnormalities.
- Imaging studies such as MRI or CT scans to rule out tumors or structural abnormalities in brain.
- Blood tests [6].

Management and Prevention

- Headache diary to track frequency, duration, and severity of migraines as well as any potential triggers can provide valuable information for health care provider in managing condition.
- Life style modification such as getting regular exercise,

maintaining healthy diet, getting enough sleep, managing stress.

- Learning and practicing stress management techniques such as relaxation exercises, mind fullness meditation.
- Avoiding triggers such as certain foods, drinks or environmental factors can help prevent future episodes [6].

Homeopathic therapeutics

1. Natrum muraticum

- Headache as if a thousand little hammers were knocking on brain, in the morning on awakening, after menstruation from sunrise to sunset.
- Anemic Headache of school going girls.
- Chronic headache, semilateral, congestive, with pale face, Nausea, vomiting before attack numbness and tingling in lips, tongue, nose > sleep.

2. Gelsemium

- Heaviness and band feeling around Head.
- Dull heavy ache with heaviness of eyelids.
- Pain in temple extending into wing of nose, chin with muscular soreness of neck and shoulders preceded by blindness > profuse urination.

3. Belladonna

- Headache from suppressed catarrhal flow with much throbbing and heat.
- Boring of Head into pillow, drawn backwards and rolls from side to side.
- I'll effects from cold and haircut.

4. Sanguinaria

- Periodical sick headache begins in Occiput spreads upwards and settles over eyes especially right side.
- Headaches returns at climacteric, every 7th day.
- Pain in back of Head like a flash of lightening < sweets > sleep, darkness.

5. Ignatia amara

- Congestive headaches following anger or grief.
- < Smoking or smelling tobacco.
- Headache as if a nail were driven out through the side < morning, open air, while eating.

6. Coffea

Headache worse from noise, smell, narcotics seems as if brain were torn to pieces < open air, sensitive hearing > from lying down.

7. Nux vomica

- Headache with vertigo.
- Frontal headache with desire to press the Head against something.
- Congestive headache associated with hemorrhoids < coffee, tobacco, open air > rest, strong pressure.

8. Iris versicolor

- Frontal headache with Nausea.
- Right temples affected, beings with blur before eyes < rest > continued motion.

9. Glonoinum

- Great remedy for congestive headaches.
- Effects of sunstroke, heat on Head as in type setters and workers under electric light.
- Sun headaches increases and decreases with sun.
- Rush of blood to Head in pregnant women.

10. Kalium phosphoricum

- Occipital headache due to neurasthenia mental and physical depression.
- Causes are due to excitement, overwork, worry < rising > gentle motion.
- Headache of students worn out by fatigue associated with empty gone feeling at stomach.

11. Cimicifuga

- Shooting and throbbing pains in Head after mental worry, over study or reflex of uterine diseases.
- Pressing outward pain with tinnitus.
- Pain from eyes to top of head < morning, menses > warmth, eating.

12. Spigelia

- Nervous headache periodical being in morning at base of brain, spreading overhead and locating in eye, orbit, temple of left side.
- < Motion, noise, touch, turning eyes > lying on right side^[10].

Rubrics from Kent

- (Kent) Head-pain-anger from Cham, lyc, nat-m, nux-v, petr, phos, staph.
- (Kent) head-pain-attention from too eager (see mental exertion) IGN.
- (Kent) head-pain-dreams, after unpleasant Cob.
- (Kent) head-pain-excitment of the emotions, after Nat-mur, nux-v, ph-ac, staph, puls.
- (Kent) head -pain -depressing or sadness Cocc, ign, nux-v, op, staph.
- (Kent) head-pain-fright, after Acon, ign, puls.
- (Kent) head-pain-grief, from Ign, staph.
- (Kent) head-pain-hysterical headache Asaf.
- (Kent) head-pain-joy, from excessive Coff.
- (Kent) head-pain-laughing, from Nat-m.
- (Kent) head-pain-mental exertion, from Aur, Calc, calc-p, glon, lyc, nat-c, nat-m, nat-p, nux-v, phos, pic-ac, puls, sil.
- (Kent) head-noise, from Bell, Calc, ther^[11].

Rubrics from Boericke

- (Boericke) Head-headache-type-migraine-nervous.

- (Boericke) Head-Head-location-temples.
- (Boericke) Head-headache-character of pain-heaviness.
- (Boericke) Head-headache-throbbing-beating-pulsating.
- (Boericke) Head-headache-concomitants-eyes-heaviness.
- (Boericke) Head-headache (Cephalgia) - agg exertion mental /physical.
- (Boericke) Head-headache (Cephalgia) - character of pain -pressing
- (Boericke) Head-headache (Cephalgia) - character of pain- aching dull.
- (Boericke) Head-headache-semilateral (Hemicrania).
- (Boericke) Head-headache-concomitants-Nausea^[10].

Conclusion

In conclusion, this study underscores the significant prevalence of headaches among students seeking homeopathic treatment, attributing them to factors such as stress, hormonal imbalances, and environmental influences. The efficacy of individualized homeopathic remedies in managing and alleviating these headaches is explored, highlighting potential avenues for targeted intervention and improved well-being among students.

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Not available

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