



Effectiveness of Individualized Homoeopathic Medicines in Chronic Migraine – A Case Series Study

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ABSTRACT: - Chronic migraine is a neurological illness with several causes, including hereditary, hormonal, environmental, and psychological factors. Symptoms include persistent headaches, nausea, vomiting, and sensitivity to light and sound. Migraine affects an estimated 12% of the population. Global estimates are higher. Chronic migraine affects 1% to 2% of the global population. Approximately 2.5% of persons with episodic progress to migraine. Homeopathy, a method of individualized treatment, takes a holistic approach to chronic diseases such as migraine by treating the patient's underlying causes and constitution. Individualized homeopathic medicines were given based on a thorough case history, including mental, emotional, and physical qualities. It provides a customized and patient-centered approach based on the "similia similibus curantur" principle.

KEYWORDS: - Chronic migraine, individualized medicine, homeopathy, simillimum, Case Series.

CASE SERIES

CASE 1:-

On 15/2/2024, a 58-year-old housewife presented with a complaint of a left-sided headache that began 7 years ago and has worsened during the previous 4-5 days, with pulsating and hammering pain. She experienced a moderate headache after her menstrual cycle stopped before the seven years. She had used a couple of medications on and off to alleviate her symptoms, but they only provided temporary relief. Menopause caused an increase in headaches. Patient complaints have escalated in recent days, and the agony is severe.

PRESENTING COMPLAIN:-

Location	Sensation	Modalities	Concomitant
Head K/C/O migraine since 7 years in temporal & Partial region, it starts with Left sided and gradually lead to right side since few days.	Pulsating pain, Hammering pain, Giddiness, vertigo	< Hot weather, Menses, Anger, Tension & Traveling > Sleep < Headache	

PERSONAL HISTORY:

Appetite: Good. Cannot wait for food

Desire: Milk

Aversion: Nothing specific

Thirst: 3-4 glass/day

Stool: Constipated sometimes

Urine: 2-3 times /day

Sleep: Disturbed

Perspiration: Only On exertion

Addiction: Nothing specific

Allergy: N.A

Milestones: N.A

Vaccination: All taken

THERMAL REACTION: - Hot

COVERING: Only in winter

SEASON: Likes winter

OPEN AIR: Likes

GYNECOLOGICAL HISTORY:

FMP: At the age of 14th

LMP: Date Not Remember, menopause at age of 48 years

MENSTRUAL HISTORY: When she had menstruation before 7 years it was regular.

Duration – Regular

Character – Fresh red bleeding

Modality- < Evening, on rest, during sleep.

Concomitant – Pain in left side of lower abdomen and headache

LEUCORRHOEA: N.A

OBSTETRIC HISTORY: FTND -1,

PAST HISTORY: NO PAST HISTORY

FAMILY HISTORY:

Father – Alive – DM Type -2, Syphilis Miasm

Mother – Alive - MI- Syphilis Miasm

Brother – Alive – Osteoarthritis - Syphilis Miasm

P.Ga.Father – Dead – Natural

P.Ga.Mother – Dead – Natural

Husband – Alive - Healthy



SYSTEMIC EXAMINATION: N.A.D

PHYSICAL EXAMINATIONS:

Congenital Defect: N.A.D

Pulse: 74/Min

Temperature: 98.6 F

Respiration: 16/Min

Height: 5.3 feet

Weight: 64 kg

Teeth: White

Tongue: White coated

Nail: Pink

Hair: Black

Edema: N.A.D

Eye: N.A.D

LIFE SPACE / MENTALS: The patient belongs to a middle-class family; her father was a government employee. She was good in studies; she has one younger sister and one brother. There was a good relationship with them. She got married when she was 23 years old. Her husband was a good-natured man. By nature she is a very irritable person; she gets irritable at trivial matters. She is very thoughtful; she is always occupied by thought. She has a desire for company when alone and anxious. She says that many complaints are due to his menopause. She got menopause at the age of 48 years, and she got hot flushes at the time of menopause. She cannot tolerate tight clothing on his body. She is a very talkative woman who always wants to talk. She has anxiety about her children; she gets anxious about little matters.

DIAGNOSIS OF DISEASE: Migraine

MIASM: Dominant: Syphilis, Fundamental: Syphilis

TOTALITY OF SYMPTOM

1. Talkative person
2. Get irritated easily.
3. Desire for milk
4. Headache and abdominal pain during menses
5. Cannot wait for food.
6. Disturbed sleep
7. Constipation sometimes
8. Headache feels better after sleep.
9. Headache with vertigo.
10. Headache with pulsating and hammering pain in the left side mostly but sometimes right sided
11. Headache aggravates after menses

SELECTION OF POTENCY WITH REASON: Potency is selected high because of patients susceptibility is high. Repetition of dose is one.

PRESCRIPTION:

LACHESIS 200 ONE DOSE STAT

FOLLOW UP:

Date	Changes	Prescription
2/3/2024	Headache decreased	Lachesis 200 one dose stat
17/3/2024	No complain	Sac lac 30 BD for 7 days

ASSESSMENT BY VAS SCALE

Before Treatment - 8

After treatment - 2

COMMENT:

Significant improvement

CASE 2

On 7/3/2024, 28/f, housewife, well before 2 years. Gradually complain started increasing. Having a right side headache with vertigo especially after 10 am to 8 pm. Headache worse after she went into the afternoon sun exposure. In summer and cold weather her complaints worsen. Patient had associated complain of abdominal pain followed by vomiting before headache and it is better by sleep.

CHIEF COMPLAINTS:

Location	Sensation	Modalities	Concomitant
Head K/C/O migraine since 2 years (Right side Headache) increased since 10 days.	Drawing cutting pain	< 10 am to 8pm, sun exposure, summer, hungry, cold weather, > striking with hand, sleep.	Loss of appetite
<u>ASSOCIATED COMPLAINTS:</u> Abdomen pain	Vomiting	Before headache, better by sleep	

PERSONAL HISTORY:

Appetite: Satisfied, taking regular meals

Desire: Salt

Aversion: Nothing specific

Thirst: 10-12 glass/day

Stool: Regular in morning, once per day

Urine: 3-4 times /day

Sleep: Disturbed

Perspiration: Moderate, On Face

Addiction: Nothing specific

Allergy: N.A

Milestones: N.A

Vaccination: All taken

THERMAL REACTION: Hot patient

COVERING: only in winters (seasonal)

SUN: worsen condition

SEASON: Summer-aggravates the complaints

FAN: want in all season

OPEN AIR: likes

BATH: mostly with cold water

GYNECOLOGICAL HISTORY:

FMP: At the age of 14th

LMP: 5/2/2024

MENSTRUAL HISTORY:

Time – Late

Character – Profuse

Modality – Worse in Morning

Concomitant – Abdominal Pain

LEUCORRHOEA: Before Menses

Time – before 5 days of menses

Character – Whitish Acrid leucorrhoea

Modality – before menses

Concomitant – Low Backache

OBSTETRIC HISTORY: - F.T.N.D-1

PAST HISTORY: NAD

HISTORY OF PREVIOUS TREATMENT: NAD

FAMILY HISTORY:

Father – Alive – HTN, Syphilis Miasm

Mother – Alive – Healthy

P.Ga.Father – Dead – Natural

P.Ga.Mother – Dead – Natural

Husband – Alive - Healthy

PHYSICAL EXAMINATIONS:

Congenital Defect: N.A.D

Pulse: 72/Min

Temperature: 98.7 F

Respiration: 14/Min

Height: 5feet

Weight: 56 kg



Teeth: White

Tongue: White coated

Nail: Pink

Hair: Black

Edema: N.A.D

Eye: N.A.

SYSTEMIC EXAMINATION: N.A.D

LIFE SPACE / MENTALS:

Patient belongs to a middle class family. She was good at studying and a brilliant student, she is an ambitious girl. She is very attached to her grandfather but after his death she was very sad for a long time. Still she misses her grandfather. She gets angry easily on trivial things. Whenever she gets angry she cries while explaining the reason. Want to be alone. She is a very sensitive type of person.

DIAGNOSIS OF DISEASE: Migraine

DIAGNOSIS OF MIASM:

Dominant: Sycosis

Fundamental: Sycosis

TOTALITY OF SYMPTOM

1. Weeping while explaining the reason for anger.
2. Sensitive person.
3. Easily get anger on trifles things
4. Acrid, Whites Leucorrhoea before menses
5. Late menses with abdominal pain
6. Vomiting before headache
7. Desire for salt
8. Right sided headache with drawing cutting pain.
9. Headache aggravates from 10 am to 8 pm.
10. Headache aggravates in sun exposure and summer.
11. Headache relieved from striking hands
12. Headache relieved after sleep

SELECTION OF POTENCY WITH REASON:

1. Sensitivity is high – mind
2. Susceptibility (Tissue changes seat and nature of disease) low

PRESCRIPTION:

NAT MUR 200 one dose stat

FOLLOW UP:

Date	Changes	Prescription
22/3/2024	Mild Headache decreased	Nat mur 200 one dose stat
10/4/2024	Patient feels better	Sac lac

ASSESSMENT BY VAS SCALE

Before Treatment - 6

After treatment - 1

COMMENT:

Significant improvement

CASE 3

On 21/5/2024, 47/m, Farmer Patient was well before 5 years suddenly started headache on and off since 5 years and whenever headache comes there is blindness and as headache started vision become normal as before which is aggravates by light and noise and relived by motion. CHIEF COMPLAINTS:

Location	Sensation	Modalities	Concomitant
Head K/C/O Migraine since 5 years. Headache since 5 days.	Pulsating pain and feel sensation of heat, Blindness before headache comes as headache appear vision become normal	<light, noise, > Motion	
<u>ASSOCIATED COMPLAINTS:</u> Abdomen	Vomiting	<before headache	

PERSONAL HISTORY:

Appetite: Good, two times per day

Desire: Nothing specific

Aversion: Nothing specific

Thirst: 6-8 glass/day

Stool: Once in morning

Urine: 2-3 times /day

Sleep: Sound

Perspiration: Moderate, Only during exertion

Addiction: Nothing specific

Allergy: N.A

Milestones: N.A

Vaccination: All taken

THERMAL REACTION: Ambithermal

COVERING: seasonal

SUN: --

SEASON: likes winter

FAN: seasonal

OPEN AIR: likes

BATH: seasonal

GYNECOLOGICAL HISTORY: N.A

MENSTRUAL HISTORY: N.A

LEUCORRHOEA: N.A

OBSTETRIC HISTORY: N.A

PAST HISTORY: No any major illness in the past

HISTORY OF PREVIOUS TREATMENT: NAD

FAMILY HISTORY:

Father – Alive – Healthy

Mother – Alive – Joint Pain

Wife – alive -Healthy

PHYSICAL EXAMINATIONS:

Congenital Defect: N.A.D

Pulse: 74/Min

Temperature: 98.7 F

Respiration: 14/Min

Height: 5'4''feet

Weight: 52 kg

Teeth: White

Tongue: Clean

Nail: Pink

Hair: Black

Edema: N.A.D

Eye: N.A.

SYSTEMIC EXAMINATION: N.A.D

LABORATORY INVESTIGATION:

Diagnosed with migraine by Physician

LIFE SPACE / MENTALS: Patient is very calm but his complaints irritate him. He is very anxious about his suffering. He is middle class man and works hard for his family. He is very cooperative during case taking. He feels heat while having headache. He is really careful person. He likes to help others in office. He does meditation on regular basis.

DIAGNOSIS OF DISEASE: Migraine



DIAGNOSIS OF MIASM:

Dominant: Psoric

Fundamental: Psoric

TOTALITY OF SYMPTOM

1. Anxious person
2. Helpful nature
3. Blindness before headache comes as pain appear vision becomes normal
4. Headache with sensation of heat
5. Pulsating type of pain in forehead

SELECTION OF POTENCY WITH REASON:

1. Sensitivity is high – mind
2. Susceptibility (Tissue changes seat and nature of disease) low

PRESCRIPTION:

Gelsemium 200 once dose weekly

Advised to do meditation daily for 1 hour and take nutritive food.

FOLLOW UP:

Date	Changes	Prescription
6/6/2024	Headache with blindness	Gels 200 one dose stat
22/6/2024	Patient feels better	Sac Lac

ASSESSMENT BY VAS SCALE

Before Treatment - 8

After treatment- 4

COMMENT:

Moderate Improvement

CASE -4

On 15/5/2024 28/f, Housewife, well before 5 months she has suddenly started headache with blurred vision since 5 months on and off. Taking painkillers on and off but give temporary relief in complaints.

CHIEF COMPLAINTS:

Location	Sensation	Modalities	Concomitant
Head K/C/O Migraine since 5 years (Forehead Pain increased Since 7 days)	Hammering type of pain	< light, noise, >sleep	
<u>ASSOCIATED COMPLAINTS:</u> Eye	Blur vision	Before headache	

PERSONAL HISTORY:

Appetite: Good, two times per day

Desire: Nothing specific

Aversion: Nothing specific

Thirst: 7-8 glass/day

Stool: Once in morning

Urine: 2-3 times /day

Sleep: Sound

Perspiration: Slight on face

Addiction: Nothing specific

Allergy: N.A

Milestones: N.A

Vaccination: All taken

THERMAL REACTION: Chilly

COVERING: every day even with slight

SUN: likes

SEASON: likes summer

FAN: seasonal

OPEN AIR: --

BATH: warm water

GYNECOLOGICAL HISTORY:

FMP: At the age of 13th

LMP: 10/04/2024

MENSTRUAL HISTORY:

Time – Regular

Duration – 5 days per month

Character – Bright Red



LEUCORRHOEA: NAD

OBSTETRIC HISTORY: NAD

PAST HISTORY:

Recurrent Tonsillitis in childhood – Tubercular Miasm

HISTORY OF PREVIOUS TREATMENT: NAD

FAMILY HISTORY:

Father – Alive

Mother – Alive - Similar complaints with bilateral OA – Syphilis Miasm

Husband – Alive - Healthy

PHYSICAL EXAMINATIONS:

Congenital Defect: N.A.D

Pulse: 78/Min

Temperature: 97.9 F

Respiration: 14/Min

Height: 5'2'' feet

Weight: 54 kg

Teeth: White

Tongue: Pinkish

Nail: Pink

Hair: Black and long

Edema: N.A.D

Eye: N.A.

SYSTEMIC EXAMINATION: N.A.D

LABORATORY INVESTIGATION:

Pre-Diagnosed Case

DIAGNOSIS OF DISEASE: Migraine

DIAGNOSIS OF MIASM:

Dominant: Sycosis

Fundamental: Syphilis

TOTALITY OF SYMPTOM

Hammering type of pain in forehead

Headache aggravates from light

Headache worse from noise

Headache ameliorate from sleep

Blurred vision before headache



SELECTION OF POTENCY WITH REASON:

1. Sensitivity is high – mind
2. Susceptibility (Tissue changes seat and nature of disease) low

PRESCRIPTION:

Belladonna 200 one dose weekly

FOLLOW UP:

Date	Changes	Prescription
30/5/2024	Headache with blindness	Belladonna 200 stat one dose stat
16/6/2024	Patient Improved	Sac Lac

ASSESSMENT BY VAS SCALE

Before Treatment - 8

After treatment-1

COMMENT:

Significant improvement

CASE -5

On 2/2/2024, 44/f, housewife, married had k/c/o migraine since 3 years, with bursting pain and pulsating type of pain which is extended to forehead, complain < after menses, and on exertion. All her complain aggravate since few days.

CHIEF COMPLAINTS:

Location	Sensation	Modalities	Concomitant
Head K/C/O Migraine since 3 years (Occiput to forehead pain increased since 9 days)	Bursting pain, Pulsating type of pain, pain extending from occiput to forehead	<menses after, exertion, on exposure to sun., >Dark room	

PERSONAL HISTORY:

Appetite: Decreased

Desire: Sweet

Aversion: Nothing specific

Thirst: 8-10 glass/day

Stool: Once in morning

Urine: 4-5 times /day

Sleep: Disturbed

Perspiration: Nothing specific

Addiction: Nothing specific

Allergy: N.A

Milestones: N.A

Vaccination: All taken

THERMAL REACTION: Ambithermal

COVERING: Seasonal

SUN: --

SEASON: not specific

FAN: Seasonal

OPEN AIR: likes

BATH: Seasonal

GYNECOLOGICAL HISTORY:

FMP: At the age of 14th

LMP: 14/12/2023

MENSTRUAL HISTORY:

Time – late

Duration –

Character – Dark red with some time clotted

LEUCORRHOEA:

Time – After

Duration – After menses

Character – Watery Acrid

OBSTETRIC HISTORY: FTND -2

PAST HISTORY: NAD

HISTORY OF PREVIOUS TREATMENT: NAD

FAMILY HISTORY:

Father – Due to CRF – Sycosis

Mother – Right Knee OA – Syphilis

Brother – Hypertension– Syphilis

Sister - OA– Syphilis

Husband – Healthy

PHYSICAL EXAMINATIONS:

Congenital Defect: N.A.D

Pulse: 78/Min

Temperature: 98 F

Respiration: 16/Min

Height: 5feet



Weight: 51 kg

Teeth: Pale

Tongue: Clear

Nail: Pink

Hair: Greyish Black

Edema: N.A.D

Eye: N.A.

SYSTEMIC EXAMINATION: N.A.D

LABORATORY INVESTIGATION:

Pre - diagnosed

DIAGNOSIS OF DISEASE: Migraine

DIAGNOSIS OF MIASM:

Dominant: Sycosis

Fundamental: Syphilis

TOTALITY OF SYMPTOM

Headache from Occiput to forehead

Bursting pain

Pulsating type of pain

Pain extending from occiput to forehead

Complain < after menses, exertion, on exposure to Sun.>Dark room

Desire: Sweet

SELECTION OF POTENCY WITH REASON:

1. Sensitivity is high – mind
2. Susceptibility (Tissue changes seat and nature of disease) low

PRESCRIPTION:

Nat Mur 200 one dose stat

FOLLOW UP:

Date	Changes	Prescription
17/2/2024	Headache Reduced	Nat Mur 200 one dose stat
2/3/2024	Patient Feels better	Sac Lac

ASSESSMENT BY VAS SCALE

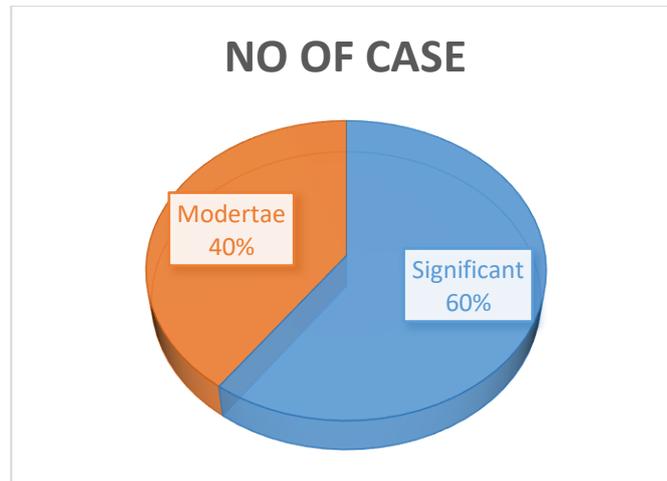
Before Treatment - 7

After treatment - 3

COMMENT:

Moderate improvement

STATISTICAL ANALYSIS



Paired T test

Sr no.	Before treatment	After treatment	Difference
1.	8	2	6
2.	6	1	5
3.	8	4	4
4.	8	1	7
5.	7	3	4

t-Test: Paired Two Sample for Means

	Before treatment	After treatment
Mean	7.4	2.2
Variance	0.8	1.7
Observations	5	5
Pearson Correlation	0.342997	
Hypothesized Mean Difference	0	
df	4	
t Stat	8.917926	
P(T<=t) one-tail	0.000437	
t Critical one-tail	2.131847	
P(T<=t) two-tail	0.000874	
t Critical two-tail	2.776445	

CONCLUSION: - This case series of Migraine treated with individualized homeopathic medicine will help to recover the patient and improve their quality of life. This cases shows that homeopathy helps to improve symptoms of migraine, reduce the episodes of migraine attack and improve the general health of the patient. The mean difference of 5.2 indicates that, on average, scores dropped by 5.2 after treatment. The t-value (8.918) is much larger than the critical ± 2.776 , and the p-value (< 0.001) is well below 0.05 \rightarrow we reject H_0 . A paired-samples t-test revealed that scores were significantly lower after treatment (Before: $M = 7.4$; After: $M = 2.2$), $t(4) = 8.918$, $p = 0.000874$ (two-tailed). This indicates a meaningful treatment effect. Treatment caused a *statistically significant* reduction in scores.

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