



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)

IJHS 2020; 4(3): 282-285

Received: 15-06-2020

Accepted: 19-07-2020

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## To study the scope of constitutional prescribing in migraine in homoeopathic practice

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### Abstract

**Background and Objective:** As human being is composed of Mind, Body and soul and he is free-spirited, the organization of it does depend upon the Constitution which he has inherited, inclusive of early and late environmental factors. Migraine is a very common condition which has affected the lifestyle in many ways. Constitution represents a person as a whole and is made up by genetic composition. It represents the end-result of the influence of the environment on hereditary characteristics. So do is a disorder of familial disposition, Hence the kinship and the objective is to study and understand the scope of constitutional prescribing in treating the case of migraine.

**Methods:** An observational study was made, Minimum 30 cases satisfying the case definition and inclusion and exclusion criteria have been studied at Bharati Vidyapeeth homoeopathic hospital.

**Result:** The study of 30 cases includes 12 male i.e. 40%; 18 female i.e. 60%. The study of 30 cases showed that Migraine is more common in Females, and in age group of 20-30 years. Family history of migraine came out to be a common risk factor. During the study of 30 cases presenting with migraine, 22 cases i.e. 73% showed marked improvement; 5 cases i.e. 17% showed moderate improvement and 3 cases i.e. 10% showed mild improvement. Common constitutional remedy which came out was Nat. mur (5 cases), Pulsatilla (3 cases) and Sulphur, Silecia, Nux vomica, Iyco (2cases each). Family history of Migraine, Hypertension, and Diabetes Mellitus increase the chances of reoccurrence. Out of 30 cases, 20 cases had a family history of Migraine, mainly from maternal Side.

**Keywords:** Migraine, constitution, homoeopathy, organon of medicine

### Introduction

In Organon of medicine, we frequently converse on the word constitution and constitutional prescribing, but we not have a suitable and a definite answer with understanding. Each individual is born with a firm part of organization that is resolute by genes and various environmental sway. All through the life, an individual learn through his own understanding but the collision of an early environment h'v an immense role in creation of his constitution. In §5, Hahnemann has first used the term constitution.

“Useful to the physician in assisting him are the particulars of most probable exciting cause of acute disease, as also the most significant points in the whole history of the chronic disease, to enable him to discover the fundamental cause which is generally due to a chronic miasm. In these investigations, the ascertainable physical constitution of the patient(esp. 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 care to be taken into consideration”. He mainly refers to the constitution to be inherent in natural frame or inherent nature of the individual. According to Stuart Close- “Constitution is that aggregate of hereditary characters, influenced more or less by environment, which determines the individual’s reaction, successful or unsuccessful, to the stress of environment”. Dr. Kent says, “Physical constitution is the external disorder following disorder in the man, the vital force”. An individual inherit a specific organizational sketch, affinity, quality and the Miasm which choose his prototype of response or receptiveness to the environment. He frequently reacts and thus seeks a state of equilibrium to enjoy the environment without giving rise to any distress. The imbalances cause sickness which furnish to uneasiness, dissonance, and disturbance of the equilibrium in the performance of the individual. The imbalance is spoken through the signs and symptoms, the response to his adverse environment. The prototype of this reaction is determined not only by the reason which has caused the sway but also by the constitution of the person.

To comprehend the constitution of an individual, a physician have to be acquainted with the person’s physical make up, i.e., his build, aversions, desires, and variance with foods, quality

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quality of his eliminations and discharges, and his thermal response, mental traits, like emotional and intellectual responses and presentation. A variety of concomitants expressed in relative to the tense situations like menstruation, pregnancy, dentition in children, menopause in a female are vital expressions which tell the quality of a constitution of an individual. In acute stage, of a disease an acute remedy must be chosen on the basis of acute totality. Constitutional medicine has to be prescribed only after the acute crisis. It helps the person to have a swift and monotonous period of recovery, and also efficiently check the inclination or tendency to relapse.

### Migraine

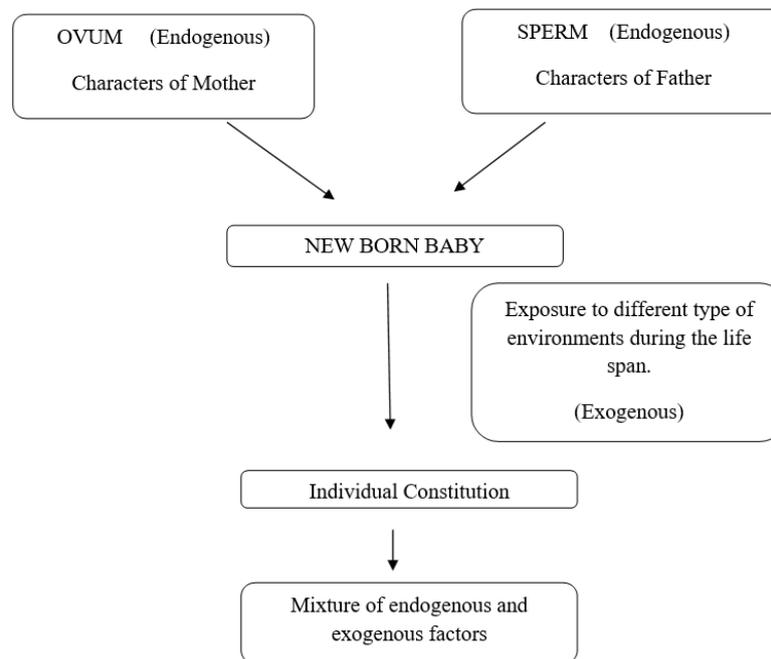
The term Migraine is derived from a Greek word, Hemi-Krania, Half skull. It is a familial disorder, marked by periodic headache, usually unilateral, pulsatile headache, that begins in childhood, or early adult life tend reoccur, and there are 2 closely related syndromes, comprising what is kn/as Migraine. They are classic (migraine with aura) & common migraine, (migraine without aura). Migraine must constantly be thought of as an intricate systemic chaos; in which headache is common presenting feature and other accompanying feature may be gastrointestinal, neurological, and autonomic. The typical attack of migraine consists of a sequence of events divided into four different phases; The

Prodrome: In this phase, there occurs variety of subtle, psychological, mental, systemic premonitory symptoms that precedes the aura and headache by hours or days. The Aura: It comes before headache, and consists of neurologic symptom (virtually) most common aura is visual aura. The headache: It is the most characteristic, consistent and the debilitating feature of migraine. The pain can occur in any region of the head and face, its sensation and nature varies. Pain can be unilateral or bilateral, (unilateral in 50-70% of patients) and it's of radiating nature. The headache is generally accompanied by vomiting, nausea, phonophobia or photophobia. The Postdrome: This phase comes after an attack of headache, and is recognized by exhausted, depressed and a drained out feeling, if this phase is recognized it helps in confirmation of the diagnosis.

In Organon of medicine, Migraine comes under one-sided diseases (aphorism§173)-

“The only diseases that seem to have but few symptoms, and on that account to be less amenable to cure, are those which may be termed one- sided, because they display only one or two principal symptoms which obscure almost all the others. They belong chiefly to the class of chronic diseases.” Constitution has two basic factors: Endogenous factor and exogenous factor.

### Development of a constitution of an individual



### Materials and Methods

The study has been carried out with detail case study and follows up in Bharati Vidyapeeth Medical Foundation's Homoeopathic Hospital, OPD, and IPD. Case presenting with the constitutional symptoms of migraine of (20-50 years of age group) and both sexes have been included in my study. Inclusion criteria: All the patients fulfilling case definition, Cases irrespective of socio economic status, Patients who are willing to take treatment regularly and cooperate for regular follow-ups. Exclusion criteria: The patients not fulfilling the case definition, Patients with severe complication. Patients who require emergency, medical & surgical Intervention. Minimum 30 cases satisfying the case definition and inclusion and exclusion

criteria have been studied.

All the patients are duly followed and details of the constitutional symptoms, clinical, changes are recorded and prognosis is studied.

Follow up differs from patient to patient. Usually first follow-up was after seven days.

Standard Follow-up was prepared giving details. It was based on Homoeopathic principles.

**Marked:** When there is more than 75% disappearance of the symptoms. **Moderate:** When the patient has symptomatic relief with more than 50% reduction **Mild:** When the patient has symptomatic relief with less than 50% reduction. Keep the patient under study on valid reasons.

**Selection of remedy:** The selection of remedy is done upon the basis of constitution, totality of symptoms, but the potency selection has been dealt according to the Homoeopathic posological guidelines. Dose and Potency of drug: Drug has been administered in various potencies on the basis of law of Homoeopathic Posology. Drug administration: This has been done through oral route.

**Results**

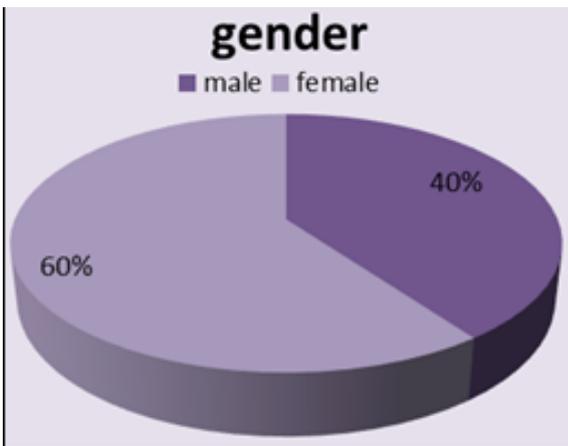
Of all the 30 cases which were studied in the period of one and a half year are explained with the help of Tables, Pie diagram, and graphs as per the requirement.

**Gender classification**

Table showing gender wise distribution of the subjects in study

**Table 1:** Gender wise distribution

Gender	Number of subjects	Percentage
Male	12	40%
Female	18	60%



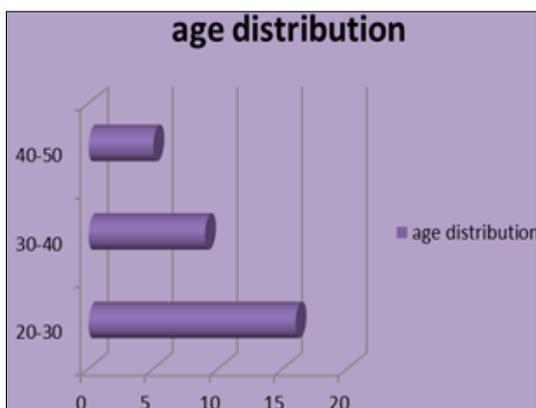
**Fig 1:** Pie diagram of Gender wise distribution

**Age distribution**

Table showing Age wise distribution of the subjects in study.

**Table 2:** Age Distribution

Age in year	Number of subjects
20-30	16
30-40	9
40-50	5



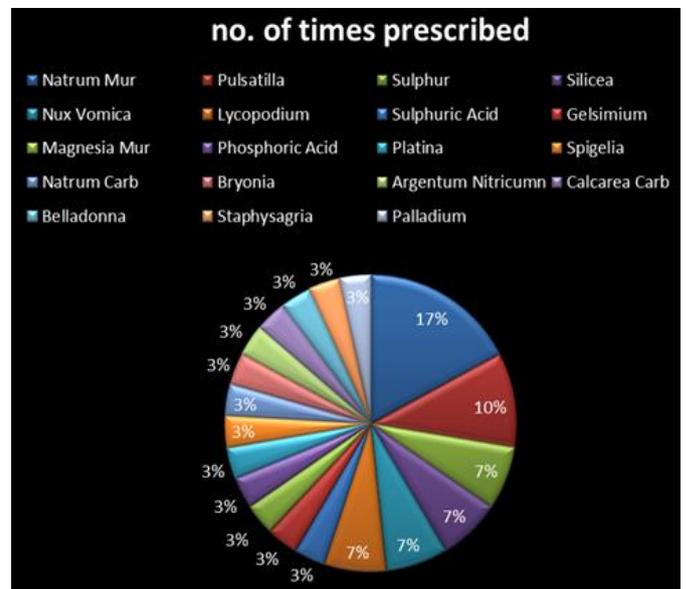
**Fig 2:** Bar diagram of Age wise Distribution

**Remedy Distribution**

Table showing Remedy wise distribution of the subjects in study

**Table 3:** Remedy wise distribution

S. No.	Name of remedy	In no. of cases prescribed
1.	Natrum Mur	5
2.	Pulsatilla	3
3.	Sulphur	2
4.	Silecia	2
5.	Nux Vomica	2
6.	Lycopodium	2
7.	Sulphuric Acid	1
8.	Gelsimium	1
9.	Magnesia Mur	1
10.	Phosphoric Acid	1
11.	Platina	1
12.	Spigellia	1
13.	Natrum Carb	1
14.	Bryonia	1
15.	Argentum Nitricum	1
16.	Calcarea Carb	1
17.	Belladonna	1
18.	Staphysagria	1
19.	Palladium	1
20.	Alumina	1



**Fig 3:** Pie diagram of Remedy wise distribution

**Response Distribution**

Table showing Response wise distribution of the subjects in study.

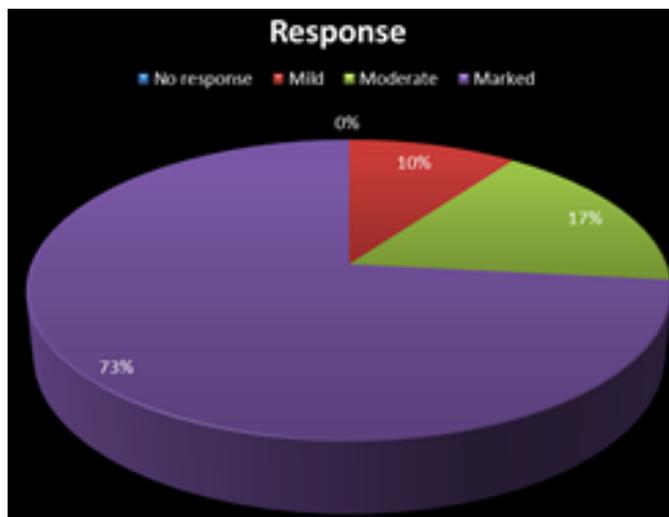
**Table 4:** Response wise distribution

	No response	Mild	Moderate	Marked
No. Of subjects	0	3	5	22

**Discussion**

As my topic is “To study the scope of Constitutional prescribing in Cases of Migraine in homoeopathic practice”, as migraine has become a common disorder in today’s era, and has affected the lifestyle, in many ways, it becomes difficult to carry out day to day activities, in a smooth way. This condition presents a debilitating condition of a sufferer and makes them hopeless.

Migraine produces a Relay of symptoms, in different phases i.e., Aura, Prodrome, headache, Postdrome. So as Constitution holds a strong genetic background, so does the Migraine has a familial disposition and hence with the help of a homoeopathic constitutional remedy, the severity, intensity, frequency of this condition can be managed and controlled in an efficient way and a quality of lifestyle can be improved. Constitutional remedy was given keeping in mind all the aspects such as, mind, Miasm, physical general, family history, past history, medical history, characteristics symptoms. Gender ratio: The study of gender was done to identify the group with greater incidence, presenting with the complaint of Migraine. And it was found that incidence was more common in female i.e. 18 patients, 60%; than in male i.e. 12 patients 40%, and in youngsters. Age group ratio: It is most commonly observed in age group of 20-30 years. Remedies prescribed: During the study of 30 cases, it was found that Natrum. Mur was most commonly prescribed. (5cases) Pulsatilla (3 cases) was second common, and then the Sulphur, Silecia, Lycopodium, nuxvomica. Response to the treatment: On analyzing 30 cases, it was found that 22 cases i.e. 73% showed marked improvement; 5 cases i.e. 17% showed moderate improvement; and 3 cases i.e. 10% showed mild improvement. Potency Selection: Potency was selected according to the response given by the patient to the first prescription and follow-ups, according to the constitution, and susceptibility of the patient.



**Fig 4:** Pie Diagram of Response wise distribution

### Conclusion

This study showed a significant role of Constitutional prescribing in cases of migraine in homoeopathic practice. The main idea was to reduce the suffering, in terms of severity, frequency, intensity and to improve the quality of life.

The most commonly affected age groups with complaint of migraine, were 20-30 years in which there were 16 subjects, followed by 9 subjects in 30-40 years, and 5 in 40-50 years. Females are commonly affected. Migraine has affected the people in young age in 20years-30 years. If triggering factors in some cases are avoided, attack of migraine can occur with less intensity and reduced frequency. Proper routine of exercise, yoga, healthy and regular meal help in control of migraine. Migraine has a familial disposition, and hence relapse can take place at any phase, and in any

generation and hence concept of cure is non-existent. Further studies with more number of subjects can provide a greater resource for proving that Constitutional approach of homoeopathy is effective and efficient in treatment of complaint of Migraine. For more extensive study further more follow ups will be more reliable. Increasing the sample size can be considered in further studies to provide more statistical evidence. Comparative studies along with other system of medicine can also be helpful for better results. I also noticed that, emotional causes, setback in relationships, competition in studies and peer pressure, suppression of emotions, lack of expression caused the Migraine. Above mentioned factors has increased the prevalence in youth. Thus, Constitutional prescribing is of great scope in treating and managing the case of migraine, as both share a common feature of genetic disposition, as, constitution covers the holistic approach and grasp the human inner and outer frame.

### Acknowledgement

I am thankful to Bharati Vidyapeeth homoeopathic medical college and research centre, to my PG guide Prof.Dr. A.D Mahajan and to my family.

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