

# Acupuncture Treatment in Migraine

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## INTRODUCTION

- ❖ Migraines are one of the most common types of headaches that occur periodically.
- ❖ Migraine occurs in women two to three times more often than in men.
- ❖ There are two type of migraine: classical (with aura) and common migraines (without aura).
- ❖ The pain often begins on the one side of the head and spreads to both or stays on one side.
- ❖ The pain can be described as pounding, pulsating or throbbing and it can be very intense often concentrated around the temples up front to the forehead
- ❖ The symptoms that may occur are: dizziness, vomiting, nausea, fatigue, visual disturbance, neck pain and etc.
- ❖ Possible causes (triggers) for migraine can be: alcohol, crying, stress, caffeine, medications, certain odors, hormones (during pregnancy), certain foods and etc.
- ❖ Risk factors are: gender (women are more likely to have migraine than men), birth control pills, family members with migraines, age (under 40), sensitivity and exposure to some of the triggers and etc.



## MATERIAL AND METHODS

- ❖ 30 patients, 12 male and 18 female, on age from 29 to 79.
- ❖ All diagnosed and had symptoms of migraine.
- ❖ All the patients have done acupuncture treatments on the same points and duration, in a clinic for TCM and acupuncture in Skopje, Macedonia, by a doctor specialist in acupuncture.
- ❖ Treatments were made in a closed room, on a temperature of 25<sup>0</sup>, with duration of the treatments of 35-40 minutes.
- ❖ In the treatment were used fine, sterile acupuncture needles size 0.25x25mm produced by Wuijiuang City Medical & Health Material Co., LTD.
- ❖ Acupuncture points that were treated are: Baihui-DU20, Sishencong-EX-HN1, Yangbai-GB14, Yintang-EX-HN3, Taiyang-EX-HN5, Hegu-LI4, Zhongwan-RN12, Zusanli-ST36, Sanyinjiao-SP6, Taichong-LR3, Fengchi-GB20, Dazhui-DU14, Pishu-BL20, Weishu-BL21, Ganshu-BL18.



TCM works in a way to treat the root of the headache (what is causing the pain) and the branch (the pain itself), therefore the pain is not just temporarily relieved but the results are long-term.

## RESULTS

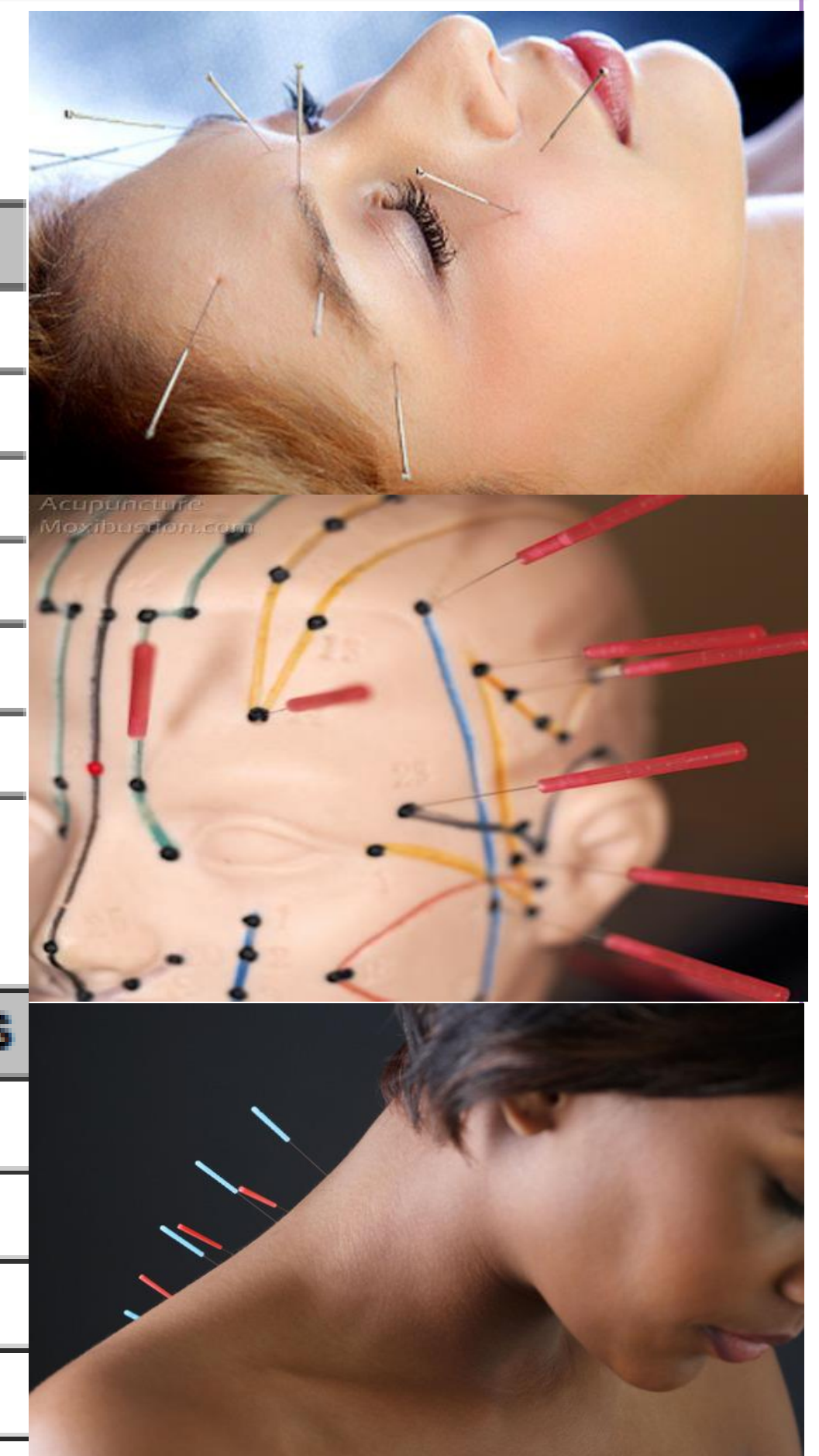
- ❖ There were more women than men affected by migraine – 18 female and 12 male patients.
- ❖ The patients were on age from 29 to 79, with average age of 49 and the most common age groups of 30-40 and 50-60.
- ❖ All the patients have made acupuncture treatments on the same points and effect was achieved in all patients with certain number of treatments.
- ❖ Most of the patients needed 5 to 10 treatments.
- ❖ After the acupuncture treatment all the symptoms that they complained about before were gone.

Table 1: Age groups and number of patients in each group

Age of the patients	Number of patients
< 30	1
30-40	8
40-50	6
50-60	8
60-70	6
>70	1

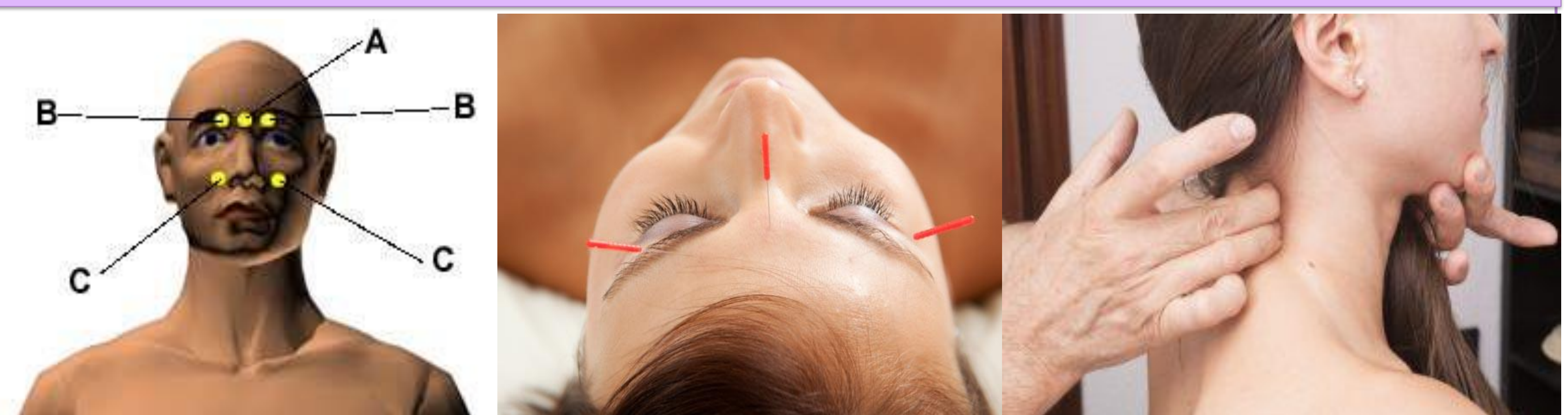
Table 2: Number of acupuncture treatments done

Number of treatment done	Number of patients
< 5	9
5-10	11
10-15	7
> 15	3



## DISCUSSION

- ❖ Before starting the treatments patients complained about various symptoms, but all of them had pain and headaches.
- ❖ Other symptoms are: vomiting, nausea, dizziness, blurred vision, sweating, hot sensations, high blood pressure, spondylosis, pulsating and throbbing pain, pressure of the head, worsening of the symptoms during cold weather and during changes in weather conditions.
- ❖ Patients who experienced symptoms of nausea and vomiting stated that after vomiting the pain was decreased and they felt better.
- ❖ All of the patients explained the pain (mostly had pain on the right side) like very strong headache starting from the nape and going up through the temples and front to the forehead.



According to TCM migraine symptoms are connected to more than 9 different imbalances, a deficiency of blood or Qi, liver, bladder, stomach or gallbladder meridians disharmony, increased Yang energy in the head or combination.

All the acupuncture points that were chosen to be treated are connected with the meridians of these organs (gallbladder, bladder, liver and stomach) and are used in the treatment to correct the underlying imbalance and alleviate migraine symptoms

## CONCLUSION

As a conclusion we can say that acupuncture, as part of the TCM, is a very helpful treatment for migraine, gives positive results and successfully is improving the health and well-being of the patients.