



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

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

IJHS 2022; 6(4): 491-493

Received: 22-07-2022

Accepted: 25-09-2022

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## Importance of research on 50 millesimal scale potency in management of Migraine along with Acupressure as adjuvant therapy

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DOI: <https://doi.org/10.33545/26164485.2022.v6.i4h.700>

### Abstract

Prevalence of migraine has been increasing with decrease in productivity of professional work and reduced intimacy in family relationships. Present study helps to evolve a group of efficacious Homoeopathic medicines in 50 millesimal potency in the pain management of migraine through migraine assessment questionnaire and acupressure as an adjuvant therapy.

**Keywords:** 50 millesimal potency, efficacious Homoeopathic

### Introduction

Migraine is a disabling condition most common in adult population and which has female predominance it usually presents itself as unilateral throbbing type headache which is moderate to severe in intensity and is characterized by episodic attacks of throbbing type headache and is moderate to severe intensity, accompanied with nausea, vomiting, light sensitivity, and sound sensitivity. When untreated, these episodic attacks typically last for 4 to 72 hours. In present scenario lifestyle has been changed a lot by which quality of life is interlinked. Migraine not only suffers the individual but also the people around them. Because of which productivity and of quality life is reducing. Acupressure is an adjuvant treatment in which fingers and hands are used to stimulate acupressure points by which it maintains the balance of energy. One of the novelty of this study is to know the efficacy on application of acupressure in different episodic pains and its relevance on relieving pain

### Review of status of research and development in the subject

#### International status of work

Migraine is one of the chronic health condition highly prevalent with its episodic presentation and is responsible for continuous rising proportion of years lived with disability (YLD). Global burden disease (GBD 2015) ranked migraine as 3<sup>rd</sup> highest cause of disability in both gender under age of 50 years.

According to epidemiological studies the migraine prevalence of developed countries is in between 8-14%. Many studies have documented that it permanently affects people work style and reduced productivity which highlights the importance of more effective migraine management measures and method of holistic approach to patient management.

Recently at American Headache society's, where its 60<sup>th</sup> Annual scientific meeting was held in San Francisco, many leading experts in Headache and its specialists and researchers presented their work and explored how migraine became burden and its level of impact on work place. Landmark CaMEO study revealed that individuals who are suffering from migraines since long time are more likely to get sick due to physical symptoms which are associated with migraine.

Migraine had shown very bad effect on persons personal life which include their relationship with their life partners, friends and relatives was reported by 64% respondents. Migraine has not only affected their professional life work productivity, but also they were not able to concentrate on work, due to which frequently missing many days of work and there is no proper understanding among colleagues about their condition has been reported by 70% attack frequency and duration ranging between 15-30 times a year was a International evidence from studies of migraine in North America and Europe. It is estimated that UK population lose a 25 million hours from work each year due to migraine.

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Due to Absenteeism from migraine it costs 2.25 billion dollars per year in United Kingdom.

A prospective observational study and double-blind randomized placebo-controlled study on Homoeopathic medicine showed some relevant improvement in migraine but there is no prophylaxis for it. A randomized double-blind study of sixty cases showed decreased frequency of attacks from 10 to between 1.8 and 3 per month.

A study on Hahnemann's experiments with 50 millesimal potencies shows superiority of 50 millesimal scale over centesimal scale. A study done on effectiveness of Homoeo medicines in treatment of migraine shown that remedies can reduce severity and frequency of migraine attacks and cure it gradually and completely.

In randomized controlled study on effect of acupressure and its trigger points in treating headache showed its efficacy in reducing chronic headache.

### National status of work

In India – A door to door survey had been done among adults (18 – 65 years) who are biologically unrelated. Samples were collected randomly from urban and rural areas of Bangalore and it had showed migraine prevalence is 25.2% and along with it explored that participants had lost 5.5% of their productive time and mean disability per person was 1.8 %.

In southern India migraine is increasing and giving heavy burden to patients. A study in Karnataka state with households as participants had concluded that migraine is highly prevalent in India along with substantial disability among women and rural populations. According to study on community based from Eastern India shows that prevalence of migraine in one year was 14.12%.

A retrospective study on Evaluating the usefulness of 50 millesimal potencies in the treatment of chronic diseases revealed that irrespective of age, gender, and duration of illness, 50 Millesimal potencies act advantageously in the treatment of chronic diseases. A dissertation on Homoeopathic management of migraine in school going children shows homoeopathic constitutional remedies are more effective and improves quality of life. A research done at Indore concluded that homoeopathy medicine showed clear and long-standing improvements if regular doses of prescribed medicines are taken.

A randomized controlled trial on acupressure as an adjunctive therapy to sodium valproate on the prevention of chronic migraine with aura shows that acupressure applied to points on the head and wrist may help reduce nausea related to migraine. A randomized controlled trial has done to know the impact of self-administered acupressure on quality of sleep and fatigue among patients with migraine showed acupressure can able to reduce fatigue in migraine patients. A study has been done on nausea during migraine attack by using Chinese medicine for stimulation of acupressure point PC6. In this study forty female patients were enrolled who are suffering from migraine without aura, along with nausea as accompanying symptom of their migraine. Obtained data reported that nausea which was accompanied with migraine has been reduced in applying acupressure.

### Significance of the research

- To evolve a group of efficacious homoeopathic medicines in 50 millesimal

- Potency in the pain management of migraine through migraine assessment
- Questionnaire.
- To know the usefulness of 50 millesimal scale remedies in migraine by assessing pain and quality of life
- To reduce the frequent migraine attacks and associated symptoms.
- To know the efficacy of combined interventional measures in migraine
- Pain management and improvement of quality of life.

### Novelty of research

- Employment of 50 millesimal scale potency homoeopathic remedies in migraine pain management.
- Assessment of the frequency, duration and intensity of migraine attacks with the help of questionnaire
- Evaluating the efficacy of 50 millesimal scale potency in pain management of migraine and its frequency, intensity, and duration of pain observation with the help of questionnaire
- Combined inter conventional measures study

### Acknowledgement

Not available

### Conflict of Interest

Not available

### Financial Support

Not available

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**How to Cite This Article**

KK Rathna. Importance of research on 50 millesimal scale potency in management of Migraine along with Acupressure as adjuvant therapy. *International Journal of Homoeopathic Sciences*. 2022;6(4):491-493.

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