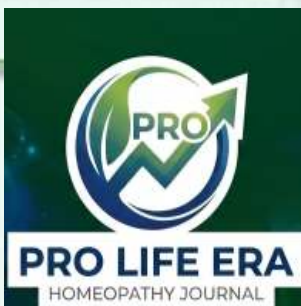




Individualized Homeopathic Management of Chronic Migraine with Emphasis on the Second Prescription Strategy

Abstract-Chronic migraine is a complex neurovascular disorder characterized by recurrent, unilateral, pulsating headaches often accompanied by nausea, photophobia, and phonophobia. While conventional medicine focuses primarily on symptomatic relief, homeopathy provides a holistic and individualized therapeutic model. This case report illustrates the successful treatment of a 35-year-old woman suffering from chronic migraines using the constitutional remedy *Natrum Muriaticum*, followed by a strategic second prescription as guided by Dr. Kent's philosophy. The case exemplifies how a well-selected second prescription can consolidate healing, prevent relapse, and support long-term well-being in chronic conditions.

Keywords-Chronic Migraine, Homeopathy, *Natrum Muriaticum*, Second Prescription, Dr. Kent, Individualized Therapy, Emotional Triggers, Constitutional Remedy

Introduction-Migraine affects over 1 billion people globally, significantly impairing daily functioning and quality of life. Common migraine variants include:

- **Migraine with aura:** Visual or sensory warnings before the headache.
- **Migraine without aura:** Sudden onset without prodromal signs.
- **Chronic Migraine:** Headaches occurring ≥ 15 days/month for at least 3 months.

Clinical Features-

- Unilateral, throbbing headaches
- Triggered by emotional stress, sunlight, hormonal changes, or hunger
- Associated symptoms: Nausea, vomiting, dizziness, photophobia

Homeopathic Perspective-Homeopathy considers migraine not only as a physical manifestation but as a deeper constitutional disorder. Important treatment parameters include:

- **Psychological factors** (grief, emotional

suppression)

- **Miasmatic tendencies** (Psora, Sycosis, Syphilis)

Modality-driven prescribing

- **Dr. Kent's Second Prescription:** Repetition or change of remedy based on patient response

Case Profile-Patient Details-

- **Name:** Mrs. Y (Name withheld)

- **Age:** 35 years, • **Sex:** Female

- **Occupation:** Corporate Employee

Chief Complaints-

- Right-sided throbbing headache for 5 years, occurring 3–4 times weekly
- Worse from sunlight, emotional upheaval, skipping meals
- Associated symptoms: nausea, dizziness, visual aura
- Relief in a dark, quiet room; sleep disturbed due to pain

History & Clinical Findings-

- No head trauma or chronic diseases
- Onset linked to emotional trauma from a stressful divorce
- Dependency on analgesics with limited relief

- Sleep disturbed due to pain
- Pulse: 74 bpm; BP: 120/80 mmHg
- Neurological, ophthalmic, and general examinations: Normal

Mental & Emotional Characteristics-

- Reserved, introverted
- Profound grief from past events, unexpressed
- Avoids emotional confrontation and dislikes consolation
- Craving for solitude and silence

Repertorial Rubrics & Remedy Selection Rubrics from Kent's Repertory:

- Head-Pain, throbbing, right-sided → *Natrum Mur*, *Belladonna*, *Sanguinaria*
- Head-Pain, from grief or emotional trauma → *Natrum Mur*, *Ignatia*
- Head-Pain, <sunlight → *Natrum Mur*;

Symptom Analysis-

Location	Sensation	Modality	Concomitant
Head (Right side)	Throbbing pain	Worse from sunlight, better in dark	Nausea, dizziness
Mind	Emotional suppression	Worse from stress	Introversión, tearfulness
Stomach	Heaviness, nausea with headache		No appetite during headache

Follow-Up & Second Prescription: In Line with Dr. Kent's Philosophy

Follow-Up Date	Clinical Response	Management
After 1 month	Frequency reduced to 2 attacks/week; nausea better	Continued <i>Natrum Mur</i> 200C weekly
After 2 month	Headache milder, lasting <1 hour; sleep improved	Continued <i>Natrum Mur</i> 1M
After 3 month	Attacks only once/week; emotional state stable	Stopped repetition; observed (Kentian pause), SAC LAC 200 TDS
After 5 month	Migraine frequency stabilized but return of mild dizziness and visual aura	Second Prescription: <i>Iris Versicolor</i> 200C, once a week
After 6 month	Patient headache-free for 4 consecutive weeks; emotional well-being balanced	No further remedies given; case in observation phase

Glonoinum

- Mind – Consolation, agg. → *Natrum Mur*
- Head-Pain, >dark, quiet room → *Iris Versicolor*, *Gelsemium*
- Stomach – Nausea with headache → *Sepia*, *Iris Versicolor*

Miasmatic Background-Dominantly **Psoric**, with traces of **Sycotic** taint due to suppression of emotional trauma and recurrent episodes.

Prescription Plan

Initial Constitutional Remedy

- ***Natrum Muriaticum* 200C**, single dose, once weekly

Second Prescription Rationale (As per Dr. Kent)

According to Kent, the **second prescription** is not simply a repetition or change of remedy, but a strategic decision based on the *direction of cure*. In this case:

- When *Natrum Muriaticum* had exhausted its curative action (no further improvement in the chronic picture), and new acute symptoms emerged, *Iris Versicolor* was

indicated based on acute modality and presentation.

- Avoiding premature repetition of *Natrum Mur* avoided antidoting and allowed the case to progress naturally toward cure.

Discussion

- This case demonstrates: Importance of constitutional prescribing using detailed mental and physical totality.
- Holistic evaluation of suppressed emotional trauma.
- Miasmatic assessment (psora as the dominant miasm).
- Timely intervention with a second prescription (*Iris Versicolor*) to sustain progress.

Conclusion-A well-managed homeopathic approach using ***Natrum Muriaticum*** followed by a well-indicated **second prescription** per Dr. Kent's guidelines provided:

- Sustainable relief from chronic migraines
- Improved emotional equilibrium
- Freedom from dependency on conventional

painkillers

This case reinforces the power of classical homeopathy in treating chronic disorders and emphasizes the art of *waiting, observing, and prescribing only when necessary*.

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