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# **MIGRAINE AND ITS HOMOEOPATHIC APPROACH ROLE OF HOMOEOPATHY IN MIGRATION**

**Dr. Bimla Dholiwal**

M.D.(Hom.)

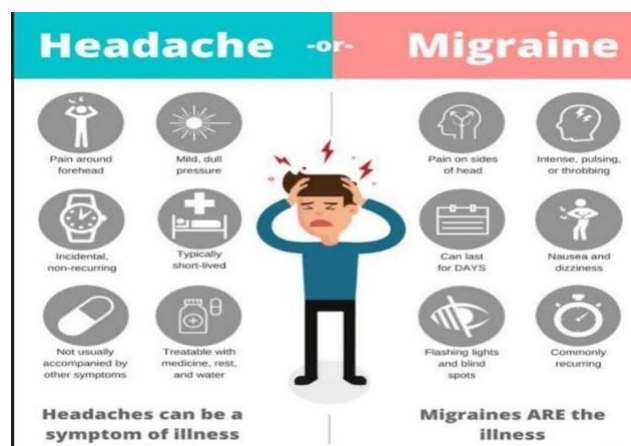
Assistant professor Department of Repertory Kamdar Homeopathic medical College, Rajkot

## ABSTRACTS

Migraine is so called common malady presently a days, particularly in youthful era. Due to stressfulland inactive life fashion it ended up common.For headache understanding its troublesome to remain ordinary life as they are touchy for so numerous routie Things like noice, ligt,work etc. so for this in homeopathic we have so numerous drugs which gave persistent parcel of help from complaints and they can live typical life.In this article we are going talk about approximately what is headache, life structures, physiology, clinical introduction,etiological variables and therapeutic administration with Homeopathic medicines.

**KEYWORDS:** Migraine, photophobia, one sided migraine, individualization, homeopathic medicines.

## INTRODUCTION



Migraine is a burden to the person as well as to the society. It is ineffectively analyzed and as it were a minority of migraine sufferers seek restorative attention. Headache may be a verbose cerebral pain that keeps going between 2-72 hour. the torment perhaps direct to serious and possibly a complied by any combination of the takingafter indications.

- Throbbing, one-sided torment, < by motion
- Visual or sensorial disturbance
- Sickness, spewing, photophobia, phonophobiaEpidemiological consider report that 10% of individuals global populace endures headache assaults. These days allopathic administration of headache incorporate betablocker, calcium channel blocker, upper ,anticonvulsant, nsaid.it is exceptionally costly



treatment .There is much more scope within the homeopathy for the treatment of the headache and cerebralpains but exceptionally few controlled think about has been done on that.Homeopathy for headache is exceptionally secure, working with the body's claim resistant framework to upgrade its capability to battle off sickness.Homeopathic treatment for headache are gotten from plants, creatures and minerals so are 'natural'.The substances are weakened, now and then to exceptionally weaken levels, to the degree where the beginning substance is imperceptible by cutting edge science.

## EPIDEMIOLOGY

### DISEASE PREVALANCE

- It influences an evaluated 10% of the populace on globe. Chronic headaches influence 1 or 2% of the worldwide populace.
- Approx. 2.5% of people with verbose headache advance to persistent headache. It is moment most crippling condition worldwide.
- Chronic headache is related to the momentr migraine related inabilities.

### MORBIDITY AND MORTALITY

- **MORTALITY: -**

Within the bigger imminent of think about, we found no affiliation between non-headache migraine and all cause of mortality. Ladies endures from headache with air had tall chance of cardiovascular passing.

- **MORBIDITY: -**

The intercession migraine society made a framework for classifying migraine and its complication. Status migarnous – endures more than 72 hours Migranious diseases – related with stroke, atmosphere keeps going more than hour, in some cases cerebral pains vanish but air still endure. Determined atmosphere without localized necrosis- air more thanweek after headache ended



## WHAT IS MIGRAINE?

Migraine may be a kind, long winded disorder of cerebral pain related with other side effects of neurologic brokenness in changing admixtures. In numerous understanding cerebral pain is bitemporal and generalized and there possibly no related central, visual or neurological unsettling influences. This condition more often than not begins after puberty.

Migraine assaults happen at interim which changes from a couple of days to a few months and keeps going for 2-72 hours. Migraine migraines are in some cases goes before by caution side effects. triggers incorporate hormonal changes, certain nourishment and drinks, push and work out. Migraine cerebral pains can cause throbbing in one specific region that can change in escalated. Migraine with aura-Visual or tangible indications. Migraine without aura-No visual or tangible side effects as it were cerebral pain, sickness, spewing, & photophobia Prominent include of the headache final for 2 days and taken after by air which can be endures up to an hour Migraine related with major misery, uneasiness and self- destructive endeavors

## PATHOGENESIS

Multiple natural and hereditary variables combine to initiate cerebral electrical and vascular changes. It is started by spreading waves of depolarization from either cortex or brain stem. These central forms produce meningeal neurogenic aggravation and vasodilation.

Meningeal neurogenic provocative changes incorporate discharge of calcitonin quality related peptide (CGRP) a significant endogenous vasodilator. Aura too thought to be caused by cortical spreading discouragement. air is related with a localized decrease in blood stream taken after by an increment in blood stream and characterized influences the parieto-occipital corte

## CAUSES OF MIGRAINE

- It may be a hereditary inclination
- Triggers or dietary components incorporates chocolate, cheese, liquor. Prolonged emotion
- TensionStress
- Sensori boosts



- Changes within the rest designs Sudden changes within the climateHormonal awkwardness
- Missing a dinner
- Sensitivity to particular chemicals and preservations in nourishmentsCaffeine compulsion
- Daily utilize of the torment calming solutionsFlashing of the lights
- Being excessively tiredLoud commotions
- Exposure to smoke, fragrances or other odors

## TYPES OF MIGRAINE

### 1. MIGARINE WITH AIR

Around 15-20% of individuals withheadache encounter an atmosphere

### 2. MIGARINE WITHOUT ATMOSPHERE

This sort of headache hits without any caution side effects

### 3. MIGARINE WITHOUT HEAD TORMENT

This is known as a noiseless headache or acephalgic headache this incorporate the air side effects butnot the migraines side effects that ordinarily takes after.

### 4. HEMIPLEGIC HEADACHE

Temporary loss of motion or neurological changes

### 5. RETINAL HEADACHE

Ocular headache you'll take note transitory, halfway or total misfortune of vision in one of your eyes, beside the gloomy hurt behind the eye.

### 6. CHRONIC HEADACHE

Headaches happens 15 days a month STATUS



## 7. MIGRAINOSUS

Rare and genuine sort of headache can be last longer than 72 hours

### STAGES OF THE MIGRAINE

#### 1. PRODORMAL STAGE

The to begin with organize endures some hours, or it can final days. A few know it as apreheadache stage

#### 2. AURA

The air stage can final as long as 60 min or as small as 5 min. most individuals don't encounter air, and a few have both the air and the cerebral pains at the same time

#### 3. HEADACHE

It takes about 2-72 hours migraine final. there will be a boring, throbbing, otherwise you may feel the sensation of an icepick in your head. typically, it begins on one side and speads to the other sides

#### 4. POSTDROME

The postdrome arrangement goes on for a day or two. its regularly called a headache headache and 80% ofthose who have headaches involvement it

### SYMPTOMS OF MIGARINE

- -Driling throbbing torment, one-sided torment
- -Sensitivity to the lights clamor and odor
- -Nausea and spewing disturbed stomach and stomachpain
- -Loss of craving
- -Feeling exceptionally warm or cold chills
- -Pale skin colors



- -Feeling tired
- -Dizziness and obscured vision
- -Tender scalp
- -In uncommon case the runs and fever

## **PRODROME SYMPTOMS: -**

Problem concentrating, peevishness, trouble talking and perusing, trouble resting Queasiness, weakness, affectability to the lights and sound, expanded urination, muscle solidness

## **HEADACHE: -**

Neck torment, solidness, misery, nasal blockage, a sleeping disorder, sickness and heaving

## **POST DROME SIDE EFFECTS: -**

Failure to concentrate, discouraged temperament, weakness, need of comprehension, euphoric mood

## **GENERAL MANAGEMENT**

acute assaults are more often than not ended by sc infusions of sumatriptan or inward breath of 100%o<sub>2</sub> attacks can some of the time be avoided by sodium, weakening clusters can be made a difference with lithium treatment avoidance of recognized activated components or worsening variables. in the event that visit, attempt calcium channel blocker take appropriate rest and rest, remain Within the dull room and maintain a strategic distance from any activating variables which disturb the condition.

## **SCOPE OF HOMOEOPATHY**

In the field of homeopathy has a few arrangements which go a long way in progressing the capacities of the body to resist migraine. One of the foremost critical thing is that it has no side impacts, The truth is that a headache can be cured by a huge variety of things or triggers. as it where homeopathy incorporates a way to address which is most comprehensible manner conceivable. However, individual choose to require homeopathic treatment there's a parcel of relief within the locate. There is much more scope within the homeopathy for treating migarines and migraines. But exceptionally few controlled ponder has been done



on that. The reason of this examination was to assess the adequacy within the headache complex Homoeopathy looks individual as a person with all the passionate associations with the condition since of this, medicines will be diverse depending on the person. Homoeopathy makes a difference to progress our push adapting framework, it diminishes extreme touchiness of the intellect towards activating variables, As we embrace an individualistic approach in Homeopathic treatment, the minor issues or issues particular at specific understanding are moreover taken into thought amid the treatment. Allopathic medicines aims to diminish pain but it cannot remedy headaches. homeopathy encompasses a awesome scope within the psychosomatic disease

## **HOMOEOPATHIC APPROACH**

Case taking will be done agreeing to rules given in organon of pharmaceutical by Dr. Samuel Hahnemann. After completing case taking examination and assessment will be done after by totality of side effects agreeing to rules given by Dr. Hahnemann. Similimum chosen with help of information of materia medica and utilize of repertory agreeing to require of case. Potency selection will be done agreeing to vulnerability of persistent and advance of infection. Miasms considered concurring to cases. Dietary changes will be prompted alongside homeopathic solutions. The calongside 'constitution' that each person has his or her special body and intellect. Protected thought is a critical handle for clinical conclusion & treatment. Dr. Hahnemann gives a reasonable thought on the significance of the structure in Axiom 5 of organon of pharmaceutical. "Useful to the Doctor in helping him to remedy are the particulars of the foremost noteworthy focuses within the entirety history of Chronic malady to empower him to find the elemental cause, which is due to a Persistent miasmatic. In these examinations, the ascertainable physical structure of the quiet. (And mental character his occupation, mode of living & propensity his social & residential relations, his age, sexual work.) Structure as normal condition of the body or intellect disposition." A constitutional approach will be utilized as base of medicine in most of the cases. Repertorial approach utilized in cases where utilize of repertory was required.

## **HOMOEOPATHIC MANAGEMENT**

Headache illness is related with the penetrating torment, throbbing torment, queasiness, heaving, one-sided within the locale of the head, tactile or the visual disturbances. The cause isn't clearly understood; however, since no critical tissue changes within the body are apparent on restorative examination, a few theory shows that hypersensitivities and passionate stretch may contribute to this condition. Cures recorded here may





offer assistance bring a few help in direct situations. A sacred remedy prescribed by an experienced proficient is frequently the leading approach to assist the person's framework recapture its adjust.

**IRIS VERICOLOR:** - Debilitated migraine in forehead and eyes starting with a obscure some time recently the eyes, particularly after unwinding from a mental strain, strongly commotion within the ear, narrowing around brow, gloomy throbbing, consistent sickness and spewing, deficieant craving, obstruction, shortcoming, symptoms worse on the correct and within the evening , periodical .

**SANGUINARIA:** -Congestive migraines with throbbing torment; harming as in case eyes would be squeezed out; starts within the occipital locale and spreads upwards, settling over the correct eye; veins and sanctuaries are expanded; periodical; starts within the morning, increments amid the day, and endures until evening; aggravated by commotion, smells, motion and light. Diminished by rest, weight, culminate calm in a dim room, passing gastric or intestinal gas; queasiness with salivation; burning spewing; tired cerebral pain from mental or physical effort. Torment within the back of head "like a streak of lightning."

**SPIGELIA ANTHELMIA:** -Throbbing torments within the head starting within the occiput and emanating to the vertex and frontal locale, at last coming to rest over the cleared-out eye; Vertigo; Disturbed by commotion, movement, jars; photophobia; periodical; redness and lachrymation of eye on influenced side. Comes on at dawn more awful at twelve and way better at nightfall; Agonizing solidness of neck and shoulders. The indication pictures of the cures within the headache complex compare closely to all the signs 15 and side effects experienced by a headache sufferer amid a headache assault, which is the reason for choosing these cures. The hypothetical advantage of malady-based polypharmacy is that by combining the foremost commonly endorsed cures, the professional is able to bypass the need to individualise each case and donate each headache sufferer the same prescription.

**BRYONIA:** -This cure can be supportive in the event that a individual includes a overwhelming or "part" migraine, with unfaltering torment that settles over one eye (particularly the cleared out) or spreads to the complete head. Torment is more awful from any movement, even from moving the eyes, and the individual needs to lie completely still and not be talked to or aggravated. Queasiness with a overwhelming feeling within the stomach and spewing may happen. The individual can have a really dry mouth and as a rule is parched.



**IGNATIA:** -This cure is accommodating for headaches in delicate individuals, particularly cerebral pains after passionate upsets or caused by pain. The cerebral pain is frequently centered on one side of the head, and may feel as in the event that a nail is driven in. Jerking within the face or fits within the muscles of the neck and back as often as possible happen. The individual regularly moans or yawns and may now and then weep or appear "insane."

**NATRUM MUR:** -Migraines (regularly on the correct) that are more regrettable from melancholy or passionate upsets, more regrettable from as well much sun, or happen fair some time recently or after the menstrual period, are likely to reply to this cure. The cerebral pain feels like "a thousand small hammers were thumping on the brain" and is regularly more awful from eyestrain. The individual may have numb or shivering sentiments within the lips or confront some time recently the migraine begins, and the eyes are exceptionally sensitive to light. The individual frequently feels way better lying within the dim and after resting.

**LACHESIS:** -Left-sided headaches with congested, beating torment that's more awful from weight or tight clothing may react to this cure. The person's face looks profoundly flushed or smudged. Migraines are regularly most noticeably awful some time recently the menstrual period and superior once the stream starts. The individual feels more awful from resting (either within the daytime or at night) and is more often than not more regrettable from warm.

**NUX VOMICA:** -it alludes to a condition where the cerebral pains are gone with by gastric unsettling influences. The gastric unsettling influences that are ordinarily went with with headache cerebral pains are stoppage (this might be within the shape of incapable crave to pass stool; or not getting total clearings) bloating of midriff or feeling of gas; or a feeling or an failure to discharge gas. Nux is additionally utilized for migraines that brought on by eating greasy, wealthy fricasseed nourishment. Liquor utilization when leads to activating of cerebralpains are successfully treated with Nux Vomica

**GLONOINUM:** -this viable homeopathic medication is utilized for curing headache migraines, which happen from over-the-top clog within the head. The persistent feels that his head has ended up greater and will burst. He feels warm around his head, in conjunction with projecting eyeballs. This homeopathic pharmaceutical is commonly utilized for treating headache migraines.



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**SEPIA:** -Left-sided headaches with tipsiness and sickness, more awful from lost dinners, and more regrettable close menstrual periods or amid menopause, frequently reacts to this cure. Torment may come in stuns or jerks, and the individual feels more awful inside and from lying on the difficult side. A individual requiring Sepia feels fatigued, cold, and crabby, needing no one to create demands on them

**SILICIA:** -Migraines that come on after mental effort or close the menstrual period may demonstrate a require for this remedy—especially in a anxious individual who is exceptionally chilly. Cerebral pains are more often than not right-sided, beginning within the back of the head and expanding to the brow, and are more awful from drafts or from going out within the cold without a cap. The individual may feel way better from lying down in a dull, warm room additionally from covering the head.



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