

Utility of Synthesis Repertory in Case of Migraine: A Case Report

Dr. Rishi Mohan^{1*}, Dr. Namita Chatterjee²

^{1*}Associate professor, Department of Repertory, Laxmiben Homoeopathy Institute & Research Centre, Mahesana(Gujrat)

²Ph.D Scholar Tantia University, Shri Ganganagar, Ph.D Supervisor Tantia University, Shri Ganganagar

Abstract

Migraine is a episodic headache disorder associated with various combinations of neurological, gastro intestinal and autonomic changes with certain peculiarities like sensitivity to light, sound and movement; nausea and vomiting. Serious episodes of migraine disturb the quality of life and may lead to other systemic complications. This article deals with case reported to us having migraine since 2 years. After detailed case taking and repertorization Calcarea Phosphorica is given. After prescription on the basis of repertorization patient got relieved from her complaints.

KEYWORDS-: Migraine, Synthesis Repertory, individualization, Calcarea Phosphorica Homoeopathy.

Introduction

Migraine is a common illness, & is the third most prevalent disabling, common neurological disorder characterized by complex neurobiology, involving a series of central and peripheral nervous system areas and the networks, with a life-time prevalence of about 14% worldwide (9% in men, 20% in women). It manifests itself with attacks, accompanied with a unilateral headache, that are often associated with nausea, phonophobia, or photophobia, and can be preceded by a peculiar aura. Migraine can often be perceived by its activators, referred to as triggers. It is the common disorder and the major cause of absenteeism from work and avoidance of social or personal activities. Migraine is probably caused by neuronal hyperexcitability and an alteration of pain perception. A World Health Organization rating placed migraine among the most disabling diseases, together with active psychosis, dementia, and quadriplegia.

Case-: A 26 years old, unmarried, height 5'4", fair complexion, hindu girl XYZ came to the OPD on 10/10/2023 (Tuesday) with the complaint of nausea with severe headache since 2yrs. She experienced the pain at least once in a week on both the sides of head. The pain last for few hours to whole day with fullness of the head. She uses pain killers for it. She also had itching which appears on commencement of winter, itching present on the back, chest & legs. Rashes appear after itching, treatment taken, but no relief it appears again, eruptions on the back.

Life Space-: Patient is doing job in a courier service. She has two siblings, both are younger too her and are studying. Father is 63 years old & he is a retired now, he works in a private factory as a worker. She lost her mother 3 years back. Her father is of orthodox nature but her mother supports her. Since she is the elder one so she took the responsibility of family after her father retirement. She had good bonding with her siblings. She was very good in work and has good relations with the office people. Her boss appreciates her work. But since she lost her mother, she has to look after everything at home and office. Now the work pressure also increases & because of her headache she become unable to manage everything, this makes her irritable. She become short tempered and due to it her work and office relations both are disturbed. She starts forgetting the things. She also feels that now she is not performing well somewhere in all these problem. She feels she needs support and care. She feels if her mother would alive than, she was not going through all this.

PAST HISTORY-:

- Cervical spondylitis since 1 years homeopathic medicine taken
- Pain in legs since February 2020 after meeting with an accident her right femur get fractured. Pain killers are taking for it.
- Gall stones 8mm & 10mm since 2 years, ayurvedic medicines taken

MENSTRUAL HISTORY-:

- Menarche at 13-14 yrs
- Menstruation last for 4-5 days, regular, bright red colour & no complaint was exist.
- Pain in legs during menstruation.

GENERAL SYMPTOMS-:

MENTAL GENERAL -:

Irritable
Lack of confidence
Forgets the things
Grief

PHYSICAL SYMPTOMS:-

Appetite:- Hunger controllable
 Desire:- Sweets, cold food
 Aversion:- Substantial meal as it causes pain & acidity, vomiting after gall stone problem
 Sleep:- Lie by side, alert sleep
 Thirst:- In summers 1-1/2 litres & in winters 3-4 glasses (thirstless)
 Stool:- Constipated since childhood
 Thermals:- Chilly
 Drinks:- Warm drinks
 Tight clothing:- Causes suffocation
 Smell:- Strong odor intolerable
 Fear:- Fishes, fear of water even during bath also, afraid to go alone.
 Side of complaints:- Left
 Hobbies: - Gardening, Painting, loved reading & writing thriller, suspense & horror stories.

EVALUATION OF SYMPTOMS:-

Irritable
 Lack of confidence
 Forgets the things
 Grief
 Severe headache with nausea
 fullness of the head
 Itching on the back, chest & legs with Rashes in winter
 eruption on the back

REPERTORIAL TOTALITY:-

EXTERNAL TOPIC 1

Investigation window for remedies

125 %

Millennium view (progressive)

J Sherr

Display

Strategy

Restrict to

Clipboard 1

1. HEAD - PAIN - accompanied by - nausea

(196) 3

2. SKIN - ERUPTIONS - itching

(165) 3

3. MIND - AFFECTIONS FROM - grief

(91) 3

4. GENERALS - COLD - take cold; tendency to

(161) 3

5. HEAD - PAIN - mental exertion - agg.

(139) 3

	nat-m.	nux-v.	calc-p.	sep.	bry.	nit-ac.	phos.	puls.	graph.	ion.	lach.	lyc.	sulph.	calc.	cham.	cocc.	con.	kel-lc.	bell.	nit-c.	rhust.	acon.	am.	dig.	kal-lp.	mag-c.	stip.	zinc.	caust.	phac.	sil.	staph.	alum.	ant-c.	merc.	phor.	ars.	carb-v.	gels.	kal-har.	nat-an.	nux-m.	petr.	am-c.	amb.	arac.	apis.	calc-s.	carb-s.	clen.			
1	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15
2	45	39	36	36	33	33	33	33	33	30	30	30	27	27	27	27	27	24	24	24	21	21	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18
3																																																					
4																																																					
5																																																					

REPERTORIAL ANALYSIS:-

1. Natrum Muriaticum
2. Nux . Vomica
3. Calcarea Phosphorica
4. Sepia
5. Bryonia

SELECTION OF REMEDY:-

Calcarea Phosphorica

JUSTIFICATION OF SELECTION OF REMEDY:-

Calcarea Phosphoric covers all the symptoms .

JUSTIFICATION OF SELECTION OF POTENCY:-

200 potency should be given as per the susceptibility of patient.

PRESCRIPTION:-

Rx
 Calc Phos 200 1 dose stat
 Rubrum 200 tds 6 hourly x 15 days

FOLLOW UP-

Date	Symptoms	Prescription
26/10/2023	Feels better in headache and nausea Patient feels better generally	Rx Rubrum 200 Tds 6 hourly x 15days
10/11/2023	Patient feels much better Headache & nausea is improved	Rx Placebo 30 Tds 6 hourly x 15 days
5/12/2023	No nauseatic feeling is present G.C is fair Relief in headache	Rx Placebo 30 Tds 6 hourly x 15 days
21/12/2023	No eruptions appear this winter Eruptions on back are dried out Improvement in complaints G.C is fair	Rx Placebo 30 Tds 6 hourly x 15 days
8/01/2024	Improvement Patient feels much better	Rx Placebo 30 Tds 6 hourly x 15 days

Discussion

This case highlights the usefulness of Homoeopathic medicine with the use of Synthesis repertory in case of migraine . the Patient was taken pain killers then came into homoeopathy , She responded positively with homoeopathic treatment . Nux Vomica & Calc. Phos are very close to on repertorization but according to PDF Calc. Phos is prescribe. Although the Nux vomica is very confident & had Headache pressing type pain on vertex, occiput and is very oversensitive. Calc Phos had Headache with fullness sensation in head & didn't be confident enough, and always want support and care.

Conclusion :-

The above case report proves the supremacy of Homoeopathy and Synthesis Repertory comparing to other system of treatment. Again it is understood that migraine is treated with based on homoeopathic principles symptom similarity, minimum dose & single dose prescription we arrive at a permanent cure without any side effects.

References:-

1. <https://link.springer.com/article/10.1007/s00415-023-11706-1>
2. Stovner LJ, Hagen K, Jensen R, et al. The global burden of headache: A documentation of headache prevalence and disability worldwide. *Cephalalgia* 2007;27:193–210.
3. Kasper D, Fauci A, Longo D.L., Braunwald E., Hauser S.L., Jameson J.L., et al, *Harrison's Principles of Internal Medicine*. 17th edition vol 2. The McGraw-Hill Companies. 2008.
4. Boericke W. *Pocket Manual of Homoeopathic Materia medica and repertory*. Rep.ed. New Delhi: B Jain Publishers; 1998.
5. Withoukas George, *The science of homoeopathy*, Indian edition; New Delhi; B.Jain publishers (p) Ltd; 1998.
6. Schroyens Frederik, *SYNTHESIS Repertorium Homoeopathicum Syntheticum*. Edition 9.1; New Delhi: B.Jain publishers (p) Ltd.
7. Radar software Version 10, New Delhi: B.Jain Publishers (p) Ltd.