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QUESTION FROM THE MEDICAL PRACTICE

On the Homeopathic Treatment of Migraine Attacks

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Question:

Can migraine attacks also be treated effectively with homeopathic complex pharmaceuticals?

Answer:

As in many pathological processes, the pathogenesis of migraine has not yet been finally clarified. However, it can be assumed that one part of the migraine attacks is allergy-induced and in particular stimulants and foodstuffs play their part in this connection (1).

Cerebral vascular spasms with subsequent ischemic disturbances belong to the clinical picture of migraine just as much as permeability changes in the cerebral vessels as well as vascular dilatation in different sections of the brain. The approaching migraine attack is signalled to the patient by a prodromal phase, in which disturbances to the field of vision occur. This can extend to short-term complete, but reversible blindness. The half-sided occurrence of headaches with severe disturbances to the general state of health is characteristic for migraine (2). Numerous substances are used today for the pharmacotherapy of migraine such as: analgesics, ergotamine, dihydro-ergotamine, caffeine, furosemide, methysergide, clonidine, pizotifen, cyproheptadine and propranolol (3). The therapist can select from these and combine individual therapy measures. In the case of these active substances it is a question, without exception, of highly effective pharmaceuticals, which accordingly are also associated with a risk of side effects, which in part assumes considerable dimensions, e.g. fibrocization of the lungs and pleura as well as of the endocardium by methysergide (3) or kidney damages

(phenacitine kidney) due to many years' consumption of analgetics and analgesic-induced permanent headache.

In the course of prophylactic administration of cyproheptadine, constant sedation of the patient can result. In order not to cause additional problems for the patient due to medication, I have looked for medicinal therapeutic possibilities free of side effects.

The treatment of migraine with biological-homeopathic drugs is reported on in some publications (4,5,6,7). The fact that migraine must be treated in each case individually applies quite particularly in the case of biological medicines. Thus Hille (4) intimates that "the first link in the chain of effects can be far removed from the outward signs, therefore from the directly effective and recognizable symptoms. It is necessary to find this first link in the chain of effects, because the way to the healing agent and thus to success leads directly from it". It is therefore necessary to detect the factor triggering the disease and to treat this with the suitable homeopathic agent. However, there are also in homeopathy preparations which can be designated as basic therapeutic agents and which have proven themselves in treating migraine. Spigelon (Heel) and Gelsemium-Homaccord (Heel) belong to these.

Two homeopathic combination preparations, the effect of which is based among other things on the following homeopathic constituents: Gelsemium, Rhus toxicodendron and Cimicifuga, Spigelia, Belladonna, Bryonia, Melilotus and Thuja. I use these two drugs in combination for my migraine patients; a few case reports are listed in tabular form below.

In the most favourable case, freedom from complaints ensued after 2 weeks combined treatment with Gelsemium-Homaccord and Spigelon (Heel). Greater patience is required in the overwhelming number of cases until therapeutic success is reached, so that this is not prejudiced by premature interruption of therapy. As is shown taking patient 8 as an example, an improvement in the symptoms occurred after 3 weeks, but in exceptional cases symptoms lasted 1 year until complete liberation from migraine attacks was achieved. This could not be established in the case of patient 10, since in this

case I had to change the therapy at the request of the patient after 4 weeks treatment, during which no improvement had taken place.

Patient 5 has unfortunately appeared no more in my practice after 3 weeks of treatment, during which the symptoms had improved significantly. It is therefore not finally certain whether this patient was freed permanently from her complaints.

Case	Sex	Age	Therapy	Diagnosis/symptoms	Improvement after	Freedom from complaints after
1	fem.	33	Spigelon, Gelsemium-Homaccord	severe headaches - or vomiting, migraine headaches on the cranium and both temples	6 weeks	1/2 year
2	fem.	16	Spigelon, Gelsemium-Homaccord	migraine, headache on the right side, vomiting	—	3 weeks
3	fem.	54	Spigelon, Gelsemium-Homaccord	migraine, headache on the left side with vomiting	5 weeks	4 months
4	fem.	33	Spigelon, Gelsemium-Homaccord	migraine, forehead headache with nausea	3 weeks	3 months
5	fem.	39	Spigelon, Gelsemium-Homaccord	migraine, headache on the right side with vomiting & flickering before the eyes	3 weeks	—
6	fem.	33	Spigelon, Gelsemium-Homaccord	migraine, forehead headache with nausea	—	2 weeks
7	fem.	16	Spigelon, Gelsemium-Homaccord	migraine, headache on the left side with nausea	2 weeks	8 months
8	fem.	23	Spigelon, Gelsemium-Homaccord	migraine, pulsating headache on the left side	3 weeks	1 year
9	fem.	39	Spigelon, Gelsemium-Homaccord	migraine, headache on the left side with vomiting	—	4 weeks
10	male	45	Spigelon, Gelsemium-Homaccord	migraine, cervical spine syndrome, forehead headaches	no improvement after 4 weeks	—

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