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Acupuncture and topiramate in the treatment of migraine

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Migraine headaches are usually one-sided, pulsating or throbbing, and moderate or severe in intensity. They can be worsened with activity and may be associated with nausea and/or vomiting, as well as sensitivity to light or noise. Acupuncture had been used to treat 50 patient suffering from migraine, topiramate (topamax) given to prevent the attacks, duration of treatment is 10 weeks; the patients were followed up for one year. Topiramate is called an anticonvulsant. Topiramate is also used to prevent migraine headaches in adults and teenagers who are at least 12 years old. This medicine will only prevent migraine headaches or reduce the number of attacks. It will not treat a headache that has already begun. 50 patients (males), aged 25-35 years were studied, having no systemic disease, complaining of migraine for more than one year, liver and renal functions were normal. 1st step - author started treating them with acupuncture using the acupoints weekly for four weeks with one tablet per day of topamax. 2nd step - for two weeks rest no acupuncture but the patients continued on topamax tablet 1/day. 3rd step - acupuncture using same acupoints for another 4 weeks, one set/w, with 1 tab of topiramate/every other day. All the 50 patients had been followed for one year; during this time there was direct contact with them monthly for checking the investigation which was normal. After six months, they were free of pain except five patients (10%). After one year, 35 patients were free of pain and only 10 patients complained for pain. Acupuncture is effective in treating migraine specially when used in combination with topamax; it has synergistic effect, safe without complications. They cover the acute attacks and had preventing effect.

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