

Headache in Public Health & Homœopathy

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Abstract

Headache is a universal experience. It is one of the most common complaints in the field of medicine & neurology. The article deals with the issue of 'headache' in the field of medical science. It does not consider 'Migraine'. It hampers the quality of life in all age sections as headaches have multiple reasons. Headaches are a part of everyone's lives. Most headaches are usually harmless but in some cases they can be harmful too. The article covers both harmful and harmless headaches that hamper the quality of life. Medical science has not been successful to elicit the cause of each headache and thereafter treatment plans are multiple in nature, confusing and a definite plan has not been deduced.

Ancient references to headache, migraine & neuralgia can be found in the Ebers Papyrus (1200 BC). Evidence of trepanation of 9000 year old Neolithic skulls suggests the first headache treatment. Visual symptoms associated with the headache were described by Hippocrates who lived during 460-370 BC. The father of medicine from Greece on whose name the Hippocratic Oath is taken by the budding doctors across the globe was the first to scientifically elucidate headaches clinically through his observations. That is why Hippocrates is known as the first analytical epidemiologist. Aretaeus provided one of the earliest classifications of headache around 200 AD.

The reader will get an idea of the problem of headache at the global & national level through the eyes of clinical health in the beginning sections before delving in to the Homoeopathic system of the AYUSH platform. Currently, the AYUSH platform has regained its value in the era of the current pandemic. The pandemic has further escalated the issue of headache, further precipitated by the increased stress levels. In the absence of effective therapy in the modern medicine, the article delves into what homoeopathy can offer to deal with headache issues that fulfil the triad criteria of essential medicines as per the National List of Essential Medicines (NLEM). The criteria is that these medicines need to be effective clinically, clinically safe and should be without side effects. Thus Homoeopathy is the leading therapeutic system that can deal with headaches and can cover masses while being cost effective [1-3, 17-19].

Brief of the article

The current article looks into the aspects of headache during the life period out of which managing headaches is one of the main challenges.

The article looks into the brief history of public health programs on headache issues in India & the emergence of headache as an issue. As headaches are a cross cutting problem among many health conditions, there is no specific public health program on headaches. However, there are programs like National Programme for Prevention & Control of Cancer, Diabetes, Cardio Vascular Diseases & Stroke (NPCDCS) & National Mental Health Program (NMHP) that cover both the primary & secondary headaches. These health issues that cover both mental and physical aspects are triggering factors for headaches.

The article now moves on to the current situation of headaches in India & the role of Homoeopathy to deal with these headache disorders therapeutically as a component of Ministry of AYUSH. The article suggests the integration of medical pluralism in headache therapy through inclusion of Homoeopathy in the gamete of physical and mental health conditions that are related to headaches.

As each & every drug in Homoeopathy is only proved on human beings, all the drugs have a mental component as it is only human beings who can express their physical & mental symptoms during proving of the drugs as per the guidelines set by the Homoeopathic Research Councils (HRC) of each nation. In India, Central Council for Research in Homoeopathy, an autonomous body under the ministry of AYUSH lays out such guidelines.

The article gains more relevance during the current COVID 19 pandemic which has precipitated the stress levels of population since March 2020 and most of the adults are more prone to headache disorders during their life stage besides finding it difficult to manage these headaches [14, 15, 18, 19].

Keywords: Headache; Homoeopathic Materia Medica; Constitutional medicine; Nosode; Bach Flower Remedy; Bowel Nosode; Miasms

Introduction

Headaches are a common health problem that most people experience at some time. Factors that lead to headache may be emotional, medical, physical & environmental. Emotional aspects include stress, anxiety or depression. Medical includes migraine or high blood pressure. Physical includes injury. Environmental includes weather conditions.

Chronic headache is not a single disease entity but an umbrella term that encompasses all chronic headaches. The International Headache Society defines chronic daily headaches (CDH) as 15 or more headache episodes per month for at least three months. A chronic daily headache can be divided into primary and secondary headache disorders depending upon its etiology. Primary chronic headache disorders do not have secondary organic etiology. Within the primary headache categories, headache duration of fewer than 4 hours is labeled as a 'short headache.' More than 4 hours is known as a 'long headache.' Long headaches more commonly include chronic migraine and chronic tension headaches. There are a variety of causes and ways to manage this condition.

As there is no specific cure in modern medicine for the hydra headed headache, it is here that the Homoeopathic approach will come handy for the public, private and corporate bodies provided these bodies integrate the therapeutic system in the existing health system while accepting the principle of medical pluralism.

The Ministry of AYUSH since November 2014 has been using its network of public and private partners and here homoeopathy as a component is addressing the issue of headache and the related issues particularly to nervous & circulatory system [3, 4, 7, 13, 18].

Background

Headache disorders are among the most common disorders of the nervous system. It has been estimated that almost half of the adult population have had a headache at least once within the last year. Headache disorders, which are characterized by recurrent headache, are associated with personal and societal burdens of pain, disability, damaged quality of life, and financial cost. Worldwide, a minority of people with headache disorders are diagnosed appropriately by a health-care provider. Headache has been underestimated, under-recognized and under-treated throughout the world.

Headache itself is a painful and disabling feature of a small number of primary headache disorders, namely migraine, tension-type headache, and cluster headache. Headache can also be caused by or occur secondarily to a long list of other conditions, the most common of which is medication-overuse headache. The current article leaves out migraine. The types of headache are mentioned below.

The first is the Tension-Type Headache (TTH). It affects 3/4th of population & was previously called muscle contraction headache. The headache is associated with muscles of neck, face and jaw. TTH is the most common primary headache disorder. Episodic TTH, occurring on fewer than 15 days per month, is reported by more than 70% of some populations. Chronic TTH, occurring on more than 15 days per month, affects 1-3% of adults. TTH often begins during the teenage years, affecting three women to every two men. Its mechanism may be stress-related or associated with musculoskeletal problems in the neck. Episodic TTH attacks usually last a few hours, but can persist for several days. Chronic TTH can be unremitting and is much more disabling than episodic TTH. This headache is described as pressure or tightness, often like a band around the head, sometimes spreading into or from the neck. There is also a constant dull ache on both sides of head.

The second one is the Cluster Headache (CH). It is a primary headache disorder. It occurs from 15 minutes to 3 hours & even may occur 1 to 8 times a day. Arises frequently for 4 to 12 weeks and then disappears. It tends to happen at the same time each day. Between the clusters, the person may have no symptoms. Remission may last months or years. CH is relatively uncommon affecting less than 1 in 1000 adults, affecting six men to each woman. Most people developing CH are in their 20s or older. It is characterized by frequently recurring (up to several times a day), brief but extremely severe headache, usually focused in or around one eye, with tearing and redness of the eye, the nose runs or is blocked on the affected side and the eyelid may droop & swell. CH has episodic and chronic forms. Pain can radiate to other parts of the face. There is constricted pupil in one eye and there can be sweating on forehead.

The third one is the Medication-Overuse Headache (MOH). MOH is caused by chronic and excessive use of medication to treat headache. The medicines increase the intensity & frequency of these headaches. The headaches occur from taking opiate based medications that contain codeine or morphine. A person may experience neck pain, restlessness, a feeling of nasal congestion. The quality of the sleep is also reduced. MOH is the most common secondary headache disorder. It may affect up to 5% of some populations, women more than men. MOH occurs by definition on more days than not, is oppressive, persistent and often at its worst on awakening.

The fourth one is the Thunder Clap Headache (TCH). This is a secondary headache that can indicate a life threatening condition such as aneurysm, reversible cerebral vasoconstriction syndrome, meningitis, pituitary apoplexy, brain haemorrhage and blood clot in the brain [3, 7, 11, 13, 18].

Classification of headaches

The International Classification of Headache Disorders (ICHD) was first published in 1988 and has gone through 2 revisions, the last being in 2013. The classification uses criteria based on phenomenology for the diagnosis of many types of headache. By convention, the classification is based on characteristics of the individual headache in the prior year & not the individual with the headache though features specific to the individual may be used to differentiate between two close diagnostic matches.

The ICHD recognizes over 200 headache disorders and divides them into three groups, which are primary, secondary, and painful cranial neuropathies. The ICHD system is hierarchical, with multiple subtypes within each main headache type.

The International Headache Society divides headaches into primary & secondary. The primary headaches occur due to problem involving the structures of head and neck. These headaches occur due to over activity or problems in pain sensitive structures in the head including specific areas of brain, blood vessels, muscles, nerves, brain chemicals. Examples are migraine, cluster, tension, medication over use.

The secondary headaches are during pregnancy, infection, hypothyroidism, giant cell arteritis, stroke and brain tumor. As per practical neurology, pregnancy headaches are caused by eclampsia & Posterior Reversible Encephalopathy Syndrome (PRES). There are red flags during these headaches which are life threatening & require immediate attention. These red flags are mentioned below.

Neurological symptoms like seizure, loss of consciousness & confusion are a kind of red flag. The other is fever during headache that is more by coughing, sneezing & exercise. History of tumor is to be suspected in 50+ cases. Medical advice is required if headache is severe or disruptive, is persistent, occurs regularly, does not improve with medication, occurs alongside other symptoms such as confusion, fever, sensory changes & sudden neck stiffening [6, 12, 13, 18, 35].

Patho-physiology of headaches

Although the patho-physiology of each type of chronic headache varies, shared features include sensitization of the trigeminal system, alterations in brain structure and function, and environmental factors. Most chronic headaches result from the transformation of an episodic headache disorder.

Modifiable risk factors, including sleep disorders, obesity, and high caffeine consumption, increase the chance of headache transformation from episodic to chronic headaches.

Calcitonin gene-related peptide is abundant in trigeminal ganglion neurons. It is released from the peripheral and central nerve terminals and secreted within the trigeminal ganglion. When released from the peripheral terminals, it initiates an increased synthesis of nitric oxide and later sensitization of trigeminal nerves. It is a strong vasodilator of cerebral and dura mater vessels, therefore a component of neurogenic inflammation. It also mediates trigeminal pain transmission from vessels to the central nervous system.

Medication Overuse Headaches (MOH) share much of the pathophysiology of migraine and tension headaches as functional and structural changes in the central nervous system. Changes in the serotonergic neuromodulatory system and up-regulation of vasoactive and pro-inflammatory mediators also contribute. The condition exhibits both functional and structural changes in the central nervous system (CNS), particularly the hippocampal periaqueductal gray area, posterior cingulate cortex thalamus, cerebellum, and orbitofrontal cortex (OFC), and the mesocorticolimbic reward system. Also found were changes in the serotonergic neuromodulatory system, upregulation of vasoactive and pro-inflammatory mediators, increased susceptibility to cortical spreading depression, central sensitization, and an increase in no receptive sensory fields. Some studies have theorized a potential genetic risk as to the etiology of the development of MOH. One such model is the renin-angiotensin system, known to have an active role in regulating neural plasticity.

Trigeminal Autonomic Cephalalgias (TAC), Cluster Headache (CH), Short lasting Unilateral Neuralgiform Headache with Conjunctival injection & Tearing (SUNCT), Short lasting Unilateral Neuralgiform headache Attack (SUNA) and Hemicranias Continua (HC) have complex pathogenesis. These are rare headache disorders with extremely frequent attacks of unilateral head pain & autonomic activation. Severe pain and autonomic symptoms are attributed to the trigeminal autonomic reflex via pain-producing innervations and cranial parasympathetic activation [3, 6, 7, 18].

Public health efforts on headache in India

In India, there is no such specific public health program for headache till date. However, in 2010, the National Programme for Prevention & Control of Cancer, Diabetes, Cardio- Vascular Diseases & Stroke (NPCDCS) was launched in 2010 that addresses secondary headache. The National Mental Health Program (NMHP) was launched in India in 1982 & the District Mental Health Program (DMHP) was initiated in 1996. The NMHP addresses all other headaches as the disorders of nervous system, vascular system and the mental health are the triad that are involved in causing headaches.

As headache is not recognised as a neurobiological disorder but as a complex phenomenon in India, there is no reimbursement from insurance agencies and people use alternative therapies. It is in this context that Homoeopathy has a major role to play [14, 15, 35-37, 41].

About epidemiology of headache

Lifelong prevalence of headache is 96% with a female pre-dominance. Global active prevalence of tension type headache is approximately 40% & for migraine it is 10%. Cluster headache has a population prevalence of 0.1% and a male: female ratio of 3.5:7.1. Chronic daily headache, daily or near daily headache for months to years is not in International Classification of Headache Disorders (ICHD). Chronic daily headaches of long duration include chronic migraine, chronic tension type headache, hemicranias continua and new daily persistent headache. Global prevalence of chronic daily headache has been consistent at 3 to 5%, most of which likely represents chronic migraine.

Globally, it has been estimated that prevalence among adults of current headache disorder (symptomatic at least once within the last year) is about 50%. Half to three quarters of adults aged 18–65 years in the world have had headache in the last year and, among those individuals, 30% or more have reported migraine. Headache on 15 or more days every month affects 1.7–4% of the world's adult population. Despite regional variations, headache disorders are a worldwide problem, affecting people of all ages, races, income levels and geographical areas.

Not only is headache painful, but it is also disabling. In the Global Burden of Disease Study, updated in 2013, migraine on its own was found to be the sixth highest cause worldwide of years lost due to disability (YLD). Headache disorders collectively were third highest.

Headache disorders impose a recognizable burden on sufferers including sometimes substantial personal suffering, impaired quality of life and financial cost. Repeated headache attacks, and often the constant fear of the next one, damage family life, social life and employment. The long-term effort of coping with a chronic headache disorder may also predispose the individual to other illnesses. For example, anxiety and depression are significantly more common in people with migraine than in healthy individuals.

Migraine, Tension-Type Headache and Medication-Overuse Headache are of public health importance since they are responsible for high population levels of disability and ill-health. Headache disorders have a large global burden. Both acute and chronic headaches are most prevalent between the teenage years and the fifth decade.

Chronic headaches occur in 1 to 4% of the entire population. Approximately 39 million people in the United States and 1 billion people worldwide are affected. Of patients seen in a headache clinic, 40% are diagnosed with chronic headaches. Prevalence rates in women are 3 to 5 times higher than in men. Chronic headaches are associated with significant co-morbidities, including obesity, obstructive sleep apnea, depression, chronic pain disorders, and cardiovascular disease.

Chronic headaches also have a prevalence of 7 to 17% in children and adolescents. The prevalence is equal between boys and girls until age 12, when females predominate. A Hemispheric continuum is less common than chronic migraine or tension headache. It has a 2 to 1 female to male incidence, with the peak diagnosis occurring in the third decade. Chronic Cluster Headache occurs more often in men but is also experienced by women. Women often have nausea and vomiting associated with chronic cluster headaches and may be initially diagnosed with migraine headaches [8-11, 18, 38].

Health Economics of headache

The direct and indirect socioeconomic costs of headache to societies are estimated at \$14 billion per year. Headache disorders are a public-health concern given the associated disability and financial costs to society. As headache disorders are most troublesome in the productive years (late teens to 50s), estimates of their financial cost to society – principally from lost working hours and reduced productivity – are massive. In the United Kingdom, for example, some 25 million working- or school-days are lost every year because of migraine alone; this financial cost may be matched by Tension Type Headaches and Medication Overuse Headaches combined. Headache is high among causes of consulting medical practitioners: one-third of all neurological consultations were for headache, in one survey.

Three studies reflect that more research is needed to understand fully all indirect costs of headache especially in Low & Middle Income Countries (LMIC), whereby policy decisions to invest in headache services might be more sensitive to Cost Benefit Analyses (CBAs). Estimates suggest that in LMICs, the cost to GDP for productivity loss due to headaches is around 2% of Gross Domestic Product (GDP) of these nations.

Yet, many of those troubled by headache do not receive effective care. For example, in the United States of America and the United Kingdom, only half of those identified with migraine had seen a doctor for headache-related reasons in the previous 12 months, and only two-thirds had been correctly diagnosed. Most were solely reliant on over-the-counter medications [8, 18, 38-41].

About the diagnosis of headache

The diagnosis of headache is based on analysing the symptoms & the associated pattern of occurrence. Doctors need to ask about the symptoms, type of pain, timing & pattern of attacks.

Tests like MRI and CT scan of the brain and blood workup are done to rule out any patho-physiological cause [13, 18].

Prognosis and Way Forward

These evident burdens mentioned above call for action. World Health Organization (WHO) recognizes this burden and is a partner with the non-governmental organization for lifting the burden in the Global Campaign against Headache (GCH). This initiative commenced in 2004 and aims not only to raise awareness of headache disorders but also to improve the quality of headache care and access to it worldwide.

In the year 2011, the Atlas of headache disorders was published by World Health Organization (WHO). WHO also describes the burden due to headache disorders and resources available to reduce these burdens at the global & national levels.

The modern medicine treatment plan displayed significant side effects with less better effect. The way forward is to integrate alternative system and here homoeopathy comes in the forefront. Along with homoeopathy, regular physical exercise, yoga and the diet based on the principle of Ayurveda can significantly retard the progression of the disease. The three types of food are Satwik, Tamasik and Rajasik. Increasing Satwik, moderating Tamasik and reducing Rajasik is the key to deal with migraine. Integration of homoeopathy in the issue of migraine coupled with early diagnosis and early treatment is crucial for prevention of migraine & its related morbidities [3, 32, 33].

Homoeopathic approach

A study shows that there are complex interplay between headache pain and mental health thus needing a holistic approach to management in headache addressing both physical and psychological factors. This is where homoeopathy chips in to play an active role. As already mentioned above, all Homoeopathic medicine has physical and mental symptoms as the drugs are proved on human beings. Given below are Homoeopathic medicines that are primarily from four sources. These are H.C. Allen's Key notes, Robin Murphy's Materia Medica, Phatak's Materia Medica & Boericke's Materia Medica. These four text books are used to teach homoeopathic students who become qualified homoeopaths later. The treatment plans for the migraine disorders mentioned above are given below.

The issues like headache related disorders can be resolved through the Universal Health Coverage (UHC) where the AYUSH systems like homoeopathy can play an active role. The network of private, public and corporate system can come handy here. The inclusion of the traditional systems like homoeopathy can play a vital role to achieve UHC in India as reinforced by a published article on the issue of UHC [5, 14-24, 27, 32].

Homoeopathic treatment protocol

In the first portion of this section, the specific medicines that have been found to be therapeutically helpful over two & half centuries have been discussed. These drugs have been serving the humanity since the discovery of the Homoeopathic therapeutic system in 1790.

Besides these, there are 'n' numbers of medicines besides the list mentioned above. Under headache, homoeopathy has medicines that are prescribed on the basis of *modalities. These are the circumstances or factors that modify the quality of symptoms in the direction of aggravation or amelioration of symptoms.* As the article deals with headache, the broad component of headache & the related modalities fall in the purview of the article while leaving out migraine. The lead author has a separate article published on the issue of migraine & homoeopathy.

These are headache cases which were on medications for long and subsequently these cases became resistant to treatment post the chronicity of headache. Each homoeopath should remember that exercise and diet are the main stay of the treatment. A prescription of exercise of 45 minutes of brisk walking per day and the Indian diet of Sattvic, Tamasik and Rajasik as mentioned in the prognosis coupled with care section are a must along with the homoeopathic medicines.

The treatment plan is on the lines of the physiology, pathology and biochemistry of the migraine patients as mentioned above.

The first approach is the miasmatic approach. In homoeopathic system of medicine, miasms are disease causing fundamental dynamic influences that are infectious in nature.

Miasmatically, if the patient has aggravation of headache in morning & evening, anti Psorics are to be prescribed to prevent chronicity in nature. e.g. headache aggravation during morning & 9pm- the drug is 'Chamomilla'. Headache aggravation from 11am to 1pm- the drug is 'Laurocerasus'.

If the patient has aggravation in night time, anti Syphilitics are to be prescribed to prevent chronicity in future. E.g. Merc Cyanatus has 'atrocious headaches that are aggravated at night'.

If the patient has aggravation during day time anti Sycotics are to be prescribed as these cases are at risk to turn to chronicity. e.g. orbital neuralgia on left side and aggravation in noon- the drug is 'Chininum Sulph'. The drug 'Vaccinum' can be prescribed on miasmatic basis as it is also a specific as an anti sycotic.

Besides these, for Psoric headaches, 'Sulphur', for Sycotic headaches, 'Thuja' and for Syphilitic headaches, 'Syphilinum' can be prescribed [21-30].

Homoeopathic approach in detail

Based on the book by the famous Indian Homoeopath (allopathic doctor with MBBS degree) from Pune, Dr. Shankar Raghunath Phatak on Homoeopathic Materia Medica, the lead author describes headache through the 'particular' head under each of the drugs mentioned in the book alphabetically from A to Z. Primarily, the modalities are in focus for headache of each of the drugs. Through this, all the four types of headache mentioned above are covered. The description of the headaches under each drug also touches upon the patho-physiology of headaches mentioned above. The descriptions also include the physical, psychological, emotional & mental angles of headache as the importance of the critical role of these aspects are mentioned above in various sections.

First, let us discuss secondary headaches & among these, the headaches during pregnancy are discussed below.

Headache during pregnancy- 'Caulophyllum'- headache with uterine troubles, 'Glonoine'- headache with high blood pressure, 'Mag Sulph', 'Terebinth', 'Merc Cor', 'Cuprum Met' & 'Glonoine'- headache during eclampsia,

Headache during toxemia of pregnancy- 'Pyrogen', 'Echinacea', 'Leucas Aspera-Q' & 'TORCH'- the combination of the 'tetra' will deal with the combination of these ailments.

Headache with high blood pressure during pregnancy- 'Glonoine', 'Crataegus', 'Cactus', 'Rauwolfia' in mother tinctures and 'Renine', 'Resorcinum', 'Atropine', 'Kidney', 'Zinc Iod', 'Nat Iod', 'Cereus Bonplandi' in potencies are to be prescribed.

The next type of secondary headache is due to hypothyroidism. In Phatak's repertory, there is mention of 'Hepar Sulph' where the pain radiates to the head in a goitre case. The other drugs can be 'Iodum-Q', 'Fucus Vesiculosus'-Q, 'Phytolaca Berry'-Q and 'Calcarea Iod', 'Thyroidinum', 'Thyroidinum', 'Thyroxine' in potencies and triturations.

The next type of secondary headache is due to giant cell arteritis. The drugs for this condition are 'Sumbul-Q', 'Spongia-Q' & in potencies. As the pain is due to inflammation in the arteries, drugs like 'Gallic Acid' and 'Secale Cor' can also be prescribed.

The next type of secondary headache is due to stroke. Here, the headache is given in Phatak's repertory as 'heavy brain'. The drugs are 'Formica Rufa', 'Hypericum' and 'Mag Carb'. If the stroke is because of concussion and there is headache, the drug is 'Kali Brom'.

The last type of secondary headache is due to 'brain tumor'. Here Phatak's repertory mentions a rubric 'waving in, as if' which means as if there is waving in the brain due to tumor. The drugs mentioned are 'Cimicifuga', 'Glonoine' and 'Physostigma'. The other drug that are therapeutically active are 'Ruta G', 'Hypericum' and 'Cannabis Indica'. These should be given in mother tincture and low potencies as well.

As mentioned above in the classification of headache section, the primary headaches occur due to problem involving the structures of head and neck. These headaches occur due to over activity or problems in pain sensitive structures in the head including specific areas of brain, blood vessels, muscles, nerves, brain chemicals. Examples are migraine, cluster, tension, medication over use.

The current article leaves out migraine types as the lead author has published one article on migraine and homoeopathy. The other three types are cluster, tension and medication over use. Homoeopathy has 'n' number of medicines for these types of headaches. In the A to Z series given below, 240 medicines have been mentioned based on the Phatak's Materia Medica book only. It has also medicines for headaches as per the stages of life and health such as young age groups and the climacteric stages in the life of a woman. The drugs are given below as per the three types of headache mentioned above.

Reasons of the three types of headaches are structures of head and neck affected, over activity or problems in pain sensitive structures in specific areas of brain, blood vessels, muscles, nerves and brain chemicals. The Homoeopathic drugs involving all these causes are given below alphabetically from A to Z. Where ever, the word 'Migraine' is mentioned against any drug, the lead author has left out the drug from the list as migraine headaches are not in the domain of the current article.

'Abrotanum'- headache due to weak head and neck with distended veins in forehead. 'Alumina'- headache as if one were dragged by hair and the headache is better by lying quietly in the bed, 'Acetic Acid'- from abuse of narcotics, tobacco and the patient does not let its head touched as it aggravates the headache. 'Ambra Grisea'- headache more by blowing nose. 'Aconite Napellus'- undulating sensation in head, burning, squeezing, bursting in forehead or eyes, with increased secretion of urine, crackling in head, pulsations in forehead, knocks the head. 'Ammon Carb'- fore head burst, shocks through head, eyes, ears, nose on biting. 'Aesculus Hip'- bruised pain in occiput to frontal, flushes of heat over occiput, neck and shoulders. 'Aethusa Cynapium'- distressing pain in occiput down nape of neck and spine, head symptoms are better by flatus and stool. 'Ammon Mur'- forehead heavy, pressive pain to root of nose, as if brain were torn. 'Agaricus'- dull headache, must move the head to & fro, better by stool and urine, as from nail in right side. 'Agnus Castus'- pain as of staying in thick smoke, looking to one point ameliorates. 'Ailanthus G'- frontal headache with dizziness and red hot face, cannot sit up. 'Aletris Farinosa'- occipital weight as if draws head backwards. 'Allium Cepa'- electric shock through head and skull bones feel numb. 'Aloes'- aches above forehead & eyes, must partially close eyes, headache alternates with abdominal or lumbar symptoms, better by closing eyes. 'Alumen'- burning on top of the head and headache is better by pressure of cold hand and drinking cold water. 'Anacardium'- headache is better by eating. 'Aranea Diadema'- headache is better by smoking. 'Arg Nit'- headache ends in vomiting and in hysterical women. 'Abies Can'- feels as if head is light or there is swimming in head. 'Ars Iod'- study causes headache. 'Arum Triphyllum'- headache is aggravated by warm cloth and hot coffee. 'Asafoetida'- occipital headache is better by stool, 'Asarum Euro'- compressive headache more by combing. 'Asclepias Tuberosa'- headache is better by foot bath. 'Asterias Rubens'- heat in head as if surrounded by hot air.

'Badiaga'- headache with inflammation of eyes, 'Baryta Mur'- headache with heaviness of head in old people. 'Bellis Per'- headache occurs in sinciput i.e. from occiput to vertex. 'Bovista'- occipital headache and head feels as if enlarged. 'Benzoic Acid'- headache when urine is scanty. 'Borax'- headache with nausea & trembling of whole body. 'Bismuth'- headache from right orbit to occiput and alternates with gastric pain. 'Bufo'- occipital headache and feels as if hot vapor on head. 'Bromium'- headache in vertex is aggravated by drinking milk, stooping and sun. 'Bryonia'- headache in fronto-occipital region that is more by ironing and in constipated individuals. 'Bursa Pastoris'- pain from above eyes up over head to nape of neck.

'Cactus G'- headache by seeing opera, missing of meals, noise, light, periodic, compressive and pulsating. 'Calc Carb'- big head, large abdomen, icy cold head, sweat, headache from overlifting and muscular strain. 'Calc Ars'- weekly headaches better by lying on painful side, with palpitation, increase and decrease together with palpitation. 'Calc Flour'- cracking noise in head disturbing sleep. 'Calendula'- weight on brain. 'Camphora'- occipital headache synchronous with pulse that gets better by standing and head is drawn to one side in spasms. 'Cannabis Indica'- headache with hallucinations, vertex seems to open and shut and it is aggravated by noise, head seems separated from the body. 'Cantharis'- headache from bathing or washing. 'Capsicum'- headache is more by coughing and is better by heat. 'Carbo Animalis'- headache better by eating. 'Carbo Veg'- occipital headache that is aggravated by overheating, pressure of hat and over indulgence. 'Carbolic Acid'- headache gets better by green tea and smoking. 'Cardus Mar'- frontal headache. 'Caulophyllum'- headache from noon to night and with spinal troubles which is aggravated by stooping. 'Causticum'- nausea, vomiting, blindness during headache that gets better by hot applications. 'Cedron'- orbital neuralgia with numb feeling. 'Chamomilla'- headache is better when mind is engaged and more in morning and 9pm. 'Chelidonium'- occipital headache with icy coldness of occiput, right side of head is affected, neuralgia. 'Chimaphila U'- frontal headache, 'China'- headache more in sun and better by hard pressure. 'Chininum Sulph'- orbital neuralgia that is aggravated at noon and affects the left side of head. 'Chionanthus'- bilious & neurasthenic headaches. 'Chloral Hydrate'- headache from temple to temple. 'Cicuta Virosa'- head twisted or turned to one side in spasms. 'Cimicifuga'- left sided headache of students. 'Cistus Can'- headache better by eating. 'Coca'- headache more by coughing and better by eating and at sunset. 'Cocculus Indicus'- cannot lie on back during headache, cramps in left temporal muscles. 'Coccus Cacti'- headache as if fluid were forcing on its way with throbbing pain. 'Coffea Cruda'- tight pain and clavus. 'Colchicum Autumnale'- pressive headache better by supper, warmth and lying quietly. 'Collinsonia'- frontal headache with constipation or piles or from suppressed haemorrhoidal discharge. 'Colocynthis'- headache with nausea and vomiting. 'Conium Mac'- headache with inability to urinate, pain in head from sinciput to occiput and the headache is more by stooping and moving the head. 'Copaiva'- occipital headache that gets better by gentle hard pressure. 'Cobalt'- headache aggravated by stooping, jarring & with sexual weakness. 'Crocus Sativus'- headache is better by pressure. 'Crotalus

Horridus'- headache with heart pain that gets aggravated by jarring and must walk on tip toe. 'Croton Tig'- weight of the hat aggravates headache. 'Cyclamen'- headache with flickering before eyes which is better by cold water.

'Digitalis'- spastic hemicranias, frontal headache that gets aggravated after cold drinks and ice creams. 'Dioscorea'- headache relieved by pressure initially but aggravates after wards. 'Dulcamara'- headache is better by conversation.

'Echinacea'- headache with flushing of face. 'Elaps Cor'- weight and pain in forehead, faints with vomiting or on stooping. 'EPIPHEGUS'- headache preceded by hunger, neurasthenic headaches. 'Erigeron'- congested headache with red face and nose bleed. 'Eucalyptus'- congestive headache. 'Euonymus'- bilious headaches. 'Eup Perf'- headache better by vomiting of bile, conversation, occurs every 3rd and 7th day. 'Eup Purp'- left sided headache.

'Fagopyrum'- headache with tired neck which gets better by bending backwards. 'Ferrum Met'- throbbing headache, hammering headache which is aggravated by writing, stooping, descending stairs and ameliorated by letting the hair down. 'Ferrum Phos'- headache with earache that is better by nose bleed and cold application. 'Flouric Acid'- stunning headache better by urinating, puffy glabella. 'Formica Rufa'- headache better by combing hair. 'Fraxinus'- throbbing pain in occiput.

'Gelsemium'- occipital headache aggravated by tight cap and better by shaking, lying with head high and urination. 'Glonoin'- headache better by vomiting, long sleep and aggravated by sun shine, damp days. 'Graphites'- headache with nausea, as if a cob-web on forehead, occipital with burning on vertex. 'Gratiola'- headache with rush of blood, vanishing of sight, forehead wrinkled during headache. 'Guaicum'- headache extends to neck ending in stitching pain that is worse by sitting & standing and better by walking and pressure. 'Gymnocladus'- headache with tight feeling as if bound.

'Haemamelis'- hammering headache, more on the left temple, stupid feeling in head aggravated by emission, sensation as if a bolt were passed from temple to temple. 'Helleborus'- headache aggravated by stooping, headache ends in vomiting, forehead wrinkled in brain affections. 'Helonias'- pain in vertex with heat or upward pressure, skull feels too full. 'Hepar Sulph'- headache in right temple and at the root of the nose that is aggravated by motion and stooping. 'Hydrastis'- headache with neuralgia of scalp and neck which is more by cold air & better by pressure. 'Hydrocyanic Acid'- intense cerebral congestion, brain feels on fire and this sensation is more during full moon, suppressions and storms. 'Hyoscyamus'- pulsating headache as if water swashing in head. 'Hypericum'- head feels as if touched by icy cold hand, feels larger, drawn to a point with throbbing in vertex.

'Ignatia'- headache as if a nail driven through sides and headache ends in yawning & vomiting. 'Iodum'- reverberations in head of old people. 'Ipecac'- occipital pain gets worse by vomiting. 'Iris Ver'- headache with blurring of vision, with diarrhea, aggravated by studying & sewing.

'Jaborandi'- headache with nausea and on using the eyes.

'Kali Bich'- headache in small spots and from suppressed catarrh, blindness followed by violent headache and goes when headache increases. 'Kali Brom'- occipital headache with numbness and from concussion of brain. 'Kali Carb'- wakes from headache and aches go into eyes. 'Kali Iod'- headache through the sides of head as if screwed. 'Kali Mur'- occipital headache with stunning shock in or a leaden load. 'Kali Nit'- occipital headache. 'Kali Phos'- headache of students, brain fag, hunger with headache. 'Kali Sulph'- headache with yellow discharge through mucus membranes. 'Kalmia'- supra orbital pain in right side, with blindness, pain in limbs & weariness. 'Kreosote'- dull pain in forehead which aggravates by combing of hair.

'Lac Can'- headache changes side, blurred vision, nausea & vomiting at the height of headache. 'Lac D'- headache ceases at sunset, persistent headache for years, headache preceded by blindness & with much pale urination. 'Lachesis'- right sided headache & pain extends to neck and shoulders. 'Laurocerasus'- head pain more from 11am to 1pm, as if cold wind were blowing on head. 'Ledum Palustre'- raging, pulsating headache that aggravates with least covers & getting wet. 'Leptandra'- dull frontal headache with naval ache. 'Lilium Tig'- headache over left eye to vertex & with visual effects. 'Lithium Carb'- headache better by eating but returns & remains until food is taken again. 'Lobelia I'- headache with dull heavy pain. 'Lolium T'- head heavy. 'Lycopersicum'- headache from occiput to

temples & gets worse by tobacco smoke. 'Lycopodium'- headache aggravated if not eating properly, with cold head & pain in temples. 'Lyssin'- headache from bite of dog, running water & bright light.

'Mag Carb'- headache more by mental exertion, stooping & brain feels heavy. 'Mag Mur'- headache more by motion & open air, better by hard pressure & wrapping warmly, sensation as if boiling water on the side lain on. 'Mag Phos'- headache due to mental labor & better by warmth, sensation as if contents were liquid & as if a cap on head, as if brain is changing places. 'Mancinella'- vertex pain more on lying. 'Manganum'- feels heavy, seems larger, pain from above downwards. 'Marum V T'- frontal headache more by stooping. 'Medorrhinum'- headache with a sense of tightness, heavy head drawn backwards. 'Melilotus'- congestive periodical headaches which is better by nose bleed & alternates with backache. 'Menyanthes'- bursting headache, heavy pressure on vertex & sensation as if cold wind blowing on head. 'Mephitis'- headache from motion of carriage & sensation as if a finger is pressing on occiput. 'Mercurius'- headache with earache & toothache & with sensation of band feeling about the head. 'Merc Cor'- pain in temples more by looking sideways. 'Merc Cyanatus'- atrocious headache that is more at night. 'Merc Iod Flavum(Proto Iod)- dull frontal headache which is more when mind & body is engaged, head pain follow heart pain. 'Merc Iod Ruber (Bin Iod)- occiput heavy with sensation as if frontal region is bound by the cord. 'Mezereum'- headache extends to eyes, malar bones, neck with lachrymation & it is more by talking, anger & better by stooping. 'Millefolium'- piercing thrusts of pain, beats the head against the wall & headache is more by stooping. 'Moschus'- headache with coldness, fainting, involuntary stools, polyuria. 'Murex'- squeezing at the back of head which is better by putting hand on it or by throwing head backwards. 'Muriatic Acid'- occipital pains, leaden heaviness, sound of voice intolerable, periodical pain over left eye. 'Myrica'- dull heavy aching in forehead and temples on waking in the morning.

'Naja T'- headache in left temple, left orbit extending to occiput with nausea & vomiting that is better by smoking, entire head feels hollow & sensation as if a blow on occiput. 'Natrum Carb'- headache in hot weather, mental exertion, working under gas light, head pains out through eyes, head bent backwards and feels too large. 'Natrum Mur'- hammering headaches, over eyes, vertex pain with disturbed vision, headache of school children. 'Natrum Phos'- headache with pain in right temple while studying, pressure & heat on head as if it would open. 'Nat Sulph'- occipital headache that is more by eating, noise, stooping & better in dark room, by vomiting, salivation with headache. 'Niccolum'- periodical nervous headaches with asthenopia. 'Nitric Acid'- crushing head pain, aggravated by hat, street noise with sensation as of a band around head. 'Nux Moschata'- head feels full & expanding, painless pulsating in head, headache in small spots. 'Nux Vomica'- headache in sunshine, swelled forehead, head seems larger than body.

'Oleander'- headache better by looking crossways, sideways or squinting. 'Oleum Animale'- pain in spots. 'Onosmodium'- headache from eye strain & sexual weakness that gets worse in dark & in occiput. 'Opium'- headache from injuries to head & with heavy occiput. 'Oxalic Acid'- band like sensation in head with sensation as if a screw behind each ear which is better by stool.

'Palladium'- headache from ear to ear which is better by fixing attention on it. 'Paris Quadrifolia'- headache more by thinking & in occiput, chronic headaches. 'Petroleum'- occipital headache that is more by shaking, coughing & the patient must hold temples. 'Phellandrium'- clang like striking on metal in brain wakes up the patient, weight on vertex. 'Phosphoric Acid'- school girl's headache, more from over use of eyes & after coition. 'Phosphorus'- headache with heaviness over one eye, with hunger & occipital coldness. 'Physostigma'- pain from forehead down nose, sensation as if a band or tight cap on head, tremors in head, heart beats felt in head on lying down. 'Phytolaca'- headache every time it rains, nausea & headache better by eating but returns soon with vomiting which aggravates the headache but ameliorates the nausea. 'Picric Acid'- heavy occiput during day time is better in sleep, of businessmen, teachers, students, during grief & other depressing emotions. 'Piper Methysticum'- headache better by diverting attention, changing position or topic. 'Plantago Major'- headache with toothache, sense something lying on head, from one ear to other. 'Platinum'- tense, pressing pain, headache with numbness, clavus, tense, scalp, as if water in forehead. 'Plumbum Met'- headache as if a ball was rising from throat to head. 'Podophyllum'- headache from business worry, alternates with or gets worse by diarrhea, darting pain in forehead & the patient must close the eyes. 'Polygonum'- acute pulsating pains in temples. 'Pothos Foetidus'- headache in small spots with throbbing in temporal arteries. 'Prunus Spinosa'- pain from right frontal bone to occiput that is worse in sun. 'Psorinum'- headache follows visual disturbances, alternates with other complaints. 'Ptelea'- headache with thirst. 'Pulsatilla'- occipital headache of school

girls that is better by walking in open air. 'Pyrogen'- painless throbbing, violent throbbing which is better by bandaging, sensation as if a cap on head with cold sweat on forehead.

'Radium'- pain over right eye to occiput and vertex that gets better by heat. 'Ranunculus B'- head too large & distended, aching in forehead and vertex with nausea & sleepiness. 'Ran S'- gnawing pain in small spot on vertex or either temples. 'Ratanhia'- middle of forehead painful, bursting headache & straining at stool & the time after stools aggravates the headache. 'Rhododendron'- headache more in early morning and gets better by eating, throbbing in right head, drawing & tearing pain under scalp. 'Rhustoxicodendron'- stupefying headache, must lie down, aggravates by least chagrin & pain in stiff scalp which gets better by lying on it, head feels heavy. 'Robinia'- frontal headache aggravated by motion & reading, sick headache with acid vomiting. 'Rumex C'- headache with darting sharp pain in left side. 'Ruta G'- headache as if a nail is driven into it, stitching pain aggravated by reading.

'Sabadilla'- unilateral head pain or alternating sides that gets aggravated by thinking & ameliorated by eating. 'Sabal Serrulata'- sharp darting pains going here & there & coming suddenly, forehead painful & headache of weak persons. 'Sabina'- bursting headache, appear suddenly, diminish slowly & return frequently. 'Sanguinaria Can'- headache in occiput moves to right eye, hemicranias increases & decreases with the sun, aggravated by hunger & better by sleep, vomiting, passing of copious flow of urine. 'Sanicula'- cannot bear cold air on occiput and neck & this gets aggravated during sleep. 'Sarsaparilla'- pain in occiput to eyes, sensation as if a ball striking in head when talking & sense of painful tight band around head. 'Secale Cor'- head feels light or heavy with tingling in legs, twisting of head to & fro. 'Selenium'- headache over left eye that is worse in sun, odours like musk, rose, tea, headache with increased secretion of urine, nervous headaches. 'Senecio'- wave like sensation of dizziness from occiput to sinciput, pain over left eye & left temple, headache precedes irritation in bladder. 'Senega'- bursting pain in forehead, into eyes which is better in cool open air. 'Sepia'- headache over left eye, vertex with nausea & vomiting, hemicranias, jaundice with headache that is aggravated by shopping, mental labor & better by meals. 'Silicea'- periodical headaches followed by blindness, profuse urination ameliorates the headache, headache while fasting or when not eating at proper time, chronic headaches since some severe disease. 'Spigelia'- headache in left occiput to left eye that is aggravated by stooping, making a false step & opening mouth, supra-orbital neuralgia, head feels too large. 'Spongia'- headache as if hair were standing on end, pain on vertex. 'Stannum'- constriction in forehead & temples, pressive stupefying headache, jarring of walking resounds painfully in head, headache of cerebral origin which is better by vomiting. 'Staphysagria'- compressive stupefying headache better by much yawning & leaning head against something, sensation as if a heavy load or a round ball in forehead. 'Sticta P'- heaviness in forehead. 'Stramonium'- headache with tendency to speak incoherently & is aggravated in sun. 'Strontium Carb'- headache into upper jaw with nausea, distensive pressure on head, pain from nape of neck to upwards which is ameliorated by wrapping. 'Stropanthus'- undulations in head, 'Sulphur'- sick headaches recurring periodically, on every Sunday preceded by photopsia, vertex is hot, throbs, heavy & sore, pain ascends from nape to vertex. 'Sulphuric Acid'- occipital pain, thrust in right temple as if a plug were driven in air. 'Sulphur Iod'- headache better in sundown, 'Symphytum'- ache changing places. 'Syphilinum'- deep cutting head pains across the base or temples, linear head pains.

'Tabacum'- periodical sick headaches, sudden pain as if stuck by a hammer, headache aggravated while passing urine, sensation of a tight feeling as from a band. 'Taraxacum'- headache due to gastric disturbances & vertex feels very hot. 'Tarentula Cubensis'- fullness in head. 'Tarentula Hispania'- crushing headache as if needles pricking, heavy pain in temples extending to face & neck with nausea & impatience. 'Tellurium'- Linear head pains. 'Terebinth'- sensation as if a band around head, dull headache with colic. 'Theridion'- headache during sleep which is aggravated by jarring with nausea, vomiting & after stool, joyous during headache, cannot lie down with headache. 'Thuja'- headache aggravated by sexual excess, tea and better by bending head backwards. 'Thyroidinum'- feeling of lightness in brain, persistent frontal headache, heaviness over eyes. 'Tilia E'- neuralgia of right side and then left with veil before eyes. 'Trillium'- dull pain that is aggravated by noise, walking, coughing and better by bending forward. 'Tuberculinum'- deep violent head pain, beats head with fist or dashes against a wall or floor aggravates the headache.

'Urtica Urens'- headache with stitches in spleen. 'Ustilago Maydis'- nervous headaches.

'Valeriana'-headache in jerks is better by moving about and is more during sunshine, sensation of coldness in upper head. 'Variolinum'- headache with icy coldness of feet & hands. 'Veratrum Album'- headache with nausea & vomiting, pale face, diarrhea, dieresis. 'Veratrum Vir'- aching on vertex & between eyes, pain in occiput with dim vision & dilated pupils. 'Viscum Album'- throbbing on vertex. 'Viola Odorata'- headache in forehead, above eye brows & burning in forehead.

'Xanthoxyllum'- throbbing as if head will fly off, as if head in two parts, tight band around head.

'Zinc Met'- headache in vertex with weak vision, of over taxed school children, aggravated by heat. 'Zinc Chrom'- inward pressure, pain in spot on bregma, throbbing temples. 'Zinc Val'- neuralgic & intermittent headaches.

Based upon the female stage of life like menstruation and climacteric stages, headaches occur in the female sex. The related homoeopathic medicines are given below.

'Allium Sativa'- headache before menses, ceases during and aggravates afterwards. 'Calc Phos'- headache of school children with diarrhea. 'Carbo Animalis'- headache is aggravated after menses. 'Carbolic Acid'- headache is aggravated during menses. 'Caulophyllum'- headache with uterine troubles. 'Crocus Sativus'- climacteric headache that gets aggravated during menses and headache occurs instead of menses. 'Glonoin'- headache before, during, after or in place of menses. 'Graphites'- headache during menses. 'Lithium Carb'- headache from suppression of menses. 'Nat Sulph'- headache more during menses. 'Platinum'- headache with leucorrhea. 'Pulsatilla'- headache at the time of puberty in school girls. 'Sabadilla'- headache in school girls. 'Senecio'- headache precedes leucorrhea. 'Ustilago M'- headache with menstrual irregularities [43].

Burden of Disease

Lack of knowledge among health-care providers is the principal clinical barrier. Worldwide, on average, only 4 hours of undergraduate medical education are dedicated to instruction on headache disorders. A large number of people with headache disorders are not diagnosed and treated: worldwide only 40% of those with migraine or Tension Type Headaches are professionally diagnosed, and only 10% of those with Medication Overuse Headaches.

Poor awareness extends to the general public. Headache disorders are not perceived by the public as serious since they are mostly episodic, do not cause death, and are not contagious. The low consultation rates in developed countries may indicate that many affected people are unaware that effective treatments exist. Half of people with headache disorders are estimated to be self-treating.

Many governments, seeking to constrain health-care costs, do not acknowledge the substantial burden of headache on society. They might not recognize that the direct costs of treating headache are small in comparison with the huge indirect-cost savings that might be made (e.g. by reducing lost working days) if resources were allocated to treat headache disorders appropriately.

The table given below describes the burden in India through the NFHS 5 data.

As mentioned above, hypertension & diabetes are triggering factors for headache. The above table implies that mainly hypertensive and diabetic people are at risk of being headache related cases. This reflects the magnitude of the problem in the country as well as the steps that the nation needs to take to deal with the crisis. As mentioned above, headache affects females predominantly. So 34.8% of females in the age group of 15 years and above currently are the target groups to be converted to headache cases or to be the sufferer of headache related problems. The percentages of males who are the potential headache cases constitute 39.6% of male population of 15+ year age group. These are the high risk cases as they have both hypertension and high blood sugar. It is significant to note that urban India is more hypertensive & diabetic than rural India. As mentioned above, this phenomenon holds good for both the sexes.

In India, Homoeopathy is the third preferred system of treatment after Allopathy and Ayurveda. About 10% of the populations depend on Homoeopathy for their health issues.

<i>Indicator</i>	<i>Gender</i>	<i>Urban</i>	<i>Rural</i>	<i>Total</i>
Percentage of men age 15 years and above who have high or very high blood sugar level and taking medicine to control blood sugar level	Male	17.9	14.5	15.6
Percentage of Men age 15 years and above who have elevated blood pressure or taking medicine to control blood pressure	Male	26.6	22.7	24.0
Percentage of women age 15 years and above who have high or very high blood sugar level and taking medicine to control blood sugar level	Female	16.3	12.3	13.5
Percentage of women age 15 years and above who have elevated blood pressure or taking medicine to control blood pressure	Female	23.6	20.2	21.3

Table 1: Percentage of men & women above 15 years having high or very high blood sugar and hypertension in India or are taking medicine to control blood sugar and hypertension (Source- NFHS 5, 2019-21).

This means Homoeopathy is used by 10% of the population in India. So, out of the 1300 million populations, 130 million use Homoeopathy or 130 million use Homoeopathy for their health issues. These 130 million consist of all age groups i.e. infant to old age. A section among the 15+ age group suffers from headache as per the epidemiological studies. As 10% of total population use homoeopathy, it is inferred that 13 million population use homoeopathy currently in India. So if homoeopathy is integrated in to the Headache Health (HH) battle in India, 13 million people can be saved from being cases related to headache problems & the loss of days due to this morbidity. As mentioned above, headache cause loss of 2% of Gross Domestic Product (GDP). Hypothetically, **0.2% of GDP(10% users)** in India can be saved if Homoeopathy is integrated in to headache health in India actively. India's GDP has touched 3.75 trillion dollars in 2023, from around 2 trillion dollars in 2014. India moved from 10th largest to 5th largest economy in the world. Thus, 0.075 trillion dollar can be saved annually if headache care India approaches the medical pluralism method and 0.0075 trillion dollars can be saved in India annually if Homoeopathy is actively integrated to headache care in India.

Similarly, in all **74.4%** of population that consist of males & females in the age group of 15+ year group are at high risk of being converted to headache cases as these are co-morbidities that trigger headaches. Hence, 2/3rd of the populations in India are at risk of being headache cases & active integration of Homoeopathy into headache care will be the only cost effective method to avoid these risks [3, 4, 18, 31, 32, 36, 38, 42].

Conclusion

As all drugs in homoeopathy have a group of mental symptoms, Homoeopathy is and will be effective against headache disorders in general. The current article adds another feather in the Homoeopathic cap as it can deal with the probable upcoming of large number of cases of headache disorders in view of high stress levels due to the consequences of the ongoing COVID 19 crisis that is still prevalent in the form of long COVID. However, it should be also seen that along with constitutional/deep acting/polychrest Homoeopathic medicines, specific medicines are also required to deal with the cases. Simultaneously, nutrition, counselling and all psychic health modalities like life style modification, diet and stress reduction are adhered in each case.

In fact, the detailed case taking of a case & empathetic hearing are the elements of supportive therapy as headache cases are chronic and resistant. The Homoeopathic approach of case-taking/anamnesis exactly fits into the criteria of supportive therapy. Hence, as a part of treatment, the supportive therapy is inherent in the Homoeopathic system of treatment.

The Homoeopathic fraternity should be ready to cover the masses as there is no other therapeutic system that can cover the masses effectively while being economical, no side effects and to add to it, it is cost effective. Simultaneously, it has a wide range of medicines for headache as seen in the contents of the sections mentioned above [14-20].

Declaration of the lead author

Prof. Shankar Das, a co-author of the current article was the Ph.D. guide of the lead author at Tata Institute of Social Sciences, Mumbai. Professor D.P. Singh, another co-author of the article was the teacher of the lead author at Tata Institute of Social Sciences, Mumbai during 1995-1997. The lead author also certifies that he has expressed his personal opinion based upon his public health and clinical experiences. The treatment approach or the medicines suggested are only suggestive in nature.

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Conflict of interest

Nil.

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