

## HEADACHES AND HOMEOPATHY

With thanks to Dana Ullman who has a terrific website with so many excellent resources available to all, and who gives so much to the homeopathic community. Ullman's books were the first ones I used when I started using homeopathy at home. If you are looking for a beginner prescribing at-home homeopathy book, do order his today on his website.

### PEOPLE HEADACHES

*[A Homeopathic Perspective on Headaches \(Migraine\)](#)*

*[Homeopathic Medicines for Headaches](#)*

#### ***Melilotus*** or Sweet Clover

This remedy is for those headaches that are strangely better or improve with a flow of blood, which could mean a nosebleed, or if you are a woman, better with a menstrual flow. Heat, warm rooms, and hot weather make the headache worse, and like Belladonna, the face may be intensely bright red. It differs from Belladonna, though, in that those needing Melilotus will feel better lying down, whereas Belladonna is better by sitting propped up. These are good differences to note as you may have tried Belladonna and it doesn't seem to be helping the headache. The headache is often described as pulsating or bursting, especially in the forehead. (This can be similar again to Belladonna) Those needing Melilotus may also notice that their headaches are preceded by thunderstorms or warm, sultry weather or by getting their feet wet. Open air will make the headache feel better. Like a Gelsemium headache, those needing Melilotus may find that profuse urination will

make the head pain feel better. Gelsemium headaches, however, are more likely to be preceded or attended by dizziness and blurring of vision.

Oddly enough, applications of vinegar will help. I think of this home remedy in situations of severe sunburn. I remember my mother applying vinegar to ease the heat. I wonder now if perhaps a dose of Melilotus might have eased the head pain that often came summer sunburns!

**Belladonna** headaches will be worse from vinegar applications, although both will have the fiery red, hot face. Eyes can be bloodshot, the veins in the neck visibly throbbing; there may be vomiting, the feet cold, and a frequent desire to urinate.

At a mental level, those needing Melilotus may be confused and say things like, "I want to go home." (Bryonia has this symptom. You will often hear children say this when fevered or in pain. You will assure them that they are home, but the feeling is still as if they were not at home.)

If you or your children are susceptible to sunburns or sunstroke and you are planning any holidays in the sun, this might be a good remedy to consider taking along, especially if you know that your head pain is always better for nosebleeds!

### ***Onosmodium*** or *False Gromwell*

You might not find very much written on this remedy, but it is one that we covered when I was a student, so I am going to pass along the information to you.

Those needing this remedy may have what is called an ocular headache, which means that there are head and eye symptoms with muscular tiredness and weariness. Some migraines can have this kind of picture. There may be some dizziness (vertigo) and the eyes can be aching, tired, and stiff. The head pain is mostly on the left side and the person may have ringing in the ears. With the vertigo, there may be nausea before or after the headache. The pain extends from

the back of the head (occiput) to the left shoulder or from the left shoulder to the occiput. The pain in the back of the head can feel as if screwed and pressing upward, and the pain can appear first thing in the morning upon waking.

The head pain can be caused by eyestrain, and there is a tired, heavy feeling. Where many headaches and migraines are better lying in the dark, those needing Onosmodium are not. In fact, Onosmodium is the only remedy found under the rubric HEAD, Pain, lying, dark room, in an agg. Rubric language for "worse lying in a dark room"! This is a good differential to be aware of when selecting your headache remedy! They are worse lying on the left side (this is the side where the pain is felt) and raising their hands above the head. Like many other head pain remedies, the person needing Onosmodium is worse for motion, jarring, tight clothing, and warm wet weather. They do feel better for rest, sleep, undressing, and drinking cold drinks.

Mentally, those needing Onosmodium are described in this way: "Acts as if born tired." This will remind you of the remedy Gelsemium, but Gelsemium headaches tend to be more right-sided. The other remedy that might come to mind is Ruta, which has headaches from eyestrain as well. You will have to uncover other symptoms to help you choose which remedy is most similar to the head pain.

There you go! Lots of remedies to choose from, and if your head pain persists, it is important to see your homeopath or doctor.

## **PET HEADACHES**

By Alison Merritt

Since injuries to the head are likely to be serious, a veterinarian should evaluate any animal that has sustained one. Homeopathic remedies can be used to help limit the damage and support the animal in its healing process, and can be used immediately on the way to the vet.

**Bach Flower Essences**, in particular **Rescue Remedy**, can also be useful where there is loss of consciousness as it helps the animal to regain consciousness as well as dealing with the fear and shock.

Some more common homeopathic remedies to consider for this purpose are listed below, along with some of the rubrics (from Kent), which may help point to their use.

### ***Arnica***

Since it controls bleeding, bruising, and shock, Arnica is of great potential use following a head injury, and is often the first remedy to use. It can, however, also be used long after an injury has occurred. Dr. Gibson (*First Aid Homoeopathy in Accidents and Ailments* – British Homoeopathic Association):

Arnica 30C every half hour for 5 to 6 doses following a head injury whether there has been loss of consciousness or not.

Some of the major rubrics in which Arnica appears include:

Head, cerebral hemorrhage

Head, concussion of brain

Head bores head in pillow

Head, falling, sideways of head

Head, heat, coldness, of extremities, with

Head, jerking of, sleep, during  
Head, motions of, rolling head  
Head, pain, blows, from  
Head, pain, concussion, from  
Head, pain, fall, after  
Head, pain, injuries, mechanical, after  
Head, pain, moving, head, on (agg.)  
Head, pain, sore, bruised, sensitive to pressure  
Head, twitching of muscles of the head

Eye, bleeding from eyes  
Eye, pupils, insensible to light

Generalities, injuries (including blows, falls and bruises)  
Generalities, injuries, extravasations, with  
Generalities, motion, of affected part agg.  
Generalities, paralysis, one-sided, apoplexy, after  
Generalities, shocks from injury

Mind, fear, approaching him, of others  
Mind, fear, approaching him, lest he be touched  
Mind, irritability, sends, the doctor home, says he is not sick

### ***Natrum-sulph***

One of the most indicated for effects stemming from a head injury, perhaps even a long time in the past. In people, headaches after head injury are a common symptom pointing to its use.

This may be difficult to detect in animals, but it is a good remedy to consider where ailments have begun following a head injury.

A few doses of Nat-sulph 30C

Mind, confusion, injury to head, after

Mind, sadness, mental depression

Mind, starting, fright, from

Mind, starting, noise, from

Head, injuries of the head, after

Head, jerking of, right, to

Head, jerking of, one side to another, from

Head, motions of, sideways

Head, pain, blows, from

Head, pain, injuries, mechanical, after

Generalities, convulsions, injuries, from

Generalities, injuries (including blows, falls and bruises)

### ***Cicuta***

Often associated with twitching or spasms, stiffness of neck muscles, etc. Gibson suggests Cicuta 30C 2 or 3 times a day until there is relief.

Mind, company aversion to

Mind, company aversion to, avoids the sight of people

Head, concussion of brain Head, drawn backward (See Falling)

Head, injuries of the head, after

Head, jerking of the head

Head, jerking of, backwards

Head, jerking of, lying on the back, while

Head, motions of head (shaking, nodding, waving, etc.)

Head, motions of, rolling head

Head, pain, injuries, mechanical, after

Eye, glassy appearance

Eye, movement, eyeballs, constant, rolling

Eye, strabismus

Eye, strabismus, convergent

Face, lockjaw

Extremities, jerking

Generalities, convulsions, injuries, from

Generalities, convulsions, touched, when

Generalities, injuries (including blows, falls and bruises)

Generalities, shocks from injury

### ***Helleborus***

Mind, dullness, sluggishness, difficulty of thinking and comprehending

Mind, indifference, apathy, etc.

Mind, stupefaction

Head bores head in pillow

Head, concussion of brain

Head, drawn backward (See Falling)

Head, motions of, rolling head, day and night, with moaning

Head, pain, lies, with head low

Eye, open, half open

Eye, pupils alternately contracted and dilated in the same light

Extremities, ataxia (See Incoordination)

Extremities, awkwardness

Generalities, weakness, paralytic

***Hyoscyamus***

Mind, answers, stupor returns quickly, after

Mind, dullness, sluggishness, difficulty of thinking and comprehending

Mind, escape, attempts to

Mind, fear, alone, of being (See Company)

Mind, gestures, hands, grasping or reaching at something

Mind, jumping, bed, out of

Mind, recognize, does not his relatives

Head, cerebral hemorrhage

Head, jerking of the head

Head, motions of, rolling head

Eye, close, spasmodic closure

Eye, distorted

Eye, movement, eyeballs, constant, rolling

Eye, pupils, insensible to light

Eye, staring

Eye, wild look

Teeth, clinch together, constant inclination to

Extremities, awkwardness, lower limbs, stumbling when walking

Extremities, jerking

Extremities, motion, irregular

Generalities, convulsions

Generalities, jerking, muscles



Generalities, lying agg.

Generalities, sleep, during, agg.

Generalities, touch agg.

Generalities, twitching

### ***Natrum-muriaticum***

Mind, company aversion to

Head, injuries of the head, after

Head, drawn backward (See Falling)

Head, motions of, nodding of

Head, pain, injuries, mechanical, after

Head, pain, jar, from any (See Sensitive, Coughing, Laughing, Stepping, Riding)

Head, pain, lie down, must

Head, pain, lies with head high

Eye, close, spasmodic closure

### ***Ledum***

Mind, company aversion to, avoids the sight of people

Mind, prostration of mind

Mind, restlessness, nervousness

Mind, unconsciousness

Head, concussion of brain

Head, falling backward of head (See Heaviness)

Head, pain, jar, from any (See Sensitive, Coughing, Laughing, Stepping, Riding)

Head, pain, motion, from (agg.)

Head, pain, shaking head (agg.)

Eye, paralysis of lids, upper, injury, after

Generalities, injuries (including blows, falls and bruises)  
Generalities, motion agg.

### ***Hypericum***

In any situation where there has been injury to nerves, Hypericum can be very useful. It is often referred to as 'the Arnica of the nerves.' Thus, it is always one to remember following injuries involving the head and thus nervous tissue.

Head, concussion of brain

Head, injuries of the head, after

Head, jerking of, backwards

Head, jerking of, lying on the back, while

Head, jerking of, sleep, during, head jerks backwards

Head, pain, blows, from (See Injuries)

Head, pain, injuries, mechanical, after

Eye, pupils, dilated

Eye, staring

Back, injuries of the spine, after, lies on back, jerking head backward

Generalities, convulsions, injuries, from

Generalities, shocks from injury

Symptoms that develop at the time of the head injury or after the injury can also be used to point to the most appropriate remedy. For example, animals that have been kicked in the head by cows or horses may later begin having seizures. In such a case, the following rubric may be of use. Some of the major remedies in that rubric are:

Generals, convulsions, injuries of the head, from – Arnica, Cicuta, Cuprum, Hypericum, Ledum, Nat-sulph

While it is most likely that veterinary care will be required following a head injury, homeopathic remedies should be kept in mind as extra support for the healing process. In cases where conventional medicine has nothing more to offer, homeopathic remedies are still worth trying, as there is literally nothing to lose.