

Migraine And Its Related Symptoms In Female Dominating Drug

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Abstracts: Background: Migraine is periodic attack of headache, usually on one side of head. Severe throbbing pain is sometimes accompanied by nausea and vomiting. Some migraine patients have warning symptoms before headache, including visual disturbances, weakness, numbness or dizziness [Kalra K NJIRM 2016; 7(2):147-152]

Key Words: Migraine, Periodic, Nausea, Dizziness, Numbness, Weakness.

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Introduction: The term migraine derives from Galen's usage of hemicranias to describe a periodic disorder that comprises paroxysmal and blinding hemi cranial pain vomiting, photophobia, recurring at regular interval and relive by darkness. A working definition of migraine is benign recurring headache or recurring neurological dysfunction on one or both there are usually pain free intervals.

Migraine is a genetic, inherited condition involving the brain, the trigeminal nerve and cranial blood vessels which consist of symptoms of episodic headache with intervening periods of normal health.

Migraine is not just a headache. It is a syndrome which means that it is a collection of symptoms. This collection of symptoms can make a person very all. Migraine is use to called 'sick headache' People become disabled, often cannot work for days on end. Cannot take care of their families, and can be burden to other.

Migraine is second most common type of headache. Migraine affects women three times as often as men is frequently inherited. It affects approximately 15% of women and 6% of men. Approximately 4-5% of Children age under 12 suffers from migraine, with little apparent difference between boys and girls. There is then a rapid growth in incidence amongst girls occurring after puberty, which continues throughout early adult life. By early middle age, around 25% of women experience a migraine at least one a year, compared with fewer than 10% of men. After menopause, attacks in women tend to decline dramatically, so that in the over 70s there are approximately equal numbers of male and female sufferers from the migraine.

There is no specific cause for migraine. The brain of a migraine patient is sensitive to environmental and sensory stimuli. Migraine-prone patients do not habituate easily to sensory stimuli. The sensitivity is

amplified in females during menstrual cycle. Headache can be initiated or amplified by various triggers, like bright light, sounds, hunger, excess stress, physical exertion, stormy weather, hormonal fluctuations, during menses, excess or lack of sleep and other chemical stimuli.

In today's eras there is a wide variety of changes in lifestyle. There is Irregular food habits, irregular routine, Lack of rest, Lack of nutrients in food and stressful. So diseases like a migraine are becoming common now a day.

Migraine is neurological disorder various hypotheses narrates that at the time of attack there is activation of trigeminal ganglia is seen after triggers This is followed by vascular changes and electrical changes in brain.

This is not a kind of any local melodies but here the whole body takes part in. It is not just few changes in blood vessels of brain are there and it results in migraine. But there must be some internal deep seated changes which results in molecular changes and which causes migraine. In female migraine attacks are more likely to develop during certain phase of menstrual cycle i.e. ovulation, menstruation etc. Migraine occurs in women three times more than in man. Due to fall in estrogen level appear to have a significant trigger.

In Homoeopathy we treat patient as a whole. So we can not only treat molecular changes which results in migraine but also a deep seated changes which results in migraine.

In homeopathy Organon, Materia Medica and repertory are connected. During the treatment we have to use our knowledge regarding this entire three. During case taking we use knowledge of Organon, and we repertories a case. By reporterisation we only come to certain group of medicine but final selection is depend on Materia- Medica. Some times during prescribing we only use Materia-Medica because

repertory did not contain such kind of rubric as it given in *Materia Medica*.

Materia-Medica is one of important part of homeopathy. In contains symptoms from drug proving and also from the clinical experiences. *Materia-Medica* contains some drug which also produces migraine like symptoms. Homeopathy is based on principle of *similia similibus curentur*. So drugs which produce migraine like symptoms are useful in treatment of migraine.

Individualization is one of the important key in homeopathy to find the remedy. Individualization is process of differentiation by which one is distinguished from other of the same classes or group by some peculiar features has been seen in every disease. And it also seen in migraine. Every person has their own personality & unique character at mental, physical and emotional level in any situation. Our homeopathic *Materia-Medica* has got different type of personality which is useful for individualization and for selection of homeopathic remedy. So it is also useful in cases of migraine to select homeopathic medicine. In homeopathy we see patient as whole. Use all individualistic features on physical, mental or emotional level for finding remedy. So we can find deeper acting remedy which helps to remove deep seated disease.

Homeopathic treatment can help to patient with migraine for removing attack and improving their general health. So person can perform their day activity and live life as a well being.

An attempt has been made to show efficacy of homeopathic medicines in cases of migraine especially in female dominating drug.

Material and Methods:

1. Books.
2. Journals.
3. Websites.

Discussion:

(1) Ammonium carb. A congestive headache comes on in *wet weather* and from *weather changes* sensation as if brain would ooze out through forehead and eye. Sense of oppressive fullness, plugging as if forehead would burst. Headache is aggravated from stepping esp. the headache that comes on menstrual period. Heaviness and beating

in forehead an after dinner. Pulsating, beating and pressing in forehead.

- (2) Avena sativa. Nervous headache at menstrual period, with burning at top of the head.
- (3) Belladonna. It is especially suitable to plethoric, vigorous individual, and intellectual female, brainy people have complaints coming on suddenly, providing they are in a substantial state of health, and are reasonably plethoric and vascular.

The Pains and suffering come on suddenly and with great violence, subside suddenly. The feeling in head was that of violent congestion, a full, tense and throbbing state of cerebral vessels, Headache generally comes in morning after a restless night.

Headache with desire for lemonade headache with sleepiness but cannot sleep. Pains in head < by noise, light motion when moving eyes by shocks, contact, least jar, from least exertion, in open air and from warmth.

Headache < when leaning forward and > when bending backward.

Headache with dizziness < by stooping.

Headache > during menses, from pressure, tight bandaging and wrapping up.

- (4) Calcarea carb. It is suited to fair, fatty, flabby patient who becomes easily fatigued and tired on walking. Headache from waking early in the morning from over lifting straining the back, or wrapped the head with handkerchief, after walking in open air, from cold from suppress itch.

Headache accompanied by weak memory, vertigo, noise in head, fluent coryza or stoppage of nose, nausea, vomiting, constipation, menstrual irregularities with cold feet, profuse cold perspiration which smells sour.

Headache aggravated by thinking about it mental exertion, spiritual liquors, talking looking up reading or writing hot sun stopping going up stairs, walking in open air, in a draft by taking cold lifting getting wet.

Headache ameliorated by: closing eyes, vomiting mucus and bile, lying down, tight bandaging, pressure and cold application.

It is one of the forms of constitutional headache, is a headache that sometimes occurs one in two weeks. Headache every seven days, headache once in two weeks. Periodical headache. Sick headache, the old fashioned American sick-headache.

- (5) Calcarea phosphorica: The dull headaches of school girls always come home from school with headache. The head is sensitive to a jar, to pressure to the hat: wants it washed in cold water; wants to be quite and alone.

Headache: with gastric symptoms, with uterine complaints, or following other sensations,

- (6) Chamomilla: The headaches of Chamomilla are found in sensitive people, sensitive women, nervous; overstrained; overtired. Fidgety, excitable women that suffer from pain.

Congestion of head: following anger; with pressure while lying down, on vertex; with heat in face.

Headache with one red cheek; worse at night; in the open air; in the wind; better from warm coverings and when walking about. Hot clammy sweat on the forehead, and on the scalp.

- (7) Cimicifuga racemosa:- Headache on from catching cold from the weather changes, cold damp weather.

Sore, bruised feeling all over the head. Bruised sensation in occipital. Sore bruise felling in top of the head, as if top of the head would fly off. As if cold air blowing upon brain. Yet most of these headaches are better by being in cold air. While other complains are aggravated by cold.

- (8) Damiana: It is useful in migraine. It is written in dictionary of clinical material media by **Dr. Clerk** that it is recorded in severe migraine, "One or two doses given within an hour causes the headache to cease and induces sleep, from which the patient wakens free from headache and with good appetite."

- (9) Epiphegus: A remedy for neuralgic, sick, headaches, especially in women, brought on or made worse by exertion, shopping pressing pains in temples from without inwards.

- (10) Glonoinum: Headache begins with warm weather, and lasts all summer, increases and decreases every day with the sun.

Troubles of head in type-setters, and in men who work under gas-light steadily,

Can't bear any heat about head; can't walk in sun, must walk in shade or carry an umbrella; can't bear heat from stove. Headache on damp, rainy days, after taking cold, must sitting and mental exertion.

Most violent throbbing, tearing pains, before during after or instead of menstruation sensation like rush of blood in nape, neck and head. A lady could not be upon back or either side; because "the pillow would beat" she could not remember which side of street her house was on.

Headache worse: From shaking or jarring head; stooping. Bending it backward; after lying down, when ascending steps; in damp weather; in sun; while working under gas-light; after overheating, from of hat; cold water (even causing spasms' reading; writing wine, from motion and least noise after sleeping.

- (11) Ignatia: A woman has undergone controversy at home. She has been disturbed, is excited, and goes into headache. Ignatia will be her remedy. When she has great distress; unrequire affections. A sensitive, nervous young girl fined out that the she has misplaced her affections; the young man has disappointed her; she has a weeping spell, headache.

A woman loses her child, or her husband a Sensitive, delicate woman, and she suffers from this grief. She has headaches, trembles, is excited, weeps, and is sleepless; unable to control herself. In spite of her best endeavors, het grief has simply torn her to pieces. She is unable to control her emotions and her excitement.

Periodic headache, weekly, fortnightly or monthly, gradually increasing with sudden abatement; unilateral headache, which affects chiefly the eyes, eyebrow or side of the head, with general chilliness, crisis with secretion of copious limpid urine; momentary disappearance of pain by changing position.

(12)Kali carbonicum: Headache from riding in a carriage, on waking from sleeping strong tendency to take a cold in head, esp. When exposed to a draught after being heated. It causes headache. Headache during menses, Headache with backache, and weakness, darkness before eyes and with unconsciousness. Headache with vomiting of bile <Slightest contact, by slightest movement, from stopping moving the head >raising the head and from the heat.

(13)Lithium carbonicum: Headache after sudden cessation of menses. Tension with bound in temple with half vision. Tearing, sticking headache on right side, < on assuming erect position and on motion,> during repose. Headache ceases while eating, but returns and remains until food is again taken. Throbbing headache.

Headache < when lying down, it pains everywhere > when sitting > by going out.

(14)Lac caninum: Headache above the eyes from riding in the cold wind, ameliorated in a warm room. Dull pin right temple and eye during menses.

(15)Lachesis(mutus): Headache every morning on awakening lachesis patient have symptoms after sleep. Headache from every change of weather, after taking warm bath or after dinner. Headache especially at or after menopause. Rush of blood to head after alcohol, mental emotions, suppressed or irregular menses.

Most commonly left sided headache in occipital headache left side is most commonly affected. Headache extends to right side. Headache with rush of blood to head. Violent headache, with flickering before eyes. Headache in sun, glimmering sight. Bursting and congestive pains with feeling as if all the blood in the body must be in the head, because the extremities are so cold

and the head pulsates and hammers. Headache frightfully severe brain feels as if it would burst skull, especially at temples.

(16)Natrum muraticum: Headache from disappointment from bad effects of grief, from loss of vital fluid from excessive use of salt, from sun.

Headache of cache tic, anemic girls. Person who losses his flesh while eating well. Headache of school girls. Headache going off with sun, from sun rise to sun set. Headache before, during and after menses.

Headache, with profusion of tears, drowsiness and unreflecting sleep. Headache with constipation, from torpor and dryness of a portion of intestinal mucous tract. Mapped tongue. There great desire for salt and aversion to bread.

Hemi crania: with sour vomiting and eructation; sudden bloating of a rumbling in abdomen, nausea, loss of consciousness and twitching of limbs. Headache comes on at 10. A.M with dizziness and dull heavy pains, glimmering before eyes, fainting and sinking at epigastria, slight fever and thirst. Consolation aggravates her complain.

(17)Platina: It is especially suited to hysterical women such as have undergone fright, prolonged excitement or from disappointment. She becomes arrogant and haughty. Hysterical headache from uterine disturbances from vexation and from sexual excitement.

Headache comes gradually and goes gradually. Crampy constrictive headache.

Headache with aversion to food in account to low spirited. Migraine with many hysteric symptoms sparks before the eyes, and objects appear smaller than they really are. Headache with constipation.

One of the most striking characteristics of this drug is pride and over estimate of one's self. She imagines that she is of a high born family and that her friends and relatives are of lowly origin and looks down upon them.

Headache< light, touch, in evening, from stopping, from movement.

Headache > Open air.

(18)Pulsatilla: Headaches from suppression of menses, menstrual or gastric disorder. Headache from overloaded stomach from pastry, fats, ice cream. Headache from excessive study suppressed sexual excitement indigestion, abuse of coffee or spirits, or rich fat food from abuse of Quinine, Iron, sulphur, mercury, chamomile tea; from long watching or a cold.

It is suited to girls who are mild, gentle timed and having yielding disposition who weeps easily.

Throbbing stitching, beating in forehead. Attacks last several hours increase to an intolerable degree of severity so that the tosses and rolls about; after attack severe pain in stomach, and sour, bilious vomit then pinching, constricting, griping pains in abdomen.

Congestion of head with amenorrhea. Headache appears two to three days before menses. Headache is ameliorated when menses is set in and flow is normal.

Headache< from mental exertion, stopping at evening in room, lying, moving eyes, from external warmth and warmth of bed.

Headache > in cold open air, from pressure. Intolerance of warm application. Consolation ameliorates her complain.

(19)Sanguinaria Canadensis: Headache at climacteric. Sun headache. Headache returns at every seventh day.

Headache begins in occiput, spreads upwards and settles over right eyes. Right sided headache is most commonly found. Headache with intense photophobia. Cannot bear light goes in dark room. Pain sharp over at times throbbing; cannot bear sound or odors cannot bear any one walk across floor; the slightest jar annoys her.

Headache followed by flushed of heat. Headache with chilliness. Nausea vomiting of bilious matter. Headache with red face, injected eyes with throbbing of head.

Headache< exercise, light, noise, motion.

Headache> Sleep by lie perfectly quiet in a dark room.

(20)Sepia: Migraine after catching least cold. Attacks excited by over fatigues, anxiety and vexation or overwork in school going girls. For shopping exposure to rough dry wind.

Headache in hysteric women. Chronic paroxysmal headaches in women during climaxis with disorders of digestion and leucorrhoea. Women having yellow saddle around nose.

The headaches are nervous, bilious, periodic, violent, involving the whole head; congestive. Rushes of blood to head. Tearing boring pains and at times stitches must lie down and keep very quiet; closes eyes and presses head firmly to painful part. Headache with terrific shocks at menstrual nusus. Sensation as if head would burst.

Sudden obscuration of sight with each headache all day with great mental depression, pain following perspiration on right side of head and face, with a surging in forehead. Headache with great sadness and weeping. Indifferent even to one's family members to one's occupation to which she loves best.

Falling of hair after headache. Headache with excessive desire for coition. Headache at Menstrual nusus with scanty flow.

< Motion, moving eyes of head, mental labor, sleep, jarring, stopping in indoors and walking fast, morning& evening.

> lying down, keeping perfectly quiet in open air, external pressure& closing eyes after sleep.

(21)Spigelia: Migraine affecting supra orbital region during cold rainy weather. Periodical headache beginning at cerebellum (in morning) spreading over left side of head, causing violent and pulsating pain in left temple and over left eye, periodical dull stitches from within outward, on top of head.

With headache there is weak digestion and catarrh of stomach after eating fat food; after catamenial period attacks of pain in upper and lower jaw, tearing lightning like twitches, with palpitation and fluttering of heat; < from cold water, cold air, and chewing, face is pale, anxious with nausea and vomiting.

Conclusion: Different type of medicines i.e. Constitutional, Miasmatic, Acute is indicated in migraine. Individualization is very useful for treatment even in acute episode for giving medicines. Constitutional approach is useful for treating the cases of migraine. It decreases intensity and frequency of migraine. And patients feel physically and mentally well being. The scope of homoeopathy medicine in migraine cases is very effective.

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