



A Study to Evaluate the Triggering Factors of Migraine and Comparative Analysis of Homoeopathic Therapeutics

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ABSTRACT

Our aim of this study is to find homoeopathic medicines according to triggering factors of migraine. Trigger factors are frequent in migraine patients, and avoidance of such factors may result in a better control of the disorder but in present scenario no person is exempted from this. In the present times, everything from food to drink to living habits is changing. This has a visible effect on your physical, social and mental health. In today's dazzling world it is a very common thing to have a headache. Homeopathic medicines help in these types of diseases.

In this article triggering factors are repertories with different repertories as Kent Repertory, Complete Repertory, Boericke's Repertory, Murphy's Repertory with the help of RADAR software and therapeutics are discussed below.

KEYWORDS-Migraine; Triggering Factors; Homoeopathic Management

INTRODUCTION-

Migraine is a type of headache characterized by recurrent attacks of moderate to severe throbbing and pulsating pain on one side of the head.¹

A predetermined list of trigger factors include dietary factors (chocolate, cheese, milk, tobacco, alcohol (red wine, white wine), coffee and fast-food), hormonal factors (menstruation, pregnancy, menopause and hormonal replacement), sleep (oversleep, lack of sleep and changes in time of sleep), stress (crying, conflict, argument and aggressiveness), physical activities (head and neck movements, exercise and sexual intercourse) and environmental factors (sun/clarity, cold weather, hot weather, changes in the weather, cigarette and odours of perfumes, food, fat, cleanliness product and gasoline).²

The frequency of individual triggers occurring at least occasionally varied enormously, from stress (79.7%) and hormones in women (65.1%) to, least frequently, sexual activity (5.2%). In reducing order of frequency these were: not eating (57.3%), weather (53.2%), sleep disturbance (49.8%), perfume or odour (43.7%), neck pain, specifically reported as not part of the headache but neck pain worsening and causing headache (38.4%), lights (38.1%), alcohol (37.8%), smoke (35.7%), sleeping late (32.3%), heat (30.3%), food, not specific which food (26.9%) and exercise (22.1%). Our aim of this study is to find homoeopathic medicines by different repertorial approach according to triggering factors of migraine.³

Methods

- Reviewing Migraine triggering factor literature.

- Triggering factors repertorized according to different Homeopathic Repertories.
- Reviewing the Homeopathic literature-Materia Medica for the cases of Migraine
- Finding the group of medicines indicated in Migraine

Table 01: Studies analyzing triggering factors of Migraine

Papers	Triggering Factors Involved	Aura	Type of Aura	Type of Research	Impact/ Implications	Result	Additional Information
Castern et al, (2020) ⁴	1. Bright (sun)light. 2. Stress. 3. Physical exercise and/or sexual activity. 4. Mild head trauma. 5. Skipping a meal. 6. Certain food or non-alcoholic beverages. 7. Alcoholic beverages. 8. Sleep deprivation. 9. High altitudes (for instance in the mountains). 10. Weather changes. 11. Menstruation	With aura & Without aura	Both	cross-sectional study	Women report more migraine trigger factors than men. Menstruation, stress and exposure to bright light are the most reported migraine trigger factors.	The top three most reported triggers in women were menstruation (78%), stress (77%), and bright light (69%). Men reported stress (69%), bright light (63%), and sleep deprivation (60%) most frequently as provoking factors. All triggers were more often reported by women than men.	Women reported a larger total number of migraine trigger factors than men (mean \pm SD: 4.6 ± 2.3 and 4.3 ± 2.3 respectively), with most women reporting five trigger factors (16.9%) compared to four trigger factors in men (17.2%).
Park et al, 2016 ⁵	1. Stress, 2. Sleep, 3. Fatigue, 4. Fasting, 5. Physical exercise, 6. Hormonal changes, 7. Weather Changes, 8. Sunlight, 9. Alcohol, 10. Travelling 11. Emotional changes 12. Noise 13. Odors 14. Overeating 15. Caffeine 16. Smoking 17. Alcohol 18. Cheese/ chocolate	With aura & Without aura	Both	Retrospective study	Frequencies and impacts of triggers in episodic migraine patients using our SHD. (Smartphone Headache Diary Applications)	In this data set, 1,099 headache days (336 migraines, 763 non-migraine headaches) were recorded; 772 headache events had with trigger factors. The likelihood of a headache trigger was 57.7% for stress, 55.1% for sleep deprivation, 48.5% for fatigue, and 46.5% for any trigger.	
Hauge et al, 2009 ⁶	1. Acute Stress (Following stress), 2. Acute stress (during stress) 3. Sleep too much or little, 4. Medication 5. Food and seasoning, 6. Smoke, 7. Menstruation or break from the pill,	Present	With Aura	Mailed questionnaire based study	Attack frequency had little impact on the number of trigger factors.	Relaxation after stress was a trigger factor in 70% (194/278) of participants, followed by sunlight or other bright light in 61% (169/278), intense emotional influences in 59% (164/278), acute stress (during stress)	Additionally, more than 27 000 case records were Screened.

8.Sunlight or Other bright light, 9.Fumes or heavy scent 10. Changes in the weather 11.Intense Emotional influence 12.Physical effort (eg. running) 13. Flying/staying at high altitudes 14.Massage 15.Break From drinking Coffee 16. Wine, beer or other alcoholic beverages 18. Other trigger factors						in 58% (161/278), and sleeping too much or to little in 57% (158/278) (Figure 5). 'Other factors' mentioned by more than five patients were hunger/missing a meal (n=11), dehydration (n=10), tension in neck muscles (n=9), noise (n =7), and wind/draught (n =7).
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Repertorial Approach-

1. According to Kent Repertory⁷

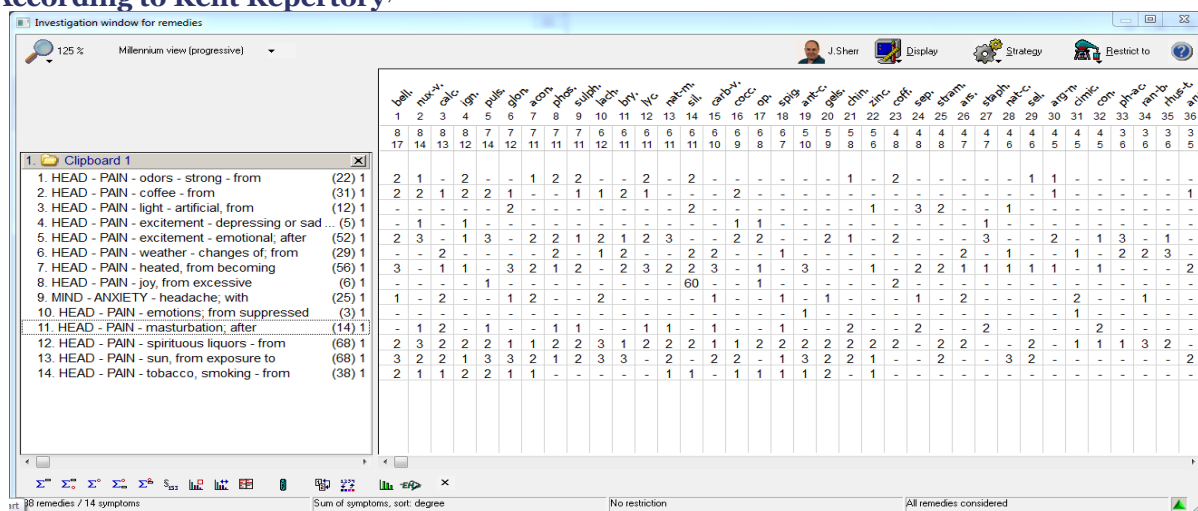


Figure.1. Repertorization sheet-from Kent Repertory (Radar)

2. According to Complete Repertory⁷

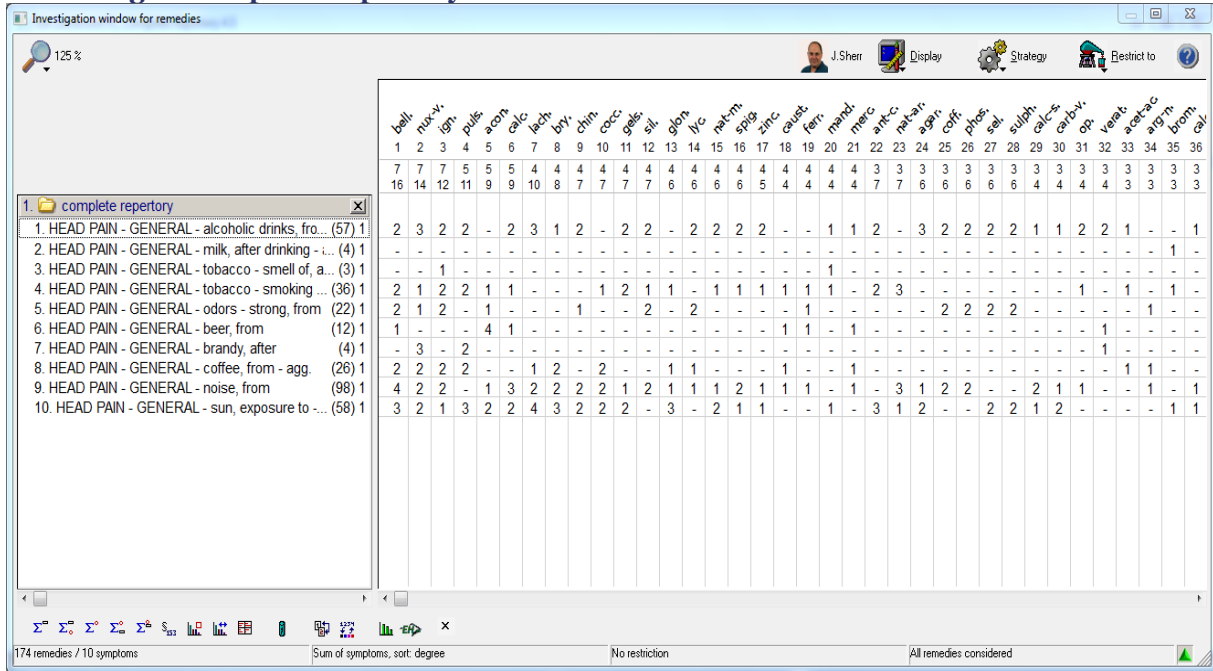


Figure.2. Repertorization sheet-from Complete Repertory(Radar)

3. According to Boericke's Repertory⁷

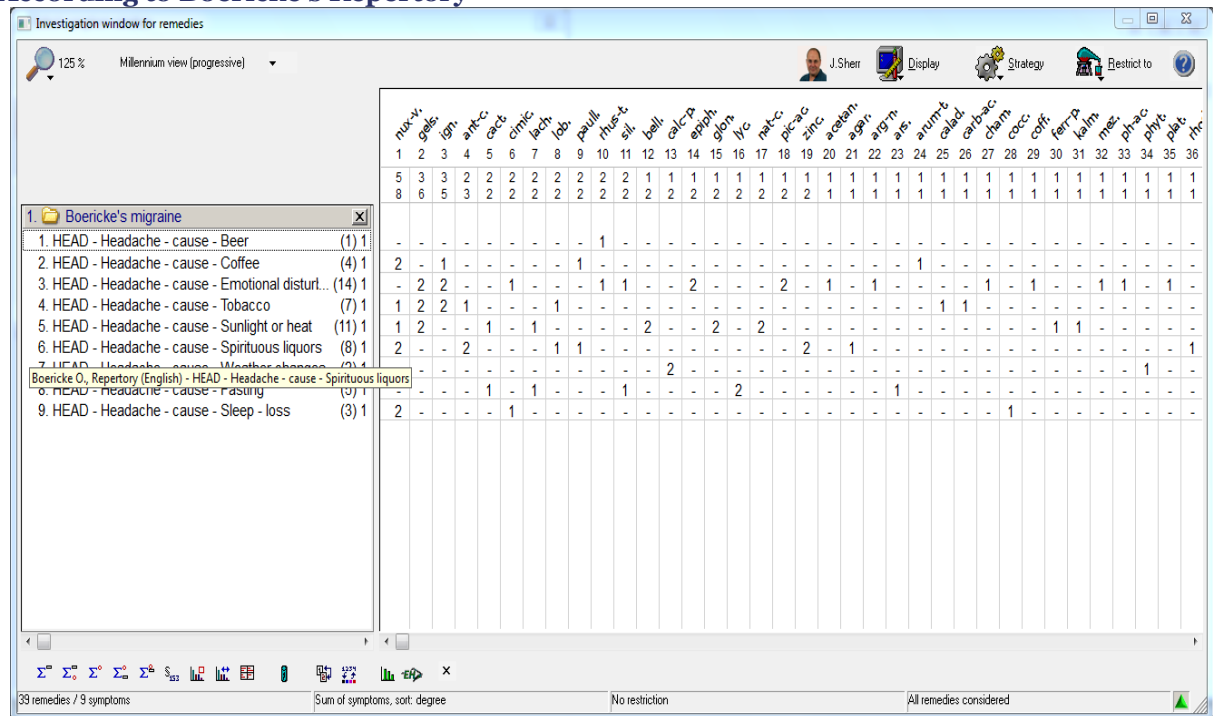


Figure.3 Repertorization sheet-from Boericke's Repertory(Radar)

4. According to Murphy`s Repertory⁷

Figure.4. Repertorization sheet-from Murphy`s Repertory(Radar)

HOMOEOPATHIC MEDICINES^{8,9,10}

After the repertorisation of triggering factors, mostly selected homoeopathic medicines are *Belladonna*, *Nux Vomica*, *Calcarea carbonica*, *Ignatia Amara*, *Pulsatilla Pratensis*, *Aconitum Napellus*, *Phosphorous*, *Sulphur*, *Lachesis Mutus*, *Bryonia Alba*, *Natrium Muriaticum*, *Spigelia Anthelmia*, *Gelsemium Sempervirens* etc.

BELLADONNA-Vertigo, with falling to left side or backwards. Sensitive to least contact. Much throbbing and heat. Palpitation reverberating in head with labored breathing. Pain; fullness, *especially in forehead*, also occiput, and temples. **Pain worse light, noise, jar, lying down and in afternoon**; better by pressure and semi-erect posture. Headache worse on right side and when lying down; ill effects, colds, etc; from having hair cut. "Maddening headache, with suppressed catarrh."

NUX VOMICA-Headache in occiput or over eyes, with *vertigo*; brain feels turning in a circle. Oversensitiveness. *Vertigo, with momentary loss of consciousness*. Intoxicated feeling; **worse, morning, mental exertion, tobacco, alcohol, coffee, open air**. Pressing pain on vertex, as if a nail driven in. Frontal headache, with desire to press the head against something. Congestive headache, associated with hæmorrhoids. *Headache in the sunshine*. Feels distended and sore within, after a debauch. **Headache from sweating; in wine drinkers; in those staying out at night; from night watching**.

CALCAREA CARBONICA-Sense of weight on top of head. Headache, with cold hands and feet. Vertigo on ascending, and when turning head. **Headache from overlifting, from mental exertion**, with nausea. Head feels hot and heavy, with pale face. *Icy coldness in, and on the head*, especially right side.¹⁰ "Tearing headache above the eyes down to nose," is a strong symptom of Calcarea. Sick headache, the old-fashioned American sick-headache.

IGNATIA AMARA-Feels hollow, heavy; *worse, stooping*. Headache as if a nail were driven out through the side. Cramp-like pain over root of nose. Congestive headaches following anger or grief; **worse, smoking or smelling tobacco**, inclines head forward. Headache from close attention. "Headaches from abuse of coffee, from smoking, from inhaling smoke, from tobacco or alcohol."

PULSATILLA PRATENSIS-Wandering stitches about head; pains extend to face and teeth; vertigo; better in open air. Frontal and supra-orbital pains. Neuralgic pains, commencing in *right temporal region, with scalding lachrymation of affected side*. **Headache from overwork**. Pressure on vertex. Headache accompanying menstruation. **Headache when be overeats**. "Sexual excesses resulting in headache, backache; limbs heavy."

ACONITUM NAPELLUS-Tension of arteries; **emotional and physical mental tension** explain many symptoms. Fullness; *heavy, pulsating, hot, bursting*, burning undulating sensation. Sensation as if the hair were standing on end all over the head.

PHOSPHOROUS- its corresponds to headache and other **sufferings from grief**. Hot vertex after grief. It has shocks in occiput; coldness in cerebellum; congestion of brain seeming to rise from spine into head. *Phos.* has "splitting headache caused by cough." Neuralgic pains of many kinds, and impending paralysis. **The attacks are induced by mental exertion; worry; washing clothes; and are < by music; noises; strong odours**. Gale, of Quebec, discovered in *Phos.* a remedy for "**washerwoman's headache**".

SULPHUR-Constant *heat on top of head*. Heaviness and fullness, pressure in temples. Beating headache; worse, stooping, and with vertigo. Sick headache recurring periodically. **Aggravated from light, hence the desire to close the eyes and to go into dark room; aggravated by jarring, and after eating.**

LACHESIS MUTUS-Pain through head on awaking. Pain at root of nose. Pressure and burning on vertex. Waves of pain; **worse after moving. Sun headaches.** With headache, flickerings, dim vision, very pale face. Vertigo. Relieved by onset of a discharge (menses or nasal catarrh). During the headache much heart trouble; after the headache "skipping beats," soreness about head, pain in side.

BRYONIA ALBA- Vertigo, nausea, faintness on rising, confusion. *Bursting, splitting headache*, as if everything would be pressed out; as if hit by a hammer from within; **worse from motion, stooping, opening eyes.** Headache becomes seated in occiput. Headache; worse on motion, even of eyeballs. Frontal headache, frontal sinuses involved. "Obstinate headache with constipation." Ailments arising from chagrin. "Headache after washing himself with cold water when face was sweating."

NATRIUM MURIATICUM-Throbs. *Blinding headache.* Aches as if a thousand little hammers were knocking on the brain, in the morning on awakening, **after menstruation, from sunrise to sunset.** Feels too large; cold. Anæmic headache of school-girls; nervous, discouraged, broken down. Chronic headache, semi-lateral, congestive, from sunrise to sunset, with pale face, nausea, vomiting; periodical; from eyestrain.

SPIGELIA ANTHELMIA-Pain *beneath frontal eminence and temples, extending to eyes.* Semi-lateral, involving left eye; pain violent, throbbing; worse, making a false step. Pain as if a band around head. Vertigo, hearing exalted. **Worse from stooping, motion, and from noise.**

GELSEMIUM SEMPERVIRENS- Vertigo, spreading from occiput. Heaviness of head; *band-feeling* around and *occipital* headache. Dull, heavy ache, with heaviness of eyelids; bruised sensation; better, compression and lying with head high. *Pain in temple, extending into ear* and wing of nose, chin. Headache, with muscular soreness of neck and shoulders. Headache preceded by blindness; better, profuse urination.

DISCUSSION

A thorough research for triggering factors and different homoeopathic repertories as Kent Repertory, Complete Repertory, Boericke Repertory, Murphy's Repertory is done. Numerous triggering factors are repertorized such as dietary factors hormonal factors, sleep, stress, physical activities (head and neck movements, exercise and sexual inter-course) and environmental factors (sun/clarity, cold weather, hot weather, etc.)

Kent Repertory- 14 rubrics for triggering factors are taken. Major medicines are *Belladonna, Nux Vomica, Calcarea carbonica, Ignatia amara, Pulsatilla pratensis*.

Complete Repertory-10 rubrics and top five medicines are *Belladonna, Nux Vomica, Ignatia amara, Pulsatilla pratensis, Aconitum napellus*.

Boericke's Repertory-9 rubrics are find and *Nux Vomica, Gelsemium sempervirens, Antimonium crudum, Ignatia amara, Cactus Grandiflorus*.

Murphy's Repertory-13 rubrics and *Pulsatilla pratensis, Nux Vomica, Ignatia amara, Belladonna and Lachesis mutus* are the top most.

CONCLUSION

Homoeopathic medicine has been selected following homoeopathic principles by considering the totality. An accepted principle is that homoeopathy does treat the patient as a whole, not a particular disease. This study concludes that on the basis of triggering factors homoeopathic medicines can be prescribed. Homoeopathic medicine are selected on the basis of complete repertorization of triggering factors.

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