

HOMOEOPATHY FOR MIGRAINE: A CASE SERIES¹*Dr. Abdequaem Chimthanawala and ²Dr. Sonia Tuteja

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ABSTRACT

Introduction- Migraine is primary headache which usually lasts for 4-72 hours, it is accompanied by nausea, vomiting, and/or photophobia and phonophobia. It can also present with an aura. **Case summary-** We present with 3 cases of migraine where individualized medicines were prescribed depending on totality. Results were evident from first follow-up. The Modified Naranjo Criteria for Homoeopathy–Causal Attribution Inventory was employed to evaluate the individual curative response of a homoeopathic medicine in each case. This assessment served to further clarify the function of constitutional treatment in homoeopathy.

KEYWORDS: Migraine, homoeopathy, indicated medicine.

Abbreviation- PL- Placebo, WHO- World Health Organisation, ICHD-3- International Classification of Headache Disorders, M- male, F- female.

INTRODUCTION

According to World Health Organization (WHO), “a primary headache disorder, in most cases episodic, that usually lasts 4–72 hours, accompanied by nausea, vomiting and/or photophobia and phonophobia. It is sometimes preceded by a short-lasting aura.”^[1]

Migraine is a clinical diagnosis. This implies that the diagnosis is contingent upon the symptoms that the patient has reported. There is no imaging investigation or laboratory test that can definitively diagnose or disprove migraine.^[2] The third edition of the International Classification of Headache Disorders (ICHD-3) provides clinical criteria for the diagnosis of migraine. The primary component of the diagnosis is the medical history, which is characterized by recurrent headache attacks of unilateral location, pulsating quality, moderate or severe intensity, aggravation by routine physical activity, and association with nausea, vomiting, photophobia, and phonophobia.^[3]

The activation of vascular networks leads to meningeal vasodilation and inflammation, which in turn induces headaches. There are four stages of migraine, namely, prodrome, aura, attack and post-drome.^[4] Migraine affects both children, teenagers and adults and people of both genders, but not everyone goes through all stages.^[5] Many years of study have concluded few risk factors/triggers for migraine like hormonal imbalances, advancing age, female predominance, obesity, diabetes, hypertension, emotions like anxiety and emotional stress and factors like reduced sleep are commonly associated with migraine.⁶ Dietary intake of caffeine^[7] and dietary products are well known triggers. Identification of these triggers and causes help in management of disease.^[6,8]

Homoeopathy are long known to help patients with chronic migraine and even in acute phases of attack. Some of the symptoms with associated remedies are as follows:

Prodrome

Constipation - NV, Bryonia, Nat mur, Puls

Mood changes (from depression to euphoria or vice versa) - Bell, Bryonia, Nat mur

Food cravings - Lemonade – Bell

Sour – Nat sul Sweets – Calc

Increased urination frequent - Gels, Bell, Verat, Lac-d etc.

Frequent yawning - Kali-c, Amyl-n.

Fluid retention – Apis mel, Apocy, Digi

Neck stiffness – Cimic, RT

Aura

Visual phenomena, such as seeing various shapes, bright spots or flashes of light. Vision loss.

Blurred vision – Gels, Iris ver, Kali bich, Sepia Flashes of light – Cyclamen

Difficulty speaking – Gels

Pins and needles sensations in an arm or leg – Bell, Calc carb, Lyco Weakness or numbness in the face or one side of the body – Cocc, Plat

Attack

During a migraine, symptoms

Pain usually on one side of your head, but often on both sides – Amyl nit, Bell, Glon Pain that throbs or pulses – Bry, Glon, Sang can, Sul, Lach Sensitivity to light, sound, and sometimes smell and touch (remedies shared in Triggers of Migraine) Nausea and vomiting – Ip, Iris ver, NV.

Post-drome

After a migraine attack, the patient might feel drained, confused and washed out for up to a day. Some people report feeling elated. Sudden head movement might bring on the pain again briefly.

Migraine can be distinguished into episodic migraine (EM) with the primary criterion of < 15 headache days per month and in chronic migraine (CM) with ≥ 15 headache days per month Weakness—headache from - Ars, Arg-n, Sil, Kali-c etc.

Headache during - Ant-c, Ars, Sil, Verat etc.^[9]

We have presented 3 cases on migraine and these patients were given indicated homoeopathic medicines for the treatment.

CASE 1

Presenting complaint

A 35 yrs old, male patient came to us for treatment from Jabalpur. Suffering from migraine and was taking allopathic treatment for the past 8-10 yrs. The pain was very severe – the most critical was that he felt that he was not able to concentrate due to headache.

The pain was very severe – the most critical was that he felt that he was not able to concentrate due to headache. He was working in the bank at a respectable post, lot of responsibilities and expectations from him. Few months back as he was passing a loan for a project during the headache phase, he forgot how much amount he passed. He had to depend on his staff to provide him with the numbers. If they would have goofed up, his position and

credibility would be compromised; Bank would have suffered a huge loss in case any clause was not verified, any signature was missed out. He had to upload all the documents on the website in a short period of time.

He did not reveal anything to his team, but his close colleague was aware that there was some problem with his health. Any person who is ambitious would take advantage of his health problem and push themselves ahead of him. He was very worried that he was forgetting more often, especially during the headache phase. This lasted for around a week. And that was too long to remain incompetent to perform.

Presenting symptoms – Headache severe, half side headache. And his position in the Bank he could not take many days off. So, he took painkillers frequently and resumed working. Off late the pain was never totally gone and he had become very silent and apprehensive.

He did not want to talk due to the headache but, this was not the solution. He started making notes on his computer at work and laptop at home so that he did not forget anything. There were prompts and sticky notes all over the work desk but, he could not put up too much information because a lot of material was confidential. He feared that if he would forget passwords etc. then who will help him?

Because he did not concentrate enough, he could not remember and recall when it mattered. He had started doing crosswords, and Sudokus but these did not help him much. He was losing confidence in himself. Besides, he had to negotiate deals so, he had to talk and give people time and convince them to earn business for the Bank.

He was anxious that if he doesn't talk how will get business? His question to us was that Sir if you had to trust me with your money after knowing my problem, will you give it to me? This statement summed up his very deep worry.

Around that time, he went to a Neurologist too, who advised him to take rest and gave him some tranquilizers to get proper sleep.

There few friends who advised him to take leave and refresh himself but he disagreed that why to pamper the body so much? 'Just put a pill in and start working. The body is like a machine. We should focus on work and keep the mind alert – that was is basic mantra of life.' 'At school also, father told us more important is education and career above dressing and

showing off. Looks will come and go; it is important to work well' – this was fixed in his mind.

He was happy that the position he had earned after working so hard, people came to him because of his work not because he looked good with smart clothes. So, his philosophy of life was, 'don't be too attached to the physical form of the body, life is beyond physicality – this will decay with age, it is important what do you do before the decaying starts.'

Same things what his father said during his school days, 'Study, study, study and stand on your feet, the body will follow; just feed it to keep moving ahead in life.'

'Clothes are mere covering to keep warm but the real life is in the mind, the work you do will leave a mark after you are gone.'

In the 9th class he had taken tuition and finished his 10th Boards; he was ahead of time. For his graduation he studied during the vacations.

He feels that if time goes away you can't do anything, same he thinks about his job. He had to get a lot of business and sanction big projects and if that needs to convince people to take loans, bring in more customers and do projects in collaboration with other Banks – all in the shortest possible time.

If he does not do it, there will be someone else who will take up his projects. There is less time and lots to finish.

He felt that when he came home, he should not just eat and go to sleep. He always regretted that 'I can't take up the studies of my child because the headache is usually very severe and not give time to anyone at home.'

And moreover, he also wanted to complete the pending work of the bank so that he can go to work with a fresh start. But that also got hampered.

He hated any mental work, just ate and slept. He felt very guilty and exhausted for not giving his family time because this time will not come back and it will go against him.

In fact, the most alarming thing he found was sometimes the headache was not relieved with painkillers and happened in a few meetings of the bank that because of the pain he did not

He could not speak anything, not interact with any colleague and his team also suffered because he could not give them any concrete contribution for a group discussion.

He kept telling us that he felt that he was fighting on many grounds – his mind was not able to concentrate, he was not giving time to his family, and the headache was making him lose confidence because of its intensity and frequency.

Childhood

Childhood was very nice, loving parents, education was most important. And that was the only goal at that time. To excel and imbibe as much knowledge as possible.

Good student in the school though he could have got better marks and percentage but he was lazy in writing and reading; but he could concentrate well when the teacher spoke in class and with that, he cleared his exams with good marks. He performed well in Abacus and mental maths; that's why his father wanted him to do a job in banking which involved calculations and offered a secure job.

He had few friends not because he was not interested in mingling but because he would have to return their favors. 'Few friends were manageable to maintain mutual relations. If there are many, there is too much chaos and waste of time in keeping up with them.'

Interested to become a Chartered Accountant, a subject he never practiced; he only listened to the teachers and passed his exams but, he could not clear the final exam so he cleared the banking exams for his career.

When we asked why couldn't he clear? He said, maybe he studied more that was not in the syllabus; because he thought it might come in the exams and he wrote more than he needed? Not sure. But he was lazy to write. So, all depended on his concentration and now that is lacking most.

He got the marks in the banking exams in the first attempt and landed a decent job, though he feels that his friends are now CAs but, he's better because he is happy in his job and feels that he is at par with them.

'I never took care of myself in order to achieve what I had set up in my work. I was fighting against time; it had to do more in less time to achieve more at an early age and perform better

in our competitive market.’

He likes to eat food that was salty like we have aloo chat, raita kakdi and rice with curd so that he could finish the food fast; the body gets calories enough to keep moving and he can get back to work.

Now at his age he has earned fairly good amount and also good name in his bank, in his friend’s circle. Because of headache, he is finding it difficult to cope. He can’t talk, no concentration so work efficiency is going down and thus the expectation they have from him is at stake. So many medicines, there is no change.

Of late when children are watching TV, must lower the volume, the sound is affecting me too much. The light also hurts too much so I avoid late night business meetings and parties and the colleagues feel offended when I don’t attend.

Hobby- playing TT and cricket. Cricket he was a runner than big strokes. That time when he played in the sun, he got a headache, so he wore a cap all the time and he could not do bowling or fielding.

‘No vices. There is no time to waste on wasteful habits.’ Thirst – drink water as much as I want.

Seasons - I like all seasons hardly matters, in all seasons wore the same clothes. How does it matter?

I come home to sleep. If I don’t sleep properly, headache starts so, now I don’t travel. Doctor wants to give me medicines to sleep so that I can work and travel. But I avoid as much as I can.

Of late when children are watching TV, must lower the volume, the sound is affecting me too much. The light also hurts too much so I avoid late night business meetings and parties and the colleagues feel offended when I don’t attend.

We have to meet and greet every month with Branch Managers across the State and country and this is an important event but lately I have excused myself which does not carry a good impression.

Diagnosis of the patient was clinical on the basis of the symptoms given by him. One sided headache, photophobia, phonophobia.

What do you understand form the case? The patient is sensitive about his career, very career oriented, does not respect his body, he is running against time to earn his money, he becomes sensitive to light and noise due to lack of sleep, lots of anticipation, cannot unwind.

What does the patient do at the time of headache, how does he behave that is important to identify Similimum. In short, the patient was burning the candle at both the ends in the literal meaning we can say, 'he had no time.' – entry point of the case.

Rubrics

Delusions, time working against

Work aversion to mental headache, with

Talk, indisposed to, headache, during

Reportorial Chart

Vision

Totality, Rubrics, None, Chart

	nat-ar	anac	coff-t	alum	con	hydrog	ox-ac
Rubrics Count	3	1	1	1	1	1	1
Grade Total	3	2	2	1	1	1	1
1 Complete; Mind; DELUSIONS, time working against	1						
2 Complete; Mind; WORK aversion to mental headache, with	1			1			
3 Complete; Mind; TALK, indisposed to, headache, during	1	2	2		1	1	1

Figure 1: Case 1 repertorization chart.

Treatment

Remedy selection

Remedy Natrum arsenicosum was selected as it covered all three symptoms.

Intervention

Natrum arsenicosum was administrated one dose in 200 potency, followed by PL x TDS for 2 months

Table 1: Case 1: Follow up.

Date	Follow-up	Prescription	Justification
23.10.23	Headache was better but was worse during the month end (target oriented) and when he was out touring and sleep shortfall. He also mentioned that he got one increment (“give me one more dose for 1 month for one increment”)	Nat ars 1MX1 dose was given PL x TDS for 2 months	The medicine was given in 200 potency and the patient showed improvement but his symptoms worsened towards the end, hence a higher dose was given
22.12.23	Frequency and intensity of headache better; in the last 2 months he had 4 pain episodes as compared to 2 episodes in a week.	Nat ars LM 0/8 twice a day for 1 week, followed by once a day for a month	Patient showed improvement and the patient needed frequent repetition. ^[10]
30.01.24	Patient did not visit and he took teleconsultation as he was much better. He did mention that he had diarrhea for 2-3 days and he was out of station during those days, he was advised to take nothing	Nat ars LM 0/9, once a day for 4 days and once in 3 days for 1 month	Patient showed improvement but symptoms still persisting
27.02.24	He was happy; headache only once, was bearable and it subsided. Though he was working day and night without enough sleep there wasn't much pain; he said he could eat more sour food without fear of diarrhea now.	Nat ars LM 0/10 once a week for 3 weeks	Patient showed improvement but symptoms still persisting
29.03.24	In this case as the pt said that there was loss of sleep, because of long working hours. He had a problem of headache because of sleeplessness. Pt was better with Nat ars except when he had loss of sleep; he required an acute medicine and when the patient was out touring so, he will work more. Thus acute medicine was given to him. Patient was advised to contact us; in case of as and when needed	Cocculus indicus LM 0/3	On the basis of present Totality
05.04.24	Patient was well and no further treatment was needed. No headache was reported even after loss of sleep.	No treatment given	No symptoms

Table 2: Assessment by Modified Naranjo criteria.

Item	Yes	No	Not sure
Was there an improvement in the main symptom or condition, for which the homoeopathic medicine was prescribed?	+2		
Did the clinical improvement occur within a plausible time frame relative to the drug intake?	+2		
Was there an initial aggravation of symptom?		-1	
Did the effect encompass more than the main symptom or condition, i.e., were other symptoms ultimately improved or changed?	+2		
Did overall well-being improve?	+2		
Direction of cure: Did some symptoms improve in the opposite order of the development of symptoms of the disease?	+2		
Direction of cure: Did at least two of the following aspects apply to the order of improvement of symptoms: 1.From organs of more importance to those of less importance 2. From deeper to more superficial aspects of the individual 3. From the top downwards	+2		
Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?		-1	
Are there alternate causes (other than the medicine) that—with a high probability—could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions)		-1	
Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.	+2		
Did repeat dosing, if conducted, create similar clinical improvement?	+2		
Total	+13		

Case 2**Presenting complaints**

A 48 yrs F came to us for treatment of migraine suffering from past 25 – 30 yrs.

She is been suffering day and night and the pain has increased so much that now the tablets don't work. So, she takes injections and had to get admitted for the pain. When there was acute pain, she took 4-6 painkillers and if still did not offer relief, she had to take injections.

She was referred to us by a pt who had the similar complaints – she had taken 1L Saridon (painkiller brand); we have the case. Again, this lady was referred to us by another pt with similar complaints.

This highlights the repetitive nature of symptoms that afflict the pt during a migraine attack, and nothing can be done except painkillers? We must notice the pattern and arrive at a solution.

On asking about the pain she said that now I can't describe the pain because it is all over the head – right, left, occiput, forehead – throbbing, pulsating and now it has been so long that she had forgotten from where it started and how it started; she said there was pain full time. She could barely lift the hand to indicate where it was paining her, showing the agony of the pain modalities. She asked for treatment and acute remedies and I will take treatment for life be very sure that you will treat it.

There was a strong suggestion of helplessness and anger for not getting relief in spite of taking medicines. It was as if Doctors had failed to understand the nature of the headache and she was suffering as a result.

What makes it better? She retorted, 'by nothing.'

Even if she senses that the pain might start, she takes 2 painkillers otherwise she will get admitted very soon. Before she could bear the severity but, now with passage of time, the resilience has waned off.

We asked her when was the pain worst?

'Every time it is worst'. When and how it starts she does not know.

Then we asked was it better by cold/ hot fomentation, pressure, sitting in a dark room, lying down?

She replied vaguely, 'maybe 25 yrs back lying down and tying the head tightly with a bandana helped however, now it does not matter; have to take painkillers in the end. I can try to delay taking painkillers by trying various methods because I would ask many people how do they cope with their headaches? And they managed without painkillers then how come only I suffer so much?'

And she thinks that due to painkillers her skin has become dark, put on wt and now she is desperate to get rid of painkillers. Her appetite has gone down, she suffers from acidity and she needs to take chilled drinks to feel calm.

Q: 'Pain before or after marriage?' A: 'After marriage'; we asked her to describe married life.

When she married all was good, my husband was the eldest among his siblings; 'I took care of the house, cook food, take care of in laws who were aged and I did not work because my husband has a good business. I am a person who is very careful in doing my work properly but due to some reason my MIL made me irritable because she was very careless, maybe she wanted to create disharmony in my life?

I worked for the entire family but, after marriage of the younger brother the responsibility should be divided however, my the SIL was working so they allowed her to continue and the household chores instead of getting divided between us, increased for me alone. She would return home and chat on the phone while I was working.'

Back in time I also wanted the company of school friends but, after marriage I did not indulge in socializing because of my preoccupation with the family. But my SIL enjoys chatting on the phone.

Then headache started and better with 1 painkiller. I would sit weeping and they all would leave for work but, I was working at home and felt sad that I was alone and no one to enjoy with.

Then the second brother got married and she was from a rich family though she was not working outside but she was not helping at home. She was good at making sweets; until now I working for the family day and night, nobody appreciated me but, when she made sweets all praised her. And I knew that I was better than her but no one gave me my share of credit.

'But, I had to keep working because I had neither had backing of rich parents nor going out to have fun from day one.'

'I had created an identity of always staying at home for the family.'

Headache increases in intensity and frequency; I take pain killer to remain calm. And then they feel that because I don't want to work so, I was escaping with headache.

'I would get so exhausted' she had reached the ultimate limit of fatigue both mentally and physical.

She could not take up the studies of her children, go out for any social event, not participate in any family function.

In the meantime, I desperately wanted my own small family so that the work load got reduced; because divided among extended family was not happening.

I would dream that me, my husband and kids were together on some far off place, enjoy and laughing together.

But, then next morning when I would describe this dream to my husband, he would say that these things are good only in dreams not in reality because we will never separate from our family. We will stay together with parents and brothers' families.

Now my headache has increased so much that I was on tons of painkillers and injectables without much relief. I have become immune now; the situation is such I am not interested in working or what people say, I have done enough or not; whether I have to stay back for the family or not. It does not matter anymore.

I want to get rid of this headache; I have told everyone manage yourself.

Though there was no compulsion to serve them, I am at fault for making myself a door mat. But, now not anymore; I have reached the end of my capacity to give in and get used by the family. I have realised that when we don't value ourselves, why will someone else?

'When my mother's family talk about their relationships at home, they are all together yet, separate. There is freedom and bonding at the same time. Each one gets their space, and they are respected because each one has their identity. No one is depending on the other member to feel enough. It is a healthy environment and they can enjoy so much together.'

'I feel there is so much peace when we feel we have the backing of our own family.'

'Though I am not so stubborn but I am told by people that I have become like a stone; I don't react.'

Childhood

We asked her about her childhood

And the patient retorted, 'why childhood? I did not have headache from childhood; so this history should be enough!' Nonetheless, we pushed her to tell us something about her childhood.

‘Childhood was good, we were 3 sisters and we did not fight, helped each other. Father ran a small business. And we did not demand much. So, I think our parents did not feel too much stress about us.

I was okay in studies. I played football and hit the ball straight in the goal – my only noteworthy achievement, I guess.

My parents kept telling me to study, which I did but did not top the class. I was happy the way I was. My sister topped in the 10th and they expected good result from me too. I was interested in architecture and thought that with few marks I will get a decent college.

My friends were few and good ones. They all liked to give parties, simple ones but, I had decided that I will give only on my birthday and that too at home, with my mother’s home cooked food. They all partied outside and I would hardly join them. However, they all enjoyed at my place.

As soon as I cleared 12th class, my father came with a proposal for marriage because the boy, my present husband belonged to a rich family and they were looking for a girl from a middle class background. I managed to fit all criteria, thus I was married off during in 1st year of architecture studies.

My younger sister moved out for her graduation and I also wanted to go out like her but, marriage happened early for me.

My mother told me that I was easily irritated and angered when someone tried to give me advice or interfere in what I was doing. I am pretty much the same even now.

I loved rajma and rice and street food, spicy and tangy. I also loved non-veg. Though my father was pure veg.

I have to drink a lot of water because I am told to drink. It is due to medicines so I am not sure if I am thirsty or not. As it is, I have not really bothered about my health since many years.

Let us see if your medicines can change something for me.

I can’t bear the heat so, I need AC.

I have no specific sleep habits. I get so tired, I just fall asleep.

I have no bad habits but people tell me that I have become very selfish and I will do what I want to do. It is very easy to comment on someone else. Will they live my life for me? No. I am really not interested in any of them.

One of the relatives expired and I did not attend the prayer meeting. No one pushed me either because they left me at home since they knew that I would not join them.

‘When I got married, I was the eldest daughter in law and I worked at home like we all do. Life was comfortable and I was satisfied. But as the family grew. They all moved on to do whatever they wanted, I remained there; and today I am suffering from too much headache.’

‘It is like we have almonds and cashews to eat but, no teeth.’

‘Will I get cured? I have given this history to many doctors but there is no relief. I am not rude, just very frustrated.’

Analysis of the case

How you ‘feel’ in this case, is actually gist the case.

The first thing that comes to mind, is tiredness from headache, work and life in general.

Did all the work in spite of MIL not getting along, husband not supporting to make a separate house for her, SIL doing their own things.

Pt felt they were conspiring against her

Repertorial chart

Vision

Totality, Rubrics, None, Chart

- 1 Complete; Mind; WEARY of life sadness, with
- 2 Complete; Mind; DELUSIONS, money sewed up in clothing, is
- 3 Complete; Mind; HELPLESSNESS, feeling of afternoon

	kali-br	sulph	aur
Rubrics Count	3	1	1
Grade Total	4	2	1
	2	2	1
	1		
	1		

Figure 2: Case 2 repertorization chart.

Treatment

Remedy selection- Kalium bromatum was selected for as it covered all the rubrics.

Intervention

Kalium bromatum was given in 1M potency as the selection of the remedy was done on the basis of mental symptoms. The remedy was repeated twice a day for 2 days, followed by Placebo twice a day for next 5 days.

Table 3: Case 2: Follow up.

Date	Follow up	Intervention	Justification
03.01.24	On asking about her condition , the patient said, “ I don’t know”, but a calmness was noticed on her face	Kali brom LM 0/7 X BD for 10 days	Can do frequent repetition
13.01.24	Headache was present but this time no painkiller injections required, 2 tablets were however taken and relieved her headache. Patient mentioned on a lighter note that she appreciated sweets made by her sister-in-law	Kali brom LM 0/7 X BD for 1 month	Needed frequent repetition
14.02.24	Headache better in intensity. Visible change in manner of talking.	Kali brom LM 0/8 x BD or 15 days Kali brom LM 0/9 x BD for next 15 days	Better but symptoms persistent
15.03.24	Headache better in intensity. She had taken only 4 painkiller tablets in last 1 month. She felt batter by Paracetamol 650 mg.	Kali brom LM 0/10 X OD for 15 days Kali brom LM 0/11 X OD for 15 days	Better but symptoms persistent
17.06.24	Patient reported with stomach symptoms after a gap of 3 months. Patient has developed after eating food in a wedding. She was advised not to take any other medicine with consulting us and followed the same. She did enjoy the wedding, meet friends and family. Medicine was prescribed along with dietary restrictions.	Placebo x OD for 7 days	Better and diarrhoea was likely due to external cause, therefore placebo was given
25.06.24	Headache better	Kali brom LM 0/14 once a week for a month	Better but symptoms persistent
26.07.24	Headache better	Placebo x BD for 1 month	Improvement present
27.08.24	Patient mentioned of sensitivity to noise and quoted an example that when her son writes on board with a chalk, the sound of it causes her irritation and headache.	Asarum euphorbium 200x 1 dose was given, followed by Placebo X BD for 1 month	According to present Totality
28.09.24	Less sensitivity towards slight noises, like the sound of write on board with a chalk is bearable.	Placebo X BD for 1 month	Improvement

29.10.24	Few episodes of headache only when she shops in the sun, her face becomes red.	Belladonna 200 X 1 dose was given Placebo X BD for 1 month	Present Totality
30.11.24	Headache better in intensity and frequency when in sun.	Placebo X BD for 1 month	Improvement
01.01.25	Only 1 episode of headache in sun.	Belladonna 200 X 1 dose, followed by Placebo X BD for 1 month	Present Totality
03.02.25	No headache in last month	Placebo x BD for 1 month	No symptom
07.03.25	No headache in last month	Placebo X BD was given and told to discontinue treatment after the current prescription.	No symptom

Table 3: Assessment by Modified Naranjo criteria.

Item	Yes	No	Not sure
Was there an improvement in the main symptom or condition, for which the homoeopathic medicine was prescribed?	+2		
Did the clinical improvement occur within a plausible time frame relative to the drug intake?	+2		
Was there an initial aggravation of symptom?		-1	
Did the effect encompass more than the main symptom or condition, i.e., were other symptoms ultimately improved or changed?	+2		
Did overall well-being improve?	+2		
Direction of cure: Did some symptoms improve in the opposite order of the development of symptoms of the disease?			0
Direction of cure: Did at least two of the following aspects apply to the order of improvement of symptoms: 1. From organs of more importance to those of less importance 2. From deeper to more superficial aspects of the individual 3. From the top downwards			0
Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?			0
Are there alternate causes (other than the medicine) that—with a high probability—could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions)		-1	
Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.)	+2		
Did repeat dosing, if conducted, create similar clinical improvement?	+2		
Total	+10		

Case 3

Presenting symptoms

This patient came in the chamber with his bottle of balm. Placed it on my table, applied it all over his forehead and then said that he is suffering from too much headache. Unless he applied the balm, he couldn't open his eyes, the pain is bearing down, and he feels extremely irritable and low; he can't see clearly.

He has to apply balm over his eyelids so that when he opens his eyes, he feels cool. Then he also carries a bottle of water so that he will splash on his face to feel cool after the balm stings. (in the wordings of the patient).

“The skin of the forehead has become dark because I need to full time apply to keep myself calm.

The headache will start and stay full time. I don't remember when was the last time I could go without this bottle. I buy a month's stock from the wholesaler.

My wife keeps reminding me that this habit of applying is not healthy and I should get some permanent solution for the pain. but wherever we went, they gave us painkillers. I have taken so many brands of painkillers that I can review their ineffectiveness!

I take painkillers but mostly paracetamol with an antacid because there is too much acidity after I take 3 - 4 tablets in a day. Usually, on a given day, when I begin my work early in the morning, I first need a cup of coffee to wake up, in case I don't get 1 hot cup, I feel very drowsy. The headache does not allow me to sleep properly.

I want work to be done fast and properly; when I have to do some work at the office, talk to my client, my staff is most times around. If they don't do accordingly, I get a headache and I want them all to go away.

My family also treats me with great caution so that I don't feel anything is out of place. My children are very wary of me too. I don't like this sort of treatment, it is not normal but, this headache has taken over my life and it is unpredictable. I am full of life usually but when headache starts, I feel slumped, hate talking to anyone. I am having very frequent attacks and my life is out of order.

My father had a decent business and I could have joined him after my graduation but, I got an offer from a startup to set up an orchid farming business in Kashmir with a local vendor. We were not sure about this offer. It took off from a local fair for funding startups. I am super keen to support anything new and explore. I enjoy watching Shark Tank for their innovative ideas and business propositions.

It was a surprise for me to get selected as a partner. It was a new bid at the last moment. My CA helped me to get this deal and that is why his 20% stake holder in that company.

We will grow a special variety of orchid flowers that are not usually seen in India, under controlled temperature. When we got this proposal, I became so excited that evening I suffered a very violent headache. Since that headache I have not got full relief. I had to take 2 days off from work because of that headache. The thought of setting up a beautiful farm with so many orchids at one stretch made me very excited. And actually, the entire 3 years has been a real headache.

The climate in Kashmir is very conducive and the government there is promoting tourism through enterprise. We also got a subsidy in the beginning to set up this mega project. And I knew that we will have to work very hard.

I have always loved nature and that's why I love to go for drives, trekking, conservation etc. and this business is perfect for me.

It is planned in phases and during that time due to excessive traveling, my health was badly affected. I prefer eating veg and there I had to eat food at the dhabha; due to the climate also, I could bear the heat but not cold - the temperature there would go below 0, there was snowfall during winters; the attar they spray there, the noise from the machines made my headache unbearable.

The food is not cooked in regular oil, they use a different kind of fragrant oil that I could not get bear to in the beginning. All these discrepancies affected my health and the headache has become worse. I had to stay away from home for many days because we had to be very watchful of what we are taking along from here Raipur and the checking was very strict due to the police and army camps there.

Every time a new batch was dispatched, I became very active and that gave me headache, poor sleep and foul mood. My business suffers because of my health.

On many occasions, I was apprehended by the police on the complaints of the locals because they do not trust outsiders. All this tension gave rise to continuous headache. I thought of giving up at one time because the projects took very long, too much paper work, approval from the authorities etc. The finances also required a long time to get streamlined. My father could lend only a small amount, and the rest of it we had to raise from many other sources. And raising funds is the greatest challenge; even a slight out-of- course agenda gave me a headache.

My family, in the beginning, did not support and were very scared for my safety, we would have arguments that gave me headache. They wanted me to remotely control sitting at my office in Raipur but that is not possible for such a large-scale project. I always knew that I wanted to do something big. The pipe business of my father was like a regular business where we supplied to the government. All the work was handled by the office and we had to only administer. There was a good amount of money. I found this mundane so I was always on the lookout for something different. I am very fond of natural beauty, and we have a vision of producing something that is not ordinary; in the cities we have nothing except concrete. When we go to Kashmir and admire the expanse of orchids, it gives me an extraordinary thrill.

I also bought a bike from an auction that costed me 35-40 lacs; I had to also pay off the loan of this project and that also took a lot of strain on the finances. However, in this last 5 years we have managed to export the orchids and make a good share of profit. Every time during the meetings with the management, I suffer from a terrible headache because I have to present in front of the stake holders; they will ask questions etc. and answering them calmly is but possible for me. So, I end up with a headache.

Even good news makes my head pain; during the birth of my first child, I was down with severe headache. My mother was looking after me instead of my wife.

Even as a child I liked to stand on the stage and speak. I studied well so that I could receive the prize every year in front of the entire school. I played sports and I liked to lead. When the

match was in its final stages - do or die - my headache would throb. I had to take painkillers to be fit for playing. The sports coach always had to keep tablets ready.

I like eating chocolate. I had learnt how to make chocolate from my grandmother. On my birthdays, we made chocolates to distribute among family and friends. I felt proud to show off my skill to my friends; who gives home-made chocolates for free! I will never get this chance with my own children because I am so busy!

The erratic schedules at work place makes my headache worse. But I don't like to keep complaining. This is my choice so I have to face the repercussions.

When my head pains, I feel so low, my mood goes off, as if all my energy is drained off. I need to push myself to get up. Even talking aggravates the pain too much.

With my family and parents, we are happy to be together. My wife has 2 siblings and we all meet once in 3 months. Just before the D-day I feel down with headache. They tease me that even having fun makes my head pain but, I think it is not happiness instead the excitement to meet them.

During headache, I can't bear anyone around. I want to stay alone without a single person. No talking; that is not possible at work.

During exams in school, or college I had to plan my studies in such a way so that I could finish revising at least 2 times before exams otherwise, I would become very upset that ended in a headache.

For many years, we went to my uncle's farm to celebrate festivals. There he had a classic bike that looked very grand on riding. I enjoyed riding on it throughout the city and it made me feel on the top. But the noise and dust there gave me headache.

I can't sleep peacefully after I have heard anything that makes me agitated; especially after the start-up partnership. And since then, I don't remember sleeping deeply and, all this ends up in a headache that becomes unbearable.

I become hyper before any event in which I have to present – exams, my birthdays, catch a flight the next day. I need a strong cup of coffee at the start of the day to feel energetic. And now this has become a habit.”

Rubrics

Mind; Ailments from vehemence

Mind; CARES, worries full of quietly

Mind; CHARMED with description of beauties of nature

Mind; DESPAIR pains, with the head, in

Head; CONGESTION, hyperemia etc. General talking, when

Head; CONGESTION, hyperemia etc. General excitement surprise, after a pleasant

Mind; DELUSIONS, visions, has grandeur, of magnificent

Reportorial chart

Vision

Totality, Rubrics, None, Chart

- 1 Complete; Mind; AILMENTS from vehemence
- 2 Complete; Mind; CARES, worries full of quietly
- 3 Complete; Mind; CHARMED with description of beauties of nature
- 4 Complete; Mind; DESPAIR pains, with the head, in
- 5 Complete; Head; CONGESTION, hyperemia etc. General talking, when
- 6 Complete; Head; CONGESTION, hyperemia etc. General excitement surprise, after a pleasant
- 7 Complete; Mind; DELUSIONS, visions, has grandeur, of magnificent

	coff	ars	aur
Rubrics Count	7	1	1
Grade Total	11	2	2
	1		2
	2		
	1		
	2	2	
	1		
	3		
	1		

Figure 3: Case 3 Rep chart.

Treatment

Remedy selection- Coffea cruda was selected on the basis of Totality

Intervention- 1M X 1 dose was given stat followed by Placebo x BD for 1 month

Follow up

Table 5: Case 3: follow-up.

Date	Follow up	Prescription	JUSTIFICATION
01.03.24	Had headache before taking the medicine but was better in frequency and intensity. Patient mentioned that he would forget to carry his balm	Coffea cruda 0/8 X BD for 15 days	Frequent repetition needed
16.03.24	Intensity had reduced, frequency was reduced as well, patient said that he had pain only twice a week, pain was bearable, also he had to take paracetamol in between and need not take painkillers in between	Coffea cruda 0/9 X BD for 15 days	Symptom present
17.04.24	Patient was feeling better.	Placebo X BD for 1 month. Coffea	Improvement

		cruda LM 0/10 was given as a precautionary medicine	
24.04.24	Patient called after 1 week saying that he did not feel better like he did previously. Patient was advised to start with Coffea cruda LM 0/10	Coffea cruda LM 0/10 once a day for 1 month	Pain returned soon after he was put on Placebo
25.06.24	Patient had gone to a trip in Kashmir and reported a gap of 2 months, he had worked in a farm and travelled and was able to work late nights with less pain. In spite of the gap he took only four painkillers.	Coffea cruda LM 0/11 once a day for 1 month	Patient still had pain
26.07.24	Patient said that, he could not bear the strong headlights while driving at night, laptop light or mobile light while scrolling at night. "The light goes inside and that causes headache." Previously, when he passed by a urinal, garbage cart or strong aroma from the kitchen, he got a headache but is okay now.	Acid Phos 1Mx 1 Followed by Placebo x BD for 1 month	Present Totality
25.09.24	After 2 months he called saying that that he was okay but developed coryza for which he took antiallergics, he could not bear his complaints so he took 2 tablets. His sister who is my Pt for migraine, stopped him and he listened to her. He was on plain water steam inhalation and warm drinks only. (Hering's Law of Cure).	Placebo x BD for 15 days month Coffea cruda LM 0/12 once a day for 15 days	Improvement
26.10.24	No coryza, pain was present but needed less painkillers and frequency decreased further	Coffea cruda LM 0/13 once a day for 1 month SOS Coffea cruda LM 0/14	Symptom present
27.11.24	No headache reported	Placebo x BD for 1 month	No symptom
28.12.24	No headache	Placebo x BD for 1 month	No symptom

Table 6: Case 3: Assessment by Modified Naranjo criteria.

Item	Yes	No	Not sure
Was there an improvement in the main symptom or condition, for which the homoeopathic medicine was prescribed?	+2		
Did the clinical improvement occur within a plausible time frame	+2		

relative to the drug intake?			
Was there an initial aggravation of symptom?			0
Did the effect encompass more than the main symptom or condition, i.e., were other symptoms ultimately improved or changed?	+2		
Did overall well-being improve?	+2		
Direction of cure: Did some symptoms improve in the opposite order of the development of symptoms of the disease?			0
Direction of cure: Did at least two of the following aspects apply to the order of improvement of symptoms: 1. From organs of more importance to those of less importance 2. From deeper to more superficial aspects of the individual 3. From the top downwards			0
Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?			0
Are there alternate causes (other than the medicine) that—with a high probability—could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions)		-1	
Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.)	+2		
Did repeat dosing, if conducted, create similar clinical improvement?	+2		
Total	+11		

DISCUSSION

We have presented three case reports of migraine and all three cases showed improvement from indicated homoeopathic medicine. The cases were diagnosed based on the presenting complaints and history. Post treatment the patients no longer suffered from migraine. The individual curative response of a homoeopathic medicine was assessed through Modified Naranjo Criteria for Homoeopathy (MONARCH) Inventory.^[11] Case 1 showed a score of 13, Case 2 showed a score of +10 and case 3 showed a score of +11, suggesting a “definite” association between the medicine and the observed outcome. A score of ≥ 9 shows definite outcome, 5-8 depicts probable outcome; 1-4 is doubtful and ≤ 0 is doubtful as per the HOM-CASE-CAREGUIDELINES.^[12]

Consent

Appropriate consent was taken from all the patients. Patients understood that their name, and initials will not be mentioned.

CONCLUSION

Indicated homeopathic medicine was suitable in all cases in treating all 3 cases of migraine. No scales were used in these cases although.

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Nil.

Conflicts of interest

None declared.

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