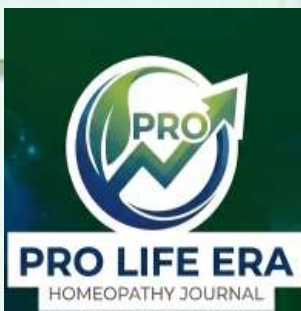




Unlocking Relief: Homoeopathic Remedies For Migraine Sufferers

Abstract-Migraines are a common type of headache marked by severe, sporadic pain, which requires effective treatment. Homeopathic approaches can successfully manage migraines & improve patients' quality of life by alleviating suffering. This article also explores the limitations of conventional medical treatments for migraines.

Keywords-Migraine, homoeopathy, aura, headache

Introduction-Migraine is a common neurological disorder that affects over one billion people annually, particularly women and young adults. It ranked second in disability-adjusted life years (DALYs) lost due to neurological conditions worldwide in 2016.

Migraines are linked to various comorbidities, such as stress and sleep disorders, and can impact family, work, and finances. The initial attack may occur at any age, usually starting in childhood, adolescence, or early adulthood, with intensity and frequency typically decreasing with age. Additionally, about 70% of migraine sufferers have a family history of the condition.

Aetiology and Risk Factors [3]-

•**Age**: The onset may be in childhood, adolescence or early adult life. But rarely, adult life after 35 years of age.

•**Sex**: More common in females than males.

•**Hereditary Influence**: The transmitted factor is an abnormal response of Cranial & other Vasculature to certain external or endogenous stimuli.

Precipitating Factors: Medications overuse, Stimulants, Obesity, Snoring &

sleep apnoea.

Other medical conditions like Anxiety, bipolar disorder, hypertension, sleep disorders, epilepsy, food items like citrus food, lifestyle changes, etc.

Pathophysiology-The two main theories explaining migraine are vascular and neurogenic. The vascular theory, once put forth by Wolff, has been replaced by the neurovascular theory, which suggests that the brain is primarily affected, with blood vessel dilation being a secondary effect. A key hypothesis is that migraine attacks may be triggered by spreading depression, a temporary disruption of neuronal activity in the brain accompanied by the influx of sodium, calcium, and chloride ions.

The classification of migraines.to ICHD3[4]

1.1 Migraine with aura

1.2 Migraine without aura

1.3 Chronic migraine

1.4 Complication of migraine-Status of migraineurs, persistent aura without infarction, migraine infarction, migraine aura triggered a seizure.

Diagnostic criteria of migraine according to ICHD 3 [4]

1.1 Migraine without aura-

A. At least five attacks fulfilling criteria B-D

B. Headache attacks lasting 4-72 hours (when untreated or unsuccessfully treated)

C. Headache has at least two of the following four characteristics:

•Unilateral location
•Pulsating quality, •Moderate or severe pain intensity, •Aggravation by or causing avoidance of routine physical

activity (e.g. walking or climbing stairs)

During a headache at least one of following: •Nausea and/or vomiting

•Photophobia and phonophobia

Management of Migraine-

Lifestyle modification: •Avoid certain foods. Alcohol, chocolate, aged cheese

•Avoid smoking, •Eat a balanced diet

•Establish a good sleep pattern

•Exercise for 30 minutes daily

•Reduce stress and excessive emotional environment., •Reduce trigger

Homoeopathic Management Of Migraine

•**Iris Versicolor**-Frontal headache, with nausea. Scalp feels constricted. Right temples are especially affected. Sick headache, worse rest; begins with a blur before eyes, after relaxing from a mental strain. Pustular eruption on scalp.[5]

•**Spigellia**-Pain beneath frontal eminence and temples, extending to eyes. Semi-lateral, involving left eye; pain violent, throbbing; worse, making a false step. Pain as if a band around head. Vertigo, hearing exalted.[5]

•**Sanguinaria Canadensis**-Periodical sick headache begins in morning, increases during day lasts until evening, head feels as it would burst, or if eyes would be pressed out. Relieved by sleep. Headache begins in occiput, spreads upwards and settles over right eye. Headache return at climacteric, every 7th day.[6]

•**Glonoinum**-Bad effects from having the haircut. Head feels enormously large, as if the skull were too small for the brain, sunstroke and sun headache increase and decrease every day with the

sun.[6]

•**Belladonna**-Congestion of blood to the head, with external and internal heat; distended and pulsating arteries, stupefaction in the forehead, burning red face. headache from taking a cold in the head, from a haircut.[7]

•**Epiphegus**-pain in temples mostly in right; in forehead; pressing from without inward; piercing pains; fullness; paincoming on suddenly; scalp feels tight during headache.[7]

•**Natrum Muriaticum**-Headaches are awful; dreadful bursting, compressing as if in a vise; the head feels as if skull would be crushed in. the pains like little hammers in the head on beginning to move. the headaches are periodical, every day or 3rd day, or 4th day.[8]

•**Prunus Spinosa**- [9]These pains occurring in and around the eye have led to its successful use in glaucoma, ciliary neuralgia, choroido-retinitis, irido-choroiditis, irido-cyclitis. Spraining pains and pains which take away the breath. Shooting from right front albone through brain to occiput. Pain in right eyeball, as if it would burst.[10]

•**Gelsemium**- Brain congestion can cause headaches that start at the neck and move to behind the eyes, often with dizziness and a stiff neck. Nervous headaches may arise from stress or sunlight, while neuralgic headaches begin in the neck and cause sharp forehead pain, nausea, and cold sweats[11].

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