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A chronic case of cluster type of headache cured successfully with Platina: A case report

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Abstract

Introduction: Cluster type of headache is the type of primary headache in which Headache occurs in clusters and in one side of head. Cluster headache is called so because of its occurrence in clusters or in groups. This type of headache is very painful. These types of headaches interfere the health related quality of life of patients. In Modern medicine the treatment for cluster type headache mainly involves vasoconstrictors and selective serotonin receptor agonist medications. These medications provide only short term relief from the symptoms with side effects. In Homoeopathy the treatment is individualized and curative with no side effects.

Conclusion: This case report signifies that Homoeopathic similimum is capable of curing the cluster headache rapidly and gently.

Keywords: Cluster headache, platina, case report

Introduction

Case profile: A Female patient of 25 years came with the complaints of severe left sided headache with frequency of 5-6 times a day. She was suffering from this problem since 5 years. The patient was unable to sleep because of this problem. Her numeric pain rating scale score was 10. After taking the totality of the symptoms the Homoeopathic similimum Platina was prescribed. After taking the Homoeopathic treatment for the period of six months she was cured completely with no remission of headache along with numeric pain rating scale score was zero.

Case details: A female patient of 25 years came with the complaints of violent left sided headache which used to start in morning and continued for 4-5 days. She told that her headache used to start slowly at a spot on left side of head, then gradually became more intense with time. Along with headache she used to have irritability and anger. Pain in body which always change its location she also told that there was intense itching between toes of her feet at night. She also had pain in stomach after her dinner. All these complaints were since 5 years.

Past history: Appendicitis (in 2014), family history:-father-hypertension

Physical generals: Appetite: moderate, thirst:-6-7 glass/day, desire:-sweets, perspiration:-scanty no odour no staining, urine:-no odour pale, stool:-constipation, sleep:-refreshing sleep position:-right side, thermal:-hot

Obs. and gynac history: obs. history:-g1p1a011(i male child), Menarche:-at the age of 14 years, Menses regular flow normal lasting for 4 days, Before menses her tonsils used to enlarge Lmp-25/8/2019

Mental generals: She has violent anger; uses bad words if anyone tries to contradict her (her mother in law told that she is so difficult to handle in her anger). She used to have headache anger after; her anger is being provoked also whenever she find any dirt in her house. She likes to be in solitude. Hurry haste in everything. She has fear from water (this fear has been developed after her son drowned one time). Fear of cemetery. She told she always purchases most expensive clothes as cheap clothes are below her standard. She had studied till fourth stundered but when inquired why she left study she said because it was not in urdu medium. She said she had taken homoeopathic remedies for her complaints but no relief; said homoeopathy is useless.

General examination & general appearance: General

Appearance: Anxious
Built: average rr: 18/min
Pulse: 72/min
Temperature: Afebrile
B.P: 120/80 mm/hg
Odema: Absent
Pallor: Absent
Nails: No clubbing
Eyes: Near sightedness
Teeth: Caries
Throat: Nad
Tongue: Red clean
Lymph nodes: Not palpable
Systemic examination: None abnormality detected
Numeric pain rating scale score ^[1]: Her numeric pain rating scale score was 10 which means worst possible pain.

Desire sweets
 Sleep position right
 Pains changing location

Constipation

- **Particular generals:** Headache left side
- Pain in abdomen which get worse after eating
- Severe itching in feet toes between (she used to scratch it with washing brush) at night
- Headache spots in
- Headache increase gradually and decrease gradually
- Tonsils used to inflame menses before
- Travel sickness
- Headache irritability with

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 She used to have headache anger after; her anger is being provoked also whenever she find any dirt in her house .She likes to be in solitude. Hurry haste in everything. She has fear from water (this fear has been developed after her son drowned one time). Fear of cemetery. She told she always purchases most expensive clothes as cheap clothes are below her standard. She had studied till fourth stundered but when inquired why she left study she said because it was not in urdu medium. She said she had taken homoeopathic remedies for her complaints but no relief; said homoeopathy is useless.

Reportorization totality: Following symptoms were taken for reportorization by using hompath eco teak Software ^[3].

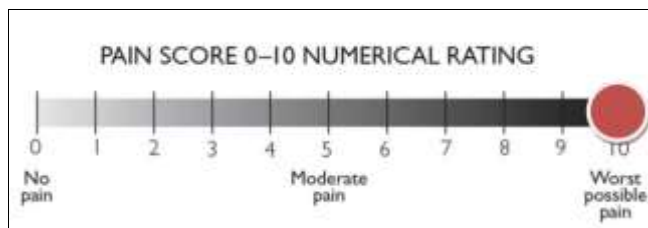


Fig 1: Numerical pain rating scale score before treatment

Diagnosis: Cluster headache (Type of primary headache).
 ICD 11 Code:-8A83 ^[2].

Analysis & Evaluation of symptoms
Physical generals

Table 1: Repertorial sheet

Remedy	Plat	Sulph	Lach	Nat-m	Lyc	Arn	Puls	Anac	Op	Bry	Carb-v	Sang	Iod	Ambr	Arg-n
Totality	30	30	25	22	22	20	19	17	17	16	16	15	14	14	14
Symptoms Covered	12	12	12	10	9	9	8	9	7	7	7	6	7	6	6
[Complete] [Head] Pain, headache: Sides: Left:	3	3	3	2	1	3	1	1	1	3	1	3	3	3	3
[Complete] [Head] Pain, headache: Spots:	1	1	1	0	1	3	0	1	0	1	1	3	0	1	1
[Kent] [Mind] Irritability (see anger): Headache, during:	1	0	1	1	0	0	0	2	1	1	0	0	1	0	0
[Allen] [P] Pain: Changing, character:	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent] [Extremities] Itching: Toes: Scratch until they bleed, must:	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Therap] [Mind] Haughtiness:	4	0	2	0	4	1	0	1	0	0	0	0	0	0	0
[Complete] [Mind] Audacity:	1	3	1	0	0	3	3	0	4	0	0	0	0	0	0
[Complete] [Head] Pain, headache: Increasing gradually: Decreasing: Gradually:	3	1	0	1	0	1	0	0	1	0	0	1	0	0	0
[Complete] [Mirilli's Themes] Hurry:	4	4	3	4	1	3	3	1	3	3	1	3	3	3	4
[Complete] [Mind] Washing, bathing: Desire for: Cleanliness, mania for:	1	3	0	0	0	0	1	0	0	0	0	0	0	0	0
[Complete] [Rectum] Constipation:	4	4	4	4	4	4	4	4	4	4	4	2	4	4	3
[Murphy] [Mind] HYDROPHOBIA, fear of water:	0	1	2	1	0	0	0	0	0	0	0	0	1	0	1
[Murphy] [Mind] Fears, phobias, general: Cemetery:	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Murphy] [Throat] Tonsils, general: Pain, tonsils: Menses, agg.:	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent] [Vision] Myopia:	0	2	2	2	2	0	3	2	0	0	2	0	0	0	2
[Complete] [Abdomen] Pain: Eating: After:	1	3	3	3	4	1	3	1	0	1	3	3	1	1	0
[Knerr] [Mind and Disposition] Delusion (illusions, hallucinations): Smaller, objects: On entering house after walking an hour everything very small, and all persons mentally and physically inferior, she herself physically large and superior:	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Complete] [Mind] Anger: Violent:	3	3	2	3	3	1	1	4	3	3	4	0	1	2	0
[Kent] [Sleep] Position: Side, on: Right:	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
[Murphy] [Sleep] Disturbed, sleep: Pains, by: Headache:	0	2	0	1	2	0	0	0	0	0	0	0	0	0	0

Selection of remedy and justification of the same:- Platina was selected because the patient's personality profile matches with platina personality. The platina personality is very haughty (which means overestimation of oneself and looking others inferior). In this case the patient always purchases expensive clothes even though she belonged to middle class family she said I love only the things which are for my standard she told the reason of not studying further as she considers Marathi as inferior to Urdu she always treats her mother in law and relatives as they are inferior to her and they should obey whatever she says. The patient is contemptuous (always insults her mother in law if she spreads any dirt in floor or contradicts her in any way). The patient has left side headache which is followed by anger, the patient complains like tonsils enlargement get aggravated before menses which is also characteristic symptom of platina.

Prescription with date

1. Platina 200 x 3 doses (weekly 1 dose)
2. Placebo x TDS X 1 month

Date: 28/8/2019

Follow up: 11/9/2019

- Itching in feet got 80% better
- Headache which was of left side got better 80%
- Pain abdomen after eating got better 70%
- The patient feels calm (feeling kind of relax as told by patient)

Prescription: Placebo x TDS x 1 month

Follow up: 20/10/2019

- Headache left side was 90% reduced
- Pain abdomen eating after was 90% better

Prescription: Placebo x TDS x 1 month

Follow up: 20/11/2019

- Headache left side was 90% reduced
- Pain abdomen eating after was no more

Prescription: Placebo x TDS x 3 months

Follow up: 20/2/2020

- Headache left side was no more
- Pain abdomen eating after was no more

Prescription: Nothing was prescribed as patient was totally cured. Her Numerical pain rating score was zero. However patient was told to inform after 1 year regarding her condition.

Follow up: 15/7/2021

Patient informed of having no headache. She was more calm and energetic living in full vigour.

Numerical pain rating scale score

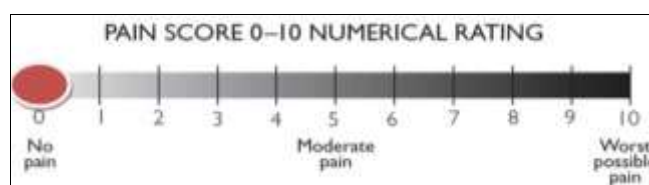


Fig 2: Numerical pain rating scale score after the treatment

Discussions

This case report signifies the importance of taking characteristic symptoms for selection of Homoeopathic similimum. It also signifies that Homoeopathic similimum acts rapidly gently and permanently. Her health related quality of life (HRQOL) was increased to optimum level.

Informed consent: Written consent was taken from the patient

Conflict of Interest: None

Source of Funding: None

References

1. https://www.physio-pedia.com/Numeric_Pain_Rating_Scale
2. <https://icd.who.int/browse11/l1-m/en#/http%3a%2f%2fid.who.int%2fid%2fentity%2f1350703173>
3. hompath eco teak

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