



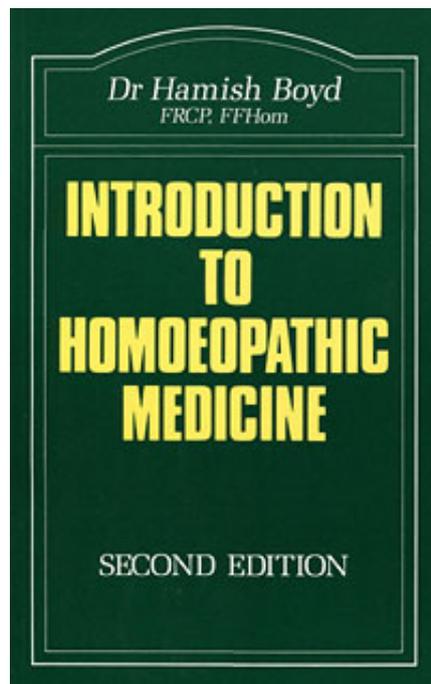
# Hamish W. Boyd Introduction to Homoeopathic Medicine

Reading excerpt

[Introduction to Homoeopathic Medicine](#)

of [Hamish W. Boyd](#)

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Tel. +49 7626 9749 700

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## Chapter 10

# *Headache*

### CAUSES AND INVESTIGATION

When faced with a patient complaining of headache, it is important to exclude causes which may require further investigation or neurosurgery.

#### Extracranial

Trauma.

Myalgia and cervical spondylosis.

Eye disease.

Herpes zoster.

Tic douloureux.

Cranial arteritis.

Polymyalgia rheumatica.

Migraine.

#### Cranial

Dental abscess.

Otitis and mastoiditis.

Sinusitis.

Disease of skull.

#### Intracranial

##### Traumatic

Post-concussional syndrome.

Haemorrhage - extradural, subdural.

##### Inflammatory

Meningism and meningitis. Poliomyelitis. Abscess. Sinus thrombosis.

##### Vascular

Subarachnoid haemorrhage.

##### Neoplastic

Primary and secondary tumour.

Pituitary tumour.

**Hypertensive**

Primary

Essential hypertension.

Secondary

Renal.

Vascular.

Endocrine.

**Psychogenic**

Anxiety, hysteria.

Skull X-ray, lumbar puncture, electroencephalogram, brain scan and occasionally arteriography may be required to make a diagnosis. Teeth and sinuses should be examined and eyes tested. If hypertension is found, this may need further investigation.

If there is a history of injury, even some considerable time before, we must consider using Arnica as a first prescription, before following up with further remedies. In cases of occipital blows on the head consider Natrum Sulph., which will often deal with the persistent headache.

Where the eyes seem to be the main cause of pain, consider such remedies as Ruta, Silica and Natrum Mur., after making any necessary adjustment to spectacles. These remedies all help in eye strain and weakness of eye muscles.

Sinusitis is of course a common source of head pain and one that is often difficult to cure by orthodox means. We have a wide range of remedies available here: Aconite, Belladonna, Bryonia, Spigelia, the Kali salts, Pulsatilla.

Apart from the conditions mentioned, many patients come with a history of migraine or of headache which has no identifiable cause, and which may in some cases be psychogenic.

In homoeopathic prescribing for headache, the modalities are most important in distinguishing one remedy from another.

**ACUTE HEADACHE REMEDIES**

**Belladonna**

Throbbing headache, worse on stooping, lying, jar and noise. Flushed dry face with dilated pupils and often fever, sometimes accompanied by delirium. Also after exposure to the sun.

## *Headache*

### Bryonia

Pain often right-sided but particularly worse on movement of head or eyes and better from pressure, occurring frequently in association with a respiratory infection and cough which aggravates the pain; also of value in migraine. Wants to be left alone.

### China Sulphurica

Aching pain in the occiput extending over the head. Sweaty damp head. Better from cold applications, worse on turning the head or eyes and worse in the open air. Patient looks nauseated but wants to eat. Flatulence but cannot break wind (a China symptom).

### Gelsemium

This is the remedy for influenza! headache, dull, aching, occurring in damp mild weather and accompanied by the usual aching in the limbs, hot and cold sensations, and chills up and down the back. Lack of thirst, even when febrile, and drowsiness add to this picture. The headache is relieved by passage of large quantities of pale urine.

### Glonoine

Bursting headache, sometimes brought on by exposure to heat of the sun, with pounding in the head, such as that found in men working with nitroglycerine. Worse bending down.

### Iris Versicolor

Frontal headache or feeling of constriction of head, with bilious vomiting and nausea. May come on after mental strain, on relaxing. Headache worse at *rest*, better from motion. Useful in acute migraine.

### Magnesia Phosphorica

*Neuralgic* type of pain, especially shooting on the right side, and a deeper occipital headache spreading over the head on the left.

Pain occurs after exposure to *cold* or nervous strain and excitement. Worse from cold air, touch, 9-11 a.m. or 4-8 p.m. Better from warmth, firm pressure.

### Sanguinaria

Recurring *periodic* headache, commencing in the morning and abating in the evening. A very useful migraine remedy for right temporal or frontal pain, with dizziness and sickness, better lying down and sleep. The menstrual periods are profuse and the patient feels worse before and after

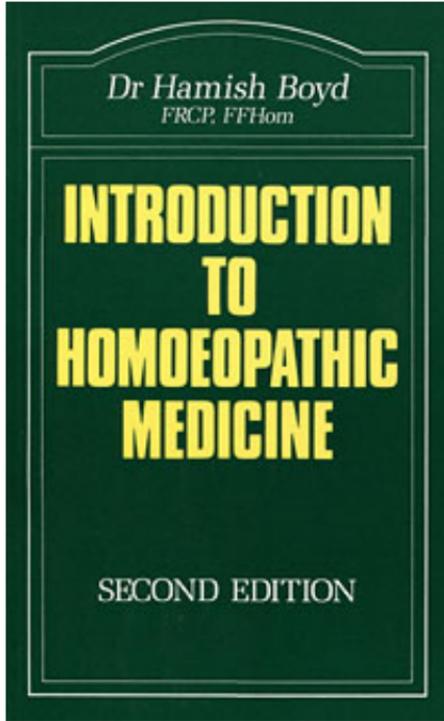
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them. It is also a remedy for paroxysmal cough relieved by loud eructations of wind. Rheumatic pains in the right shoulder are also helped (Rhus Tox., Ferrum Met. also).

Sanguinaria can be given to migraine patients to use in the acute phase, and it frequently cuts short the attacks or reduces their severity.

**Spigelia**

Shooting pain on the left side of the head extending to the face and arm, worse on motion, stooping.



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