

## **MIGRAINES**

November 2006

Female administrator, aged 46 presented with recurring migraines (approx every 4-6 weeks) for the past 13 years.

Her migraines are experienced predominantly over the weekends and last for an average of three days. The migraines come on suddenly and are completely debilitating; at their worst, she feels she almost drifts in and out of consciousness due to the intensity of the pain. She must remove herself from all stimuli (light, sound etc) and sleep for up to 18 out of 24 hours at a time. She describes the pain as a red hot poker sensation on the right side, from behind the R eye and up to the side and top of her head. She mainly wakes with them and suffers waves of nausea (occasionally vomiting but not often).

Migraines started 1993. From 1989 she had given birth to her second child following an 'horrendous' pregnancy and had decided to leave her husband, although it took her another five years to eventually decide to do this due to 'procrastination, toddler, baby, no car, no money'. Her husband was an alcoholic and although never physically violent, he was 'emotionally abusive' and threatened to suicide. She has never seen her husband since.

Her biography didn't reveal any particular significant events or issues prior to this time, other than the usual childhood accidents and illnesses. She was a self confessed tomboy; after not being 'allowed' to be a carpenter or a mechanic in her early years she has returned to study in the rural sector. She particularly likes working with animals, though not in a 'oh aren't they cute kind of way' rather just being part of a farm and 'quite happy to watch them get slaughtered, cut up and things'. She had once worked in a butchers and her ex-husband had also once been a butcher.

She says one of her happiest times was being on a farm with a few animals, a veggie patch and an orchard.

She enjoys very hard physical work and was once a champion power lifter.

She says she is < wheat (bloats) although she is prone to bloat anyway, has an aversion to sour foods but desires coffee and sweets and generally has a low thirst.

She has recently lost her libido, suffers from flushing in the face, particularly when people are looking at her and has suffered long term with acne rosacea (face tightness and heat, beetroot/purple in colour).

## RUBRICS CHOSEN

(using MacRepertory)

- HEAD PAIN; VIOLENT (125)
- HEAD PAIN; BORING, digging, screwing (152)
- HEAD PAIN; LOCALIZATION; Sides; right (183)
- SLEEP; WAKING; headache, with (26)
- FEMALE; SEXUAL; desire; diminished (65)
- GENERALITIES; FOOD and drinks; farinaceous food, starchy; agg. (32)
- STOMACH; NAUSEA; headache, during) (163)
- FACE; DISCOLORATION; red; bluish red (60)
- MIND; ACTIVITY; desire for; exercise, physical (10)
- MIND; UNCONSCIOUSNESS, coma; headache; with (43)

## Remedies

Bell, Phos, Puls, Carb Veg, Lyc, Nat Mur, Lach, Nux Vom, Sil, K Carb, Sulph, Acon

## FACIAL ANALYSIS

<b>YELLOW (psora)</b>	<b>RED (sycosis)</b>	<b>BLUE (syphilis)</b>
Eyes Lips Teeth Hairline?	Single line Dimple – nose Dimple – chin Smile Gums Nose width	Hairline high Lids A/S – eyes and nose Forehead Teeth Cheekbones Dimples/lines
3-4	6	7

The facial analysis shows the patient belongs to the syco-syphilitic miasm (purple)

Top purple remedies from repertorisation – Belladonna (9) and Lachesis (7)

## REMEDY AND DOSE

Belladonna 30C daily was given.

## **FIRST FOLLOW UP**

January 2007 (4 weeks later)

No change to the cycle and nature of the migraines, though intensity has 'dropped a little'. She has had another two during this time.

She has noticed a significant increase in energy levels and feels calmer and more able to handle stresses.

Stress during this time has revolved around her current boyfriend; she wants to break up with him but he has threatened to take his life if she does. He is suspicious of her and is certain she is cheating on him and is always jealous. He is a heavy marijuana smoker.

She admits upon enquiry that he has some reason to be jealous as she has reconnected to an old flame and is planning to see him. Their relationship was unresolved mainly because they didn't break up over any problems but more that he wouldn't stick up for her in front of his family. In the past she has walked out and not said anything but now she would really like to go and say what she needs to say (though she is not certain she is going to be able to do this).

Although a reduction in intensity is reported, it is not enough,

She discusses her pre-menopausal symptoms in greater detail – clotting and heavy bleeds, some flushing, perspiration etc.

The shift in energy levels is a positive, but not enough without a change to the pathology.

I consider continuing the Belladonna 30C or even increasing, however the circumstance and energy surrounding this patient is so similar to what she reported around the time of the start of her migraines thirteen years ago, I re-repertorise.

Rather than focusing my selection so heavily around the migraines, I include some broader themes/symptoms and reduce some of the smaller rubrics previously selected (i.e those with less than 30 remedies).

- MIND; SUICIDAL disposition (136)
- MIND; VIOLENCE, vehemence (124)

- MIND; SUSPICIOUSNESS, mistrustfulness ( 114)
- HEAD PAIN; LOCALIZATION; Sides; right (183)
- HEAD PAIN; BORING, digging, screwing (152)
- SLEEP; WAKING; headache, with (26)
- FACE; DISCOLORATION; red; bluish red (60)
- FEMALE; SEXUAL; desire; diminished (65)
- FEMALE; MENSES; clotted, coagulated (123)

### **Remedies**

Bell, Lyc, Phos, Caust, Ign, Lach, Nux, Sulph, Carb Veg, Staph, Sep, Bry

I recheck the facial features and still assess her as belonging to the purple miasm. The top purple remedies are – Belladonna (9), Lachesis (8) and Staphysagria (8).

I prescribe Staph 200C and schedule a review in four weeks.

### **SECOND FOLLOW UP**

April 2007.

The patient rescheduled her March appointment to April.

She has had one migraine since the Staph 200 in January (in March). She did get a slight headache on one day but the pain was only a 2/10, she took a pain med and that was that; it did not progress (this has never happened) to a migraine.

Her sleep has been amazing; she has always survived on 3-4hrs of sleep a night but since this dose she has been sleeping deeply and not waking until the alarm goes off. When she gets up she is bright for the whole day.

Her menses continue to show signs of menopause (irregular) but they are not so bad and she is coping with this. Her libido is back, not what it once was, but it is definitely back.

She has broken up with her boyfriend, deciding that if he kills himself, that is not her fault. She is continuing to explore her relationship with her past unrequited love; she told him everything she wanted to say and though not sure how this will pan out, she is happy at the moment.

I consider this to be a good result; there is a significant decrease in her pathology but also an increase in her generals (sleep, menses, libido, energy levels etc). However due to the one migraine and signs of a second, I repeat the Staph 200C.

### **OVERVIEW OF FURTHER FOLLOW UPS**

From April 2007 to January 2009, this patient has had a number of follow up visits.

From April 2007 to January 2009 she has suffered a total of five migraines (previously experienced every 4-6 weeks). The Staph has been repeated a total of three times during this period (increased in June 2007 to a 1M) upon the return of the migraines over this time.

This remedy and potency continues to relieve this patient to date.

In June 2008 she was also prescribed a single Platina 200C for her menopausal symptoms and dropping libido. Both responded well to this single prescription.

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