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## Approach to migraine through homoeopathy

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### Abstract

Migraine is a type of headache which can cause severe throbbing pain or a pulsing sensation, generally on one side of the head. Migraine attacks can last for hours to days, accompanied by pain which can be so bad that it interferes the daily activities. It is often accompanied by nausea, vomiting and over sensitiveness to light and sound. Homoeopathy is a better mode of treatment in such cases, since it can remove the disease in its whole extent in a reliable and the most harmless way. We treat patient as a whole.

**Keywords:** Migraine, homoeopathic management, aura

### Introduction

Migraine and other headache disorders are among the most prevalent disorders worldwide. Recognition of their importance for public health has come only since 2000 <sup>[1]</sup> Many epidemiological studies have documented its high prevalence and its impact on socioeconomic and quality of life of migraine patients. Migraine stands as the sixth most common cause of disability on the planet. In 2016- of all global burden disease (GBD) causes of disease, migraine was the sixth most prevalent. In terms of years of life lived with disability, migraine ranked second globally. It was among the ten most disabling disorders.

### History

For centuries migraine has been described. Early observations guide us the cause and solution to migraine today. The Ebers papyrus an ancient Egyptian prescription for headache dating back to about 1200 B.C. mentions migraine, neuralgia and shooting head pains <sup>[2]</sup> Hippocrates- in 400 B.C. described the visual aura that can precede the migraine headache and its relief by vomiting.

**1<sup>st</sup> century A.D:** Aretaeus, or Aretaios the Cappadocian, classified headache into cephalalgia, cephalaea, and migraine. Our modern classifications of headache stem from these roots.

**2<sup>nd</sup> century A.D:** Alenus of Pergamon used the term "hemicrania", from which the word "migraine" was derived. He thought there was a connection between the stomach and the brain because of the nausea and vomiting that often accompany an attack.

**10<sup>th</sup> Century A.D:** For relief of migraine, Spanishborn physician Abulcasis, also known as Abu'l Quasim, suggested application of a hot iron to the head or insertion of garlic into an incision made in the temple.

**12<sup>th</sup> Century A.D:** Abbess Hildegard of Bingen gave an account of visions, which may be an early description of migraine prodromes.

**Early 17<sup>th</sup>** Charles le Pois described premonitory symptoms and migraine with aura for the first time.

**1938:** Graham and Wolf published their paper advocating ergotamine tart for relieving migraine and initiated modern research into migraine.

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**20<sup>th</sup> Century:** The 20th century saw the start of a more scientific approach to migraine study, with controlled migraine drug trials and systematic general research on migraine. The search for the cause continues, but many helpful measures have been discovered along the globe.

**Definition**

Migraine is essentially an episodic headache usually accompanied by nausea, photophobia, phonophobia, which may be preceded by focal neurologic symptoms (Aura) [3].

**Epidemiology**

Worldwide 20 % of any population reports with migraine. It affects women more commonly affected than males; it is seen in approximately 15% of women and 6% of men. Prevalence of migraine without aura was 2.35% that of migraine with aura was 0.62%.

Approximately 20% of children under the age of 10 will suffer from migraines and this is independent of gender. Many young children (who often have a family history of migraine) have periodic attacks of abdominal pain accompanied by nausea and vomiting. These may turn into typical migrainous episodes as they become older. However, most people develop migraines whilst in their early teens, particularly girls.

**Pathophysiology**

**Vascular theory**

- Intracranial/extracranial blood vessel vasodilatation-headache
- Intracerebral vasoconstriction- aura

**Serotonin theory**

- Decreased serotonin levels linked to migraine
- Specific serotonin receptors are found in blood vessels of brain

**Diagnostic criteria**

There's no specific test to diagnose migraines. For accurate diagnosis we must identify a pattern of recurring headaches along with the associated symptoms. Migraines sometimes occurs without the other symptoms. Obtaining an accurate diagnosis can sometimes take time.

The medical history is the mainstay of migraine diagnosis. Physical examination is most often confirmatory and further investigations (for example, neuroimaging, blood samples or lumbar puncture) are occasionally required to confirm or reject suspicions of secondary causes for headache.

E.E.G., C.T. scan of brain, MRI are other investigations.

**Homoeopathic approach**

**Miasmatic consideration of migraine**

Psoric migraine	Syphilitic	Sycotic
Headache mostly frontal, temporal, of the vertex or may be of the whole head.	Mostly occipital or temporal. Occasionally in the base of the brain, the internal head and the meninges	Frontal vertex and occasionally parietal.
Sharp, severe, paroxysmal headaches are often psoric, as are long standing headaches such as migraines, especially when of a functional character.	Stitching, tearing, boring, digging, maddening, sharp, cutting sensations. Headaches often persist and may occur constantly to one side at the base of the brain.	Dull, aching, heaviness and reeling

**Top homoeopathic medicines with their indication**

**Natrium Mur:** Headache which begins with blindness, as through a thousand of hammers were knocking in the brain, headache in school girls who are anaemic < sunrise to sunset [5].

**Sanguinaria:** The patients requiring sanguinaria have pain which begins in occiput, spreads upwards and settle over right eye, like a flesh of lightening < sunrise to sunset [5].

**Belladonna:** There is congestive type of headache with red face and throbbing of carotid, rush of blood head and face <slight noise, jar, motion > pressure, tight bandage [5].

**Argentum Nitricum:** The patient has loud belching and habitual gastric headache. Especially of literary men < from any exhaustive mental labour, > by pressure or tight bandaging [5].

**Silicea:** There is chronic sick headache, ascending from nape of neck to the vertex, as if coming from the spine and locating in one eye, especially the right < draft of air or uncovering the head > pressure and wrapping up warmly. The patient has desire to be magnetized [5].

**Glonoinum:** The patient requiring Glonine has hemicrania from excessive use of wine. Nausea Dimness before eyes like a cloud followed by most violent headache > by vomiting [4].

**Scutellaria:** In headaches, which is due to excitement and over-exertion. There is frequent scanty urination. Migraine worse in right eye. [4].

**Tongo:** The patient requiring Tongo has tearing pain in supra orbital nerve, with heat and throbbing pain in head and epiphora [4].

**Chionanthus:** Migraine due to acidity and sluggishness of liver <stooping, motion, jar [4].

**Iris V:** There is frontal headache with nausea. Scalp feels constricted, right temples is effected specially <rest, > vomiting [4].

**Iris Tenax:** Headache returning weekly for several years, commencing in right eye and involving right half of head with greenish vomiting when much pain. If no vomiting than nausea and chill between 2 and 3 pm.

**Spigelia:** There is periodical headache beginning in morning at base of brain, spreading over the head and locate in eye left side < sunrise to sunset. [5].

**Meliolotus:** There is violent congestive and nervous headache > by epistaxis [5].

**Epiphegus:** It is especially suited for sick, neurasthenic and nervous headache specially women < by physical and mental exertion [4].

**Onosmodium:** There is Occipito-frontal headache in morning specially left side, due to strain, or using eyes [4].

**Picric Acid:** There is headache of student, teacher, businessman from grief, depression, occipito-cervical region < mental exertion

**Oleum Animale:** There is migraine with polyuria <after dinner, > by rubbing <sup>[4]</sup>.

**Pranus Spinosa:** There is right sided migraine with shooting pain right from frontal bone through brain to occiput <sup>[4]</sup>.

**Verbascum:** Neuralgia affecting zygoma, temporo maxillary joint and ear, particularly left side, with lacrymation, coryza, and sensation as if parts were crushed with tongs <sup>[4]</sup>.

**Cocculus:** Migraine with vertigo and nausea, occipital pain is characteristic. Sick headache from riding in a carriage, boat train or cars. headache at each menstrual period with nausea and inclination to vomit. Headache from loss of sleep <sup>[5]</sup>.

**Theridion:** Flickering before eyes, then blurring. The nausea is made worse by closing the eyes and also by noise <sup>[5]</sup>.

**Gelsemium:** Headache preceded by blindness, beginning in the cervical spine, pain extends over the head, > profuse urination <sup>[5]</sup>.

#### Simplified Diagnostic Criteria for Migraine

**Repeated attacks of headache lasting 4-72 hours in patients with a normal physical examination, no other reasonable cause for headache, and <sup>[6]</sup>**

At least two of the following features	Plus at least one of the following features
1. Unilateral pain 2. Throbbing pain 3. Aggravation by movement 4. Moderate or severe Intensity	Nausea / vomiting photophobia and phonophobia

#### Repertorial approach

##### Rubrics related to migraine without aura

Head - Pain sides, one side <sup>[7]</sup>

Alum, Arg-n, Coffea, Kali- c, Kali iod, Kali Phos, Ph- ac Plat, Puls, Sars, Spig, Verb, Zinc, Lac-c

Head - Half of one, (Migraine):

(BBCR) Alu, Anac, Asaf, Colo, Kali-c, Nux v,

Pho-ac, Plat, Sang, Sars, Sep, Sul-ac, Verb

Head - Pain, sides – Right <sup>[7]</sup> (Kent's Repertory): Bell, Calc, Carb-v, Ign, Iris, Sep, Sabad

Head -Pain sides, left <sup>[7]</sup> (Kent's repertory): Bromium, Sepia, spigelia

Head - Pain sides, then right <sup>[7]</sup> Arn, eupa-per, glon, nux-mos, squila, sulph (Additions: Calc, Kalm)

Head - Pain, sides, then left <sup>[7]</sup> Arnica, bry, colch, cupr, dig, merc-i-r, staph, tax (Additions: Anac, Ign, Phos)

##### Rubrics related to migraine with aura

Head - Pain sides, pulsating <sup>[7]</sup> (kent's Repertory) Ars, brom, cact. Nic-acid

Eye – Pain- Burning- headache during <sup>[7]</sup> (Kent's

Repertory)- Coff, eug

Eyes–Photophobia <sup>[8]</sup> (BBCR): ACO, BELL, GRAP, HELL, MERC, PHO, PHOSAC.RHUS T, SIL, SUL

Eyes-Vision - time aggravation <sup>[8]</sup> (BBCR) headache before: KALI BI, Iris, Nat-m, Pho, Sep, ther.

Headache during: SUL, Bell, Cyc,Hyo, Nat-m, Stra headache after: Lac, Pho, Sil

Stomach - Pain, alternating with headache <sup>[7]</sup> (Kent's Repertory): Natrum Carb

Nausea & Vomiting - Retching and Gagging: Headache, with <sup>[8]</sup> (BBCR): Glo, ip

#### Single remedy from Kents repertory

Mind - Moaning - Hemicrania with: Cop

Vertigo - Chronic - with one sided headache: Nat-m

Eye - Photophobia - Headache during: Natr-s

Eye- Pain - Headache, during: Bell

Vision - Accomodation defective- headaches; Mag Phos

Vision - Blurred – headache, before: Iris

Vision- DIM –Headache before: Iris During- Cycl, Iris, Sulph) After- Sil.

#### Rubrics in boericke repertory <sup>[9]</sup>

**Migraine, megrim, nervous:** Calc, can ind, Gels, Ign, Indigo, Iris, Kali carb, lac d, Meli, nux v, onosm, puls, sang, sepia

**Semilateral, (hemicrania):** Ars, Bell, coff, cycl, ign, onosm, pulsa, sang, spig

**Semilateral, left side:** Onosm, spig

**Semilateral, right side:** Cedron, sang.

**Throbbing, beating, pulsating:** Acon, Ars, Bell, Cinch, Croc, Ferr.m, Glon, Iris, Lac d, nat.m, Sul.

Head- concomitants, scotoma: Aspar

#### Rubrics In Phatak's Repertory <sup>[10]</sup>

- Migraine (see Head, one sided): Sang
- Hemicrania(see Head, one sides)
- Head, one sided: Iris, Psor, Sang

#### Rubrics In Knerr's Repertory <sup>[11]</sup>

- Head-Hemicrania (megrim, migraine, semi lateral headache: Cham, sil,
- Head – Hemicrania As if beaten: Sil
- Head – Hemicrania, Left side: Puls
- Head – Hemicrania, right side: Nitr ac, Pic ac, Cact, phos,

#### Murphy's Repertory

##### Headache-Migraine.

Ant. c, Bry, China, Coffee, Gels, Ign, Ipecac, Iris, Nux, Phos, Puls, Sang, Silicea, Thuja, Zincum

#### General Management

- Patient should avoid identified trigger factors for example, certain foods and Beverages such as red wine, chocolates, alcoholic drinks, stress, strong odors, too much fatigue, lack of sleep etc.
- Regulated lifestyle
- The patient should avoid of acute changes in stress level.

- The patient should do positive activities like meditation, dance or some art of which one is fond of.

### Diet and Nutrition

The following food items are to be included in diet for the patient

- Plenty of water, fruit juices, coconut water etc
- Eat a proper balanced diet
- Increase intake of omega 3 fatty acid-rich food
- Take a high-fiber diet-whole grains, bran, oat, green leafy vegetables.

### Research conducted in homoeopathy

#### ▪ Homoeopathic treatment of Patients with migraine: A prospective observational study with a 2-year follow up period<sup>[12]</sup>

This prospective multicenter observational study included 212 patients with migraine. All accompanying diseases (almost all of which were chronic) were markedly ameliorated. The major improvements were seen within the first 3 months of homeopathic treatment.

#### Homoeopathic treatment of migraine: A double blind, placebo controlled trial of 68 patients<sup>[13]</sup>

Out of 73 patients who were randomised, 68 completed the trial. Baseline values were similar in the two groups. Both the homeopathy and placebo groups had reduction in attack frequency, pain intensity and drug consumption, with a statistically non-significant difference which favoured homeopathy over placebo.

#### Homoeopathic treatment of migraine in children: results of a prospective, multicentre observational study<sup>[14]</sup>

The results of this study demonstrated a significant decrease in the frequency, severity, and duration of migraine attacks.

#### Double blind randomized placebo –controlled study of homoeopathic prophylaxis of migraine<sup>[15]</sup>

In this study both groups improved on therapy, but neither to a great extent on the primary outcome measure of attack frequency (verum: -19%; placebo: -16%). The reduction was mostly in mild attacks on placebo, more in moderate and severe attacks on homeopathy. Few adverse events were reported. Overall, there was no significant benefit over placebo of homoeopathic treatment. The course of change differed between groups, and suggested that improvement reversed in the last month of treatment.

A study by Edzard Ernst *et al* narrates that the homoeopathic medicines are superior to placebo in preventing the headache and are effective in curing migraine pain<sup>[16]</sup>.

A study Subhranil S. Saha *et al* showed that in randomized controlled trial group 390 patients for the trial. The patients entered the meta analysis, the results which came from the meta-analysis showed that the homoeopathy have the effect beyond the placebo<sup>[17]</sup>.

### Discussion

Migraine according to Dr. Hahnemann is psoric manifestation, but it includes all miasmatic state. According to J.H. Clarke said, “Sick Headache or Migraine. - This is not due to disorder of stomach but is a constitutional disorder, nausea or vomiting being one of the symptoms

depending on disturbances of the nerves and brain”<sup>[18]</sup>. That’s why while we are selecting our individualised medicine we must stress on that side.

According to Dr. Hughes Migraine is a neurosis like epilepsy, having its periods of incubation and its paroxysms-the latter should be treated with drugs corresponding to their features Bell, Nux. vom., Ignatia, Digitalis, Cyclamen, Niccolum, Iris, and Sanguinaria. Sometimes one or of others disease will control the morbid tendency, but more frequently we have to deal with by means of deeper acting medicines such as- calcarea, sepia, silicea, stannum and zincum which deals with the general disorder of which the paroxysm are but an expression. By the use of both respective classes of medicine in their respective places we are likely to control the disease<sup>[19]</sup>. Migraine is not an incurable disease, but it requires more symptomatology as well as individualistic approach on every case. Our weapon is medicine but we must apply it properly. Many lesser-known drug have more efficacy for the treatment, but we apply only known drug due to our favouritism.

### Conclusion

Headache disorders has been under recognized and under treated throughout the world. Only a few of people with headache disorders are diagnosed properly by a health care provider. But even though diagnosed, the long-term use of suppressive medications either prescribed or self-medicated they become dependent and it becomes difficult to withdraw such medicines. In Homoeopathy we treat the patient as a whole. The selection of medicine is strictly on the our basic principle SIMILIA SIMILIBUS CURENTUR. The dose is minute, simple and without any side effects. By the only medicine its not possible to control any disease but we must follow proper diet and regimen as well as avoid any kinds of mental exertion.

### Conflict of Interest

Not available

### Financial Support

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