

MIGRAINE AND RUBRICS IN RELATION WITH IT

INTRODUCTION

Migraine is one of the commonest and main cause of world-wide disability among the young and the middle-aged adults. Moreover, migraine continues to be the second largest cause of world-wide disability.^{1,2} Migraine and chronic headache is now one of the clinical areas in which trials of homeopathy have been most often reported. And in some studies related with this area was assessed by neurologist, says that quality of life of patients with migraine has improved with homoeopathy medicines.³

What is Migraine ?

Migraine is a episodic type of headache which commonly lasts for 4 to 72 hours, which include symptoms like nausea, vomiting, light headedness, photophobia with sever one sided headache and has lot of its effect on day today activity of the patient⁴. Persons with episode of migraine, can remit or progress into high frequency of episodes or chronic migraine over time⁵.

Classification of Migraine⁷:

1. Migraine without aura
2. Migraine with aura
3. Chronic migraine
4. Complications of migraine
5. Probable migraine
6. Episodic syndromes that may be associated with migraine.

Clinical features found in severe Migraine Attacks in 500 patients⁷

SYMPTOMS	PATIENTS AFFECTED, %
Nausea	87
Photophobia	82
Light headedness	72
Scalp tenderness	65
Vomiting	56
Visual disturbances	36
Paresthesias	33
Vertigo	33
Photopsia	26
Alternation of consciousness	18
Diarrhea	16

Diagnostic criteria

Simplified diagnostic criteria for migraine adapted from the Headache Classification Committee of The International Headache Society (2004) is as follows ⁶:

Repeated attacks of headache lasting 4-72 hours with following features, normal physical examination and no other reasonable cause for the headache :

At least 2 of

- unilateral pain
- Throbbing pain
- Aggravation by movement
- Moderate or severe intensity

At least 1 of

- nausea / vomiting
- Photophobia and phonophobia

REPERTORY

Repertory is the index of homoeopathic materia medica, which is used as a tool to find out the similimum. Rubric is a repertorial language, which express the symptoms.

Rubrics in relation to migraine from different repertories :

One of the advantage of studying rubrics of repertory helps to improvise the therapeutic knowledge of the physician in relation to any particular conditon. In this article direct rubrics in relation to migraine are compailed from different repertories. They are as follows :

Direct rubrics of Migraine

[BBCR] [Head] Internal, Migraine : ARS, Asar, Bell, Bry, **Calc-c**, Caps, Cham, **Chin**, Chi-s, **Cocl** , COLO, Guai, Ign, Ip, Lyc, merc, NUX-V, Pru-s, PUL, SANG, SEP, sil. - (22)

[BOERICKE] [Head] Headache cephalgia : Type : Migraine, megrim, nervous : Am. c., Am. val.,Anac., Anhal.,Arg. n., Aspar., Avena,Bell., Bry., Caff. citr.,Calc. ac., Calc. c.,Can. ind., Carb. ac., Ced., Chionanth.,Cim.,Cocc.,Coff., Crot. casc.,Cycl.,Epiph.,Gels.,Guar.,Ign., Indigo,Iris, Kali bich.,Kali c.,Lac d.,Lach.,Meli.,Menisp., Nat. m., Niccol.,Nux v., Onosm., Paul., Plat. mur.,Puls.,Sang., Saponin,Scutel.,Sep., Sil., Spig., Stann., Sul., Tab., Thea, Ther., Verbasc., Xanth.,Zinc. sul.,Zinc. v., Zizia. (56)

[PHATAK] Migraine : Cahin, Gels, Ip, Kali-bi, Lac-d, Nat-m, Nat-s, Onos, Psor, Rob, Sang, Sil, Spig, Ther

[MURPHY] [Headaches] Migraine, headaches : acon, **AGAR**, **anac**, **ANT-C**, apis,**arg**,arn,**ars**, **ASAF**, **asar**,aur,bell, **BRY,cact**,calad, **calc**, **calc-p**,caust, cedr, **cham**,chel, **CHIN**, cic, cemic,cina,cocc, **COFF**, coloc, **eup-per**, **GELS**, glon, graph, **IGN,IP,IRIS**,kali-bi,**kali-p**, **LAC-C**,lach, lyc, **NAT-M,nat-s,NUX-V**, op,**PHOS**, **PULS**, **SANG**, scut,sep,**SIL**,spig, **stram**, **sulph**, **tab**,tarent, **ther**,**THUJ**, valer, **ZINC**

[SYNTHESIS] [Head] Migraine (see Head – Pain)

Synthesis of rubric

In all the repertories there may not be direct or dignostic rubrics, in that case there is a need to synthesis the rubric. This process of combining two or more rubrics into one is called as Synthesis of rubric. For example in case of migraine we can syntesis the rubric as folllows :

From Kent's Repertory,

[Head] [Pain] Periodic headache

[Head] [Pain] noise,from

based on different locations, [Head] [Pain] forehead, right side /left side.

From Boenninghausen's Therapeutic Pocket Book

[Internal Head] [One-sided in General]

[Vision] Photophobia

Like this in cases where there is no availability of direct rubric we can synthesize the rubric based on clinical features of the condition or the disease.

CONCLUSION

Homoeopathy has very good scope in improving the quality of life of patients who are suffering from Migraine. Outcome of the Homoeopathic treatment is concerned with the complete well being of the patient and not just disappearance of the symptoms of the disease. In this article utility of Repertory in particular to migraine is described in very brief. There are lot of scope for research in repertory in relation to specific diagnostic rubrics and confirmation of rubric on evidence based studies helps to even update the repertory. This article shows one of the approach of studying therapeutics in homoeopathy in relation to migraine using repertory.

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