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REVIEW ARTICLE

HOMOEOPATHIC MANAGEMENT OF MIGRAINE - A REVIEW

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Abstract

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We know that Migraine is a form of headache, which is characterized by a headache on one side of head even in some cases, the migraine pain is felt all over the head instead of just one side. The nature of this pain is throbbing and migraine causes aren't understood but Genetics and Environmental factors appear to play a role, a number of factors may trigger migraine. Homeopathy is used widely for the treatment of migraine headaches and it treats the person as a whole. It means that homeopathic treatment focuses on the patient as a whole, as well as pathological condition and homeopathy is considered very effective in the treatment of Migraine. Here is a detailed study to enlighten the effect of Homoeopathic management of Migraine.

INTRODUCTION

Migraine is a severe type of headache featured by recurrent attacks of unilateral Headache usually associated with nausea, vomiting and/or photophobia

- phonophobia. The attacks are variable in nature i.e., intensity, frequency and duration etc. It has been observed that, generally due to lack of knowledge or awareness, the patients consider migraine

as a simple headache and use pain killers frequently to obtain relief which is not a permanent solution. With homeopathy, not only the patient gets relief in the symptoms but recurrence/tendency of the illness is also reduced. Homeopathy is based upon holistic concept that guides to treat the patient as a whole, and for each case of migraine, the holistic picture includes mental and physical makeup, rare, peculiar, strange symptoms and miasmatic expressions to complete the totality of symptoms to individualize the patient.

MIGRAINE

It is a kind of neurological disease, of which the most common symptom is an intense and disabling episodic headache. Migraine headaches are usually characterized by severe pain on one or both sides of the head and are often accompanied by photophobia (hypersensitivity to light), hyperacusis (hypersensitivity to sound) and nausea. The word "migraine" is French in origin and comes from the Greek language [Greek "hemi crania" (as does the Old English term "megrim"). Literally, "hemicrania" means "only half the head."

ETIOLOGY

Though migraine causes aren't understood but Genetics and Environmental factors appear to play a role. A number of factors may trigger migraines, including:

- Hormonal changes
- Foods, Drinks.
- Food additives,
- Stress,
- Change in wake up sleep pattern,
- Physical factor, Changes in the environment & Medications.

RISK FACTORS

Several factors make you more prone to having migraines, including:

- Family History : If you have a family member with migraines, then you have a good chance of developing them too.
- Age : Migraines can begin at any age, though the first often occurs during adolescence. Migraines tend to peak during your 30s, and gradually become less severe and less frequent in the following decades.
- Sex : Women are three times more likely to have migraines. Headaches tend to affect boys more than girls during childhood, but by the time of puberty and beyond, more girls are affected.
- Hormonal changes : If you are a woman who has migraines, you may find that your headaches begin just before or shortly after onset of menstruation.

PATHOPHYSIOLOGY

Scientists have advised many theories of migraine which explains as :

Blood flow changes and also certain biochemical changes that may be involved in the headache process. According to this theory, the nervous system responds to a trigger such as stress by causing a spasm of the nerve-rich arteries at the base of the brain. The spasm constricts several arteries supplying blood to the brain, including the scalp artery and the carotid or neck arteries. As these arteries constrict, the flow of blood to the brain is reduced. At the same time, blood-clotting particles called platelets clump together & dash, a process which is believed to release the neurotransmitter – Serotonin, Serotonin acts as a powerful constrictor of arteries which further reducing the blood supply to the brain. Reduced blood flow decreases the brain's supply of oxygen. Neurological symptoms signaling a headache, such as distorted vision or speech, may then result, similar to symptoms of stroke. Reacting to the reduced oxygen supply, certain arteries within the brain open wider to meet the brain's energy needs. This widening or dilation spreads & finally affecting the neck and scalp arteries. The dilation of these arteries triggers the release of pain-producing substances called prostaglandins from various tissues and blood cells. Chemicals which cause inflammation and swelling, and substances which increase sensitivity to pain are also released. The

circulation of these chemicals and the dilation of the scalp arteries stimulate the pain-sensitive receptors. The result, according to this theory : a throbbing pain in the head.

More recent neuro imaging techniques seem to show that migraine is primarily a disorder of the brain (neurological), not of the blood vessels (vascular). A spreading depolarization (electrical change) may begin 24 hours before the attack, with onset of the headache occurring at about the time of maximum brain coverage. The effects of migraine may persist for some days after the main headache has ended. Many sufferers report a sore feeling in the area where the migraine was, and some report impaired thinking for a few days after the headache has passed.

In 2005, a research was made and published indicating that in some people with a patent foramen ovale (PFO), a hole between the upper chambers of the heart, migraine might result and that the occurrence of migraines might end if the hole were blocked.

CLASSIFICATION

Regarding the pathological views, There are a number of different types of migraine, the most common being

- Migraine without Aura,
- Migraine with Aura.

Other types of migraine include

- Basilar Migraine,
- Hemiplegic Migraine,
- Abdominal Migraine,
- Retinal Migraine and
- Chronic Migraine.

- Diarrhea
- Lightheadedness
- Dizziness
- Tinnitus

CLINICAL FEATURES

Clinical features of migraine vary among patients. Therefore what a patient experiences **before, during** and **after** an attack cannot be defined exactly. The four "signs and symptoms" below are common among patients but are not necessarily experienced by all migraine sufferers:

1. **The Prodrome**, which occurs hours or days before the headache:
 - Fatigue
 - Irritability
 - Food cravings
2. **The Aura**, which immediately precedes the headache:
 - Vision disturbance (flashing lights or blind spots)
 - Numbness or weakness on one side of the body
 - Slurred speech
 - Sensitivity to light and sound
3. **The Headache Phase:**
 - Throbbing headache
 - Nausea and vomiting

4. The Postdrome:

- Fatigue
- Euphoria
- Surge in energy
- Increased appetite
- Confusion

DIAGNOSIS

There's no specific test to diagnose migraine. For an accurate diagnosis to be made, your physician must identify a pattern of recurring headaches along with the associated symptoms.

Blood Tests -Test for blood vessel problems, infections in your spinal cord or brain, and toxins in your system.

Magnetic resonance imaging (MRI)- A MRI uses a powerful magnetic field and radio waves to produce detailed images of the brain and blood vessels. MRI scans help doctors diagnose tumors, strokes, bleeding in the brain, infections, and other brain and nervous system (neurological) conditions.

Computerized tomography (CT) scan. - A CT scan uses a series of X-rays to create detailed cross-sectional images of the brain. This helps doctors diagnose tumors, infections, brain damage, bleeding in the

brain and other possible medical problems that may be causing headaches.

Spinal tap (lumbar puncture) -Your doctor may recommend a spinal tap (lumbar puncture) if he or she suspects infections, bleeding in the brain or another underlying condition.

DIFFERENTIAL DIAGNOSIS

- Subarachnoid hemorrhage
- Idiopathic intracranial Hypertension
- Brain tumour
- Venous Diagnosis & Sinusitis
- Encephalopathy.

TREATMENT & MANAGEMENT

The management of migraine may include;

- Proper diet & Rest – avoid fasting, skipping meals & food that are known to cause migraine.
- Avoidance of stress, noise, odour, bright and flickering lights, exertion.
- Avoid sleep deprivation, excessive sleep.
- Avoid oral contraceptives, hormone replacement therapy, histamine-2 blockers.
- Breathing exercises and muscle relaxation.

Therapy

Massage and Physical therapy -

Massage involves a therapist pressing, stroking, rubbing, kneading and pressing on the body's tissues and muscles. There

has also been evidence that massage for migraine sufferers may help reduce the number of attacks.

Cognitive-Behavioural therapy-

Identification and avoidance of behaviours or responses to migraines that may exacerbate a migraine attack.

HOMEOPATHY TREATMENT

Rubrics

BOERICKE'S REPERTORY:

Chapter- **HEAD**, Headache (cephalalgia), Type, Rubric -Migraine, megrim, nervous: Am.c., Anac., Anhal., Arg.n., Aspar., Avena, Bell., Bry., Caff., Calc.ac., Calc.c., Can.ind., Carb.ac., Ced., Chionanth., Cim., Cocc., Coff., Croc.casc., Cycl., Epiph., Gels., Ign., Indigo, Iris, Kali.bich., Kali.c., Lac.d., Lach., Meli., Menisp., Nat. m., Nux v., Onosm., Plat. mur., Puls., Sang., Saponin, Scutel., Sep., Sil., Spig., Stann., Sul., Tab., Thea, Ther., Verbasc., Xanth., Zinc. sul., Zinc. v.

CONCISE REPERTORY – PHATAK

MIGRAINE- chio, gels, ipec, kalibi, lac defl, nat mur, nat sul, onos, psor. lob, sang, spig, sil, ther.

KNERR REPERTORY

Inner Head- hemicrania (megrim, migraine)- calc, caps, clem, chin, cocc, cornus, gels, indigo, kali bi, kreos, lach, lac defl, syph, ver.

BOGER BOENNINGHAUSEN'S CHARACTERISTICS AND REPERTORY:

HEAD – Internal – half of, one (migraine etc.) acon. AGAR. Agn. ALUM. am-c. Am-m. ANAC. ang. ant-c. Ant-t. ARG-MET. Arg-n. Arn. Ars. ASAF. Asar. aur. BAR-C. Bell. bism. borx. Bov. bry. CALC. calc-act. camph. CANTH. caps. carb-an. Carb-v. Caust. Cham. Chel. CHIN. chinin-s. Cic. cimic. CINA clem. COCC. Coff. colch. COLOC. con. Croc. cupr. CYCL. Dig. dros. DULC. eup-per. euph. euphr. ferr. Gels. Glon. Graph. GUAJ. Hell. Hep. hyos. Ign. iod. Ip. Kali-bi. KALI-C. kali-n. Kreos. lac-d. lach. Laur. Led. lil-t. Lyc. Mag-c. Mag-m. MANG. meli. Meny. Merc. MEZ. mosch. MUR-AC. Nat-c. NAT-M. Nit-ac. Nux-m. NUX-V. OLND. onos. PAR. petr. PH-AC. PHOS. pic-ac. PLAT. Plb. prun. PULS. ran-b. ran-s. rheum Rhod. rhus-t. ruta SABAD. SABIN. samb. SANG. SARS. sec. sel. seneg. SEP. Sil. SPIG. Spong. Squil. Stann. STAPH. STRONT-C. SUL-AC. sulph. tab. Tarax. ter. Teucr. Thuj. valer. verat. VERB. viol-o. viol-t. vip. ZINC.

HOMEOPATHIC THERAPEUTICS

Homeopathy treats the person as a whole and homeopathic medicines are selected after full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution etc. The medicines given below indicate the therapeutic affinity but this is not a

complete and definite guide to the treatment of Migraine.

1. NATRUM MURIATICUM -

Headache comes in the morning or at 10 a.m. lasting until 3 pm or evening. The headache is periodical. It is preceded by partial blindness (Iris, gels, Kali bic, psorinum, silic etc.) sensation as if there were little hammers beating in the skull similar to psorinum. Headache during menses.

2. SCUTELLARIA LATERIFOLIA -

Scutellaria Laterifolia is commonly known as Skullcap. It is prepared from the whole plant. It is a great medicine for mental weakness and migraine headaches and nerve weakness after flu. Migraine especially in school teachers with increased urination. Pain in the front and lower back of the head and Right eye. Eyeballs painful, with pain patient feel restless in sleep. He gets up and walks around. Worse: noise, light, strong smell & Relieved : night and rest.

3. SANGUINARIA- Right sided headache. Pain comes from the occiput. They increase and decreases with the course of the sun, reaching their height at midday. The paroxysms and with profuse urination (Sil, gels, Verat alb). They recover at every 9th day. Sanguinaria also has a menstrual headache, which attends a profuse flow

in contrast to sepia, where the menses will be scanty.

4. **IRIS VERSICOLOR-** When the attack begins with blurring of sight (gels, Kali bic, Nat mur, Psor, Lac.def) are attended with sour watery vomiting. Pain involves the infra orbital and dental nerves, with stupid stunning head ache. Mostly right sided. It is useful remedy for Sunday headache, which occurs in teachers, scholars, professors etc, in which a relief of the strain of the preceding six days; produces the head ache. In sick headache with continuous nausea, it is one of our most useful remedies, and when the headache is produced by eating sweet things, iris is probably the remedy. <Towards evening, from cold air, coughing, violent motion >from moderate motion, open air.
5. **BELLADONNA** - Violent hyperaemia with throbbing carotids red face, intolerance of least, noise or jar. Hemipopia, retinal blindness, slight paralysis of tongue even transitory hemiplegia.<Afternoon or evening before or during menses > in a dark room.
6. **GLONOINE** - Hemicrania from excessive use of wine. Nausea Dimness before eyes like a cloud followed by most violent headache > by vomiting.

7. **ARSENICUM ALBUM-** Causes a throbbing, stupefying headache over the left eye. The arsenicum headache is temporarily relieved by the application of cold water.
8. **EPIPHEGUS** - Headaches are neurasthenic in type, brought on by strenuous exertion. Such as going on a visit, doing a day's shopping etc. Visions get a little blurred. It is worse on rising from supine position and in the open air. There is a decided relief after a sound sleep pressure pain in the temples traveling inwards. < from working in open air. Headache is caused by mental and physical exertion and they are preceded by hunger.
9. **NUX VOMICA-** Nux vom is more suited to man than in sepia. The attack commences early in the morning and generally increase to a frantic degree. Headache can be caused by tobacco, coffee, alcohol intake, digestive troubles, constipation and hepatic insufficiency. It suits the gouty and haemorrhoidal subjects. Headache is usually left sided, and is associated with sour taste or perhaps nausea and violent retching. The dull, wooden, bursting of head following a debauch is most characteristic of Nux vom. Headache of high livers, business men. < stooping & coughing, Moving the eyes & motion is general. A headache

all over the head is also characteristic of Nux. vom.

10. SCRUTALLARIA - In nervous sick headache which is caused by excitement and over exertion with frequent scanty urination. Associated with restless sleep and night terrors. Worse over right eye, aching in eye balls. Explosive headache of school teachers < Noise, odour, light > Night, at rest

11. PULSATILLA - Pulsatilla is very similar to sepia. Both are indicated by scanty menses, bursting, throbbing, boring or stitching pain on one side of the head obscuration of sight, white tongue, nausea & vomiting pulsatilla has more vomiting, and thickly furred tongue with clammy with mouth and relief from cold air. The pains are shifting in nature and associated with chilliness in the evening.

12. 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.

13. GELSIMIUM - Headache commencing with blindness and especially it is also a remedy for headache due to eyestrain (onos). Pain commences in the occiput and comes

up over head and settles over eyes. Headache get worse with sun begins at 2 or 3 am and reaches its height at afternoon. It is associated with stiff neck. The patient cannot think effectively or fix his attention. Copious urination relieves the headache and the headache is accompanying with visual troubles such as double vision, squinting and dim sight.

14. LOBELIA INFLATA- Periodical headache that comes on in the afternoon and continues to increase till midnight every third attack being more violent than the two previous attacks. Gastric headache with nausea, vomiting and prostration.

15. VERBASCUM THAPUS- Sensation as if the temples were crushed together. neuralgic pain in the zygoma tempero maxillary joint and ear, particularly of left sided, with lachrymation, coryza and sensation as if parts were crushed with tongs. Talking, sneezing and change of temperature aggravate the pain also pressing teeth together. Pain seems to come in flashes, excited by least movement, occurring periodically at some hour in the morning and afternoon each day.

16. MENISPERMUM- A remedy for migraine associated with restlessness and dreams. Pressure from within

outward with stretching and yawning and pain down the back. Sick headache, pain in forehead and temples moving to occiput

17. ARGENTUM NITRICUM - There is frequently boring pain in the head, which is worse in the left frontal eminence. The boring is relieved by tight bandaging. The paroxysms frequently end in vomiting of bile or sour fluid & excited by any a mental emotion or by anything that depreciates the nervous system, as loss of fluids, loss of sleep or mental strain. Sometimes the pain becomes as severe that the patient loses his consciousness.

CONCLUSION

Migraine is a kind of neurological disease that causes a significant disability to the patients and it is more prevalent among females than males. Homoeopathy was found effective in the treatment and prophylaxis of migraine because it treats the person not the disease as a whole. Miasmatic tendency (predisposition/suceptability) is also often taken into account for the treatment of chronic conditions so its conclude that, the Homoeopathic remedies help in reducing the intensity and frequency of the migraine attack.

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