

HOMESICKNESS AND MIGRAINE- A CASE REPORT

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ABSTRACT: A migraine without aura is a primary headache disease distinguished by moderate to severe, pulsating pain on one side of the head, with no prior sensory or neurological signs (aura).

KEYWORD: - homesickness, constitutional approach, migraine.

INTRODUCTION: - More than 213 million people in India were found to be suffering from migraine in 2019 which was the research study result done by the Indian Council of Medical Research (ICMR), the Institute for Health Metrics and Evaluation, and the Public Health Foundation of India (PHFI). This same study gives an idea about the gender wise the distribution with female preponderance of the 60%. ⁽¹⁾

Name: Mrs. K.V.P.		Date: 11-11-2023
Age: 30	Sex: Female	Religion: Hindu
Marital status: Married		Family size: 4 members
Occupation: Clerk		Diet: Vegetarian
Address: Uma circle, Vadodara		

Chief Complaint:

Complaints with duration	Location & Extension	Sensations & Character	Modalities	Concomitants
Headache – for 1 year 1 episode/ week 1 episode remains for 6-7 hours.	Head-right side	Terrible pulsating pain.	<noise <sun exposure <shaking of head >crocicn tablet.	Nausea

Associated complaints: no any associated complaint

Personal History:

- **Appetite:** normal
- **Thirst:** 3-4 glasses/day.
- **Urine:** normal, D/N = 2-3/0, normal flow.
- **Stool:** D/N = 1/0, first stool is hard then soft.
- **Desires:** butter++,
- **Aversion:** salty things++
- **Thermal reaction:** Chilly patient

	Summer	Winter	Monsoon
Fan	Level-2	off	Level-2

Cover	1 thin blanket	2 blankets with sweater	1 thin blanket
Bath	warm water	warm water	warm water

- **Sleep:** sound, sleep position: - on the abdomen
- **Perspiration:** profuse on foot and cold.
- **Addiction:** no addiction
- **Allergy:** no any allergy
- **Menstrual history:**
 - **FMP (menarche):** at the age of 11 years.
 - **Cycle:** 3-4 days/ 30 days - regular
 - **LMP:** 05-11-2023
 - **Character:** Dark red
 - **Odor:** offensive+
 - **Complaints:**
 - **Before menses:** pain in lower back, pain in lower abdomen
 - **During menses:** severe cramping pain in lower abdomen for 2 days.
 - Nausea and vomiting.

Life space: - By nature she wants everything perfect and neat and clean. She likes company, and shares some of her problems with friends, but not everything.

Marriage: - on the date of 25-11-2022; arrange marriage.

Now the patient is staying away from her paternal family; she feels homesick and after that she developed migraine. She is taking care of her paternal family and in-laws also.

Past History:

Sr. No.	Disease
1	Recurrent tonsillitis

2	Recurrent stye.
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Family History:

Relation	Alive/ dead	Major illness
Father	Dead	Cancer of tongue Diabetes
Grandfather	Died	Bronchitis

Physical Examination:

Vital Signs:

- **Pulse** - 89/min
- **B.P.** -130/70 mm of hg
- **Temperature** – 98⁰ F

General Examination:

- **Built:** Medium
- **Height:** 168 cm
- **Weight:** 50 kg
- **Tongue:** Pink colour.
- **Nails:** NAD
- **Hairs:** NAD

Systemic Examination:

- **RS:** AEBE clear
- **CVS:** HS1 & HS2 present
- **CNS:** conscious & oriented to TPP
- **GIT:** no tenderness & soft
- **LM:** NAD

Provisional Diagnosis: Migraine without aura, Tension Headache, Cluster headache.

Diagnosis: Migraine without aura (ICD-11 code= 8A80.0)

Data Processing:

Mental Generals:

- Ailments from: - Homesickness

Physical Generals:

- Perspiration on foot and cold
- Desire for butter++

- Aversion to salty things+++

Physical Particulars:

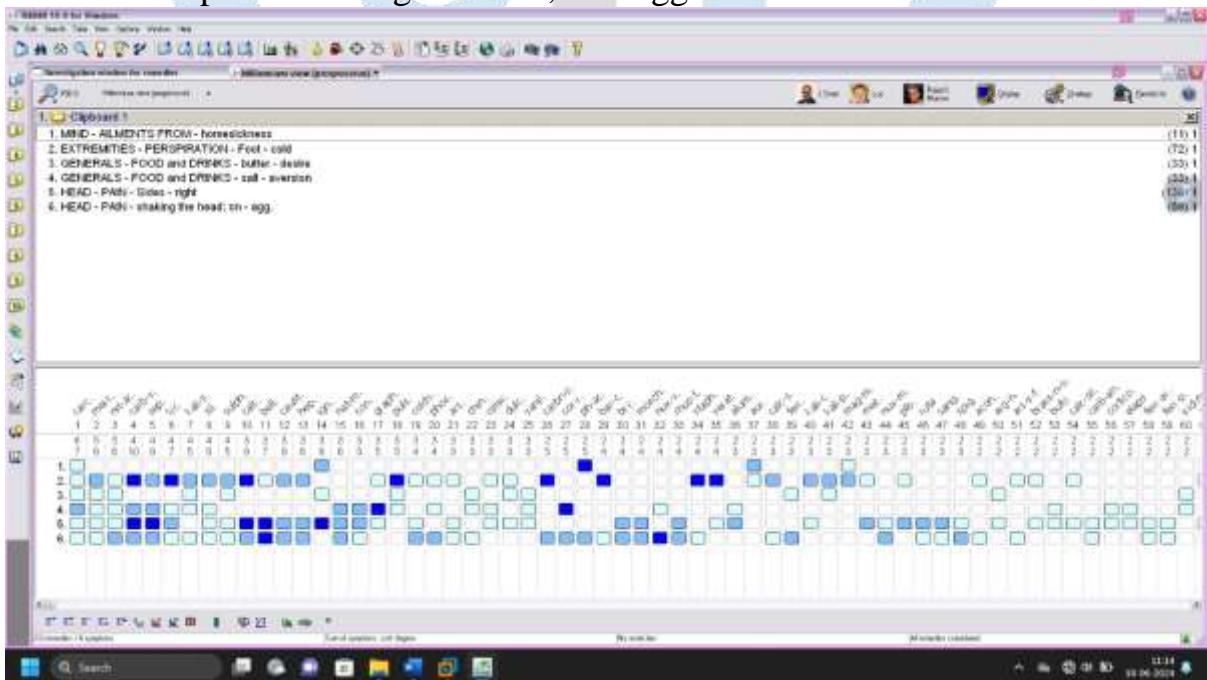
- Head pain in right side
- Agg: - shaking the head

Totality of symptoms:

- Ailments from: - Homesickness
- Perspiration on foot and cold
- Desire for butter++
- Aversion to salty things+++
- Head pain in right side.
- Agg: - shaking the head

Reportorial Totality:

- Mind- ailments from- homesickness
- Extremities - perspiration - foot - cold
- Generals - food and drinks - butter - desire
- Generals - food and drinks - salt - aversion
- Head - pain - sides - right
- Head - pain - shaking the head; on - agg.



First Prescription:

CARCINOSIN-200- stat dose

SL 30 (4-0-4-0) for 7 days

Follow Up:

Sr. No.	Date	Complaints	Prescription
1	20-11-2023	No change from last treatment	SL 30 (4-0-4-0) for 7 days
2	27-11-2023	No change from last treatment	SL 30 (4-0-4-0) for 7 days
3	04-12-2023	History of abused by boss in June 2023 Anger with trembling Repertorial totality: - Mind- A/F- Abused being Generals- trembling- externally- anger- from. Head-pain- boring-sides- left	Staphysagria 1m- stat dose SL30 (4-0-4-0) for 7 days.
4	11-12-2023	Sleep is improved LMP: 09-12-2023 Brown clots ⁺ Cramping pain in abdomen ⁺⁺ Headache intensity ⁺⁺	SL 200- stat dose SL 30 (4-0-4-0) for 7 days
5	18-12-2023	Mild pulsating headache ⁺ Cramping pain in abdomen is totally improved.	SL 200- stat dose SL 30 (4-0-0-0) for 7 days
6	25-12-2023	Feeling better mentally and physically	SL 30 (4-0-0-0) for 7 days
7	01-01-2024	No complaint of headache in last 7 days.	SL 30 (4-0-0-0) for 7 days
8	11-01-2024	No any complaint of headache and she is feeling better in the all-previous complaint	SL 200- stat dose SL 30 (4-0-0-0) for 7 days
9	22-01-2024	Feeling better ⁺⁺	No need of medicine.

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