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Tension-type headache: Magical cure with homoeopathy

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Abstract

Tension-type headache (TTH) is the most common type of headache and is experienced at some time by majority of people in some form. It is accounting for about 70% of referrals to a headache clinic. The prevalence of tension-type headache is approximately 40%. Tension-type headaches are among the most neglected and difficult types of headaches to treat. But Homoeopathy has the perfect solution for it. The Holistic approach of Homoeopathy can successfully cure TTH and prevent its recurrent attacks.

Keywords: TTH, IHS criteria, management, case presentations

Introduction

The term tension-type headache is commonly used to describe a chronic head-pain syndrome characterized by bilateral tight, band like discomfort. The pain typically builds slowly, fluctuates in severity, and may persist more or less continuously for many days. The headache may be episodic or chronic (present > 15 days per month) [1].

Etiological Factors

Anxiety, stress, lack of sleep [2], skipping meals [3], analgesic misuse [4], caffeine (too much or withdrawal), sleeping with neck in an abnormal position, alcohol use, excessive smoking [5].

Clinical Features

- Pain is generalized and of long duration. Constant pain, which obtains temporary relief with analgesics and sleep [6].
- The pain is usually characterised as 'dull', 'tight', or like a 'pressure', and there may be a sensation of a band round the head or pressure at the vertex [7].
- The pain meets two of the following criteria; pressing or tightening quality, nonpulsatility, mild to moderate intensity, bilaterality, lack of aggravation by routine physical activity [8].
- No associated accompaniments such as Vomiting, Photophobia, or Phonophobia [6].

Diagnosis

The diagnosis can be established by a good history. The IHS classification specified minimum diagnostic criteria that must be fulfilled for every particular type of headache. Imaging must be done in a headache patient whenever there are danger signals [6].

General Management

Simple analgesic overuse should be avoided, [9] behavioral therapies (such as meditation, biofeedback or yoga.), [10] massage, icepacks, [9] relaxation exercises, [4] get adequate sleep [11].

Choice of Homoeopathic Remedies

- Ignatia amara
- Lachesis Mutus
- Lycopodium clavatum
- Natrium Muriaticum
- Nux Vomica
- Phosphoricum Acidum
- Pulsatilla Nigricans
- Sepia officinalis

- Sulphur^[12].

Case -1

A female aged 43 years presented the following complaints,

History of Presenting Complaint

Gradual onset of symptoms. Headache for the past 3 years. Dull pain in both sides of the forehead. Pain gets worse by mental exertion and morning after getting up. Pain is better only by the use of analgesics. Number of attacks: >15 days/month. Pain lasts for 3-5 hours in each attack. No history of trauma, nausea, vomiting, photophobia, phonophobia.

Past History

Jaundice at the age of 14. No h/o Chicken pox, TB etc.

Treatment History

She takes analgesics when the pain gets worse.

Personal History

Born and brought up at: Salem Diet: Non vegetarian. Addictions: Nil

Family History

Father: Healthy Mother: Has DM, HTN

Life Space Investigation

Patient hails from a middle socio economic status. Her parents are farmers. She has three elder sisters. Her childhood was happy and uneventful. She studied up to 8th STD and got married at the age of 20. Husband is a carpenter. Married life is not satisfied as her husband is a heavy alcoholic and scolds her every day. They have 2 daughters.

Mental Generals

Loquacity. Gets angry easily. Anxiety about daughter's future.

Physical Generals

Appetite: Good.
Stool: Normal
Thirst: 1-2 liters/day Urine: Normal
Desires: Meat, Fish
Sleep: Undisturbed
Thermal state: Amphithermic

Menstrual History

Menarche: 12 years
Menopause: 41 years.

Obstetric History

G₂ P₂ L₂ A₀, Normal vaginal delivery.

Local Examination

Inspection: No- redness, swellings, scar marks.
Palpation: No tenderness.

Systemic Examination

CNS, RS, CVS: Normal.

General Examination

No signs of- anemia, icterus, cyanosis, oedema,

lymphadenopathy.

Ht: 155 cm.

Wt: 50 kg.

BMI: 21.

Pulse: 71 beats/min.

BP: 120/80 mmHg.

Temperature: 98.6⁰F

RR: Normal.

Provisional Diagnosis

Tension-type Headache. (TTH)

Miasmatic Analysis,

Sycosis in the background.

Result of repertorisation

Natrum mur: 10/5

Phosphorus: 7/4

Aurum met: 9/4

Sulphur: 7/4

Lachesis: 7/4

Nux vom: 7/3

Prescription

Rx

Natrum muriaticum 200/ 2 dose EMES/ For 1 week.

Table 1: Follow Up Chart

Sl. No.	Date	Symptoms	Remedy
1.	27/01/2020	Headache remains the same	Natrum.mur 200/ 2 dose
2.	11/02/2020	Headache slightly reduced	Natrum.mur 1M/ 1 dose
3.	26/02/2020	Headache present very rarely	Placebo/ tds
4.	13/03/2020	Headache is absent.	Placebo/ tds

Case 2

A male aged 35 years presented the following complaints,

History of Presenting Complaint

Gradual onset of symptoms. Headache for the past 1 year. Pressing pain in the occiput which often radiates to the forehead. Pain gets worse by anger, fasting and better by sleep. Sometimes, sensation of a band around the head is present. Number of attacks: >15 days/month. Pain lasts for 1-2 hours in each attack. No history of trauma, nausea, vomiting, photophobia, phonophobia.

Past History

Chickenpox at the age of 7. No h/o, jaundice, TB etc.

Treatment History

External application of pain balm occasionally.

Personal History

Born and brought up at: Salem
Diet: Non vegetarian. Addictions: Nil

Family History

Father: Died in an accident
Mother: Has HTN

Life Space Investigation

Patient hails from a middle socio economic status. Father was a barber. He has one younger brother. His childhood was happy and uneventful. He studied up to 12th STD and now doing business. He is stressed because his marriage is not yet ready as he is about 35 years. His younger brother's marriage is over before 2 months.

Mental Generals

Irritable. Gets angry on contradiction.

Physical Generals

Appetite: Good. Stool: Normal Thirst: 2-3 litres/day Urine: Normal

Desires: Sweets, coffee Sleep: Undisturbed Thermal state: Hot patient

Local Examination

Inspection: No- redness, swellings, scar marks.
Palpation: No tenderness.

Systemic Examination

CNS, RS, CVS: Normal.

General Examination

No signs of- anemia, icterus, cyanosis, oedema, lymphadenopathy. Ht: 171 cm. Wt: 76 kg.
BMI: 26 Pulse: 70 beats/min. BP: 110/70 mmHg. Temp: 98.6^oF RR: Normal.

Provisional Diagnosis

Tension-type Headache. (TTH)

Miasmatic Analysis,

Psora and Sycosis in the background.

Result of Repertorisation

Lycopodium: 10/4

Sepia: 8/4

Nux vom: 9/5

Silicea: 8/4

Bryonia: 9/4

Aur met: 8/3

Prescription

Rx

Lycopodium Clavatum 1M/ 1 dose EMES/ For 1 week.

Table 2: Follow Up Chart

Sl. No.	Date	Symptoms	Remedy
1.	20/02/2020	Headache remains the same	Lycopodium 1M/2 dose
2.	8/03/2020	Headache reduced	SL/2 dose
3.	23/04/2020	Headache is absent	Placebo/ tds

Discussion

The Case-1 and Case-2 were diagnosed as Tension-type Headache according to the diagnostic criteria given by International Headache Society (IHS). After careful case taking, I formed the totality and based on that the cases were repertorised and got the remedies Natrum mur in first place for the first patient. Lycopodium came as first place for the second one. After thorough references I prescribed Natrum

mur 200 for the first case and Lycopodium 1M for the second one. The details of treatment are given above.

Conclusion

The cases described here were completely cured with the respective Homoeopathic similimum. Hereby we can conclude that Homoeopathy can provide a genuine cure for Tension-type Headaches and can also prevent its recurrent attacks.

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