

Homoeopathic Therapeutics of Migraine

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Abstract: Migraine is a very common problem in current scenario compelling the use of number of analgesics, which need to be addressed through safe and gentle method of system, i.e., Homoeopathy. Homoeopathy has number of medicines and rubrics according to different causations, sensations and types of headache. This article emphasis on some frequently used and important homoeopathic medicines for migraine.

Keywords: Homoeopathy, Homoeopathic treatment, Migraine

1. Introduction

Migraine is a deteriorating brain condition and is under top 40 worldwide disability conditions according to disease figures of WHO 2012.¹ It affects 15% of the population during the most productive periods of their lives, between the ages of 22 and 55 years.² Epidemiological studies have shown that 4.5% of the population of Western Europe has headache on at least 15 days per month; global studies suggest that approximately 1% of the world's population may have chronic migraine.¹ It frequently starts in childhood, particularly around puberty, and affects women more than men (3:1 female-to-male ratio). It tends to run in families and, as such, is considered a genetic disorder.²

Out of all the postulated theories regarding the pathophysiology of migraine, it is now widely accepted that migraine should be viewed as a complex brain network disorder with a strong genetic basis that involves multiple cortical, subcortical and brainstem regions to account for the pain and the wide constellation of symptoms characterizing the attack.³

In some cases, the headache begins with no warning signs and ends with sleep. In other cases, the headache may be preceded by a prodromal phase that includes fatigue; euphoria; depression; irritability; food cravings; constipation; neck stiffness; increased yawning; and/or abnormal sensitivity to light, sound, and smell and an aura phase.²

Migraine is subclassified as migraine without aura, migraine with aura, and CM.⁴

- Individuals with migraine without aura experience recurrent attacks with symptoms that include unilateral, pulsating pain of moderate/severe intensity, which worsens with routine physical activity and is accompanied by nausea.⁴
- Symptoms of migraine with aura develop gradually, and resolve completely.²
- Chronic migraine is the term that the International Classification of Headache Disorders (ICHD) uses to describe patients with frequent headaches, believed to be biologically migrainous.¹

2. Diagnosis⁴

Patient history: A comprehensive patient history and physical/neurologic exam are important to rule out secondary causes of migraine (head trauma, systemic disease).

Physical exam: New patients should receive a thorough physical exam to determine any deficits that may be contributing to the patient's headaches (hypertension, heart murmur, cervical dystonia).

Role of imaging: Headache experts discourage imaging studies in patients with stable headaches meeting migraine criteria outlined in the *ICHD-3b*. Evidence has shown that the incidence of imaging findings is not different among patients with migraine and those without migraine, and therefore, should not be used as a diagnostic tool.

Treatment & Management⁴

It includes lifestyle modifications like avoiding triggers, good relaxing sleep, healthy food habits, behavioural and psychological counselling, yoga, meditation. Analgesics, NSAIDs, Opioids, anti-emetics, antidepressants.

3. Homoeopathic View

The role of homoeopathic constitutional approach in migraine as well as in every case, especially chronic case is utmost. In case the constitutional picture is difficult to be identified, there comes the need of homoeopathic therapeutics for migraine.

Following are the characteristics symptoms of some important homoeopathic medicines:

1) **Belladonna –headache of pulsating or throbbing in nature.**

Associated with hot, red skin, flushed face, glaring eyes, throbbing carotids, excited mental state, hyperesthesia of all senses. Heat redness, throbbing and burning. Suddenness of onset.⁵ Fullness especially in forehead. Feels as if brain would fall out or push forward. Rolling the head and draws back the head which ameliorates violent pain.⁶

Aggravation: touch, jar, noise, draught, afternoon, lying down.

Amelioration: semi erect.⁵

- 2) **Cyclamen– headache with visual aura or disturbances.**
One sided headache. Ache in the morning, with flickering of various colours before the eyes. Vertigo; things turn in a circle. Sleepiness, moroseness and lassitude.⁵ Pain; worse on lying on painful side; better by vomiting. Pressure in vertex; as if brain were enveloped in a cloth depriving of the senses.⁶
Aggravation: open air, evening, sitting, cold water.
Amelioration: moving, rubbing parts, warm room, during menstrual flow.⁵
- 3) **Glonoinum⁵–congestive headache.**
Hyperaemia of the brain from excess of heat or cold. Surging of blood to heart and head. Confusion, with dizziness. Effects of sunstroke, heat on head, effects from gas and electric light. Head heavy but cannot lay it on a pillow. Head feels large, as if the skull was too small for the brain. Sun headaches; increases and decreases with the sun. Shocks in the head, synchronous with the pulse.
Aggravation: sun exposure, jar, having haircut, from 6 am to noon.
Amelioration: brandy.
- 4) **Iris versicolor⁵–migraine with nausea, vomiting or acidity.**
Frontal headache with nausea. Scalp feels constricted. Sick headache worse rest; blur before eyes, after relaxing from mental strain.
Aggravation: evening, night, rest.
Amelioration: headache relieved by vomiting, motion.
- 5) **Kali phos–migraine due to stress**
Occipital headache. Headache with weary, empty, gone feeling in stomach. Student headache; worn out by fatigue.⁵ Brain fag by overwork. Nervous and paroxysmal headache. Congestion; fullness of head felt on coughing. Heat in head evening, flushes in forehead. Pain morning in bed, on rising, on waking, and passes off on moving.⁶
Aggravation: worry, mental exertion, eating, cold.
Amelioration: warmth, rest, gentle motion.⁵
- 6) **Natrium carbonicum⁵ - sun headache**
Aches from slightest mental exertion, from slightest mental exertion, worse from sun or gas light. Feels too large. Oversensitive to hearing. Headaches with return of hot weather. Vertigo from sun exposure.
Aggravation: sitting, music, summer heat, change of weather.
Amelioration: moving, boring in ears, & nose.
- 7) **Natrium muriaticum–hammering headache**
Bursting, compressing, hammering headache as if in a vise; as if skull would crush in. Sunrise to sunset headache. Periodical, every day, or 3rd day or 4th day. Headache due to vision disturbances. Whole head involved, even going down to spine following brain troubles.⁶ Anaemic headache in school girls; chronic headache, semi lateral, congestive with pale face, nausea, vomiting; menstrual. Before attack, numbness and tingling in the lips, tongue and nose, relieved by sleep.
Aggravation: noise, warmth, lying down about 10 am, talking, sea shore, mental exertion, consolation, heat.
Amelioration: open air, cold bathing, pressure, tight clothing.⁵
- 8) **Nux vomica- migraine with gastric troubles.**
Headache associated with gastric troubles; haemorrhoids, flatulence, indigestion. Headache in occiput or over eye, with vertigo. Vertigo with momentary loss of consciousness. Intoxicated feeling worse after taking coffee, spicy food and alcoholic drinks. Frontal headache with the need to press the head against something hard for relief.
Aggravation: morning, mental exertion, eating, touch, narcotics.
Amelioration: short nap, in evening, rest, damp, wet weather, hard strong pressure.⁵
- 9) **Sanguinaria canadensis – right sided migraine**
Right-sided migraine; starts from the back of head i.e. occiput, ascends and settles over the right eye. Starts in the morning, increases during the day and lasts until sunset. Climacteric headache. Pain in back of head like a “flash of lightning”.⁵ Pain relieved by passing flatus up or down. Periodical weekly headache. Hungry headache.⁶
Aggravation: sweets, right side, motion, touch.
Amelioration: acids, sleep, darkness.⁵
- 10) **Spigella⁶ – left-sided migraine**
Left-sided migraine; left temporal region, forehead and eyes. Pain begins in occipital region of the head, extends upward and settles over the left eye. Sensation of a tight band around the head. Stiff neck and shoulders along with the headache. Fine, burning, tearing pain in brain. Bursting feeling in head on movement of facial muscles. Perfect prostration (cold sweat, vomiting) on severe pain.
Aggravation: touch, motion, noise turning, washing.
Amelioration: lying on right side with head high.
- 11) **Silicea⁶**
Chronic sick headache with nausea and vomiting. Commencing from occiput going to forehead. Headache once a week. Sweat on upper parts of the body and the head.
Aggravation: mental exertion, noise, motion, jar, stooping, touch, light, lying on left side.
Amelioration: wrapping up warmly, heat, pressure, sweat.

4. Discussion

Homeopathy was superior to placebo in one randomized clinical trial and equal to placebo in three randomized trials. In no study was homeopathy less effective than placebo in treating headache, or harmful. Two prospective observational studies demonstrated improvement in patients receiving homeopathic care.⁷ There are number of medicines and rubrics for different type and different sensations of headache in our Homoeopathic Materia Medica and

Repertory. By approaching at correct similimum, any type of headache can be cured by Homoeopathy.

5. Conclusion

Homoeopathic medicines are very effective in treating several cases of migraine which is also evident by number of different clinical studies. By addressing the correct similimum through totality of symptoms, any obstinate case of migraine could be benefitted with the Homoeopathy with ease and gently.

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