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Multiple Methods of treatment for Migraine

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Short communication

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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**


