

# Migraine: A friend for life?

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# Introduction

## Session outline

- Problem definition
- Disease diagnosis & differentials
- Homeopathic approach
- Results
- Discussion

# Introduction

## Incidence and Prevalence

Study, updated in 2013: migraine on its own was found to be the sixth highest cause worldwide of years lost due to disability (YLD). Headache disorders collectively were third highest.

4.9 million people in Australia suffer from migraine.

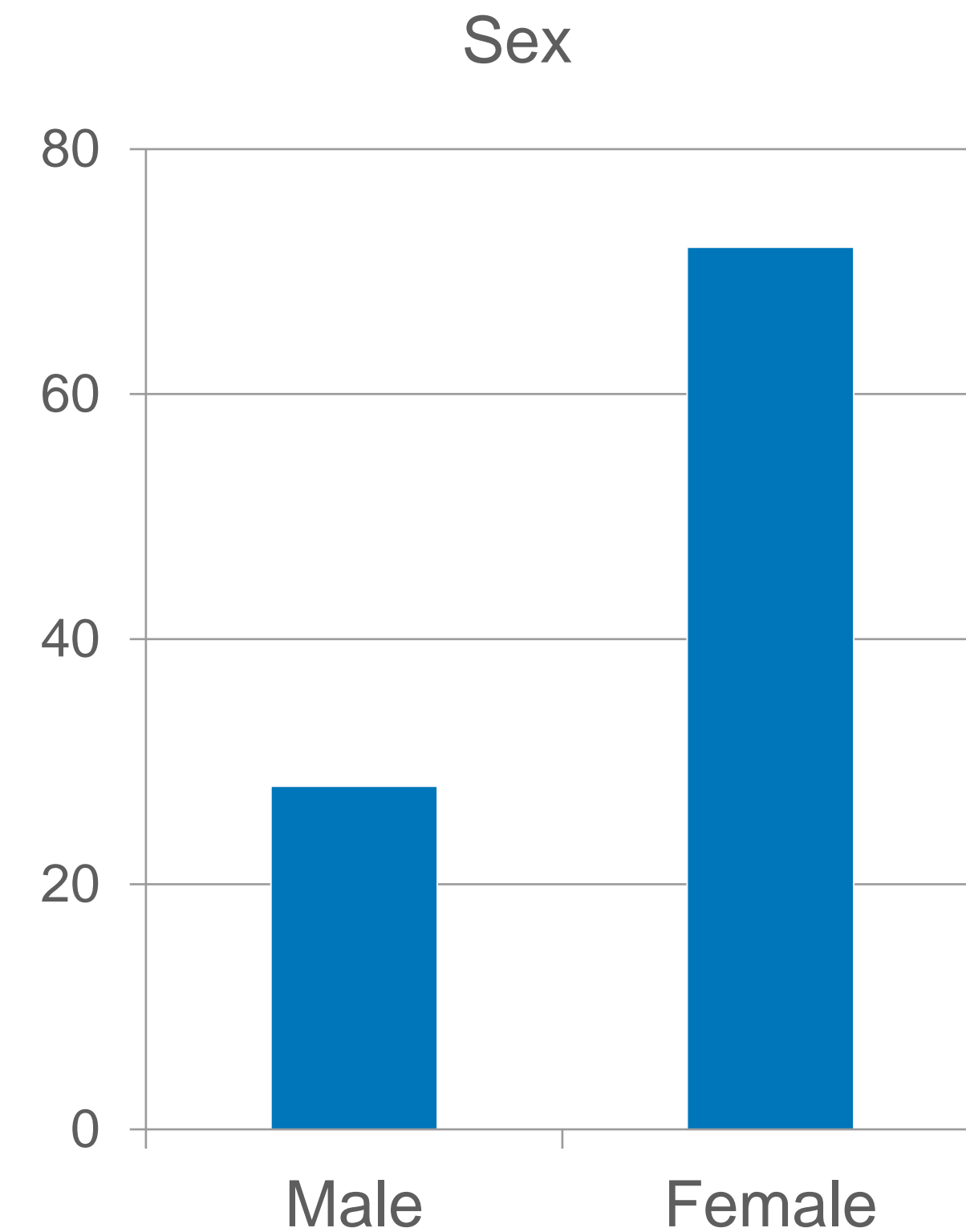
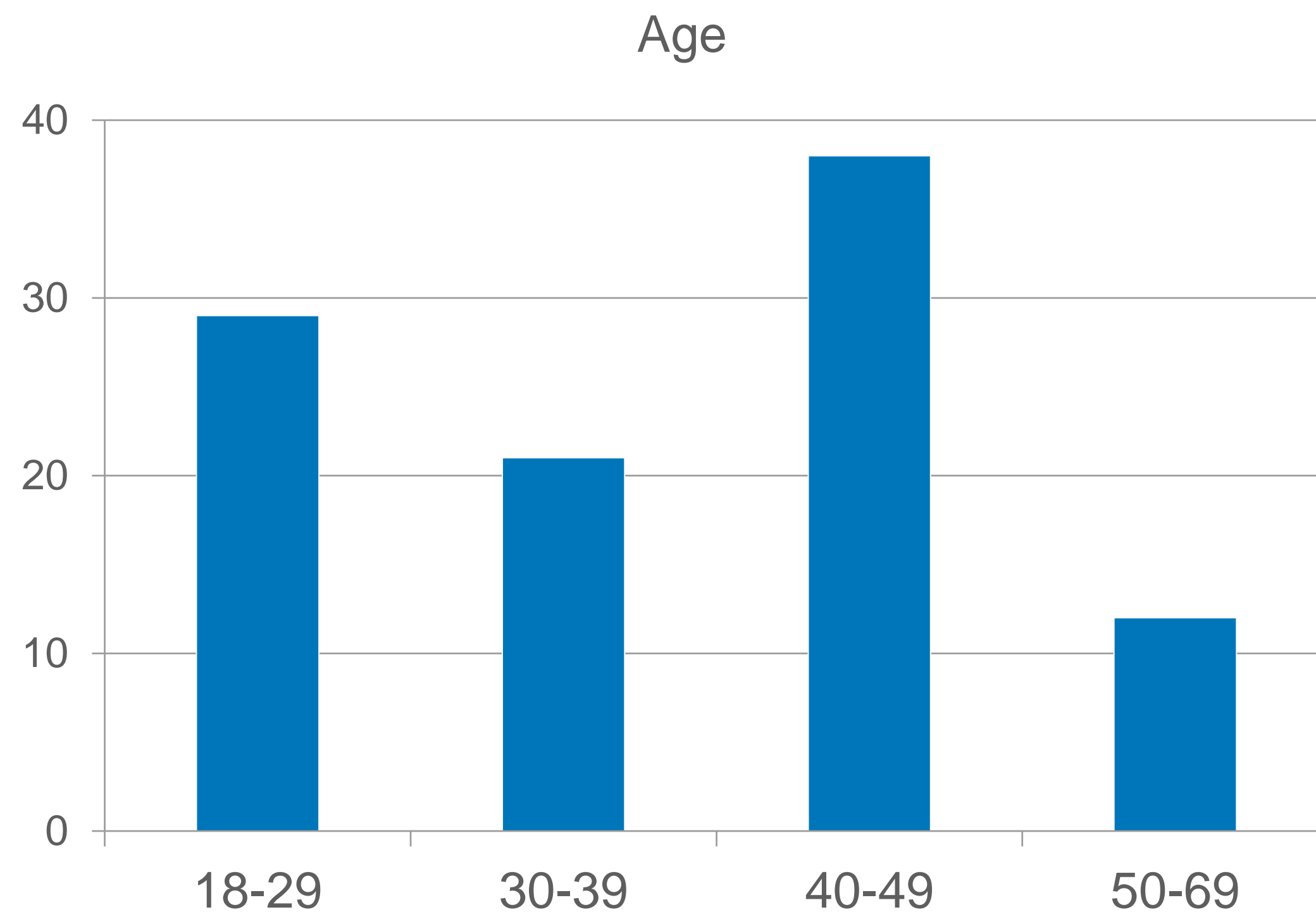
The total economic cost of migraine in Australia is \$35.7 billion.

About 20% of the population suffers from migraine at some stage in their lives.

# Introduction

## Incidence and Prevalence

The community-based prevalence of migraine in India is similar to that observed in other countries except Africa. The burden was maximum among women.



# Differentials

- Focal epilepsy
- Hypertension
- Hypoxia - Obstructive sleep apnea
- Neuralgia
- Substance-induced
- Infection
- Hematoma
- Neoplasm

# Differentials- CHDs

- Chronic daily headaches (CDHs) refers to primary headaches that happen on at least 15 days per month, for 4 or more hours per day

<b>Clinical features</b>	<b>Migraine</b>	<b>Cluster Headache</b>	<b>Tension Headache</b>
<b>Location</b>	Unilateral	Starts behind/around one eye	Bilateral in band around head
<b>Onset</b>	Variable	During sleep	Under stress
<b>Character/Severity</b>	Pulsatile/throbbing	Excrutiating/sharp	Dull/persistent/constricti on
<b>Frequency/Duration</b>	2-72 H/attack	15-90 Min/attack	30 min to 7 days
<b>Associated symptoms</b>	Visual aura Phonophobia Photophobia Pallor Nausea and vomiting	Nasal congestion Face flushing Sweating Ptosis Lachrymation	Mild phonophobia Mild photophobia Anorexia

# Case Series

## Objective and Protocol

This case series entails twenty five patients suffering from migraine treated with homoeopathy which were followed up for 2 years to know the efficacy of homeopathic constitutional remedies.

Treatment protocols:

1. Constitutional homeopathic treatment backed by Hahnemannian guidelines.
2. Counselling if needed
3. Painkillers were stopped. In patients who couldn't manage without the painkiller, it was tapered off within 6 months of treatment

# Case Series

## Inclusion

Patient of both sexes of more than 18 years of age fulfilling the ICHD 3 criteria were included in the study.



# Case Series

## Exclusion

- Patients with co-morbidities, pregnant and lactating women
- Secondary causes of headache were excluded with clinical correlation

# Case Series

## Common Triggers

- Emotional stress in 40%
- Fasting in 17.3%
- Sleep deprivation in 14.3%
- Menstruation in 11.8%
- Weather changes in 10.1% patients
- Physical exhaustion or traveling in 6.5%

Multiple triggers (>2) were present in 34.4% patients.

# Case Series

## Scales of assessment

1. Migraine Disability Assessment Questionnaire (MIDAS)
2. Migraine-Specific Quality of Life Survey (MSQ 2.1)

# Methods - Homeopathic approach

## Acutes - how to evaluate them?

If the patient presents to you in an acute situation :

- The art of the physician lies in taking care only of the **symptoms of the moment**, of the acute symptoms that he has before him, not to take into consideration that the patient has had tuberculosis, or cancer - these are beside the acute things.
- If the acute illness only came once in patient's life, it is quite alright, but if it is a recurrent disease - throat pain or headache or anything like that - **the time to give that remedy is always right after the acute crisis**.
- That is the time when the body had tried to throw the toxic stuff away and is the best time to let the remedy act properly.

# Methods - Homeopathic approach

## Acute exacerbation

- Between the chronic and acute, there is a bridge and in the middle of the bridge is what we call the exacerbation of the chronic disease which sometimes flares up.
- In some cases, the **chronic remedy may help you overcome the acute phases** - if the symptoms match.
- If not, you can give your remedy which **first is the acute one, then comes or follows the chronic one.**
- An interesting thing is that all remedies have acute and chronic phases and we must try to find what are the indications of the acute phase.

# Methods - Homeopathic approach

## Unprejudiced observer

- Every case by itself is a new case - you must forget everything before
- Hahnemann was saying something interesting too, that many people did not note something by which we recognise a disease - by the symptoms of three kinds. He says, recognise three kinds of symptoms: "**Symptoms, signs and accidents.**"

# Methods - Homeopathic approach

## Knowledge of disease

### Pathognomic/disease symptoms

1. Head pain accompanied by nausea
2. Head pain worse by noise and light

### Uncommon symptoms

1. Head pain worse in evening
2. Head pain better by diarrhoea

# Methods - Homeopathic approach

## Knowledge of disease

To understand this you must know your Medicine well because you must know what is the disease usually like - whether it is enteritis or cholera or anything else. You must know what are the symptoms of disease but, if you **find something that has nothing to do with this disease**, so that it predicates the patient, please value it. And you will make your best cures when you can find such symptoms.



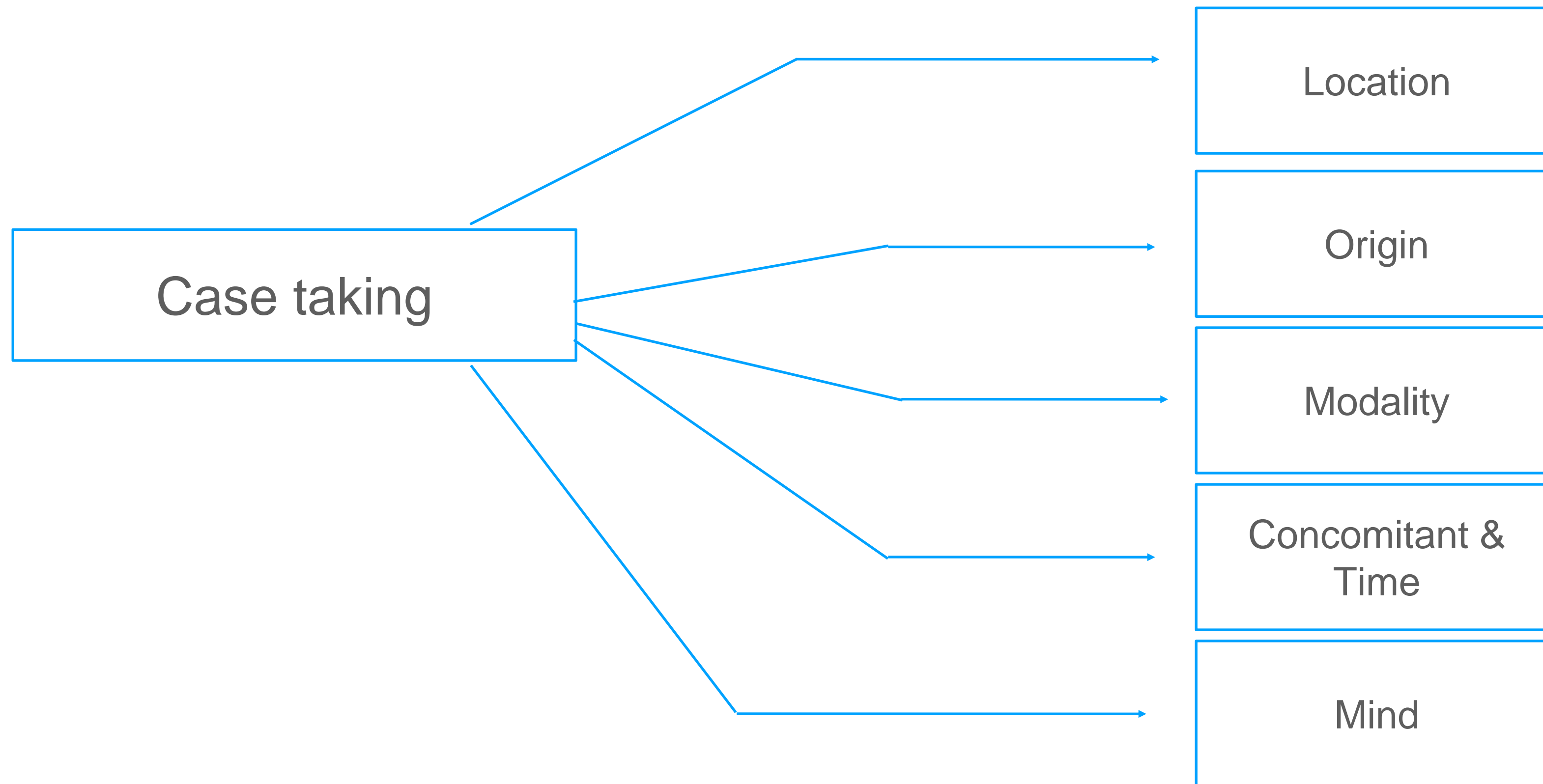
# Methods - Homeopathic approach

## Knowledge of remedy - Aph. 3

- Clearly perceives what is **curative in medicines**, that is to say, in each individual medicine (knowledge of medicinal powers)..
- ..as also in respect to the exact mode of preparation and quantity of it required (**proper dose**), and the **proper period for repeating the dose**

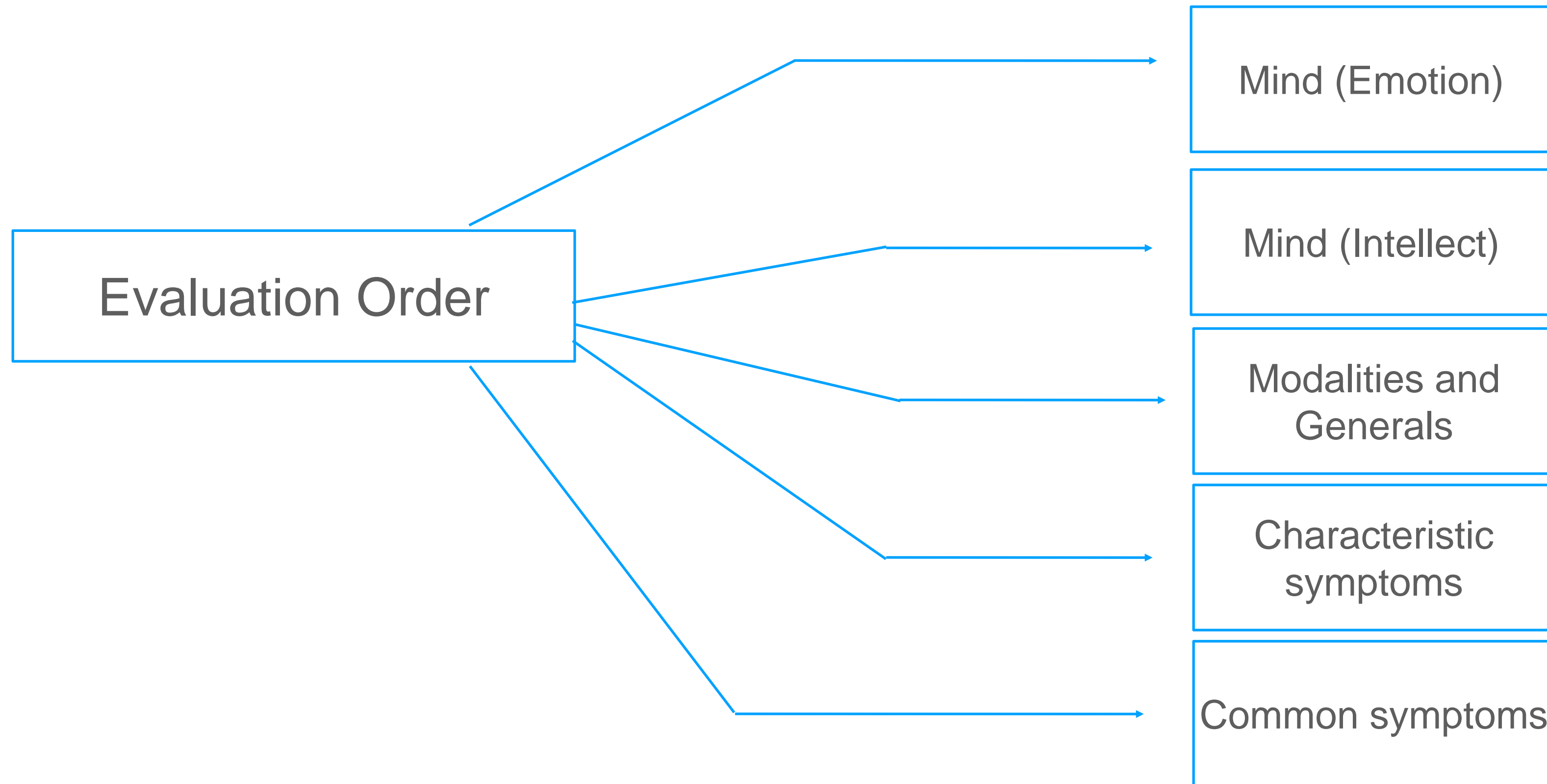
# Methods - Homeopathic approach

Boger



# Methods - Homeopathic approach

Kent



# Chronic cases

## Case 1

- 40 YO female, chronic headache since 10 years
- One sided - fronto-parietal region; worse light/noise/menses; better open air
- Concomitant - diarrhoea/indigestion/PR bleeding
- Desires sour but agg
- Sensitive

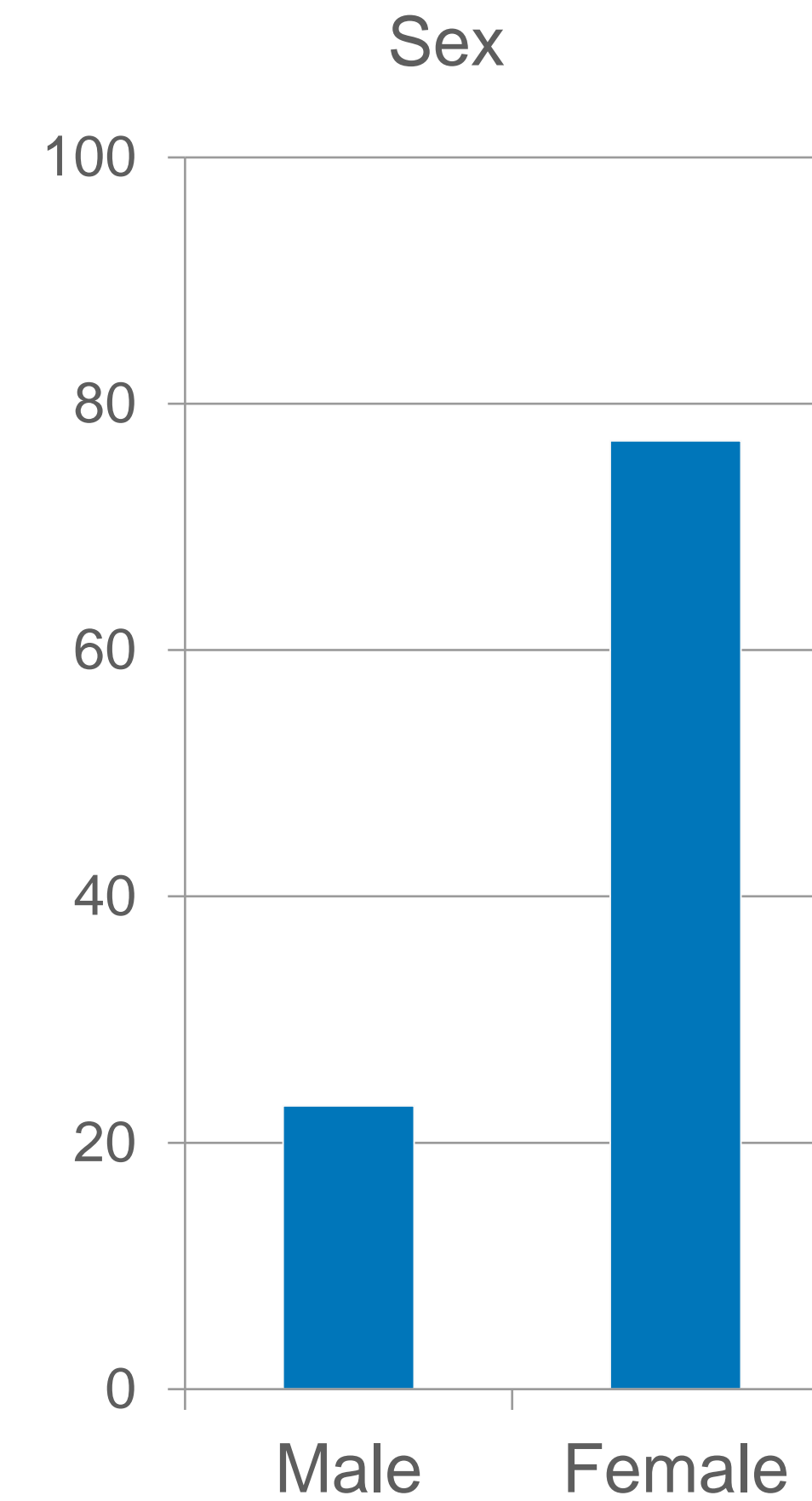
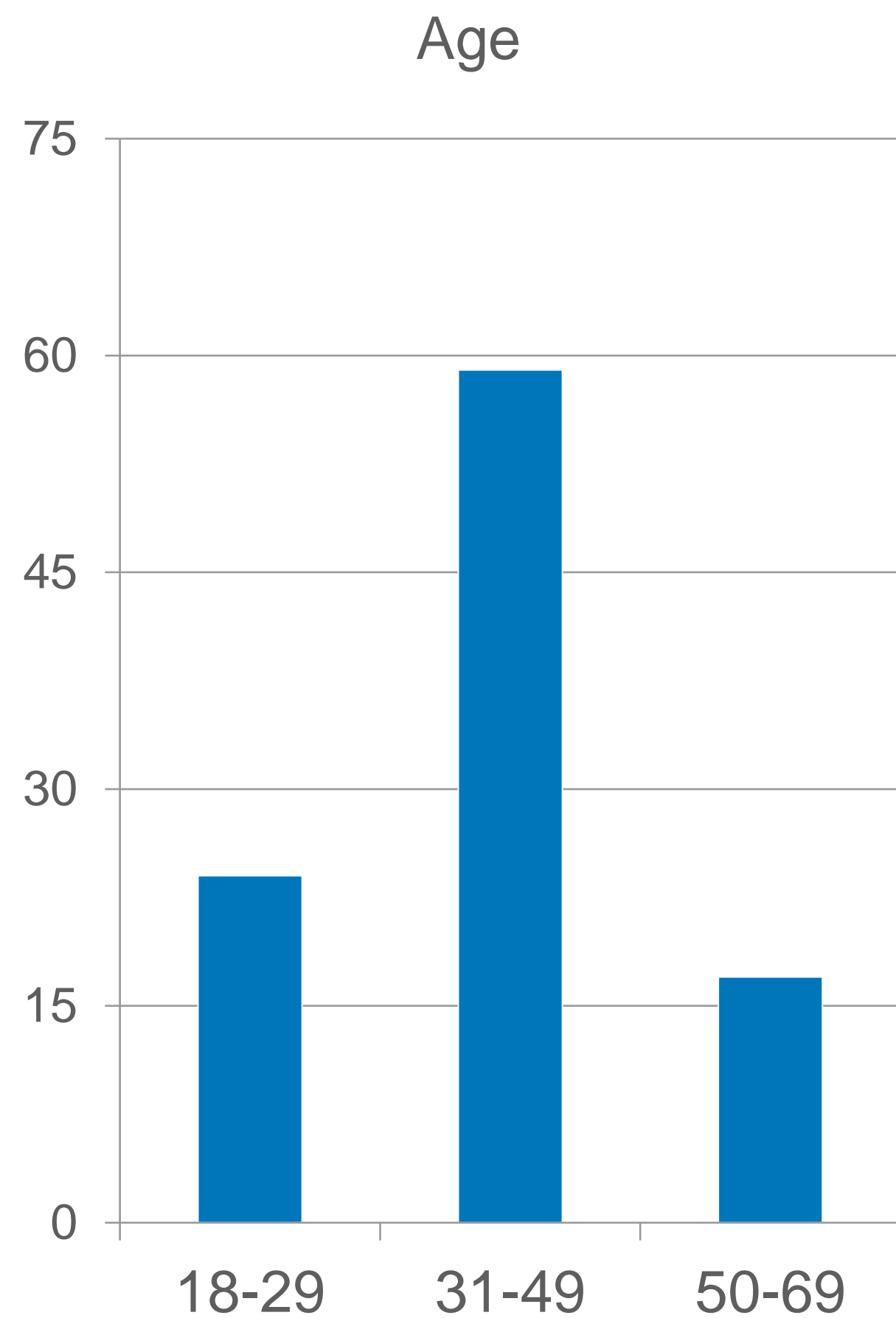
# Chronic cases

## Case 2

- 24YO female, complains of head pain since 8 years
- Left sided head pain; agg emotions, cold air, fasting
- Father wasn't supportive, think she wouldn't be able to achieve anything; would feel worthless, alone, no support
- Always wanted to prove herself
- Fear of dark, staying alone
- Chilly

# Results

- Out of 25 patients, the age group affected was consistent with research showing most affected in 20-40 age group and females more than men.

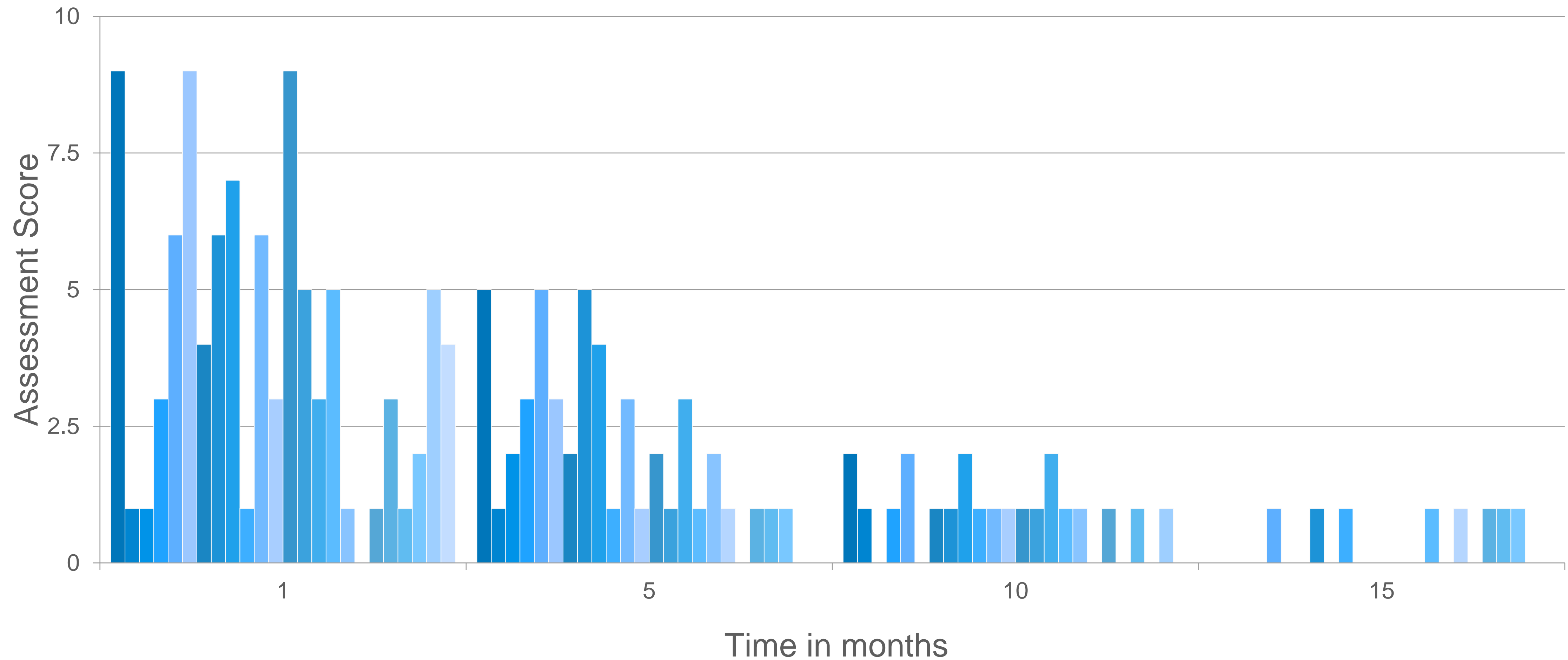




# Results

## Assessment scales - HRQoL

MIDAS

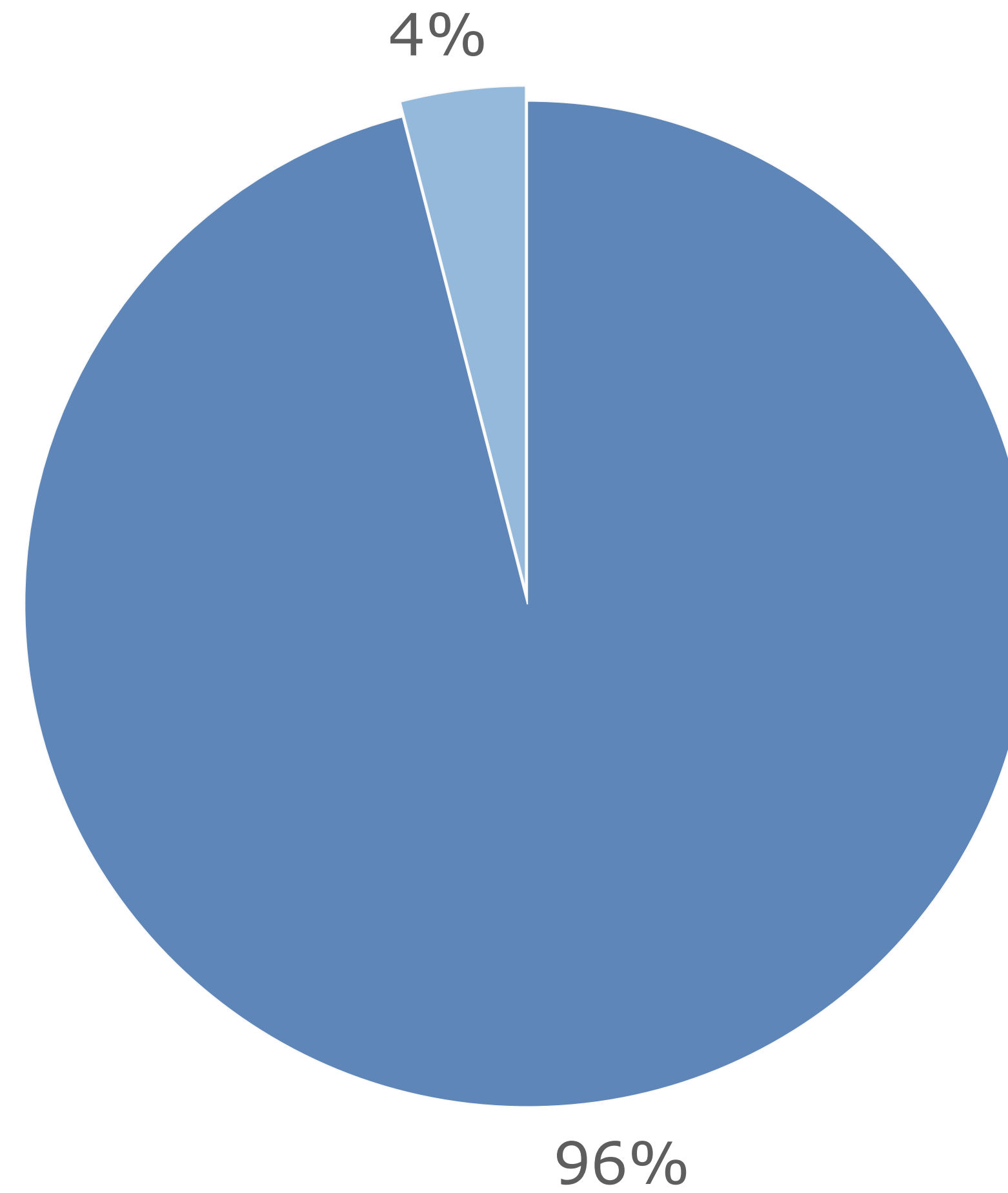




# Results

## 2 years after homeopathy

- Migraine-free
- No or minimal change



# Inference

- Homeopathy wonderfully helps in migraine, improving the quality of life, work efficacy and mental stability.
- It also helps to taper the usage of painkiller, thus preventing multiple side effects of the treatment

# Obstacles

- Environment
- Managing acute attacks
- Paucity of symptoms/Lack of awareness/Inability to derive emotional phase
- Intercurrent use

# Bach Flower

- Rescue
- Gorse
- Aspen
- Impatiens

# Alternative oils/herbs

- Cinnamon powder
- Frankincense essential oil/powder
- Epsom salt bath
- Cumin-coriander tea/Cumin water
- Eucalyptus steam

**“Cure sometimes, treat often and comfort always.”**

**- *Hippocrates***

**Thank you!**