

# Exploring Medicines under the Rubric Head - Pain - Deep - Seated in Synthesis Repertory

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**Abstract:** Deep - seated head pain is a debilitating condition that affects the individuals worldwide. It refers to severe discomfort that originates within the skull, often causing distress and hindering daily activities. This article aims to explore some rarely prescribed medicines, mentioned in Synthesis Repertory under the rubric head pain; deep - seated. It also suggests the effectiveness of Homoeopathy as an alternative approach to conventional medicine in addressing specific type of headache.

**Keywords:** head pain, deep - seated, Homoeopathy, Synthesis repertory

**Abbreviations:** Rapid Aid to Drug Aimed Research (RADAR)

## 1. Introduction

Head pain is the most common neurological symptom and one of the most common medical complaints. Deep - seated head pain can be described as a painful sensation in any part of the head, ranging from sharp to dull, that may occur with other symptoms that most people experience many times during their lifetime. It can occur in people of all ages from young to old. It can be experienced in various levels of intensity, in different cases. It can be both physically and psychologically exhausting. Many people also associate it with feelings of anxiety, fear, and depression. Deep - seated head pain persists for longer periods causing intense discomfort and significantly impacting person's quality of life.

Generally, the type of pain in head can be categorized into two main groups: primary headaches and secondary headaches. Primary headaches can include tension headaches, migraines, cluster headaches and various others. Secondary headaches are pain from medical conditions caused by an underlying disease or injury or trauma. Primary headaches are typically caused by imbalances of different chemicals in the brain such as serotonin and cortisol. Common triggers for primary headaches include smoking, drinking alcohol, certain foods, lifestyle and stress. Secondary headaches, on the other hand, are connected to other underlying medical issues ranging from sinus disease to high blood pressure and tumors in some cases. Primary headaches can be prevented through lifestyle and dietary adjustments and managed through medications whereas other severe cases of head pain require further medical attention.

Deep - seated head pain can be caused by any of the previously mentioned causes. It may also be triggered by an underlying psychological issue such as depression or stress. It is essential to address the issue at both physical and mental levels, as emotional distress can cause the pain to intensify. Symptoms related to deep - seated head pain may include a dull or throbbing sensation that radiates throughout the skull and accompanying symptoms like nausea or neck stiffness may be present.

In Homoeopathy, we treat the patient as a whole not the disease, so with its individualized holistic approach and in consideration with the physical and mental symptoms, as one of the major cause of head pain is the stress and suppressed emotions, we can manage the deep - seated pain in head and reduce the socio - economic burden of the patient and the suffering.

Synthesis is one of the most used repertories of the modern era. It is the printed version of RADAR computer program. This repertory has set a new benchmark by adding many information and continuous verification by its users. It is the latest among all the repertories. Synthesis repertory is based on 6<sup>th</sup> American edition of Kent's repertory and contains all its rubrics and remedies maintaining its philosophical background also.

There are several sub - rubrics given under pain rubric in head chapter of Synthesis repertory and in which deep - seated is also mentioned. This rubric contains eight medicines which are *Allium cepa*, *Dulcamara*, *Gratiolaofficinalis*, *Kali phosphoricum*, *Lachesismutus*, *Rutagraveolens*, *Tabacum* and *VerbascumThapsus*.

An illustration of these medicines are as follows:

### *Allium cepa*

Pains in temples, most severe in the right, aggravated by winking, extending over the forehead, worse on the left side. Fullness and heaviness in head, as if bound up with flickering in eyes. Pain deep in the head sticking to the ear and over the left brow. Headache first in the occiput then in the forepart on the right side above the eye. Headache on both sides of the occiput and afterwards in only two large round places in the upper posterior part of the head, in the region "love of approbation" and a general humming sensation of the part being asleep later. Headache better in open air and worse on return to warm room.

### *Dulcamara*

Heaviness and dullness of the head, with a boring - out pain in the temples and forehead, as after a debauch. Piercing and burning pain in the forehead with digging from inside outwards with the sensation as if brain were enlarged. Violent stitches in the forehead and deep in the brain with

nausea. Head hot and dizzy with obscuration of vision, which change to flickering of black spots before the eyes on waking in the morning. Headache in the morning in bed aggravated on rising. Headache with indolence and icy coldness of the whole body with inclination to vomit. Boring headache from within outwards before midnight. Slow drawing pain through the whole brain, especially in the evening.

#### ***Gratiola officinalis***

Rush of blood and feeling as if intoxicated in the whole brain. Violent rush of blood to the head with throbbing in the forehead, amounting to vertigo, with blackness before the eyes; aggravated by motion, especially on riding and increasing even to loss of consciousness, only disappearing after several hours of sleep, the head is very light and free. Dullness in the head while standing and walking, somewhat relieved only by lying; between 7 and 8 p. m. Heaviness of the head on stooping and on rising up again. Violent headache with nausea and qualms. Pressive headache with heat in the face, whole day. The headache is worse in the open air, by motion of the body in the afternoon and on rising from sitting. The throbbing headache is at one time relieved, at another aggravated, and at another time disappears entirely in the open air.

#### ***Kali phosphoricum***

Occipital headache lasting all night; frequent waking, with the pain > on rising. Woke with pains in occiput and loins, > lying on back, passed off after rising. Pains from left eye to head, making him wretchedly ill; no > after sleep. Dull headache across eyes, > outdoors. Before menses violent tearing in forehead and sense of fatigue, > lying down and on menses appearing. Pain through base of brain from eyes to occiput < night, > eating and gentle motion. Intense headache from emotions and physical effort. Headache, morning on awaking; with vomiting of sour phlegm; making eyes unable to bear light. Pain across forehead and into both temples. Neuralgic pain at base of brain and upper spine. Sensation of a band round forehead just above eyes. Heavy dull pain over eyes as if brain would expand but for cranial bones.

#### ***Lachesismutus***

Pressive pain in temples like an outward urging in morning after rising. Violent congestion and hammering headache when stooping. Pains deeply seated in brain or in the sockets of the eyes or above the eyes or in occiput with stiffness in nape of neck. Sharp cutting pain as with knives, in vertex or as if someone cut a piece out of right parietal bone. Worse by stooping, external pressure, after rising from bed. Better by eating, lying, after sleep, warmth and eructations.

#### ***Rutagraviolens***

Great heat in head with anxious restlessness. Throbbing pain in forehead with confusion in head, in evening before lying down and in morning before waking. Ache as of a nail being driven in. Headache after excessive indulgence in spirituous liquors.

#### ***Tabacum***

Confused and heavy. Violent ache, like something shaking within. Aching, with vomiting when urinating. Compression,

especially in occiput, or as of a band around. Pain as if struck with a hammer. Rush of blood to, with momentary unconsciousness. Better in open air.

#### ***Verbascum thapsus***

Dullness and confusion in the head. Pressive pain, principally in forehead or semi lateral part and mostly when passing from a warm into a cold temperature. Deep stupefying stitches in brain. Heaviness of head, with dull pain. Pinching in temples generally confined to one side of head. Worse from pressure.

## **2. Conclusion**

Head pain that is deep - seated refers to a type of headache that feels like it is originating from deep inside the head, rather than on the surface. This type of headache can be caused by various factors including tension, stress, sinusitis, migraine or other underlying medical conditions.

In Synthesis repertory, head pain deep - seated rubric can help in better understanding of head pain. Although there are numerous homoeopathic remedies for head pain in the repertory, it gives a group of remedies which are very rarely prescribed and through these remedies we can see their action on the particular symptom.

Thus, Homoeopathy can be a good alternative in managing head pain instead of the traditional painkillers. It refines an individual's overall health and well - being based on symptom similarity and susceptibility.

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