

A Retrospective Study on Headache Treated with Homoeopathic Remedies Among School Going Childrens

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ABSTRACT

Background:

Aim: The study's objectives are evaluate the role of Homoeopathy Medicine for Head ache among school going children. To know the common medicines for Headache among school going children

KEYWORDS: Headache, migraine, Belladonna, homoeopathy.

INTRODUCTION

Migraine and headache are global disabling conditions causing considerable individual suffering and impaired quality of life in adults as well as in children and adolescents. Therefore, epidemiological studies are essential to assess the scope of the problem[1]. Children with headache, especially those with migraine reported other pains and physical symptoms more frequently than children without primary headache. Coherently, parents of children suffering from migraine reported their children to have significantly more somatic symptoms than parents of children without primary headache. In addition, first-degree relatives of children with headache suffered from more migraine, other pains, and physical symptoms compared with first-degree relatives of children without primary headache. Children with migraine visited the school nurse, used medication and were absent from school because of headache more often than those with tension-type headache. Few other differences in psychosocial factors were found between the three groups. Migraine among first-degree relatives and the total sum of physical symptoms in children were the strongest predictors of headache in logistic regression analysis. It is concluded that in schoolchildren with mainly infrequent and moderate headache, pain and physical symptoms cluster within individuals as well as their families, however, psychological and social problems are uncommon[2].

AIM AND OBJECTIVE

- To evaluate the role of Homoeopathy Medicine for Head ache among school going children.
- To know the common medicines for Head ache among school going children

MATERIALS AND METHODS:

STUDY SETTING:

A sample of 15 Head ache cases has been selected among paediatric age group were selected from the In-Patient

Department, Out Patient Department, Sarada Krishna Homoeopathic Medical College, Kulasekharam.

SELECTION OF SAMPLE:

- A sample of 15 cases will be collected.
- Sampling Method – Non-Random Purposive sampling
- Selection would be based on the headache complaints administered with Belladonna 200, as a medicine in paediatric age group.

STUDY DESIGN:

Retrospective Evolutionary Study.

- 15 cases of headache treated with homeopathic medicine be taken from the college OPD, IPD, of Sarada Krishna Homoeopathic Medical College.

INCLUSION CRITERIA:

- Patients of age less than 18 years of age who are treated for respiratory complaints.
- Cases with minimum of one follow up and has significant improvement.
- Children of both sexes.

EXCLUSION CRITERIA:

- Patients above 18 years of age.
- Cases without proper follow up.

DISCUSSION:

This Study has shown the prevalence of HEADACHE is more between the age group of 3 to 18 years, 8 cases has got marked Improvement, 5 cases Moderately Improved and 2 cases got Mild Improvement. Both sexes are commonly affected. Homoeopathic medicines could show a better improvement in Head ache has been shown from the Study. More than half of them could feel better with proper administrations of the Medicine, that is 8 patients. For 2 patients the condition has slightly better but persist. This result correlates with the Clinical study on the efficacy of homoeopathic medicines in the treatment of Head ache in children of that out of 15 cases.

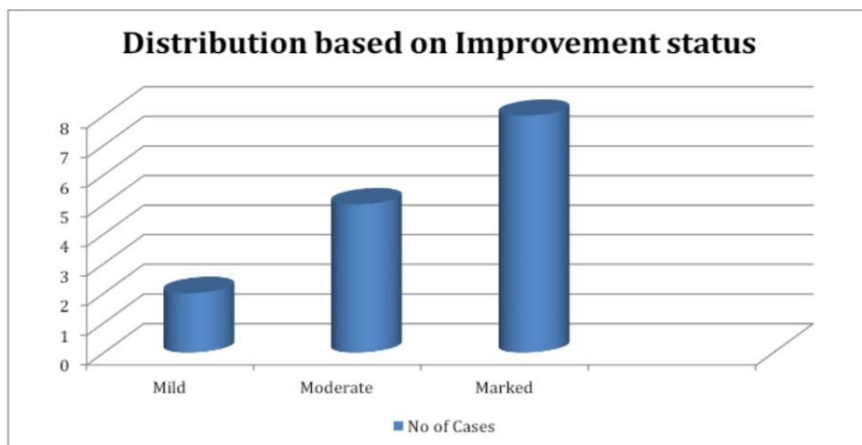
S.NO	AGE GROUP	NO OF CASES
1	3yrs to 6yrs	2
2	7yrs to 12yrs	5
3	13yrs to 18yrs	8

SNO	PRESENTING COMPLAINTS	NO OF CASES
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1	HEADACHE	7
2	NAUSEA AND VOMITING	3
3	VERTIGO	2
4	HEAVINESS OF HEAD	2
5	FRONTAL SINUSITIS	1

S.NO	REMEDY	CASES
1.	Natrum Mur 0/1	2
2.	Belladonna 200	8
3	Bryonia Alba 200	5

S.NO	IMPROVEMENT STATUS	CASES
1	Mild	2
2	Moderate	5
3	Marked	8



RESULT:

The most commonly affected age group is between 7-12 years (8) cases, followed by 13 years to 18 years (5) cases. Both sexes are commonly affected. This study has proven that the Homoeopathic medicine is Effective in Managing Head ache among school going children.

CONCLUSION

Headaches are the common conditions where the school going children's has got mostly affected. Both sexes are commonly affected more seen in children under lower socio- Economic status. Homoeopathy has a better scope in treating such cases as long term use. Modern medicine has shown an adverse effect in the health of Children. From this study BELLADONNA 200 is termed as one ofthespecificRemedy.Patient should not neglect the symptoms at the Initial stages, which might later lead to a chronic condition. Along with the proper medications one should maintain the proper diet.

Reference

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