

Effect of Geriforte in Chronic Persistent Headache

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Headache is a very common and important presenting symptom in an Eye-Out-patient Dept. Most of the patients complain of low grade, persistent headache and heaviness in the head while travelling, after reading and after some close or minute work. Apart from refractive errors and phorias, presbyopia is most common. But in most of the cases in the age group of 30-40 years, no obvious cause for persistent and intermittent, low grade headache could be found out, even after thorough investigations.

MATERIAL AND METHODS

From the Eye O.P.D. of Civil Hospital, Gurdaspur, 25 cases of persistent or intermittent chronic headache were selected belonging to various age groups, ranging between 25 to 50 years (Table I). Various tests were done to rule out ocular causes of headache as visual defects, muscle imbalance, refractive errors, glaucoma, latent squints and other causes of eyestrain. Other investigations were done to rule out hypertension, anaemia etc. A detailed history was taken in all cases, particularly regarding migraine, trigeminal neuralgia etc. In some cases, chronic headache was found to be persistent even after correction by glasses or various exercises. After thorough ocular and medical examination, all such cases of chronic headache were put on Geriforte for 3-4 weeks. Initially, a dose of 2 tablets. t.i.d. was given in every case for one week and later on, the dose was reduced to 2 tabs. b.i.d. for 2 to 3 weeks. Out of 25 cases, 19 cases were females and 6 were males. (Table II).

Age in years	No. of patients
25-30	3
30-35	10
35-40	6
40-45	4
45-50	2

Sex	No. of patients
Male	6
Female	19
Total	25

OBSERVATION AND RESULTS

Twenty one cases showed marked improvement after two weeks of treatment. There was a slight improvement in two cases and no improvement in two cases (Table III). The main effect was seen in age group of 30 to 45 years.

Marked improvement	++++	21	84%
Some improvement	++	2	8%
No improvement	—	2	8%
Total		25	100%

CONCLUSION

Geriforte was found to be very effective in persistent or intermittent chronic headache, especially in females, in whom headaches were due to stress and strain of pregnancies or hypersensitivity to emotional stress. Most of the cases showed marked improvement with **Geriforte** a very effective remedy on normal stress and strain of life, often leading to the very common symptom of chronic headache.