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Observational study of ayurvedic treatment on Migraine without aura

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Ayurveda, the traditional Indian system of medicine greatly emphasizes on etiology for the diagnosis and treatment of any diseases. It has many established principles for diet, lifestyle and behavior to maintain individual health.

Migraine is a vascular disorder with an unknown etio-patho-physiology. However results from the protocol based Ayurvedic clinical practices indicate that common migraine is an outcome of physiological changes in gastrointestinal tract due to irregular and undisciplined life and dietary habits of individuals.

Observational research of clinical practice on 104 patients of chronic migraine ranging from <1 to 50 years duration with varying frequency of attacks showed that ayurvedic treatment along with dietary and lifestyle modifications was effective in relieving headache.

In subsequent ongoing multi-center clinical practice documentation, 101 out of 267 patients, who volunteered to receive ayurvedic treatment after being diagnosed of common migraine as per as IHS criteria, completed >90 days of ayurvedic treatment. The severity of migraine headache as evaluated by VAS scores, reduced from 9.01 to 2.3 ($p < 0.05$). Similarly, there was a 62.2% reduction in mean MIDAS score reporting improvement in functional ability of these patients. There was also gradual and significant reduction in associated symptoms after 30, 60 & 90 days of therapy. seventy one percentages of patients who completed 90 days of therapy reported non to mild headache. Therapy was well tolerated by all patients without any significant adverse events.

The finding of this unique program establishes prime facie evidence of therapeutic efficiency of Ayurvedic concepts and treatment that needs to be explored further with the help of modern scientific tools.