



**Title: ROLE OF SIDE AFFINITY IN SELECTION OF HOMOEOPATHIC SIMILIMUM – A CASE REPORT**

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❖ **ABSTRACT:** Migraine is a type of neurological headache. Episodes of migraine recurs periodically so it affects patient's daily life. Homeopathy approach is to treat patient as a whole which helps to stop recurrent attacks and provides long term solution. In the present case Homeopathic individualization was done and final selection of medicine was based on side affinity (left side). Patient improved significantly and there was no episode of migraine after Homeopathic similimum.

❖ **Key word:** side affinity, homoeopathic individualization, migraine, lachesis.

**Introduction:** A migraine is a headache that can cause severe throbbing or pulsating kind of pain, usually on one side of the head. It is often accompanied by nausea, vomiting, and hypersensitivity to light and surrounding noise. Migraine attacks can last for few hours to few days, and the pain can be so severe that it interferes with daily activities of a person.<sup>[1]</sup>In some people, an aura occurs before or with the episode of headache. An aura can include visual disturbances, such as dimness of vision, flashes of light or blind spots, or other disturbances, such as tingling on one side of the face or in one arm or leg and difficulty in talking. Migraine headaches can have four stages: prodrome, aura, attack and post-drome. Everyone with migraines does not go through all the stages.<sup>[1]</sup>Migraine was the third most prevalent disorder in the world, in the Global Burden of Disease Study2010 (GBD2010). GBD2015 study shows that migraine is the third-highest cause of disability in whole world under the age of 50 years.<sup>[2]</sup>

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Migraine has two major types. Migraine without aura is a common type characterized by headache with specific features and associated symptoms. Migraine with aura is classical type characterized by the transient focal neurological symptoms that occur before attack or sometimes accompany the attack.<sup>[2]</sup>

Frequent use of analgesic drugs can cause medication-overuse headaches. The risk is highest with aspirin, acetaminophen and caffeine combinations which are very commonly used. Medication-overuse headaches occur when medications rather than relieving pain, begins to trigger headaches. A person then uses more pain medication which triggers headache, and the vicious cycle continues.<sup>[1]</sup>

Homeopathy has a broad scope in treatment and long term solution of migraine. In Homeopathy along with symptoms of patient few other aspects are taken into consideration before selecting a remedy like trigger factors, what makes symptom worse or better, associated conditions, side of affinity, mental make-up of patient, and lot more.<sup>[4][5]</sup> Homeopathic similimum remedy not only stops recurrence of attacks but also provides resistance towards trigger factors of migraines which is not possible in treatment with modern medicines. A private study done in Nagpur claims that Homeopathy completely cures 73% of migraine cases.<sup>[3]</sup>

### Case

A 28year Female, Ms. SJ, Unmarried, Govt. job in LIC, came with complaint of Migraine since 2016

ODP- in 2016 she attended a marriage where she was unable to sleep till late night for 15 days because of change of place. She got headache for 3-4 days then. Took Allopathy and Homeopathy treatment with temporary relief but headache continued.



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Ailments from- Before 3-4 days & after 3-4 days of menses, Sun, heat, loss of sleep, travelling, shopping, crowded places, thinking too much

Location- Left side only ( many of her complaints are left sided always) Starts from left eye extend to left temporal region and left ear.

Sensation- Headache has sudden onset and within 1-2 hour pain reaches its peak and lasts for 3 days in spite of taking painkiller medicines. During attack she has loss of appetite due to nausea, occasional vomiting, aversion to talk and work.

Modalities- Agg. From heat, sun, light  
amel. Cold (environment, air etc.)

Mind- Irritable. Anxious. She was engaged to a guy who broke relation on knowing that she gets migraine attacks. She was so much disappointed and disturbed. Now she is more anxious and worried about her new relation. What if they come to know about her migraine? She thinks too much on small matters of life. She is engaged recently and has anxious thoughts whether she will be able to adjust in new environment? How would be life after marriage? Lot of thoughts regarding future.

Physical Generals- Desires- South Indian, Chinese, spicy  
Aversion- so many, gourd vegetables(“parval”, “tindola”, “loki”)  
Thirst- Thirsty  
Sweat- Increased. More on face and scalp  
Thermal reaction- Hot  
Sleep- 6 hours ( according to her sleep is less)  
Dream- NA

Menses- Regular. 28 days cycle. Bleeding for 4 days. No complaints in menses. LMP- 26/7/2022

Past H/O- Pneumonia in childhood at 2-3 year age  
Chikungunya in 2007  
Covid 19

After detailed case taking following symptoms were considered for repertorization



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1. Ailments from disappointment in love
2. Headache left side
3. Headache cold amel.
4. Headache from loss of sleep
5. Headache before menses
6. Headache after menses
7. Headache on becoming heated
8. Headache from exposure to sun
9. Headache light agg.
10. Thirsty patient
11. Hot patient
12. Desire spices, condiments, highly seasoned food
13. Aversion to cheese



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## Repertorisation chart

MacRepertory's Remedy Graph: Clipboard A

Numbered Graph

	Nat-m.	Sulph.	Puls.	Ant-c.	Phos.	Bry.	Glom.	Sep.	Lach.	Bell.	Nux-v.	Acon.	Calc.	Lyc.	Carb-v.	Sil.
<b>Total</b>	40	38	36	31	32	33	30	30	31	32	30	29	29	29	28	28
<b>Rubrics</b>	12	12	11	11	10	10	10	11	10	9	10	10	10	10	9	9
<b>Kingdoms</b>	Blue	Blue	Green	Blue	Blue	Green	Blue	Red	Red	Green	Green	Green	Blue	Green	Blue	Blue
<b>Traditional Miasms</b>	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue	Light Blue
love; disappointment, unhappy, ailments ... (86)	4	3	3	3	3		1	1	3	3	2	3				
head; pain, headache; left (567)	3	3	3	3	4	4	1	4	4	3	3	3	3	3	1	3
pain, headache; cold; amel. in general (149)	3	4	3	3	4	3	3	1	3	3		3	3	3	3	3
pain, headache; sleep; loss of, from late ... (29)		1	3	1	1	1			1		4		1		3	
head; pain, headache; menses; before (127)	4	4	3	3	1	3	3	3	3	3	3	3	3	3	3	3
head; pain, headache; menses; after (43)	4		3			3	3	3	3				3	3	3	
pain, headache; heat, heated, ... (86)	3	3	3	4	3	4	4	3		4	1	3	1	4	4	3
pain, headache; sun, exposure to; agg. (90)	3	3	4	4		4	4	3	4	4	3	4	3		3	1
head; pain, headache; light; agg. (133)	4	3		1	4	3	4	3	2	4	3	1	4	3		4
stomach; thirst (717)	4	4	4	4	4	4	3	4	4	4	4	4	4	4	4	4
generalities; warmth; agg. (591)	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
food and drinks; spices, condiments, ... (119)	3	4	3	1	4			1			3	1		1		
food and drinks; cheese; aversion (24)	1	2												1		3

Fig.1 Case repertorization sheet



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**Treatment:** Considering totality and repertorization following is the prescription on Date- 9/8/2022 Natrum mur 200 3 doses, 12 hour interval, followed by Placebo SOS for acute attack- Spigelia 200

### Follow ups

Date	Symptoms	Prescription	Comment
25/8/2022	No improvement. She went out for shopping and got headache for 2 days. SOS didn't work	Tuberculinum 1M, 1 dose, state Epiphegus 30 bd Sang.Can. 200	As intercurrent For Headache from shopping SOS For acute attack
8/9/2022	No improvement. She travelled in weekends, it was hot and exposure to sun, got headache. SOS didn't work	Lachesis 200 2 dose, 8 hour interval, in liquid.	Prominent left sided affections, Hot, thirsty, Sun and heat agg
21/9/2022	No headache. travelled in weekend, had exposure to sun for 2-3 hour but no headache.	Placebo	As patient is improving wait and watch
10/10/2022	No complain. Had mild headache without reason but relieved on its own. She went to native Rajasthan(travelled) but no headache. During Navratri she use to wake till late night but no complaint.	Placebo	As patient is improving wait and watch
27/10/2022	Came with mild headache started 45 min back, because she travelled and had a late night sleep yesterday. Now, no headache before/after menses. LMP- 19/10/2022	Cocculusindi 200, 3 dose, 1 hour interval	For acute attack, considering causation of Loss of sleep.



14/11/2022	Cocculus didn't work. she had 3 attacks of headache after last visit, all episodes were without any cause (she went for shopping, travelled but no headache), had to take pain killers.	Lachesis 200, 3 dose, 12 hour interval	Complaints coming back
25/11/2022	No headache since last visit. LMP- 15/11/2022	Placebo	As patient is improving
24/12/2022	No headache since last visit	Placebo	Advised to come only if she has headache.

**Discussion:**

In this case patient has complaint of Migraine for more than 5 years. On first visit considering history of Disappointed love, Hot patient, Aggravation from Sun and heat, thirsty patient, Natrum muriaticum was selected as similimum and prescribed according to guideline written by Hahnemann in Organon of medicine. But there was no relief at all in first follow up. Considering Tubercular Miasm, Tuberculinum was given as anti-miasmatic, Intercurrent remedy, and a short acting remedy Epiphegus for headache from shopping. In follow up there was no improvement. On further inquiry it came out that she has prominent left sided affection always and every time. So Lachesis was selected as choice of remedy and prescribed. After Lachesis she had significant improvement. After a short course of treatment she is now able to go for shopping, can travel long distances, can tolerate sun and heat, has no complaint from loss of sleep. Homeopathic treatment primarily focus on individualising a patient. Here in this case along with other symptoms, side affinity was more prominent aspect to consider while selecting a remedy.



**Conclusion :**

Side affected in a complaint of patient plays a significant role in individualisation of a patient and selection of similimum. In the present case Natrum mur was selected on basis of totality and after repertorization but it failed to bring any changes. Finally Lachesis was selected on the basis of prominent side affinity, here left side and patient improved significantly.

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