

A Case Study of Migraine

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Abstract

Migraine: Headache is one of the most common and difficult clinical problems in medicine. In the majority of patients the cause is trivial and reversible and a careful clinical history and examination often allows a specific diagnosis there by avoiding unnecessary investigation. Prevalance of migraine usually starts after puberty and continues until late middle life.

According to book of medicine Harrison 15% females & 6% males are suffering from migraine. Frequency of occurrence is more common in females as compared to male is matter of interest because of this disproportionate sex ratio. We were influenced by this information & we wanted to find out scope of homoeopathy in migraine. The case reported here is that of a migraine in 16 years male who was treated successfully with homoeopathic medicine.

Keywords: Migraine, Homoeopathy medicine.

Introduction

“Migraine is a benign and recurring syndrome of headache, which is clinically characterized by nausea, vomiting, photophobia, visual disturbances, vertigo and light-headedness.”[Harrison]. Migraine is characterized by episodic headache, which is typically unilateral and often associated with vomiting and visual disturbance. The single most characteristic feature is the episodic nature of headache. Frequently women notice an aggravation of migraine symptoms during peri-menstrual phase or in patients taking oral contraceptives. Approximately half of patients who suffer from migraine have an affected relative, suggesting a genetic predisposition. Recurrent episodes of this disease having predisposing factors of dietary factors, including chocolate, cheese, and alcohol may precipitate attacks. It is seen in approximate 15% women and 6% men. [Harrison]

Case history

A male aged 16 came for the homoeopathic treatment of migraine with the following symptoms.

Presenting Complaints

Headache on and off frontal with more in left sided and both the temple since 4 years Duration 1-2 hrs/2-3 times in week < sun exposure to,

< light and cold weather 12-3 pm,

> sleeping in dark

Room/ head cover with pillow.

Associated complaints:-

Graying of hair (sign)

Nauseated feeling

Past history:-

History of: Having bronchial asthma up to 5 years .Taken homoeopathic treatment

Family history:-

Father -healthy

Mother -having dust allergy

Personal history:

Food :

Desire:-Dabeely & spicy

Aversion:-

Craving:-

- Thirst:4-5 glass /day
- Appetite: adequate
- Exposure to Sun:- having headache
- Sleep:-sound sleep
- Dreams:-not remembered
- Allergy:-dust
- Addiction:-no
- Urine:-4-5times/day
- Bowel habit:-constipation/urge 3-4 time/day/unsatisfactory
- Perspiration:-more in back and forehead

Constitution:- Well-built whitish complexion

Thermal state:-Hot

	Summer	Winter	Rainy
Bathing	Luke warm water	L.W	L.W
Covering	NO	1required	Yes
Fanning	Yes	No	No
Woolen	No	Yes	No

Physical examination:-

General survey:-

i. Built:-well built

- ii. Weight:-85
- iii. Height:-168cm
- iv. Pulse:-82/min
- v. B.P.:-100/80mmof hg
- vi. Respiratory rate:-
- vii. Pallor:-no
- viii. Cyanosis:-no
- ix. Clubbing:-no
- x. Peripheral pulse:-well felt
- xi. Lymph node:-no swelling
- xii. Oedema:-no
- xiii. Icterus:-no

Systemic examination:-

- i. CVS:-s1 s2 normal
- ii. CNS:-conscious oriented
- iii. P / A:-soft non tender
- iv. R.S:-AEBE CLEAR

Examination for refractory error

NORMAL EYE VISION**Mind:-**

- During headache irritability
- Jevha chidto tevha kahitari todave ase vatate
- Daat chavto
- During headache badabad karto
- Desire for company
- Quite want to be
- Irritable pain during
- Despair recovery
- Anxiety health about
- Fear of birds

D/D: Migraine headache

Cluster headache

Gastric headache

FINAL DIAGNOSIS:- Migraine

Case was repertorised on the following symptoms by using RADAR 10.5 (Schroyens F.

Synthesis 9.0) is shown in Table 1

The screenshot shows the 'Investigation window for remedies' in RADAR 10.5. The symptoms listed are:

1. MIND - DILETTANTE - recovery, of
2. MIND - ANXIETY - health; about - own health; her/his
3. MIND - DISCONTENTED
4. MIND - FEAR - birds
5. HEAD - PAIN - Forehead, in
6. GENERALS - OBESITY
7. GENERALS - WARM - agg.
8. FACE - ERUPTIONS - acne

Below the list is a table with 20 columns representing remedies and 8 rows representing the symptoms. The table shows the degree of each symptom in each remedy. The bottom status bar indicates '551 remedies / 8 symptoms' and 'Sum of symptoms, sort: degree'.

A detailed account of the treatment is given below

Calcarea Sulph 200 single dose

Placebo TDS X 7 days

Diet and regiment:-advised

Auxiliary modes suggested:- Naturopathy: head massage

Follow Up:-

24/9/2013

1. No of attacks since last follow up-2 time
2. Possible triggering factors-light
3. Location-temporal & above eyes

4. Duration-1 hours
5. Sensation- pricking
6. Modalities-< light > sleep

Calcarea sulph 200 1 dose

SL 30 3 pills x 15 days

1/10/2013

1. No of attacks since last follow up- 1 attack on 29/9/13
2. Possible triggering factors-
3. Location-left frontal & temporal

4. Duration-1 hour

Calcarea sulph 200 3 dose 8 hourly

SL 3 dose x 15 days

24/10/2013

1. No of attacks since last follow up-1 attack of headache on 13/10/13
2. Possible triggering factors-
3. Location-frontal

4. Duration-half hours

5. Sensation-pricking

6. Modalities-<light

Calcarea sulph 200 1 HS

SL 200 TDS X 1 Month

Discussion & Conclusion:

This patient's constitutional remedy was Calcarea Sulph as per totality of symptoms. In this case report, the patient showed improvement after the homoeopathic medicine not only in the migraine but also in other associated complaints; stools became satisfactory, Though the homoeopathic treatment has shown favourable results in this case, in the future, randomized controlled trials with larger sample size are required for validation of the effects of the homoeopathic medicine Calcarea Sulph.

References:

- Harrison: Harrison principles of internal medicine 18th edition 2 nd volume Mc Graw Hill 2015 ; 2586
- Boericke W. Pocket Manual of Homoeopathic Materia medica and repertory. Rep.ed. New Delhi: B Jain Publishers; 1998.