

Effectiveness of Dr. J. T. Kents Repertory in Homeopathic Treatment of Migraines

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Abstract: *Background:* Migraines are known to cause daily work problems and disability, affecting 15% of women and 6% of men. Women tend to report more symptoms such as more pain, longer headaches, and nausea and vomiting⁵. Homeopathy is giving better results in treating Migraine both in acute and chronic cases. The study explores the efficacy of homeopathic treatment for migraine, utilizing Dr. J. T. Kents Repertory. Focusing on two case studies, the research demonstrates significant improvement in migraine symptoms, emphasizing the role of individualized treatment in homeopathy. This study contributes to the understanding of alternative migraine treatments, highlighting the potential of homeopathic approaches. In my OPD, two cases of migraine were treated effectively with the help of Kent Repertory.

Keywords: Migraine, Kent Repertory, Homeopathic Treatment, Case Studies, Individualized Therapy

1. Introduction

Migraine is a disease that affects people all over the world. It is estimated that migraine affects close to 148 million people worldwide, including more than 37 million in the United States. This neurological disorder is caused by a combination of genetics, environment, and lifestyle, including sleep, eating, and stress).

Although many treatments are available, their benefits and safety are partial. Despite the availability of new drugs, some patients still do not get a good response⁷. In India lot of people are suffering from migraine due to triggering factors of stress, anger, frustrations, grief etc. Homoeopathic Medicines act on the 'Psych' of the patient, thus reducing the ill effects of causative stress⁸.

Most of the available studies on Migraine are done only in western population. Studies on the effectiveness of Homoeopathic treatments in India and on Migraine are very less.

Kent Repertory is the only repertory which covers rubrics pertaining to mental generals, physical generals and particulars which constitute the totality of symptoms. No other repertory has emphasized all those section equally. The mind plays the vital role in Homoeopathic prescription has been high lightened only in this repertory⁹.

Kent Repertory not only covers wide range of rubrics similar to Migraine, but also covers lot of physical and emotional qualities of an individual. So Homoeopathic remedies selected from the Kent repertory relieve the symptom of the disease as the medicine selected based on the individuality of the patient.

Due to the lack of research and evidence regarding the effectiveness of homeopathy for migraine, the main purpose of my research is to understand the utility of JT Kent's library of Homeopathic remedies in Migraine management.

According to my learning throughout this period of work, I have gained a lot of knowledge about the triggers, course and prognosis of Migraine. With this, I took up a clinical study done on 30 persons suffering from Migraine using Kent Repertory as a tool to select the appropriate homeopathic medicine. Migraine scoring questionnaire is used for assessing the pre and post treatment in this study.

This is my humble attempt on my part to demonstrate the utility of Kent Repertory in treating cases of Migraine.

Case 1

A 45-year-old female has been experiencing severe headaches on both sides, especially on the left side, for 2 years. She is having aching pain. The complaints get aggravated from mental tension, from stooping, in the morning and gets amoeli rated with hard pressure on head and vomiting. She is also having cramping pain in the abdomen aggravated before menses. Her sleep was disturbed, urine - increased, desire for fanning and wants cold food and drinks. Aliments from grief. She was sad and depressed. She was restless. Irregular menses present. Nervous Headache.

Prescription and follow up:

Ignatia Amara 30 two doses in sugar of milk weekly one was prescribed 14days, followed by placebo and blank tablet, based on totality and Kent repertorial analysis.

Symptoms: 8 Remedies: 366 Applied Filter								
Remedy Name	Puls	Ign	Nux-v	Calc	Lach	Sulph	Arg-n	Cocc
Totality / Symptom Covered	21 / 8	19 / 8	18 / 8	17 / 7	17 / 7	16 / 7	16 / 6	15 / 8
[Kent] [Mind]Grief:Alliments,from: (32)	2	3	2		3			3
[Kent] [Mind]Restlessness,nervousness: (249)	3	2	2	3	2	3	3	2
[Kent] [Mind]Sadness,mental depression: (249)	3	3	2	3	3	3	2	2
[Kent] [Urine]Copious (increased): (229)	3	2	2	2	2	3	3	1
[Kent] [Sleep]Sleeplessness: (226)	3	2	3	3	3	3	3	2
[Kent] [Genitalia female]Menses:Irregular: (61)	1	2	2	2	2	2	2	2
[Kent] [Abdomen]Pain:Aching,dull pain (see Boring,Gnawing,etc.):Menses.Before: (56)	3	2	2	2	2	1		2
[Kent] [Head]Pain,headache in general:Nervous: (76)	3	3	3	2		1	3	1

Date	Symptom Changes	Inference / Kent’s Observation	Prescription
6/04/22	Aching pain in head better than before has the occasional attack, <mental tension, stooping MIADAS Score-16	Improvement	RX IGNATIA AMARA30 /2dose (weekly once) PL (4-0-4) BT 1x BD x 2weeks
20/04/22	No attack of headache since 2 weeks. Cough since 2 days. A/f cold exposure cough with scanty expectoration MIADAS Score-10	Improvement	RX IGNATIA AMARA30 /2dose (weekly once) PL (4-0-4) BT 1x BD x 2 weeks
03/05/22	Attack of headache since 2 days after mental tension. No attack of cough MIADAS Score-07	Improvement	RX IGNATIA AMARA30 /2dose (weekly once) PL (4-0-4) BT 1x BD x 2 weeks
17/05/22	Headache feels better than before weakness of body, complaints better only during taking medicine. MIADAS Score-05	Improvement	RX NAT MUR 30 /2dose (weekly once) PL (4-0-4) BT 1x BD x 2 weeks
02/06/22	No attack of headache. Weakness of body feel better than before. Generals - Normal MIADAS Score-03	Improvement	RX SL /2dose (weekly once) PL (4-0-4) BT 1x BD x 2 weeks

Result of the case:

The patient’s complaints cured within 2 months and now there is no attack of headache. She feels better and happy.

Case 2

A 45 year old female having severe headache mostly on right side since 3 years. She is having pulsating type of headache with ailments from stress. There is weakness of body present. She gets anger easily and was sad and depressed. There is increased thirst and desire for salt.

Aversion to fat food. Desire fanning. Headache aggravation from sunrise to sunset and when there is eye strain, from noise and in warm room. She feels better by tight bandage.

Prescription and follow up:

Natrum Muriaticum 30 two doses in sugar of milk weekly one was prescribed with review in 2 weeks or if needed followed by blank tablets, based on totality and Kent Repertorial analysis.

Symptoms: 8 Remedies: 306 Applied Filter								
Remedy Name	Nat-m	Phos	Sulph	Carb-v	Ars	Calc	Bry	Sep
Totally / Symptom Covered	19 / 8	19 / 8	19 / 8	18 / 8	18 / 7	16 / 8	16 / 7	15 / 7
[Kent] [Generalities]Weakness, enervation (see lassitude, weariness): Exertion, from slight : Agg: (...)	2	3	2	2	3	3	3	2
[Kent] [Mind]Anger, irascibility (see irritability, quarrelsome): (137)	3	2	3	2	3	2	3	3
[Kent] [Mind]Sadness, mental depression: (249)	3	2	3	2	3	3	2	3
[Kent] [Stomach]Thirst: Extreme: (187)	3	3	3	2	3	3	3	2
[Kent] [Stomach]Desires: Salt things: (30)	3	3	1	3		2		
[Kent] [Stomach]Aversion: Fats and rich food: (34)	2	1	2	2	2	1	2	2
[Kent] [Head]Pulsating, beating, throbbing (see bursting etc.): (161)	1	2	3	2	2	1	2	2
[Kent] [Head]Pain, headache in general: Warm room : Agg: (80)	2	3	2	3	2	1	1	1

Date	Symptom Changes	Inference/ Kent's Observation	Prescription
22/04/22	Pulsating headache in right side of head with weakness of body feel better than before. MIADAS Score-20	Improvement	RX NAT MUR 30 /2dose (weekly once) BT 1x BD x 2weeks
05/05/22	Pulsating headache in right side of head with weakness of body feel better increased since 2 day <mental tension MIADAS Score-15	Improvement	RX NAT MUR 30 /2dose (weekly once) BT 1x BD x 2 weeks
19/06/22	Pulsating headache in right side of head with weakness of body feel better but persist, has to attack occasionally. MIADAS Score-09	Improvement	RX NAT MUR 30 /2dose (weekly once) BT 1x BD x 2 weeks
2/07/22	Pulsating headache right side feel better than before, weakness feel better but persist. MIADAS Score-07	Improvement	RX NAT MUR 30 /2dose (weekly once) BT 1x BD x 2 weeks
16/08/22	No attack of headache. Weakness of body feel better, able to do daily work. Generals - Normal MIADAS Score-05	Improvement	RX SL /2dose (weekly once) BT 1x BD x 2 weeks
02/09/22	No attack of headache, weakness feel better Generals: Normal MIADAS Score-04	Improvement	RX SL /2dose (weekly once) BT 1x BD x 2 weeks

Result of the case:

The patient complaints get fully cured within few months and there is no attack of headache.

2. Discussion

From the above two cases the utility of Repertory of homoeopathic Materia by Dr. J. T. Kent was very effective in treating patients suffering from Migraine. In the two above cases the patients feels better and there is complete cure to the patient occurs.

3. Conclusion

In all two cases the utility of Repertory of homoeopathic Materia by Dr. J. T. Kent was very effective in treating Migraine. Thus the treatment of Migraine by the Utility of Repertory of Homoeopathic Materia Medica by Dr. J. T. Kent is effective.

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