

To Prove the Efficacy of the Kent's Repertory in the Headache Cases Amidst Age 13 to 19 Years

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Abstract: *The headache is most common and difficult neurological condition faced by the physician. Everyone had suffered from the significant pain in the head once in lifetime. Now a day, it is more common in the teenagers due to their lifestyle, lack of physical exercise, excess use of the mobile and television. The increasing stress in the teenagers is one of the most common and neglected cause of the headache in teenagers which is caused due to the competitive world, peer pressure, parental expectation. In the homeopathic holistic approach is considered, in this system not only physical but mental, emotional status are also considered. The study was carried out in Sri Guru Nanak Homoeopathic Medical College and Hospital, Ludhiana. The study was done on 50 cases selected with random sampling method. **Objective:** To understand the efficiency of the homeopathic medicine in the cases of headache in the age group 13 to 19 years and usefulness of the Kent's Repertory to find the correct remedy taking in account the mental, physical and the nutritional state of the patient and educate the parents about it. **Result:** The homeopathic medicine not only helps in improvement of the pain in head but improve the behaviour problems. The Kent's repertory is very effective in finding the totality. **Conclusion:** In the study 56% of patient shows the complete removal of symptoms with no reoccurrence whereas 26% of cases show marked improvement in the symptoms of disease. This shows that homeopathic remedy is very effective in treatment of headache.*

Keywords: Headache, Migraine, Tension type headache, Cluster Headache, Kent's repertory, age group 13 to 19 years.

1. Introduction

Headache is recognised by the pain in the head, ear, eye and nape of the neck. If it occurs regularly it can even affect the daily activities of the individual. The headache is the multifactorial; there is no definite pathology of the headache. Sedentary lifestyle, irregular eating and sleeping habits, junk food, visual defect, over use of the mobiles and television, hormonal disturbances, exposure of the strong stimuli such as loud music, strong perfumes etc., and genetics are some of the common cause of the headache. Beside the physical and environmental cause's psychological causes such as stress, peer pressure, competitive behaviour, over expectation of the parents are some of the most common and neglected causes of the headache in teenagers. In some cases alcohol and drugs are also seen.

The migraine headache is seems to the most common type of the headache whereas tension type and cluster after it respectively. The girls are more affected then the female. The decreasing age of the puberty increase the incidence of the headache in the early age, this shows that hormones play an important role in headache cases.

In homeopathic system of medicine patient as a whole, not only the physical symptoms but the mental symptoms are also taken in the consideration. In the Kentian method general symptoms are considered to be more important than the particular symptoms and priority is given to mental generals. Modalities are considered to be very important.

Kent's repertory covers different modalities; types of pain, site of pain, type of pain and it also consider the relation of relation of different organs with headache which cover in the rubric alternating symptoms. This help in totality easily and efficiently.

2. Materials and Methods

Study Setup

Exploratory study was conducted on patients attending OPD, IPD and peripheral dispensaries of the Sri Guru Nanak Homoeopathic Medical College and Hospital, Ludhiana.

Subject Age group 13 to 19 years both sexes and the entire socio economic group are treated with homeopathic remedies.

Inclusion criteria

People of age group of 13 to 19 years both sexes suffering from the primary headache for more than 1 year as per the ICHD Beta Version 3 Criteria.

Exclusion criteria

Case with Pathological changes such as Brain tumor, cysticercoids, etc. Patients with chronic medical illness such as Stroke, Epilepsy, Brain tumor, Meningitis that might cause secondary headache.

Intervention

The complete case taking was done according to the homeopathic principles after which the repertorization is done with the Kent's repertory according to the kentian method. Priority is given to the mental generals. Final prescription will be done on the bases of the individualization. The follow up of the cases are done on fortnight. The duration of study is 18 months.

Study parameters

Headache in age group 13 to 19 years suffering from 1 year or more. The assessment has made according to the VAS scale.

The outcome of the study

Total of 50 patients were taken. In which 28 cases (56%) shows the removal of all the symptoms and there is no reoccurrence of the symptoms, 13 cases (26%) shows the marked improvement of the symptoms, 7 cases (14%) dropped the treatment in middle while 2 cases (4%) shows no improvement. The observation shows sang can, natmur, spigelia, gels, iris-v are the medicines most effective in treatment of the headache.

3. Conclusion

The study shows the 56% of cases are cured and 26% shows the marked improvement of the symptoms. This signifies that homoeopathic treatment is very effective in the treating the cases of headache in the age group 13 to 19 years, if medicines are selected strictly according to homoeopathic laws.

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5. Conflict of the interest

The author declares there is no conflict of interest.

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