

Chapter 1 : Homeopathic & Naturopathic Treatment of Headaches - Rockwood Natural Medicine Clinic

ATTN: CHRONIC SUFFERERS - Consulting with a homeopathy practitioner, rather than attempting self-treatment with homeopathic remedies, is recommended if you suffer from chronic headaches or frequent Migraine episodes.

Migraine headache is a neurological condition more common to women than to men. The typical migraine headache is unilateral affecting one half of the head and pulsating, lasting from 4 to 72 hours; symptoms include nausea, vomiting, photophobia increased sensitivity to light, and phonophobia increased sensitivity to sound. Cause of migraine headache is unknown; The cause of migraine headache is unknown; the most common theory is a disorder of the serotonergic control system, which says, the pain thought to be linked with the drop of level of serotonin chemical in the brain leading to the dilatation and inflammation of blood vessels. It has a strong inheritance link associated with it and seems to run in families. Signs and symptoms 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 phases of a migraine attack listed below are common but not necessarily experienced by all migraine sufferer. The prodrome, which occurs hours or days before the headache. The aura, which immediately precedes the headache. The pain phase, also known as headache phase. The postdrome The typical migraine headache is unilateral, throbbing, and moderate to severe and can be aggravated by physical activity. Not all these features are necessary. The pain may be bilateral at the onset or start on one side and become generalized, and usually it alternates sides from one attack to the next. The onset is usually gradual. The pain may also be associated with vomiting and nausea; sensitivity to light and sound, fatigue, numbness and tingling. 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. They include foods containing MSG monosodium glutamate this is a taste additive that is often found in Chinese food preparation, pickles, fermented foods, nuts, chocolate, and red wine and dairy products. Treatment Homeopathy cures migrain permanently. But it is a chronic disorder and may take few months to get cured. Even when the medicine is properly selected and working in the right direction, the headaches are not going to disappear in one go. Initially one will see a reduction in the severity and the frequency of the headaches. This gradually over a period of time would lead to the complete cure. Migraines often on the right that are worse from grief or emotional upsets, worse from too much sun, or occur just before or after the menstrual period, are likely to respond to this remedy. The headache feels "like a thousand little hammers were knocking on the brain" and is often worse from eyestrain. The person may have numb or tingling feelings in the lips or face before the headache starts, and the eyes are very sensitive to light. Right-sided migraines with tension in the neck and shoulder, extending to the forehead with a bursting feeling in the eye, are often relieved with this remedy. Jarring, light, and noise aggravate discomfort. The headaches improve after vomiting, as well as from burping or passing gas, and are often better after sleep. A person who needs this remedy often comes down with migraines after missing meals, and also has digestive problems and allergies. Left-sided migraines with dizziness and nausea, worse from missing meals, and worse near menstrual periods or during menopause, often responds to this remedy. Pain may come in shocks or jerks, and the person feels worse indoors and from lying on the painful side. A person needing Sepia feels weary, cold, and irritable, wanting no one to make demands on them. Silicea also called Silica: Migraines that come on after mental exertion or near the menstrual period may indicate a need for this remedy especially in a nervous person who is very chilly. Headaches are usually right-sided, starting in the back of the head and extending to the forehead, and are worse from drafts or from going out in the cold without a hat. Excruciating headaches on the left side of the head, with violent throbbing, or stitching p Belladonna: Migraines that start in the back of the skull or upper neck and spread to the forehead and temple especially on the right may indicate a need for this remedy. Pain is throbbing or pounding, and worse from jarring, light, and noise. Headaches often begin in late morning or afternoon, and may be worst around three p. The face may be flushed and red, and the skin feels hot, although the feet and hands are often cold. The pupils may be dilated, with sensitivity to light, and the person may either feel delirious or drowsy. If you have

DOWNLOAD PDF HOMEOPATHY FOR HEADACHES

Migrain Problem then we can provide a good treatment. Just register your self on our website at [http:](http://) Our Doctor will then be able to understand your problem and suggest a treatment plan for you.

Chapter 2 : Migraine- Homeopathic medicines for migraine or headaches

The following is largely adapted from First-aid and Acute Care: The NCH Study Guide.. Homeopathic home care can be appropriate for occasional mild to moderate headaches, brought on by obvious causes such as anxiety, lack of sleep, alcohol, overwork, etc.

Belladonna Belladonna is the first remedy that comes to mind for headache; Its symptoms are clear and sharply defined. Throbbing is the great keynote, and violent shooting pains in the head, driving the patient almost wild. Patient cannot lie down, must sit up, cannot bear light, a draft of air, noise or jarring. The location of the ache is mostly in the frontal region or right side, flushed face, dilated pupils accompany. The Head pain of Belladonna are usually worse in the afternoon, the whites of eyes are red. The face is puffed and red. Head heavy, but cannot lay it on pillow. Cannot bear any heat about head. Better from uncovering head. Very irritable; vertigo on assuming upright position. Cerebral congestion; head feels enormously large, as if skull were too small for brain. Sun headaches; increases and decreases with sun. Head pain in place of menses. Rush of blood to head in pregnant women. Nux vomica Nux vomica is more often indicated in headache than any other remedy. These are all common causes of the Nux vomica headache. The ache is situated over one or the other eye, usually the left, or else in the occiput. It is apt to being in the morning with giddiness on first rising, and last all day until night, and is accompanied with sour taste or perhaps nausea and violent retching. The dull, wooden, bursting feeling of the head following a debauch is most characteristic of Nux vomica. Stooping and coughing aggravate the head pain; it is worse in the morning; moving the eyes and motion in general makes the head feel worse. In general, nothing relieves the Nux vomica headache ; but it will often disappear by rising and being about for a few hours. This is a characteristic point in those headache due to alcoholic excesses. Sanguinaria The pain begins in the morning and in the occiput, it comes up over the head and settles in the right eye. The pain increases in severity until there is vomiting of food and bile. Pain may become so intense at times that the patient will frantically bore her headache into the pillow for relief. It is especially suitable to women who menstruate too freely. Pain is relieved by lying down. More useful in the gastric form of headache. There may be also profuse micturition relieving the headache. Iris versicolor The Iris headache characteristically commences with a partial blindness, or blurring of vision. It is especially a remedy for gastric or bilious headaches. This blurring of the sight may be preceded by drowsiness and the head begins to ache as soon as the blurring disappears. The pains are mostly located over the eyes in the supra-orbital ridges, usually in one side at a time, mostly the right. The pains are throbbing or sharp, if vomiting occurs, it is apt to be copious, bitter or sour. Especially characteristic is vomiting of matters so sour that the teeth are set on edge. The head pain of Iris is aggravated by violent motion, cold air and coughing; Moderate exercise in the open air relieves. When Head pain are produced by eating sweet things Iris is probably the remedy. Gelsemium Gelsemium is another remedy which has a headache commencing with blindness, and especially is it a remedy for headaches due to eye strain. The ache under Gelsemium commences in the occiput or nape of the neck, comes up over the head settles in the eye as in Sanguinaria. There is a feeling as if a band were about the head, the patient is dull and apathetic, and there is great soreness in the eye when moving them. Occipital headaches, which are dull and dragging. A characteristic of Gelsemium is a sensation of a band around the head just above the ears. Among the causes of headache are riding in the cars and a carriage. A peculiar symptom of Cocculus is the sensation as if the occiput were opening and shutting. The headache of Cocculus in general are worse from mental effort, and are better indoors and during rest. There is a constant tendency to stretch the head backwards. Melilotus alba A remedy often overlooked in the treatment of congestive forms of headache is Melilotus. With this remedy there is a sensation of bursting. Sometimes the headache culminates in nosebleed, which relieves. Congestive headaches, due to sexual irritation, are speedily benefited by the remedy. Natrum muriaticum The headache of Natrum muriaticum is as if there were little hammers beatings in the skull. Worse from moving the head or eyeballs. Headache comes in the morning, is worse about 10 A. Sun heat aggravates headache or headache due to going in sun heat. Headache in school children and especially in those who are maturing and anemic. Pain

on top of head. The pain generally centers on the region of the ear and runs up to the occiput, leaving a stiffness of the nape of the neck, Profuse urination relieves headache.

Chapter 3 : Homeopathy for Headaches | alive

Homeopathy for HEADACHE & MIGRAINE HEADACHES. Information about types, causes, diagnosis, treatment of headache with list of commonly indicated homeopathy medicine. A headache or cephalgia is pain anywhere in the region of the head or neck.

Homeopaths treat the whole and the unique person in front of them. When estimating the health condition of a person they even consider sleeping patterns, food habits and physical activity. The appointment is more talk and less physical exam, and at the end of an appointment the practitioner will suggest some medications for your illness. Most of the homeopathic medications are safe to use, and the best way to use them is to consult a specialist, and then apply the homeopathic medication. If you decide to use the homeopathy on your own, try to use a remedy for symptoms that are similar to yours. Chronic migraines and headaches are best treated with the help of the homeopathic practitioner, and it is not advisable to treat the condition yourself. Inform your doctor if you are considering or using any medicine or remedy. Homeopathic remedy for migraines and headaches from a head trauma is Arnica. Cold feet and hands, red and hot skin and throbbing pain on the right side of the head are treated with Belladonna. Sanguinaria canadensis is a homeopathic medication for sharp headaches, located in the right eye, showing symptoms like eyestrain or vomiting. Bryonia alba is used for pulsating early morning pain near the left eye. The mouth is dry, and noise and movement make the headache worse. Another treatment for the left-sided migraine is Lachesis. Sepia treats headache centralized in left forehead or above left eye, with nausea and vomiting. Left-sided headaches are treated with Spigelia, too, especially if the symptoms include heart problems, and stiff neck and shoulders. When the headache is the result of dehydration, weakness or anemia one should use China. Cimicifuga is the remedy for migraines connected to the period, stiff neck pain and desperation. Sometimes migraine or headache comes from worries or insomnia. Headache is followed by dizziness, nausea and vomiting. The condition is treated with Cocculus indicus. Cyclamen is used in migraines associated with dizziness, vision problems or eye spasm. The patient may have earache, feel thirsty and weak, and could be sensitive to cold air. Headaches with blurred vision, sensation of tight band around skull, frequent urination, and difficulty holding head straight or opening eyes are treated with Gelsemium. Ignatia amara treats ice pick headaches and stress headaches, as well as sadness and grief. When having migraine with aura, or during the resting period the remedy for you is Iris versicolor. Natrium muriaticum helps with stress-related headaches, and headaches that appear of too much sun, disappointment or sadness. Tension headaches and hangovers, that worsen with some noise or scents should be treated with Nux vomica. Migraines might be triggered by weather changes. When it happens treat those headaches with Ranunculus bulbosis.

Chapter 4 : HOMEOPATHIC REMEDIES FOR HEADACHES

10 Homeopathic Remedies for Headaches Constitutional or holistic remedies may help cure the underlying tendency toward a headache when taken infrequently. To find the correct remedy for you, consult with a trained homeopath.

Headache facts the top is one amongst the foremost common sites of pain within the body. Tension headaches square measure the foremost common variety of primary headache and typically square measure treated with over-the-counter OTC medications for pain. Secondary headaches square measure an indication of AN injury or AN underlying malady. Patients ought to request medical aid for brand spanking new onset headaches, fever, stiff neck, modification in behavior, vomiting, weakness, or modification in sensation. Homeopathic treatment for Headache, Headache treatment in homeopathy What is a headache? Headache is outlined as a pain arising from the top or higher neck of the body. The pain originates from the tissues and structures that surround the brain as a result of the brain itself has no nerves that bring about to the feeling of pain pain fibers. The tissue layer that surrounds bones; muscles that shut in the bone, sinuses, eyes, and ears; and tissue layer that cowl the surface of the brain and funiculus, arteries, veins, and nerves, all will become inflamed or irritated to cause the pain of a headache. This pain is also a boring ache, sharp, throbbing, constant, mild, or intense. Causes Homeopathic treatment for Headache, Headache treatment in homeopathy The most common variety of headaches square measure seemingly caused by tight muscles in your shoulders, neck, scalp, and jaw. These square measure referred to as tension headaches. Tension headaches tend to air either side of your head. They typically begin at the rear of your head and unfold forward. The pain might feel boring or squeeze, sort of a tight band or vice. Your shoulders, neck, or jaw might feel tight or sore. Migraine headaches square measure severe headaches that typically occur with different symptoms, like vision changes or nausea. The pain is also throbbing, pounding, or rhythmic. The pain sometimes gets worse as you are attempting to maneuver around. These headaches is also triggered by foods like chocolate, sure cheeses, or MSG. Homeopathic treatment for Headache, Headache treatment in homeopathy Rebound headaches â€” headaches that keep coming â€” might occur from overuse of painkillers. These may be referred to as medication overuse headaches. Patients UN agency take pain medication over three days every week on an everyday basis will develop this sort of headache. Other forms of headaches: Cluster headaches square measure sharp, terribly painful headaches that tend to occur many times daily for months, then flee for an analogous amount of your time. Sinus headaches cause pain within the front of your head and face. The pain tends to be worse once you bend forward and once you 1st come to life within the morning. Headaches might occur if you have got a chilly, the flu, a fever, or syndrome. A swollen, inflamed artery which provides blood to a part of the top, temple, and neck area will occur with a disorder referred to as arteritis. Homeopathic treatment for Headache, Headache treatment in homeopathy Rarely, a headache is also a signal of a a lot of serious cause, such as: Brain infection like infectious disease or cephalitis, or abscess neoplasm abnormalcy issues with the blood vessels and trauma within the brain, like blood vessel malformation AVM , brain aneurism, or stroke Pseudomotor cerebri terribly high vital sign Homeopathic treatment for Headache, Headache treatment in homeopathy Our Contact Details Modern homeopathy Clinic , Orbit Mall AB Road Indore Contact No:

Chapter 5 : Homeopathic Medicine for Chronic or Acute Headaches - Vitality Magazine

Homeopathic products are often overlooked when you've got a blinding migraine or throbbing headache, but if you know how to use them you might never need a painkiller again. Anyone who suffers.

Homeopathy has a reputation for addressing headaches squarely without side effects and worsening of the person in general. The first step in bringing the person to a better state of being is to stop taking analgesics. Tylenol, aspirin and their derivatives admittedly remove the pain, but only to suppress the illness and throw it into the future with greater vitality. Homeopathy, on the other hand, is reputed for not only relieving the headaches, but eliminating them permanently for the future. Homeopathy addresses all illness on an individual basis, so headache relief needs to be addressed in the same way. Read through the following remedies and choose the best one for your situation. Then take a dose every hour until relief is sustained. When relief is at hand, stop. The first remedy to consider for headaches that are in the face is Kali Bichromium. These headaches present above or between the eyebrows or start over one eye, then travel to the other or reside at the root of the nose. These are the headaches of a sinus nature that respond to a barometric pressure change and are made worse on stooping. If this cluster of symptoms exists, not only will the remedy eliminate the present pain, but will make the next similar headache a longer distance away from the present one and less painful. Eventually, and not too far distant in the future, the pain will not appear at all. For headaches that come after eating rich foods, such as ice-cream, the best remedy is Pulsatilla. These headaches often affect women and girls and particularly those of a more feminine nature. Another remedy useful for the after effects of eating too many rich foods is Nux vomica. It is often due to indigestion, constipation or too many laxatives or other medicaments. This remedy should be taken twice daily for a few days until the pain disappears. Now, unless more drugs are ingested, the pain will not return. If the headache presents after grief, sorrow, emotion or worry, the sufferer will find relief from Ignatia 30, named after St. Ignace. Consider the remedy Belladonna 30 when the headache is as a result of too much sun, when the face is red and flushed, with throbbing in the head and particularly in the veins and arteries. Gelsemium 30 is your remedy when a headache is brought on by anticipatory anxiety. This can be common with children who are afraid of being on stage for a school play or for an adult who has to appear in front of a crowd. It is infallible for the headaches of ministers, courtroom lawyers and politicians. The headaches of the gravest degree, however, are those called migraines. This is a category in itself and often requires expert homeopathic care. I find that the most common remedy to offer relief is Iris. These headaches are those that come on periodically, such as every week or month and are ushered in with ocular disturbances, such as blurred vision. There is often nausea and vomiting with throbbing, shooting pain in the forehead and a profuse amount of saliva. There can also be pulsing pain through out the body and include burning in the anus with straining and bearing down. Then when everything is put in order, prepare for a short duration of pain when you use the most intelligent medicine on the earth. Her lively, entertaining examples and solutions of what to use for the most common ailments a homeopath is confronted with, have graced national journals such as Homeopathy Today and Wise Traditions. The author, practitioner, mother splits her time between working with clients throughout the U. Join her at [www](http://www.homeopathytoday.com).

Chapter 6 : Homeopathic Medicine for Migraine - Headache Treatment in Homeopathy

Constitutional homeopathic treatment from a professional practitioner is the most helpful preventive approach for those whose headaches don't respond to simple home care measures or to self-care homeopathy.

Sensitivity to light and sound Risk Factors There are several factors which can lead you to migraine such as:
Family History If any of your family member is suffering from headache, you have a definite chance to develop one. Age There is no age of migraine and it can occur at any age. Gender There are three times more chances of occurrence of migraine in women. But during the span of childhood, migraine affects boys more than girls. At the time of puberty, the girls become more prone to migraine. Hormonal changes If you are a female and having migraines, there is a chance that it begins after the beginning of menstruation. Best Homeopathic Medicines For Migraine Belladonna – The Best Homeopathic Medicine for Migraine that is throbbing or pulsating in nature Belladonna is one of the best homeopathic medicines for migraine where a throbbing and pulsating headache is present. The patient of Belladonna also feels fullness in the head. Light gives rise to a headache. He also cannot bear the noise. In some cases, exposure to cold air can lead to migraine. At times, head bath with cold water can come up with a migraine. The hard pressure on the head relieves the patient. Glonoinum – An Excellent Homeopathic medicine for headache which is congestive If a patient feels excessive congestion in his head with a headache, Gloninum is one of the most helpful medicine for treating these attacks. The patient feels that his head will burst and it is very large. The patient of this medicine feels severe pain that he holds his hands in hands. In Gloninum, the eyeballs of the patient seem extended. He feels extreme heaviness in the head. He also feels an unbearable heat around his head. When he uncovers his head he gets relief from the headache. The patient feels better with sleep and walking worsens the condition. If a patient gets migraine headache from sun exposure, Gloninum is the best and suitable Homeopathic medicine for the patient. Spigelia is a Very effective Homeopathic medicine for left-sided migraine Spigelia is another Homeopathic medicine for Migraine if a migraine is left-sided. We prescribe it if the location of a headache is over the left temporal region, eyes and forehead. In most of the cases, the pain starts in the occipital region of the head, it rises and settles over the left eye. The pain is throbbing, pulsating and violent in nature. The patient feels a sensation of a tight band around his head. If the patient bends down it will make the pain worse. The symptom of severe pain in the eyeball may present. The movement of eye aggravates the pain. Sanguinaria Canadensis is another Well Prescribed Homeopathic medicine for migraine of right side Sanguinaria Canadensis is another excellent Homeopathic medicine for right-sided migraine. The pain begins from the back of the head that is, occipital, ascends and settles over the right eye. If the patient lies down in a dark room he feels relief. At times, sleep also relieves the pain. We prescribe Sanguinaria when fasting gives leads to migraine or headache. It is also prescribed when a headache starts in the morning and reach at its climax during the day and remains active until the sunset. It is also helpful for those women who are having migraine during the stage of menopause. Iris Versicolor is a Valuable Homeopathic treatment for migraine with nausea, vomiting or acidity Iris vers is an excellent Homeopathic remedy for migraine when it begins with the symptoms of nausea, vomiting or acidity. Additionally, the patient may feel burning sensation in any part of the alimentary canal. He may vomit or feels acidity which is sour or bitter in nature. Belching that is bitter in nature along with intense burning behind the sternum and throat can be observed. If a person feels headache with diarrhea, it means he is asking for Iris Vers. This remedy is suitable when migraine starts with a blur vision. Nux Vomica is one of Homeopathic Remedies for migraine with gastric troubles Nux Vomica is one of the valuable Homeopathic Remedies for migraine with gastric troubles. If a migraine occurs due to indigestion, flatulence, constipation and piles, we can recover these symptoms by using Homeopathic medicine Nux Vomica. In Nux Vomica, a headache can be located in any part of the head. The patient of this medicine wants to press the head with something hard to get relief. Natrum Carbonicum is a Highly suitable Homeopathic treatment for headache due to sun exposure Apart from Gloninum, there is another Homeopathic medicine in materia medica which gives quick relief in migraines due that occurs due to sun exposure. The symptom of vertigo also appears in some cases along with headache. The patient also feels the heat in the head

along with congestion. In Natrum Carbonicum, the patient may feel a shooting pain in the forehead. Natrum Muriaticum is Prominent Homeopathic medicine for migraine attacks during menses Homeopathic remedy Natrum Muriaticum is the best prescription for headache attacks that worsen during the menstrual cycle. A migraine may occur before, during or at the close of a menstrual cycle. There is another unique symptom in Natrum Muriaticum that is, migraine starts with the sunrise, continues throughout the day and disappears after the sunset. Also, in some cases, the patient feels that a little hammer is knocking on the brain and Natrum Muriaticum can cure it. It is also suitable for school girls who suffer from headache or those girls who are anaemic. Homeopathic doctors also consider it the best medicine where the patient feels numbness in the nose, lips or tongue before the onset of a migraine attack. Sepia is a Valuable Homeopathic medicine for migraine or headache in women around menopause Sepia is one of the most suitable Homeopathic remedies for migraine attacks in women during menopause. In these cases, terrible headaches occur during menopause. A headache becomes worse indoors and the open air gives relief. Nausea and vomiting may occur during migraine. If the patient lies on the painful side of the head, he gets relief. The top of the head may feel cool in menopause cases. Generally, the patient feels hot flushes, at times, with sweat are observed. Kali Phos is another Homeopathic medicine for migraine due to stress If a migraine develops from stress, it is the time to use Homeopathic medicine Kali Phos. The symptoms of stress, tensions and worries give rise to a migraine and it highlights Kali Phos. Such headaches are common among the students who remain involved in stress. The patient also feels weakness and exhaustion along with a migraine. Epiphegus is another helpful Homeopathic medicine for migraine triggered by mental or physical exertion Epiphegus is a helpful Homeopathic remedy for treating migraine where exhaustion " mental or physical, set the stage for headache. This homeopathic medicine is used where the slightest change of routine work leads to a migraine attack. Although it is useful for both sided migraine, yet comparatively better results are observed in the left-sided headaches with Epiphegus. Another unique symptom is the increase of saliva with constant inclination to spit. Cyclamen is another Best Homeopathic medicine for headache which starts with visual aura or disturbances Homeopathic medicine Cyclamen is highly recommended for migraine attacks that start with flickering, fiery sparks before the eyes or dim vision. These visual symptoms that come before a headache are referred to as aura. Cyclamen is also a useful medicine when headache starts on rising in the morning. The patient may face a shooting pain in the temporal region. The patient also feels vertigo, especially when standing, may accompany the headache. Natrum Mur is another Homeopathic medicine for headache due to eyestrain Natrum mur is very valuable homeopathic medicine for migraine when it occurs due to eyestrain. Ruta is another important remedy for migraine caused by eyestrain. Medicines mentioned here are for information purpose only. Kindly do not self-medicate. Fill the Comment Form below. You can write about your problem To Dr. Arsalan Rauf and receive a reply on How Homeopathy can help in treating your disease or illness. Arsalan Rauf I had accomplished D. During my practice, I have been treating acute as well as chronic disorders. Dengue fever, Developmental Delay and Paralysis attract my attention, therefore, I love to solve these cases. Apart from Homeopathy, I am M. A in English Literature from Punjab University. So I am holding two noble professions. I have written more than articles on different subjects. To be more specific I have authored different websites as well.

Chapter 7 : homeopathic treatment for Headache | headache treatment in homeopathy

A headache is intense pain in the head. It may occur from a wide variety of disorders. Explore homeopathy and cure a migraine headache with natural homeopathic remedies, and treatment.

Headaches are not themselves a disease but rather an indication that there is a disturbance elsewhere. They are caused by an increase in pressure inside the skull from a dilation or contraction of the blood vessels. This pressure then stimulates the nerve endings resulting in pain. Headache pains of similar etiology will have some symptoms in common but have some symptoms that are experienced differently by different people. Most headaches are caused by conditions that are not considered life threatening but are often a reflection of some chronic disturbance that the person suffers from. In most cases, the person knows what has caused the headache. A headache that is persistent, extremely painful, or awakes the person at night and is not relieved by any self treatments or over-the-counter medications warrants an additional work up as it may be due to a more serious underlying disease such as subarachnoid hemorrhage, obstructive hydrocephalus, subdural hematoma, or tumor. Headaches can be classified into several different categories based primarily on patient history. Congestive or migraine headaches are often preceded by a warning or prodrome, are very painful, and may last for several days. Tension or nervous headaches are often associated with stressful or emotional situations. Sick headaches are head pain caused by other conditions somewhere else in the body such as from a congested liver, poor kidney function, or digestive disturbance which leads to a buildup of toxins. Hormonal headaches are associated with endocrine system imbalances such as premenstrual syndrome, hypothyroidism, or diabetes. The value in classifying headaches into the different categories is that the homeopathic practitioner is able to narrow down the possible remedy choices as certain remedy pictures correspond primarily to certain types of headaches. Thorough case taking is therefore necessary to determine how the condition affects the individual person. Elicitation of any strange, rare, or peculiar symptoms helps to delineate the remedy from the usual symptoms that most patients present with. From this information the practitioner can select the simillimum for the case which may be a lesional, miasmatic, fundamental, or a constitutional remedy. As an example, most patients will complain of throbbing or pounding pains that are located over the entire head. When questioned further, the practitioner may be able to find out that the headache is located primarily in the temples, has the sensation as if there is a band around the head, and seems to affect the eyes in that they feel droopy and drowsy and are difficult to focus. These symptoms strongly suggest Gelsemium as the remedy as opposed to Lycopodium that has aching in the temples but none of the other symptoms. Gelsemium may be more of a fundamental or lesional prescription in this case, the patient being Lycopodium constitutionally. Management of acute and chronic headaches using homeopathic medicines is in my opinion more of an art form than a science. The patient may respond somewhat or not at all to the various drugs before success is achieved. Success when using prescription medications is more or less defined as an alleviation of symptoms. While symptoms are relieved, and the patient feels better, the underlying cause has not been addressed and the pattern will repeat itself over and over. With homeopathic medicine however the practitioner must possess a working knowledge of the materia medica and an understanding of the patho-physiology of the disease process as they elicit symptoms from the patient. When combined with a treatment plan utilizing the principles of naturopathic medicine such as Tolle Causam, Tolle Totum, Docere, Do No Harm, and stimulation of the Vis Medicatrix Naturae, our patients not only obtain relief from symptoms but an opportunity for cure. Headaches classified as to possible etiology such as hormonal, stress induced, congestive, or sick headache mentioned previously, helps you to more easily delineate the correct remedy, but also allows you to consider other therapies as well. For example, if the person is suffering from a sick headache and is chronically constipated, has digestive problems, and passes a lot of gas, chances are that they need some work on their liver. Providing additional nutritional support helps the remedy to work better and the patient to recover faster. In the absence of response, or a partial response to a well-indicated prescription, further work ups are warranted. Additionally, a further work up probably needs to be done for persistent headaches that are refractory to therapy. In some cases there may be more than one type of headache present and a different remedy may be

needed for each. It is not unusual for the clinician to have a patient tell them that, yes they do have headaches, but they are different and come on at different times. I most often see this with women, as they will have problems with migraines as well as headaches around their menstrual periods. These often will require different prescriptions such as Cyclamen or Pulsatilla for the headaches associated with menses, while the migraines may require Nux vomica. When confronted with a situation such as this, I have found that there is probably a considerable miasmatic over tone to the case and a miasmatic remedy will be needed to break the cycle freeing the patient. In some cases, utilization of one of the bowel nosodes may also provide relief. They will often allow the healing reaction of the well-indicated remedy to go to completion following their administration. Consider that if the person responds to the remedy in every way except for the headache, there is some sort of irreversible pathology present or an allergy that has not been addressed. Periodically you will have cases that respond in every way except for the presenting chief complaint. This is true not only for headaches but for other presenting complaints as well. When this happens, looking into other possible etiologies is probably in order. For example, if the patient presents with periodic stomach upsets and occipital headaches and you prescribe for them both and the stomach complaints get better but the headaches still persist, consider that they may be different entities. The headaches may in fact be due to a tumor or a cervical subluxation that needs addressing. I mention this because while the greater majority of patients presenting with headaches will simply have a headache, headaches can be the result of some underlying pathology such as a tumor, hematoma or aneurysm that a more thorough exam will uncover. While I utilize homeopathic medicine as my primary therapy, I incorporate naturopathic therapies as well. A recent case is that of a year-old male who presented with adult ADHD and chronic migraine headaches. Both conditions had been present since his teens and he had been on Imitrex and Tylenol for the past 10 years for them. Among other things he had been alternating constipation and loose stools, chronic gas and bloating, bruised easily, complained of being extremely irritable, and was unable to focus for any appreciable period of time. His ADHD was interfering with his ability to conduct his business resulting in it being on the verge of bankruptcy. He had tried antidepressants as well as Adderall, which in his case made his symptoms worse. After taking the case my assessment was that there was probably a genetic predisposition to developing migraines as there was a family history and that the ADHD was probably present since childhood but unrecognized. I suspected that he had an allergic component to the migraines as there was a correlation with certain foods. I also felt that his liver function was compromised because of the inordinate amount of Tylenol usage and was concerned about his kidney function as well. Lab studies showed no appreciable liver or kidney pathology and physical and neurological exam findings were unremarkable. He was placed on a specific diet based upon his blood type which was A positive and secretor positive. We also started him on lipotropic factors to help normalize liver function and he was prescribed homeopathic Lycopodium 30c for the ADHD and migraines. He also was finding that he was better able to focus on tasks and was less irritable. The patient continues to improve and his migraines are less frequent and of decreasing severity. To prescribe homeopathic medicines for the treatment of migraines does not necessarily require that the practitioner undergo years of training. As homeopathy, along with naturopathic therapies have proven to be exceedingly successful for the treatment of headaches, it provides an excellent opportunity to help patients overcome this debilitating condition.

Chapter 8 : Homeopathy for Migraines - Engineering Radiance

Headaches are divided into two categories: tension headaches and migraines. In tension headaches, there's too much pressure in the blood vessels, which causes tensing of the muscles around the head, the neck and upper back.

The first article, which appeared in the April issue, focused on headaches in general and on migraines in particular. To migraine sufferers, headaches are usually their primary, overwhelming problem. Tension headache sufferers, however, frequently view their headaches as a secondary concern. Therefore, the homeopathic approach to these two problems will be somewhat different. A chronic problem When a person has a recurrent or chronic problem that is of secondary concern, you cannot approach it as if it were a simple acute illness. With acute illnesses, all the current symptoms of the active process can be taken into account, independently of any chronic concerns. But in a chronic case such as tension headaches, other general tendencies of the individual must be used to determine the correct remedy. Tension headaches are the most common type of chronic recurring head pain. They are due to excessive muscle tightness in the neck and scalp. Causes include psychological stress, repetitive motion, and sprain or strain of the neck muscles. These headaches tend to occur between the ages of 20 and 50 years, but children can experience them too. Typical symptoms of tension headache include pressure or tightness on both sides of the head or along the front or rear of the skull. Pain may be band-like, squeezing, full feeling, or pressing. These headaches may be associated with stiffness of the neck, radiating pain, light or noise sensitivity, difficulty concentrating, and insomnia, but are usually not associated with nausea and vomiting or aggravation by physical activity. Tension headaches may last for an hour or several days, and frequently individuals will suffer with chronic tension headaches for many years. Typical conventional medical treatment includes pain relieving and muscle relaxing medications. Get evaluated All people with chronic headaches should see their physician for proper evaluation of the cause of the headaches. Once more serious pathology has been ruled out and a firm diagnosis of chronic tension headaches has been made, alternative modalities can be tried in a safe way. Alternative approaches to chronic tension headaches include stress reduction, biofeedback, chiropractic care, massage therapy, yoga, acupuncture, and homeopathy. In my experience, a combination of some physical modality, such as craniosacral therapy or myofascial massage therapy, with homeopathic remedies is one of the best approaches to managing these headaches. Take a good history An organized history of the problem is of inestimable value in selecting an appropriate remedy for tension headaches. As in most chronic problems, determining the etiology cause , the specific qualities of the pain, the modalities factors that improve or worsen the pain , and any concomitant symptoms those that occur with the pain are the clues to choosing the appropriate remedy. In addition, characteristic and consistent general symptoms about the individual need to be taken into account. In these cases, it is important to remember that the remedy is not chosen for the headaches alone, but for the person who has the headaches. Choosing a remedy Many different types of individuals develop headaches. It is one of the most common problems. Because of this, over homeopathic remedies have been recommended for headaches. How then is one to select an appropriate remedy? By simplifying the field to a group of the most common remedies, you can select the best possible remedy from the group that you know. Do not be discouraged if there is no benefit from your choice. The failure is most likely due to the wrong choice of remedy. If you are unsuccessful after several attempts to find the correct remedy, a consultation with a trained homeopathic practitioner may be of considerable help. The homeopathic practitioner will consider a wide field of symptoms and then narrow down the case to the core issues. These essential aspects of the case may actually not even include the headache symptoms. The practitioner will focus on the individual. After collecting and sifting through the available data, the homeopath will repertorize the case, using a repertory. A repertory is merely an index either in book form or computerized "a large list of symptoms and the remedies that have clinical or testing data linking them to the symptoms. This tool continues to evolve as more and more clinical data is added to the base of knowledge. As with any tool, ultimately the outcome is dependent upon the skill of the user. By using the repertory, the homeopath is able to include thousands of remedies in the initial list of possible treatment choices. Eight remedies for tension headaches Some of the most common

remedies for the treatment of tension headaches include: Natrum muriaticum, Ignatia amara, Nux vomica, Arnica montana, Rhus toxicodendron, Sulphur, Gelsemium sempervirens, and Mercurius solubilis. Hundreds of other remedies could be listed here, save for the constraints on time and space. Natrum muriaticum is possibly the most common remedy used for all types of headaches. People who respond to Natrum muriaticum tend to have emotional and physical sensitivity. They are susceptible to both significant grief and to traumas of the head, either of which may be the incident that was related to the onset of the headaches. Classically described as bursting or pressing like a vice, the pain is typically located on the right side, but may be generalized. The headache is usually worse from the sun and in the mid-day when the sun is at its peak. The person may have associated nausea, vomiting, and extreme sensitivity to light. They feel better lying down in a dark room. They do not like consolation, but prefer not to be alone. Ignatia amara individuals are similar to Natrum muriaticum types in many respects. People who need Ignatia amara for their headaches frequently experienced an acute grief or tragic loss prior to the onset or worsening of their symptoms. These individuals have an idealistic nature and therefore are prone to be hurt when the reality of life slams into their idea of the way things should be. This process creates intense conflict and an out of control feeling. Their head pain can likewise be vice-like or squeezing on the sides. They may also have pain that feels like a nail pressing into the temples. Paradoxically, these folks want to press hard into the area of pain; they are maddened and can become quite hysterical from the pain. During the headache, they want to be alone and become irritated by attempts to console them. Nux vomica is frequently used for "Type A" people who have headaches. These individuals tend to drive themselves in order to accomplish their goals. Incomplete projects weigh heavily on their minds and create tension and loss of sleep. They may become quite irritable and hate interruptions that delay the accomplishment of their goal. Caffeine is their drug of choice to help extend the workday. Their underlying dissatisfaction drives them to work harder, creating muscle tension and irritability and headaches. The headache tends to occur in the front of the head and in the morning. The nerves are irritated and the person feels hungover from the excess of work and stimulants. Noise irritates them tremendously, and there may be associated nausea. Arnica montana is indicated for people who develop chronic headaches after an injury. Their pain has a tight and sore quality that is worse for touching the scalp. Frequently there is dizziness or spinning associated. Mental dullness or confusion that has been present since the injury is a hallmark for Arnica montana. The brain has been injured causing poor functioning of the nerves, as well as sensitivity to touch. Rhus toxicodendron is another useful remedy for headaches after injuries, but these injuries tend to involve straining of the muscles of the neck. Whiplash injury that results in frequent headaches is a typical example. They may describe the pain as pressing or as if a board has been strapped to the forehead. Their headaches and neck stiffness are frequently worse as they first get out of bed, and then improve as the day goes on. Restlessness at night due to the pains is common. Stiffness and tightness increase as they rest and force them to want to move; but as they move they pull and tear the injured parts. These individuals may crave milk, which is soothing to them. Sulphur is a common remedy for headaches and a host of other problems. Sulphur may well be the most used and most difficult to understand of all the homeopathic remedies. Most homeopaths select Sulphur based on the character of the individual, rather than the specific symptoms. These individuals tend to have a big presence. They tend to be hot-blooded and robust types, with a self-centered attitude. They are pragmatic and worse if suppressed in any way. Their headaches can have a burning quality and are worse from heat in general. The excess heat in their system leads to fullness and pain in the head. At times they can be lazy, but as they rest the congestive fullness of the head can begin. Gelsemium sempervirens is useful for people with headaches associated with weakness and dizziness. When headaches and weakness follow a bout of influenza, Gelsemium sempervirens should be considered. The weakness in these individuals causes them to have anxiety and unsteadiness. Bad news or the anticipation of any ordeal causes them extraordinary stress. The pain may begin in the shoulders and neck and extend upward to the back of the head. Frequently the head feels dull and heavy. Mercurius solubilis is generally indicated when the headache is due to sinus conditions. The head pain may feel like a band about the scalp or heat in the head. These individuals may be quite irritable or hostile during their headache. They also tend to have some level of confusion due to a chronic, weakened state.

Homeopathic medicine Pulsatilla is the most effective among Homeopathic medicines for headache which is wandering in nature, during periods. The periods are irregular, delayed and scanty in this case.

Sanguinaria treats a cluster headache. The pain starts at the back of the head and extends to the deltoid muscle. It may occur every seven days. It is known as the Sunday headache. It is a right sided remedy. Belladonna is indicated in the treatment of a migraine headache. Cimicifuga relieves occipital pain which extends from the head to the nose. Gelsemium treats a recurrent migraine headache caused from emotional instability. Pain over the left eye, with heavy eyelids. Cyclamen is indicated in the treatment of a migraine. Symptoms include throbbing pain over the right eye spreading to the left, blurred vision, nausea, and dizziness. Blurred vision with pain on the right side of the head. The vomits of bile. Aggravated by eating fatty food. Lachesis is indicated for left sided complaints of women at menopause. Feels better in the evening. Feels as if a nail is piercing the head.. Aurum metallicum is indicated for cerebral congestion. The person is suicidal. Actea racemosa relieve pain at the top of the head that radiates from the Arnold nerve.