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Migraine and its Homoeopathic Treatment: An Integrative Approach

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Abstract: Migraine is a Chronic Neurological Disorder Characterized by recurrent, Paroxysmal, Severe, incapacitating, Unilateral headaches, with vomiting and Preceded by the visual or sensory disturbances. It significantly affects the quality of life and requires a comprehensive approach for effective management. In Homeopathy, migraine treatment follows an individualized and holistic approach, addressing not only the symptoms but also the root cause. This article explores the etiology, pathophysiology, clinical presentation, and classification of migraine, along with this the Homoeopathic approach based on constitutional and acute remedies. Additionally, it highlights the Miasmatic Perspective and the importance of an integrative treatment plan, including lifestyle modifications, stress management, and counselling. By understanding the migraine through a homoeopathic and integrative lens, practitioners can provide long-term relief and improve patient outcomes.

Keywords: Migraine, Homeopathy, Homeopathic medicines, ICHD-3, 5-HT, Histamine and Serotonin, HIS

Abbreviations: WHO: World Health Organization
MRI: Magnetic resonance imaging
CT: computed tomography
EEG: electro encephalogram

INTRODUCTION

Migraine is a debilitating condition, characterized by episodic headache, which is typically unilateral and often associated with vomiting and visual disturbance. Migraine is one of the most common causes of recurrent headaches. According to HIS, migraine constitute 16% of Primary headaches, it afflicts 10-20% of the general population. More than 2/3rd of migraine sufferers either have never consulted a doctor or have stopped doing so. Migraine greatly affects the quality of life. The WHO ranks migraine among the world's most disabling medical illnesses. WORLD- 15-20% of women and 10-15% of men suffer from migraine. IN INDIA- 15-20% of people suffer from migraine. ADULTS- female: male ratios are 2:1. In childhood migraine, boys and girls are affected equally until puberty, when the predominance shifts to girls. Homeopathy carries an excellent scope for treating migraine. Homeopathic treatment is required in two phases to bring relief, especially in migraine. First, during acute migraine episodes, homeopathic medicines help to relieve pain in the head and its attending symptoms like nausea and vomiting. Once acute pain subsides, the treatment should not be stopped. Relief from acute pain is the first phase of treatment. The treatment is required further, which becomes the second phase of treatment, where homeopathy works in treating the chronic tendency of migraine. These medicines help to prevent the recurrence of migraine and reduce one's dependency on

medicines. Homeopathic medicines do not work superficially but go to the core of the problem and focus on rooting it out in the second phase of treatment. While Conventional Treatment focuses on relieving acute attacks and preventing future through medications and lifestyle modifications.

DEFINATION: Migraine is a familial disorder characterized by recurrent attacks of headaches widely variable in intensity, frequency, and duration. Attacks are commonly unilateral and are usually associated with anorexia, nausea, and vomiting.

The word "migraine" is French in origin and comes from the Greek language [Greek "hemi crania" (as does the Old English term "megrim"). Literally, "hemicrania" means "only half the head."

EPIDEMIOLOGY

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- WORLD- 15-20% of women and 10-15% of men suffer from migraine.
- IN INDIA- 15-20% of people suffer from migraine.
- ADULTS- female: male ratios are 2:1.
- In childhood migraine, boys and girls are affected equally until puberty, when the predominance shifts to girls.

ETIOLOGY OF MIGRAINE

Exact cause is not Known.

Predisposing causes:

- Familial predisposition common
- Personality
 - Energetic, intelligent, perfectionist
 - Anxiety prone
 - Obsessional
- Psychological disturbances

Premorbid Personality:

- Anxiety
- Fatigue
- Change in sleep pattern
- Emotional stress
- Hormonal disturbance
- **Puberty**
- **Menopause**
- **Premenstrual tension**
- Emotional stress
- Fating or missing a meal
- Bright light
- Loud noises
- Allergic (chemical)
- **Cheese, chocolates, coffee, alcohol, smoking**
- **Processed food containing preservatives, artificial colours, and flavours**
- **Oral contraceptives**

Age:

- Young adults

Sex:

- Common in females

PATHOPHYSIOLOGY OF MIGRAINE:

Research scientists are unclear about the precise cause of migraine headaches. There seems to be general agreement, however, that a key element is blood flow changes in the brain. People who get migraine headaches appear to have blood vessels that overreact to various triggers.

Preliminary visual disturbances and cortical (sensory-motor) symptoms at onset of attack are due to:

- Vasoconstriction of branches of internal carotid artery.

Subsequent throbbing headaches is due to:

- Vasodilation in distribution of external carotid artery.

Neurotransmitter – 5-HT, Histamine and Serotonin

Serotonin acts as a powerful constrictor of arteries, further reducing the blood supply to the brain. Reduced blood flow decreases the brain's supply of oxygen. Neurological symptoms signaling a headache, such as distorted vision or speech may then result, similar to symptoms of stroke. Reacting to the reduced oxygen supply, certain arteries within the brain open wider to meet the brain's energy needs. This widening or dilation spreads, finally affecting the neck and scalp arteries. The dilation of these arteries triggers the release of pain-producing substances called prostaglandins from various tissues and blood cells.

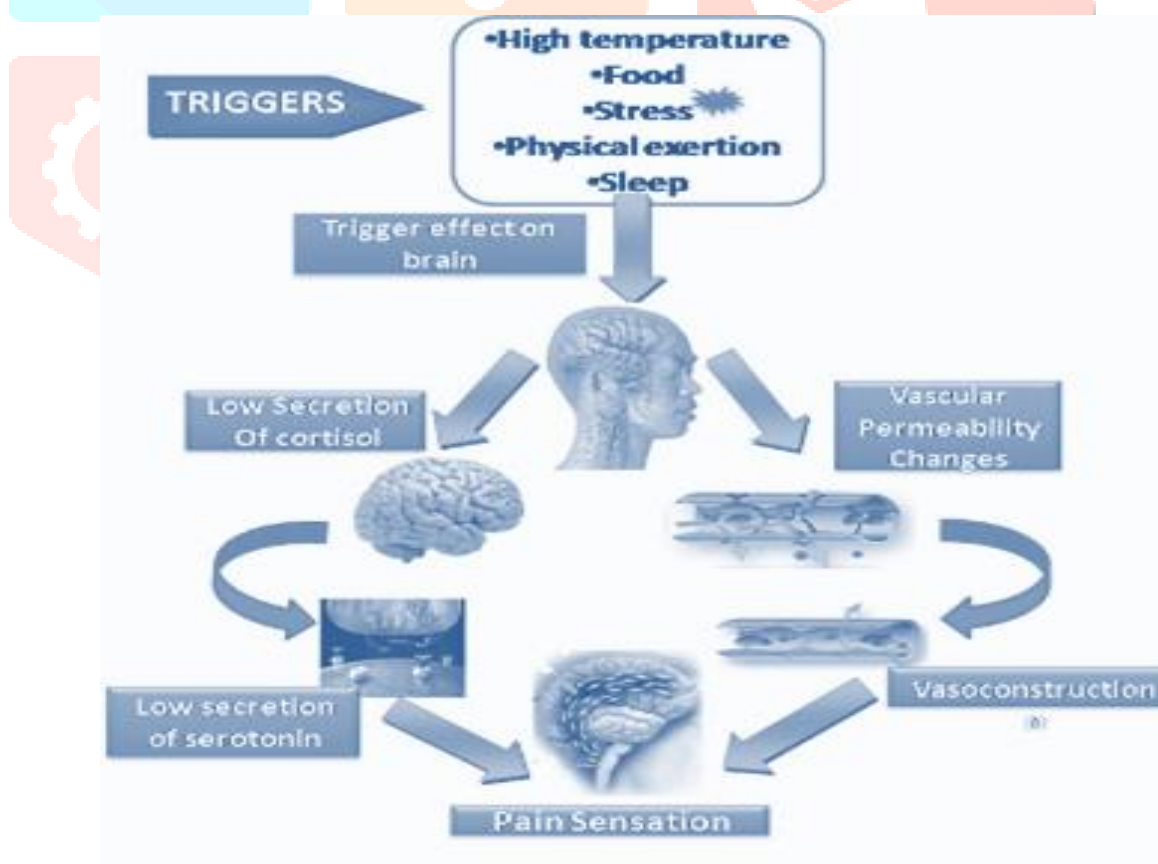


FIG. 1 : PATHOPHYSIOLOGY OF MIGRAINE

MIGRAINE TRIGGERS

A migraine trigger is any factor that on exposure or withdrawal leads to the development of an acute migraine headache. Triggers may be categorized as behavioral, environmental, infectious, dietary, chemical, or hormonal.

1. Food
2. Disturbed sleep pattern
3. Hormonal changes
4. Drugs
5. Physical exertion
6. Visual stimuli
7. Auditory stimuli
8. Olfactory stimuli
9. Weather changes
10. Hunger
11. Psychological factors

CLINICAL FEATURES OF MIGRAINE:

The signs and symptoms of migraine vary among patients. Therefore, what a patient experiences before, during and after an attack cannot be defined exactly. The four “signs and symptoms” below are common among patients but are not necessarily experienced by all migraine sufferers:

1. The prodrome, which occurs hours or days before the headache.
2. The aura, which immediately precedes the headache.
3. The headache phase.
4. The postdrome.

SYMPTOMS

ONSET- SUDDEN

1. The first phase or prodrome:

- Duration: 15-30 minutes
- Weakness
- Lethargy
- Euphoria or depression
- Yawning

2. The second phase or the “Aura”:

- VISUAL DISTURBANCES

- Zigzag flashes of coloured light (Photopsia)
- Stars and spots before eyes (fortification spectra)
- Blurring of vision
- Hemianopia
- Lachrymation

- SENSORY DISTURBANCES

- Numbness and tingling of face, extremities, lips and tongue.
- Sensation of insects crawling on skin

- MOTOR DISTURBANCES

- Weakness
- Giddiness
- Dysphasia

3. The third phase: The Headache:

- Onset: in morning after waking
- Distribution: unilateral
- Location: commonly frontal, supraorbital, temporal
- Character: Paroxysmal, sharp, and severe, throbbing, pulsating, reaches peak within hours
- Duration: 24-48 hours
- Worse from: Light and noise
- Better by: rest, dark room, pressure, vomiting.
- Associated with: irritability, nausea, vomiting, sweating, diarrhoea.
- After attack: profuse urination and sleepiness.

4. The postdrome phase:

The patient may feel tired, “washed out,” irritable, listless and may have impaired concentration, scalp tenderness or mood changes. Some people feel unusually refreshed or euphoric after an attack, whereas others note depression and malaise.

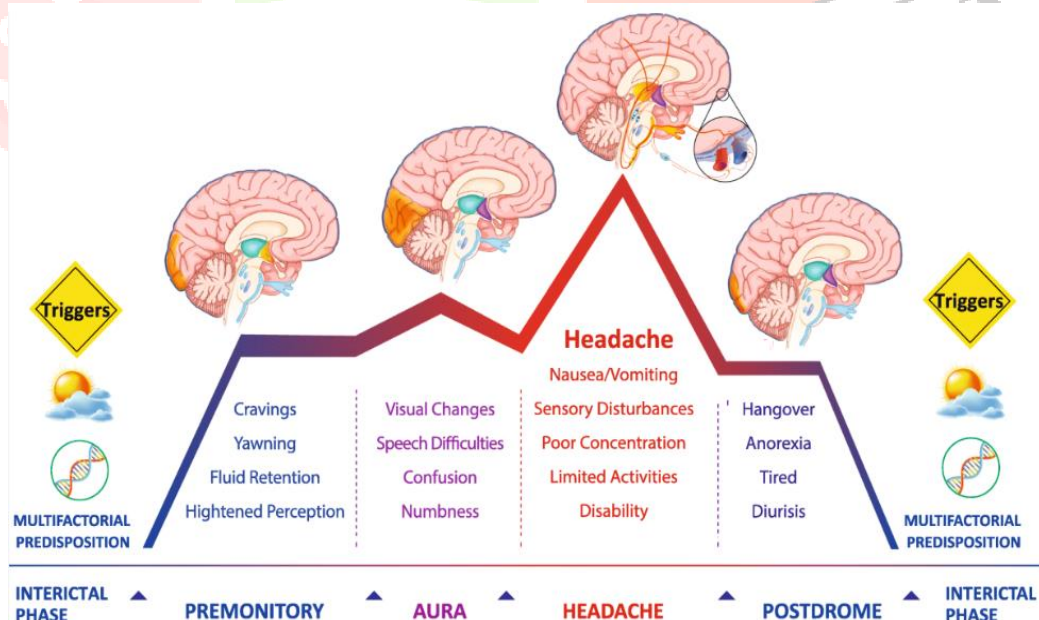


Fig2: Showing Migraine attacks involving different phases, with a complex sequence of symptoms within every phase.

CLASSIFICATION OF MIGRAINE:

1. Classical Migraine

- Migraine with aura

2. Common migraine

- Migraine without aura
- Commonest form
- Clinical presentation diffuse

3. Acephalgic migraine

- Migraine aura without headaches

4. Complicated migraine

- Focal neurological signs
- Persists for 48-72hours after resolution of headache

5. Systemic migraine

- Migrainous pain in other parts of body
- Commonest in abdominal migraine, with predominant gastro-intestinal features.

6. Status migrainous

- Status migrainous is a migraine that lasts longer than 72 hours. It is also known as intractable migraine.
- Symptoms Throbbing pain on one side of the head, Light sensitivity, Nausea, and Persistent aura.

PREDOMINANT MIASM

Sycosis

REPERTORIAL REFERENCES FOR MIGRAINE

Rubrics of migraine in Kent's repertory:

Chapter – Head

Pain in head on one side :

Aconite, agar., agn., Alumina, ambr., am-c., am-m., anac., ang., ant-c., ant-t., apis, arg-m., Arg-n., arn., ars., ars-i., arund., asaf., asar., aur., bar-c., bar-m., bell., bism., bor., bov., bry., bufo., cact., cale., calc-p., camph., cann-i., cann-s., canth., caps., carb-an., carb-s., carb-v., caust., cham., chel., chin., chin-a., chin-s., cina, cinnb., clem., cocc., coff., colch., coloc., con., cop., corn., croc., crot-h., cupr., cycl., dig., dios., dros., dulc., elat., elaps, eug., euph., euphr., eup-per., ferr., ferr-ar., ferr-i., ferr-p., gels., glon., graph., guaj., hell., hyos., ign., iod., ind., ip., iris, kali-ar., kali-bi., kali-br., Kali-c., Kali-i., kali-n., Kali-p., kali-s., kalm., kreos., lac-d., lach., laet., laur., led., lyc., mag-c., mag-m.

Pain in right side :

Alumina, arg-m., ars., asaf., Belladonna, bism., bov., bry., bufo, cact., Calcarea, carb-an., Carb-v., caust., cham., chel., cist., coca, coc-c., coff., can., croc., crot-c., crot-h., cycl., euph., ferr-ar., gels., gins., gran., graph., grat., guaj., hep., Ignatia, iod., Iris., jac., kali-c., lach., lyc., rnag-c., meny., merc., mere-i-r., mez., mil., mosch., nat-m., nit-ac., nux-m., ol-an., plat., plb., ran-b., rat., rheum, rhod., rhus-t., ruta, Sabad., sang., Sepia, sil., spong., sulph., tarax., tarent., thuj., urt-u., verat., zinc.

Pain in left side :

Aloe, alum., ambr., ars., ars-i., asaf, asar., bell., bism., bov., Bromium, bry., calad., calc., calc-p., cann-s., canth., carb-s., carb-v., caust., cham., chel., chin-a., chin-s., cime., cina, coloc., can., cony., croc., crot-h., cupr., cycl., eup-pur., euph., ferr., ferr-i., fl-ac., graph., guaj., gymn., ham., hydr., ign., iod., kali-c., lac-c., lach., lac-ac., lil-t., lith., lob., lyc., mag-c., med., merc., merc-i-f., merc-i-r., murx., nat-m., nitricum acidum, Nux-m., olnd., pall., par., phel., phos., plan., plat., plb., ptel., ran-b., ran-s., rhodo., rhus-t., sabad., samb., sec., sel., Sepia, Spigelia, sulph., tab., tarax., thuj., trom., verat-v., viol-a., viol-t., xanth., zinc., zing., ziz.

Headache from noise :

Aconite, agar., anac., anan., ang., arg-n., ars., ars-i., bapt., bar-c., bar-m., Belladonna, bor., bry., bufo, cact., calad., Calcarea, calc-s., cann-s., caps., carb-an., carb-v., caust., chin., chin-a., cic., cocc., coff., colch., con., ferr-p., gels., graph., hell., hyos., ign., iod., kali-ar., kali-bi., kali-s., lac-c., lac-d., lach., lyc., lyss., mag-m., manc., merc., merc-i-f., mur-ac., Nat-a., nat-c., nat-p., nitricum acidum, nux-v. ph-ac., phos.; ptel., sang., sanic., sil., sol-n., spig., stann., stict., tab., Theridion, yue., zinc

Headache from odors :

Aconite, Anacardium, arg., aur., bell., cham., chin., coff., colch., graph., ign., lyc., nux., phos., selen., sil., sulph.

Periodic headache:

Act-sp., aloe, Alumina, ambr., ammc., anac., apis, aran., arn., Arsenicum, ars-i., asaf., bell, benz-ac., cact., calc., calc-s., carb-v., Cedr., cham., China, chin-a., Chin-s., Coloc., cupr., eup-per., ferr., ferr-ar., ign., kali-ar., kali-bi., kreos., lac-d., lach., laur., lob., lyc., mur-ac., nat-a., nat-c., Natrum mur., nat-p., nat-s., nicc., nitricum acidum, Nux-v., phos., plat., prun., rhus-t., Sanguinaria, sel., Sepia, Silicea, spig., stram., sulph., tab., zinc.

Paroxysmal pains :

Aconite, agar., ambr., ant-t., arn., ars., asaf., Belladonna, bufo, calc., carb-v., cedr., cham., chin., chin-a., cocc., colch., coloc., crot-t., cupr., dig., ferr., ferr-ar., ferr-p., ign., kali-ar., kali-c., kali-n., kali-p., Lachesis, lyc., mag-p., mosch., mur-ac., murx., nat-a., nat-c., nat-p., nicc., nit-ac., nux-m., petr., ph-ac., plat., psor., ran-b., Sanguinaria, sars., sep., sil., spig., spong., squil., stann., stram., stront., thuj., valer., verat., viol -t., zinc

Headache from light :

Aconite, agar., anan., ant-t., arg-n., arn., ars., Belladonna, bor., bry., bufo., cact., Calcarea, chin., cocc., coff., euphr., ferr-p., gels., ign., kali -bi., kali-p., lac-c., lac-d., lyc., nat-a., nat-c., nat-m., nat-p., nux-v., ph-ac., phos., Podophyllum, sang., sanic., sep., sil., sol -n., stict., stram., sulph., tab., tarent., ziz.

Headache > by lying in a dark room:

Aconite, Belladonna, Bromium, bry., lac-d., podo., sang., sep., sil.

Headache > by darkness:

Aconite, Arn., bell., brom., chin., hipp., lac-d., mag-p., mez., sang., sep., sil., stram., zinc.

Headache with blindness:

Asarum europaeum, aster., bell., caust., Cyclamen, ferr-p., gels., Iris., lac-d., Lil-t., nat-m petr., Phosphorus, psor., sil., stra., sulph.

Headache with vomiting :

Arg-n., asar., calc., cycl., gels., glon., kali-bi., lach., lac-d., manc., op., raph., sang., sep., sil., stann., sul-ac., tab.

Rubric of Migraine in Murphy's repertory:

Headache – Migraine.

Agar, Ant.c, Bry, China, Coffee, gels, Ign, Ipecac, Iris, Nux vomica, Phos, Puls, Sang, Silicea, Thuja, Zincum

Rubrics of Migraine in Boenninghausen's Therapeutic Pocket Book.

Chapter – Head.

One-sided in General:

Aconite, AGAR., Agn., ALUM., Ambr., Am. carb., Ammonium muriaticum, ANAC., Ant. cr., Antim tart., ARG., Arnica, Arsenicum, ASAF., Asarum europaeum, Aurum, BAR. C., Belladonna, Bism., Borax, Bovista, Bryonia, CALC. C., Camph., Cannab. s., CANTH., Caps., Carbo animalis, Carb V., Causticum, Ced., Chamomilla, Chelidonium, China, Cicuta; CINA, Clem., Cocc., Coffea, Colchicum, Coloc., Conium, Croc., Cuprum.

Left Side:

Aconite, Agaricus, Alumina, Amnc., Anacardium, Ant. cr., ANAC., Aurum, Belladonna, Baryta, Bromium, BRY., CALC. C., CANTH., Caps., CARB. AN., Carbo V., Causticum, Chamomilla, Chelidonium, CHIN., CLEM., Cocc., Coloc., DIG., DULC., Euphorb., GRAPH., Hepar, lod., K. carb., K. nit., Laur., Lycopodium, Mag. C., Magnesia muriatica, Mang., Meny., MERC., Mercurius c., Millef., Acid Muriaticum, Natrum carb., NAT. M., Acid nitricum, Oleand., Onos., Petrol., Pho. ac., Platina, Rhodo., Rhus, RUTA, Seneg., Sepia, Silicea, spig., Staphysagria, Stro., SUL., Tar., THUJ., Verb., Vio. t., Zincum met.

Right Side:

AGAR., Agn., Alumina, Ambr., Am. carb., Ammonium muriaticum, ANAC., Aurum, Belladonna, Baryta, Bromium, BRY., CALC. C., CANTH., Caps., Carbo animalis, Carbo V., Causticum, CHEL., China, Clem., Coloc., CON., Digitalis, DROS., Graphites, Guai., Hepar, lod., K. CARB., K. nit., Kre., Laur., Ledum, Lycopodium, Magnesia muriatica, Mang., MENY., Merc., Mez., Acid Muriaticum, Natrum carb., Natrum mur., NIT. AC.

DIAGNOSIS:

THE INTERNATIONAL CLASSIFICATION OF HEADACHES DISORDERS, 3RD EDITION (ICHD-3) PROVIDES DIAGNOSTIC CRITERIA FOR MIGR:

1 Migraine without aura

Diagnostic criteria:

- A. At least five attacks¹ fulfilling criteria B-D
- B. Headache attacks lasting 4-72 hr. (untreated or unsuccessfully treated)
- C. Headache has at least two of the following four characteristics:
 1. unilateral location
 2. pulsating quality
 3. moderate or severe pain intensity
 4. aggravation by or causing avoidance of routine physical activity (eg, walking or climbing stairs)
- D. During headache at least one of the following:
 1. nausea and/or vomiting
 2. photophobia and phonophobia
- E. Not better accounted for by another ICHD-3 diagnosis.

2 Migraine with aura

Diagnostic criteria:

- A. At least two attacks fulfilling criteria B and C
- B. One or more of the following fully reversible aura symptoms:
 1. visual
 2. sensory
 3. speech and/or language
 4. motor
 5. brainstem
 6. retinal
- C. At least three of the following six characteristics:
 1. at least one aura symptom spreads gradually over ≥ 5 minutes
 2. two or more aura symptoms occur in succession
 3. each individual aura symptom lasts 5-60 minutes¹
 4. at least one aura symptom is unilateral²
 5. at least one aura symptom is positive³
 6. the aura is accompanied, or followed within 60 minutes, by headache

D. Not better accounted for by another ICHD-3 diagnosis.

IF SECONDARY CAUSES ARE SUSPECTED:

- **MRI:** to rule out tumour, stroke, or vascular anomalies.
- **CT SCAN:** if sudden onset, severe or associated with neurological symptoms.
- **EEG:** if seizures are suspected.
- **FUNDOSCOPY:** to check for papilledema (raised intracranial pressure)

DIFFERENTIAL DIAGNOSIS:

- TENSION TYPE HEADACHE
- CLUSTER HEADACHES
- SINUSITIS
- INTRACRANIAL PATHOLOGY (TUMOUR, HEMORRHAGE)

GENERAL MANAGEMENT

- Reassurance
- Assess patients' habits, work, personality, and stress
- Try to modify the personality traits
- Correct the predisposing factor, if possible
- Psychotherapy
- Avoid and eliminating the precipitating factors
- Avoid alcohol
- Eliminating diet to identify offending substances cause allergy
- Improve general health
- During attack:
 - Adequate physical and mental rest
 - Rest in dark and quiet room
 - Avoid aggravating factors

PROGNOSIS

- Attack tends to decrease after menopause
- Attacks persist through life
- Attacks fluctuate in severity, duration, and frequency
- Some patients have fear of freedom from attacks
- Prognosis good.

HOMOEOPATHIC MANAGEMENT

Homeopathy carries an excellent scope for treating migraine. Homeopathic treatment is required in two phases to bring relief, especially in migraine. First, during acute migraine episodes, homeopathic medicines help to relieve pain in the head and its attending symptoms like nausea and vomiting. Once acute pain subsides, the treatment should not be stopped. Relief from acute pain is the first phase of treatment. The treatment is required further, which becomes the second phase of treatment, where homeopathy works in treating the chronic tendency of migraine. These medicines help to prevent the recurrence of migraine and reduce one's dependency on medicines. Homeopathic medicines do not work superficially but go to the core of the problem and focus on rooting it out in the second phase of treatment.

Safe option with zero side effects

Homeopathy treats migraine with zero side effects as the medicines used for treatment are of natural origin. Homeopathic medicines work in a very natural and safe way. The basic approach of these medicines is to stimulate or boost the body's self-healing mechanism to a level where the body can heal itself naturally. Homeopathic medicines are safe to use among people of all age groups.

Individualized approach

The basic underlying fundamental principle of homeopathy is treating every case following an individualized approach to get the best results. Homeopathy works wonders only when the medicine is prescribed as per the characteristic key symptoms in every individual case and not just as part of a hit-and-trial method. For example, Belladonna, though the most often recommended medicine for migraine, might not help in all cases. A case where sun exposure triggers headache might need the medicine Glonoine, and in a case where nausea and vomiting are marked with headache, medicine Iris Versicolor may be recommended.

The top-ranked homeopathic medicines to treat Migraine include:

1. Belladonna – Top Grade Medicine For Migraine

Though there are numerous medicines available in homeopathy to manage migraine, Belladonna occupies the top position. I can bet this medicine to relieve migraine headache. It is a brilliant medicine to help relieve **headaches with intense throbbing, pulsating type of pain**. Beside, there is a feeling of **extreme fullness in the head along with a sensation as if the head would burst**. Light seemingly worsens the headache. Noise may get unbearable. In some cases, exposure to cold air may trigger a migraine episode. In others, a head bath with cold water can bring on migraine headache. Manual pressing of the head is the only way one can get some relief.

2. Glonoinum – For Congestive Headache

Glonoinum, though mentioned at second position, is as effective as Belladonna for treating migraine with **fullness and congestion in head**. Those needing it **feel excessive blood rush into the head. The head feels very large, as if it would burst**. Patients who suffer are seen holding their heads tightly. The eyeballs seem to protrude. Extreme heaviness in the head along with unbearable heat occurs. Uncovering the head relieves the headache. Headache gets better with sleep. However, walking may worsen the headache. Apart from congestive headaches, Glonoinum is a leading medicine administered for headache related to **migraine triggered by sun exposure**.

3. Iris Versicolor – For Migraine With Nausea, Vomiting Or Acidity

To manage **headache with nausea, vomiting and acidity** no medicine does a better job than Iris Versicolor. Though some other medicines can be extremely useful, Iris Versicolor is the first choice. It is best suited when acid reflux leads to a headache. In cases needing it, vomiting of acidic, sour, bitter nature is observed. Bitter, acrid belching with heartburn (intense burning behind the sternum) and burning in the throat is well marked. Other than heartburn, burning may be noted in any part of the alimentary canal. This medicine is also useful in case **migraine begins with a blur in front of the eyes**.

4. Epiphegus – For Migraine Triggered By Mental Or Physical Exertion

To treat **migraine triggered by exertion (mental or physical)**, Epiphegus is the best bet. It gives great results when mental or physical exertion sets off the migraine episode. It is used when a slightest deviation from routine work brings on a migraine attack. Although it works for migraine on both sides of the head, comparatively better results are seen when the headache occurs on the left side. A peculiar accompanying symptom is increased saliva with constant inclination to spit.

5. Spigelia – Effective Medicine For Left-sided Migraine

Spigelia is undoubtedly the most effective medicine for migraine on the **left side**. In most cases, the **pain begins in the back of the head (occipital region), extends upwards and settles over the left eye**. The pain is intense, throbbing and pulsating. A sensation of a tight band around the head is felt. Stooping seems to worsen the headache. **Severe pain in the eyeballs** may be an accompanying factor. Eye movement worsens this pain.

6. Sanguinaria Canadensis – For Migraine Of Right Side

Sanguinaria Canadensis works wonderfully well to settle down migraine on the right side. The characteristic symptom to administer this medicine is **pain which starts in the back of the head (occipital region), and then it goes up and sits right over the right eye**. Lying down quietly in a dark room or sleeping brings relief. This medicine can also be prescribed when the headache starts in the morning, gets intense during the day and lasts until sunset. Fasting (going without meals) often triggers a migraine headache in some, for which this medicine is helpful. Sanguinaria Canadensis is also a significant medicine for **migraine in women during menopause**.

7. Nux Vomica – For Migraine With Gastric Issues

Nux Vomica is the most well-suited medicine for migraine with gastric troubles. **Migraine associated with indigestion, gas, constipation** shows great recovery with the use of Nux Vomica. It is often seen that migraine headache gets triggered by some particular food items. Nux Vomica is suitable when **migraine triggers from intake of alcohol, coffee, and spicy food**. The headache may be felt in any part of the head. The person feels the need to press the head against something for relief.

8. Kali Phos – For Migraine Due To Stress

To relieve migraine from stress one can surely take this medicine without second thought. The unique indication for the use of Kali Phos is **stress, tension, and worry that leads to headache arising from migraine**. Such migraine headaches are common among students who suffer school or college-related stress. Exhaustion and weakness usually accompany the migraine in such cases.

9. Natrum Muriaticum – For Migraine Before / During Menses (Menstrual Migraine)

Some women may experience migraine specifically before or during menstruation. For them, Natrum Muriaticum is the best prescription. This medicine works extremely well when **migraine attack gets triggered before or during menstrual cycle**. This medicine typically works if migraine **headache feels like little hammers knocking on the brain**. Another kind of headache that can be dealt wonderfully with this medicine is when the headache starts with sunrise, continues through the day and vanishes after sunset. This is popularly known as the **“sunrise to sunset headache”**. It is also the most suitable prescription for **migraine headaches in school girls or in girls who are anemic**. It is also considered the best medicine where numbness or tingling is felt in the nose, tongue or lips before the migraine attack.

10. Gelsemium – When Headache Is Preceded By Temporary Vision Loss

Gelsemium is well indicated for cases in which **temporary vision loss (blindness) precedes onset of migraine headache**. Those who need it usually feel the pain in the back of the head (occipital region). A sensation of a band around the head is also felt. There is heaviness on the eyelids. **Excessive sensibility to noise before headache** is yet another indication for its use. This medicine can also be given for **headache on one side accompanied with dim vision or double vision**.

CONCLUSION

Homoeopathy offers a holistic and individualized approach to treating migraine by addressing the root cause rather than just suppressing symptoms. In homeopathy a deep understanding of case taking, remedy selection and miasmatic analysis helps in achievement long -term relief and preventing recurrence. Further research and clinical trials can enhance the credibility and effectiveness of homeopathic treatment for migraines.

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