

Review Article

Migraine and Its Homoeopathic Management

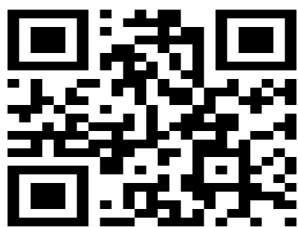
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ABSTRACT

A migraine can cause severe throbbing pain or a pulsing sensation usually on one side of the head. It is often accompanied by nausea, vomiting and extreme sensitivity to light and sound. Migraine attacks can last for hours to days and the pain, can be so severe that it interferes with your daily activities.

Keywords: Migraine, Homoeopathy, management



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INTRODUCTION

Migraine is neurological condition that can cause a multiple symptom. Its frequently characterised by intense, debilitating headaches. Symptoms may include nausea, vomiting, difficulty speaking, numbness or tingling and sensitivity to light and sound. Migraine often run in families and affects all ages.

The diagnosis of migraine headaches is determined based on clinical history, reported symptoms, and by ruling out other causes. The most common categories of migraine headache are those without aura previously known as common migraine and those with aura previously known as classic migraines.

Migraine can begin in childhood or may not occur until early childhood. Women are more likely than men to have migraines. Family history is one of the most common risk factors.

Symptoms of migraine tend to occur in stages

Before the headache- According to older research, around 20-60% of people

experiences symptoms that starts hours, or possibly days, before the headaches. These include physical and sensory symptoms such as aura.

During the headache- Along side a mild to severe throbbing or pulsing headache, symptoms may include nausea, vomiting and nasal congestion.

Resolution- Tiredness and irritability may last another 2 days, and this period is sometimes called the “migraine hangover.”

Other common features are

Head pain that worsens during physical activity and straining.

An inability to perform regular activities due to pain.

Increased sensitivity to light and sound that lying quietly in a darkened room relieves.

Other symptoms may include sweating, temperature changes, a stomach-ache and diarrhoea.

Types of Migraines

There are several types of migraines, and the same type may go by different names,

Migraine with aura (complicated

migraine)

Around 15-20% of people with migraine headaches experience an aura.

Migraine without aura (common migraine)

This type of migraine headaches strikes without the warning an aura may give you. The symptoms are the same, but the phase doesn't happen.

Migraine without head pain

"Silent migraine" or "acephalgic migraine", as this type also known as, includes the aura symptoms but not the headache that typically follows.

Hemiplegic migraine

You will have temporary paralysis (hemiplegia) or neurological or sensory changes on one side of your body. Headache may be associated with temporary numbness, tingling, extreme weakness on one side of your body. Loss of vision and dizziness also seen. Sometimes it includes head pain and sometime it doesn't.

Retinal migraine (ocular migraine)

We may notice temporary, partial or complete loss of vision in one eye, along with dull ache behind eye that may spreading to the head. This vision loss may last for minute or as long as month. You should always report a retinal migraine to a healthcare provider because it could be sign of more serious issue.

Chronic migraine A chronic migraine is when a migraine occurs at least 15 days per month. Th symptoms may change frequently, and so may the severity of pain.

Migraine with brainstem aura: - With this migraine, vertigo, slurred speech, double vision or loss of balance, which occur before the headache. The headache may affect the back of head. This symptom occurs suddenly with inability to speech, ringing in ear and vomiting.

Status migrainosus This is rare and severe type that can last for more than 72 hours. The pain in the head and nausea can be extremely bad. Certain medication, or medication withdrawal, can cause to have this type of migraine.

Homoeopathic management

Belladonna This relieves headaches attack suddenly and violently with the feeling of

fullness, and sensitivity to noise and light.

Bryonia This remedy can be helpful if a person has heavy or "splitting" headache, with steady pain that settles over one eye especially left eye, or spread the entire head. Pain is worse from any motion, even from moving eyes, and person wants lie completely still and not be talked to or disturbed. Nausea with heavy feeling in stomach and vomiting may occur. The person can have a very dry mouth and usually thirsty.

Natrum muriaticum Migraines (often on the right) that are worse from grief or emotional upsets, worse from too much sun, or occur just before or after the menstrual period, are likely to respond to this remedy. The headache feels like "a thousand little hammers were knocking on the brain" and is often worse from eyestrain. The person may have numbness or tingling feelings in the lips or face before the headache starts, and the eyes are very sensitive to light. The person often feels better lying in the dark and after sleeping.

Sepia

Left-sided migraines with dizziness and nausea, worse from missing meals, and worse near menstrual periods or during menopause, often responds to this remedy. Pain may come in shocks or jerks, and the person feels worse indoors and from lying on the painful side. A person needing Sepia feels weary, cold, and irritable, wanting no one to make demands

Cimicifuga

This remedy is often indicated for migraines with throbbing pains ("as if the top of the head would fly open") or shooting pains in the eyes. Headaches are often associated with the menstrual period or come on after long-term study or worrying. The muscles of the neck are usually involved in the headache, feeling very stiff and painful. The person (normally talkative and energetic) feels mentally dull and gloomy, or even fearful, during a migraine. Pain is worse from motion and sometimes improved by eating.

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