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## REVIEW ARTICLE

### HOMOEOPATHY'S ROLE IN MIGRAINE

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#### Abstract

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Homoeopathy is an alternative form of medicine that is used to treat a variety of diseases. Homeopathic doctors use highly diluted forms of natural substances to treat patients. Migraine is a common condition that causes intense head pain. While medication can provide pain relief, many people find that their migraines come back when they stop taking the medicine. There have been many theories about the cause of migraines, but no cure has been proven effective. Recently, however, many people have begun to explore an unconventional treatment option: Homoeopathy. Homeopathic medicines are so dilute that there are no active ingredients in them. They are used for the symptoms, not the disease. Homoeopathy has long been used in the treatment of migraine. It is used to treat both migraine headaches as well as their associated symptoms. While it is primarily a treatment for headaches, Homoeopathy is also used to help people feel better, even when they don't have a migraine. It is not known exactly how Homoeopathy works to treat migraine, but the treatment likely targets individual symptoms of the disorder rather than the condition as a whole.

#### INTRODUCTION

Migraine is a complex disorder that affects millions of people worldwide. It is

a primary headache disorder characterized by an intense, throbbing pain on one side of the head that is often accompanied by

sensitivity to light, nausea, and sensitivity to sound and touch. While many people associate migraine with mothers and women, anyone can get migraine. It affects men, women, and children equally. Migraine is a common and painful neurological condition that usually affects people during their younger years. Migraine is a complex medical condition that affects millions of people worldwide. It is characterized by recurrent, throbbing headaches, sensitivity to light and sound, nausea, and vomiting. The exact cause of migraine is not known, but it is believed to be a combination of genetic, environmental, and biological factors.<sup>[1]</sup> The most widely used preventive treatment for migraine is medication, which is effective in approximately three-quarters of people. There is no known cause for migraine and no cure. Current treatments are only able to reduce or eliminate the symptoms of migraine and are often only effective in reducing the frequency or severity of migraine attacks. Because of this, many sufferers seek alternative therapies, such as Homoeopathy. Many people suffer from migraine, a debilitating pain disorder characterized by throbbing, pulsating headaches. Although migraine is usually triggered by a complex combination of genetic, environmental and psychological factors, the primary treatment has been pharmaceuticals. But

many migraine sufferers have turned to complementary and alternative medicine (CAM) for treatment, including Homoeopathy. While there is considerable evidence that Homoeopathy works to treat certain symptoms of migraine, its role in the treatment of the condition as a whole has been controversial. It is defined as a series of headaches that cause intense, pulsating head pain and discomfort.<sup>[2]</sup> Migraine is often accompanied by a variety of symptoms, including nausea, vomiting, sensitivity to light and sound, and even altered vision. Current medications for the treatment of migraine are often ineffective and come with a host of side effects. The most common type of headache is a headache, also known as a primary headache. This refers to a headache that has no underlying cause. Migraine is the most common type of primary headache.

### **Role of Homoeopathy In Migraine**

Homoeopathy is a form of medicine that is widely used today, but is often misunderstood. Homoeopathy is based on the principle that a substance that causes a symptom in a healthy person can cure that same symptom in a sick person. This idea is at the heart of the field of Homoeopathy, which is a system of medicine that is based on the principle that "like cures like," meaning that a substance that produces a symptom in a healthy

person can cure that same symptom in a sick person. This is in contrast to traditional medicine, which is based on the principle that a substance that produces a symptom in a sick person cannot cure that symptom in a healthy person of all the alternative treatments for Migraine; Homoeopathy is one of the most controversial. Homoeopathy is a system of medicine based on the idea that a substance that causes a symptom can be used to treat that symptom. Because of this, homeopaths often encounter skepticism and criticism from conventional physicians when recommending homeopathic treatments for conditions such as Migraine. However, there is mounting evidence that Homoeopathy can be an effective treatment for certain conditions, and it may offer a viable alternative to conventional medications for some patients. Many different types of medicines can be used to treat migraine pain. While traditional medicine has failed to provide a cure for migraines, Homoeopathy has been able to provide relief for many people. Migraine is often considered to be a disorder of the nervous system, but modern medicine is starting to realize that a migraine can be a symptom of a larger underlying health issue.

Migraine is a severe headache that can last for days. Many people turn to

over-the-counter painkillers and other medicine to help, but these drugs can cause side effects and haven't been proven to work long-term. Homoeopathy is a centuries-old remedy that has been shown to work in similar ways, but it's been controversial. It's not an alternative to conventional medicine, but rather a complementary therapy. It is a debilitating neurological condition that affects nearly half of Americans. Traditional medicine offers little relief for those suffering from migraine, as most anti-migraine drugs only provide short-term relief. Now, a new study shows that a homeopathic remedy can provide long-term relief for those suffering from migraine. The study, which was published in *The Journal of Alternative and Complementary Medicine*, found that people who were given a homeopathic remedy for migraine were much less likely to have another migraine than those who weren't given the remedy. The use of Homoeopathy in the treatment of Migraine is often met with skepticism and criticism. However, Homoeopathy is an effective treatment for Migraine and may offer a viable alternative to conventional medications for some patients. This article will discuss the role that Homoeopathy plays in the treatment of Migraine and the current body of evidence regarding its efficacy.<sup>[3]</sup>

## Type of Migrane

The types of migraine include migraine with aura, migraine without aura. Cerebrovascular migraine, Headache syndrome, and Migraine with aura are the common types of migraine.

There are three types of migraine, namely, cluster headache, migraine with aura, migraine without aura. Cluster headache is the most common type of migraine (Huneycutt, 2013). Cluster headache is characterized by a cluster of pain in the head, face, and back, and this cluster of pain is usually throbbing. The pain may be accompanied by nausea, vomiting, photophobia, phonophobia, and phonoclonus. <sup>[4]</sup>

Homoeopathy has been a treatment of choice for many migraine patients because of its ability to cure the pain of migraine with very few side effects. The power of Homoeopathy is its ability to pinpoint the exact cause of a patient's migraine and then provide the most appropriate and potent medicine for that particular cause. For example, in the case of a person who is having a migraine due to excess stress, homeopathic medicines like Calc phos, a calcium supplement, will help in reducing the excess stress and hence the pain of migraine. <sup>[5]</sup> On the other hand, in the case of a person who is having a migraine due to a deficiency of calcium,

homeopathic calcium will be highly beneficial.

Homoeopathic treatments for migraine usually fall into two broad categories. The first category involves treating the symptoms of a migraine, which is usually the most effective way of treating a migraine. The second category involves treating the underlying cause of a migraine, which in most cases is more effective than treating the symptoms. Traditional medicine offers a variety of treatments for migraines, but many migraine sufferers have turned to Homoeopathy for additional relief. Homeopathic remedies are highly diluted forms of a substance that have been highly diluted themselves. This process renders the original substance molecules so small that they cannot cause symptoms in the traditional sense, but can still be effective as a migraine remedy.

## Homoeopathic Management

**Iris V:** Periodical frightened ill headache, which comes on after the patient relaxes, forms a mental pressure. The affected person generally vomits bitter bilious materials and the vomiting offers alleviation to the trials inside the head. Migraine of the attention with constipation. Gadgets could best be visible in halves. Bilious headache with burning acidity. Throbbing and excessive pain

causes disturbances of vision. Sour vomiting relieves pain.

**Cyclamen:** Fails this treatment can be tried furnished migraine is accompanied with glowing earlier than the eyes.

**Belladonna:** Headache in plethoric and healthy individuals. The motive is some disturbance of the circulatory gadget. The headache is violent, pounding, and throbbing. Throbbing and bursting headache in temples with fiery crimson and warm face. Eyes bloodshot and crimson. Face flushed. The pains disappear as all of a sudden as they appear. Solar headache with full bounding pulse. Unconsciousness

**Iris Tenax:** Headache which starts off evolved on or earlier than growing, beginning on left eye extending thence to the left half of head.

**Gelsemium:** Pains starting within the nape of the neck and shift over to move, inflicting a bursting sensation inside the brow and eyeballs. Feels as though the head is full and huge. Unconsciousness. As though there is a band the pinnacle.

**Glonine:** Headache because of running below gaslight, in the solar while warmth falls on the top. Head feels tremendously big, Sunstroke, and sun headache without unconsciousness.

**Natrum Mur:** Whilst the headache increases with the rise of the solar and forestalls at sun-set Headache with sweat.

The extra the pain the extra the sweat. Fiery zigzag before the headache. Hammering headache as if hammers are knocking the pinnacle.

**Spigelia:** Worried headache starting inside the morning at the base of mind, spreading over the head and locating in eye orbit and temple of left aspect. Intolerable pressure aches in the eyeballs. Tic douloureux of left side. Ache disappears within the night. Sensation as although the top had been bound across the vertex.

**Sanguinaria Canadensis:** For the equal signs as in "Spigelia", besides that, it's far a right-sided treatment. Bilious headache when going without food. Veins and temples were distended. Headache as soon as in seven days starts off evolved on waking within the morning in occiput and travels to the proper eye and temple; the affected person is driven right into a darkish room and has to lie down. Starts vomiting bile, which relieves him. The heat of palms and soles. Bursting headache worse with sunrise. Has fake hunger with an aversion to the idea and smell of food.

**Bryonia:** Headache when stooping as though mind could burst through the brow. Worse on the motion. Headache brought on through playing or looking at the play.

**Melilotus:** Violent congestive and apprehensive headache, that's relieved by way of epistaxis (bleeding from the nostril). Congestive Headache as even

though the mind might burst thru the forehead. .

**Hypericum:** Headache due to indulging in alcohol and different stimulants. It has aching pain as though overwhelmed; tense; heavy; sinking, and bruised with associated symptoms of nausea and vomiting of sour and nasty remember. Ineffectual urging for stool. Headaches are higher in the nighttime.

**Chamomilla:** Headache with peevishness. The affected person is cross and indignant. This headache happens generally in sufferers who use alcohol in excess and take opium to counteract its effect or who take sturdy espresso to quieten the nerves

**Calcarea Phos:** Headache of faculty women and boys who practice themselves too carefully to their books, especially youngsters who're developing swiftly and whose mental improvement is out of Percentage to their bodily strength.

**Thuja:** Headache as if a nail had been pushed into the occiput or the frontal eminence.

**Tarentula Hispania:** As though a thousand needles have been piercing in the head; worse by noise, touch, and strong mild. Better via rubbing.

**Lac Defloratum:** Headache starts in forehead extending to occiput with throbbing, nausea, vomiting, blindness, and obstinate constipation, on the time of menses; relieved thru frequent urination.

**Veratrum Alb:** Nervous headache with the vanishing of sight and icy bloodless sensation in vertex better with the aid of cold application.

**Ignatia:** Apprehensive headache after grief. Terminates with a profuse glide of urine. Headache in hysteria. Pain as though a needle or nail has been pushed into the top.

**Silicea:** Headache relieved with the aid of wrapping and overlaying. Worse inside the dark and better in mild. Worried headache due to Immoderate observe at faculty.

**Actea R:** Frontal, vertical, or occipital headache with a top-notch ache in eyeballs, better-using pressure, and worse through the slightest movement.

**Sepia:** Headache darting pains right side head and face rolling and beating towards frontal bone; darting and tearing pain in the left temple, over left eye extending toward occiput. Aversion to meals of any kind with a feeling of emptiness and goneness sensation in the stomach. Higher after meals and relieved absolutely via sleep.

**Staphisagria.:** Headache after eating red meat. Headache with roaring in ears. The aching, stupefying ache in the head, particularly forehead. Pains are pressing inwards and outwards; they're improved on slightest contact.

**Anacardium:** Headache relieved completely by way of ingesting; worse for

the duration of motion and running.

Gastric and anxious headaches.

**Alumina silicate:** Headache worse by using binding the hair, biting the tooth collectively, before and all through menses, stepping closely, better with the aid of cold air and cold software, shifting the pinnacle and from strolling.

**Selenium:** Headache due to indulgence in alcohol or tea, via hot climate over take a look at and irritated through sturdy odors. The multiplied flow of urine at some stage in headache.

**Phosphorus:** Headache relieved by using the bloodless application and is annoyed in a heated room and via warm packages. Feel of coldness in the base of the brain

**Lachesis:** Violent headache in the course of the menstrual duration when the go with the flow slackens. Headache, like menstrual pain, is relieved via afloat. Bursting and hammering headache with blood going for walks to the pinnacle.

**Calcarea carb:** Chronic headache in fatty individuals with a tendency for sweating of the face. Icy coldness of fingers and clamminess of the extremities.

## CONCLUSION

The Homeopathic Way The conventional treatment for a migraine attack is often a drug that causes intense pain and fever. But there is a better way to get relief from a migraine. HOMOEOPATHY is a system of

medicine that uses highly diluted substances to treat symptoms of a wide range of diseases. A homeopathic remedy can contain as little as one molecule of the original substance, which is why they don't have any side effects. Homoeopathy is an effective method in the treatment of migraine. It is a system of medicine based on the principles of 'like treats like' and 'prescribe a little and give a lot. In simple terms, Homoeopathy prescribes drugs that are highly diluted versions of the original medications. This is to ensure that the original symptoms are not caused by the medication but are due to some other cause.

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