

## E-POSTER ABSTRACT

### **Chronic headache - Clínical evaluation of the chronic inflamatory state with acute inflammation.**

S. Mahesh<sup>1</sup>, M. Mallapa<sup>1</sup>, G.Vithoukaskas<sup>2</sup>, **M. Àngels Carrera**<sup>1</sup>

<sup>1</sup> *Research Committee, International Academy of Classical Homeopathy, Greece.*

<sup>2</sup> *General Director, International Academy of Classical Homeopathy, Greece.*

Background: "The Continuum of a Unified Theory of Diseases" states that the pathological events in a person's life are a continuous phenomena and that suppressig acute inflammation with drugs may lead to a state of sub acute inflammation, eventually triggering the chronic disease that one is predisposed genetically. It also states that with right therapy the phenomenon reverses and the chronic inflammatory states/old suppressed diseases reappear. Aims: 1. to assess If there is a change in the acute inflammatory pattern after the development of headache compared to before. 2. To assess If the outcome of the treatment (individualized homeopathy) is related to development of acute/older conditions. Methods: 1. From 433 headache patient's history was examined for past diseases and co morbidities Only primary headaches were included; total 412 (344 migraines and 68 psychogenic). 2. From these, 95 were selected with the characteristic of > 6m of follow up and high fevers in the past (up to 39°C – 102,2°F). Results: 1. thyphoid, tonsilitis, eczema, jaundice and urinary tract infections were the top occurring past diseases (mostly acute). The top co morbidities were chronic fatigue syndrome, acid peptic disease, rheumatoid arthritis, allergic rhinitis and hypothyroidism. 2. 8/95 + 15/95 very good and good recovery, with return of ability of doing high fever. 41/95 good. All of them long lasting reponse (60,8%). Conclusion: There seems to be a relation between acute and chronic inflammatory states. A chronically inflamed state seems to presuppose inability to raise efficient acute inflammation and the reverse seems to occur with therapy.