

HOMOEOPATHIC MEDICINE IN MIGRAINE A CASE REPORT**Dr. Shikha Chhugani***

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ABSTRACT

Migraine is a severe type of Headache characterized by recurrent unilateral headache, associated with nausea and vomiting. Which has a huge impact on the quality of life of a patient. This article shows the efficacy of Individualized Homoeopathic Medicine Ignatia Amara in reducing the intensity as well as the recurrence of headache in migraine in a case of female aged 51 years. Results Before and after treatment were assessed using MIDAS (Migraine Disability Assessment) test.

KEYWORDS: Homoeopathy, Migraine, Headache, Individualized Homoeopathic Medicine, MIDAS.

INTRODUCTION

Migraine is defined as severe throbbing plus unilateral headache related to nausea, photophobia, phonophobia and vomiting. This is a striking feature of the disease, as most individuals feel pain in one half of the head.

However, bilateral pain is also common and occurs at the front and back of the head. The nature of the pain is throbbing, which worsens with exertion or movement.

CASE REPORT

This is a case report of a female patient aged 51 years, hostel warden by occupation in Rajasthan who presented to the outpatient department of Sriganaganagar Homoeopathic Medical College and Hospital on 11/06/2023 with the complaints of Recurrent Headache since 10 years.

HISTORY

- Patient was apparently healthy before the complaints of recurrent headache since 10 years

- Pain starts mainly after travelling, stress (thinking about past). Once it starts, has to take pain killers sometimes painkillers also doesn't help, pain remains for one whole day.
- Onset and progression: sudden and gradual.
- Location : one-sided, sides-Alternating-parietal, occipital, frontal region
- Sensation: Aching pain, heaviness, Intolerable

Repertorial Approach

Symptoms taken for repertorization:

- MIND: Conscientious about trifles
- MIND: Dwells -past disagreeable occurrences, on
- MIND: Religious affections too occupied with religion
- MIND: Weeping Amelioration
- GENERALITES: Food and drinks, sweet desire
- HEAD: Pain- Aching
- HEAD: Heaviness
- HEAD: Pain-Binding head amelioration
- HEAD: Pain- sides alternating

Prescription: Ignatia 200/ 3doses

DISCUSSION

Migraine is a primary disorder of headache, General treatment of which has two types: Abortive (NSAID's, Triptans, Anti emetics, Ergotamines) and prophylactic (Beta blockers, Anti epileptics, Calcium channel Blocker, Antidepressants) which has its own adverse effects and contraindications. This case was diagnosed as Common migraine based on ICHD-3 diagnostic criteria for common migraine (without aura). Homoeopathy is a holistic system of medicine and we treat patients based on individualization. Wherein the complaints are not only reduced but the tendency and recurrence can be removed. This case is one of the evidence as In this case of Migraine, patient presented with the chronic complaints of which she was suffering from Recurrent attack of severe headache since 10 years. After carefully examining the case, chronic totality was constructed, analysed and evaluation of the symptoms of the case according to the Homeopathic principles was done. This case was Repertorized using synthesis repertory, remedies were differentiated and the remedy Ignatia Amara was selected based on symptom similarity after referring Homoeopathic Materia medica. Single and simple Remedy was Prescribed according to one of the cardinal principles

of Homoeopathy. The Predominant symptoms observed in this case are Grief-dwelling on the past sad events, Suppressed emotions, diligent, perfectionist, sensitive to criticism, likes Appreciation which are similar to the symptoms of Ignatia Amara. Patient showed significant improvement throughout the subsequent follow ups. Among 12 observations of Dr Kent to assess the prognosis after the Homoeopathic treatment, 4th observation -No aggravation with Recovery of the patient, was seen in this case.

CONCLUSION

This case report shows the efficacy of individualized Homoeopathic medicine Ignatia Amara in the treatment of Common migraine. This study also highlights the importance of knowledge of Medicine for Diagnosing and differentiating the disease, also about the Homoeopathic philosophy, case taking and ascertaining mind symptoms which is the most important task for a Homoeopathic physician to individualize the case, and converting those symptoms into rubrics for Repertorization by selecting a Appropriate Repertory and arriving at a right similimum with the knowledge of Homoeopathic Materia medica and prescribing single and simple medicine followed by not interfering to disturb the action of a similimum given.

CONFLICT OF INTEREST: None.

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