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## Management of migraine using individualized homoeopathic remedies

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### Abstract

Migraine is a chronic, recurrent neurological disorder characterized by episodic headaches often associated with nausea, vomiting, photophobia, and phonophobia. Conventional management mainly focuses on symptomatic relief, often leading to dependency and adverse effects. Homoeopathy, based on the principle of individualization and holistic treatment, offers a promising alternative by addressing the patient as a whole rather than the disease alone. This article aims to explore the role of individualized homoeopathic remedies in the management of migraine, emphasizing homoeopathic philosophy, totality of symptoms, and constitutional prescribing. The study highlights the scope of homoeopathy in reducing frequency, intensity, and duration of migraine attacks and improving overall quality of life.

**Keywords:** Migraine, individualization, homoeopathy, constitutional treatment, holistic medicine

### Introduction

Migraine is a common neurovascular disorder affecting a significant portion of the global population. It is characterized by unilateral or bilateral throbbing headache, often aggravated by physical activity and associated with gastrointestinal and sensory disturbances. Migraine significantly impacts the quality of life, work productivity, and psychological well-being of patients.

Homoeopathy views migraine not merely as a local disorder of the head but as an expression of an underlying systemic imbalance of the vital force. According to the principles laid down by Dr. Samuel Hahnemann, effective treatment depends upon individualization based on the totality of symptoms rather than the pathological diagnosis alone.

### Homoeopathic Concept of Migraine

In homoeopathy, migraine is considered a chronic disease influenced by constitutional factors, hereditary predisposition, miasmatic background, and lifestyle triggers. The symptoms of migraine vary widely among individuals, making it an ideal condition for individualized treatment.

According to the Organon of Medicine, disease is a dynamic disturbance of the vital force, and cure can only be achieved by medicines capable of producing similar dynamic effects in a healthy individual. Thus, individualized remedy selection plays a pivotal role in migraine management.

### Principle of Individualization in Migraine

Individualization is the cornerstone of homoeopathic prescribing. Each migraine patient presents with a unique symptom profile, including:

- Nature and location of pain
- Modalities (aggravation and amelioration)
- Concomitant symptoms
- Mental and emotional state
- Triggers such as stress, fasting, weather changes, or hormonal factors

Homoeopathic remedies are selected based on the totality of symptoms, which includes mental, physical, and general characteristics of the patient.

**Table 1:** Principle of Individualization in Migraine Management

<b>Simplified Diagnostic Criteria for Migraine</b>	
Repeated attacks of headache lasting 4-72 h in patients with a normal physical examination, no other reasonable cause for the headache, and:	
At Least Two of the Following Features:	Plus at Least One of the Following Features:
Unilateral pain	Nausea/vomiting
Throbbing pain	Phono-phobia and Photophobia
Aggravation by movement	
Moderate or Severe intensity	

**Source:** Adapted from the International Headache Society Classification (Headache Classification Committee of the International Headache Society, 2013).

### Role of Constitutional Treatment

Constitutional homoeopathic treatment aims to correct the underlying susceptibility and imbalance of the vital force. In migraine, constitutional remedies not only relieve acute attacks but also reduce the frequency and severity of episodes over time.

Commonly indicated constitutional remedies include:

- 1. Natrum Muriaticum** - Migraines triggered by emotional stress, grief, or sun exposure (increase with the rise of the sun and stop at sun set). Headache with sweat, the greater the pain the greater the sweat. Headache due to disturbance of vision, Hammering headache as if hammers are knocking the head.
- 2. Sanguinaria Canadensis** - Right-sided migraines with periodicity. Biliary headache when going without food. The patient is driven into a dark room and has to lie down, starts vomiting bile which relieve him.
- 3. Belladonna** - Headache in plethoric person. The cause is some disturbance of the circulatory system. sudden onset, throbbing pain, sensitivity to light
- 4. Sepia** - Migraines associated with hormonal imbalance and fatigue, Vertigo, with sensation of something rolling round in head. Prodromal symptoms of apoplexy. Stinging pain from within outward and upward mostly left, or in forehead, with nausea, vomiting; worse indoors and when lying on painful side. Jerking of head backwards and forwards. Coldness of vertex. Headache in terrible shocks at menstrual nixus, with scanty flow
- 5. Nux Vomica** - Migraines due to stress, irregular lifestyle, or overwork, Headache in occiput or over eyes, with vertigo; brain feels turning in a circle. Oversensitiveness. Vertigo, with momentary loss of consciousness. Intoxicated feeling; worse, morning, mental exertion, tobacco, alcohol, coffee, open air. Pressing pain on vertex, as if a nail driven in. Vertigo in morning and after dinner. Scalp sensitive. Frontal headache, with desire to press the head against something. Congestive headache, associated with hæmorrhoids. Headache in the sunshine. Feels distended and sore within, after a debauch
- 6. Iris V-** Periodical nervous sick headache which comes on after patient relaxes from a mental strain. With school teachers it comes on Saturday or Sunday, and with preachers on Monday. The patient usually vomits a bitter bilious substance and the vomiting gives relief to the pain in the head. Migraine of the eyes with constipation.
- 7. Coffea Cruda** - An excellent remedy for headache caused by loss of sleep following excitement. Tight

pain, worse from noise, smell, narcotics. Seems as if brain were torn to pieces, as if nail were driven in head. Worse in open air. Sensitive hearing.

- 8. Iris Tenax** - Headache which begins on Saturday before rising beginning on left eyes extending to the left half off head.

- 9. Spigelia** - Pain beneath frontal eminence and temples, extending to eyes. Semi-lateral, involving left eye; pain violent, throbbing; worse, making a false step. Pain as if a band around head, Vertigo, hearing exalted

The selection of remedy depends on individual symptom similarity rather than routine prescription.

### Miasmatic Consideration

Migraine is often associated with chronic miasms, particularly **psora** and **sycosis**. A proper miasmatic evaluation helps in understanding the depth of the disease and guides the selection of anti-miasmatic remedies. Addressing the miasmatic background enhances long-term relief and prevents recurrence.

### Advantages of Homoeopathic Management

- Treats the root cause rather than suppressing symptoms
- Reduces dependency on analgesics
- Safe, non-toxic, and free from side effects
- Improves overall physical and mental well-being
- Suitable for long-term management

### Discussion

Clinical experience and homoeopathic literature suggest that individualized homoeopathic treatment plays a significant role in managing migraine. Unlike conventional medicine, which focuses mainly on acute pain relief, homoeopathy emphasizes holistic healing. Regular follow-up and constitutional prescribing help in achieving sustained improvement.

### Conclusion

Migraine is a complex, multifactorial disorder that requires an individualized and holistic approach. Homoeopathy, through constitutional treatment and the principle of similimum, offers an effective and safe management strategy for migraine. Individualized homoeopathic remedies not only alleviate acute symptoms but also address the underlying predisposition, thereby improving the patient's quality of life and reducing recurrence.

### Conflict of Interest

Not available

### Financial Support

Not available

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