

Adapted from the Modular Courses of The Royal London Homeopathic Hospital NHS Trust
Academic Departments of Research and Education
Edited, Augmented and Illustrated 2022, Centre for Integrative Medical Training



Pre-membership Course in Medical Homeopathy

A Blended Open-Learning Course in Homeopathic Medicine for Healthcare Professionals

Unit 57 Therapeutic pointers

Headache

Providing therapeutic pointers for headaches is not straightforward. As you know, the repertory rubrics for head pain are enormous. It is important, therefore, to work up some kind of conceptual model for the patient, in order to be able to focus in on the best treatment pathway for them.

A good case history is essential. The nature of the pain symptoms and the pattern of onset and resolution can go a long way to establishing a working model for the problem.

Clinical examination can elucidate tender areas in the neck and head musculature. Neuro examination is essential if the history reveals an atypical and progressive pattern of symptoms. Ocular headaches from accommodation difficulties are often easily excluded with appropriate input from opticians and dental headaches can benefit from close orthodontic review.

Bruxism and other functional disturbances, however, are well within the remit of the homeopath. The mental emotional background can be elucidated in the history and the repertorisation balanced between the physical and functional symptoms. Ignatia is not infrequently indicated in Bruxism.

Migraine, cluster headaches and other very reactive pain syndromes are often rich in modalities. Timing, locality, effects of posture, opening and closing the eyes, heat and cold, darkness and light, local pressure, wraps, rubbing etc are all helpful in establishing the best similimum.

A polarity analysis based on the most consistent and reliable polar symptoms often yields an excellent treatment line.

Some headache presentations are undoubtedly inflammatory and the homeopathic sinus remedies outlined in Intermediate S1 can provide important solutions. Allergic rhinitis, particularly in respect of pet danders and house dust mite can also be useful in tandem with life-style changes.

Sometimes postural headaches, where poor ergonomic awareness and stress interact, require adjustments to lifestyle. Alexander Technique input and supportive listening in tandem with thematically sensitive prescribing can all help to take the case forward.

Natrum mur is one of the great headache remedies where the constitutional synthesis becomes clear. The other natrums (especially Nat-c and Nat-s) can be equally effective.



MIGRAINE - Summarised by Dr David Ratsey

Natrum Muriaticum

Intermittent headache spreading forward from occiput.
 "Little man with a hammer"

< Warmth	> Sitting or lying with head high > Fresh air or open window
-----------------	---

Pre-menstrual or sun exposure can trigger
 In acute situation use Bryonia (the so-called acute of *Natrum muriaticum*).

Spigelia

Begins in the occiput and spreads forward over left eye.
 Violent stabbing pain

< Warmth < Noise < Lying with head low < Touch < Movement / being jarred	> Lying with head high > Pressure > Cold applications
---	--

Glonoine

Full throbbing bursting

< Lying with head low < Stooping < Movement	> Sitting still > In open air > Uncovering head
--	--

Sun or during menses.



Iris Versicolour

Dull pain at base of skull
Sick headache with visual disturbance

< Cold air < Rest < Violent motion	> Moderate motion
--	-------------------

Arsenicum Album

Throbbing tearing pain with vomiting Headache

Chilly patient needs warmth Neuralgic burning pain Temporarily hot applications	> Cold applications > Walking in fresh air > Lying with head high
---	---

Bryonia

Bursting as if would split open

< Movement, Stooping < Heat, hot weather, stuffy rooms. In the morning on first rising, gradual increase towards evening.	> Lying still
--	---------------

Belladonna

Severe pounding headache with flushed face

< Lying flat	> Sitting with head back
--------------	--------------------------

R sided neuralgia in young people

Nux Vomica

Sick headache - good for the "hangover"

< Movement < Noise < On waking	> Lying > Warmth > Rest
---	--

Gelsemium

Headache preceded by blindness
 Bursting pain begins in neck and moves forward

< Mental exertion < Lying with head low < Heat of sun	> Profuse urination
--	----------------------------

Colocynthis

Tearing burning, occ shooting pains in face extending to ear and side of head.
 Cramp like pain in molar bone extending to eye
 L sided

< Touch < Evening and night	> Rest > Pressure > Warm
--	---

Aconite

Anxiety and tension
 Corresponds to trigeminal
 Neuralgia with shooting pain and numbness

< Cold draughts or cold winds, Night time, drinking (any) liquid	> Rest
--	---------------

Kali Bichromicum

Intense pain at root of nose
 Supra orbital pain with nausea and vomiting

< Stooping < Touch < Movement (Head pains and neuralgia)	> Lying > Warmth > Pressure (May < neuralgic pains)
---	---