

Holistic Homoeopathic Treatment of Tension Headache - A Case Report

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ABSTRACT

Tension headaches are the most common type of primary headache. These are also referred to as "muscle contraction headache," "stress headache," or "psychomyogenic headache." The pain of tension headache is characterised as 'dull', 'tight' or like a 'pressure', and there may be a sensation of a band round the head or pressure at the vertex. This case is of 42 years female patient treated with homoeopathic medicine RUTA 200.

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INTRODUCTION

The term *tension-type headache* is commonly used to describe a chronic head-pain syndrome characterized by bilateral tight, band-like discomfort. The pain typically builds slowly, fluctuates in severity, and may persist more or less continuously for many days. The International Headache Society's main definition of TTH allows an admixture of nausea, photophobia, or phonophobia in various combinations.⁽¹⁾

There are two types:⁽²⁾

- **Episodic tension headaches** happen fewer than 15 days per month for at least 3 months
- **Chronic tension headaches** happen more than 15 days a month for at least 3 months

Causes of tension headache:

- Emotional or mental stress
- Dehydration
- Eye straining
- Anemia
- Addictions-alcohol, smoking, tobacco
- Sleep disturbances

Case summary:

42 years old female having complaints about severe pain on frontal and occiput region since last 5 days. She is diamond worker and pain worse due to more eye straining, noise. tension and hunger can also worsen the headache. along with this there is occasionally blurred vision of eye.

Preliminary data:

- Age/sex : 42/female
- Marital status: married
- Occupation: Diamond worker
- Religion/caste : hindu
- Education: 10th pass

Chief complaints:

Location : head-Occiput region, Frontal region

Sensation: headache+++,Occasionally Blurred vision, Eye pain+ since last 5 days

Modalities- aggravations-slight noise+++, when hungry++, eye strain+++, tension+

Amelioration:-sleep+

Physical generals

- Appetite-adequate
- Desire-rice++
- Thirst- decreased, 2 lit/day, thirst for cold water
- Perspiration –profuse
- Stool- unsatisfactory, semi-solid, black stool, difficulty to evacuate
- Urine- 6-7 times /day, burning micturition, scanty urination
- Thermal- ambithermal
- Sleep- 6-7 hours
- Dreams- day to day life
- Menses- 28-30 day cycle, blood flow-scanty, no pain during menses

F/H/O- father –hypertension at age of 72 years

P/H- not specific

No S/H

Obstetric history: 3 children, 1 son and 2 daughter, all deliveries are FTND, normal pregnancy, no physical as well as mental disturbances

Mind

- Fear of water++, feels dizziness at seashore
- Can't look at blood+++
- Sympathetic++
- Don't like conflicts+

DIFFERENTIAL DIAGNOSIS: MIGRAINE, TENSION HEADACHE, CLUSTER HEADACHE

DIAGNOSIS-TENSION HEADACHE

TOTALITY OF SYMPTOMS

- Fear of water++, feels dizziness at seashore
- Can't look at blood+++
- Sympathetic++
- Don't like conflicts+
- Profuse perspiration
- Desire rice++
- Thirst for cold water
- Headache+++ at occiput region, frontal region
- Eyepain and Blurred vision during headache.
- <slight noise+++, <when hungry++, <eye strain+++, <tension+, >sleep+

Miasmatic analysis-psora

Rubrics from synthesis repertory

1. mind-blood -cannot look at
2. mind-fear-water of
3. mind-quarreling -aversion to
4. Mind-sympathetic
5. head-pain-exertion of the eyes-agg

6. head-pain-noise agg
7. vision-blurred-headache during
8. perspiration -profuse
9. generals-food and drinks-rice-desire

Group of remedies:

- Ruta G- 8¹⁰
- Phosphorus- 7¹⁴
- Staphysagria-6⁷
- Tritium vulga-6⁶
- Belladonna-5¹⁰

Prescription : RUTA 200 TWO TIMES IN A DAY FOR 5 DAYS

Follow up

pt feels so light No headache since last 5days -do her work properly, Given SL for 5 days, on second follow follow up there is no headache.

Discussion

Ruta was selected due to following reasons⁽³⁾⁽⁴⁾

- REGION: Fibrous tissues: EYES. Flexor tendons. Joints. Wrists and ankles, muscles.
- WORSE: Over-exertion: EYE-STRAIN. Injury. Sprains
- BETTER: Lying on back.
- Weak, pressive-like pain in right eye, with dimness of surrounding objects, as if from having looked too long at an object that was fatiguing-to the eyes.

➤ Onset is sudden or gradual but the ailment is chronic

➤ They feel the obligation to take care of the others, and they overstrain themselves in a rigid way.

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