

Research and Reviews: Pharmacology and Toxicological Studies

Multiple Methods of treatment for Migraine

Sowjanya K*

Department of Industrial Pharmacy, Gokaraju college of Pharmacy.

Short communication

Received: 15/06/2015
Accepted: 18/07/2015
Published: 24/07/2015

*For Correspondence

M.Pharmacy, Department of Industrial Pharmacy, Gokaraju college of pharmacy, Bachupally, Hyderabad, India. Tel: 8897861215. Email: kotikasowjanya@gmail.com

Introduction

Migraine is one of the common types of headache which occur with symptoms such as nausea, vomiting, or sensitivity to light [1]. Some people who get migraines have warning symptoms, called an aura, before the actual headache begins. An aura is a warning sign that a bad headache is coming. Migraine has a lifetime prevalence of around 15% of the population with women (18%) affected more than men (8%) [2,3]. Recently, migraine has been identified as the 7th most prevalent disease[4]. Most commonly, people suffering from migraine use different class of drugs like Pain killers, Triptans,[5,6] Ergot amines etc [5] In recent years there has been growing demand from the public for 'natural' treatments such as vitamins and supplements in trying to control migraine headaches. Hence a variety of natural supplements, vitamins and herbal preparations have been promoted as having good impact on treatment for migraine. Therefore new trends of treatment have been arising for migraine in both allopathy [7] and alternative therapy [8,9].

Migraine is considered to be one of the ruining disabilities having a major impact on the lives of people. The arrival of triptans in early 1990's has helped the victims of migraine to certain extent. But the newer trends were not very exhaustive as the actual mechanism and the pathophysiology is not exactly understood. However in recent times considerable researches have been made to understand the exact mechanism of migraine and to cure it at the root.

Emerging Treatments for Migraine

The article 'New and Emerging Treatments for Migraine' written by Rubesh Gooriah has focused on the new methods of treatment for migraine describing different mechanisms. There has been more emphasis on prophylactic approaches with OnabotulinumtoxinA [10], neurostimulation devices [11,12] and CGRP monoclonal antibodies being valuable additions. This article briefly discusses the pathophysiology of migraine and reviews new therapeutic options as well as some promising treatments undergoing clinical trials. The article is highly informative and provides a basis for research and discovery in the new methods of treatment for migraine prevention.

Management of Migraine through Dietary aspects

On the other hand as migraine has various triggers and few quoted are stress, hunger, and fatigue [8]. Between 12 to 60 % of people report foods as triggers [13]. Therefore most of the home remedies concentrate on the dietary aspects to treat migraine [14]. There are many home remedies quoted for migraine in the article 'Kick the migraine headache drug habit - Use foods, spices, home remedies for migraine headache relief' written by JB Bardot. The article is well written with many aspects of migraine management and prevention. The dietary aspects dealt in the article provide good information for the readers. Fresh organic fruits, vegetables, meats and whole grains provide necessary nutrients for the

production of brain chemicals that reduce the pain. Magnesium plays an important role in stabilizing blood vessels and prevent muscle spasms [15-19]. Hence, magnesium-rich foods such as wheat germ, garlic, oatmeal, seafood, kale, broccoli, spinach, melon, bananas, basil, cantaloupe, blackstrap molasses, and nuts prevent migraine pain. Calcium relaxes mentally encouraging sleep and calmness. Vitamin B-2 may also help relieve the frequency of migraine headaches. Omega-3 fatty[16] acids help reduce overall inflammation and help to decrease the constriction of capillaries in the head which is the primary cause of migraine headaches.

Alternative therapy for Migraine

In recent times the trends in treatment of a disability are moving towards the natural therapies, Alternative approaches are increasing in order to prevent the side effects of the over usage of drugs [20-25]. Accordingly, the recent trends in alternative medicine for migraine are well quoted in the recent articles written for the treatment of migraine. Herbs [6,25] that are suggested for migraine are Cayenne pepper which increases the pain threshold, ginger to reduce the nausea associated with migraine headaches, (26-30) Peppermint with has a soothing effect and helps migraine. Homeopathic Nux vomica is the best home remedies to help migraine headaches.

Conclusion

The article reviews different approaches for the treatment of migraine. And the growing trends of research in the field are described. Management of migraine knowing the triggers would help the victim at the best. Management using the home remedies and other alternative therapies help the person to prevent side effects and alleviate pain due to migraine.

References

1. <http://www.nationalsymposium.com/migraineheadachemedicine.php>
2. Steiner TJ, et al. The prevalence and disability burden of adult migraine in England and their relationship to age, gender and ethnicity. *Cephalalgia*. 2003;23:519-527
3. Sharma B, et al. Is It Complicated Migraine or Complicated Case of Migraine?, *J Yoga Phys Ther*. 2014;4:169.
4. Steiner, et al. Migraine the 7th Disabler. *J Headache Pain*. 2013;14.
5. Gooriah R and Ahmed F. New and Emerging Treatments for Migraine. *J Pain Relief*. 2014;4:167.
6. Lisotto C, et al. Efficacy of Frovatriptan vs. Other Triptans in Weekend Migraine: Pooled Analysis of Three Double-Blind, Randomized, Crossover, Multicenter Studies. *Brain Disord Ther*. 2014;3:128.
7. Gilmore B and Michael M. Treatment of Acute Migraine Headache, *American family Physician*. 2011;83:3.
8. Bardot JB. Kick the migraine headache drug habit - Use foods, spices, home remedies for migraine headache relief, *Natural News* 2012;4.
9. Asbaghi E and Rahmanian M. Effects of Neurofeedback on Memory of Migraine Patient. *J Neurol Neurophysiol*. 2012;3:138.
10. Aurora SK, et al. OnabotulinumtoxinA for treatment of chronic migraine: pooled analyses of the 56-week PREEMPT clinical program. *Headache*. 2011;51:1358-1373.
11. Mohammad TM, et al. Self-administered transcranial magnetic stimulation (TMS) during the aura phase improved and aborts headache. *Headache*. 2006;46:857.
12. Sadler RM, et al. Vagal nerve stimulation aborts migraine in patient with intractable epilepsy. *Cephalalgia*. 2002;22:482-484.
13. Finocchi C and Sivori G. Food as trigger and aggravating factor of migraine. *Neurological Science*. 2012;33:7-80.
14. <http://www.relieve-migraine-headache.com/diet-headache-migraine.html>
15. Mauskop A and Varughese J. Why all migraine patients should be treated with magnesium, *J Neural Transm*. 2012;119: 575-579.
16. Taziki S, et al. Personality Characteristics in Migraine and Tension Type Headache. *J Psychiatry*. 2014;17:135.
17. Bandara SMR, et al. Migraine and Neurological Disorders Comorbidity-Consideration of Sinus Hypoxic Nitric Oxide Theory for Migraine. *J Neurol Disord*. 2014; 2:175.

18. Bagchi P, et al. Identification of Novel Drug Leads for Receptors Implicated in Migraine from Traditional Ayurvedic Herbs Using *in silico* and *in vitro* Methods. *J Neurol Disord.* 2014;2:185.
19. <http://migraine.com/migraine-treatment/natural-remedies/>
20. Casini G, et al. Are Periventricular Lesions Specific for Multiple Sclerosis? *J Neurol Neurophysiol.* 2013; 4:150.
21. <http://omicsonline.org/international-journal-of-neurorehabilitation/migraine-peer-review-journals.php>
22. <http://omicsonline.org/migraine-headache-medicine-journals-conferences-list.php>
23. <http://omicsonline.org/international-journal-of-neurorehabilitation/migraine-top-open-access-journals.php>
24. Salazar G, et al. IncobotulinumtoxinA (Xeomin®) and OnabotulinumtoxinA (Botox®) for Chronic Migraine Headache: Experience with Higher Doses and Changes to the Injection Technique . *J Neurol Disord.* 2014;2:192.
25. Naveen D and Praveen kumar T. Ayurvedic Resolution to Migraine. *J Homeop Ayurv Med.* 2014;3:160.
26. <http://omicsonline.com/open-access/JOP/JOP-8-060.pdf?aid=17607>
27. Asbaghi E and Rahmanian M. Effects of Neurofeedback on Memory of Migraine Patient. *J Neurol Neurophysiol.* 2012;3:138.
28. Ming X. Migraine Headaches and Sleep Disorders in Children. *J Sleep Disorders Ther.* 2013; 2:121.
29. Verrotti A, et al. Obesity and Migraine. *J Obes Weight Loss Ther.* 2013;3:194.
30. Hamed SA, et al. Migraine in Patients with Metabolic Syndrome: Is there a Relationship to Leptin? *Metabolomics.* 2012;2:114.