

REVIEWER'S REPORT

Manuscript No.: IJAR- 51943

Date: 27/05/2025

Title: Utility of mental state in prescribing homoeopathic medicine – A case report of tension type headache

Recommendation:

- ✓ Accept as it is
- Accept after minor revision.....
- Accept after major revision
- Do not accept (*Reasons below*)

| Rating | Excel. | Good | Fair | Poor |
|----------------|--------|------|------|------|
| Originality | | ✓ | | |
| Techn. Quality | | ✓ | | |
| Clarity | | ✓ | | |
| Significance | | ✓ | | |

Reviewer Name: Dr. S. K. Nath

Date: 27/05/2025

Reviewer's Comment for Publication:

This case report successfully illustrates the significance of mental state analysis in the homoeopathic management of tension type headache. It demonstrates that personalized treatment considering mental symptoms can yield positive results, aligning with homoeopathic principles. However, its findings remain anecdotal and need validation through larger, controlled studies.

Overall, the report contributes valuable clinical insight into holistic headache management. It advocates for a thorough mental and physical assessment, reinforcing homoeopathic practice, but must be interpreted within the context of its limited scope and methodological constraints.

Reviewer's Comment / Report

Strengths

- Focused Integration of Mental State and Homoeopathy:** The paper emphasizes the importance of mental state in selecting homoeopathic remedies for tension type headache, aligning with constitutional and individualized treatment principles. This approach underscores the holistic nature of homoeopathy.
- Detailed Case Documentation:** The case presentation is thorough, including detailed patient history, mental and physical examinations, and symptom progression over time, which aids in understanding the clinical reasoning.
- Use of Repertory and Materia Medica:** The author utilizes repertorial analysis and references reputable homoeopathic sources (e.g., Kent's repertory, Boericke's materia medica), supporting the medication choice with systematic evaluation.
- Integration with General Medical Knowledge:** The paper references classical literature and international criteria (e.g., ICHD-3) for headache classification, enhancing its scientific credibility.
- Follow-up Data:** Follow-up entries provide insight into the patient's response over time, helping to substantiate the treatment's effectiveness.

Weaknesses

- Limited Sample Size:** As a single-case report, its findings lack generalizability. Broader studies or controlled trials are needed to validate these claims.
- Subjectivity and Bias:** The reliance on subjective reports, especially in assessing mental states and headache severity, may introduce bias. No mention of standardized tools or scales used for measuring mental state or headache disability.
- Lack of Control or Comparison:** The report does not compare homoeopathic treatment outcomes with placebo or conventional therapies, limiting conclusions about relative efficacy.

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4. **Insufficient Discussion of Differential Diagnosis:** Although headache classification is discussed, there's limited discussion on ruling out secondary causes which might mimic tension headaches.
5. **Absence of Quantitative Data:** Objective measures such as pain scales or quality of life assessments are minimally referenced; more standardized assessments could enhance rigor.
6. **Possible Overemphasis on Mental State:** While mental state is undoubtedly relevant, the report may overstate its sole importance in remedy selection without explicit discussion of physical or constitutional factors.