



RESEARCH ARTICLE

UTILITY OF MENTAL STATE IN PRESCRIBING HOMOEOPATHIC MEDICINE - A CASE REPORT OF TENSION TYPE HEADACHE

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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.

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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 –

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

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Four types –

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

Diagnostic Criteria -**Infrequent Episodic Tension Type Headache**

- A. At least 10 episodes of headache occurring <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
- A. Both of the following
 1. No nausea and vomiting
 2. More than one of the photophobia or no phonophobia
- A. 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
- A. Both of the following –
 1. No nausea and vomiting
 2. No more than one of the photophobia or phonophobia
- A. 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
- A. Both of the following :
 1. No more than one of photophobia, phonophobia or mild nausea
 2. Neither moderate vomiting nor severe nausea
- A. 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 6th edition of organon of medicine, Dr. Hahnemann classified headache as one sided disease with internal complaints.

View of Dr. Samuel Hahnemann

Aphorism 6 (6th 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, Uttarakhand.

Age- 40years

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

Maternal history – Mother – DM, Hypertension
Paternal history – Father – hypotension
Sibling- Sister – hypothyroidism

Menstrual history –

LMP- 27/01/2021, No associated complaint

Physical general –

Appetite – good	Perspiration – scanty
Thirst – thirstless	Sleep- sound sleep
Desires- spicy food	Dreams – N.S.
Aversion – green chilly	Habits – N.S.
Stool – satisfactory	Diet – Vegetarian
Urine – NAS	Thermal reaction- 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 –

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

General examination –

Pallor – absent	Oedema- absent
Lymphadenopathy – not palpable	Icterus – absent
Cyanosis- absent	Emaciation –absent
Build – endomorphic	Clubbing –absent

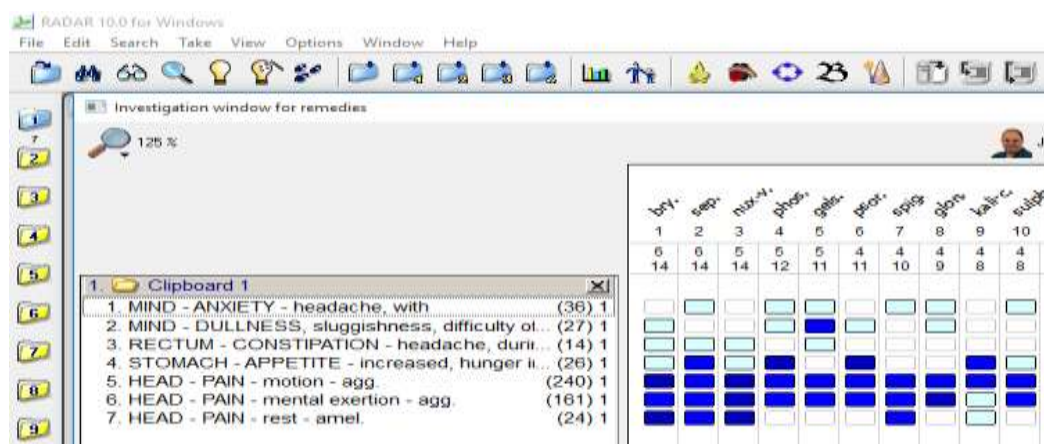
Systemic examination –

GIT – Soft and non tender
RESPIRATORY EXAMINATION – AEBE clear
C.N.S – conscious and well oriented
C.V.S- 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 – 1day Intensity – 5 Mental state during headache –same Constipation not present during headache No new complaint	SL/BD/15days
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 – 1day Intensity – same Mental state – same New complaint – fever since 1 day Associated complaint – productive cough with white	Arsenic album 200/bd/3days

	expectoration Chest- clear Temp - 99°F	
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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