

Study the Importance of Exciting Cause {Aph5} in Episodic Migraine

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ABSTRACT

The motive of mine project topic “Study the importance of Exciting Cause Aph 5 in Episodic Migraine”

The study was conducted on (n=30) involving migraine patients with signs of migraine present in the patient in the Bharati Vidyapeeth Homoeopathic Medical College from 1/01/2019 to 2/12/2019, in the hospital with keeping my objective to treat the episodic attack of Migraine and other migraine symptoms with the help of Exciting Factors which causes it and to treat with homoeopathic medicines.

The study duration of 1 year in migraine patients revealed that they responded well fulfilling the inclusion and exclusion criteria, in my project, 12 homoeopathic medicines were used which are frequently prescribed for migraine, noticing down the symptoms of migraine in my clinical trial and prescribing them the homoeopathic remedy, the study states that Natrum Mur medicine were used most among the sample size of the population and there were significant improvement in the symptoms of migraine, no adverse effect were noted during my trial period on the patients.

I enjoyed doing my project.

Keywords: Migraine, headache, C/F, Triggers.

INTRODUCTION

Migraine is one of the commonest illnesses for life time with incidence of 14% throughout the world. In relation to gender, it is observed that 20% of women and 9% of men are affected by this illness. It is commonly observed that in Europe its incidence is 15% whereas in North America it is 13%. Migraine can be divided into four phases: prodrome, aura, headache phase, and postdrom. The prodrome phase is present in up to 60% of patients. The headache associated with migraine is typically described as unilateral with

moderate to severe intensity. Patients having continuous or frequent episodes of headache are found to have family history of migraine. The headache in migraine is associated with symptoms like Anorexia, Vomiting, Nausea, Photophobia, Photophobia, Diarrhea, Constipation, Acidity, and disturbance in mental state, [1] most of the factors that triggers migraine are: food items i.e. Cheese dairy products, paneer (Cottage cheese), Citrus fruits, chocolates, onions, sea food, food additives: Caffeine, nitrates, alcohol Red wine beer, Hormonal changes: Menstruation,

ovulation, Excessive Exercise, Visual stimuli such as Bright lights, glare, Auditory stimuli: Loud noise or Music, Olfactory Stimuli: Perfumes, and certain odors, erratic sleeping habits, weather changes, hunger, Stress and anxiety. [2]

A study by Claudia M.Witt et.al stated, that patients taking homoeopathic treatment for the migraine pain showed marked improvement over the period of 24 months. [1]

A study by Dr. Jiyahilal et.al concluded that the cause for the migraine is unknown but the theory states that it has been linked to the serotonergic control system, and it further revealed that the drop in the serotonin level leads to inflammation and dilations of the blood vessels. [3]

A study by TE Whitmarsh et.al has done a formal double-blind, randomized, placebo-controlled trial which showed that overall there were benefits in the treatment over placebo of homoeopathic treatment. [4]

A study by Edzard Ernst et.al narrates that the homoeopathic medicines are superior to placebo in preventing the headache and are effective in curing migraine pain. [5]

A study Subhranil S. Saha et.al showed that in randomised controlled trial group 390 patients were considered for the trial, they entered the met analysis, and showed positive graph, the results which came from the meta-analysis showed that the homoeopathy have the effect beyond the placebo. [6]

In aph5, Hahnemann has briefly mentioned about the Exciting Cause [7]

The Term Exciting Cause is defined as the cause which excites or provokes the disease condition either acute or acute exacerbation in chronic diseases.

Types of Exciting Causes [8]

According to Hahnemann there are four types of Exciting Causes:-

Physical Exciting Causes:- Exposure to heat and cold, thunderstorm, intake of excess and lack of food

Mechanical Exciting Causes:- Damages caused by Physical trauma like injuries, accidents, burn and insects bites.

Nervous Exciting Causes:- Psychological reasons like fear, shock, jealousy, grief, and over joy

Hygienic Exciting Causes:- Food poisoning, pollution and lack of personal and social hygiene come in this group.

In treatment of the acute diseases and chronic diseases the physician has to considered first the exciting causes of the diseases, the factors which causes the disease and let the patient come to the physician are the exciting cause for that particular disease.

In Exciting Cause the fundamental cause of the disease is primarily psora

Useful to the physician in assisting him to cure are the particulars of the most probable exciting causes of the acute diseases, as also the most significant points in the whole history of the chronic disease, to enable him to discover its fundamental cause, which is generally due to chronic miasm. In these investigations, the ascertainable physical constitution of the patient(especially when the disease is chronic), his moral and intellectual character, his occupation, mode of living and habits, his social and domestic relations, his age, sexual function, etc, are to be taken into consideration [9]

Since Hahnemann time, homoeopaths have always been interested in Exciting causes of disease.

He (the physician) is likewise a sustainer of health if he knows the things that disturb the health, that engender and maintain disease, and is aware how to remove them in healthy people.

It will help the physician to bring about the cure if he can determine the most probable exciting causes of the disease.

In other words, an exciting cause is the factor that triggers a person decline from health to sickness.

Exciting causes can be physical, mental, emotional also

Why Exciting Causes are important in Homoeopathic case taking

When we want to select the remedy: When we take acute cases we indicate the acute medicine for which exciting cause is the main treatment and indication for the medicine. Example: the patient say that since the head injury I am not feeling well the final selection will also depend on other symptom

When we want to prevent the diseases: when the physician know that the exciting cause in the case is due to the exciting causes i.e. exposure to sun then the physician should tell that patient to avoid the exposure from that area.

If acute diseases are not of severe cause, or not of severe character then by removing the exciting cause can relief the symptoms of the patients.

CAUSE OF DISEASE

Exciting Cause:- 1.Physical, Mechanical, Hygienic, Nervous

2. Fundamental Cause

3. Maintaining Cause:- Psora, Syphilis, Sycosis

4. It help the homoeopathic physician in selecting the medicine both in acute and chronic diseases.

5. Once we know the exciting cause in the case it helps to avoid further sufferings

6. If we know the exciting causes in the case it helps to restore the health from indisposition

I have chosen this topic because now a days Migraine is mostly prevalent in today's era, especially in teenagers, adolescence and people of age between 18-45 years, for which they generally take allopathic medications to get relief from pain. I wanted to work on the intensity and frequency of migraine episodes mostly triggered due to Exciting Causes, and wanted to evaluate the effect with homoeopathic treatment over the period of 1 year.

AIM:- Study the importance of Homoeopathic Medicine in Episodic

Migraine due to exciting cause within age group of 18-45 years.

MATERIAL AND METHODS

Setting and type of study- This Observational Study was conducted during period of January 2019 to December 2019. In this study, 32 patients were enrolled with physician, where 2 patients were dropped out during the study. Follow up was done over the period of 12 months using standardized questionnaire.

The study was carried out in Homoeopathic Hospital, OPD and Periphery Homoeopathic hospital with detail case study and follow up. Minimum 30 cases were selected randomly within 18-45 years of age group. Case study was done by using a special proforma designed so as to able to diagnose migraine patient. AB single subject community trial, prospective, randomized clinical study trial to assess the effectiveness of homoeopathic medicine in cases of Migraine was carried out in Homoeopathic Hospital, Peripheral OPD, Various rural and Urban Camp Series from 2019-2020 (app.52 weeks) Minimum 30 cases were selected with 5 follow ups which fulfilled the Inclusion and Exclusion Criteria of the study. Data was collected by standardized Questionnaire for assessment of pain among Migraine patient. The migraine pain intensity was measured by using VAS Scale. A VAS scale is a simple 100 mm scale with different grading on it. Gradation of pain was done under No pain, Moderate Pain, Sever pain, Very Severe pain and most imaginable severe pain with the corresponding values under VAS scale. Others parameters like Nausea, Vomiting, Photobhobia, Phonophobia, mental state, Episodic Attack, Acidity, and Constipation were assessed with the help of paired t test.

Mode of Intervention: Oral Route

Study Design: AB Single Subject Community trial observation Randomized clinical study

Allocation- Non Randomized,

End point Classification- Effectiveness,

Type of Research: Prospective Clinical Study,

Sample Methods: Probability method of simple random sampling procedure for selection of subjects was adapted

Duration of Study: The case registered was selected for study. Every case was followed for 3 months. It was done through VAS Scale questionnaires during case taking, case proforma was prepared accordingly and other parameters like associated complaints like Nausea, Vomiting, Photophobia and Photophonia, Episodic Attack, Intensity, Frequency Acidity and Constipation was evaluated on the baseline treatment score and that was marked as 1 before treatment and if the symptoms are reduced then it was marked as 0.

Statistical Analysis

The data was analyzed and evaluated using SPSS software 16.1 version using paired ‘t’ test.

RESULTS

30 patients were enrolled for the study. In this study I found that maximum numbers of patients were between the age group of 20-30 years. The migraine symptoms previously treated with conventional therapy. In this study i found that 60% patients used pain killer for Migraine. Detailed case taking was done followed by five follow up of each patient, the first patient received the homoeopathic treatment on the same day and then follow up was done after fifteen days. It was observed that there was marked decrease in the symptoms with homoeopathic treatment at the end of the study.

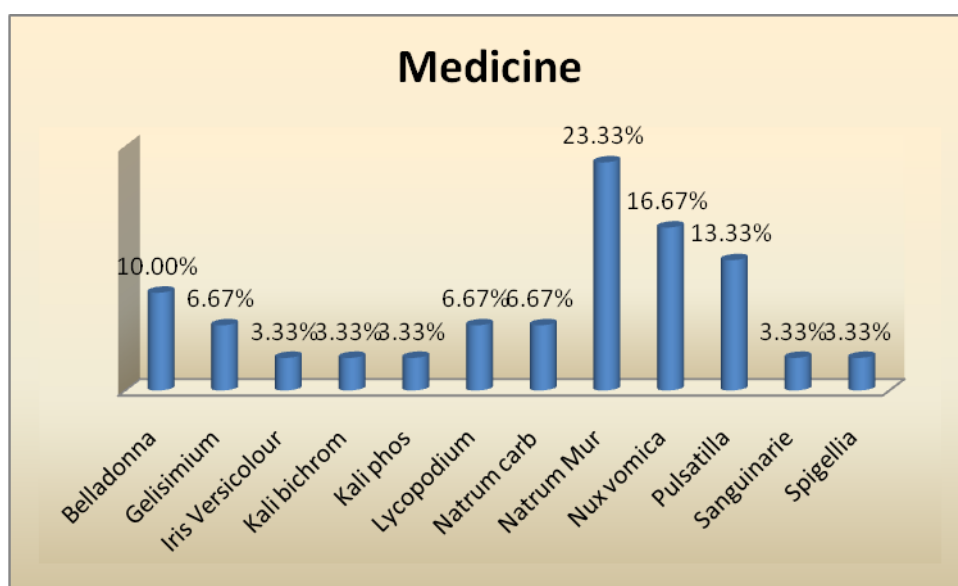


Fig no. 1 MOST FREQUENTLY HOMOEOPATHIC MEDICINE

Natrum Mur medicine used by 23.33% of patients.

The Fig no. 1 suggests that in sample population the most frequently prescribed medicine were Natrum Mur

The most frequently used potency were C200, C30. There was marked improvement in the intensity of the pain frequency; attacks along with others associated complaints like Nausea,

Vomiting, sensitivity to light, sensitivity to pain, and mental states. Pain intensity scoring was done by VAS Scale, and others symptoms were assessed by applying paired ‘t’ test in were p value was significant for all the parameters it was $p < 0.05$, so it can be stated that there was significant improvement after 4-5 follows ups for each patient individually. There was significant improvement in the physical as well as mental component score of the patients.



Fig no. 2 OVERALL IMPROVEMENT WITH HOMOEOPATHIC TREATMENT

The fig no 2 suggests that in 100% of the total population the signs which got relief were Nausea, Vomiting, Photophobia, Photophonia, Acidity, Sleep, Vertigo and constipation on the other hand 93% of the total population in Episodic attack, 90% of the population got relief in Mental state, 97% of the population got relief in the intensity of pain 90% of population got relief in frequency of the symptoms and 81% of the population got relief in the duration of pain overall it was seen that treatment with homoeopathic medicine over the period 1 year showed significant decrease in the sign and symptoms of migraine and also much better than that of allopathic medicine.

DISCUSSION

The prospective Observational study showed significant improvement among 30 patients enrolled in the dissertation project. The improvement was seen during first four follow ups, the use of allopathic medicine was decreased during the study. Mental symptoms were improved after administering homoeopathic medicine along with improvement in others symptoms also there was marked decrease in the episodic attack, frequency, intensity of the migraine.

CONCLUSIONS

In this observational study it can be concluded that, patients treated with homoeopathic medicine showed significant improvement in symptoms of Migraine. The symptoms reduced gradually over the period of 3 months after taking Homoeopathic medicines. Further studies should be done on larger sample population to assess the effect of homeopathic medicine used to treat migraine triggered due to exciting causes.

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