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MIGRAINE AND HOMOEOPATHY

*Attacks of Migraine indicate Resistance against the flow of life.
They arise out of the conflict between man's intellect and his natural urges.*

The word Migraine is French in Origin and comes from the Greek Hemi crania, as does the old English term 'Megrim'. Literally, Hemi crania means 'Half head'. Migraine headache has been described as an Episodic, Paroxysmal headache, usually but not necessarily affecting one side of the head which may or may not be associated with giddiness, nausea, vomiting or visual impairment.

The most migraine sufferers show one or many of the following behavioral pattern-

- Conscientiousness
- Fastidiousness
- Rigidity of views
- Constant conflict between the environment and self
- High level of expectation
- A sexual problem, forced to come to head.

The attacks may be aggravated due to-

- Bright lights
- Loud noises
- Certain odors and perfumes
- Physical and emotional stress
- Menstrual fluctuations
- Birth control pills

Frequent attacks of headache, migraine or non migraine variety; have proved to be a pain in neck not only for the patients who have it, but also for the physicians who treat them. Hence Migraine has been believed to be obstinate condition to treat.

Migraine and Homoeopathy

However, it is a common experience of the practitioners of Homoeopathic system of medicine that migraine is curable. The Homoeopathic approach to the treatment of Migraine patients is more individualistic.

1. Homoeopathy believes that migraine is a personality disorder.
2. Hence the treatment should be determined only on the basis of in depth study of the patient's personality. This approach helps treating most cases of migraine successfully.
3. Relax in the flow of life.
4. Accept and become aware of your sexuality and all the other energies you have within you.
5. When they are no longer suppressed, you will discover that these energies are basically good and you will able to make conscious and positive use of them and live them out to the fullest.

This approach helps treating most cases of migraine successfully.

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