

≈ **POSTER PRESENTATIONS** ≈

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Iris and chronic headache

Tavanaei Mohsen, Tavanaei Kosha

Homeopathy Unit, Rafsanjan University of Medical Sciences, Rafsanjan, Iran.

Abstract

Homeopathy is the largest of all CAM practices (complementary and alternative medicine) in the United Kingdom, Germany, and France and is widely used in India (1). Homeopathy was developed by Samuel Hahnemann, who postulated that substances that cause particular side effects in a healthy person may be used to treat or prevent such symptoms in an ill person, provided that they are administered in mini scale amounts, known as “the doctrine of similar (1). For example contact with poison Ivy (*Rhus Toxicodendron*) cause susceptible persons to experience an itchy, blistering rash. Homeopathy espouses administration of highly diluted extracts of poison Ivy to treat other blistering, pruritic, eruptions such as varicella (1). Homeopathy may be effective for the treatment of influenza, allergies, postoperative ileus and childhood diarrhea (2). Three independent systematic reviews of placebo controlled trials on homeopathy reported that its effects seem to be more than placebo, and one review found its effects consistent with placebo (2). *Iris versicolor*, also commonly as the blue flag is a plant form *iridaceae*. *Iris* as homeopathy remedy headache treatment. The causes of chronic headache are migraine, tension and cluster. Moreover *iris*, as a homeopathy remedy, is suitable for treating some types of chronic headache especially, migraine.

Cases series: The following cases were referred to a homeopathic clinic in Rafsanjan, Iran and treated as described in each case.

Case 1: A 33 year old woman suffering from headache for 15 years was referred to the clinic. She had severe headache, pulsatile in left temporal with vomiting and nausea which increased with anxiety and stress. Headaches are repeated once or twice in a month. *Iris* (potency 30) with *arsenic alba* was prescribed. The headache was treated after 3 months.

Case 2: A 33 year old man was referred to clinic suffering from headache for 2 years. Headache was in the frontal and temporal, none pulsatile. His headache occurred 2-3 times in a week. *Iris* 30 with *argentum nitricum* was prescribed. The headache decreased by 20% and 50% after 1 and 2 months, respectively and treated completely after 3 months.

Case 3: A 24 year old woman suffering from headache in left temporal, pulsatile for one year, was referred to the clinic. *Iris*

30 with *natrium muriaticum* was prescribed. The headache was treated by 50%-70% after 1 and 4 months, respectively.



Conclusion: Homeopathic remedies are effective for treating some diseases. Iris, alone or together with some other homeopathy medicine (arsenic alba, argentum nitricum, natrium muriaticum) are suitable for treating all types of headache.

References:

(1) Stephen E. Straus. Complementary and Alternative Medicine. In: Fauci, Braunwald, Kasper, Hauser, Longo, Jameson et al. Harrison's Internal Medicine. 17th ed. USA: McGraw-Hill, 2008: 62-66. (2) Jonas WB, Kaptchuk TJ, Linde KA. A critical overview of Homeopathy: Annals of Internal Medicine 2003; 138(5): 393-9.

Objective: Homeopathy is the largest of all CAM practices (complementary and alternative medicine) in the United Kingdom, Germany, and France and is widely used in India (1). Homeopathy was developed by Samuel Hahnemann, who postulated that substances that cause particular side effects in a healthy person may be used to treat or prevent such symptoms in an ill person, provided that they are administered in minute amounts, known as "the doctrine of similars" (1). For example, contact with poison Ivy (*Rhus Toxicodendron*) cause susceptible persons to experience an itchy, blistering rash. Homeopathy espouses administration of highly diluted extracts of poison Ivy to treat other blistering, pruritic, eruptions such as varicella (1). Homeopathy may be effective for the treatment of influenza, allergies, postoperative ileus and childhood diarrhea (2). Three independent systematic reviews of placebo controlled trials on homeopathy reported that its effects seem to be more than placebo, and one review found its effects consistent with placebo (2). *Iris versicolor*, also commonly known as the blue flag is a member of the iridaceae family. *Iris* is a homeopathy remedy for headache treatment. The causes of chronic headache are migraine, tension and cluster. Moreover, *Iris*, as a homeopathy remedy, is suitable for treating some types of chronic headache especially, migraine.

Methods: Case series: The following cases were referred to a homeopathic clinic in Rafsanjan, Iran and treated as described in each case.

Results: Case 1: A 33 year old woman suffering from headache for 15 years was referred to the clinic. She had severe headache, pulsatile in left temporal with vomiting and nausea which increased with anxiety and stress. Headaches are repeated once or twice in a month. *Iris* (potency 30) with arsenic alba was prescribed. The headache was treated after 3 months.

Case 2: A 33 year old man was referred to clinic suffering from headache for 2 years. Headache was in the frontal and temporal, none pulsatile. His headache occurred 2-3 times in a week. *Iris* 30 with argentum nitricum was prescribed. The headache decreased by 20% and 50% after 1 and 2 months, respectively and treated completely after 3 months.

Case 3: A 24 year old woman suffering from headache in left temporal, pulsatile for one year, was referred to the clinic. *Iris* 30 with natrium muriaticum was prescribed. The headache was treated by 50%-70% after 1 and 4 months, respectively.

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Conclusions: Homeopathic remedies are effective for treating some diseases. Iris, alone or together with some other homeopathy medicine (arsenic alba, argentum nitricum, natrium muriaticum) are suitable for treating all types of headache.

