



Migraine: The Headache & Homoeopathic Healing

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Abstract

Review Article

The article deals with the issue of a major headache for the medical science, the 'Migraine'. It hampers the quality of life in all age sections. Headaches are a part everyone's lives. These headaches are usually harmless and tea, coffee and home remedies usually suffice. Migraine is one such benign or harmless headache that hampers the quality of life. Medical science has not been successful to elicit the cause and thereafter no treatment plan has been deduced. As in the past, the cause of migraine was attributed to superstition. This was during the time of Hippocrates who lived during 460-370 BC. The father of medicine from Greece on which name the Hippocratic Oath is taken by the budding doctors across the globe, was the first to scientifically elucidate migraine clinically through his observations. That is why Hippocrates is known as the first analytical epidemiologist. The reader will get an idea of the problem of migraine at global & national level through the eyes of clinical health in the beginning sections before delving in to the Homoeopathic system of the AYUSH platform. Currently, the AYUSH platform has regained its value in the era of the current pandemic. The pandemic has further escalated the migraine issues further precipitated by the increased stress levels. In the absence of effective therapy in the modern medicine, the article peeps through what homoeopathy can offer to deal with migraine issues that fulfil the triad criteria of essential medicines as per the National List of Essential Medicines (NLEM). The criteria is that these medicines need to be effective clinically, safe clinically and should be without side effects. Thus Homoeopathy is the leading therapeutics system to deal with migraine that can cover masses while being cost effective.

Keywords: Migraine, Homoeopathic Materia Medica, Constitutional medicine, Nosode, Bach Flower Remedy, Bowel Nosode, Miasms.

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BACKGROUND

The current article looks into the aspects of migraine during the life period out of which managing migraine is one of the main challenges. The article looks into the brief history of public health programs on migraine issues in India & the emergence of migraine as an issue. As migraine is a cross cutting problem among many health conditions, there is no specific public health program on migraine. These health issues that cover both mental and physical aspects are triggering factors for migraine. The article moves on to the current situation on migraine in India & the role of Homoeopathy to deal with these disorders therapeutically as a component of Ministry of AYUSH. The article suggests the integration of medical pluralism in migraine through inclusion of Homoeopathy in the gamete of physical and mental health conditions that are related to migraine [13].

As each & every drug in Homoeopathy is only proved on human beings, all the drugs have a mental component as it is only human beings who can express their physical & mental symptoms during proving of the drugs as per the guidelines set by the Homoeopathic Research Councils (HRC) of each nation. In India, Central Council for Research in Homoeopathy, an autonomous body under the ministry of AYUSH lays out such guidelines. The article gains more relevance during the current COVID 19 pandemic which has precipitated the stress levels of population since March 2020 and most of the adults are more prone to migraine disorders during their life stage besides finding it difficult to manage migraine.

INTRODUCTION

Migraine is a disabling primary headache disorder typically characterized by recurrent moderate or severe unilateral pulsatile headaches. The reference case definition is migraine in the last year satisfying the international classification of headache disorders-3. Migraine is associated with a zone specific throbbing or pounding headache lasting from minutes to hours and even days. It may come with cyclic episodes. Mostly, it is associated with the left hemisphere of the head but can manifest in any other section too. The pain is excruciating and the patient becomes intolerant to light & sound. The patient is not able to function normally during the episode.

The other symptoms are enhanced irritability, restlessness & vomiting. Before an attack, many patients visualize streaks of light termed aura. Migraine is believed to be caused by the imbalance of neurotransmitters like serotonin. Almost anything can trigger an attack of migraine but trigger biases like temperature change, anxiety, menstrual period and exertion are critical. As there is no specific cure in modern medicine for migraine, it is here that the Homoeopathic approach will come handy for the

public, private and corporate bodies provided these bodies integrate the therapeutic system in the existing health system while accepting the principle of medical pluralism. The Ministry of AYUSH since November 2014 is using its network of public and private partners and here homoeopathy as a component is addressing the issue of migraine and the related issues particularly to Gastro Intestinal (GI) & nervous system [1,11,13,31].

Public health efforts on migraine in India

In India, there is no such specific public health program for migraine till date. A study done in 2003 informs that about 1/3rd of affected individuals have sought medical care for migraine at least once within the past year i.e. 2022. Most of the consultations take place in primary settings. Only 5% of overall population use the private sector for migraine cases. As it is not recognised as a neurobiological disorder in India, there is no reimbursement from insurance agencies and people use alternative therapies [6, 7].

About epidemiology of migraine

Migraine is a neurovascular disorder that affects over 1 billion people worldwide. Epidemiological studies of migraine focus only on prevalence. Only a few population studies have estimated incidence rates. Estimated incidence uses reported age of migraine onset. The study found that peak incidence rates at age 20-24 years in women and the rate was 18.2/1000 person years. In the 15-19 year age group in men, the rate was 6.2/1000 person years. Median age of onset was marginally lower in women i.e. 23.2 years than in men i.e. 25.5 years. In both the sexes, 75% reported onset of migraine before the age of 35 years. Migraine is a neurovascular disorder and a single migraine per year is sufficient to define an active headache disorder. More than 213 million people in India were found to be suffering from migraine in 2019 while 60% of these cases were reported by women. There is very high one year prevalence in south India and the mean global prevalence is 14.7%. Explanations to this prevalence probably lie in cultural, lifestyle and environmental factors. Primary headache disorders are common in India. 1 in 4 to 1 in 8 persons in India suffer from migraine. Out of this, 50% require active intervention. Globally, there has been an increase in migraine caseloads over the last three decades.

According to the Global Burden of Disease (GBD) study in 2019, the estimated prevalence of migraine increased from 721.9 million in 1990 to 1.1 billion in 2019. Migraine was responsible for 42.1 million (95% UI 6.42-95.6) YLDs (Years Lived with a Disability) in 2019. Migraine headache makes up 88.2% (60.7-97.7) of the burden of headache disorders. The disability burden of headache disorders, particularly migraine is the principal contributor among those of productive age. For migraine, 1 year period prevalence is frequently reported. 1 year prevalence is

estimated at 15% worldwide. Epidemiological studies have also shown that co-morbidities like insomnia, depression, anxiety, hypertension, gastric ulcers, gastrointestinal bleeding, angina, epilepsy are common among migraine sufferers [2-5,8,29-31].

Genetics & Heredity of Migraine

Research also shows that migraine shows hereditary traits in nearly 42% of cases. Migraine is a complex disorder and is likely to have a combination of factors contributing to risk and cause. Unravelling these will lead to better diagnosis and treatment for the disorder. The study of monogenic migraines identified by the key proteins of the susceptibility to CSD (Cortical Spreading Depression) helped to better appreciate the links between migraine and vascular disorders. Genome Wide Association Studies (GWAS) have identified multiple susceptible genes revealing several complex networks of 'pro-migraine' molecular abnormalities. These are mainly neuronal and vascular. Genetics has also underscored the importance of genetic factors shared between migraine and its major co-morbidities including depression and high blood pressure [9,10].

Health Economics of Migraine

The economics of migraine comes under the domain of indirect costs of migraine in India which falls under the category of Low & Middle Income Countries (LMIC) where policy decisions to invest in headache services might be more sensitive to Cost Benefit Analyses (CBA). Nonetheless, as shown in estimates from many different countries, indirect costs are clearly very high, with Gross Domestic Product (GDP) losses up to 2% [4].

About the diagnosis of migraine

The diagnosis of migraine is based on analysing the symptoms & the associated pattern of occurrence. Tests like MRI and CT scan of the brain and blood workup are done to rule out any pathological cause [1,12].

Prognosis and Way Forward

The modern medicine treatment plan displayed significant side effects with less better effect. The way forward is to integrate alternative system and here homoeopathy comes in the forefront. Along with homoeopathy, regular physical exercise, yoga and the diet based on the principle of Ayurveda can significantly retard the progression of the disease. The three types of food are Satwik, Tamasik and Rajasik. Increasing Satwik, moderating Tamasik and reducing Rajasik is the key to deal with migraine. Integration of homoeopathy in the issue of migraine coupled with early diagnosis and early treatment is crucial for prevention of migraine & its related morbidities [1, 28].

Homoeopathic approach

As already mentioned above, all Homoeopathic medicine has physical and mental symptoms as the drugs are proved on human beings. Given below are Homoeopathic medicines that are primarily from four sources. These are H.C. Allen's Key notes, Robin Murphy's *Materia Medica*, Phatak's *Materia Medica & Boericke's Materia Medica*. These four text books are used to teach homoeopathic students who become qualified homoeopaths later. The treatment plans for the migraine disorders mentioned above are given below. The issues like headache related disorders & especially migraine can be resolved through the Universal Health Coverage (UHC) where the AYUSH systems like homoeopathy can play an active role. The network of private, public and corporate system can come handy here. The inclusion of the traditional systems like homoeopathy can play a vital role to achieve UHC in India as reinforced by a published article on the issue of UHC [14-24,27].

Homoeopathic treatment protocol

These are migraine cases which were on medications for long and subsequently these cases became resistant to treatment post the chronicity of headache. Each homoeopath should remember that exercise and diet are the main stay of the treatment. A prescription of exercise of 45 minutes of brisk walking per day and the Indian diet of Sattvic, Tamasik and Rajasik as mentioned in the prognosis coupled with care section are a must along with the homoeopathic medicines. The treatment plan is on the lines of the physiology, pathology and biochemistry of the migraine patients as mentioned above. The first approach is the miasmatic approach. In homoeopathic system of medicine, miasms are disease causing dynamic influences that are infectious in nature. Miasmatically, if the patient has aggravation of headache in morning & evening, anti Psorics are to be prescribed to prevent chronicity in nature. e.g. headache aggravation during morning & 9pm- the drug is 'Chamomilla'. Headache aggravation from 11am to 1pm- the drug is 'Laurocerasus'. If the patient has aggravation in night time, anti Syphilitics are to be prescribed to prevent chronicity in future. If the patient has aggravation during day time anti Sycotics are to be prescribed as these cases are at risk to turn to chronicity. e.g. orbital neuralgia on left side and aggravation in noon- the drug is 'Chininum Sulph'. The drug 'Vaccinium' can be prescribed on miasmatic basis as it is also a specific as an anti sycotic [12,14-24,27].

Specifics

Migraine is a cross cutting problem of the entire neurological and vascular systems and it is here that medicines that act on the nerves as well as the vessels are to be prescribed. As mentioned above, the migraine related problems are the triggering factors and the associated symptoms. The first section deals with the medicines that act on the sphere of headache

specifically. These medicines are 'Juglans Cinerea' for Occipital headache, 'Venus Mercenaria Flesh' for migraines with Gastro Intestinal problems. Other drugs are 'Iris Foetidissima', 'Genista Tinctoria', 'Melilotus Alba', 'Epiphegus', 'Ammonium Picricum', 'Niccolum' for periodical sick headaches, 'Amyl Nitrosom' for migraine with pallor. Besides these the Bowel Nosode 'Flavus Bacillus' & 'Proteus Bacillus' can be prescribed in potencies. 'Flavus Bacillus' is indicated when the headache is 'Peri-Orbital'. 'Proteus Bacillus' is indicated when migraine is associated with digestive allergies.

Based upon the practice of medicine approach in modern medicine

Hypoglycaemic Migraines- here the headache is better by eating/aggravated by hunger/with hunger and with thirst. The medicines are 'Anacardium', 'Carbo Animalis', 'Cistus Can', 'Colchicum Autumnale' (better by supper/dinner), 'Cactus G' (from missing of meals), 'Coca', 'Epiphegus' (headache preceded by hunger), 'Kali Phos' (hunger with headache), 'Lithium Carb' (better by hunger & remains until food is taken again), 'Lycopodium' (from not eating properly), 'Phosphorus' (with hunger), 'Phytolaca D' (better by eating but returns soon with vomiting which aggravates the headache but ameliorates the nausea), 'Ptelea T' (with thirst), 'Rhododendron', 'Sabadilla', 'Sanguinaria Can', 'Silicea' (while fasting or when not eating at proper time), 'Sepia' (better by meals).

Hyperglycaemic Migraines- Natrum Sulph (aggravation from eating), 'Ptelea T' (with thirst), 'Oleum Animale' (with polyuria). In this section, the lead author cites the drugs that mention the word 'migraine' under the particular 'head' in Phatak's *Materia Medica* book. The drugs are 'Amyl Nitrosom'- Migraine with pallor, 'Coca'- Migraine aggravated by coughing & better by eating, at sunset, 'Cyclamen'- prolonged migraine, 'Eucalyptus'- Migraine with congestive headache, 'Ipecac'- Migraine with nausea & vomiting, 'Kali Bich'- Migraine in small spots or suppressed catarrh, 'Lac D'- Migraine ceases at sunset & persistent headache for years, 'Lachesis'- Migraine with right sided headache, 'Natrium Mur'- Migraine of school children with hammering sensation, 'Nux Vomica'- Migraine in sun shine, 'Oleum Animale'- Migraine with polyuria, 'Onosmodium'- Migraine from eye strain, 'Psorinum'- Migraine preceded by visual disturbances, 'Silicea'- Migraine- chronic and since some severe disease, 'Stannum'- Migraine of cerebral origin, 'Theridion'- Migraine at climax. Let us base the prescription based upon the symptoms and triggering factors as mentioned above in the article in the introduction section.

The first sentence in the introduction section is about the duration. Migraine is associated with a zone specific throbbing or pounding headache lasting from minutes to hours and even days. Homoeopathic medicines related to this symptom are the following.

'Calcarea Ars'- weekly headaches, 'Eupatorium Perforatum'- headache every 3rd & 7th day, 'Lac D'- persistent headache for years, 'Paris Quadrifolia'- chronic headache, 'Silicea'- chronic headache since some severe disease, 'Sulphur'- sick headache recurring periodically every Sunday. The next symptom is that it may come with cyclic episodes. Homoeopathic medicines related to this symptom are the following. 'Cactus G'- periodic headache, 'Laurocerasus'- every day during 11am to 1 pm, 'Acid Mur'- periodical pain over left eye, 'Kali Carb'- every morning wakes from headache, 'Myrica'- every morning on waking up, dull heavy feeling in forehead & temples, 'Niccolum'- periodical nervous headache, 'Rhododendron'- every day early morning, 'Sabina'- bursting headache appear suddenly, diminish slowly & return frequently, 'Sulphur'- sick headache returning periodically, 'Tabacum'- periodical sick headache, 'Thyroidinum'- persistent frontal headache.

The next symptom is Mostly, it is associated with the left hemisphere of the head but can manifest in any other section too. Here, the hemicranias related homoeopathic medicines are discussed upon. 'Agaricus'- as from nail on right side, 'Ammonium Picricum'- right side occipital headache, 'Chelidonium'- right side, 'Chininum Sulph'- Left side, 'Cimicifuga'- left sided headache of students, 'Cocculus Indicus'- cramps in left temporal muscles. 'Digitalis'- spastic hemicranias, 'Eup Purp'- left side, 'Haemamelis'- left temple, 'Hepar Sulph'- right temple, 'Kalmia'- right side supra orbital pain, 'Lachesis'- right side, 'Lilium Tigrinum'- over left eye, 'Muriatic Acid'- periodical pain over left eye, 'Naja'- left temple & left orbit, 'Natrum Phos'- right temple, 'Phosphorus'- over one eye, 'Prunus Spinosa'- right frontal bone to occiput, 'Radium'- right eye to occiput & vertex, 'Ranunculus Scleratus'- pain in either temples, 'Ratanhia'- middle of forehead, 'Rhododendron'- throbbing in right head, 'Sabadilla'- unilateral head pain or alternating sides, 'Sanguinaria Can'- Occipital pain goes to right eye, 'Selenium'- over left eye, 'Senecio'- left eye & left temple, 'Sepia'- left eye, 'Spigelia'- left occiput to left eye, 'Sulphuric Acid'- thrust in right temple, 'Tilia Europa'- neuralgia right & then left, 'Tuberculinum'- right eye to back of left ear, right frontal to right occipital, 'Viburnum Opulus'- left parietal region. The next line in the introduction sections is 'the pain is excruciating and the patient becomes intolerant to light & sound'.

The following homoeopathic medicines have these symptoms in their domain of human clinical trials or drug proving. 'Cactus G'- Headache more by noise & light, 'Calcarea Flour'- cracking noise in head disturbing sleep, 'Cannabis Indica'- more by noise, 'Hydrocyanic Acid'- headache during storms, 'Lyssin'- from bright light, Muriatic Acid- sound of voice intolerable, 'Natrum Carb'- Headache by working under gas light, 'Natrum Sulph'- more by noise & better

in dark room, 'Nitric Acid'- more by street noise, 'Onosmodium'- more in dark (opposite of light), 'Phytolaca'- headache every time it rains, 'Phellandrium'- clang like striking on metal in brain wakes up the patient, 'Trillium'- headache more by noise. The other symptoms are enhanced irritability, restlessness & vomiting. The related homoeopathic medicines are given below. 'Alumina'- better by lying quiet in bed, 'Argentum Nitricum'- headache ends in vomiting, 'Borax'- with nausea, 'Causticum'- nausea & vomiting with headache, 'Chionanthus'- bilious headaches, 'Colocynthis'- with nausea & vomiting, 'Elaps Cor'- during headache faints with vomiting, 'Carbo Veg'- from over indulgence, 'Euonymus'- bilious headaches, 'Eupatorium Perf'- headache better by vomiting of bile, 'Glonoin'- headache better by vomiting, 'Graphites'-with nausea, 'Helleborus'- headache ends in vomiting, 'Ignatia'- with vomiting, 'Ipecac'- with nausea, vomiting & occipital pain more by vomiting, 'Jaborandi'- headache with nausea, 'Lac Can'- nausea & vomiting at the height of headache, 'Naja'- with nausea & vomiting but better by smoking, 'Natrum Sulph'- better by vomiting, 'Phytolaca'D'- better by eating but returns soon with vomiting which aggravates the headache but ameliorates the nausea, 'Ranunculus B'- forehead & vertex pain with nausea, 'Robinia'- sick headache with vomiting, 'Sang Can'- better by vomiting, 'Sepia'- pain in vertex with nausea & vomiting, 'Stannum'- better by vomiting, 'Taraxacum'- due to gastric disturbances, 'Tarentula Hispania'- headache with nausea & impatience, 'Terebinth'- headache with colic, 'Theridion'- with nausea & vomiting at climax, 'Veratrum Album'- with nausea & vomiting.

The other symptoms are before an attack, many patients visualize streaks of light termed aura. Migraine is believed to be caused by the imbalance of neurotransmitters like serotonin. The related homoeopathic medicines are given below. These medicines also cover the related eye/visual symptoms during the headache. 'Aconite'- bursting pain in eyes, 'Ammon Carb'- shocks through eyes, 'Aloes'- better by closing eyes, 'Agnus Castus'- pain as if staying in thick smoke, 'Badiaga'- headache with inflammation of eyes, 'Bursa Pastoris'- pain from above the eyes, 'Cyclamen Europeum'- headache with flickering before eyes, 'Cannabis Indica'- with hallucinations, 'Gratiola'- headache with vanishing of sight, 'Haemamelis'-stupid feeling in head, 'Ignatia'- headache ends in yawning, 'Jaborandi'- headache on using the eyes, 'Kali Bich'- blindness followed by headache & goes when headache increases, 'Kali Carb'- aches into eyes, 'Kalmia'- with blindness & weariness, 'Lac Can'- headache with blurred vision, 'Lac D'- headache preceded by blindness, 'Lilium Tigrinum'- with visual effects, 'Lyssin'- from bright light (photophobia in 'Rabies' as this drug is prepared from the saliva of a Rabid dog), 'Mezereum'- headache extends to eyes & more by anger, 'Muriatic Acid'- periodical pain over left eye,

'Mag Carb'- more by mental exertion, 'Mag Phos'- more by mental labor, 'Natrum Carb'- head pains out through eyes, 'Natrum Mur'- headache over eyes, 'Niccolum'- headache with asthenopia, 'Oleander'- more by squinting, 'Onosmodium'- headache from eye strain, 'Phosphoric Acid'- headache from over use of eyes, 'Phosphorus'- headache over one eye, 'Picric Acid'- headache from grief and other emotions (disturbances in serotonin levels in brain), 'Podophyllum'- from business worry (serotonin disturbances)& must close eyes, 'Psorinum'- headache follows visual disturbances, 'Radium'- pain over right eye, 'Ran B'- headache with sleepiness, 'Rhustoxicodendron'- more by least chagrin, 'Sang Can'- pain from occiput to over right eye, 'Sanicula'- more during sleep, 'Sarsaparilla'- pain from occiput to eyes, 'Selenium'- headache over left eye, 'Senecio'- wave like sensation of dizziness from occiput to sinciput with pain over left eye, 'Senega'- bursting pain in to eyes, 'Sepia'- over left eye, 'Spigelia'- left occiput to left eye, 'Sulphur'- preceded by photopsia, 'Tarentula Hispania'- with impatience, 'Theridion'- headache during sleep but cannot lie down during headache & becomes joyous during headache (suggesting more serotonin), 'Thyroidinum'- heaviness over eyes, 'Tilia Europa'- headache with veil before eyes, 'Veratrum Viride'- aching on vertex & between eyes with occipital pain along with dim vision & dilated pupils, 'Viola Odorata'- pain above eye brows, 'Zincum Met'- pain in vertex with weak vision. The next in line is that the patient is 'not able to function normally during the episode'. This means the headache prevents the patient from doing the daily routine activity. The related homoeopathic medicines are given below.

'Ailanthus G'- cannot sit up, 'Aloes'- has to close eyes to get relief, 'Ars Iod'- cannot study as studying causes headache, 'Arum Triphyllum'- cannot drink hot coffee as it increases headache, 'Asarum Euro'- cannot comb hair as it increases the headache, 'Bromium'- cannot drink milk as it increases the headache, 'Bryonia'- cannot iron cloths as it increases the headache, 'Cactus G'- cannot see opera as it increases the headache, 'Calc Carb'- cannot overlift, 'Calcarea Flour'- cannot sleep, 'Calcarea Phos'- girls cannot go to school as they have headache with diarrhea, 'Cantharis'- cannot bathe or wash, 'Carbo Veg'- cannot wear hat, 'Caulophyllum'- cannot stoop, 'Chamomilla'- has to keep the mind engaged to get relief, 'Cimicifuga'- students cannot do normal activity, 'Cocculus Indicus'- cannot lie on back, 'Crotalus Horridus'- must walk on tip toe for relief, 'Croton Tig'- cannot wear hat, 'Dulcamara'- has to keep the conversation going to get relief, 'Eup Perf'- has to keep the conversation going to get relief, 'Ferrum Met'- cannot write, stoop or descend stairs, 'Formica Rufa'- has to keep combing hair to get relief, 'Gelsemium'- cannot wear tight cap, 'Guaiacum'- cannot sit or stand, 'Helleborus'- cannot stoop, 'Hepar Sulph'- cannot stoop, 'Iris Ver'- cannot study & sew, 'Kali Phos'-

students cannot study as they have headache with brain fag, 'Kalmia'- cannot walk as the patient has pain in limbs with headache, 'Cobalt'- with sexual weakness, 'Kreosote'- cannot comb hair, 'Ledum Pal'- cannot bathe as getting wet increases the headache, 'Lithium Carb'- has to eat frequently, 'Lyssin'- cannot see light, running water, sit under a fan, 'Mag Mur'- cannot move & go out in open air, 'Mephitis'- cannot move in a carriage, 'Merc Proto Iod'- must keep the mind & body engaged to get relief, 'Mezereum'- cannot talk and has to stoop to get relief, 'Millefolium'- has to beat the head against the wall to get relief & cannot stoop, 'Natum Carb'- cannot do any mental work, 'Natum Mur'- school children cannot do their normal routine work, 'Natum Phos'- cannot study, 'Natum Sulph'- cannot stoop, 'Niccolum'-cannot use eyes because of asthenopia, 'Nitric Acid'- cannot wear hat, 'Onosmodium'- cannot use eye because of eye strain & cannot perform sexually because of sexual weakness, 'Palladium'- has to fix attention on the headache to get relief, 'Paris Quadrifolia'- cannot think, 'Phosphoric Acid'- school girls cannot study as they cannot over use their eyes, 'Phytolaca'- cannot go out in the rain, 'Picric Acid'- businessmen, teachers, students cannot work during day time as the headache is during day time & they have to sleep to get relief, 'Piper Methysticum'- s/he has to divert attention or change topic or position, 'Podophyllum'- cannot do business as headache occurs from business worry, 'Pulsatilla'- headache of school girls & they cannot study, 'Ranunculus B'- headache with sleepiness which hampers their normal work, 'Rhus toxicodendron'- has to lie down to get relief which hampers work, 'Ruta G'- cannot study as it increases the headache, 'Ratanhia'- headache more after stool & straining at stool thus hampering daily routine, 'Sabadilla'- headache in school girls that hampers their work, 'Sanicula'- headache more during sleep which indicates that normal sleep is disturbed, 'Sarsaparilla'- cannot talk as it aggravates the headache, 'Sepia'- cannot do shopping & mental labor, 'Spigelia'- cannot stoop & open mouth, 'Stannum'- cannot walk as jarring of walking resounds painfully in head, 'Staphysagria'- has to yawn very much to get relief, 'Stramonium'- has to speak incoherently, 'Strontium Carb'- headache with pain in upper jaw & the patient cannot eat, 'Theridion'- headache during sleep & the patient cannot sleep hampering the daily work, 'Thuja'- cannot drink tea, 'Trillium'- the patient cannot walk, cough & bear any noise thus hampering daily work. 'Zin Met'- headache in overtaxed school children & they cannot study. The last line in the introduction section states that 'almost anything can trigger an attack of migraine but trigger biases like temperature change, anxiety, menstrual period and exertion are critical'.

The first trigger is temperature change. Here, the related homoeopathic medicines are given below. 'Alumen'- headache better by drinking cold water, 'Aranea Diadema'- headache better by smoking, 'Arum Triphyllum'- headache more by warm cloth & hot

coffee, 'Asclepias Tuberosa'- headache better by foot bath, 'Bromium'- more by sun, 'Cantharis'- from bathing or washing, 'Capsicum'- better by heat, 'Carbo Veg'- from overheating, 'Carbolic Acid'- better by green tea, smoking, 'Causticum'- better by hot applications, 'China'- better by sun, 'Chininum Sulph'- more at noon, 'Coca'- better at sunset, 'Colchicum Autumnale'- better by warmth, 'Cyclamen'- better by cold water, 'Digitalis'- more by cold drinks & ice creams, 'Ferrum Phos'- better by cold application, 'Glonoin'- more by sunshine & damp days, 'Hydrastis'- more by cold air, 'Hydrocyanic Acid'- more during full moon, 'Lac D'- headache ceases at sunset, 'Ledum P'- from getting wet, 'Lycopersicum'- more by tobacco smoke, 'Lycopodium'- cold head, 'Mag Mur'- more by open air & better by wrapping warmly, 'Mag Phos'- better by warmth, 'Merc Cyanatus'- atrocious at night, 'Naja'- better by smoking, 'Natum Carb'- in hot weather, 'Nux Vomica'- more in sunshine, 'Phytolaca'- every time it rains, 'Picric Acid'- more during day time, 'Pulsatilla'- better by walking in open air, 'Radium'- better by heat, 'Sang Can'- hemicranias increases & decreases with sun, 'Selenium'- more by sun & odors like musk, rose, tea, 'Senega'- better by cool open air, 'Stramonium'- more by sun, 'Strontium Carb'- better by wraps, 'Sulphur Iod'- headache better at sundown, 'Valeriana'- more by sunshine, 'Zincum Met'- more by heat. The second trigger is anxiety that increases the migraine. The related homoeopathic medicines are given below. 'Arg Nit'- headache in hysterical young women, 'Asterias Rubens'- heat in head as if surrounded by hot air, 'Bufo'- as if hot vapor on head, 'Calc Carb'- headache with sweat, 'Calcarea Ars'- headache increase & decrease with palpitation, 'Camphora'- headache synchronous with pulse, 'Cannabis Indica'- headache with hallucinations, 'Carbo Veg'- from over indulgence, 'Carbolic Acid'- better by green tea & smoking that reduces the anxiety, 'Chamomilla'- headache is better when mind is engaged which reduces anxiety, 'Colchicum Autumnale'- headache better by lying quiet that reduces anxiety, 'Dulcamara'- better by conversation that reduces anxiety, 'Graphites'- as if a cob web on forehead that is because of anxiety, 'Haemamelis'- stupid feeling in head that is because of anxiety, 'Lycopersicum'- more by tobacco smoke that enhances anxiety, 'Lyssin'- running water, bright light and air increase the anxiety, 'Paris Quadrifolia'- headache more by thinking that increases anxiety, 'Sabadilla'- headache more by thinking that increases anxiety, 'Stropanthus'- undulations in head, 'Tarentula Cubensis'- fullness in head that increases anxiety, 'Theridion'- joyous during headache & cannot lie down that is because of over anxiety.

The third trigger is menstrual period. The related homoeopathic medicines are given below. 'Allium Sativa'- headache before menses, ceases during and aggravates afterwards, 'Carbo Animalis'- after menses, 'Carbolic Acid'- during menses,

'Caulophyllum'- with uterine troubles, 'Crocus Sativa'- climacteric headache more during menses & instead of menses, 'Glonoin'- headache before, during, after or in place of menses, 'Graphites'- headache during menses, 'Theridion'- headache at climaxis, 'Ustilago'- nervous headache from menstrual irregularities.

The fourth trigger is exertion. Here the related homoeopathic medicines are given below. 'Calc Carb'- by over lifting i.e. physical exertion, 'Kalmia'- headache with weariness, 'Mag Carb'- by mental exertion, 'Mag Phos'- more by mental labor, 'Phosphoric Acid'- from over exertion/overuse of eyes, 'Sabal Serrulata'- headache of weak persons. Lastly, as mentioned above, migraine is a neurovascular disorder. Hence, the homoeopathic medicines that have neuralgic headaches are mentioned below.

'Abies Can'- feels as if it is light or there is swimming in head, 'Ammon Carb'- shocks through head, eyes, ears, nose on biting, 'Ammon Mur'- pressive pain to root of nose with as if brain were torn, 'Allium Cepa'- electric shock through head, skull bones numb, 'Cedron'- orbital neuralgia with numb feeling, 'Chelidonium'- neuralgia in right head, 'Chininum Sulph'- orbital neuralgia more at noon and on left side, 'Chionanthus'- neurasthenic headaches, 'EPIPHEGUS'- neurasthenic headaches, 'Hydrastis'-neuralgia of scalp

& neck, 'Niccolum'- periodical nervous headache, 'Platinum'- headache with numbness. 'Pyrogen'- painless throbbing, 'Spigelia'- supra orbital neuralgia, 'Stannum'- of cerebral origin, 'Syphilinum'- linear head pains, 'Tarentula Cubensis'- fullness in head, 'Tarentula Hispania'- headache as if needle pricking, 'Tellurium'- linear head pains, 'Tilia Europa'- neuralgia right then left, 'Urtica Urens'- headache with stitches in spleen, 'Vib Opulus'- terrible crushing pain more by left parietal region as if head opening & shutting, 'Viola Odorata'- burning in forehead, 'Xanthoxylum'- throbbing as if head will fly off, as if head in two parts, tight band around head, 'Zinc Chrom'- inward pressure in spot on bregma & throbbing in temples, 'Zinc Val'- neuralgic & intermittent headache.

Besides these, there are 'n' numbers of medicines besides the list mentioned above. Under headache, homoeopathy has medicines that are prescribed on the basis of modalities. These are the circumstances or factors that modify the quality of symptoms in the direction of aggravation or amelioration of symptoms. As the article deals with migraine, the broad component of headache & the related modalities do not fall in the purview of the article.

Burden of Disease

Table 1: Percentage of men & women above 15 years having high or very high blood sugar and hypertension in India or are taking medicine to control blood sugar and hypertension (Source- NFHS 5, 2019-21)

Indicator	Gender	Urban	Rural	Total
Percentage of men age 15 years and above who have high or very high blood sugar level and taking medicine to control blood sugar level	Male	17.9	14.5	15.6
Percentage of Men age 15 years and above who have elevated blood pressure or taking medicine to control blood pressure	Male	26.6	22.7	24.0
Percentage of women age 15 years and above who have high or very high blood sugar level and taking medicine to control blood sugar level	Female	16.3	12.3	13.5
Percentage of women age 15 years and above who have elevated blood pressure or taking medicine to control blood pressure	Female	23.6	20.2	21.3

As mentioned above, hypertension & diabetes are triggering factors for migraine. The above table implies that mainly hypertensive and diabetic people are at risk of being headache or migraine related cases. This reflects the magnitude of the problem in the country as well as the steps that the nation needs to take to deal with the crisis. As mentioned above, migraine affects females predominantly. So 34.8% of females in the age group of 15 years and above currently are the target groups to be converted to migraine cases or to be the sufferer of migraine related problems. The percentages of males who are the potential migraine cases constitute 39.6% of male population of 15+ year age group. These are the high risk cases as they have both hypertension and high blood sugar. It is significant to note that urban India is more hypertensive & diabetic than rural India. As mentioned above, this phenomenon holds good for both the sexes.

In India, Homoeopathy is the third preferred system of treatment after Allopathy and Ayurveda. About 10% of the populations depend on Homoeopathy for their health issues. This means Homoeopathy is used by 10% of the population in India. So, out of the 1300 million populations, 130 million use Homoeopathy or 130 million use Homoeopathy for their health issues. These 130 million consist of all age groups i.e. infant to old age. A section among the 15+ age group suffers from migraine as per the epidemiological studies. As 10% of total population use homoeopathy, it is inferred that 13 million population use homoeopathy currently in India. So if homoeopathy is integrated in to the Migraine Health (MH) battle in India, 13 million people can be saved from being cases related to migraine problems & the loss of days due to this morbidity. As mentioned above, migraine cause loss of 2% of Gross Domestic Product (GDP). Hypothetically, 0.2% of GDP (10% users) in India can

be saved if Homoeopathy is integrated in to migraine health in India actively [12,25-27,32].

Similarly, in all 74.4% of population that consist of males & females in the age group of 15+ year group are at high risk of being converted to migraine cases as these are co-morbidities that trigger migraines. Hence, 2/3rd of the populations in India are at risk of being migraine cases & active integration of Homoeopathy into migraine care will be the only cost effective method to avoid these risks.

CONCLUSION

As all drugs in homoeopathy have a group of mental symptoms, Homoeopathy is and will be effective against migraine disorders in general. The current article adds another feather in the Homoeopathic cap as it can deal with the probable upcoming of large number of cases of migraine disorders in view of high stress levels due to the ongoing COVID 19 crisis that is still prevalent in the form of long COVID. However, it should be also seen that along with constitutional/deep acting/polychrest Homoeopathic medicines, specific medicines are also required to deal with the cases. Simultaneously, nutrition, counselling and all psychic health modalities like life style modification, diet and stress reduction are adhered in each case [9-25].

In fact, the detailed case taking of a case & empathetic hearing are the elements of supportive therapy as migraine cases are chronic and resistant. The Homoeopathic approach of case-taking/anamnesis exactly fits into the criteria of supportive therapy. Hence, as a part of treatment, the supportive therapy is inherent in the Homoeopathic system of treatment. The Homoeopathic fraternity should be ready to cover the masses as there is no other therapeutic system that can cover the masses effectively while being economical and cost effective. Simultaneously, it has a wide range of medicines for migraine as seen in the contents of the sections mentioned above.

Declaration of the lead author

Prof. Shankar Das was the Ph.D. guide of the lead author at Tata Institute of Social Sciences, Mumbai. The lead author also certifies that he has expressed his personal opinion based upon his public health and clinical experiences. The treatment approach or the medicines suggested are only suggestive in nature.

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Conflict of interest

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