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## Utility of homoeopathic medicines in management of migraine

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### Abstract

Headaches are often accompanied by nausea, vomiting, and sensitivity to light and sound. Conventional treatments may relieve symptoms but may cause side effects. Homeopathy offers an alternative way to address the underlying causes and symptoms of migraine with natural remedies. This article explores the effectiveness of homeopathic treatments for migraine, reviewing the main treatments, patient responses, and details of homeopathic remedies.

**Keywords:** Migraine, homeopathy, natural remedies, individualized treatment, holistic medicine, alternative therapy

### Introduction

We live in a century where people suffer more mentally than physically. Nowadays everyone wants a good life and works hard for it. This hard work means working overtime at the office or spending endless hours at home in the post-Covid-19 era. This can lead to irregular sleep patterns and affect eating patterns. People are constantly under pressure to complete tasks, ultimately leading to stress, anxiety and depression. All these stress factors can have direct or indirect negative effects on our body. Therefore, psychosomatic diseases are more common than mental diseases.

The most common disease is headache. It is one of the most common neurological diseases. The most common are migraine, tension-type headache, trigeminal autonomic headache and especially headache. Headaches are characterized by headaches and are associated with significant personal and financial burdens such as pain, disability, quality of life, and financial costs. Very few people with headaches around the world are correctly diagnosed by doctors. Migraine is underrated, under-recognized and under-treated worldwide. Homeopathic medicine is based on the integration of medical bodies and repertoires. Both are indispensable.

Migraine is a chronic pain and we can see its severity. The cause of migraine cannot be found with the use of comprehensive tests and indicators. In some treatments, symptoms are relieved by taking antibiotics or painkillers.

### Discussion

Migraine is a chronic pain and we can see its severity. The cause of migraine cannot be found with the use of comprehensive tests and indicators. In some treatments, symptoms are relieved by taking antibiotics or painkillers.

### Epidemiology

More than 20% of the world's population suffers from migraine. It is a common cause of headaches and affects women more than men; Approximately 15% of female and 6% of male are injured. The incidence of migraine without aura is 2.35%, and the incidence of migraine with aura is 0.62%. Although migraine without aura occurs equally frequently in men and women, migraine with aura predominates in the female population. Although the incidence of migraine in men remains constant with age, the incidence of migraine in women peaks at age 12 and remains constant for the next 2 years. It increases rapidly and continues into early adulthood. About 25 percent of middle-aged women experience at least one migraine a year, compared with less than 10 percent of men.

The incidence in women tends to decrease after menopause, so by the age of 70, men and women are equally affected, and the recovery rate can be as high as 5 percent.

### Etiological factors

**Age:** Onset occurs in childhood, adolescence or early adulthood. However, it is rarely seen in adults after the age of 35.

**Genetic influence:** Transferable factors are abnormal responses of the skull and other vascular system to some external or endogenous stimuli.

- Irregular sleep
- Anxiety
- Caffeine withdrawal.

### Clinical symptoms of migraine

**Temperament:** Obsessive-compulsive

**Family history:** Good.

### Migraine usually shows four stages during an attack

1. Common symptoms
2. Aura
3. Headache
4. Recovery/Postoperative

### Accompaniments

Gastrointestinal tract-anorexia, nausea, vomiting, diarrhea

Special-Photophobia, phonophobia, osmophobia

Brainstem features-vertigo, ataxia, tan skin Vision and dysarthria.

Autonomic disorders-hypertension, hypotension, tachycardia, bradycardia, nasal congestion.

### Homeopathic concept

#### Samuel Hahnemann

To understand the homeopathic concept of migraine, it is necessary to understand the classification of the disease. Hahnemann divided the diseases into three main groups: passive diseases, dynamic diseases and surgical diseases. Dynamic diseases are also divided into acute and chronic diseases. Chronic headache is a chronic disease with few symptoms and a unilateral course. Homeopathy follows the principle of "like cures like" and self-healing. Treatment is selected based on the patient's specific symptoms, overall health, and specific outcomes. Unlike conventional medicine, which often focuses on isolated symptoms, homeopathy focuses on treating the whole person.

### Constitutional treatment

Master Hahnemann in his organon of medicine in aphorism 5 has mentioned, "Useful to the physician in assisting him to cure are the particulars of the most probable exciting cause of the acute disease as also the most significant points in the whole history of the chronic disease, to enable him to discover its fundamental cause, which is generally due to a chronic MIASM. In these investigations, the ascertainable physical constitution of the patient (especially when the disease is chronic), his moral and intellectual character, his occupation, mode of living and habits, his social and domestic relations, his age, sexual function, &c., are to be taken in consideration".

Legislation can be defined as "in the process of drug selection, which prevents diseases such as changes

occurring in the individual, the composition of the body, the ability to work, metabolic activity, response and resistance to stimuli, homeopathy tries to make its own selection." The patient's law, ethics, leadership, solidarity and conflict, etc. are used to adjust the patient's treatment. is used. Therefore, physique is the result of a person's external characteristics and internal characteristics. In homeopathy, the patient's condition is determined by his physical and mental state, as well as his personality, changes, preferences, miasmas and laws. Legal treatment is specific to homeopathy. Legal medicine is believed to cure both congenital and acquired personality defects. Careful selection of deep homeopathic medicine is equal to the law. This article will discuss the role of homeopathy in the treatment of migraine and current evidence of its effectiveness.

### Homoeopathic management

**Natrum Mur:** Although the headache gets worse as the sun rises, it stops at sunset. The headache is preceded by a jagged pattern. Headache like a hammer hitting a sharp peak.

**Iris V:** Frequent, frightening, sick headaches that develop into mental strain once the sufferer relaxes. Usually, the affected individual vomits bitter bilious contents, which helps to ease the mental suffering. constipation coupled with attention-related migraine. It is ideal to have gadgets visible in pairs. a burning acidic headache that is bilious. Persistent, throbbing pain results in visual disruptions. Pain is relieved by sour vomiting.

**Spigelia:** Anxious headache that began in the morning at the base of the head, traveled throughout the head, and was located in the left temple and orbit of the eyes. excruciating pressure headaches in the eyes. Ache vanishes during the night. Like the top had been tied across the vertex, it felt.

**Glonine:** Headache because of running below gaslight, in the solar while warmth falls on the top. Head feels tremendously big, Sunstroke, and sun headache without unconsciousness.

**Sanguinaria canadensis:** Moreover, it is far from the correct treatment for the signature balance in "Spigelia". Headache when not eating. Veins and temples are enlarged. The headache begins after seven days, starting in the morning in the occipital region and spreading to the right eye and temple, the person is directly affected and has to sleep in a dark room. He started vomiting bile, which helped. Warm your palms and feet. The headache gets worse at sunrise. Pretending to be hungry and being disgusted by the thought and smell of food.

**Gelsemium:** Dullness, drowsiness and dizziness. The pain begins in the nape of the neck and then moves, causing pain in the eyebrows and eyes. The head feels full and big. I can't remember. It's like having an orchestra at its peak.

**Belladonna:** Headache in plethoric and healthy individuals. The motive is some disturbance of the circulatory gadget. The headache is violent, pounding, and throbbing. Throbbing and bursting headache in temples with fiery crimson and warm face. Eyes bloodshot and crimson. Face flushed. The pains disappear as all of a sudden as they

appear. Solar headache with full bounding pulse.

### Conclusion

Homeopathic medicine offers a complementary approach to the management of migraine, providing individualized treatment options that aim to address both acute and chronic aspects of this condition. While conventional treatments often focus on symptom suppression, homeopathy seeks to stimulate the body's innate healing processes and restore balance.

In conclusion, while homeopathic medicine holds promise as a supplementary treatment for migraine management, further research is essential to validate its efficacy and establish standardized treatment protocols. Integrating homeopathy with conventional therapies may provide a more comprehensive and personalized approach to managing migraines, ultimately enhancing patient outcomes.

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