



Homoeopathic Management Of Gastric Headache With Alumina: A Case Study

1. Author Details: (1)

- Author Name: Dr. Naimish R. Vadoliya
- Designation: PG Scholar
- Department: Homoeopathic Repertory and Case Taking
- Institution: Rajkot Homoeopathic Medical College, Parul University, Gujarat.

Author Details: (2)

- Author Name: Dr. Hiral K. Trivedi
- Designation: Assistant Professor
- Department: Homoeopathic Repertory and Case Taking
- Institution: Rajkot Homoeopathic Medical College, Parul University, Gujarat.

2. Abstract:

Gastric headache, also referred to as a “stomach headache,” is a functional disorder characterized by dull, throbbing frontal head pain arising from digestive disturbances such as indigestion, trapped gas, or acid reflux. The condition reflects a close connection between the gut and brain, mediated through neural pathways such as the vagus nerve, and is commonly observed in the paediatric age group. This case study presents an 8-year-old boy suffering from recurrent gastric headache associated with nausea and vomiting. Conventional and acute homoeopathic management provided only temporary relief, with recurrence of symptoms. A detailed case analysis based on homoeopathic principles of individualization led to the selection of a constitutional remedy, which resulted in complete and sustained relief without recurrence. This case emphasizes the effectiveness of constitutional homoeopathic treatment in the management of gastric headache in children.

3. Key-words:

Gastric Headache; Homoeopathy; Alumina; Gut–Brain Axis; Paediatric Case Study; Constitutional Remedy.

4. Introduction:

Headache disorders are among the most common neurological complaints worldwide and affect individuals of all age groups, including children. They may arise from a wide range of causes and are broadly classified into primary and secondary headache disorders. Primary headaches include tension-type headache, migraine, and cluster headache, whereas secondary headaches occur due to underlying systemic, metabolic, or functional disturbances. In recent years, increasing attention has been directed toward headaches associated with gastrointestinal dysfunction, commonly referred to as gastric headaches.

Gastric headache is considered a functional disorder in which head pain is closely linked to disturbances of the digestive system. It is typically characterized by dull or throbbing frontal headache accompanied by gastric symptoms such as nausea, vomiting, indigestion, bloating, and acidity. The pathophysiology of gastric headache is believed to involve the gut–brain axis, a bidirectional communication network connecting the gastrointestinal tract and the central nervous system through neural, hormonal, and immune pathways. The vagus nerve plays a significant role in mediating this interaction, thereby explaining the association between gastric irritation and headache.

Several etiological factors contribute to the development of gastric headache, including irregular dietary habits, consumption of spicy or fatty foods, acid reflux, gastric stasis, and imbalance of gut microbiota. Lifestyle factors such as night watching, stress, lack of sleep, and irregular meal timings further aggravate digestive disturbances and predispose individuals to recurrent headache episodes. These factors are particularly relevant in the paediatric population, where functional disorders are more common and symptoms often present in a recurrent pattern.

5. Pathogenesis:

The pathogenesis of gastric headache is closely related to dysfunction of the gut–brain axis, wherein gastrointestinal disturbances give rise to secondary neurological symptoms. Gastric irritation caused by acid reflux, gas distension, or impaired digestion stimulates the vagus nerve, leading to abnormal signal transmission to the central nervous system and resulting in headache. Gastrointestinal inflammation and altered gut permeability may further contribute by allowing inflammatory mediators to enter systemic circulation and sensitize neural pain pathways. Digestive imbalance also affects neurotransmitter regulation, particularly serotonin, which plays a crucial role in pain modulation. Additionally, improper digestion may lead to the accumulation of metabolic toxins and gaseous distension, causing irritation of the nervous system. Thus, gastric headache represents a functional interaction between gastrointestinal dysfunction and neurological response.

6. Risk Factors

- Irregular dietary habits and skipping meals
- Consumption of spicy, fatty, or junk foods
- Acid reflux, indigestion, and gastric stasis
- Altered gut microbiota and gastrointestinal infections
- Night watching and inadequate sleep
- Psychological stress and mental strain
- Poor eating habits and irregular routines in children

7. Homoeopathic Perspective:

According to homoeopathic philosophy, disease is a dynamic disturbance of the vital force and is recognized only through the totality of perceptible signs and symptoms (Organon, Aphorisms 6–9). Gastric headache is therefore understood as a functional disorder in which gastrointestinal disturbance manifests as neurological symptoms, reflecting the holistic unity of the organism governed by a single vital force (Aphorism 9).

Hahnemann emphasizes that treatment should be based on individualization and the law of similars, considering mental, physical, and general symptoms rather than isolated complaints (Aphorisms 3 and 26). Recurrent and long-standing conditions beginning in childhood indicate a deeper constitutional disturbance requiring constitutional treatment rather than symptomatic relief (Aphorisms 72–81). Suppression of symptoms may lead to recurrence or progression of disease (Aphorisms 56 and 59).

The aim of homoeopathic treatment is the rapid, gentle, and permanent restoration of health through correction of the disturbed vital force (Aphorism 2), which highlights the importance of constitutional prescribing in the management of gastric headache.

8. Case- Report:

a) History Of Present Illness:

The headache was dull and throbbing in nature, predominantly localized to the frontal region and frequently associated with nausea and vomiting. The complaints were aggravated after prolonged fasting and night watching. Relief was obtained after vomiting, rest, or administration of medication. Acute management

provided only temporary relief, with recurrence of symptoms after each episode. The condition had been persistent since early childhood.

b) Chief Complaints (LSMC):

Location	Sensation	Modality	Concomitants
Head	Throbbing, pulsating type	< Fasting, Eating Potato > Vomiting	Constipation
Rectum	Hard Stool	-	-

c) Patient Information

An 8-year-old male child presented to the outpatient department with complaints of recurrent headache associated with gastric disturbances. The complaints were present since the age of 4 years and had gradually increased in frequency and intensity, affecting the child's daily activities and school performance.

d) Mental General:

- Irritable disposition with a tendency toward anger
- Introverted behavior, prefers solitude
- Forgetfulness, particularly noted in routine daily activities
- Intolerance to contradiction
- Reduced emotional expressiveness during episodes of illness

e) Physical Generals:

- Appetite: Moderate; consumes approximately two chapatis per meal
- Desires: Marked desire for spicy food
- Aversion : Complaints aggravated after consumption of potato
- Thirst: Increased; patient is thirsty
- Bowel habits: Constipated, with infrequent and difficult stools
- Sleep: Disturbed, attributed to night watching
- Thermal reaction: Chilly patient
- Patient taking bottle feed during childhood.

f) Past History:

- Recurrent Cold.

g) Family History:

- Grand Mother: Type II DM
- Grand Father: Allergic Rhinitis

10 Analysis & Evaluation of Symptoms:

- Mental Generals:
- Irritable and angry disposition
- Introverted nature; prefers solitude
- Forgetfulness
- Intolerance to contradiction
- Physical Generals:
- Chilly patient
- Thirsty
- Desire for spicy food
- Complaints aggravated after fasting
- Complaints aggravated by potato
- Physical Particulars:
- Frontal headache, dull and throbbing

- Headache associated with gastric disturbances
- Vomiting accompanying headache
- Headache ameliorated after vomiting

11 Totality of Symptoms:

- Irritable and angry disposition
- Introverted nature; prefers solitude
- Potatoes agg. Complaints.
- Constipation bottle fed baby
- Headache associated with gastric disturbances.

12 Repertorial analysis (Rubrics):

- Mind- anger
- Mind- company- aversion to
- Head-pain, headache, stomach complaints in
- Rectum- constipation
- Rectum- constipation, children in, bottle fed, artificial food
- Generalities- food and drinks, potatoes, agg.



Repertorial Analysis (Complete Repertory)

- Differential Medicine:
 - Alumina: A characteristic feature of Alumina is sluggishness of the intestinal functions and a tendency toward dryness of mucous membranes. Patients requiring Alumina often exhibit mental confusion, slow comprehension, and aggravation of symptoms from eating potato. Also bottle feeding baby having Constipation.
 - Calcarea: Children requiring Calcarea are often flabby, fair-complexioned, and may exhibit delayed developmental milestones, profuse perspiration on the head, particularly during sleep, and craving for eggs or indigestible things. Mentally, Calcarea children are typically anxious, fearful, and slow to comprehend. Calcarea Patient having better in constipation.
- Selection of Medicine & Potency:
 - ALUMINA -200 (1) DOSE STAT FOLLOWED BY SAC LAC 4X3X15 DAYS ORALLY

- Follow-up:

Date	Complaints	Treatment
03/07/2025	Headache episode Decrease, Occasionally Vomiting, Better in Constipation , Better in Complaints.	Rx, SL 1 dose F/B SAC LAC 4x3x15 days orally
17/07/2025	No Headache, No Vomiting, Better in all Complaints.	Rx, SL 1 dose F/B SAC LAC 4x3x15 days orally
01/08/2025	Start Eating Potato, 1 Episodes of Vomiting, No Headache.	Rx, ALUMINA 200 1 DOSE STAT F/B SL 15 Days.
19/08/2025	No Nausea or Vomiting after eating Potato, No Headache, Better in all complaints.	Rx, SL 1 dose F/B SAC LAC 4x3x15 days orally

13. Discussion:

Gastric headache is a functional disorder in which headache arises secondary to gastrointestinal disturbances, reflecting the close interaction of the gut–brain axis. In the present paediatric case, recurrent gastric headache associated with nausea, vomiting, and constipation showed only temporary relief with conventional and acute homoeopathic treatment, indicating a deeper constitutional imbalance. A detailed homoeopathic case analysis based on the totality of symptoms led to the consideration of Alumina and Calcarea carbonica as differential remedies, of which Alumina was selected due to characteristic features such as sluggish intestinal function with constipation in a bottle-fed child, mental irritability with introverted behavior, and marked aggravation after eating potatoes. Administration of Alumina 200 resulted in complete and sustained relief of headache and associated gastric symptoms without recurrence, even after exposure to the aggravating factor, thereby supporting the effectiveness of individualized constitutional homoeopathic treatment in managing gastric headache in children.

14. Conclusion:

This case study demonstrates the successful management of gastric headache in a paediatric patient through individualized constitutional homoeopathic treatment. The careful evaluation of mental, physical, and particular symptoms led to the selection of Alumina as the similimum, resulting in complete and sustained relief without recurrence. The case highlights the importance of totality-based prescribing, the role of constitutional remedies in chronic functional disorders, and the effectiveness of homoeopathy in managing gastric headache by addressing the underlying disturbance of the vital force rather than providing symptomatic relief alone.

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