



AMERICAN INSTITUTE
of HOMEOPATHY

(<https://homeopathyusa.org>)

Dolor de cabeza/migraña

Las migrañas son un problema extremadamente común tanto en niños como en adultos. En una Encuesta Nacional de Salud de EE.UU. de 2009, el 21 % de todas las mujeres y el 10 % de todos los hombres informaron haber tenido al menos una migraña o un dolor de cabeza intenso en los últimos 3 meses.

Los síntomas comunes incluyen dolor punzante o pulsante, sensibilidad a la luz o al sonido, náuseas y vómitos, dolor de cabeza unilateral y cambios en la visión. Muchas migrañas son provocadas por factores internos o externos, incluido el ciclo menstrual, el estrés, la fatiga y ciertos alimentos como el alcohol, la cafeína, el chocolate, ciertos quesos y el maní.

Las migrañas típicas ocurren en un lado de la cabeza, pero existen muchas variaciones. Algunas personas experimentan un aura o síntomas que preceden al dolor de cabeza. Las auras pueden ser cambios visuales, cambios auditivos, síntomas del estado de ánimo e incluso entumecimiento o debilidad en el cuerpo. Algunos tipos raros de migrañas tienen principalmente disfunción nerviosa con pérdida visual, cambios auditivos, problemas de equilibrio o debilidad de una extremidad con poco o ningún dolor de cabeza.

La causa de las migrañas parece ser una contracción espasmódica de las arterias alrededor del cerebro seguida de una apertura de estas mismas arterias. Muchos medicamentos alopáticos se dirigen a esta fase espasmódica al inicio del dolor de cabeza, mientras que otros simplemente amortiguan la respuesta al dolor o ayudan al paciente a relajarse.

Homeopathic approaches to migraines, or any frequent headache, involve a detailed evaluation to understand a variety of factors that tend to make the headaches better or

worse. These might be emotional, mental, or physical. For example, some women have headaches before the menstrual period, while others have their headache only after the menses begins. Some people have their headaches primarily at night, while others are affected mostly in the afternoon. Some people have sensitivity to cold that brings the headache, while others have sensitivity to heat. Homeopathic doctors take specific histories of the entire person to understand an individual's unique type of headache pattern.

Several research studies have been conducted to look at the homeopathic effects in treating patients with migraine. In 1991, a study of 60 patients using a double blind, placebo-controlled trial to test the effect of a homeopathic remedy for migraine patients found a significant improvement in migraine symptoms in the homeopathic treatment group.

A second study, conducted in 2001, was not randomized, but also looked at homeopathic treatment of patients with headache over a 1 year period found positive effects for homeopathic treatment.

Another study from 1997, looked at 60 patients treated over 4 months showed some slight benefit with homeopathic treatment; however the amount of improvement compared to placebo treatment was not significant.

In that study 19% of the homeopathic patients improved compared to 16% of those taking placebo. In another trial of 68 patients conducted in 2000, the researchers followed the patients for 4 months. Those patients treated with homeopathic remedies had statistically reduced frequency of headaches during the trial period.

The body of evidence is not overwhelming, but points to some effectiveness of homeopathic treatment for migraine sufferers. It is important to remember that individual variation in migraine picture is very high for this condition and subsequently the difficulty in finding the correct treatment for the individual can be correspondingly difficult. On the positive side, homeopathic medications have very few if any side effects, compared to the very frequent adverse effects with conventional medicines (up to and including death of some patients). Migraine sufferers should certainly consider a homeopathic approach given the chronic and disabling nature of the disorder. A positive response to treatment could lessen or even remove the need to consider therapies that could be potentially harmful.

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