

# An Efficacious Homeopathic Treatment for Acute Migraine Headache

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## Case Report

D.H. is a 37 year old female referred for headaches, which she has experienced since childhood. The frequency and severity of her headaches has increased in the last ten years. At the time of her initial presentation to this office, her headaches were incapacitating, occurring daily, and her current treatment was Demerol<sup>®</sup> and sleep. She had seen many physicians, including a neurologist, and carried the diagnosis of migraine. She had taken numerous medications including NSAIDs, beta blockers, Imitrex<sup>®</sup>, and Migranal<sup>®</sup>, without relief. She had also tried a variety of natural remedies including herbal feverfew (*tanacetum parthenium*) and homeopathic belladonna, also without relief.

The patient was initially treated with acupuncture, which provided remarkable, virtually pain-free, relief after two treatments. Then, inexplicably, four months after the acupuncture was initiated, she developed a severe headache. The patient then visited her primary care physician who prescribed several medications without success. On the third day, she was seen in this office on an emergency basis.

D.H. was having a severe unilateral headache centered behind her right temple. She was nauseated, incapacitated, and sat rocking herself backing and forth. Her conjunctiva were diffusely injected and she described her condition as "miserable." She was treated with acupuncture, focusing on the liver which previously had been a successful treatment. After no results she was treated by using a curious meridian which resolved her nausea but her headache worsened. Next she was injected with 1.0 cc of Traumeel<sup>®</sup> Injection Solution at a tender

The effectiveness of Traumeel<sup>®</sup> Injection Solution in this case may be due to certain of its ingredients. For example, Traumeel<sup>®</sup> contains single homeopathic remedies known for their analgesic effect:

- Belladonna: pain, fullness, *especially in forehead*;<sup>1</sup> boring headache in the right side of the head<sup>2</sup>
- Chamomilla: throbbing headache in one half of the brain;<sup>3</sup> sensation as if the head were going to burst; semi-lateral headache<sup>4</sup>
- Hepar sulfuris: boring pain from without to within the right temple<sup>5</sup>
- Symphytum: headache in forehead<sup>6</sup>

In a homeopathic proving performed on a slightly different formula of Traumeel<sup>®</sup> (one which included the remedy *Aristolochia clematitis*) one of the indications of the complex preparation was mild and severe headaches.<sup>7</sup>

It is possible that complex preparations possess therapeutic benefits greater than the sum of their constituents.

spot in the skin above her right temple. Within ten minutes she felt markedly better and left the office very pleased with the treatment. When called six hours later for follow-up, she still felt good.

This was a very interesting clinical case due to the rapid onset of action of the medication, Traumeel<sup>®</sup> Injection Solution. In most of the literature, injection therapy with Traumeel<sup>®</sup> is described as a treatment for chronic musculoskeletal disorders. Follow-up and efficacy is usually measured in weeks, not minutes or hours.

The patient had queried on discharge whether the medication would 'wear off' in four hours, consistent with her prior experience with analgesics of short duration. However, in this case, Traumeel<sup>®</sup> Injection Solution had both a rapid onset and a long-lasting effect. Neither of these product characteristics are generally associated with allopathic medications for migraines, with the possible

exception of the ergotamines and serotonin agonists, both of which had failed in this patient.

## References

- 1) Boericke W. *Materia Medica with Repertory*, 9<sup>th</sup> Ed:111.
- 2) Clarke JH. *Dictionary of Materia Medica*. I:261.
- 3) Boericke W. *ibid*:187.
- 4) Clarke JH. *ibid*:I:456.
- 5) Clarke JH. *ibid*:I:898.
- 6) Clarke JH. *ibid* 3:1342.
- 7) Vakil P, King G. The homeopathic proving of two complex preparations. *Bio Ther.* (1997 Oct):105.

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