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Case report on homoeopathic treatment of migraine

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Abstract

Migraine is the second most common cause of headache and has a significant impact on a persons quality of life. Available modes of treatment largely focus on pain management. Homoeopathy offers a comprehensive solution to migraine patients providing not only pain relief but also a reduction in frequency and intensity of episodes and a hope for a migraine-free life. This case report presents utility of Homoeopathic medicine *Natrum muriaticum* in reducing pain and episodes of migraine.

Keywords: Migraine, homoeopathy, natrum muriaticum, commonest complaints, neurological disorder

Introduction

Headache being one of the commonest complaints is highly underreported unless its continuous ^[1-3] migraine is headache that occurs several times, is accompanied by nausea, vomiting, and sensitivity to light and can last hours or days. ^[4] It is a complex neurological disorder, usually an episodic headache associated with certain features such as nausea, vomiting, photophobia or phonophobia ^[2] it can often be recognised by activators, referred to as triggers, for example food items, food additives, alcohol, hormonal changes, visual stimuli, olfactory stimuli, auditory stimuli, sleep, weather changes etc. ^[1-3].

Migraine, the second most common cause of headache, afflicts approximately 15% of women and 6% of men over a one year period ^[2] it is more common in women than in men (2 to 3:1) more among those from rural areas than urban ^[5] prevalence was found to have increased with age and more around age 40-44 years, followed by gradual decrease in both women and men ^[6]. Most people start having migraine headaches between ages 10 and 40, many women find that their migraines get better or go away after age 50.

A family history is present in more than 60% of cases. If one parent has a history of these types of headaches, their child has a 50% chance of getting them. If both parents have them, the risk increased to 75% ^[5, 6].

Presenting complaints

A 37 year old male presented in OPD with complaints of headache episodes since 1 year with other associated complaints acidity, nausea and vomiting. Aggravated from heat, sun exposure, during riding a bike or car which is better by vomiting, chest congestion since 1 week with slight cough.

Headache off and on since 1 year

- Location - Right frontal and temples regions.
- Headache lasts for at least 1-2 days even with analgesics.
- Sensation - Bursting pain.
- Concomitant - nausea and vomiting with headache.
- Modalities.

Aggravation-heat, sun exposure, noise

- Vertigo and nausea during riding a bike or car.
- Aggravation - riding in car, bike.
- Amelioration - vomiting.
- Chest congestion since 1 week with slight cough.
- Acidity.

History of presenting complaints

This patient was apparently healthy until 1 year ago when he developed the complaint headache taking analgesics for headache since 1 year.

Past history - N/S

Family history - Siblings - migraine since 2 years.

Mental generals

- Shyness.
- Introvert.
- Irritable on small things.
- Patient is awkward in talking.
- Patient is not liking to speak and talk.
- Not liking to give answers of the questions.

Physical Generals

- **Thermal Reaction:** Chilly patient.
- **Craving:** Salt.
- **Appetite:** Normal.
- **Perspiration:** Scanty perspiration.

General physical examination

- Blood pressure - 149/94mmHg.
- Pulse - 70 bpm.
- Respiratory Rate - 18/ min.
- Temperature - 97.6 F.

Systemic examination-NAD

Differential diagnosis

- Migraine headache.
- Cluster headache.
- Gastric headache.

Final Diagnosis - Migraine

Table 1: Analysis of symptoms

Mental Generals	Physical Generals	Particulars
<ul style="list-style-type: none"> ▪ Introvert. ▪ Shyness. ▪ Irritable on small things. ▪ Awkward in talking. ▪ Not like to speak and talk. ▪ Don't like to give answers. 	<ul style="list-style-type: none"> ▪ Chilly patient. ▪ Salt craving. ▪ Scanty perspiration. 	<ul style="list-style-type: none"> ▪ Headache location- for head and temples. ▪ Headache accompanied nausea and vomiting. ▪ Headache aggravation from sun exposure, noise, warmth. ▪ Chest congestion. ▪ Acidity. ▪ Nausea aggravation by riding in carriage (travel sickness). ▪ Nausea Better by vomiting.

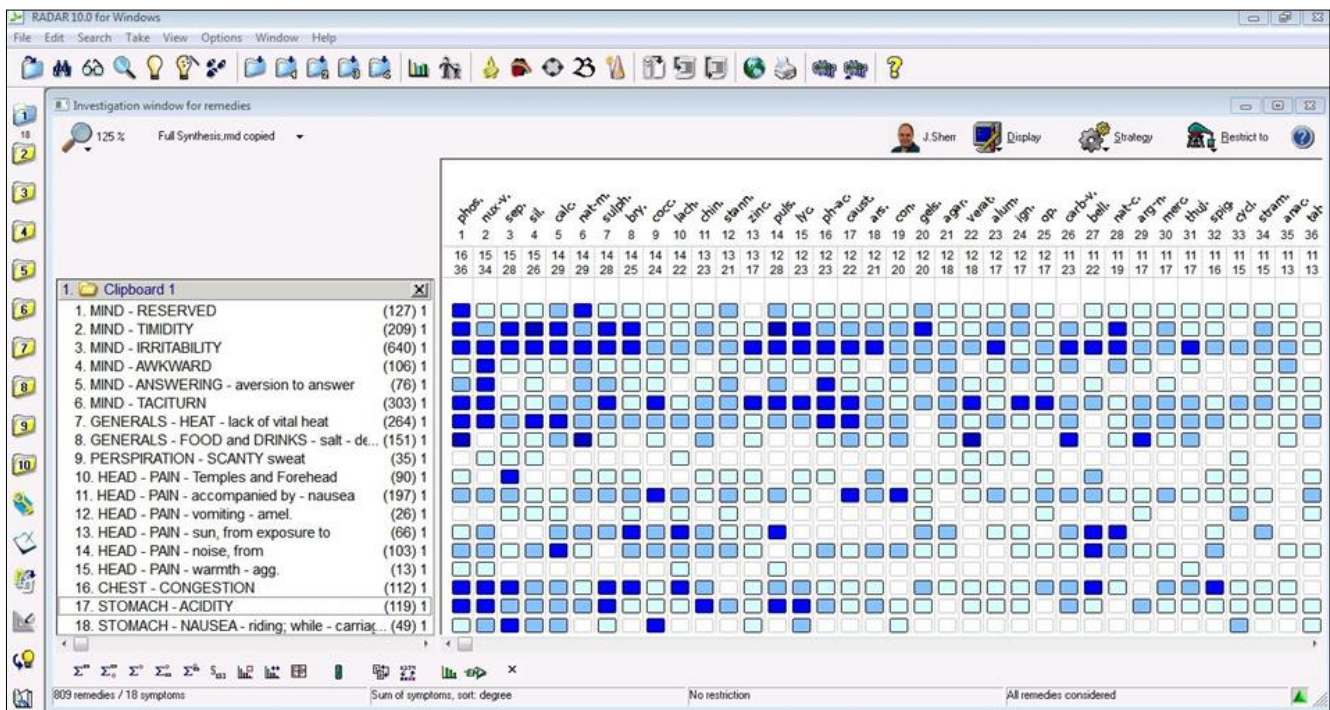


Fig 1: Repertorisation Chart

Table 3: Reptorial analysis (Fig 1)

No.	Medicines	Results (Rubric Covered / Total Score)
1	Phosphorus	16/36
2	Nux vomica	15/34
3	Sepia	15/28
4	Calc carb	14/29
5	Natrum mur	14/29
6	Sulphur	14/28
7	Bryonia alba	14/25
8	Cocculus indicus	14/24

Prescription

▪ First prescription was on 7 April 2023.

- *Natrum muriaticum* 30/2 doses stat followed by *Rubrum* 30/BD for 7 days (2 globules at a time 30 size).

Follow up sheet

Date	Follow up	Prescription
15/04/23	Slight relief in headache, no change in congestion of chest and cough	<i>Natrum muriaticum</i> 30/TDS/14 days
28/04/23	Slight relief in headache, congestion in chest and cough better	<i>Natrum muriaticum</i> 30/2 doses stat <i>Rubrum</i> 30/BD for 15 days
11/05/23	Frequency and intensity of headache decreased, Congestion in chest and cough slight better	<i>Natrum muriaticum</i> 30/ 2 doses stat <i>Rubrum</i> 30/BD for 15 days
02/06/23	Frequency and intensity of headache is decreased but not completely better Congestion in chest and cough is SQ	<i>Natrum muriaticum</i> 200/2 doses OD/HS for 2 days <i>Rubrum</i> 30/BD for 15 days
16/06/23	No headache Cough and chest congestion is completely better During driving severe nausea unable to go anywhere (Travel sickness)	<i>Natrum muriaticum</i> 200/1dose /SOS <i>Cocculus indicus</i> 30/4 doses /SOS <i>Rubrum</i> 30/BD for 15 days
30/06/23	No headache in 15 days Travel sickness is better by taking <i>Cocculus indicus</i> 30 1 dose. Cough and chest congestion is completely better	<i>Natrum muriaticum</i> 200/1dose/sos <i>Rubrum</i> 30/BD for 15 days
14/07/23	No headache since 1 month (Not taken <i>Natrum mur</i> sos given before) Travel sickness is better by taking <i>Cocculus indicus</i>	<i>Cocculus indicus</i> 30/2 doses/sos <i>Rubrum</i> 30/BD for 21 days
21/09/23	Headache once in a month No other symptoms	<i>Natrum muriaticum</i> 200/1dose/SOS <i>Rubrum</i> 30/BD for 21 days

Migraine disability assessment test

Serial No.	Questions	Before Treatment	After 3 months of treatment
1	On how many days in the last 3 months did you miss work or school because of your headaches?	3 days	0 day
2	How many days in the last 3 months was your productivity at work or school reduced by half or more because of your headaches? (Do not include days you counted in question 1 where you missed work or school.)	10 days	2 days
3	On how many days in the last 3 months did you not do household work (such as housework, home repairs and maintenance, shopping, caring for children and relatives) because of your headaches?	2 days	0 days
4	How many days in the last 3 months was your productivity in household work reduced by half or more because of your headaches? (Do not include days you counted in question 3 where you did not do household work.)	7 days	1 day
5	On how many days in the last 3 months did you miss family, social or leisure activities because of your headaches?	1 day	1 day
	Total score	23 (Grade 4 A, severe disability)	4 (grade 1 little or no disability)
A.	On how many days in the last 3 months did you have a headache? (If a headache lasted more than 1 day, count each day.)	13	2
B.	On a scale of 0-10, on average how painful were these headaches? (Where 0=no pain at all, and 10=pain as bad as it can be.)	9	2

Discussion

Case studies and researches support use of homoeopathy in migraine patients. Whitmarsh (1997) reported a case of migraine without aura which was unresponsive to five years of treatment but was treated with homoeopathy by single medicine [7]. Witt *et al.* (2010) after a Multicentre Study on Homeopathic treatment of patients with migraine showed relevant improvements that lasted for the observed 24 month period [8]. Owen *et al.* in a systematic review of literature on Treatment of headache from homoeopathy analysed six papers met criteria for inclusion, from which 3 papers studied migraine headache, 2 studies tension and cervicogenic type of headache, and 1 involve all types of headaches. Reported homoeopathy to be better and showed improvement in patients who are taking homoeopathic care [9]. Straumsheim *et al.* conducted a double blinded randomised controlled trail to assess the efficacy of classical homoeopathic treatment for migraine and showed that patients who are treated with homeopathy had significant reduction in the periodicity, frequency, and duration of

migraine attacks thus concluding that homoeopathic medicine were found effective in treating migraine.^[10] Mohanty *et al.* conducted a single blind placebo controlled randomized clinical trial to explore the efficacy of homoeopathic medicines in the treatment of migraine and concluded that homoeopathic medicines were effective in treatment of migraine The study found *Natrum mur* was the most frequently prescribed homoeopathic medicine. *Onosmodium* and *Prunus spinosa* were also frequently prescribed in acute conditions [11]. In this case the patient responded well to indicate homoeopathic medicine. Initially 30 CH potency was selected as the medicine was based on physical generals and particulars. It provided slight relief. However raising the potency to 200 provided significant relief with single dose. Patient was given *Cocculus* 30 to be taken before traveling and provided relief from complaints during travelling. Homoeopathic treatment provided pain relief and improved quality of life of the patient.

Conclusion

Migraine brings discomfort and difficulty in daily life, affects negatively on the quality of life and health. This case highlighted that homoeopathic treatment provided significant relief in this case.

Conflict of Interest

Not available

Financial Support

Not available

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