

Review Article

Migraine and Homoeopathy

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ABSTRACT

Migraine is a type of headache characterized by recurrent attacks of moderate to severe throbbing and pulsating pain on one side of the head. A headache of varying intensity accompanied by nausea and sensitivity to light. Migraine headaches are sometimes preceded by warning symptoms. There are various triggering factors which causes migraine. The current best estimate of global migraine prevalence is 14–15%, and, in terms of burden, migraine accounts for 4.9% of global ill health, quantified as years lived with disability.

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INTRODUCTION

Migraine affects an estimated 12% of the population. Migraine is associated with cardiovascular disease, psychiatric disease, and sleep disorders. It is the second most disabling condition worldwide. Chronic migraine is associated with higher headache-related disability/impact, medical and psychiatric comorbidities, health care resource use, direct and indirect costs, lower socioeconomic status, and health-related quality of life.

Definition

Migraine is defined as pulsating and throbbing headache usually on one side of the head.

Causes

Though migraine causes are not fully understood, genetics and environmental factors appear to play a role.

Changes in the brainstem and its interactions with the trigeminal nerve, a major pain pathway, might be involved. So, might imbalances in brain chemicals — including serotonin, which helps regulate pain in your nervous system.

Hormonal changes in women. Fluctuations in estrogen, such as before or during menstrual

periods, pregnancy, and menopause, seem to trigger headaches in many women.

Hormonal medications, such as oral contraceptives, also can worsen migraines. Some women, however, find that their migraines occur less often when taking these medications.

Drinks. These include alcohol, especially wine, and too much caffeine, such as coffee.

Stress. Stress at work or home can cause migraines.

Sensory stimuli. Bright or flashing lights can induce migraines, as can loud sounds. Strong smells — such as perfume, paint thinner, secondhand smoke and others — trigger migraines in some people.

Sleep changes. Missing sleep or getting too much sleep can trigger migraines in some people.

Physical strain. Intense physical exertion, including sexual activity, might provoke migraines.

Weather changes. A change of weather or barometric pressure can prompt a migraine.

Medications. Oral contraceptives and vasodilators, such as nitroglycerin, can aggravate migraines.

Foods. Aged cheeses and salty and processed foods might trigger migraines. So might skipping meals.

Food additives. These include the sweetener aspartame and the preservative monosodium glutamate (MSG), found in many foods.

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 than men to have migraines.

Hormonal changes. For women who have migraines, headaches might begin just before or shortly after onset of menstruation. They might also change during pregnancy or menopause. Migraines generally improve after menopause.

Symptoms

Migraines, which affect children and teenagers as well as adults, can progress through four stages: prodrome, aura, attack and post-drome. Not everyone who has migraines goes through all stages.

Prodrome

One or two days before a migraine, you might notice subtle changes that warn of an upcoming migraine, including:

- Constipation.
- Mood changes, from depression to euphoria.
- Food cravings.
- Neck stiffness.
- Increased urination.
- Fluid retention.
- Frequent yawning.

Aura

For some people, an aura might occur before or during migraines. Auras are reversible symptoms of the nervous system. They are usually visual but can also include other disturbances. Each symptom usually begins gradually, builds up over several minutes and can last up to 60 minutes.

Examples of migraine auras include:

- Visual phenomena, such as seeing various shapes, bright spots, or flashes of light.
- Vision loss.
- Pins and needles sensations in an arm or leg.

- Weakness or numbness in the face or one side of the body.
- Difficulty speaking.

Attack

A migraine usually lasts from 4 to 72 hours if untreated. How often migraines occur varies from person to person. Migraines might occur rarely or strike several times a month.

During a migraine, you might have:

- Pain usually on one side of your head, but often on both sides.
- Pain that throbs or pulses.
- Sensitivity to light, sound, and sometimes smell and touch.
- Nausea and vomiting.

Post-drome

After a migraine attack, you 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.

Homeopathic Treatment

Homeopathic remedies for migraine are reliable, and safe. They offer effective treatment for migraine. In fact, they work wonders for acute migraine attacks or even chronic migraine. These medicines for migraine are selected as per individual case. Individual symptoms are studied in detail and the appropriate medicine is prescribed. They identify and attack migraine at the root. Migraines with or without aura respond very well to natural homeopathic medicines.

1. Belladonna – Top Grade Medicine for Migraine

Though, there are numerous medicines available in homeopathy to manage migraine, but Belladonna assumes topmost position in that. I can bet this medicine to relieve migraine headache. It is brilliant medicine to help headaches with intense throbbing, pulsating type of pain. With this, there is an extreme fullness in the head along with the sensation as if the head would burst. Light seemingly worsens the headache. Noise may get unbearable. In some cases, exposure to cold air may trigger a migraine episode. In others, a head bath with cold water can bring on migraine headaches. Manual pressing of the head is the only way one could get some relief.

2. Glonoinum – For Congestive Headache

Glonoinum though mentioned on second position but is as effective as Belladonna for treating migraine with fullness and congestion in head. Those needing it feel excessive blood rush into the head. The head feels exceptionally large, as if it would burst. Patients who suffer are seen holding their heads tightly. The eyeballs seem to

protrude. Extreme heaviness in the head along with unbearable heat occurs. Uncovering the head relieves the headache. The migraine also gets better with sleep. However, walking may worsen the headache. Apart from congestive headaches, Glonoinum is a leading medicine administered for headache related to migraine triggered by sun exposure.

3. Iris Versicolor – For Migraine with Nausea, Vomiting Or Acidity

To manage headache with nausea, vomiting and acidity no medicine does a better job than Iris Versicolor. Though, some other medicines can be extremely useful but Iris Versicolor is first recommended choice. It is best suited when acid reflux leads to headaches. In cases needing it, vomiting of acidic, sour, bitter nature is observed. Bitter, acrid belching with heartburn (intense burning behind the sternum) and burning in the throat is well marked. Other than heartburn burning may be noted in any part of the alimentary canal. This medicine is also useful in case migraine begins with a blur before the eyes.

4. Epiphegus – For Migraine Triggered by Mental or Physical Exertion

To treat migraine triggered by exertion (mental or physical), medicine Epiphegus is the best bet. It gives great results when mental or physical exertion sets off the migraine episode. It is used where the slightest deviation from routine work brings on a migraine attack. Although, it works for both-sided migraine, comparatively better results are seen when the headache occurs on the left-side. A peculiar accompanying symptom is increased saliva with constant inclination to spit.

5. Spigelia – Effective Medicine for Left-sided Migraine.

Spigelia is undoubtedly the most effective medicine for migraine on the left-side. In most cases, the pain begins in the back of the head (occipital region), extends upwards and settles over the left eye. The pain is intense, throbbing and pulsating. A sensation of a tight band around the head is felt. Stooping seems to worsen the headache. Severe pain in the eyeballs may be an accompanying factor. Eye movement worsens this pain.

6. Sanguinaria Canadensis – For Migraine of Right Side

Sanguinaria Canadensis works wonderfully well to settle down migraine on the right-side. The characteristic symptom to administer this medicine is pain which starts in the back of the head (occipital region), and then it goes up and sits right over the right eye. Lying down quietly in a dark room or sleep brings relief. This

medicine can also be prescribed when the headache starts in the morning, gets intense during the day and lasts until sunset. Fasting (going without meals) often triggers a migraine headache in some, for which again this medicine is helpful. Sanguinaria Canadensis is also a significant medicine for migraine in women during menopause.

7. Nux Vomica – For Migraine with Gastric Issues

Nux Vomica is the most well-suited medicine for migraine with gastric troubles. Migraine associated with indigestion, gas, constipation shows great recovery with the use of Nux Vomica. It is often seen that migraine headache gets triggered by some food items. Nux Vomica is suitable when migraine triggers from intake of alcohol, coffee, and spicy food. The headache may be in any part of the head. The person feels the need to press the head against something for relief.

8. Kali Phos – For Migraine Due to Stress

To relieve migraine from stress one can surely take this medicine without second thought. The unique indication for the use of Kali Phos is stress, tensions, and worry that leads to headache arising out of migraine. Such migraine related headaches are common among students who suffer school or college related stress. Exhaustion, and weakness usually accompany the migraine in such cases.

9. Natrum Muriaticum – For Migraine Before / During Menses (Menstrual Migraine)

Some women may experience migraine specifically before or during menstruation. For them, Natrum Muriaticum is the best prescription. This medicine works extremely well when migraine attack gets triggered before or during menstrual cycle. This medicines typically works if migraine headache feels like little hammers knocking on the brain. Another kind of headache that can be dealt wonderfully with this medicine is when the headache starts with sunrise, continues through the day and vanishes after sunset. This is popularly known as the “sunrise to sunset headache”. It is also the most suitable prescription for migraine headaches in schoolgirls or in girls who are anaemic. It is also considered the best medicine where numbness or tingling is felt in the nose, tongue, or lips before the migraine attack.

10. Gelsemium – When Headache Is Preceded by Temporary Vision Loss

Gelsemium is well indicated for cases in which temporary vision loss (blindness) precedes onset of migraine headache. Those who need it usually

feel the pain in the back of the head (occipital region). A sensation of band around the head is also felt. There is heaviness on the eyelids. Excessive sensibility to noise before headache is yet another reason for its use. This medicine can also be given for headache on the one-side accompanied with dim vision or double vision.

11. Cyclamen – For Migraine with Visual Disturbances

Cyclamen is mostly administered for migraine attack preceded or accompanied by visual disturbance like flickering / sparks before eyes or dim vision. These visual symptoms that precede the migraine headache are referred to as visual aura. Cyclamen is also useful in case of migraine headaches which has an early morning onset. Shooting pain is experienced in the temporal region. Vertigo, especially while standing may accompany the headache.

12. Kali Bichrome – For Headache Preceded by Blurred Vision or Temporary Loss of Vision

It is a beneficial medicine in managing headache preceded by blurred vision or temporary vision loss. The headache occurs in small spots and is marked over the eyebrows. Nausea, and vomiting may accompany other symptoms.

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