

MIGRAINE AND ITS HOMŒOPATHIC TREATMENT

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Acidum carbolicum is recommended by *Dr. Smith* where eye-strain is a causative factor.

Acidum muriaticum is indicated where eye symptoms are also prominent ; patient sees only one half side of the picture ; flickering ; sensitive to light, sound or odors ; he is generally irritable, a mark of his weakness. Aside from its action on the stomach, *Farrington* has found it valuable in serious diseases of the liver.

Acidum phosphoricum. Here also the nervous weakness and indifference to everything is more prominent than irritability. Physical exhaustion, partly connected with hypo-nerve-function. It is indicated in mental over-exertion (especially in school-children) and during convalescence.

Aconitum. It is here only an interposed remedy due to its prompt action on the circulation. *Porges* points to the redness of the earlobe of affected side, and a sharply circumscribed headache as characteristic.

Aethusa cynapium. Migraine with prominent stomach-symptoms. In its poisoning symptoms severe nausea and vomiting are outstanding with acid stomach after eating ; patient is hungry again soon after eating, followed by great exhaustion with pale face and dark rings before eyes. There may also be diarrhea. Sensation of tight band around head and of pulling hair. *Hencke* reports primary aggravation with severe stomach cramps and vomiting of foamy masses with anxious dyspnea. Attacks often end with diarrhea. During attack of migraine there is fear and restlessness ; craving of open air.

Aloe. Dull headache, eyes feel so heavy that patient has to close lids tightly. Pressing on vertex with nausea. Migraine is usually connected with affections of intestines and uterus, and disappears when those are better.

Alumina. Migraine when awakening mornings. Stomach cramps; hard knotty stools. Vertigo. Skin symptoms.

Ammonium carbonicum. Chapmann calls attention to its symptoms of severe head congestion and pressing fulness in forehead as if brain would burst through, relieved when epistaxis occurs. In addition to these well known actions on the circulation must also be remembered its relation to rheumatism, its skin symptoms and asthmatic conditions.

Antimonium crudum. Hendricks has found it very valuable in migraine. Characteristic is the pain over either eyebrow, confined to a small circumscribed spot. Attacks begin usually in early morning; patient awakens with general stupefaction, pain increasing in severity till noon when not relieving vomiting sets in. Toward evening all symptoms disappear, leaving a general bruised sensation. Especially important are its gastro-intestinal symptoms, and its action on rheumatic and skin processes.

Apis. Exudation symptoms, also into ventricles make it an important remedy. Aside from acute, inflammatory character, there may also be found steady dull pressure from eyes to occiput. This symptom of pressing is also in eyes with difficulty of moving eyelids; injected conjunctivae, contracted pupils and photophobia. The congestion may increase to a state of somnolence. The affected half of head is hot and red, pulse usually accelerated.

Aranea. Hencke mentions some cases of headache with flickering before eyes, vertigo and stupefaction, making any occupation impossible. This remedy cured.

Argentum nitricum. It is an excellent migraine remedy with special affinity for the left frontal part of head with drilling, hammering pain, sensation of enlargement; vertigo; acid or bitter vomiting. Relief from pressing or tight binding of head; aggravating from every excitement or exertion, especially when patient is weak after a sickness, loss of body-fluids etc. This exhaustion may increase to such an extent that patient is unable to concentrate,

makes mistakes in speech etc. The symptoms of this remedy are very pronounced as to stomach and the autonomic nervous system. When the pains have reached their zenith, usually evenings and nights, they may radiate into the spine. But also at other times the spinal vertebrae may be sensitive. *Clifton* calls special attention to the sensation as if something were crawling around on head.

Arnica. Its subjective sensations are as well known as its action on the bloodvessels. *Meyer* reports his own case and its cure by *arnica*. He had suffered for 12 years from headache which occurred periodically once or twice weekly, beginning in the morning. The sensation of fulness increased, with flickering before eyes especially after writing or reading, till the letters finally run together. After an hour the flickering ceased, substituted by gradually increasing tension pain over temples and occiput till it reached its zenith. Then the sensation was as if the head should burst from pressure in fits and starts. Every motion, even talking was painful, worse from re-echoing in head. There was no congestion, to the contrary the face was pale, and patient felt chilly. Sudden noises, e.g. starting from sleep when doorbell rings nights, were followed by an attack of migraine the next day. But lying down and sleeping usually relieved. *Meyer* found *arnica* valuable in similar cases in women, but it failed in men.

Arsenicum album. According to *Tietzner* it acts on the ganglion system which "rules the vegetative (sympathetic) nervous system" with the end result of paralysis due to strong over-stimulation. This leads to plethoric congestive conditions. Therefore *arsenicum* cures—though it has no direct action on brain—migraine due to plethora in the portal venous system and liver diseases. This accounts for the frequent resemblance of such patients to those suffering from liver diseases, and hence alternate attacks of migraine often with biliary colic. In such cases it can surely be expected that *arsenicum* will cure the migraine, even where the special migraine symptoms are not clearly defined. Of

course, the general *arsenic* character must be taken into consideration. Also other authors call attention to its action on the "pneumogastric" nerve and the splendid results even in very chronic migraine. According to *Stens* it cured patients where *argentum nitricum* only relieved the vomiting concomitant.

Atropin sulph. *Hughes* prescribed with success the 2x potency in a case of periodic headache which was so severe that during the attack patient was "almost blind and insane." *Eidherr* emphasizes the symptom: Pain morning and evening, worse when sitting, then vomiting of clear mucus or bitter fluid; after 4 to 5 hours pain leaves suddenly or gradually, but returns the following day. The headache is onesided, but changes the side and radiates from temple. The eye on painful side is also affected (hot tears, lid spasm, etc.). Relief from vomiting. Patient is cold externally (craves covering) but warm internally.—Atropin, as well known, has a peripheral paralysing action on vagus termini, which is important regarding the increased vagus-tonus in allergic conditions. (*Kaemerer*).

Aurum metallicum. *Jousset* calls special attention to the eye symptoms "as if upper half of the right eye were covered by a black something so patient can only see the lower half, or he sees everything double, as if telescoped. In less developed cases patient sees only lightning or sparks.—This remedy has congestive disturbances, not only toward the head. Its action on the psyche must not be forgotten.

Belladonna. Aside from what has been said under atropin, *belladonna* has prominently disturbed vision, as pointed out by several authors, e.g. by *Jousset*. Patient sees objects distorted, or before attack there is diplopia followed by paralytic symptoms (*Baltzer*). While *Bähr*—perhaps wrongly—says that *belladonna* is seldom indicated in migraine, *Tietzner* again considers it "one of the most important migraine remedies without which few cases can be cured." Since *belladonna* is a specific remedy for the cerebral-nerve-system, and especially for the trigeminus

and the blood system it supplies (injected conjunctiva, staring look, stupefaction to unconsciousness, pressing pain, active congestion, sub-orbital pain, pain in right eye or from middle of forehead to eye and dorsum of nose, aggravation from motion of head or eyes, as also from light and noise, lachrimation, dilatation of pupils, ear noises, congestion to face with cold feet), its importance is unquestionable. Due to its relation to the autonomic system, secondarily (primarily *belladonna* acts centrally) it acts on stomach conditions (*eructation*, pressure, nausea, vomiting). Von *Boenninghausen* states as especially characteristic that the headache begins deeply in the nape of neck "as where the cerebellum meets the spinal cord," from there extending forward and is aggravated (or begins) evenings. In such cases *belladonna* helped quickly and lastingly.

Bryonia. *Goldsbrough* considers it only indicated for migraine when digestive disturbances are causative; however, this is only one indication. Surely, this remedy is closely connected to stomach and liver, but also to rheumatic conditions (uric acid diathesis) and climatic factors. With regard to climatic influences *Baltzer* reports on a patient who always had attacks of migraine in snowy weather, or rather before snow fell. Very characteristic in *bryonia* is the aggravation from motion, and that modality does not only apply to the head, which patient supports with both hands, but also as to nausea with bitter taste, which even occurs when rising from a lying position, increasing to gagging and vomiting. Vertigo is then usually also present. At times the headache is accompanied by sensation of bursting with severe stitches. *Belding* points out profuse nasal discharge and watering of eyes which is hot like molten lead, and acrid; jerking, throbbing pain radiating from forehead, cheekbones and upper teeth to occiput, recurring every winter. *Bryonia* 200x cured. *Nash* states that nausea appears before the headache.

Calcarea acetica is recommended in migraine with acid taste, acid eructation, acid vomiting and cold sensation in

head. Usually constipation and uterine troubles with leucorrhœa.

Calcarea carbonica. Constitutionally important are the anemia with cold, often moist hands and feet, the loss of appetite, acid stomach, copious (usually frequent) menses, severe drilling headache demanding bedrest. At the height of attack there is the sensation as if icy water were drizzling over left side of head (*Baltzer*). The left side is mostly affected. Psora and scrophulosis, but also uric acid diathesis have prominent relation to this remedy. It is also praised in gallstones. All its complaints are chronic which cannot be cured without this constitutional agent. *Trinks places* it above all other remedies.

Calcarea phosphorica. It is especially indicated in migraine of schoolgirls in so far as the special symptoms demand it.

Capsicum. *Von Kafka* recommends it when patient is red of face at the beginning of attack, but later is pale and of sunken countenance, and when during the tearing pain the head feels full to bursting. At the culmination of the attack there is nausea and vomiting, worse from every motion and from light, better from rest and cold. *Tietzner* considers *capsicum* a grand remedy for migraine of hysterics. Better known as these symptoms of hysteria under this remedy is its plethora in obese patients who easily take cold, and who are always chilly, i.e. who have poor skin reaction. Sour stomach and flatulence, hemorrhoids are also often present; but there is also connection with uric acid diathesis.

Chelidonium. Due to its action on the liver we find gastric- and liver-symptoms prominent. *Hughes* mentions severe pain in right hypochondrium, frontal headache and pain in temples with nausea and vomiting of bile at the height of attack lasting for several hours. Also between seizures the symptoms mentioned may be present in mild form.

China. Important indications are anemia and exhaustion from loss of body fluids, aggravation nights and from gently touching skin or hair. *China* acts importantly on anemia, stomach, intestines, liver and metabolism generally.

Chionanthus. Is reputed to prevent and restrict bilious migraine with nausea and bilious vomiting, due to its strong action on liver.

Cicuta. *Weber* saw a complete and lasting cure of chronic, periodic migraine above the left eye, the location of an old trauma. *Weber* supposed it to have caused a brain concussion. In another case it also cured when the symptoms were vertigo, glittering before eyes, nausea with bitter taste and especially pinching pain, fingers crooked and numb.

Cimicifuga. Here the symptoms of the female pelvic organs are most prominent, as also neuralgic pains shooting from occiput and temple to right eye, worse from light; sensation as if brain were too large for skull; nausea and vomiting. All pains are in direction from out to in. *Gerstel* recommends to give the remedy in changing potencies, from low to higher.

Cina. Must be remembered where visual disturbances are present: Asthenopia, letters seem to run together with sensation of a cloud before eyes; temporary relief from rubbing eyes; weakness of rectus internus muscle. All objects seem to be yellow.

Cocculus. Aggravation from driving and swinging; vertigo from changing position in bed, as if everything were turning around; headache during menstruation when too frequent and painful; headache followed by bilious vomiting; head feels empty; all indicate circulatory lability in persons of nervous-crampy affections. Aggravation from every mental exertion.

Coffea. Great nervous and circulatory overstimulation, hence aggravation from mental emotions or exertion. In headache sensation as if a nail were driven into forehead, or as if forehead were bursting and the left eye were squeez-

ed out ; one side especially affected. Face red ; nausea and inclination to vomit. *Smith* recommends the 6th potency in migraine from eye strain. *Tietzner* : *Coffea* helps in migraine from mental strain especially if the patient is not indulging in coffee.

Colchicum. Hypersensitive to noise and odors so that seeing or smelling food causes nausea and retching. The relation to uric acid diathesis, the action on circulation, kidneys, intestines, skin, the nocturnal aggravation characterize the remedy well. In "gout metastases" one must always think of *colchicum*.

Colocynthis. Is especially indicated in migraine connected with rheumatism or gout. The pain is exceedingly severe, with nausea and collapse, great restlessness and fear. Passing of flatus relieves. Urine usually copious. Attacks especially evenings. Often vexation is causative. Its connection with the intestinal canal must be remembered.

Comocladia. This is mentioned because it has headache with the symptom of "as if the eye were pushed out" ; aggravation near a warm stove, and because it is related to skin and rheumatism.

Crocus. Migraine during climacteric at time of beginning or lacking menstruation.

Cyclamen. Resembles *pulsatilla* in many ways, but has aggravation in open air, better in warm room. Often the migraine has relation to the usually profuse menstruation, with dilated pupils and pale face, leftsided, and has strikingly frequent stomach symptoms. Also eye symptoms are frequent : suddenly obscured vision, or flickering red spots before eyes, or an illuminated ball, or a dark disk shot through as by lightning. Lying on sick side aggravates complaints. There usually is vertigo, but never vomiting, though there may be loss of appetite. Attacks may be continuous for days, even weeks without rest periods.

Cystisus labornum. It is a strong contractor on the peripheral vasomotors, but also acts on the autonomous nervous system, hence hypertonia, pale face, vertigo, faint-

ing, vomiting, epistaxis and one-sided pressing headache (*Zweig*). According to *Kurtz* it has symptoms of poisoning from eating its seeds, heavy head, vertigo, stupor, eyes half closed, indistinct speech, dilated pupils.

Damiana. Recommended for angio-paralytic migraine (*Puhlmann*). It also has atonic condition of male sex organs.

Digitalis. *Stens* mentions as indication: slowed pulse. Other authors point to vertigo, long-lasting vomiting, and flickering red spots before eyes.

Evonymus. *Aegidy* calls attention to its severe pressure in forehead and on eyes, with severe nausea and perspiration and heat alternating with chills; diarrhea with colic and cold perspiration.

Ferrum sulphuricum. *Bojanus* recommends it where the general *ferrum* symptoms are present.

Gelsemium. Deserves greatest attention in migraine, especially when attack is preceded by visual disturbance (hemianopia, scotoma), for which it is specific. Relief is ushered in by copious urination. The pulsating headache starts in occiput and extends to eyes where it stays. Nausea and vomiting are usually present. Sensation of tight bandage around head. Face red; visual disturbances may be an equivalent or causative. According to *Hughes* the *gelsemium* congestion may also affect spinal cord (pains into lower extremities).

Glonoinum. Its very severe brain congestion is prominent. *Hering* says that of 206 proving symptoms half of them relate to the head. The face is very red with sensation of enlargement and pressing in head, throbbing of vessels, congestion and strong excitation of heart action. Attacks may end with vomiting. Heat from sun may aggravate or be causative, while cool air to head relieves. *Glonoinum* is also valuable in migraine during the climacterium, or when menses have skipped. *Battmann* speaks of "vessel storm" which may be so severe that patient cries out, and that spasms may occur due to cerebral irritation.

—For sympaticotonic migraine *Berger* recommends inhalation of 3 to 5 drops of amyl nitrite.

Helleborus is praised by *Kent* in migraine with vertigo, nausea and vomiting from severe congestion.—Its action on exudative processes into brain or the meninges is well known.

Ignatia. This valuable nerve-remedy has some special symptoms: Sensation as if a nail were driven into head. The severe pressing, tearing, at times pulsating pain is situated especially around the eye and at root of nose, at any rate always in a certain spot, begins suddenly upon awakening, or soon after rising. It increases 'till afternoon, then diminishes, and usually disappears toward evening or during the night. Aggravation from least motion as well as from daylight, brain exertion, mental emotion, strong odors, coffee, tobacco, conversation. The attack often ends with vomiting or voiding of copious light-colored urine. At times the attacks are periodical, e.g. every second day. To be observed are the sensible, irritable-sanguine grieving temperament which also inclines to be hysterical, e.g. globus and clavus hystericus, quickly changing moods. *Tietzner* calls attention to the pains from within out, e.g. as if a nail were squeezed out of head. According to *Farrington* external warmth and eating relieve temporarily. Appetite is good. *Shuldham* points out that cold winds always produce or aggravate attacks of migraine, and that nausea always follows the pain, never precedes it. Thus the attack is not gastric, but of central origin, and that the pain often accompanies or follows a copious menstruation. According to some authors bending head forward relieves.

Indigo. Is preferred by *Schuessler* over *calcareo carbonica*, *sepia* and *nux vomica*. Special indications are not mentioned. It is related to disturbances from worms, and is of value in certain forms of epilepsy.

Ipecacuanha. Has prominently severe neusea and vomiting with a clean tongue and empty stomach, or diarrhea in pale patients with blue rings around eyes.

Iris versicolor is recommended by most authors. In the healthy it produces visual disturbances, one-sided headache with vomiting and prosopalgia. In migraine we find very pronounced visual disturbances, either vertical hemiopia (*Balzer*), or a dark spot before the eye of the affected side (*Hughes*). It also has very acid or bitter vomiting, green, bilious diarrhea. There may also be a pain radiating from liver to back. *Vannier* state: If spots appear before eyes *iris* is never without value. It acts best in migraine stemming from stomach or liver, and in Sunday migraine.—According to *De Wee* visual disturbances precede the headache. *Jousset* points out that strong doses of *iris* are purging, while higher potencies 12 to 30c may cause constipation, which must be remembered when prescribing it. According to *Goldsbrough*, *iris* is a chief remedy when attacks of migraine come at regular intervals, on certain days (e.g. Sundays), when especially rightsided, and pain and vomiting are very severe. *Muscae voliantes Nash* also calls an important symptom. *Iris* is especially important in gastric-bilious migraine of brainworkers.

Kali bichromicum. Has important eye and stomach-symptoms related to migraine: Flickering blinding scotoma better as headache increases, which latter is located in a very small spot, but the location changes quickly. According to *Balzer* this remedy is also prophylactic if given a few days before the expected attack. *De Wee* calls attention to the supra-orbital neuralgic points painful to pressure, and gastric causes are often met with in beer drinkers.—Earlier scrophulosis often plays a rôle. It should be mentioned that this remedy is often indicated in asthmatics, in certain rheumatic affections, and that according to *Zweig* it also acts on the kidneys.

(To be continued)

Dr. MILLER NEATBY regretted that he had nothing to contribute to the discussion and had no answer to any of the questions that had been asked. He would deprecate the introduction of astrology and astral therapeutics into homœopathic practice, especially at a time when they were seeking to influence the old school, as he thought it would tend to create a prejudice against homœopathy in the minds of their professional brethren. Dr. Neatby asked Dr. Barlee if he would like to make any reply to the discussion.

Dr. BARLEE suggested that it would be well to try to get Dr. Vannier over at some future time to talk to the Society himself.

Dr. MILLER NEATBY said that the Society were much obliged to Dr. Vannier for taking so much trouble, especially for writing to an audience he had never met.

Dr. WHEELER proposed that a special vote of thanks should be sent to Dr. Vannier. This proposal was seconded by Mr. Eadie, and carried unanimously.

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(Continued from page 80)

Lachesis has relation to congestions, especially to the female abdomen, aggravation after sleep; attacks of perspiration, does not tolerate tight garments especially around neck, has amelioration which secretions start, in open air, worse from heat of sun; is a leftsided remedy; very pale face, cold extremities, but hot head. Attacks of migraine during menstruation or climacteric are prominent. Pulsating headache from occiput to root of nose toward eye. Vomiting; stiff neck and sensitive scalp may be present, as also exhaustion following attack. Constipation is often present, hence *lachesis* is indicated in congestive conditions of persons addicted to the use of laxatives. Migraine located in temples (temporal nerve) of throbbing character.

Lilium tigrinum. It has nervous circulatory disturbances in connection with the female abdominal organs.

Lycopodium. Is a great constitutional remedy due to its action on the liver and intestines.

Melilotus. Congestion to brain is prominent, pulsating with sensation as if brain would break through forehead; face very red. Epistaxis relieves. *Puhlmann* recommends this remedy for migraine of young girls. According to *Vorhoeve* repeated smelling of melilotus essence suffices to relieve the severe pressure in head. Change of weather or beginning of storm aggravate, as also moving around. Congestions are also toward other organs (lungs, uterus, anus).

Menyanthes. Pressing pain from neck over head as if the meninges were stretched and would burst skull. *Dunham* stresses nausea and inclination to sneezing at the height of attack, and relief from pressing hand to forehead. He also cured a headache of many years standing with *menyanthes*.

Mercurius solubilis. It is here often overlooked; it acts potently on liver and many kinds of rheumatism. It has aggravation evenings and nights; perspiration seldom relieves here; it has neuralgic pains in headmuscles or facial bones. *Brasier* considers it an almost unailing specificum in leftsided headache on hysterical basis.

Mezereum. In the 30x potency it can aggravate migraine, but can cure the disease in a higher potency according to *Baltzer*. There was headache with photophobia, vomiting, craving rest, aggravation from noise. One migraine patient always had eczema on border of hair, and sensation as if eyes were drawn back into orbits.

Natrum muriaticum. This is a very important remedy. It has severe tearing pain from vertex to temples, lasting for days though in changing severity, often with toothache; when combing hair sensation as if scalp were full of ulcers. Constant restlessness in spite of great exhaustion. Depressed mood, irritable, but does not crave consolation. There are usually disturbances in the gastro-intestinal tract. The headaches also are on a constitutional base, beginning upon

awakening and are worst from 10 a.m. with sensation as if small hammers were pounding against skull. There is severe thirst, vertigo and sparks before eyes. *Nash* stresses the visual disturbance.

Nux vomica. Migraine begins in early morning and rises to great severity; face usually red; vertigo, aggravation mornings, in open air, from light and noise and eating. The latter, as also stimulants, including tobacco (in *nux vomica* natures) play an important rôle, the same as excitement, mental exertion, and perhaps sexual abuse. The attack may end with nausea, sour or bitter vomiting, but also with visual disturbances (light attacks of indistinct vision). The headache is usually unilateral. Constipation generally predominates, often with hemorrhoids. Stooping aggravates. As source of *nux vomica* migraine *Tietzner* mentions disturbed abdominal ganglion system (which *nux vomica* rules), hence congestion, stagnation, plethora. This remedy is especially indicated in men but may also be indicated in women who menstruate too frequently. *Stens* considers gastro-intestinal disturbances important causative factors, and recommends giving *nux vomica* 1x (10 drops in 4 tablespoonfuls of water twice daily for 4 to 5 weeks, then pausing and repetition) from which he never saw any harm. This either cured the attacks, or they came less often. However, alcoholic drinks must be absolutely avoided, as also coffee, teas, spices and acids.

Oleum animale. A few drops of the 2x may shorten the attack if frequent urination accompanies.

Onosmodium is especially indicated in leftsided migraine when eyestrain or sexual excesses are causative, and there is aggravation after retiring.

Paeonia is recommended by *Melicher* and *Geyer* on account of provings and when pelvic congestion is present.

Palladium (once daily, and in alternation with *sepia*) according to *Puhlmann* relieves or cures even in chronic sympatheticotonic migraine.

Paris quadrifolia has occipital pain radiating forward and sensation as if eyes were pulled back, or as if the head were enormously large; aggravation from pressure.

Paullina sorbilis 2x has been recommended in large doses as preventive, is said to contain caffeine and acting on the autonomic nervous system. It helps in nervous exhaustion, after errors in diet, and after mental depression.

Petroleum. It acts on the uric acid diathesis and the skin, also produces in the proving severe vertigo with nausea, retching and biliary vomiting, aggravation from motion; here also is bulimia, relieved by eating; headache beginning in occiput extending to forehead, but always circumscribed. *Stens* reports many cures, and lays the migraine to sexual excesses. But the latter is not the absolutely exclusive cause as proved in the other cases he mentions.

Phosphorus. It is indicated by its constitutional symptoms and the circulatory disturbances. *Baltzer* reports the cure of a migraine of years standing by this remedy in a young girl of florid complexion, who also suffered much from tinnitus aurium, nausea, sensitivity to light, noises or odors; insomnia followed the attack of migraine.—The headache is often severe when awakening mornings as if the head had been lying too low. The head feels empty, making thinking impossible, worse from motion.

Physostigma. It is a remedy recommended by *Wée* for continuous headache with eyesymptoms from the least eyestrain. Spectacles did not help because it was a case of "asthenia of the ocular sympathetic system," hence the location of pain in the forehead along the course of the supra-orbital nerve. There also may be errors of refraction. Aggravation from every mental exertion.

Platina. Rightsided pain gradually decreasing and increasing, worse evenings and from lying on left side, better in open air. Anemic girls and women of increased but unrelieved sexual desire (also vaginismus) need this remedy especially. Glittering before eyes may be present.

According to *Baltzer* everything appears to be smaller in size. Menstruation is often profuse, with cramps; leucorrhœa. This remedy is recommended for migraine connected with menstruation. Psychic excitement to hysteria.

Psorinum. Headache as if hammers were pounding from inside out; sensation of severe hunger. Visual disturbances. More important than the single symptom is here also the constitution, paying attention to present or past skin symptoms.

Pulsatilla. Migraine especially of right side with lacrimation. Nausea and vomiting may be present. Worse from mental exertion, heat and in evening; better from walking in the open air in spite of present chilly feeling. Also the other constitutional peculiarities must be observed, viz. moods, condition and circulation of blood, menstruation, stomach and intestines.

Pyrogenium. *Kent* emphasizes the severe congestion to head which causes pain in occiput upon coughing. It has also profuse perspiration on head, and painful sensitiveness of eyes, especially when eyes are turned up or sideways.

Quassia. May become a choice due to its action on liver symptoms.

Sanguinaria. Headache starting mornings in occiput or neck, extending to right eye, reaching greatest intensity at noon, after which it scales down with vomiting. Pressure with hand relieves, as also pressing head into pillow; aggravation from noise, light and odors. The attacks are often related to profuse menstruation or its stopping at menopause. This remedy has congestion to diverse parts of body, e.g. hands and feet.

Selenium, praised as best remedy for trouble due to abuse of tea. The migraine located over the left eye is aggravated by sunshine and often occurs periodically every afternoon. Nervous exhaustion plays an important rôle, as also sexual abuse.

Sepia has lancinating migraine in temples, occiput and above left eye, aggravated mornings. There may be nausea and vomiting. It is usually connected with scanty menses or its stopping during climacteric—according to *Kreussler* *sepia* also helps quickly during pregnancy; or the migraine may have relation to the uric acid diathesis, especially with chronic gout, or anemia. Many authors, e.g. *Titzner* recommend *sepia* as specific in onesided migraine. In this connection there is always present a primary pelvic affection in which case *sepia* is absolutely reliable if the pain is of a stitching nature and there is leucorrhœa between menstruations, perspiration (fetid in axilla and on soles of feet). Hence we always find here chronic cases, and the facial expression shows deep suffering (dirty-yellow color and drawn features). Hence a certain dyscrasia must not be absent as causative factor. *Gouillon* claims that *sepia* acts specifically in chronic headache of women and anemic girls.

Silicea. A rightsided remedy with pains starting in neck and extending to the eye socket (painful eyeball), possibly with nausea and vomiting. Nervous exhaustion often plays an important rôle. Amelioration from warm wrapping, but not from pressure. If migraine is related to menstrual function, then the attack occurs before menstruation or on the first day. Vertigo better from motion, but may change to fainting while sitting. The scalp is very sensitive to touch or draft. The pain may be so severe as to waken patient at night, with nausea and vomiting, even jerking of extremities.

Silicea has connection with deepseated metabolic disturbances and results of suppressed elimination.

Spigelia is a valuable leftsided migraine remedy. The pain locates above the left eye or in the eyeball proper—severe ciliary neuralgia with sensation as if eye were too large for its socket—, of a lancinating character, usually stitching, increasing and decreasing with the sun, at times awakening patient in early morning. When the pain is

at the height of attack there may be bilious vomiting, or also laceration and reddening of eye. Where gout or rheumatism are associated, *spigelia* is above all the remedy. Motion aggravates, especially in open air; every step hurts; but even when lying down patient is not free from pain, though lying propped up may relieve slightly, especially when lying on right side. It may be remembered that *spigelia* has relation to rheumatic heart symptoms.

Stannum. Characteristic is the slow increase and amelioration of pain which usually is on the right side, and reaches its highest point at noon. There is general, severe physical and nervous exhaustion (pale, sunken features; palpitation from the least exertion, etc.). Pains usually a few days before menstruation appears. Nausea and vomiting may be present. The relation of *stannum* to asthma and wormtroubles are mentioned. Often patients complain of very severe lumbar pains.

Sulphur. Headache usually at about 11 a.m., located in forehead and vertex with sensation of heat, but cold feet or burning of soles; earnoises, throbbing in head and disturbed circulation, also in other parts, especially in abdomen (also hemorrhoids); constipation. The relation of *sulphur* to suppressed elimination and skin diseases should be remembered. Very sensitive to cold water. Early morning diarrhea drives patient out of bed. Its action on severe metabolic disturbances are well known.

Tabacum. Severe headache with disturbed vision, vertigo, salivation, nausea "to dying" (*Stauffer*), tremors; icy coldness; perspiration, palpitation to sensation of oppression in precordial region; diarrhea.

Tartarus emeticus. *Maly* used it successfully in a case of migraine located in forehead, appearing every 8 to 14 days, with nausea and coated tongue.

Theridion. Migraine with flickering before eyes with nausea, worse when closing eyes.

Thuja. Leftsided radiating headache of tearing nature, and as if a nail were driven in by fits and starts near the

skull sutures or as if a convex button were pressed in. Amelioration from bending head back or looking upward; aggravation from rest and warmth, especially in bed. Vertigo may be present. Where nocturnal rheuma-gouty symptoms preceded the attack of migraine, but stopped during the attack, there (according to *Tietzner*) *Thuja* is the only correctly indicated remedy. But, aside from the relation of *Thuja* to rheumatic conditions, it is also indicated in chronic headache due to "old sins," especially where a sycosis (gonorrhoea, etc.) has been treated allopathically. Sensation of compression of head from outside, but better from applied pressure, according to *Desterne*. *Koeck* mentions relief from pain during daytime.

Veratrum album. Severe throbbing, constricting pain as if head would burst, almost driving patient crazy; there may also be pharyngeal spasm (globus-like). While pain increases there is bilious vomiting with cold extremities, cold perspiration and a cold face, features collapse-like, fainting, aggravation from rising or bending head forward; better from external pressure and bending head backward; restlessness and anxiety force patient to walk round. Attacks especially mornings (*Kafka*). There may be stiffness of neck. Often the pain does not only wander from temples to base of skull, but attacks also the spinal cord causing twitchings.

Zincum metallicum. Frontal headache with pressure to root of nose, possibly with nausea and vomiting, also perhaps with visual disturbances during attack, based on anemia. Restlessness of feet often is a fine indication for this remedy, as are also the results of suppressed elimination. *Weinke* points out that the pain may increase to lethargic conditions. "*Zincum* is the real mineral opium" says *Rademacher*. "Due to its soothing power it resembles opium very much without sharing its stimulating action on the vascular system."

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