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Response to ayurvedic treatment in prevention of Migraine: an update of multi centric observational study

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Objective: Migraine is characterized by various combinations of neurological, gastrointestinal and autonomic symptoms without any known etiopathophysiology. The present study is aimed to explore / establish preventive treatment of migraine using principles of ayurveda: the traditional Indian system of medicine.

Method: A 30 months long pilot prospective clinical study on 104 migraine patients (Chandigarh-June 2002-Dec 2004) confirmed the finding of respective clinical experience of ayurvedic therapy in prevention of migraine. Ongoing confirmatory study since May 2005 is being carried at six centers in India. (Bangalore, Bellary, Tumkur, Mysore, Warrangal and Aurangabad) Patients fulfilling IHS criteria for diagnosis of migraine were enrolled using central registry system and evaluated for frequency of migraine attacks, associated symptoms, pain intensity (VAS score on 0,30,60,90 days) and MIDAS score (on day 0 & day 90) This patients are treated with ayurvedic treatment protocol comprising indigenously prepared 4 herbo-mineral formulation along with regulated diet and lifestyle.

Results: Patients who completed 90 days of ayurvedic treatment protocol showed gradual and significant ($P < 0.05$) reduction in associated symptoms, frequency of attacks, pain intensity and mean MIDAS score. Ayurvedic treatment was well tolerated by the patients without any adverse events.

Conclusion: The observation of ongoing study indicated that ayurveda has significant and sustainable effect in the prevention of migraine. The therapy should be developed further as a potential preventive treatment for migraine.