



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

IJHS 2019; 3(2): 38-40

Received: 24-02-2019

Accepted: 28-03-2019

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Migraine its more than a headache: Efficacy of natrum muriaticum as constitutional homoeopathic approach

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Abstract

Background: For almost decades of years' homeopaths have attempted to demonstrate the existence of miraculous power of minute doses, the general implication of all this work is that to demonstrate the scope of Homoeopathy in, treating Migraine.

Keywords: migraine, homoeopathy, natrum muriaticum

Introduction

We all know about the term headache, it's a very common term used everywhere from a small school going kids to a very old grandpa. We can say that if there is a head to an individual there should be a headache, or can be more specific saying no headache means no head. Migraine headache is an actually a neurological condition more common in females than males.

The classical presentation of migraine headache is usually unilateral and pulsating in nature, lasting from 4 to 72 hours; Symptoms include nausea, vomiting, photophobia, and phonophobia^[1].

Migraine is the commonest form of headache seen in younger age groups especially in school going kids. The incidence of migraine is drastically increasing now days probably due to modern junk food habits and the stresses and strains of daily activities of life also migranous visual symptoms are common and are associated with typical headaches^[1].

We are able to manage successfully these devastating attacks with Homoeopathic medicines because our treatment is mainly constitutional.

Precipitating factor

Insufficient food intake and lack of sleep also followed by excess of sleep induce migraine. Stress could increase neuronal activity or an individual to miss meal which is the most common precipitating factor. Other factors can be as follows. Dietary: Caffeine beverages, Alcoholic beverages, Cheeses, Chocolates, Ice creams & Fatty food Environmental: Bright sun light, Strong perfume odour, Sudden weather changes, Cigarette smoke may be active or passive. Hormonal: Menstruation, Ovulation^[2].

Review of migraine

Migraine: Migraine are believed to be due to mixture of environmental and genetic factor. About two-thirds of cases run in families. Changing hormone level may also play a role, as migraine affect slightly more boys than girls before puberty and two to three times more in women than men. The risk of migraine usually decreases during pregnancy.

Globally, approximately 15% of people are affected by migraines. It most start at puberty and worse during middle age. In some women they become less common following menopause. An early description consistent with migraine is contained in the Ebers papyrus, written around 1500 BCE in ancient Egypt. The word "migraine" is from Greek- hemikrania, "pain on one side of the head"^[2].

Epidemiology of migraine

Among the 135 health conditions listed in the World Health Report 2001- Mental Health: New Understand, New Hope, migraine was cited as 19th leading cause of years lived with disability for both males and female worldwide^[1]

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Incidence

Migraine is common cause of headache, 15% of women and 5% of men.

Classification of migraine

- Migraine without Aura
- Migraine with Aura
- Migraine Aura without headache
- Basilar headache
- Hemiplegic Migraine
- Ophthalmoplegic Migraine
- Vestibular Migraine
- Menstrual headache¹

Migraine without aura (Common migraine)

The majority of the people sufferers have Migraine without aura. The most common symptom of the migraine without aura are: Intense throbbing headache, usually on one side of the head, worsened by movement and lasting from 4-72 hours. Nausea

Migraine with aura (Classical migraine)

Migraine with Aura refers to a range of neurological disturbance that occur before the headache begins, usually lasting about 20-60 minutes. About 20% of people with migraine experience 'aura' in addition some or all of the symptom

Basilar migraine

Basilar Migraine is the rare form of migraine.

Hemiplegic migraine

Hemiplegic Migraine is another but severe form of migraine where reversible paralysis occurs, usually on one side. In the people, aura symptoms can last for days or weeks. Hemiplegic migraine often begins in childhood

Ophthalmoplegic migraine

Ophthalmoplegic migraine is another rare type of migraine that occurs mainly in the young people in which there is weakness of one or more of the muscles that move the eye. In addition to headache, symptoms of Ophthalmoplegic migraine include dilation^[1]

Mechanism of migraine

Initiation of migraine attack arises in the nervous system. The cerebral blood vessels, pial vessels, duramater and large venous sinuses are innervated by pain sensitive plexus of largely When the trigeminal vascular system is activated, impulses are transmitted centrally towards the first synapse within laminae of trigeminal nucleus caudalis which extends to dorsal horn of C2 and C3.

Mechanism of migraine can be in 3phases

- **First phases-** Brainstem generation
- **Second phases-** Vasomotor Activation in which the arteries within and outside the brain may contract and dilate
- **Third phase-** Trigeminal nucleus caudalis becomes active and releases vasoactive neuropeptides at the termination of trigeminal nerve in blood vessels causing soft tissue swelling and tenderness of blood vessels during migraine attacks.
- Activation of any three phases is sufficient for headache

production. Any phase may dominate in individual's migranous syndrome. The Migranous Headache Is Usvally Sevier And Has Throbbing Type Of Pain With Photophobia^[1]

Stress and migraine headache

Stress trigger migraines

Although the jury is still out on a definite reason stress causes migraine, researchers have discovered several links between stress and migraines. One theory is that stress leads to the release of protein particles called peptides that makes blood vessels expand and become inflamed. This begins a series of events which cause nerve cells to become over-stimulated leading to the pain and other symptoms of a migraine. Researchers have also found altered levels of stress hormones in migraine sufferers, which may be responsible for triggering migraines^[3].

Ways to reduce stress

Getting adequate sleep, eating healthy, well-balanced meals, exercising regularly, learning stress-reducing techniques such as yoga or relaxation techniques such as biofeedback, using progressive muscle relaxation, Cognitive behavioral therapy, to help patients recognize and deal with things that cause them stress, examine their thoughts and modify those that might contribute to stress or other issues such as depression or anxiety^[4]

Hormonal changes in women

Fluctuations in estrogen seem to trigger headaches in many women. Women with a history of migraines often report headaches immediately before or during their periods, when they have a major drop in estrogen. Others have an increased tendency to develop migraines during pregnancy or menopause. Hormonal medications, such as oral contraceptives and hormone replacement therapy, also may worsen migraines. Some people observe a prodromal malaise, irritability or even behavioural changes for few hours^[1].

Literature on natrum muriaticum

Common name: Sodium chloride, common salt, Rock salt

Introduction

It is also known as chloride or sodium. It is the poly-crest among poly-crests. In human economy, it plays a very important part. It is found in almost all tissues of our body, all though it exists, more largely in aqueous humor of eye and crystalline lens. It is also stimulates digestion. Firstly, increasing the quality and quantity of gastric juice secreted after food has reached the stomach^[5].

Prover- Dr. Samuel Hahnemann & Dr W.H Schussler.

Source- it is chemical compound of sodium and chloride. It is found in the form of rock and salt formed by evaporation of saline water usually of lakes. It is also found dissolved in sea and lake waters.

Chemical symbol – NaCl

Molecular Weight – 58.443

Description

Colorless, transparent, cubical crystals or a white crystalline

powder, odorless, with saline taste, it is stable in air, it is soluble in 2.8 parts of water, slightly soluble in alcohol and insoluble in hydrochloric acid, its aqueous solution is practically neutral. Its specific gravity is 2.163.

Source: The common salt used in the cooking medium is the major source of sodium. The good source include bread, whole wheat grain, leafy vegetable, nuts, eggs, and milk.

Preparation: The mother solution of Sodium Chloride is prepared by dissolving on part by weight of salt in nine parts by weight of distilled water and dilution are made under class 5(A) drug powder is 1/10. Trituration are prepared as directed under class ^[7].

Bio-chemical function

In association with chloride and bi-carbonate, sodium regulated the bodies acid base balance. Sodium is required for the maintenance of osmotic pressure and fluid balance. It is necessary for normal muscle irritability and cell permeability Sodium is involved in the intestinal absorption glucose, galactose and amino acids. It is necessary for initiating and maintaining the heartbeat ^[6].

Personality and temperament

Extremely sensitive and refined, Natrum Mur are mostly women and are easily wounded by criticism or insult. As a result, they become introverted and appear stoical and self-reliant. They impose loneliness on themselves although they actually desire company of other.

Constitution

Natrum mur suited to the thin patient who are thin patient who are thirsty, poorly nourished on account of digestive disturbance. Craves salt. Sandy or Dark haired, they have pale, puffy, slightly shiny facial skin. Their eyes may be watery and eyelids appear reddened. There may be crack in the center of the lower lips.

Sphere of action

Digestive tract, blood muscles, skin, mind ^[5].

MIND

- Reserved and introverted
- Severe depression and feeling of isolation.
- Acute and chronic grief, A/F grief
- Suicidal after grief, dwells on past and unpleasant memories
- Offended easily, revengeful
- Cannot cry in front of others, consolation aggravation
- Disappointed love, fright, anger
- Sadness before menses, cries from music
- Hysterical laughter
- Fear of intimacy rejection, betrayal of losing control of relationship
- Fear of closed room, fear of robbers, dark rooms, heights, fear of insanity ^[6].

Head

Migraine headache, blinding headache.

Ailment from: Sunlight, Grief, Anemia.

Location: vertex, over eyes with partial numbness or disturbed vision.

Sensation: Aches as if thousand little hammers, were

knocking on brain, throbs with bursting type pain. Headache is from sunrise to sunset, and even during, before or after menses. Heat in head with red face, nausea and vomiting. Hemi-cranial headache with sour vomiting and eructation. Falling out of hair ^[5].

Aggravation: Pain aggravated by motion, even on eyes, worse frowning and reading. Worse on walking.

Amelioration: Headache is better by sleep, pressure on eyes, lying with head high and sitting still ^[6].

Conclusion

The constitutional approach in homoeopathy means treating the individual by deriving his constitution and constitution here means an individual's mental generals, physical generals and characteristic particulars. After case taking we have to match the totalities and when the exact similitum with similar totality is matched and further when prescribe the disturbed vital force will be brought back to normal and of the time our polycrest remedy Natrum muriaticum comes very close to the remedy. Thus, we can say that the totality of natrum muriaticum is similar to the expressions of the migraine but the most important symptoms when present in the individual and based on it when natrum mur is prescribed cure takes place. When its difficult to go along with the case taking and when you are nowhere close to the remedy in treating migraine, we can then opt the best slack method of prescribing that is using the temperaments if the temperaments are kept in background we will get a clue towards the remedy ^[7].

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