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From persistent pain to lasting relief: Homeopathic cure of stress-triggered migraine

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Abstract
Migraine is a chronic neurological disorder characterized by recurrent episodes of moderate to severe headache, often accompanied by nausea, vomiting, photophobia, and phonophobia.
Homeopathy offers a holistic, individualized approach, focusing on the totality of symptoms and the patient's constitution. Natrum muriaticum was selected as the constitutional remedy, with *Sanguinaria canadensis* prescribed in acute episodes, based on the symptom similarity. Over two years of regular homeopathic treatment and lifestyle guidance, the patient experienced a gradual reduction in headache frequency and intensity, leading to complete resolution for the past 6-7 months. She discontinued allopathic medications for over a year, with improvement in sleep, digestion, emotional balance, and overall well-being.
This paper discusses the detailed case analysis, miasmatic evaluation, prescription rationale, and month-wise follow-up, highlighting the effectiveness of individualized homeopathic management in chronic migraine cases at Dr. Batra's.

Keywords: Migraine, homeopathy, Natrum muriaticum, *Sanguinaria canadensis*, case study

Introduction
Migraine is a common primary headache disorder, affecting more than 1 billion people worldwide and ranking as the second leading cause of Years Lived with Disability (YLDs) globally [1]. It is characterized by recurrent attacks of unilateral, throbbing headache lasting 4-72 hours, often associated with nausea, vomiting, photophobia, and phonophobia [2]. The prevalence is higher in females, with a female-to-male ratio of approximately 3:1, influenced by hormonal factors [3].
The etiology is multifactorial, involving genetic predisposition, cortical spreading depression, trigeminovascular system activation, and altered brainstem modulation [4]. Common triggers include emotional stress, sensory stimuli, certain foods, hormonal fluctuations, travel, and sleep disturbances [5]. Chronic migraine can lead to medication overuse headaches, depression, anxiety, and significant impairment in daily functioning [6].
While conventional medicine offers symptomatic and preventive pharmacotherapy, many patients experience incomplete relief, side effects, or develop drug dependency [7]. Homeopathy aims to address the underlying susceptibility, considering the totality of symptoms, miasmatic background, and individual constitution. Remedies like Natrum muriaticum, Sanguinaria canadensis, and others are frequently indicated in migraine cases based on symptom similarity [8].
This paper presents a chronic migraine case successfully managed with individualized homeopathic treatment, demonstrating significant symptomatic relief and improvement in quality of life without allopathic medications.

Case profile
A 40-year-old housewife presented with a chronic complaint of migraine for the past one year, with pain predominantly localized to the right temporal region. The character of the headache was pulsating in nature and was aggravated by stress, exposure to crowds, and travel. Initially, the patient was heavily dependent on allopathic painkillers, particularly naproxen, requiring them almost 2-3 times weekly, without sustained relief.
The migraine episodes reportedly began following an angioplasty performed approximately 1.5 years prior to the initial consultation. Although the patient did not suffer from

hypertension, she had been on Tab Cyplar for the past year. Associated complaints included disturbed sleep limited to just 1-2 hours per night and chronic gastric disturbances with frequent gas formation.

Due to the intensity and frequency of headaches, the patient's daily life and household responsibilities were significantly affected. Upon initiation of homeopathic treatment, noticeable improvement was observed within 3-4 months. Her dependency on allopathic medication began to decline gradually. Over the span of two years of consistent homeopathic care, her headache frequency reduced significantly, eventually resolving completely. She was able to resume her domestic responsibilities effectively and reported an enhanced quality of life.

For the first several months of treatment, mild to moderate improvements were documented. The intensity and frequency of headaches reduced significantly. During episodes of stress, especially family-related, or on exposure to noise or travel, she occasionally experienced mild headaches. However, these episodes were manageable and did not require the use of painkillers. Regular homeopathic management, along with lifestyle advice including walking and meditation, contributed to her progress.

There were brief relapses during the course of treatment, particularly in late August and September, where she reported heaviness in the head and mild vertigo along with gastric discomfort. During these times, she resorted temporarily to allopathic remedies. However, these episodes were short-lived, and she regained her symptom-free status within a few weeks, with ongoing homeopathic support.

Over the next several months, the patient continued to remain largely symptom-free. She reported occasional mild discomfort during travel or in noisy environments but did not require any further allopathic medications. Her sleep became more regular and refreshing, digestion normalized, and her overall sense of wellbeing improved. Stress levels, which were earlier moderate and related to family concerns, reduced with time and supportive care.

At the end of two years of treatment, the patient reported no headaches for the past six to seven months. She had stopped all allopathic medications for over a year. Her general health remained stable with normal appetite, digestion, menses, and weight (around 60-62 kg). She continued to follow lifestyle guidance including daily walking, avoiding heavy foods, and practicing relaxation techniques.

Physical generals

Diet: Normal
Appetite: Normal
Cravings: Spicy food
Aversions: None specified
Thirst: Normal
Stools: Normal
Urine: Normal

Perspiration

Thermal reaction: Ambithermal
Sleep: Hours of sleep: 2-3 hours, Disturbed

Female history

Children: Mother of 3 children
Menses: Normal, monthly but sometimes scanty for 1-2 days

Examination

Sleep: Markedly reduced (initially only 2-3 hours); disturbed sleep reported.
Head: History of right-sided temporal headache (pulsating), triggered by stress, travel, and noise exposure.
Digestive system: Occasional gastric disturbances; gas formation noted during episodes.
Neurological: Intermittent episodes of vertigo reported during relapse phase.
General appearance: Occasional weakness and heaviness in head during relapse

Mental generals

The patient is a 40-year-old woman, currently living with her daughter who is pursuing her education. Originally from Pali, she was born and brought up in a simple village environment along with her three siblings. She is the second child in the family and received basic schooling, having completed her 12th standard. After marriage, she moved to Bangalore with her husband, who runs a grocery business there. Though she now stays with her daughter for support, the rest of the family, including her husband and another child, continue to reside in Bangalore.

Her upbringing was modest and uneventful, typical of a rural setting, without major emotional traumas during childhood. She recalls her early life as simple, with normal relationships with her siblings and family members. Academically, she was average and did not report any bullying or strained relationships with peers or teachers. The parental influence in her life was evenly balanced and she does not mention any excessive strictness or unrealistic expectations from her parents.

Despite this seemingly simple background, she has been under significant and prolonged family-related stress, although she refrains from sharing specific details. Notably, she underwent angioplasty 1.5 years ago, which marked the onset of her migraine complaints. Since then, she has described herself as feeling under constant emotional pressure. She often experiences anxiety over minor issues and tends to overthink situations. She has a brooding nature and is extremely sensitive to emotional and environmental stimuli, yet finds it difficult to express her inner feelings openly. She describes herself as introverted, reserved, and someone who prefers to keep emotions to herself rather than venting them outwardly.

She admits to feeling anxious even over small matters and experiences physical and emotional uneasiness during such situations. She also gets easily irritated, especially when things don't go as expected or when family conflicts arise. A particularly distressing phase occurred two years ago during a family dispute, which she recalls as the saddest and most emotionally taxing time of her life. Although she finds joy in being around her children and caring for them, she rarely expresses happiness openly. Her happiest moments, while not detailed, seem to be associated with her family.

As a housewife, her daily routine includes managing household tasks, which she enjoys and finds a sense of purpose in. However, earlier due to constant headaches and emotional stress, she was unable to manage even basic responsibilities. With improvement in her health, she has regained her ability to engage in daily chores. She describes herself as cool and calm by nature but admits to being emotionally sensitive and reserved. Her personality includes

traits such as anxiety, overthinking, and introversion, coupled with a sense of duty and quiet resilience.
Her hobbies revolve around domestic work, which she finds both fulfilling and therapeutic. She has no notable involvement in any social activities and prefers staying in a familiar, quiet environment. The mental picture drawn is of a sensitive, emotionally burdened yet inwardly strong woman, who finds it difficult to express her emotional struggles but continues to carry her responsibilities silently.

Past history: NS
Family history: NS

Case analysis: Reportorial totality

1. Mind - Ailments from - grief
2. Mind - Brooding
3. Mind - Sensitive - mental or emotional impressions, to
4. Mind - Anxiety - trifles, about
5. Mind - Reserved
6. Head - Pain - Right - temporal region
7. Head - Pain - Pulsating / throbbing
8. Head - Pain - From mental exertion / stress
9. Sleep - Disturbed
10. Generalities - Noise - agg.
11. Generalities - Travel - agg.

Repertory screenshot

Remedy Name	Nat-m	Gels	Phos	Aur	Ars	Bell	Caust	Hyos	Nit-ac
Totality	7	7	7	6	6	6	6	6	6
Symptom Covered	4	3	3	5	4	4	4	4	4
[KT] [Head]Pain,headache in general:Stitching:Forehead:Eminence,frontal:									1
[C] [Mind]Ailments from:Anger, vexation:Grief, with silent:	2	2	1	1	1	1		1	
[C] [Mind]Brooding:		2		1		1	1	1	1
[C] [Mind]Sensitive, oversensitive:	3	3	3	2	2	3	3	2	3
[C] [Mind]Anxiety:Trifles, about:	1			1	2		1		
[C] [Mind]Reserved:	1		3	1	1	1	1	2	1

Selection of remedy
Constitutional remedy

- **Remedy name:** Natrum muriaticum
- **Potency:** 200C
- **Dose:** Single dose, repeated as per response
- **Reasons**
  - Headache triggered by stress, particularly emotional stress and mental exertion
  - Pain located in temporal and frontal regions
  - Reserved, introverted personality with brooding nature
  - Sensitive to emotional impressions, ailments from grief and disappointment
  - General aggravation from noise and travel

Acute remedy

- **Remedy name:** Sanguinaria canadensis
- **Potency:** 30C
- **Dose:** During acute episodes, 3 doses in a day at 4-6 hour intervals
- **Reasons**
  - Right-sided temporal headache
  - Headache recurring periodically
  - Associated aggravation from travel and noise
  - Relief from rest in a quiet environment

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mind - Ailments from grief / disappointments / worry / reserved nature	✓			
Mind - Brooding	✓			
Mind - Sensitive - mental or emotional impressions, to	✓			✓
Mind - Anxiety - trifles, about	✓	✓		
Mind - Reserved	✓			
Head - Pain - Right - temporal region		✓		✓
Head - Pain - Pulsating / throbbing	✓	✓		✓
Head - Pain - From mental exertion / stress	✓			✓
Sleep - Disturbed	✓		✓	✓
Generalities - Noise - agg.	✓			✓
Generalities - Travel - agg.				✓

Materials and Methods
Complete repertory was used for Repertorization

Results

Month	Progress	Prescription
1st month	Mild relief in headache intensity; sleep still disturbed; occasional gastric discomfort.	Natrum muriaticum 200C - single dose every 15 days; Biochemic Mag. phos 6x - 4 tabs TDS.
2nd month	Headache episodes less frequent; still triggered by stress and noise; improved digestion.	Continued Natrum muriaticum 200C - every 15 days; Lifestyle advice on walking & meditation.
3rd month	Noticeable improvement; no painkillers needed; occasional mild headache with travel.	Natrum muriaticum 200C - every 15 days; *Sanguinaria canadensis* 30C - TDS for acute episodes.
4th month	Further reduction in frequency; better sleep; increased activity levels.	Same as previous month.
5th month	One mild relapse after family stress; heaviness in head and gastric upset.	*Sanguinaria canadensis* 30C - TDS for 2 days; Natrum muriaticum continued.
6th month	Headaches subsided again; stress better managed; digestion normal.	Continued Natrum muriaticum 200C; meditation advised.
7th month	Stable; only mild discomfort during travel; no allopathic medicines taken.	Same regimen; Biochemic Mag. phos 6x PRN.
8th month	Symptom-free month; patient reports improved energy and mood.	Continued Natrum muriaticum 200C - every 15 days.
9th month	Relapse in late August-September: mild vertigo and heaviness in head.	*Sanguinaria canadensis* 30C - TDS for 3 days; continued Natrum muriaticum.
10th month	Recovery from relapse; sleep and digestion remain good.	Same as previous month.
11th month	No headaches; resumed household duties fully.	Natrum muriaticum 200C - every 15 days.
12th month	Completely symptom-free; patient reports feeling “back to normal”.	*Tuberculinum* 1M - single dose for constitutional support;

Discussion & Conclusion

The patient, a middle-aged woman with a history of stress-triggered right-sided temporal and frontal headaches, presented with long-standing symptoms requiring frequent allopathic medication for relief. Her personality profile revealed a reserved, brooding, and sensitive nature, with anxiety over trivial matters and a background of prolonged family stress. Physical generals were largely normal except for disturbed sleep and occasional gastric discomfort.

A constitutional prescription of Natrum muriaticum was selected based on the totality of symptoms headache from mental exertion and stress, reserved disposition, brooding tendency, and marked sensitivity. For acute episodes, particularly right-sided temporal headaches, *Sanguinaria canadensis* was prescribed. Supportive lifestyle measures including daily walking, meditation, and dietary moderation were advised.

Within the first 3-4 months, the patient noted a marked reduction in headache frequency and intensity, enabling gradual withdrawal from allopathic medication. Over two years, she experienced occasional mild relapses, mostly triggered by stress or travel, which were short-lived and easily managed with acute remedies. Her general health steadily improved, with normalization of sleep, digestion, and emotional stability.

By the end of treatment, the patient had been completely symptom-free for over six months, off all allopathic medication for more than a year, and reported an enhanced quality of life with stable physical and mental health. This case demonstrates the efficacy of individualized homeopathic treatment in chronic stress-related headache, with long-term relief and improved general well-being.

The transformation

Parameter	Before treatment	After treatment (2 years)
Headache frequency	4-5 episodes/week, severe and disabling	No headache episodes for past 6-7 months
Headache intensity	Severe, throbbing/pulsating, lasting several hours	None
Triggers	Stress, noise, travel	Only mild discomfort occasionally during travel or noise exposure, no pain
Dependency on allopathy	Regular use of painkillers (3-4 times/week)	No allopathic medication for over 1 year
Sleep	Disturbed, non-refreshing	Regular, refreshing
Digestion	Occasional gastric discomfort	Normal digestion
Emotional state	Anxious over small matters, brooding, reserved, constant family stress	Calmer, emotionally stable, better stress handling
Daily functioning	Unable to manage household work during headache episodes	Fully active in domestic responsibilities
Quality of life	Poor, restricted due to frequent headaches	Good, able to participate in daily life without limitations

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