

2nd International Conference and Exhibition on **Traditional & Alternative Medicine**

August 25-26, 2014 DoubleTree by Hilton Beijing, China



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Practicing classical homeopathy in a headache clinic of a major public hospital in Athens, Greece: Eight years experience in treating migraine patients

Methods: Forty-two patients who attended the clinic while one of the authors was available were assigned to receive homeopathic treatment, according to the principles recommended by the I.A.C.H. and G.Vithoulkas. Additional evaluation by a neurologist was performed at baseline, 6 and 12 months. Primary and secondary measures of migraine severity and impact on quality of life were recorded and analyzed.

Results: Thirty-six patients opted only for homeopathic treatment until the completion of the study, aged (mean±SD) 34±12 years, with a baseline HIT-6 score of 65±4. Significant improvement was recorded at 6 months (HIT-6 48±8, P<0.0009 vs baseline, Wilcoxon signed ranks test), which was further established at 12 months (HIT-6 41.2±7, P<0.0009 vs 6-months). Eighteen patients had been previously administered TCAs or antiepileptics for sufficient time without remarkable improvement. A difference in HIT-6 score between those 'resistant' to previous therapy and 'new' patients was found at six months (51.5±7 vs 44.5±7, respectively, P<0.01, Mann-Whitney test), but not at baseline (66±3.8 vs 64±4, respectively) or after 12 months (41.6±8 vs 40.6±5.3, respectively). Migraine severity (VAS) decreased by 72% and frequency by 81 % at 12 months (P<0.0001 for both comparisons vs baseline). Observed potential adverse effects were an initial 'aggravation' of migraine symptoms in 69%, recurrence of past medical diseases (e.g. infections, eczema) in 33%, temporary emotional instability in 59% of the patients.

Until today, 270 patients suffering from severe chronic headache have been under classical homeopathic treatment with mostly positive therapeutic results, and new statistics will be soon presented in a next Headache Congress. Some of the most permanent therapeutic results appeared to patients who, experienced certain initial aggravation and later, reappearance of acute infections with high fever of their past medical history, treated also only with homeopathy. Patients' classification, according to G. Vithoulkas theory of Levels of Health, was extremely valuable for treating successfully those difficult cases. Video with interviews of patients with severest chronic migraine, talking about their experience with Homeopathy in the Headache Clinic will be presented.

Biography

Spiros Kivellos has introduced Homeopathy into the Greek National Health System, practicing Homeopathy in the Headache Clinic of "G.Gennimatas" Athens General Public Hospital for the last nine years. His study on the therapeutic effects of Homeopathy on migraine patients was presented at the International Headache Congress (London 2008). He is the director of the "Centre of Classical Homeopathy", supervisor of several Homeopathic doctors and has been teaching Homeopathy at different Postgraduate University courses.

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