

A Case Report Of Migraine Treated With Homoeopathy

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Keywords

Homoeopathy, headache, migraine, *Cyclamen europaeum*, MIDAS

Abstract

Introduction -A migraine is a primary headache disorder characterized by recurrent headaches that are moderate to severe. typically, episodes affect one side of the head, are pulsating in nature. Homoeopathy on the contrary has a significant role in treatment of migraine on the basis of totality of symptoms. Migraine disability assessment (MIDAS) questionnaire was put together to help you measure the impact your headaches in your life.

Method – A detailed case taking was done and migraine was diagnosed on the basis clinical history. Homoeopathic similimum was given on the basis of totality of symptoms

Result – The patient recovered remarkably with homoeopathic medicine

Conclusion – Homoeopathy has treated migraine in a relatively less time where conservative treatment fail to give positive results.

Introduction

Migraine is most distressing and can have a significant effect on a person's quality of life. It's

not a life threatening condition but the patient feel depressed and definitely affects the way of living of the patient. A migraine is a headache that can cause severe throbbing pain or a pulsating sensation, usually on one side of the head. Associated symptoms may include nausea, vomiting, sensitivity to light, sound and smell.¹ The pain is generally made worse by physical activity.¹

Case Report

Patient Information

A 23 years old female reported in the out-patient department of Girendra pal Homoeopathic hospital and research centre , Jaipur , Rajasthan on 16 july 2021, with a complaint of pain in left temporal , forehead, right temporal, occipital radiating down to sacrum with bursting and hammering sensation and complaints aggravate from sunrise to sunset, light, sound, open air and when menses not appear and ameliorate from cold water, put ice on head , green tea, in room with associate complaint of burning in both eyes and watery discharge from the eyes. She also suffered from hairfall

Patient was apparently well 1 year back and gradually she experienced pain and hairfall

Patient suffered from ovarian cyst 3 years back and she taken homoeopathic medicine for that

Mother also suffered from migraine

Physical generals

The patient had a thermal reaction cannot tolerate too hot or too chill. Her appetite was adequate and craving for piquant(tikha) and sour (lemonade). She was thirsty with dryness of throat, drinks water sip by sip. She perspired profuse on face, chest, abdomen. Her sleep was disturbed (fear of

snake) and Dreams she wandered here and there

Mental generals

Patient imagines snake everywhere since 1 year and fear of snake. Her anger increased (when work doesn't occur according to her mood. She had suppressed anger and consolation aggravate. She weeps alone and desire to be alone. Her hobbies reading, writing, music

Analysis and Evaluation of symptoms

Symptoms	Analysis	Intensity	Miasmatic analysis
Patient imagines snakes evewhere	Mental generals	+++	Psora, sycosis
Fear of snake	Mental generals	++	Psora,
Company aversion to	Mental generals	+	Syphilitic
Weeps alone when	Mental generals	+	Psora, latent psora
Anger consoled when	Mental generals	+	Psora
Craving for piquant (tikha) and sour (lemonade)	Physical generals	++	Psora
Thirsty	Physical generals	++	Psora
Sleep disturbed	Physical generals	+	Psora
Pain in left temple	Particulars	+++	Psora, latent psora
Pain agg. light, sound	Particulars	++	Psora
Pain agg. from open	Particulars	+	Psora , sycotic
Pain ame. Cold water and put ice on head	Particulars	++	Syphilitic
Hairfall	Particular	+	Psora, latent psora and syphilis

In this case, as per miasmatic analysis, psora is the dominant miasm.²

Totality of symptoms

Imagines snakes everywhere

Weeping alone

Desire to be alone

Thirsty (dryness of throat)

Sleep disturbed due to fear of snake

Desire for lemonade Pain in left temple

Pain agg from light,sound and open

Pain ame. From cold water and put ice on head

Burning in eyes and watery discharge from eyes

Prescription with justification

'Cyclamen europaeum 30 /1dose and

Rubrum30/TDS 2 glbs for 7 days was prescribed on 16.07.2021 on the basis of totality and due consultaion of materia medica and MIDAS grade was IV (severe disability) on this date

Points on which Cyclamen was prescribed

One sided headache³

Better in the room³

Weeping desire to be alone³

Desire for lemonade^{3 4 6}

Bathing that part⁴

Pain in left temple⁴

Prolonged migraine⁴

Desire solitude^{5 7}

Pain in temples and forehead ⁷

Dryness in the throat ⁷

Justification of potency and repetition

Potency – 30 and 1 dose (according to Hahnemannian guideline sta-ted in aphorism 246 in fifth edition of organon of medicine)⁸

Date	Symptoms	Prescription with justification
23.07.2021	Relief in pain	Rubrum 30/TDS for 7 days
30.07.2021	Decrease in interval of headache Heaviness in stomach since two days Burning after eating especially at night	Sac lac 1M/ 1 dose Rubrum 30/ TDS for 7 days
06.08.2021	Decrease in intensity and duration of headache Pain increase since yesterday after hairwash	Sac lac 1M/od Rubrum 30/TDS Nihilium 30/ sos for 14 days
20.08.2021	Burning in both eyes decrease Pain again occur since 4 days Sleep improved Fear of snakes decresed Imagines snake everywhere improve	Cyclamen 200/1 dose Phytum 30/TDS for 30 days
23.02.2022	Pain in left temple since 4 days after mental strain Burning and watery discharge from the eyes since 4 days Hammering sensation Imagine snakes everywhere improve Fear of snakes no more	Rubrum 30/ tds /3 days
26.02.2022	Pain relief 90% Slight relief in burning and watery discharge from the eyes	Rubrum 30/tds for 14 days
11.03.2022	Burning and watery discharge from the eyes 50% relief Pain in left temporal region relief	Nihilium 1M/od Rubrum 30/tds for 14 days
1.04.2022	Left temporal pain relief (85%) Relief in burning and watery discharge Hairfall on and off improve Imagine snakes everywhere not occur Fear of snakes no more	Phytum 200/od Rubrum 30/tds for 14 days

DISCUSSION AND CONCLUSION

Homoeopathy is a system of medicine which embraces a holistic approach in the treatment of sick. In homoeopathy detailed case taking is done

to elucidate the medicine of the patient on the basis of totality of symptoms.

After totality of symptoms *Cyclamen* was prescribed on 16.07.2021 MIDAS Grade was IV

(severe disability) initially there was a improvement in intensity and duration of pain but after sometime pain again occur so the potency was increased and after that patient discontinue her treatment due to covid 3rd wave and again consult on 23.02.2022 and continue her treatment.

On 1.04.2022 again analyse through MIDAS and grade was III (Moderate severity)

The prescribed medicine not only improved the symptomatology but also improved other general symptom of the patient

Homoeopathy is a system of medicine which treat the patient as a whole not the disease through the selection of similimum.

Financial support and sponsorship

Nil

Conflicts of interest

Before treatment

Name- Tithi Ray
Age- 23/F
Date- 16/7/2021

The Migraine Disability Assessment Test

The MIDAS (Migraine Disability Assessment) questionnaire was put together to help you measure the impact your headaches have on your life. The information on this questionnaire is also helpful for your primary care provider to determine the level of pain and disability caused by your headaches and to find the best treatment for you.

INSTRUCTIONS

Please answer the following questions about ALL of the headaches you have had over the last 3 months. Select your answer in the box next to each question. Select zero if you did not have the activity in the last 3 months. Please take the completed form to your healthcare professional.

1. On how many days in the last 3 months did you miss work or school because of your headaches?
N/A
2. How many days in the last 3 months was your productivity at work or school reduced by half or more because of your headaches? (Do not include days you counted in question 1 where you missed work or school.)
N/A
3. On how many days in the last 3 months did you not do household work (such as housework, home repairs and maintenance, shopping, caring for children and relatives) because of your headaches?
N/A
4. How many days in the last 3 months was your productivity in household work reduced by half or more because of your headaches? (Do not include days you counted in question 3 where you did not do household work.)
N/A
5. On how many days in the last 3 months did you miss family, social or leisure activities because of your headaches?
7

Total (Questions 1-5)
21.2

What your Physician will need to know about your headache:

- A. On how many days in the last 3 months did you have a headache? (If a headache lasted more than 1 day, count each day.)
7 days
- B. On a scale of 0 - 10, on average how painful were these headaches? (where 0=no pain at all, and 10=pain as bad as it can be.)
2

Scoring: After you have filled out this questionnaire, add the total number of days from questions 1-5 (ignore A and B).

MIDAS Grade	Definition	MIDAS Score
I	Little or No Disability	0-5
II	Mild Disability	6-10
III	Moderate Disability	11-20
IV	Severe Disability	21+

If Your MIDAS Score is 6 or more, please discuss this with your doctor.

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None declared

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After treatment

Name- Tithi Ray
Age- 23/F
Date- 1/4/2022

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7 days
2. How many days in the last 3 months was your productivity at work or school reduced by half or more because of your headaches? (Do not include days you counted in question 1 where you missed work or school.)
N/A
3. On how many days in the last 3 months did you not do household work (such as housework, home repairs and maintenance, shopping, caring for children and relatives) because of your headaches?
N/A
4. How many days in the last 3 months was your productivity in household work reduced by half or more because of your headaches? (Do not include days you counted in question 3 where you did not do household work.)
N/A
5. On how many days in the last 3 months did you miss family, social or leisure activities because of your headaches?
1

Total (Questions 1-5)
18

What your Physician will need to know about your headache:

- A. On how many days in the last 3 months did you have a headache? (If a headache lasted more than 1 day, count each day.)
2 days
- B. On a scale of 0 - 10, on average how painful were these headaches? (where 0=no pain at all, and 10=pain as bad as it can be.)
2

Scoring: After you have filled out this questionnaire, add the total number of days from questions 1-5 (ignore A and B).

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