Tension-type headache: Magical cure with homoeopathy

Dr. S Sabari Rajan, Dr. SR Ameerkhan Babu and Dr. Amruthamol KS

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

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

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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 Ao, 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: 98.6°F
RR: Normal.

Provisional Diagnosis
Tension-type Headache. (TTH)

Miasmatic Analysis,
Sycoysis 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

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

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°F 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

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Date</th>
<th>Symptoms</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>20/02/2020</td>
<td>Headache remains the same</td>
<td>Lycopodium 1M/2 dose</td>
</tr>
<tr>
<td>2.</td>
<td>8/03/2020</td>
<td>Headache reduced</td>
<td>SL/2 dose</td>
</tr>
<tr>
<td>3.</td>
<td>23/04/2020</td>
<td>Headache is absent</td>
<td>Placebo/ tds</td>
</tr>
</tbody>
</table>

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 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.

Reference