

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

*by* Jana Publication & Research

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## **Utility of mental state in prescribing homoeopathic medicine – A case report of tension type headache**

**Abstract** - Headache is the most common problem for which patient wants medical attention as it is decreasing the quality of life of person. TTH is a chronic head pain syndrome which is characterized by bilateral tight band like discomfort without any associated features i.e. nausea , vomiting, photophobia, phonophobia and aggravate with movements.

Mental state is a situation that exists in organisms at all levels and in different area in response to certain stimuli (past as well as present) and is expressed in a qualitative manner through the functioning of organism. According to Dr. Hahnemann, Headache is one sided disease in which we get very few symptoms for getting similimum. So, mental state of patient during headache is very helpful for getting similimum.

**Keywords** – Mental state, Homoeopathy, tension type headache

### **INTRODUCTION –**

Headache is the most common problem for which patient wants medical attention as it is decreasing the quality of life of person.

International headache society divided headache in two types –

6

1. **Primary headache**
2. **Secondary headache**

Primary headache – It is mainly benign headache i.e. all examination and investigation are normal. Causes of primary headache – Migraine, Tension type headache, cluster headache

Secondary headache - In this all examination and investigation are not normal and it is due to some central nervous system (CNS) disease for ex- subarachnoid hemorrhage, severe hypertension, meningitis, sinusitis etc.

Out of primary headache tension type headache is most common form of headache. Age and gender is a risk factor for tension type headache as it is maximum in females of reproductive age

<sup>7</sup> group with a ratio of around 1:1.2 to 1:3 between <sup>5</sup> male and female. For school going children, age group is between 7 and 15 years.

### <sup>3</sup> CLASSIFICATION OF TENSION TYPE HEADACHE

Four types –

1. Infrequent headache
2. Frequent headache
3. Chronic headache
4. Probable headache

### <sup>2</sup> DIAGNOSTIC CRITERIA -

#### • INFREQUENT EPISODIC TENSION TYPE HEADACHE

A. At least 10 episodes of headache occurring <sup>1</sup> <1day/month on average (< 12days/year) and full filling criteria B-D

B. Lasting from 30 minutes to seven days

C. At least two of the following four characteristic:

1. Bilateral location
2. Pressing or tightening (non pulsating) quality
3. Mild to moderate intensity
4. Not aggravated by routine physical activity such as walking or climbing stairs

D. Both of the following

1. No nausea and vomiting
  2. More than one of the photophobia or no phonophobia
- E. Not better accounted for by another ICHD-3 diagnosis

#### • FREQUENT TENSION TYPE HEADACHE

At least 10 episodes of headache occurring on 1-14days /month on average for > 3 month (>12and < 180 days/year) and fulfilling criteria B-D

A. Lasting from 30 minutes to seven days

B. At least two of the following four characteristics:

1. Bilateral location
2. Pressing or tightening (non pulsating) quality

3. Mild to moderate intensity
4. Not aggravated by routine physical activity such as walking or climbing stairs
- C. Both of the following –
  1. No nausea and vomiting
  2. No more than one of the photophobia or phonophobia
- D. Not better accounted for by another ICHD- 3 diagnosis

• **CHRONIC TENSION TYPE HEADACHE**

- A. Headache occurring on > 15days/month on average for >3 month (>180 days/year), fulfilling criteria
- B. Lasting hours to days , or unremitting
- C. At least two of the following four characteristic :
  1. Bilateral location
  2. Pressing or tightening (non pulsating )quality
  3. Mild to moderate intensity
  4. Not aggravated by routine physical activity such as walking or climbing stairs
- D. Both of the following :
  1. No more than one of photophobia, phonophobia or mild nausea
  2. Neither moderate vomiting nor severe nausea
- E. Not better accounted for by another ICHD-3 diagnosis

• **PROBABLE TENSION TYPE HEADACHE**

Tension type like headache missing one of the features required to fulfill criteria for a type or subtype of tension type headache and not fulfilling criteria for another headache disorder.

MENTAL STATE - In aphorism 173 and 174 of 6<sup>th</sup> edition of organon of medicine, Dr. Hahnemann classified headache as one sided disease with internal complaints.

**View of Dr. Samuel Hahnemann**

**Aphorism 6 ( 6<sup>th</sup> edition of organon of medicine )**

*“ The unprejudiced observer should be aware of changes in health of body and mind that is state of patient – mental and physical and form the true portrait of disease*

**Aphorism 19**

*“Disease are due to alterations in state of health of the healthy individual through some morbid signs and symptoms. Cure is possible only by altering or change of state of health of diseased individual”*

**Aphorism 210**

*“ The state of the patient’s disposition is particularly important along with totality of symptoms for forming the accurate picture of disease which is important for choosing the well selected remedy”*

**Aphorism 211**

*“The state of disposition of patient chiefly determines the selection of well known homoeopathic remedy”*

**Aphorism 213**

*“State of mind and disposition along with physical symptoms of either acute disease or chronic disease help in selecting homoeopathic remedy and thus help us to cure comfortably to nature*

**Aphorism 225**

*“Emotional disturbances lead to physical illness. In this aphorism he said that emotional causes such as anxiety, worry, fear etc. destroy the corporeal health to a great extent”*

CASE :

Name of Patient- Mrs S. Sharma

Date of Reg- 6/02/2021

Address- Rudrapur, Uttakhand.

Age- 40years

<b>Name of patient</b> – Mrs. S. Sharma	<b>Date of Reg</b> – 6/02/2021
<b>Address</b> – Rudrapur , uttarakhand	<b>Age</b> – 40
<b>Marital status</b> – married	<b>Sex</b> – female
	<b>Occupation</b> –housewife

**Present complaint –**

1. Since how long do you having this headache? 6 months
2. Where in the head does it pain? Forehead and vertex
3. How and where pain radiate? Not radiate
4. What type of pain it is and what is nature of pain? Dull aching pain
5. How often does the head pain? 2-3 times/month
6. How long does each attack last? Is it short lasting or long lasting? 1-2 days/attack
7. How severe is the pain? 6
8. What factors can precipitate or worsen the headache? Is there any triggering or relieving factors? <motion, mental exertion
9. >rest, painkiller
10. Is there any visual sense of aura? No
11. Is there any associated complaint? Constipation present, appetite increased during headache

**Past history** – nothing specific

**Family history –**

<b>Maternal history</b> – Mother – DM, Hypertension
<b>Paternal history</b> – Father – hypotension
<b>Sibling- Sister</b> – hypothyroidism

**Menstrual history –**

LMP- 27/01/2021, No associated complaint

**Physical general –**

<b>Appetite</b> – good	<b>Perspiration</b> – scanty
<b>Thirst</b> – thirstless	<b>Sleep-</b> sound sleep
<b>Desires-</b> spicy food	<b>Dreams</b> – N.S.

<b>Aversion</b> – green chilly	<b>Habits</b> – N.S.
<b>Stool</b> – satisfactory	<b>Diet</b> – Vegetarian
<b>Urine</b> – NAS	<b>Thermal reaction-</b> Hot

**Mental state –**

**During attack** – anxiety during headache as something is going to happen , dull during headache

**As constitution** – thinks about dead person always , lack of confidence , fear of death

**Physical examination –**

**Vital signs –**

<b>Pulse</b> – 72 beats/min	<b>Blood pressure</b> -112/80 mmHg
<b>R/R-</b> 16/min	<b>Temp-</b> Afebrile
<b>Height</b> – 5.4 inch	<b>Weight</b> – 72Kg

**General examination –**

<b>Pallor</b> – absent	<b>Oedema-</b> absent
<b>Lymphadenopathy</b> – not palpable	<b>Icterus</b> – absent
<b>Cyanosis-</b> absent	<b>Emaciation</b> –absent
<b>Build</b> – endomorphic	<b>Clubbing</b> –absent

**Systemic examination –**

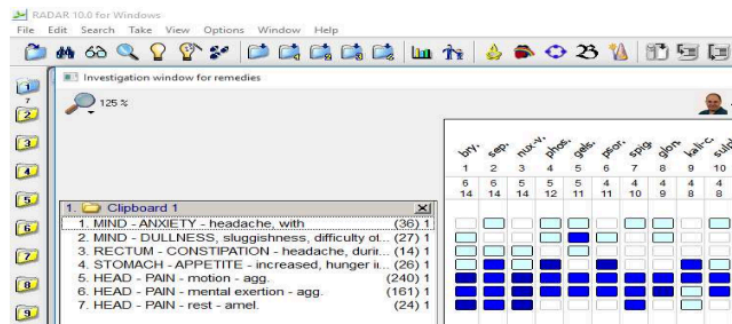
<b>GIT</b> – Soft and non tender
<b>RESPIRATORY EXAMINATION</b> – AEBE clear
<b>C.N.S</b> – conscious and well oriented
<b>C.V.S-</b> S1 S2 heard

**Totality of symptoms –**

1. Anxiety during headache
2. Dullness during headache
3. Thinks about dead person
4. Lack of confidence
5. Dull aching pain in forehead and vertex
6. <motion, mental exertion

7. >rest, painkiller
8. Constipation during headache
9. Appetite increased during headache

### Miasmatic diagnosis – PSORA



Repertorial result –

Bryonia -14/6

Sepia -14/6

Nux vomica – 14/5

Phosphorus – 12/5

Gelsemium – 11/5

**Probable remedies** – Gelsemium , Bryonia , Sepia, Nux Vomica, Phosphorus

**Analysis of result** –

As seen in repertorial result Bryonia , sepia (14/6), Nux Vomica (14/5), Gelsemium (11/5) are very close to each other . Gelsemium was prescribed because it covers both mental state i.e anxiety during headache and dullness during headache.

**Final prescription** – Gelsemium 200/1dose

**Follow up** –

Date	Symptoms	Prescription
24/2/2021	Episode of headache – 3 times Duration – 1 day Intensity – 5	SL/BD/15days

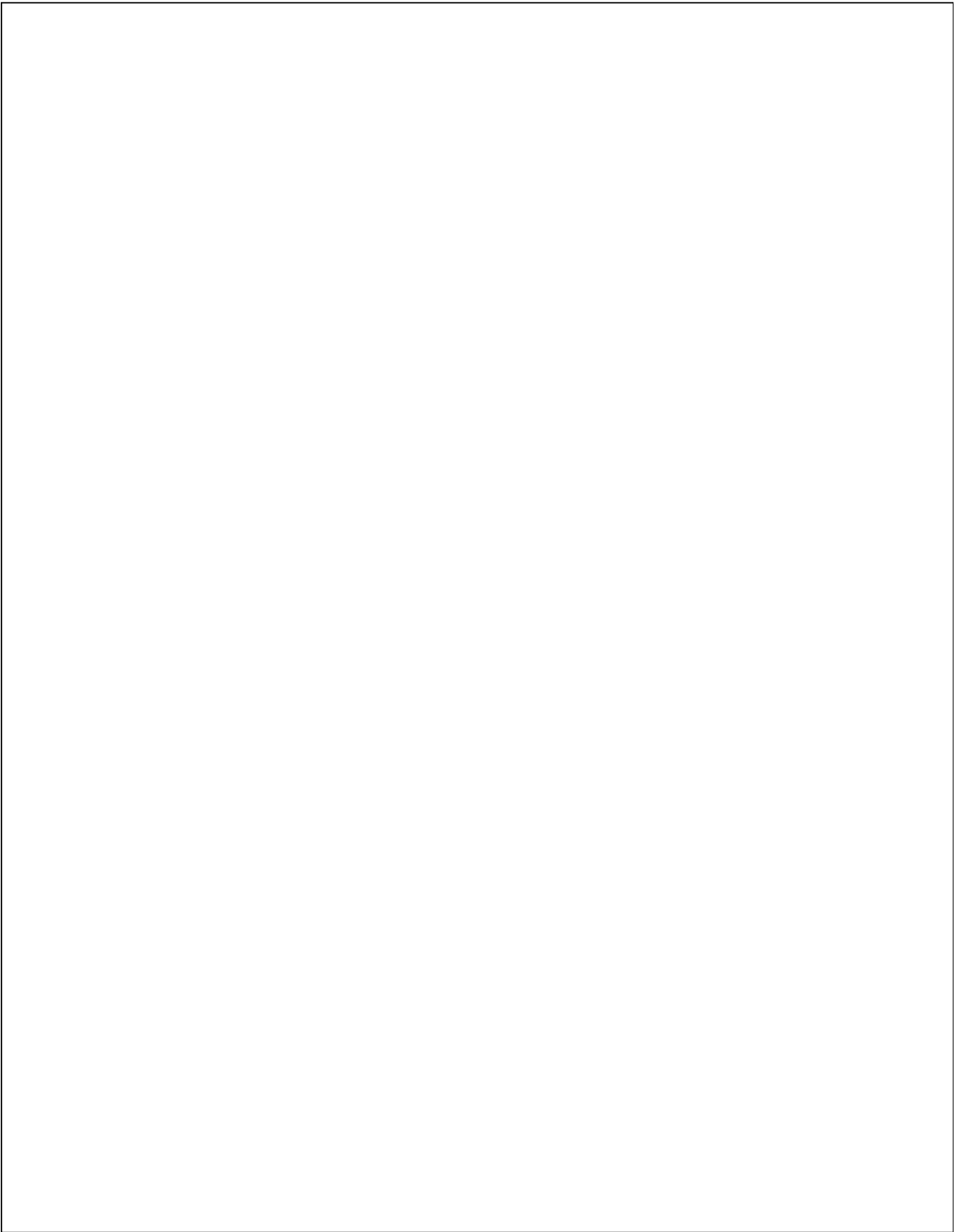


	Mental state during headache –same Constipation not present during headache No new complaint	
7/4/2021	Episode of headache -2 times last month Duration – 1 day Intensity – 5 Anxiety during headache reduce(10%) New complaint – headache since yesterday Ailments from – travelling Nausea present Dull type of pain	Cocculus indicus200/bd/ 1day
29/4/2021	Episode of headache- 2 times last month Duration – 1 day Intensity – same Mental state – same New complaint – fever since 1 day Associated complaint – productive cough with white expectoration Chest- clear Temp - 99°F	Arsenic album 200/bd/3days
6/6/2021	Episode of headache – 1 time last month Duration – half day Intensity – 3 Anxiety during headache not present Constipation – better	SL/BD/15days
24/6/2021	No episode of headache since last medicine New complaint – cough since 2 days Dry cough Ailments form getting wet in rain	Rhus tox 200/bd/3days

**Conclusion** – This case shows that homoeopathy is effective if we prescribe medicine on the basis of mental state.

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